



July 24, 2025



Rev Julia has set up a shelf for Foodbank items in the foyer.
The shelf is underneath the bulletin board and
we are encouraged to pick a non-perishable item up every time
we go to the grocery store (if we are able).

There is enough food for everyone if we just share.

**Here is a list of items that are currently most needed by the
Foodbank, according to the Foodbank Manager:**

Baked beans (no pork)

Canned fruit

Juice boxes

1 litre shelf stable juice

Baby snacks

Toilet Paper

Toothbrushes/toothpaste for children

Join us on Facebook <https://www.facebook.com/OkotoksUnited>
Visit St Andrew's United Church website: Dewintonunitedchurch.ca

We're hiring!

With the announcement of Sophia's return to school, Okotoks United Church is seeking an accompanist on a contract basis beginning late August or early September 2025.



This contract provides accompanist services to enhance our worship services and celebrations with the gift of music.

The primary responsibility of this contract is to be the accompanist for our Sunday worship services, including accompanying the church choir and attending choir practices. There may be opportunities to play for additional events.

The primary skills we are looking for include:

- * Superior piano skills and musical education
- * Strong technical skills including sight reading and the ability to adjust to different repertoires and musical styles

This role is well suited to a senior piano student with excellent sight reading skills, a local piano teacher or a person with similar experience and interest.

Does this pique your interest or do you know someone who might be a perfect fit? If so contact the church office or Sally Salter for further information or a copy of the contract description.

With summer upon us, we are hoping to review applications and conduct interviews in August.

Healing Ministry welcomes everyone who is seeking physical, mental or spiritual healing.

**Come experience a healing session!
To book a session, please contact:
Gisela Dyck at 403-938-2506**





Join us for a river baptism August 17, 2025
Worship outside at 10:45, near the bridge behind
the old Library. More details to come!

The Okotoks Fireside Book Club

2nd Tuesday of each month,
at 1:00 pm in the Boardroom.

Check the church website to see
what we're reading and discussing!



You are welcome to attend on a regular basis or simply if a book sounds like
one you would like to read and participate in the discussion.

Interested in joining? Please contact Janet Page at 587-363-5423.



Prayers:

Foothills

Innisfail

Waterton Park

When I was a kid, I used to pray every night for a new
bicycle. Then I realized that the Lord doesn't work that
way so I stole one and asked God to forgive me.

- Emo Phillips

OKOTOKS SPIRITUAL LIFE



Therese Laforge

Therese is a sound bath facilitator active with sound as medicine since 1990. With 35 years of practice in healing vibrational sounds and singing bowls, she brings specific bowls and insights to our hearts and mind, geared to inform and inspire our sense of service both to the self and to the other. She will be joined by her students, Ivy Thomas and LeAnn Blackert, retired United Church ministers living in Okotoks.

Cost: \$25.00
(no one turned away)

Crystal Bowl Sound Bath

Therese Laforge will bring a multitude of crystal singing bowls, using the sounds and harmonies to call us back into our bodies, to slow down enough to be aware of our own energy, to help us let go of tension and stress or gummed up energy patterns. That release being done, our personal chi, energy or wellbeing starts to flow and our creativity and our lives feel freer, more able to function and have fun.

**Wednesday
August 20th**

7:00 p.m. – 8:30 p.m.

Okotoks United Church

43 Riverside Drive

For more information, please contact LeAnn Blackert at revleann@gmail.com or 250-851-1984.

www.okunited.ca

Stand Firm - Setting Boundaries in a World that Demands Too Much King's Fold Retreat Centre - November 13/14-16, 2025

Only two spots currently available! Contact Julia to register.

Cost:

Thursday-Sunday (Nov 13-16)	Shared Room	\$560.00
Friday - Sunday (Nov 14-16)	Shared Room	\$390.00

Note: Price includes dinner at 4 pm on night of arrival

Contact Julia to arrange for payment and registration.

NEWS FROM ST. ANDREW'S UNITED

Written by P. Marie Wedderburn



July 13th saw five St. Andrew's United regular attendees join with Okotoks United where we witnessed a baptism as part of the worship service and celebrated July birthdays with sundaes after the service. On this second Sunday of Julia's "Camping" summer series we heard the scripture Exodus 18:1-27 where Moses' father-in-law Jethro advises Moses to appoint able men to judge the people of Israel over minor issues according to the statutes and instructions of God and only to bring the hard cases before Moses. This Moses did.

Julia entitled her message "Who's in Charge?" Included in the message were these reflections: whoever or whatever controls information controls the world and so how do we manage the system?; stories are true because enough people believe the stories - which are not necessarily based on fact. Something for all of us to ponder: We are all leaders and so what are the stories we tell as leaders?

On July 20th six of us who regularly attend St. Andrew's United gathered with Okotoks United and Diamond Valley United for worship which included communion. The accompanist for the service was Shirle. Julia's message was entitled "Enough for All" based on Exodus 16:1-17:6 where we read that the Israelites while camping in the wilderness were given and gathered enough food for the day and on the 6th day gathered enough food for 2 days as no food would be there for them to gather on the 7th day - the Sabbath. On any camping trips food is essential as it is in our daily lives. But not everyone has enough food for the day even though there is enough food to go around. It was suggested to us who gathered around the communion table of Jesus that whenever we go shopping for food that we also provide for the local Food Bank. Some shelves will be set up at Okotoks United to collect food to enable those in the community to have food. It was also suggested that we consume what we ourselves purchase in food so that none goes to waste.



"Act as if what you do makes a difference.

It does."

- William James

Laughter .. not only the best medicine
but the cheapest.

