

ANNOUNCEMENTS

Congratulations Evan and Tiffany!

They welcomed Harrison to the world on August 24th!

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!*

BAG TO SCHOOL: Thank you to everyone who donated towards this program! Your generosity has enabled Bridges To Hope to meet its quota!

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.

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. Meetings are scheduled for 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 in the fellowship and good will of the Men's Service Club. All men are welcomed and encouraged to join with 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@cochrane-streetuc.com or write the dedication on your envelope.

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.

Burry Heights Day September 15: We would love to see you for any or all of our events. For further information, phone 709-754-8824 or check out their website at <http://www.burryheights.com/>. Thank you for your support.

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 info 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**. Both events are sponsored by the Mercy Centre for Ecology and Justice. For further information, please contact Jennifer Taylor at 754-0386 or unitedchurch@nfld.net.

Ovarian Cancer Symposium: You are invited to attend the second annual symposium on ovarian cancer. The symposium features presentations on topics that range from how to recognize the symptoms of ovarian cancer, understanding and coping with the disease, to genetic research and testing presently taking place in Newfoundland and Labrador. Please join us on **September 15** at the Faculty of Medicine, Memorial University Campus, \$25. lunch included. Online registration: www.MED.MUN.CA/Exposium2018 or phone (709) 864-3358.

Grief and Bereavement Information Session: Please join Rev. Dr. Peter Barnes, Regional Coordinator of Bereavement Services, Eastern Health, on **September 18** from 7 – 9 in the Cafeteria Conference Room of the L.A. Miller Centre. This two-hour session will provide information on understanding grief, guide you through the grieving process, and provide tips on what you can do to help ourselves and others during times of grief. For further information, 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. Offered in conjunction with the Dr. H. Bliss Murphy Cancer Care Foundation and the Pastoral Care and Ethics Department of Eastern Health, this program will **start October 3** and will meet on Wednesday's from 2-4 p.m. until November 21st at the Botanical Garden Field Centre, 306 Mount Scio Road. For more information or to register please contact Paul Grimes at 752-8798.

Come **"Awaken the Energy Within"** for more relaxation, energy, wellness and joy with Wisdom Healing Qigong and T'ai Chi Chih Joy thru Movement sessions. Regular 8-week classes begin **October 16 until December 6**. For more details, please contact Sheila at 727-7863 or sheilaleonard@nf.sympatico.ca, or visit the News menu bar at www.sheilaleonard.ca. Can also call The Lantern at 753-8760.

More Voices # 79: SPIRIT, OPEN MY HEART

Chorus: Spirit, open my heart to the joy and pain of living.
As you love may I love, in receiving and in giving,
Spirit, open my heart.

God, replace my stony heart with a heart that's kind and tender.
All my coldness and fear to your grace I now surrender. **C**

Write your love upon my heart as my law, my goal, my story.
In each thought, word, and deed, may my living bring you glory. **C**

May I weep with those who weep, share the joy of sister, brother.
In the welcome of Christ, may we welcome one another. **C**

NOTES FROM THE ARCHIVES

We are all familiar with the latest renovations that have taken place in our church building. Who remembers the following? In 1971 a stairwell was constructed to the Bible Class room, afterwards called the Choir Room) connecting the "office" stairwell to the third floor. Formerly the only entrance was at the end of the hall on the third floor. Did you attend Sunday afternoon Bible Class in this space?

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

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

THIS WEEK AT COCHRANE STREET SEPTEMBER 10 – SEPTEMBER 16

Sunday: 11:00 AM Worship at Cochrane Street United Church

OFFICE

Office Hours: Tuesdays, Wednesdays, and Thursdays
10:30 am – 1:30 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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