**Healing Pathway**

Will gather on January 18 around 10:00 am, and anyone wanting to start their day with a short meditation is more than welcome. We gather in the lounge of Trinity Memorial United, easily accessed by the ramp in the back, if anyone wants to stay for a healing treatment, they are welcome as well.

**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.**

**SPA Events – Check out all the Upcoming Events for 2020** [www.abbyspa.com](http://www.abbyspa.com)

**YOGA** Every Friday morning 9-10 am. $15.

**Spiritual Renaissances:**

Creative Episodes in the drama of History

(Lecture series) **Dates:** 7 Wednesdays

(Feb 5, 12, 19, 26, March 4, 11, 18)

**Time:** 7-9 PM **Presenter:** Harold Rosen

.**Beading workshop: Crochet Rope Jewelry**

Bottom of Form

Date:     February 15, 22, & 29

Time:     10:30 AM - 12:00 PM

Cost:     $10. Instructor: Phyllis

**For registrations for all programs and more information visit** [**www.abbyspa.com**](http://www.abbyspa.com)

**TRINITY MEMORIAL UNITED CHURCH**

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

**ANNOUNCEMENTS**

**January 5, 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: Sa

Minister: ministertmuc@gmail.com

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

**Scripture Readings for Sunday, January 12, 2020**

Isiah 42:1-9, Psalm 29 (VU pg 756)

Acts 10:34-43, Matthew 3:13-17

**UCW Executive meets after Sunday Service Today Jan 5th in the Lower Kitchen Hall.**

**UCW AGM Jan 25th from 11 am – 3 pm.**

**which includes a “Presentation on Zambia” and a Chinese New Year Luncheon on Saturday**

**All TMUC women are invited.**

**Monday Morning Prayer Group**

Prayer group begins January 13 at 9:30 am in the retreat room Come for a quiet reflection time of prayers for family, friends and the world.

 “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