



Wednesday, December 11th
 Preparing our Souls for Christmas:
 For those with sorrow in their hearts.
 Does sorrow shadow your Christmas

experience?

The Christmas season isn't always just joy and celebration. Grief can be particularly poignant during this season of lights. The Carols may wear heavy on your hearts as they ring through the speakers in the malls and on your radio. If this is your experience of Christmas you are not alone.

It isn't just death that marks the season with sorrow. It could be many other ways that the normal response to the merry season just doesn't fit with your reality. Broken relationships, family far away, a loved one who can't remember, are just a few of others possible burdens one might be carrying at this time of the year.

During Advent we are invited to prepare our hearts for the entrance of the Christ.

On Wednesday, Dec. 11th at 7:00PM considering attending a gentle 45 minute worship with others who may share your Christmas burden. This worship event will help you move through the season and continue on your journey. Speak with the Rev. Bill Booth for more information.



**White Gift Sunday & Children's Sunday,
 December 15th**

White Gift Sunday is a long tradition of collecting gifts for those in need during the Christmas season. Traditionally the gift was wrapped in white tissue paper, representing the coming of light into the world in the form of the Christ Child. This year, on Sunday Dec. 15th, we continue the tradition by asking you to consider bringing to worship a non-perishable food.

The White Gifts will be taken to the Abbotsford Community services to assist in creating Christmas hampers for families in need.

TRINITY MEMORIAL UNITED CHURCH
33737 George Ferguson Way, Abbotsford, BC
ANNOUNCEMENTS
November 24, 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

Scripture Readings for Sunday, December 1, 2019

Isaiah 2:1–5, Psalm 122 (VU p. 845), Romans 13:11–14
 Matthew 24:36–44



Youth Group Sunday Evenings

Meeting tonight, November 17 at 6 pm. 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.

Calendars

The 2020 Canadian Church Calendar is now available at the church office. Cost is \$7. Focused on the worship theme "We cannot keep from singing," this bilingual calendar features colourful photos and all the special days, church seasons, and lectionary dates.



November 24 – Affirming Workshop
Discerning Vision - Hopes and Possibilities

Transfer of Membership Service

Sunday, December 1st will be having a Membership Transfer at our Sunday service. If you are interested in transferring, your membership, please call the office or speak to Bill



Our sympathy and prayers with Fran Blackwood and family at the passing of her Mom, Chad Blackwood on November 11, 2019.



It takes a whole church to have a successful Christmas Fayre and WE DID IT! An amazing total of \$5,386.20 was raised this year ... and the guests that came to the fayre had a wonderful experience!

Thank you so much to everyone for your generosity and hard work. Your givings of time, talent and treasure were hugely appreciated. Well done!!



During Advent we plan on having a pre-worship carol/Hymn sing. Help us chose which carols to sing. Please chose hymns and carols from the two hymn books.

Cards at the back of the church to mark down your favorites.

Mission & Service

Thank you so much to all who give to Mission & Service. Our gifts are making a difference in many lives. The need is great.

That's why it is important to meet our goal of \$18'000.00. We are behind, but with each of us giving extra between now and the end of December, it's possible to catch up! Every dollar brings us closer. Thank you from all those to whose lives we've brought hope and healing this year!

Board Meeting
Thursday, November 28 at 6 pm

Advent Newsletters
Everyone please pick up your newsletter at the back of the church.
Many events & dates of coming events.



Trinity Memorial United Church
December 1st - Advent Event
Turkey Lunch/ Live Auction

Where – After Church in the upper room

Menu – Hot Turkey Sandwich, salad, fruit and dessert

Price - \$15.00 per adult and \$3.00 per child - tickets can be purchased starting Nov 10th after Church or at the Office.

Live auction – We are happy to announce that our own David Smith will once again be our Auctioneer. Remember the perfect gift is just waiting for the perfect bid!!

Note: Any person donating an item that sells for \$25.00 or more will receive a tax receipt. Suggested items for auction are gift baskets, specialty baking, crafts, jewelry, treasures, gift certificates etc.

CHRISTMAS CAROL SING-A-LONG **“CHRISTMAS IN THE VALLEY”**

Get your voices in shape and into the Christmas spirit!

Come and join us at the 7th Annual
WEDNESDAY, DEC. 4th 7:00 – 8:30pm

Refreshments to Follow. Trinity Memorial
33737 George Ferguson Way,

Donations to the Abbotsford Christmas Bureau will be greatly appreciated. Presented by the United Churches in Abbotsford, Mt. Lehman and Mission.



UPCOMING EVENTS

Sunday, November 24

Worship Service at Trinity 10
TMUC Book Study @ 11:45 at Sip-Chai Restaurant
Youth Group 6 -8 pm

Monday, November 25

Prayer Group 9:30 am in the Retreat room

Wednesday, November 27

Bible Study 10 am in the Lower Assembly

Thursday, November 28

Starfish Backpack Program 9:15 in the Church Hall
Board Meeting 6 pm
Choir Practice 7 pm

Friday, November 29

SPA Yoga 9 - 10 am Upstairs

Saturday, November 30

SPA Event Paradox of Being an Everyday Mystic 1-4

Sunday, December 1 – First Sunday of Advent

Worship Service at Trinity 10 am – Membership Transfer
Advent Turkey Luncheon after service
Youth Group 6 -8 pm

Monday, December 2

Prayer Group 9:30 am in the Retreat room

Wednesday, December 4

Bible Study 10 am in the Lower Assembly
Christmas Carol Sing – A - Long

Thursday, December 5

Starfish Backpack Program 9:15 in the Church Hall
Choir Practice 7 pm

Friday, December 6

ROMEO'S Breakfast 7:30 am at Jo Jo's
SPA Yoga 9 - 10 am Upstairs

Saturday, December 7

Community Coffee Time at Trinity 10 am
Worship Planning Meeting 11 am



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 for all programs and more information visit www.abbyspa.com

Meditation & Mindfulness Classes

Wednesday Afternoons 12:15 – 1:15 pm.

NO classes Nov 27.

Join Brandi Matheson for a one Hour 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.

Paradox of Being an Everyday Mystic

November 30th, 2019 - \$10 per person

1:00 – 4:00 PM: 33737 George Ferguson Way, Abbotsford

Pre-registration required online

In this 3-hour event, we will explore some of the paradoxical aspects of being an everyday mystic.

The mystic is of the world and separate from the world



I need a Silent Night...

Date: December 13, 2019. Time: 7-9 PM

Location: SPA Facility. Cost: \$10

(33737 George Ferguson Way, Abbotsford)

Leader: Brandi M.

December can be a month filled with constant rushing around to finish your shopping, get all the visits into family and friends, hosting and attending parties, watching the kids in their concerts, and it never seems to end!

Take an evening for silent meditation, to centre yourself again during this busy holiday season.