**UPCOMING EVENTS**

**Sunday, September 29**

Worship Service at Trinity 10 am

TMUC Book Study @11:45 at Sip-Chai Restaurant

Youth Group Meeting 6 pm

**Monday, September 30**

Prayer Group 9:30 am in the Retreat room

**Tuesday, October 1**

Christmas Fayre Planning Meeting 11 am in the Lounge

**Wednesday, October 2**

 Bible Study 10 am in the Lower Assembly

# SPA Enneagram Workshop 6:30 - 8:30 PMThursday, October 3

 Choir Practice 7 pm

 Starfish Backpack Program 9:15 in the Church Hall

**Friday, October 4**

SPA Yoga 9 - 10 am Upstairs

Meditation & Mindfulness Classes 10:15 am

**Saturday, October 5**

Community Coffee Time at Trinity 10 am

Cluster Environment Tree Planting 9 am see announcements

**Sunday, October 6**

Worship Service at Trinity 10 am

TMUC Book Study @11:45 at Sip-Chai Restaurant

**Monday, October 7**

Prayer Group 9:30 am in the Retreat room

 **Wednesday, October 9**

 Bible Study 10 am in the Lower Assembly

Stewardship/Finance Meeting 10:45 in the Lower Assembly

 **Thursday, October 10**

Starfish Backpack Program 9:15 in the Church Hall

 UCW Grace Unit 1:30 in the Lounge

 Choir Practice 7 pm

 **Friday October 11**

ROMEO’S 7:30 am at Jo Jo’s

SPA Yoga 9 - 10 am Upstairs

Meditation & Mindfulness Classes 10:15 am

**Saturday, October 12**

Community Coffee Time at Trinity 10 am

**TRINITY MEMORIAL UNITED CHURCH**

**33737 George Ferguson Way, Abbotsford, BC**

**ANNOUNCEMENTS**

**September 29, 2019**

Welcome! If you are visiting, please sign our guest register.

If you are looking for a church home, fill out an “Information” card found in the pews and deposit it in the offering plate.

Contact Information: Phone 604-853-2591

E-mail Office: tmucabb@gmail.com

Minister: ministertmuc@gmail.com

Website: [www.trinitymemorialuc.com](http://www.trinitymemorialuc.com)

**Scripture Readings for Sunday, October 6, 2019**

Lamentations 1:1-6, Lamentations 3:19-26, or Psalm 137

2 Timothy 1:1-14, Luke 17:5-10



**Youth Group every Sunday Evening**

Sunday, Sept 29th 6PM – 8PM

Heather Autio and Rev. Bill are hosting our youth group program this year. Youth group is for youth 12 to 18 years old are welcome.

Offering Envelope #69

To the person who has offering envelope #69, would you please contact Linda Garrett, Linda Potts or Rose in the office. Thanks so much!



**Sanctuary Decorating**

Mary Turner has retired from doing the Sanctuary Decorating. Rose Schaufert has generously taken over.

Thanks, Mary, for all your beautiful decorating over

the years.

**Christmas Fayre**

This year’s Christmas Fayre is Saturday, November 16th from 9 am – 1 pm. It will include the Cookie Walk, Baking, Treasures, Jams & Jellies, Crafts, and so much more. The Pancake and Sausage Breakfast is 8 am – 10 am and Cafe Connections Lunch will be 11 am – 1 pm.

**A planning meeting is being held Tuesday, Oct 1st at 11 am in the Lounge**. We will be discussing advertising & decorating ... and putting on a fayre!!

Contact Marcia for more details [604-850-5535].

 **Donations of canning jars .... 125 ml, 250 ml or 500ml [1/2 cup, jam or pints] are greatly appreciated as we get ready for the Christmas Fayre Preserves Table. Please place your donations in the Rubbermaid bin in the narthex. No quart jars, please.**

**Thank you so much for your generosity!**

**Sunday Morning Coffee Time**

Please join a Sunday Coffee Team to provide fellowship and refreshments after the services. Most teams take a turn 4-5 times per year. Everyone’s help is welcomed, and training is provided. If you are able to bring baking or help with serving and cleaning up, please let Marcia know

 [604-850-5535].

Thank you for your wonderful consideration!



**Community Coffee Time at Trinity**

**Saturdays – 10 am – 12**

**We don’t want to lose the great community gathering time we have all enjoyed while the Farmer’s Market has been located here behind the church.**

**After your market shopping we invite you to wander down to join us for coffee, tea, a muffin or other light snack. We will have music to listen to, live or recorded, and the coffee will be warm.**

**Food Bank**

Thanksgiving is October 14, donations of non- perishable food items or financial aid would be greatly appreciated. We will be dropping off all donations on October 8.

 Thank you for your generosity.



A Big Thank You To:

Ron Schaufert for taking all the Food Bank donations in through the summer

**Starfish Backpack Program**

**Begins Thursday, October 3**

**At 9:15 am in the church hall kitchen**

This program began with the Rotary Club and became an initiative of the

United Chuch Women – Bread not Stones – taking action to end child poverty.

The Rotary Club provides the bulk of funding and partners such as the UCW, and the Trinity Memorial Congregation provide volunteers and some extra funding.  If you are interested in joining our team of volunteers meet us in the downstairs kitchen on Thursday mornings at 9:15. If you wish to financially support the program indicate Starfish Backpack Program on your offering envelope

**Tree Planting Update:**

**\*\* Note New Location\*\*\***

As part of our cluster's response to climate change, the Environment UC will plant 100 trees in partnership with the City of Abby..

Want to help? Please join us on October 5th from 9:00 am - noon on Elmwood Avenue, Abbotsford, off Hazelwood at a new back entrance to Wilband Park. The city will dig the holes, provide soil amendment, deliver the trees and supervise. We need tree planters. Please wear boots, appropriate clothing, and bring gloves.

**SPA Events - YOGA –** Gentle Yoga for all levels of experience. Every Friday morning 9-10 am.

$15. Drop in, 10 sessions $10. Each

For registrations and more information

visit [www.abbyspa.com](http://www.abbyspa.com)

**Meditation & Mindfulness Classes**

Friday Mornings 10:15-11:15 am. Join Brandi Matheson for a

1-hour group session for mindfulness and meditation. Develop practices to find peace and wellness in your life. Each class includes, an opening/closing practice, talk/discussion about mindfulness/meditation practices and how it relates to everyday life.

**“New Seeds of Contemplation" \*NOTE DATE CHANGE\***

**Date:  October 26th, 2019 - 10 AM to Noon
Presenter:** Professor Ron Dart. - Fee: $10.

This workshop will focus on Thomas Merton's preeminent work which was first published in 1961. This book seeks to awaken the dormant inner depths of the spirit so long neglected by western people.

“I must learn therefore to let go of the familiar and the usual and consent to what is new and unknown to me.  I must learn to ‘leave myself’ by yielding to the love of God.”

Thomas Merton

# Enneagram Workshop

**Dates:** 4 Wednesdays: October 9, 16, 23, 30, 2019
**Time:**6:30 - 8:30 PM. **Presenter:** Paula Howe

 A four-week exploration of the spiritual personality types of the Enneagram. The Enneagram is a means to understand your own path to deepening your spiritual journey.

**Enneagram of Personality** is a model of the human psyche which is principally and taught as a typology of nine interconnected personality types. In business contexts it is generally used as a typology to gain insights into workplace interpersonal dynamics. In spirituality contexts it is more commonly presented as a path to higher states of being, essence, and enlightenment. Both contexts say it can aid in self awareness, self-understanding, and self-development.

**Please note: Participants will be asked to complete an Enneagram test online (cost $ 12) at**

<https://www.enneagraminstitute.com>**before the workshop begins.**

**TMUC Book Study**

Every Sunday at 11:45 at

Sip-Chai Restaurant

There are a few books left.

Not too late to join us.

Books are $24.00

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**Affirming Committee Meeting**

 Next Affirming Committee Meeting

October 16- 6:30 pm in the Lounge

Next Workshop

Sunday, October 20 - After Worship.



**Messy Church in the Fall**

Messy church is for all ages.

Crafts, Songs, play and food.

 **Saturday’s**

* October 19
* November 16
* December 14

In upstairs room. From 4-6 pm

Everyone is welcome. By Donation