
West River United Church

NETWORK...

Casting a vision. Pulling together.

www.westriverunited.com — 902-566-4052 — office@westriverunited.com

West River United Church Family Skate

Come skate with us on March 24th from 3:20 pm to 4:20 pm at the South Shore Actiplex in Crapaud! Everyone welcome! This is a free family event!



Lenten Ecumenical Lunch Service

A combined service of St. Francis of Assisi Parish, Burnside Presbyterian Church and West River United Church. March 12th at noon at West River United Church!

All are invited for our noontime service of worship, followed by a delicious lunch together. Worship is from 12:00 to 12:30, and those returning to work can go to the front of the lunch line!

There is no cost, and we encourage you to bring a friend! All are welcome! For more info please call the church office at 902-566-4052.



**Today is Food Bank Sunday &
Order Sunday for
Fair Trade Coffee, Tea, Chocolate**



Sunday, March 3rd, 2019

Lent 2019 Personal Email Retreat Series: Lent on a Plate

Six email retreats, received by email, on each of the Saturdays in Lent. We look at how our Lent meal times can prompt us in grounding practices, and help bring us to present moment awareness and gratitude. Table-sharing for Jesus is about more than feeding; it is how we become nourishment for one another.

If you are interested in joining up for this at home on line retreat please contact the office with your email information.

Description of Email Retreat Series 2019: Lent on a Plate

Here's what you receive:

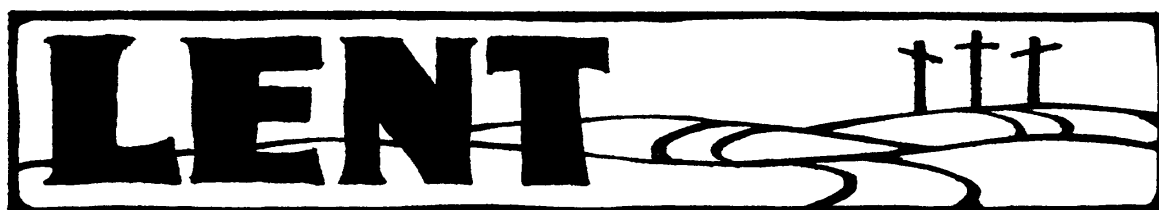
Table-sharing is more than feeding. It is a way of becoming nourishment and love for one another. Jesus brings a feast of Presence to his picnics, potlucks, dinner parties, breakfasts and snacks. We'll explore these stories and discover themes that will guide and support our journey through Lent.

The meals we set upon our kitchen table become the focus, not just of our nourishment, but of our spiritual practices and prayer.

This is what's great about *Lent on a Plate* – every time we eat and drink we are reminded of God's Presence and give attention to this ordinary sacrament.

1. Your retreat series arrives by email. Each retreat offers an opening, a brief meditation, questions for reflection, a recipe and story, and a spiritual practice.
2. You receive a Welcome Email on Ash Wednesday March 6, which helps you prepare to receive your first retreat.
3. You receive six Email Retreats on the following six Saturdays.

Too busy to keep up? Within your retreat is a button where you can download, save and print your retreat for a quiet time.



Joining the Dance Lenten Reflections – Walking Study group: by Cheryl Bradbee

We are going to be hosting a special kind of Lenten study. All are invited to join. The plan will be to meet once a week to gather, reflect, and walk. The time and locations are to be determined. If you are interested in joining us please contact Rev. Barbara at barbarajcairns@gmail.com before Feb 28. Indicate which day suits you best. There are two choices: Wednesday, March 6- April 10 at 10:30 am, or Saturday, March 9 - April 13th at 10:30 am. This study is designed to help you deepen your relationship with God the Creator, creation and one another through a greater understanding of a lifestyle based on Sabbath and the stewardship of creation. All participants will receive a free on line resource.

Veterans Drop In

The next Veterans Drop In will be March 29, 2019 at the Kingston Legion New Haven from 11:00 to 13:00hrs. All Military and RCMP veterans welcome. Coffee, tea, biscuits and muffins provided.

Trip to Europe

Have you ever dreamt of visiting cities like Budapest, Vienna or Prague? Would you be interested in seeing the world famous Passion Play of Oberammergau, Germany, which is only preformed every ten years? I am looking forward to hosting such a tour a little over a year from now, travelling from May 25 – June 4, 2020. I invite you to attend an information night at 7 p.m. on Thursday, March 14 at “The Travel Store” located at 538 North River Road, Charlottetown. An RSVP regarding this meeting would be helpful, but not required (for planning purposes only). I can be reached at Park Royal United Church at 902-894-9656 or kevinparkroyal@eastlink.ca. I look forward to seeing you at this information night. Rev. Kevin MacKenzie, Park Royal United Church

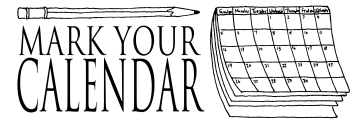
TEA & TALK Program – A Better Life For Our Seniors

The town of Cornwall added another session to the program on Tuesday, March 5th at 10:30 am: Mental Health and Stigma. Location: Cornwall civic centre.

Upcoming Worship Services

Worship Service, Sunday, March 10th at 10 am

Lenten Ecumenical Lunch Service, March 12th at noon



(DVD's of every Worship are available to borrow from the church office.)

Happenings in our local Church Community

Lenten Reflections – Walking Study group – Wednesday, March 6- April 10 at 10: 30 am, and Saturday, March 9 - April 13th at 10:30 am. Please register!

Do Drop In....coffee time at the Church, Thursday, March 7th, 10 am, Parlour
Council Meeting, Wednesday, March 13th at 6:30 pm, Room 301

Pastoral Care Team Meeting, Thursday, March 14th at 1:30, Parlour

Family Skate, Sunday, March 24th, 3:20 – 4:20 pm, South Shore Actiplex in Crapaud

Church office hours are Monday to Friday from 8:30 am to 1:00 pm.

In case of an after hours emergency situation
please call Rev. Barbara J. Cairns at (902) 569-4259
or email barbarajcairns@gmail.com
