



# The Morning Messenger

February 3, 2019

**Mill Woods United Church**  
15 Grand Meadow Crescent  
Edmonton, AB T6L 1A3  
780 463 2202 [mwuc1@telus.net](mailto:mwuc1@telus.net)  
[millwoodsunited.org](http://millwoodsunited.org)

Twitter (@mwuc1)  
Facebook (@mwuc2)  
Instagram (@millwoodsunitedchurch)

Deadline to have information included in Morning Messenger is **Wednesday Noon**

**Worship Team** - Teamwork helps to make each Sunday run smoothly. If you would like to be part of the team, please call the church office at 780-463-2202.

### February 3

**Welcome Team:** Cathy Bayly, Gordon Langstone, Enid Oldham, Maurice Oldham, Sharron Lee

**Projectionist:** Gordon Hodge

**Announcements:** Cathy Bayly

**Scripture Reader:** Carol Hickman

**Offering Counters:** Dave Borynec, Terry Staley

**This is Us:** Olga Garcia

### February 10

**Welcome Team:** Laine Pickle, Don Grabinsky, Francisco Rico, Olga Garcia

**Projectionist:** Gordon Langford

**Announcements:** Kathy Poechman

**Scripture Reader:** Ethel Ray

**Offering Counters:** Carol Hickmann, Kathy Crawford

**This is Us:** Lynda Colgan

## Activities for February 3 - 9

Sun	10:30 am	Worship	Entire Church
	12:30 pm	Worship ZUMC	Entire Church
Mon	10:00 am	Al-Anon	Lounge
	10:00 am	Administrative Meeting	Lounge
	7:00 pm	Weight Watchers	Lower Hall
	7:00 pm	Book Study	Lounge
Tues	9:15 am	Weight Watchers	Lower Hall
	5:30 pm	Food Bank	Sanctuary
	5:30 pm	Clothing Bank	East Loft Room
	6:30 pm	Tai Chi	Sanctuary
	7:00 pm	Stitching Connection	Lower Hall
Wed	1:30 pm	Heavenly Hospitality Mtg	Lounge
	5:30 pm	Yoga	Sanctuary
	6:30 pm	Weight Watchers	Lower Hall
	7:30 pm	NO CHOIR MWUC	Sanctuary
Thurs	2:15 pm	Weight Watchers	Lower Hall
	5:30 pm	Food Bank	Sanctuary
	7:00 pm	Weight Watchers	Lower Hall
Fri	10:15 am	Weight Watchers	Lower Hall
	7:00 pm	ZUMC Women's Mtg	Lounge
	7:00 pm	A Travel Night	Sanctuary
Sat	8:30 am	Weight Watchers	Lower Hall
	8:30 am	Bread Run	Sanctuary
	10:00 am	Women's Circle	East Loft Room
	1:00 pm	ZUMC singing	Sanctuary

## Next Sunday

On February 10, **Epiphany 6**, we will continue a series on Seven Sacred Indigenous Teachings. The fifth, on Wisdom, will include a reflection on Paul's writings about God's "foolish wisdom" (*1 Corinthians 1:18-31*) The choir will sing "Walk Together Children" – Ian

## Annual Report

The Annual Report needs to be available at least two weeks prior to the Annual General Meeting on March 10.

The deadline for submissions is **February 11, 2019**. You can email it to [mwuc1@telus.net](mailto:mwuc1@telus.net) or drop of in the Administrator's mail box.



## News from the Bread Run

Bread run stats for January 2019

256-family units  
476-adults  
264 - children



## On the Brink of Everything

An Adult Study at Mill Woods United Church  
You are invited to be part of our  
***On the Brink of Everything*** study.

**When:** Monday nights from 7-9 pm on February 4, 11 and 25, 2019

**Where:** In the church sanctuary

### Topics

- February 4: Spirituality and the Quest
- February 11: The Inner Journey
- February 25: The Outer Journey and Putting it all Together

### Resources

- The sessions will be led by Joyce Madsen and Clair Woodbury
- Sessions will include videos, messages from our presenters, book reviews, discussions and time for reflection
- Participants are encouraged to attend all three sessions but you are welcome to come to one, two or all three

The study will be based upon three books. It is not necessary for you to have read the books, but if you wish to, we have copies to lend, you can purchase them electronically or in print, or get them from a library. The three books are:

- On the Brink of Everything: Grace, Gravity and Getting Old by Parker Palmer
- Grace Without God by Katherine Ozment
- Unbelievable: Why Neither Ancient Creeds nor the Reformation Can Produce a Living Faith Today by John Shelby Spong

If you are interested in joining us, there will be a sign-up sheet at the back of the church beginning Sunday January 20, 2019.

If you have further questions please contact Rob McPhee at 780-462-3718.

## MILL WOODS UNITED CHURCH OUTREACH PROGRAM

### DOES FILLING OUT FORMS CONFUSE YOU? WE CAN HELP

**What:** Program to support you to fill it out some documents

**Where:** At Mill Woods United Church-

**When:** February 5

**How:** By appointment booked (780) 463-2202  
or - mail: [olgamerygar88@hotmail.com](mailto:olgamerygar88@hotmail.com)

### Which documents?

- Pension – CPP/OAS/GIS
- Canada Child Tax Benefits
- AISH (Assurance Income Severely Handicap)
- Capital Region Housing
- Financial Support (Alberta Works)
- Co-op Housing
- Passport –Initial and renewal-

## An Evening of Travel Memories

**What:** The Sharing of two travel adventures  
***Small Villages of Southwestern France***  
***The Stan's: Kazakhstan, Kyrgyzstan, Tajikistan, Uzbekistan***

**When:** Friday February 8, 2019 at 700 pm

**Where:** Mill Woods United Church Sanctuary

**What else:** Delicious French influenced Stan-ish snacks or Stan-ish influenced French snacks!

**Join the Rays and McPhees as they share photographs of two trips from 2018.**

There is no cost for the evening, but if you can, please sign-up ahead of time so we can prepare enough delicious snacks!

Sign-up at the back of the sanctuary beginning Sunday January 27, 2019.

Please join us on Friday, February 8 at 700 pm.

## Bread Run

### We need your help

Requirements- station wagon, SUV or truck. And ability to lift somewhat heavy stuff.

**What needs to be done?**- pick up food at Edmonton Food Bank and bring it back to the church

**When-** Fridays between 9am and 3pm. They are closed between noon and 1pm for lunch.

How often?- once every 4-5 weeks

**What needs to be done?** Pick up bread at Cobs Bread on Ellerslie Road and 111 St. SW and bring back to the church. Traditionally the Cobs pick up people also volunteer on Saturday to hand out food as well, but not necessarily a requirement.

When?- Friday evenings at exactly 8pm. That is when Cobs closes and whatever they do not sell during the day is given to us to distribute on Saturdays.

How often?- once every 4-5 weeks.

Interested in helping with food distribution on Saturday mornings? Or serving coffee to the clients that come to the bread run? We can talk about that as well!

Any questions please contact

Don Grabinsky 780-463-2676 or 780-818-1003

Francisco Rico 780-463- 9083 or 780-267-0586