

Ardrossan United Church  
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# Ardrossan United Church



## UPCOMING SERVICES @ 10AM

**September 10, 2023**  
Worship with  
Jackie St. Goddard

**September 17, 2023**  
Worship with  
Karen Gusek

**September 24, 2023**  
Worship with  
Rev. Hugh MacGregor

**October 1, 2023**  
Worship with Rev.  
Hugh MacGregor  
*Communion*



## MINISTER'S MESSAGE

Oh my gosh! Has fall hit already? It is only the 5<sup>th</sup> of September as I write this. But we have turned on the furnace. It was only 5 degrees this morning...in Sherwood Park... which means colder out here in Ardrossan and area.

It must have been foreshadowing...hmmm...no – that is a literary term. Foresight? Forefeeling? That as I started the service on Sunday, with all the smoke in the air, it made me think of a poem that I learned back in grade 3 or 4. (My mom was my teacher). It is a poem that has always reminded me most of the fall. Those who were here on Sunday heard the first verse. Here is the poem in its entirety. It is entitled “Indian Summer” and is by William Wilfred Campbell.

Along the line of smoky hills  
The crimson forest stands,  
And all the day the blue-jay calls  
Throughout the autumn lands.

Now by the brook the maple leans  
With all his glory spread,  
And all the sumachs on the hills  
Have turned their green to red.

Now by great marshes wrapped in mist,  
Or past some river's mouth,  
Throughout the long, still autumn day  
Wild birds are flying south.

This is the time of year that I think of “home” the most. The fall. The part of the country where there is more than just yellow in the autumn. Not only did I grow up where there is a variety of colour, but Diana and I lived in Deux Montagnes, Quebec for 3 years. Leaving our house, we could be in the Laurentian Mountains in 10 minutes. Red, orange, yellow, blue, greens...such a wild variety of colour. Sigh...all right. Back to work...

*Hugh*

## CONGREGATIONAL CORNER

Church Weekly Activities  
Blessed Stewards Coffee time,  
Thursdays @ 9:30am  
Knitting Club 2nd and 4th Thursdays  
monthly at 10:30am—All are welcome!

HACKER: 'I have all your passwords'  
ME: 'OMG thank you! What are they?'



Let your  
**Light So Shine**  
before men, that  
they may see your **GOOD WORKS,**  
AND *Glorify* your **FATHER**  
which is in Heaven.



OUR LITTLE FRIENDS/LES PETIT  
AMIS PLAYSCHOOL  
There are spots still available!  
Register today

Link: <http://ourlittlefriends.ca/>

### What Can I Do?

Giving can take many forms, and it is not limited to monetary donations. According to the Oxford Dictionary, "giving" can also refer to providing love or other emotional support<sup>1</sup>. In fact, research suggests that giving can have a positive impact on our health and happiness, and for the strength of entire communities<sup>2</sup>. For instance, giving to others has been shown to increase health benefits in people with chronic illness.<sup>2</sup> Additionally, volunteering your time at a soup kitchen or a homeless shelter can provide the same benefits as donating money to charities<sup>2</sup>.

So, giving can be anything from volunteering your time to providing emotional support to someone in need. It's all about making a positive impact on the world around us.

1. bing.com 2. greatergood.berkeley.edu 3. dictionary.com  
4. dictionary.cambridge.org 5. oxforddictionaries.com

*We all can give in some way. If you can support us with offerings we really appreciate that. Thanks to our Community for all the ways you give!*

*Cheques may be mailed to Ardrossan United Church,  
22 Main Street, Ardrossan AB. T8E 2A2*



### MORE WAYS TO GIVE BACK AT AUC!

- ◇ Used Stamps are being collected to help buy Bibles for prisoners
- ◇ Shoes are being collected for donation to Soles 4 Souls. (Blue Bin outside AUC)
- ◇ Food Bank donations are encouraged every Sunday and are delivered each month to the Strathcona Food Bank.

# COMMUNITY CORNER

## LINK for THE GREAT RURAL RACE

<https://www.eventbrite.ca/e/the-great-rural-race-2023-tickets-689626821387?aff=oddtcreator&fbclid=IwAR1KFJzjK3dZ8hs8UVSrLz3loBjPqSJo1K3OTXylQCRs6ADMUsd7AeOiW0o>



Savour Strathcona returns to the Community Centre Agora on September 10th.



Find out more about the event at the Savour Strathcona

webpage

<https://www.strathcona.ca/.../savour-strathcona-county/>

## Fall Yoga at the Ardrossan Memorial Hall



### Move Well Yoga

Tuesdays  
Sept. 19-Oct. 31  
10-11:15am  
\$105

### Yin & Meditation

Thursdays  
Sept. 21-Nov. 2  
10-11:15am  
\$105

SAVE by signing up for BOTH classes for only \$200!

Register at [brandiboothyoga@gmail.com](mailto:brandiboothyoga@gmail.com)



## ARDROSSAN FARMERS MARKET



TUESDAYS

4:30PM  
TO  
7:30PM

# September 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 Worship Rev. Hugh	4	5 <i>Playschool Begins</i>  <i>Concession 4:30</i>	6	7 <i>Blessed Stewards 930</i>	8	9
10 Worship Jackie St.Goddard	11	12 <i>UCW Meeting 130</i>	13	14 <i>Blessed Stewards 930 Knitting 1030</i>	15	16
17 Worship Karen Gusek	18	19	20	21 <i>Blessed Stewards 930 Board Meeting 1030</i>	22	23
24 Worship Rev. Hugh	25	26	27	28 <i>B.S. 930 Worship Mtg. 1030 Knitting 1030</i>	29	30

## **ONGOING RENTALS**

**Our Little Friends Playschool—Basement:**  
 Monday and Wednesday half days,  
 Tuesday and Thursday full days.  
 (1st class begins September 5, 2023)

