

ANNOUNCEMENTS

No Scents Makes Good Sense! A friendly reminder that members of our congregation are sensitive to scented products. Reactions can vary from not being able to breathe to severe headaches. Thank you for helping.

Announcements: If you wish to have an announcement included in the bulletin, please have it into the office by Wednesday at 5:00 pm.



*Thank you to all our volunteers over the summer.
You have been a great help and a true blessing!*

IT'S A POTLUCK! September is here and we are looking forward to a fall at Cochrane Street! On Sunday, **Sept 23**, there will be a potluck lunch after church. Everyone is invited to come. Please bring something to share.

Next Meeting of Church Council: The next meeting of the Church Council is **tentatively scheduled** for Tuesday, September 18. If anyone has a matter they wish to bring to the attention of Council, please outline the matter in an email and forward to Stephen Jewczyk Interim Council Chair at sjewczyk@gmail.com.

Sunday School is starting September 16. See you there!

Choir practice starts back up again on Sunday (Sept 16). The choir rehearses every Tuesday at 6:30pm, as well as Sunday mornings at 10am. We're so excited to welcome back our returning members as well as three of our returning choral scholars! We are always happy to welcome new members. EVERYONE is welcome - at any level of singing or music-reading. Come join us in the joy of singing together - spiritually & scientifically proven to be good for the soul!

CSUC Men's Service Club will be starting its Fall Program on September 18, 6:30pm. All meetings are dinner club meetings and are held in the Cochrane Centre Hall. They are held on the third Tuesday of each month with the exception of December and the summer months.

I trust members and their families had a safe and enjoyable summer. The club continues to have strong membership support. I look forward to seeing our regular members and extend an invitation to all men to join us for an evening of fellowship, great food and companionship. The Men's Club is involved in many exciting and important projects within the church and community. See you there and God Bless! For further information, contact the church office at 722-3023.

Gerry Penny, Chair

More Voices: The Church Council is looking for your support to purchase 100 copies of *More Voices* – a supplement to our hymn book, often used for Sunday morning worship. Each copy (including protective cover) is \$25.00. Please put your donation in the collection plate marked “More Voices”. If you wish to donate a hymn book in celebration of a special event or in memory of a loved one, please email the office at info@cochranestreetuc.com or write the dedication on your envelope.

The United Community of Faith Joint Service Of Worship: will be held at Cowan Heights UC on October 21 at 7 pm. We are also extending an invitation to all choir members to participate in a combined choir for this service. Members & friends of all congregations are extended a warm welcome to attend. Refreshments will be served following worship.

Wesley United Church Thrift Shop: The Wesley United Church Thrift Shop will reopen **September 11** at 1:00 pm. Donations of housewares and gently used clothing would be very much appreciated and can be dropped off at the Church any time after 9:30 am on the 11th.

St. James United Church warmly welcomes you to its second annual **Diversity Fair** on **September 23 from 12 - 2 pm!** Recognizing every individual is equal and important, St. James promotes inclusion of all persons in our community: immigrants, international students, those with differing mental and physical abilities, seniors, youth, the LGBTQ+, and more. Come meet and chat with many diverse people who make up the church community and our city. Light refreshments will be available. Admission is free. St. James is an accessible venue. For details, please call the church office at 722-1881, ext. 200 or e-mail info@stjamesuc.org.

Season of Creation Sept. 1 - Oct. 4: You are invited to relax and become more aware of the beauty and importance of the natural world in our lives as well as for the obligation we have to preserve it. Stay tuned for more information on an Inter-denominational Bon Fire on Middle Cove Beach, Sept. 21 at 7pm, and a Reflection on Water event scheduled for Bowering Park at 2pm, September 30. For further details, please contact Jennifer Taylor at 754-0386 or unitedchurch@nfld.net.

Grief and Bereavement Information Session: Please join Rev. Dr. Peter Barnes on **September 18** from 7 - 9pm in the Cafeteria Conference Room of the L.A. Miller Centre. This session will share information on understanding grief, guide us through the grieving process, and provide tips on what we can do to help ourselves and others. For more details, please call Mag Snook at 777-8972 or Peter Barnes at 777-2167.

Eastern Health's Pastoral Care & Ethics Department invites people grieving the loss of a loved one to join an 8-week Bereavement Information & Support Group **beginning September 20**. Sessions are held Thursday afternoons from 1:30 – 3:30 p.m. Location: Health Sciences Centre. For more information, or to register, please contact the Pastoral Care Office at 777-6959 or Scott Parsons at 777-7611.

Living Well With Advanced Cancer: Eastern Health invites you to attend an 8-week interactive support group designed to help those living with advanced cancer to reconnect with and sustain meaning in their lives. This program **starts October 3**, meeting Wednesday's from 2-4 pm until November 21 at the Botanical Garden Field Centre, 306 Mount Scio Road. For more details or to register please contact Paul Grimes at 752-8798.

SEPTEMBER AT L'ARCHE AVALON

Thursday Lunches 12 pm - 1:30pm: We're back to the Avalon Mall Food Court on September 6th. Come and share lunch with us.

September 15 - Farmers Market: We will man our table from 9 am - 3 pm. Volunteers are needed. Please call Marilyn at 738-3681.

September 22 - Jam Circle at the Arts and Culture Center, MMaP Room (2nd floor of the Center), 2 - 4 pm. We'll make some unique music, sing a few old favorites and finish off with a snack. It would be great if you could come and bring a friend or family member with an intellectual disability.

September 23 - Cold Plate Supper 4 - 7 pm, to be held at The Salvation Army Citadel on Adams Avenue. We provide the meats and you bring the salads and desserts. Hope to see you there.

*NO EXCUSES, NO LIMITS. LUCA "LAZYLEGZ" PATUELLI
OCTOBER 3, 7PM, FORAN GREEN ROOM CITY HALL*

Book your tickets soon! L'Arche Avalon has partnered with other community groups to bring internationally acclaimed breakdancer Luca "LazyLegz" Patuelli to Newfoundland. This community presentation is inspired by the philosophy of the "No Excuses, No Limits" program and Luca's personal mantra that has steered his dance career and international success! Tickets and details available at www.neighbourhoodanceworks.com/luca/.

NOTES FROM THE ARCHIVES

We are all familiar now with the latest renovations that have taken place in our church building. Who remembers the following? In the late 1980's the balcony on the rear of the gym was covered in to accommodate the Food Bank. Do you remember sitting in the balcony for Sunday School. Early on it faced the stage that was in the gym. The three large leather and wooden chairs presently in the pulpit were for the use of the Sunday School and the large pulpit still in our building was located on that stage.

Welcome to Cochrane Street United Church

Whether you are here for the first time or this is your church home – welcome to our community of faith. Following worship there is a time of fellowship.

USHERING TEAM FOR SEPTEMBER

Robert Mercer, Brian Johnston, Peter Crosbie,
Harris Flight, and Robert Evans

THIS WEEK AT COCHRANE STREET SEPTEMBER 17 – SEPTEMBER 23

Tuesday: 6:30 PM Choir Practice Bannerman Street Entrance
Tuesday: 7:30 PM Church Council Bannerman Street Entrance
Sunday: 10:00 AM Choir Practice
Sunday: 11:00 AM Worship at Cochrane Street United Church

OFFICE

Office Hours: Tuesdays and Thursdays 10:00 am – 1:30 pm
Wednesdays 10:00 am – 12:00 pm

Email: info@cochranestreetuc.com

Phone: 709-722-3023

Website: www.cochranestreetuc.com

Cochrane Centre Contact information for bookings
709-754-2532 or info@cochranecentre.ca

CONTACT REV. MIRIAM

Have a question or need to make an appointment?

You can reach Rev. Miriam in the following ways:

Email: revmiriam@cochranestreetuc.com or Cell: 709-728-8410

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