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**This Sunday, June 19th**

**You are welcome to attend in-person at First at 10:30am!**

**Please enter through the Accessibility door in the parking lot.**

**If you plan on attending in person, please consider the following precautions:**

**\* wear a mask if you wish to do so**

**\* use the hand sanitizers available at the accessibility entrance and the hallway leading into the**

**sanctuary**

**\* pews will remain marked with green tape and yellow tape - please use pews marked with green tape**

**as a simple way to continue social distancing and help prevent the spread of COVID-19**

**\* ensure that you are feeling well and have not been in contact with a confirmed or probable case of**

**COVID-19 in the last 5 days**

**\*visitors will be encouraged to sign in at the entrance, to help us follow up in the event of a confirmed**

**or suspected COVID case traced back to Sunday service**

**THIS WEEK: Rev. Larry Schneider will give the Message live at First.**

**Erin Chute is the Worship Leader this Sunday.**

**The BAND will be live at First.**

**If you’d prefer, here are the ways to join us ONLINE for Worship:**

**Streaming Link for June 19th: https://www.youtube.com/watch?v=thveTpKAxWI**

**LIVE on our Facebook page!** [**www.facebook.com/firstunitedchurch**](file:///C:\Users\first\Documents\My%20files\bulletins\2022\www.facebook.com\firstunitedchurch)

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**Happy Birthday Wishes to:**

**Mike Elford**

**Dave Luftenegger**

**Brian Groulx**

**Murray Medhurst**

**Erin Buchanan**

**Rosemary Underhill**

**Happy Anniversary Wishes to:**

**Barb & Duncan Watterworth**

**Wayne & Lynn Lalonde**

**Dave & Nancy Luftenegger**

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Join us Monday morning at 10:30am as we continue

our discussion about Hospitality.

Hospitality (3) “Welcoming the unwelcome”

This week’s video is an Opra interview with Pema Chodron,

who is a Buddhist nun.

We are just going to be looking at just a part of the interview:

from minute 10 to minute 18. If you want to watch the whole

interview, that’s fine, but we will only be discussing that 8 min

section.

Check out the video: <https://crediblemind.com/videos/pema-choedroen-or-supersoul-sunday-or-oprah-winfrey-network>

Here are a few “discussion starter” questions for us to ponder:

1. Where have you been delayed, or prevented from doing the next thing you have wanted/planned to do? Something like a delayed flight, appointment, task. Can you think of a specific experience which you would be willing to share?

2. Had you ever thought that the people around you, who were also caught in the same situation? How have they been just “just like you”?

3. Where do you have to go from time to time, where you do not like to go, either because the situation (or the people) are stressful or even boring?

4. In those situations, with those people, what is their world like? How did Pema suggest that an unwelcome situation could become interesting?

All are welcome to join in on the discussion!

Link to join: <https://meet.google.com/pjg-zbez-nax>

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Summer Online Book Study with Susanna Suchak