



## Weekly Update from First – June 16/22

# Sunday Worship Service

**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](http://www.facebook.com/firstunitedchurch)

## About Church School!!

Come join the fun each Sunday (at First) as we learn about Jesus & his journey with his disciples through stories, prayer, games & crafts!

Families will worship together in the sanctuary & children will leave for church school following the children's time.

We hope you can join us!

*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.

Coffee  
and  
Curious Spirituality  
Monday Mornings at 10:30am



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>

**If you have an Upcoming Date / Event / Meeting  
you’d like included in the slides for our**



**please have it to Lori at First  
(office@1stunitedchurch.ca)  
by Wednesday at noon. Thank you!**



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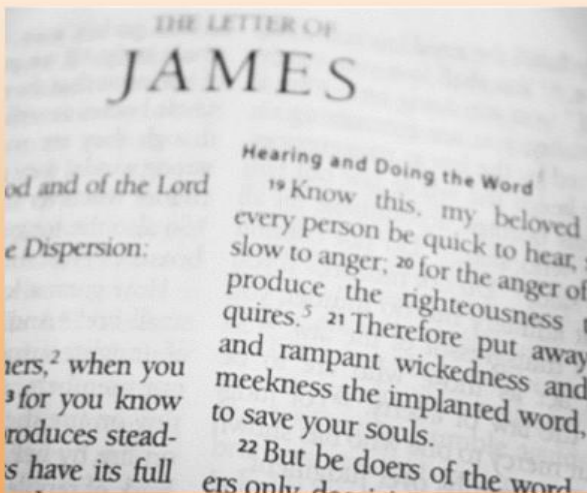
## Join the Bike Group!

This week we will meet at Pinafore Park in front of the Bandshell at 6:30pm (Weather permitting)  
*All are welcome!*

### Congregants & Friends of Central and First United

Come for a gentle walk around Pinafore Park (meet at the back parking lot near the bandshell/Lake Margaret). Enjoy the out-of-doors and conversation.

Monday to Friday at 6pm, weather permitting.



### Weekly Bible Study Series The Letter of James

The Bible Study Group will NOT meet on June 22nd.

The Study of James will return on Wednesday, June 29th!

Contact Kathryn Fletcher at 519-633-1902 or [fletcherfamily@rogers.com](mailto:fletcherfamily@rogers.com) for more details.



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## Track to the Future Mural Festival

### Save the Date! July 16, 2022

Throughout the month of July, Internationally renowned regional artists will be in St. Thomas adding to the already incredible inventory of art around the community. The new installations will include sites along the Whistlestop Trail (Central United Church), Downtown St. Thomas, and long-awaited addition to the St. Thomas Elevated Park.



Watch mural artists Denial, Andrew Lewis, Steph Boutari, Derkz, and Emilie Darlington, and more. Throughout the month residents and visitors are invited to enjoy the process of creation and explore the community boasting an already impressive 40 murals with festivities being scheduled as part of a FREE festival across the City on July 16, 2022.

<https://www.railwaycitytourism.com/mural-festival.html>

(This is an interactive link so scroll and click on pictures)

Central will be hosting a 'Kidz Karnival' as part of the Mural launch on July 16th.



**JULY 16TH 10 AM to 4PM**  
**CENTRAL UNITED CHURCH**  
**135 WELLINGTON ST**



**HELP US LAUNCH A "NEW" MURAL ON OUR WEST WALL**  
**MEET THE ARTIST DAVID DERKATZ "DERKZ" FROM WINDSOR, ON**

#### WHAT TO BRING!

- Hat or Sun Shade, Lawn Chair
- Water Bottle—Free Refills at Simply Pure Water
- Loonies or Toonies for Carnival Food /No Debit/ Credit Machine available
- The Icebox Bicycle will be circulating and selling their usual delicious frozen treats



#### WHAT'S HAPPENING!

- 10 AM - 4 PM "Free" Games to play and prizes to be won!** Ring a "Critter", Toilet Paper Toss, Bean Bag Throw, Fish Pond, and more!
- 1 PM - 3 PM "Free" Face Painting** by Dotsy's Create your own Kids Mural – Show off your artistic abilities! **All Games & Activities are "Free"**
- Music is happening too!**
- 11 AM to Noon** – Brian Mays-Senior Ukulele Group
- 1 PM to 2 PM** - Sing along with Martin & Vicki
- 2 PM - 3 PM Music** with Splash & Boots @ the Railway City Tourism Office



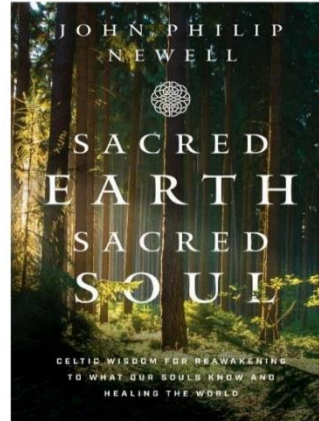
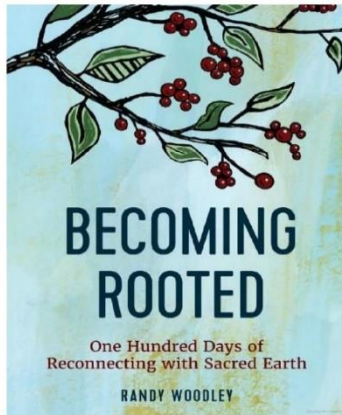
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## Summer Online Book Study with Susanna Suchak

If you feel like you are travelling through some history of ancestors who have followed the way of Jesus long before they heard of his life story and want to share with others of like-minded sojourners, please join me (susanna) over the summer in an

online ‘book study’

The books we will be referencing are:



You could form your own group and gather together to participate in the discussions with others who are also curious. Some among you participated in the “Braving” group last Autumn; hopefully, they will share their experience of what these online groups entail and how they were changed by the shared experience of discovery.

Monday morning each week, I will post a short video of activities, a reading from each book, and some questions that arose in me that you might like to consider for our discussion.

The first video will demo how to make your own journal from one large sheet of Bristol Board or lightweight Watercolor Paper. If you are working within a group Staples does carry a package of very high-grade Bristol for a great price. I have used it for many groups and highly recommend it. I will show how you can make pockets so you can write on lined paper and put it in a handy place. Of course, you can also purchase a little journal or notebook from your local stores.

We will meet for discussion each Wednesday from 1:15 to 3 pm. Participation in the discussion group online is not mandatory, especially if you are meeting with others in real-time, in the flesh! Maybe on the deck with a cool drink and your journal. Whoot! But the Online group would like to hear about your discoveries, so please keep me in the loop.

There will be activities (mere suggestions) as well as discussions, so put on your best pilgrim gear and take a chance...

Curious, but still wondering exactly what this might look like, email [susanna.suchak@gmail.com](mailto:susanna.suchak@gmail.com) to ask your questions.