

MEMORIALS

In Memory of Carol Earle, from the McMaster Family

*In Memory of Bea & Owen Antle and sister Beverley,
From Judy and Michael Kay*

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.

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.

HAIRCUTS FOR HOPE is taking place 1:00pm this Sunday, January 20, in the community room, with set-up beginning 12:30pm. **Coffee Time is still a go!** Please join us after church service in the community space closest to the windows.

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.

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.

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/>.

More Voices: On Sunday, **February 3, at 11 am**, we are celebrating the beautiful music we make together as we dedicate the new choir gowns and the new hymns books, *More Voices*.

More Voices: There is still time to donate! *More Voices* is a supplement to our hymn book. Each copy is \$25.00. Please put your donation in the collection plate marked "More Voices". If you wish to donate one 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.

Apartment Clean Up: The UCW is helping to clean the counters and cupboards in the 5 Seniors Affordable Apartments in the basement at Cochrane Centre. If you want to come and help, bring your rags and buckets to Cochrane Centre on Thursday, January 24th at 10 am.

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.

Envelopes: If you need envelopes, please contact Harold Grandy at 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). ***If paying by cheque, please make it out to Gower Street United Church.***

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.

The Alzheimer Society of Newfoundland and Labrador will be hosting a **Lunch & Learn webinar January 31 from 12:30-1:30PM**. This presentation is free and open to the public. The aim of this webinar is to provide information about our First Link Program and inform you of the process to connect individuals with us. If you are interested in registering for the webinar, email your name and email address to firstlink@alzheimernl.ca or call us at [\(709\) 576-0608](tel:(709)576-0608).

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 or visit www.sheilaleonard.ca. Can also call The Lantern at 753-8760.

NOTES FROM THE ARCHIVES

A Sunday School Choir was formed in 1953 and gowns were purchased for the members. These gowns were black, similar to the adult choir, and the girls wore black beanies instead of the mortarboards of the women. During the choir's second year, they achieved a Second Place finish at the annual Kiwanis Music Festival.

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 JANUARY

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

THIS WEEK AT COCHRANE STREET JANUARY 21 – JANUARY 27

Tuesday: 6:30 PM Choir Practice Bannerman Street Entrance
Sunday: 10:00 AM Choir Practice

OFFICE

Office Hours: Tuesdays 10:00 am – 4:00 pm
Wednesdays 1:00 pm – 4:30 pm
Thursdays 10:00 am – 1:00 pm
Fridays 9:30 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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www.facebook.com/Cochranestreetuc and [@CochraneStreet](https://twitter.com/CochraneStreet)