

PLEASE NOTE NEW
FIRST MET FALL HOURS EFFECTIVE SEPT. 9, 2019
Closed September 2

Monday to Friday
Building is open: 8:30—3:30 & 5:45—9:45
Church Office is open: 9:00—3:30
The Church is open on Sundays 8:30-2:00

EMERGENCY PASTORAL CARE

For those needing *emergency* pastoral care after regular business hours please call the church main number 250-388-5188 and press 4. Wait to be connected to the minister on call. If you have a non-emergency need, you may either leave a message anytime or call the office during regular hours.

Parking Notice please do remember to register your vehicle, and your whereabouts (while you are in the building) on the clipboard provided in the hall. If you do not do so you may be towed.

Please email all announcement submissions to: announcements@firstmetvictoria.com WITHOUT copying the office. Thank you from The Communications Team.

Services

9:00 am Worship with Communion in the Chapel
11:00 am Worship in the Sanctuary

Lead Minister	Shelagh MacKinnon	Ext 233
Director of Music Ministry	Kelly Charlton	Ext 231
Sunday School Leaders	Hayley Henderson & Micia Kanstrup	Ext 225
Building Supervisor	Bruce Davies	Ext 232

Church Office: 932 Balmoral Road, Victoria BC V8T 1A8

Phone: 250 388-5188 Fax: 250 388-5186

Office Hours: Monday-Friday 9:30-3:30 Closed on Statutory Holidays

Email: office@firstmetvictoria.com Website: www.firstmetvictoria.com

 **First Metropolitan**
United Church of Canada *A centre for spiritual growth and community engagement*

Announcements ~September 1, 2019

Prayer Requests : May be sent to the Prayer Team via the Sunday offering basket, the church office Prayer Box, or prayer@firstmetvictoria.com.

Caring and Sharing: Laurie Morgan

Condolences: Our congregation extends prayers and condolences to the Rev. Gordon Cann and family in their loss of his wife of 62 years. Annie Sarah (nee Morrison) Cann. She passed away at home on August 22. Memorial services will be held in Victoria BC and in Whycomomagh NS at a later date. The family has asked that in lieu of flowers, donations to the Alzheimer Society (<https://www.alzheimerbc.org/>) would be appreciated.

FRIENDSHIP CLUB. Next meeting will at 11:30 am on Wednesday, September 4 at Royal Roads Restaurant, 1952 Sooke Rd. (250-474-3628). For further information, please call Marlene Campbell at 250-382-5954.



Knitting Group

—will begin meeting again on September 10 at 6:30 in 113B (Toddlers).

HOSPITALITY: All are welcome to join us in the Doreene McLeod Room for lemonade and goodies after the service. Note that we will be using donated cups which will be recycled after use. If you are new to our church we'd love to get to know you.

VISITORS AND NEWCOMERS We are glad that you chose to worship with us this morning. In order for us to get to know you better, there are Welcome Cards in the seat pocket that you can complete and leave in the offering baskets or pass to a greeter after the service. If you like, tear off and keep the blue card that has our contact information



**Sunday School
September 1, 2019**

We've had an amazing summer – scripture and sailboats, prayer and Pooh parables, camping and kites! Today we wrap up the season & celebrate!

You'll love what's happening this fall. Bring your family & friends for hot dogs, a bouncy castle and fun at our Sunday school sign up party September 15th after the 11 am service!

Today: 1 John 4: 11

¹¹Dear friends, since God so loved us, we also ought to love one another. **New International version (NIV)**

Family talk: How does your family know you love them?

~Micia and Hayley

Reach us at children@firstmetvictoria.com

*The Lord is my shepherd
I shall not want
He maketh me to lie down in green pastures
He leadeth me beside still waters
and restoreth my soul...*

Our Sunday School Vision Statement: To teach and nourish God's transformative love in an inclusive spiritual community, to share stories of Jesus and the Bible to enable children and youth to develop a spiritual framework for life, to involve and encourage all in worship, outreach, and community engagement, to give and teach tools to our children and youth, core beliefs, and practices of the United Church, and to witness children, youth and families happily engaged in church activities.

The Great Canadian Hymn Sing with orchestra, organ, piano and vocalists will at the Royal Theatre, September 8th at 3 pm (\$25 discounted tickets available to church members using code: singuntothelord when purchasing online at www.rmts.bc.ca/events/great-canadian-sing-2019-royal-theatre, or by phone at 250-361-5402.

Events for Sept. 1st—Sept. 8th, 2019 at First Met

Sunday, Sept. 1

9:00 Communion Chapel/124
11:00 Worship Sanctuary/122

Monday, Sept. 2

Church Building Closed

Wednesday, Sept. 4

12:00 Tai Chi Fellowship Hall/100

Thursday, Sept. 5

11:00 Healing Pathways 225
2:00 Circle Community Library/102
7:00 Choir Practice Social Suite/200

Sunday September 1

9:00 Communion Chapel/124
10:00 Choir Practice Social Suite/122
11:00 Worship Sanctuary/122

Programs in Earth Literacies Fall Programs



Nature & Psyche with Layman Pascal (Sept 10 – 17) & Gertie Jocksch (Sept 24 – Oct 1) Tues, Sept 10 - Oct 1, 2019, 10 am – 12 pm | \$75 or \$20 Drop in, Friends House, 1831 Fern St.

Layman Pascal will explore the need for a more profound mutuality between Humanity and Nature, Mind and Body, Noosphere and Biosphere in order to address the emerging planetary and personal crises that we face. Gertie Jocksch will continue this exploration through the work of ecotheologian Thomas Berry.

Journey of Exploration Pre-Celtic, early Celtic, and Celtic-Christian Ireland.



Ireland from Old Stone Age through the New Stone Age, the arrival of the Celts, and then the start of Roman and Christian influences. Join our small group (September 19—October 11) Explore, relax, enjoy. Vanessa 250 415 9272, islandpilgrim@gmail.com NB, the itinerary on www.islandpilgrim.ca is just a suggestion. Very much open to YOUR heart's desire.



Join youth and young adults across Canada who are making their voices heard by striking during the **GLOBAL CLIMATE STRIKE WEEK**, September 20-27. People of the United Church and communities of faith are standing in solidarity with young climate strikers. For more information or to register your event, visit www.fridaysforfuture.ca.

We would love to hear what you are doing during Global Climate Strike Week or why climate justice is important to you! Let us know by sharing a photo or video online using the hashtags #ClimateStrikes, #FridaysforFuture, and #UCCan for a re-post. Or send your photo or video to us at justice@united-church.ca to be posted on the United Church's social media accounts.

YOGA IN THE CHAPEL

There will be no Gentle Yoga or Chair Yoga the week of September 2, but will resume the week of September 9.



A reminder from our Director of Music Ministry, Kelly Charlton, that practices for the **Sanctuary Choir** resume on **Thursday, 5th September at 7 pm. in Room 200**. New members welcome.

Pringle Bells will recommence on **Friday, 27th September in Room 200 at 10 am**. Finally, Kelly will be away on holiday from 9-21. Amber Dayton (alto choral scholar) will play the services on Sunday 15th, during his absence.



Guys' "Water Into Wine" Night—Tues., Sept. 10th 7-9 pm

First Met men are invited to meet for conversation, a pint (if they wish) and a bite to eat at the Bent Mast Pub, 512 Simcoe St. in James Bay. The evening starts at 7 p.m. in the room upstairs. This is not an exclusive group - the invitation is to any guys who might enjoy an evening out together with some other guys from the church.

TAI CHI will resume Mondays and Wednesdays at Noon in Fellowship Hall beginning September 4.



Volunteering for the Ecumenical Service at Mt St Mary Hospital.

Our service dates for the rest of 2019 are Sept 16. Oct 21, Nov 18 and Dec 16. *In advance, take proof of flu vaccination and police record check to Anne McCaffrey, MSMH Volunteer Co-ordinator, 250-480-3118. Vanessa (islandpilgrim@gmail.com and 250-415-9272).*

Victoria indie-folk trio **WEST MY FRIEND** (Jeff Poynter's band) has reached their 10th birthday, and to celebrate they are releasing their fourth album, recorded with 53-piece symphony orchestra! They will be joined by more than 130 musicians on the stage of the Alix Goolden Performance Hall, including members of Victoria's symphony community, The Choir & The Chorus, and the VCM Senior String Ensemble. Check out www.westmyfriend.com to learn more about the band.

West My Friend Album Release + 10th Birthday Concert
September 20th, 2019—Alix Goolden Performance Hall
Doors 7:00 | Concert 7:30
\$25 General | \$20 Student / Low Income
Tickets at Alix Goolden, Ivy's Books, and alixgooldenhall.com



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Prayer and Music in the Style of TAIZÉ
Fridays, Sept. 2, Oct. 18 & Nov. 15 (doors 5:30, service 6:00)
James Bay United Church, 511 Michigan Street.
Everyone welcome.

Let us enter together into the mystery of God's Presence.



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