

Saturday, September 18th 2021

To our wonderful First Met children, youth, young adults, families, & community,

We are not alone, we live in
God's world.

We believe in God, who has created and
is creating, who has
come in Jesus, the Word made flesh,
to reconcile and make new.
Who works in us and others by the
Spirit.
We trust in God.



At the end of each day, what can I leave on a hook outside the door?

On a recent hike with kQwa'st'not ~ charlene george and other members of the Sierra Club BC family near XwaYeN (in what some people now know as East Sooke Park), Charlene offered us some simple words on how to move forward in this time of healing and learning.

She suggested we end each day by hanging our thoughts, worries, frustrations and concerns on a hook outside the door. Each morning we **choose** what to take from the hook, and what to leave behind.

As First Met families we're trying let go of what we don't need, to make space to carry what we need for the day; to listen, learn, and wait with patient and open hearts.



Plus - we *finally* get to throw things from the balcony!! (we know you've always wanted to... 😊).

We'll gather on the balcony for worship with Reverend Larry and Bullwinkle, then shower the congregation with our butterfly blessings. Our thanks to Joan Wilkinson and her sister Betty for the tiny crocheted wonders.

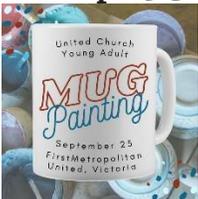


From there we'll head outside to play, learn and create! Dress for the weather, and of course - masks and distancing. Please stay cozy at home if you're not feeling well.

Young Adults (18ish to 30ish)– this is for you! Join us here at First Met for some in-person fun!

Young Adult Gathering - Mug Painting

Sat Sep 25 3:00pm - 5:00pm



Mug Painting Night at First Metropolitan United

It's time to get together with other United Church YAs in the Victoria area - for community, connection, and FUN. We're serving drinks and snacks, sharing a short time of worship, and ... painting mugs

from **FiredUp! Ceramics Studio!** (Once painted, your mug gets dropped off to FiredUp! to get sealed with a food-safe clear glaze. About a week later First Third Staff will pick up your fired mug and drop it to you!).

Event Leaders: Sarah and Jake

DATE: **Saturday, September 25, 2021**

TIME: **3-5pm**

LOCATION: **First Metropolitan United** (932 Balmoral Road Victoria BC)

No charge! Donations welcome!

>**REGISTER HERE**<
Space Is Limited.

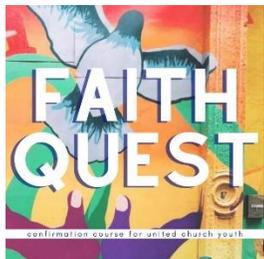
www.firstthirdministry.ca

And more from our amazing team at First Third Ministry:

FaithQuest Confirmation Course

Sun Sep 26 6:30pm - 8:00pm

YouthConfirmation



FAITHQUEST is a Confirmation Program that's been developed by **United Church friends at The GO Project.ca** - and we're offering it to all interested youth and their leaders in the Chinook Winds and Pacific Mountain Regional Council!

We think of FAITHQUEST as a journey, empowering Youth to articulate their Christian faith and questions. This course sponsored and hosted by the First Third Ministry team, and facilitated by The GO Project Staff, Alana Martin.

REGISTER HERE!

The Schedule

Faith Quest is a 6-part hybrid course. There are 5 Online Sessions for youth and their leaders to attend, and 1 In-Person Confirmation Retreat in New Year 2022. Participants can expect progressive, liberal, virtually friendly confirmation lessons with videos, activities, and a workbook. We're exploring

questions like: Who am I? Who is God? Who is Jesus? Who is the Spirit? Who are we? What are we called to do? Where do we go from here?

5 Online Sessions

- Free!
- Sundays, 6:30-8pm PT / 7:30-9pm MT
- September 26, October 3 & 17, November 7 & 21, 2021

1 In-Person Retreat

- \$150 / person. (Fees are never a barrier. We have confidential bursary money for you if you need it!)
- January 2022 in BC's lower mainland
- January 2022 in Okotoks AB

Ages

- 13-17 years (or thereabouts)
- leaders from participants community of faith or youth group

Communities of Faith Requirements

- Pair your youth with a mentor or spiritual companion from your Community of Faith
- Hold a Confirmation celebration for your youth, with your Community of Faith

Find Out More

Watch the [intro video to The GO Project.ca's Confirmation Course](#) to find out more about the program we will be using!

Contact [Sarah Prestwich](#), [Jake Highfield](#), [Chris Mah Poy](#) for more information (click names to for their email addresses).

www.firstthirdministry.ca

How are you celebrating the **Season of Creation?**
Join us to plant tulips - Sunday September 26th with Reverend Larry 😊
Our special prayer to share for this season:

