

Saturday, September 24: 9 am to noon

## **Fall Rummage Sale**

Clothes • Soft-covered Books • Games • Toys Linens • Sports Equipment • Jewelry • Dishes

Come join us in Fellowship Hall and browse our clothing, jewelry, kitchenware, toys, linens and books. Don't forget too, to buy some of our freshly made baking from talented members of our congregation.

Any donations of gently used clothing, toys, kitchenware, linens, jewelryor books (soft covered preferred) would be most appreciated and can be brought to the church during the day Friday Sept 23. Baking can also be dropped off Friday.

## Sunday Service: It's like going to the gym...

Like the physical body, the spiritual body requires regular maintenance too. Without it, the result is an emotional fragility we try to cover with, ironically, more physical work.

Relationships suffer. Health suffers.

To rest in a church pew for one hour a week is to take a look inside, to think about who we are, and who we want to be. When the service ends, not every question might get answered, but a new strength will most certainly emerge. A determination. A focus that will help carry on into the trials of the week ahead.

And isn't that what a day of rest is really for?

### Welcome Back!

### **A Warm Summer Thanks**

For some of us the last few warm months was a time to soak up the summer sights and sounds in a more relaxing pace, but for others around our church, it was time to pull out the paint brushes, lawnmowers and garden clippers and get to work. We owe a very special thanks to everyone who put many, many hours into our gardens, our lawnmowing and our maintenance. A special thanks to Malcolm Parker and Paul Findlay for braving a major heat wave to mount scaffolding and paint the upper windows of the old church. It was a long way up, and a very warm experience, we are sure!

And (ahem, ahem) Speaking of Volunteers...

No experience necessary! Our church runs on volunteer-power. Please don't wait to be asked—we can use all talents in all areas, and many of the tasks don't require a big commitment of time or energy. Here are some immediate needs (Email admin@valoisunited.ca if you can help.)

## **Collection and Counting (urgent need!)**

There are multiple teams for this task who rotate throughout the season from September to June, and each team has a captain. Time requirements are about once every month or so, to collect and count after church (about 1/2-3/4 hour). Even if you can only offer your time as a spare, it helps.

#### Set-up/Take Down/Clean Up

This is a good family-friendly task: for our church events, we need strong bodies to help setup the tables and take them down. Setup usually happens on a weeknight for an hour or so. Take down/cleanup is right after the event. Our first event is already on this month's calendar!

## **Sunday School is back!**

Don't worry about the word "school"... this is a wonderful time to do a craft, sing, play and learn how God, Jesus and the stories in the Bible can teach us all to be better friends, brothers and sisters to each other. We want our children to grow up to be confident, strong and hopeful, armed with all the tools necessary to manage whatever future struggles come their way. It's one of the best gifts we can give.

## If you would like to contribute to our newsletter, if you would like to be added to our distribution list, or if you would like to stop receiving our news, please contact us at: <a href="mailto:deborahdixon@mac.com">deborahdixon@mac.com</a>

# VALOIS UNITED CHURCH

Edition: 63 September 2016

Minister Rev. Dr. Scott Hunter

Music Coordinator Dr. Judy Hung

Sunday School Heather Yorston

## **CALENDAR:**

**Sept 24:** Fall Rummage Sale 9 am to noon

Oct 9: Thanksgiving Sunday Service 10 am

Nov 4, 5: Annual Fall Fair (Fri 6-9 pm, Sat 9 am-2 pm)

## Budget Update:

Traditionally, summer drops in revenue put our budget in a precarious position and this year is no different. We will need to rely heavily on fundraisers and donationas for the balance of the year: Please consider 100 Envelopes, Fundscrip orders and donations of new or gently used goods/baking for our upcoming Fall Fair and Silent Auction table. The smallest of actions, multiplied, can generate the biggest

**Donation Button** canadahelps.org