

## First United Church

Swift Current, SK

Church Office – 306-773-9353 [www.firstunitedsc.ca](http://www.firstunitedsc.ca)

email: [firstunitedchurch@sasktel.net](mailto:firstunitedchurch@sasktel.net)

Facebook: <https://www.facebook.com/FirstUnitedSC/>

Minister: Rev. Annette Taylor

email: [annette.firstunited@sasktel](mailto:annette.firstunited@sasktel)

Choir Director: James McLauchlan

Office Manager: Patti McCleary & Rhonda Lotochinski

Sunday School Coordinator: Jacqueline Orola-Ravino

## Recordings

of past Sunday services  
are available on the [church website](#).

## Radio Broadcasts

of our worship services can be heard on the  
third Sunday of the month

at **11:00 am** on **Radio CKSW 570**

(next broadcast is February 19th)

If you would like to sponsor a broadcast,  
please contact the church office. Cost \$130.

## Baked Items for CMHA

You are invited to bring baked items for  
CMHA to the church on

**Monday, Jan. 30<sup>th</sup> or Tuesday, Jan. 31<sup>st</sup>**

**Office hours are 9:00 a.m. to noon & 1:00 p.m. to 3:30 p.m.**

They are looking for any kind of baking such as  
cookies, muffins, pies, dainties, tarts or cakes.

**If you are not a baker but would still like to help out,**

granola bars, Ziploc sandwich baggies, and  
individual portions of pudding, yogurt and breakfast oatmeal  
are also appreciated.

## Sunday January 22, 2023

A warm welcome to all  
who are worshipping with us today!  
Whether you are joining us in person  
or watching via livestream  
please know, you are a part of our family.

## Upcoming Meetings & Activities

- Tuesday, January 24 – Winter Book Study,  
2:00 p.m. by Zoom.
- Tuesday, January 24 – Executive meeting,  
5:15 p.m. by Zoom.
- Wednesday, January 25 – Lectionary Bible Study,  
9:30 a.m. by Zoom.
- Wednesday, January 25 – Boutique & Garage  
Sales, 11:30 a.m. to 4:30 p.m.
- Wednesday, January 25 – Creation Station,  
1:00 p.m. to 5:00 p.m. in the Creative Art  
Space.
- Wednesday, January 25 – Choir Practice,  
7:30 p.m. in the Sanctuary.
- Thursday, January 26 – Coffee Time,  
10:30 a.m. in the Cypress Lounge.
- Thursday, January 26 – Church Council,  
7:00 p.m. by Zoom.
- Saturday, January 28 – Boutique & Garage Sales,  
10:00 a.m.

## **Pot Luck Lunch – Today!**

Please join us for a Potluck Lunch  
In the Knox Hall Gym following worship.  
Everyone welcome!

Our next **“Loose Change Supper”** will be on

**Tuesday, January 31<sup>st</sup> at 5:30 p.m.**

We will be serving cranberry chicken, rice, peas & carrots, vegetarian casserole, salad, buns and bread pudding with caramel sauce, fruit salad and a Sundae bar for dessert

Please sign up at the church office by

Sunday, January 29<sup>th</sup> by calling 306-773-9353.

We are also in need of helpers for cleanup after the supper.

Please contact the church if you are available to help out.

## **Outreach Refugee Sponsorship Supper and Silent Auction**

to be held on

**Saturday, February 11, 2023**

**Auction begins at 5:00 p.m.; Supper at 5:30 p.m.**

Supper will be a buffet featuring roast beef, North American and Middle Eastern cuisine

Donations of items for the auction can be left at the church office.

A list of suggested items that sold well in the past include: gift baskets, gift certificates from local businesses, unique works of art, hand-made items, and locally produced gifts.

Any unsuitable - previously used - items will go to the garage sale.

Only 100 tickets will be sold for the supper.

\$25 for adults; \$10 for kids aged 6-11

**Tickets are on sale in foyer today following the worship service or in the church office.**

If you wish to help with the Supper, please speak to Janet Keene, Refugee Supper Coordinator.

All proceeds from the supper and auction will go towards our Refugee Sponsorship project.

Join in this wonderful, fun, exciting Outreach event.

## **Winter Book Study**

**Five Little Indians by Michelle Good.**

One Book/One Province 2023 selection.

The novel follows five teenagers as they leave residential school and strive to find a place of safety in the world.

Time: 2:00 p.m. – 3:30 p.m. by Zoom

Sessions: Tuesdays Jan. 24, 31, Feb. 7, 14.

Register at the church office by Jan. 20.

## **Creation Station**

is looking for a volunteer to help on

Wed. Jan. 25<sup>th</sup> and also on Wed. Feb. 8<sup>th</sup> from 1:00 p.m. to 5:00 p.m. in the Creative Art Space.

Please contact Linda Stumpf if you are able to help out at 1-306-629-3948 or email at: ljstumpf1@gmail.com

### **DID YOU KNOW?**

Research has shown that making art can significantly reduce stress levels, regardless of artistic talent or experience.

Stress-related hormone cortisol lowers after just 45 minutes of art creation. (2016 study by Kaimal et al)

Creation Station is open on Wednesdays from 1-5 pm making good use of recycled materials for art creation.

## **Membership Classes**

We are looking for people who are interested in joining a membership class. The group is open to anyone who:

- is already a member of First United,
- is considering being a member, or
- is just interested in exploring their faith.

If you are interested please contact Annette.