

## **ANNOUNCEMENTS**

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

**Welcome:** A warm welcome to Laura Hunter and Lauren King who are leading worship this morning. Laura Hunter is the Justice and Mission Minister for our Region, and Lauren King is the Youth and Young Adults Minister for our region. Thank you both for leading our service this morning.

**Sanctuary Sound System:** We have a looped system for the hearing impaired. Please ask one of the ushers for a headset.

**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.

The Men's Club wishes to thank the following people for their commitment and care in taking down and putting away the church Christmas decorations:

Bob Mercer, Gerry Penney, and Newell from First Light.

**MEN'S CLUB** will resume its meetings for the new year on Tuesday, January 15, at 6:30pm. All meetings are dinner club meetings and all men are welcome to attend and enjoy an evening of good food, great fellowship, and fun. The men's Club wishes all a healthy and safe 2019. God Bless! Any questions, call the church office at 722-3023.

**Cochrane Street United Church Choir** has started up again for the year and we are always welcoming new members! We rehearse every Tuesday from 6:30pm to 7:30pm and Sunday mornings at 10. Can't commit to attending every week? Not a problem. Many of our members attend when they're able. Come, let's make some beautiful music together!

**Sunday morning readers:** Are you interested in reading scripture in church on Sunday morning? If so please let us know! If you are, call or email the office at 722-3023 or [info@cochranestreetuc.com](mailto:info@cochranestreetuc.com).

**PRAYER GROUP** will be starting up the last Wednesday of this month, on January 30. This group meets weekly to pause, give thanks, breathe deeply, and pray for others. If you have a prayer request, you can put them in our offering plate or email [prayers@cochranestreetuc.com](mailto:prayers@cochranestreetuc.com).

**Missed Church?** You can still hear or read Rev. Miriam's sermons. They are posted each week on our website <https://www.cochranestreetuc.com/sermons/>.

**UNITED CHURCH OBSERVER:** Anyone who is interested in renewing their Observer subscription (\$25) or who would like to receive it, please contact Paula Reynolds at 325-2106. If writing out a cheque, please make it payable to the United Church Observer. Thank you!

**Stuff the New Shelves for Bridges to Hope!** We are going to fill our shelving, generously donated to Cochrane Street United Church, full of the most helpful items: tinned milk, canned beans, canned meat, juice boxes or one liter of juice, cereal, Kraft Dinner, pasta, and pasta sauce. Bring your items to church on Sunday. Thank you for your support.

**Recyclables:** Are you cleaning up after Christmas? Drop off your recyclables at any Green Depot and use the Cochrane Street Code (our phone number) 7223023. Your empty containers will support the ministries of our congregation! Thank you in advance for your help.

**PAR** (Pre-Authorized Remittance) is an amount determined by you that is deducted from your bank account monthly. For more details or to sign up for PAR, please contact the church office at [info@cochranestreetuc.com](mailto:info@cochranestreetuc.com).

**Envelopes:** If you need envelopes, please contact Harold Grandy at [hgrandy@nf.sympatico.ca](mailto:hgrandy@nf.sympatico.ca).

**ZATOUN OLIVE OIL – OUTREACH PROJECT:** Gower Street United Church are distributors for Zatoun Olive Oil for \$20.00 a bottle as an Outreach Project. Several United Churches and the Presbyterian Church are participating in this project. Zatoun is Fair Trade Extra Virgin Olive Oil. Proceeds benefit farmers and children living in occupied Palestine and create awareness for peace in Palestine. If you wish to purchase this oil, please contact the church office at 722-3023 or Stephen Jewczyk after church (or 753-6265 or [sjewczyk@gmail.com](mailto:sjewczyk@gmail.com)). ***If paying by cheque, please make it out to Gower Street United Church.***

**RENAMING OF REGION 16:** *Congratulations to Kathleen Taylor and our very own Stephen Jewczyk for winning the contest for renaming Region 16!!!* The Transition Commission for Region 16 has chosen, by consensus: **First Dawn Eastern Edge Regional Council**. Thank you for the many good submissions for the name of our new region. This is a joining together of two concepts that were submitted in two separate submissions in our naming competition.

**Eastern Health's Pastoral Care, Ethics & Bereavement Services Department** invites people grieving the loss of a loved one to join an 8-week Bereavement Information & Support Group beginning January 24, 2019. 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.

**Wesley United Church Soup Luncheon and Social:** Wesley United Church will host a soup luncheon with a social (Auction & Bridge) to follow on Thursday, January 17<sup>th</sup>, starting at 12:30 pm. Tickets are \$12 and can be obtained by contacting Pheobe Sheppard at 726-1689, Marvin Barnes at 579-7900 or the Church Office at 579-3682.

**Come “Awaken the Energy Within”** for more relaxation, energy, wellness and joy with Wisdom Healing Qigong and T'ai Chi Chih Joy thru Movement daytime and evening sessions Tuesday to Thursday from January 15 – March 7 at The Lantern, 35 Barnes Road. Also on January 19 at Presentation Sisters Retreat House, 47 Parsonage Drive. New and returning students welcome! For more details, contact Sheila at 727-7863 or [sheilaleonard@nf.sympatico.ca](mailto:sheilaleonard@nf.sympatico.ca) or visit [www.sheilaleonard.ca](http://www.sheilaleonard.ca). Can also call The Lantern at 753-8760.

# Welcome to Cochrane Street United Church

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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.

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## USHERING TEAM FOR JANUARY

Roger Crosbie, Jim Austin, John Perlin,  
Jeff Critch, Jim Oakley, Lloyd Brown

## THIS WEEK AT COCHRANE STREET JANUARY 14 – JANUARY 20

Tuesday: 6:30 PM Choir Practice Bannerman Street Entrance  
Tuesday: 6:30 PM Men's Club Bannerman Street Entrance  
Wednesday: 7:30 PM Church Council Bannerman St Entrance  
Sunday: 10:00 AM Choir Practice

## OFFICE

**Office Hours:** Tuesdays 10:00 am – 2:00 pm  
Wednesdays 1:00 pm – 3:00 pm  
Thursdays 10:00 am – 1:00 pm

Email: [info@cochranestreetuc.com](mailto:info@cochranestreetuc.com)

Phone: 709-722-3023

Website: [www.cochranestreetuc.com](http://www.cochranestreetuc.com)

Cochrane Centre Contact information for bookings  
709-754-2532 or [info@cochranecentre.ca](mailto: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](mailto:revmiriam@cochranestreetuc.com) or Cell: 709-728-8410

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