



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

No Yoga December 27

Meditation & Mindfulness Classes

Wednesday Afternoons 12:15 – 1:15 pm.

NO classes December 25 or January 1

Join Brandi Matheson for a one Hour session for mindfulness and meditation.



I Need a Silent Night...

Date: Friday, 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.

“All is Calm” Advent free Luncheon Concerts at St. Andrew’s Mission:

Wednesdays through the Advent season. From 12:00 noon to 1:00 pm in the St. Andrew’s church sanctuary. Come and join us - bring your lunch and enjoy an hour of music. Tea & coffee will be provided.

Dec. 11th – Rafael Brisebois, piano – Mission’s Virtuoso returns

Dec. 18th – Deborah Handley & Nathan Mah – Songs for the Season of Light.

TRINITY MEMORIAL UNITED CHURCH 33737 George Ferguson Way, Abbotsford, BC ANNOUNCEMENTS December 8, 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 15, 2019

Isaiah 35:1-10, Psalm 146:5-10 or Luke 1:46b-55, James 5:7-10, Matthew 1:18-25



Youth Group Sunday Evenings

Meeting tonight, December 8 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.

Christmas Fayre Wrap Up Meeting

After service today in the upstairs Sunday School Room. Bring your ideas for the 2020 UCW Spring Sale and Christmas Fayre. Everyone is welcome!

Romeo’s and Juliette’s (Wives) breakfast



Friday, December 20 - 7:30 am at Jo Jo’s.

Please RSVP to Frank Benedict by December 13 so he can let the restaurant know. 604-852-8933.

Thank you

UCW Sunshine Unit Potluck Luncheon

Thursday, December 12 - 12 noon at Madelyn’s’ House

UCW Grace Unit Potluck Luncheon

Thursday, December 12 – 12 noon

Conference Centre Upstairs



Our sympathy and prayers with Barb Goyer and family at the passing of her husband John.



Next Messy Church:
Saturday, December 14 from 4:00 to 6:00 pm

Join your church family and invite your family and friends for Messy Church on Saturday, December 14 from 4:00PM to 6:00PM. Bring the kids, the grand-kids and your friends.

We have crafts and sharing. Simple worship and dinner. There is no fixed cost but bring a donation if you can to contribute to our costs. We promise to finish right at 6:00.

Mark your calendar and Come join the fun.

“Roll” Around the World – A Cooking Class

Make different “Rolls” from around the world.

Date Saturday, Feb. 1, from 1:30 pm to 4:00 pm.

Cost: \$60 per person, cash or cheque

Location: Kitchen Trinity Memorial United Church kitchen, lower level.

33737 George Ferguson Way at Montrose Ave, Abbotsford

Instructor: Rose Soneff, Retired Dietitian

Registration deadline: Jan 29, 2020. Limited seats

To register: call 604-853-2591, 9 am to 2 pm, Tue to Fri



Wednesday, December 11th – 7:00

Preparing our Souls for Christmas: For those with sorrow in their hearts.

Does sorrow shadow your Christmas experience? 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



Stewardship Program Christmas gift to the Church.

As we approach the end of the year, we also approach the last few weeks when you can make a gift to the church and have it count for your 2019 charitable contributions.

Consider making Christmas gift to Trinity Memorial. The wellbeing of your faith community is our shared gift to each of us and to the whole community. Envelopes available at the back of the church.



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.



Christmas Eve Services:

**7:00 pm - Family,
 Candlelight
 and Carols Service**

11:00 pm - Candlelight, Communion Service



THANK YOU! THANK YOU! THANK YOU!

The first week of December is always one of the busiest for Trinity Memorial and this year was no exception!

The Christmas Sing a long was a huge success – approx. 240 adults and children came to laugh and sing! The donations to the foodbank were huge!

Thank you to Donna, Margrett, Christine and Sharon from Mt Lehman, Earl, Ron, Santa, Trinity Memorial Choir, Mt. Lehman Choir, the Valley Singers, Jerry Johnson, Lenci, Vienne, Shirley, Marcia, Ken, Dorothy and Rev. Bill for helping to make a fun filled and joyous evening for everyone. Thanks to those who baked cookies, helped with set up and clean up and to those who served coffee after the event.

A special thank you to Gloria from Mt Lehman for the newspaper advertising, Roz for displaying posters and to Rose, our office manager for her excellent graphics on the overhead!

The Advent Event held last Sunday was a great success as well! Eighty- six people sat down for a turkey lunch and after, heartedly enjoyed the bidding wars at the live auction. Thank you, to the Auction crew - Rose, David, Janet and Tina and to all who made donations and to those who made successful bids! The auction is the highlight of the afternoon! Thank you Marcia, Ken, Ken, Rose, Larry, Scott, Peter, Carolyn, June, Frank, Dorothy and Ellenor for all your help with set up, take down, cooking turkeys and washing all those dishes!! The total raised at the Event was \$2,366.00 – three hundred more than last year. See you all next year!

Linda Garrett



The Perfect Gift for the person with "Too Much Stuff".

The new Gifts with Vision Catalogue suggests 29 gifts we can give to our United Church Partners to honour a person on any special occasion. These gifts will go directly to the partner you select and are not part of our commitment to the Mission & Service Fund.

Or you can make a gift to the Mission & Service Fund and it will be shared with all our partners. Just choose the gifts, fill out the order form and mail to the United Church with your cheque in the envelope provided. Then take a card from the catalogue to give to the person being honoured.

Gifts with Vision Catalogues are on the table at the back of the church.

We Can Make a Difference



" The stockings were hung by the chimney with care ".

Please bring socks to decorate our Generosity Tree. Last year we had great fun decorating our tree at the back of the church with socks for the homeless. Please bring a pair of new socks during Advent, hang them on the tree or place them in the basket underneath.

The socks will warm the feet of the homeless in Abbotsford and those served by First United in Vancouver. Thank you for caring.

Stewardship Seconds

Generosity does not ask "What have you done for me lately?" Generosity is giving without counting the cost.