



August 7, 2025



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)

OKOTOKS SPIRITUAL LIFE

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

www.okunited.ca

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

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

Bible Study begins September 18
until Nov 27 at 10 - 11 am in the
large conference room.

Bible Study



Please contact Janet Page at
587-363-5423 to join.

The Okotoks Fireside Book Club

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

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

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

Prayers:

**Lacombe: St Andrew's
Blackie-Gladys
Southminster**

PRAYER

Two spots currently
available! Contact Julia to
register.



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

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

Join us
August 31,
2025 at 10:45
for a joint
Blessing of
the Animals
service with
Diamond
Valley United

Blessing of the Animals



Coming this Fall

TO OKOTOKS UNITED CHURCH

- * Spaghetti Supper
- * Turkey Supper
- * Turkey Pot Pies and Antipasto
- * Okotoks Spiritual Life Centre speakers

TO OKOTOKS *

- * Movies in the Park (Ethel Tucker Park) August 29 @ 6:30 pm
- * Summer Round Up with Chili cook off
- * National Day for Truth and Reconciliation Pipe Ceremony

* for more information, visit Okotoks.ca/your-community/community-event-calendar



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

NEWS FROM ST. ANDREW'S UNITED

Written by P. Marie Wedderburn



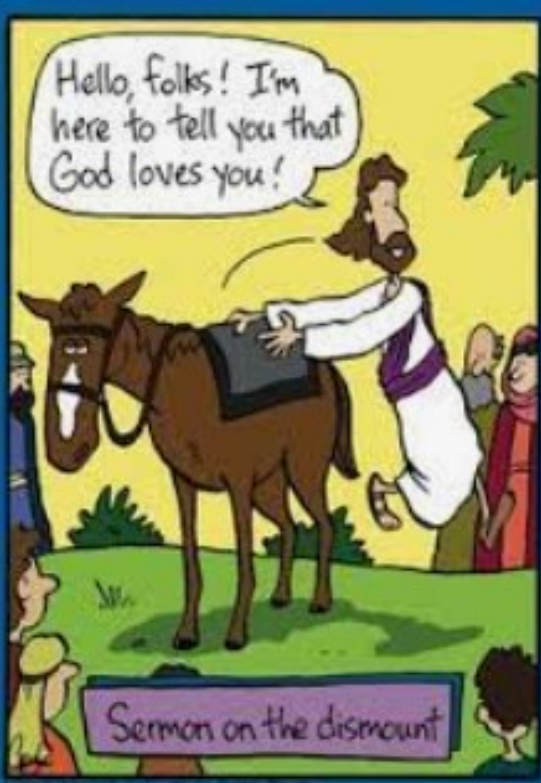
July 27th service saw five of us who regularly attend St. Andrew's join with Okotoks United with Shirle being the accompanist. Julia continued her Camping series with today's title being "Tent of Meeting." We heard the scripture Exodus 33:7-11a which speaks of the special tent set up just outside the campground where Moses and others could go to spend time with God. The tent of meeting was thus a place of separation not of exclusion. The Tent of Meeting remains a place of slowing down, intentionality, and centring where one can be present to oneself. God's tent is in our hearts and so let us go to our tent of meeting regularly as we invite God within.

On August 3rd eleven of us joined with Julia back at St. Andrew's United in DeWinton. We welcomed Heather as our accompanist this Sunday. Julia continued her summer Camping series of messages with her title being "Don't Panic!" and we heard the scripture Luke 2:41-52 where Jesus stays behind at the temple while his parents go back without realizing that Jesus is not in the crowd that is returning to Nazareth. When Mary and Joseph realize that Jesus is not with the crowd returning, they go back to Jerusalem and find Jesus in the temple speaking with the elders. Some of the reflections that were spoken about from this passage include the following: when circumstances go 'wrong' one's instincts often go to a disaster occurring; we often panic when we feel we do not have control; people often live their lives in fear. As we deal with whatever has happened let us practice looking at the big picture as we lean on community and don't panic for faith has the last word as we be still and breathe!

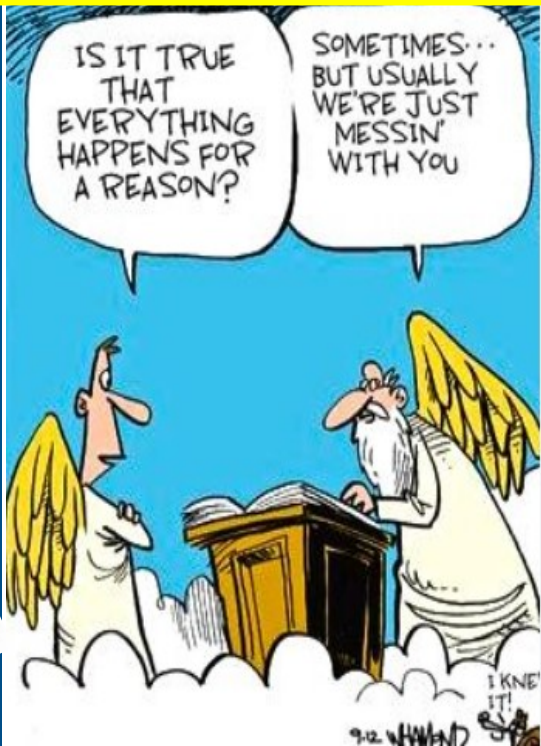


Join us for a river baptism and worship August 17, 2025
outside at 10:45, near the bridge behind the
old Library. Bring a blanket and your lunch!
Weather dependent!

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



Dear Lord,
Please don't let my husband
be home when all my online
orders arrive.
- Amen



Acts of God

It's a funny thing - when you
talk to God, you're religious.
When God talks to you ...
you're a lunatic.