





October 23, 2025



REMEMBER to <u>set your clocks back one hour</u> before you go to bed on November 1, 2025! (or you'll be early for church the next day)



Our intention is your ultimate happiness and well-being.

Engage the practice of meditation to gain experiential inner wisdom and skillful living through present moment awareness.



FOOTHILLS SPIRITUAL LIFE CENTRE presents

Meditation Circle

WITH

BRANDON BERTRAM

Tuesday November 4th

7:00 - 9:00 p.m.

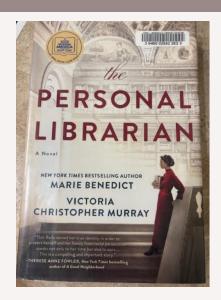
Okotoks United Church

43 Riverside Drive

Entrance by donation (proceeds to Spiritual Life Centre)

www.okunited.ca

FIRESIDE BOOK CLUB



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

Next read: Personal Librarian
by Marie Benedict/Victoria Christopher Murray
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

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

Attention book lovers!

A copy of "The Seed Keeper", a Fireside Book Club book, has not been returned to the Library and will have to be replaced at the Book Club's expense!

Please contact Gisela or Janet if you have this book.

Children 5 and up are invited to Sunday School during service at Okotoks United!



Are you seeking physical, mental or spiritual healing?

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

Who doesn't like a hot bowl of soup on a chilly autumn day?



Join us at Okotoks United Church on Monday November 10, between noon and 2:30, for bowl of yummy hot soup and a bun - all for the low cost of \$7! Coffee/tea and a dessert are included.

JOURNEY with GRIEF

DATES! Workshop Oct 24-25, 2025

Grief affects each one of us at some time in our lives. To accompany one another along the way is a true gift of grace that requires practicing compassion and sacred presence.



Come share the journey in Journey With Grief, a gentle weekend workshop program in which a small group will companion each other through loss or radical life change. To create safe space, the program will follow Parker Palmer's Circle of Trust Touchstones. Facilitated by Rev. Leila Currie, Minister of Goetz United Church in Red Deer, certified Spiritual Director, and Anam Cara (Soul Friend).

Friday night 6:00 to 9:00 pm | Saturday 9:00 am to 5:00 pm (lunch provided) Cost: \$65. Registration limited to 12. To register call 403.933.4114 or email uccinthevalley@gmail.com



NEWS FROM ST. ANDREW'S UNITED Written by P. Marie Wedderburn

Analysiving Sunday, October 12th, saw 24 people and two dogs join with Julia for worship. We heard Psalm 100:1-5 and Julia's message was entitled "If I Never." She asked us questions to which we responded as we remembered and pondered. These included the following: most beautiful thing ever seen; most beautiful thing ever heard; amazing things ever tasted; most amazing place ever gone; unexpected gift have received; someone who showed us what it was to be loved; something have done to make a difference in the world; most difficult time in our life and can we see the courage to get through this time. As we live out our gratitude daily we increasingly become grateful people. And grateful people are happier people.

So how do we live out our gratitude daily?

The October 19th service saw nineteen people join Julia for worship. This was a theologue discussion service where we were each given an index card to write a question on which Julia would then answer from her perspective. Five people wrote down a question given to Julia which she answered and after answering those five questions we were asked if there were other questions people had. This led to several more questions which Julia answered. One of the conclusions from the morning's theologue discussion was that we are all siblings of faith. (By the way, one of the statements made was that as humans we cannot create light.)

MIDWEEK SERVICE

Need a soulful, pick-me-up moment midweek?

Join us for worship,

Wednesdays at 10:00 am in the chapel.

We need Snow Angels to help clear the parking lots! If you can help, contact Ian McNeill.





PROFILE

Gita has 2 levels of Integrated Community Drumming Circle (ICDC) plus Gentle Therapeutic Drumming training from Circles of Rhythm (a welllaved and well-established company based out of Calgary, Alberta, Canada, with 25+ years in business they hold beautiful Circles every Friday evening throughout the year) and has been facilitating drumming circles, large and small, at various places around the community since 2016, including – but not limited to – schools, Okotoks Children's Festival, Canada Day events, refirement homes, community centres, Foothills Wellness Retreat events, and private

Gita has worked by herself and/or in collaboration with several other ICDCtrained facilitators so you may be seeing several of us at different event offerings.



FOOTHILLS SPIRITUAL LIFE CENTRE presents

DRUMMING CIRCLE

GITA GRAHAME

from Infinite Rhythms

Friday November 14th

7:00 – 9:00 p.m.

Okotoks United Church

43 Riverside Drive

Entrance by donation (suggested donation \$15.00)

www.okunited.ca

Jacket Racket 2025



PLEASE DROP OFF GENTLY USED, CLEAN WINTER CLOTHING AT:

- Sobeys
- Okotoks Public Library
- Foothills Cleaners
- Better Than Home Laundry
- Save On Foods
- Viking Rentals Centre (former Centennial Arenas)
- Okotoks United Church (10-2 M-F)
- Main Street Market & More
- Okotoks Fire Hall on Milligan

DONATIONS ACCEPTED UNTIL OCTOBER 25th, 2025

Okotoks United Church 43 Riverside Drive

Winter Clothing Give-Away Everyone welcome!

Tuesday evenings:

Oct 21 and 28 6:00 to 8:30 p.m.

Thursday evenings

Oct 23 and 30 6:00 to 8:30 p.m.

Saturday mornings:

Oct 25 and Nov 1 10 a.m. to 12:30 p.m.







Bible Study continues weekly on Thursdays at 10:00am in the conference room. All are welcome!





CHRISTMAS

OVER 25 VENDORS

Christmas photos in the morning with Lilyfire Photography (10am-1pm)
Calgary Fiddlers (2:15 & 3:00)
performing in the afternoon

SATURDAY NOVEMBER 22, 2025 10AM-4PM (FREE ENTRY)

DeWinton Community Hall 114 MacLeod Trail E, DeWinton

Airdrie Pastoral Charge Innisfail Pastoral Charge Fish Creek Pastoral Charge





PROFILE

Swamini VishwaPratibha Maa was born in Calgary, Canada. After attaining a BSc. in Cellular and Microbial Biology, she realized it had taught her nothing about the true meaning of life, or God. The seeking began. It took her from Canada, to California, and finally to India. The first part of this journey is described in her memoir: "Inside the Wall: from Hollywood, to Homeless, to Higher Consciausness".

After thirty years on the path, she was initiated as a Sannyas of the Mahanirvani Akarda in India. After many trials, tests, and initiations, she was abruptly sent away from India, back to Calgary. Within months Paramahamsa Vishwananada flew to Canada and became her satguru. During her first visit to His ashram, Shree Peetha Nilaya, in Germany, she was immediately initiated as a Swamini in His monastic order.



FOOTHILLS SPIRITUAL LIFE CENTRE presents

SPIRITUALITY SPEAKER SERIES

SWAMINI VISHWAPRATIBHA MAA

Spirituality in Hinduism

"Sanatana Dharma, the Eternal Path"

Discussion & Refreshments to follow

Thursday November 20th

7:00 – 9:00 p.m.

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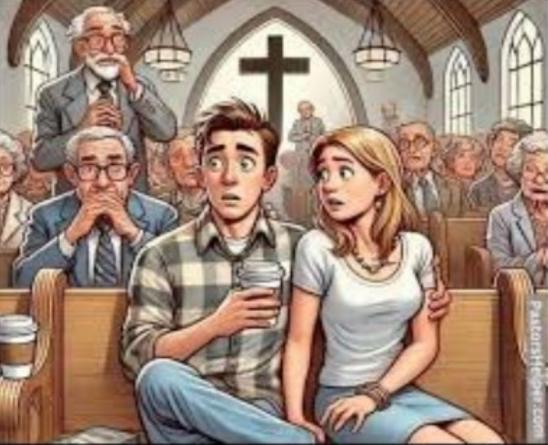


Need an apartment-sized deep freeze? It's free as long as you retrieve it yourself! Contact Dianne @ 403-404-9620 if interested.











The whole church watched with nervous anticipation as the visitors sat where the Martins have sat for 42 years.