



November 20, 2025

Okotoks United Church's Harmony Group Presents The Annual Christmas Market



Bake Sale & Intimate Café

*Shop a unique selection of hand-crafted items
from local artisans.*

*For more information, please contact the Church office
at 403-938-4357, or okunited@telus.net.*

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

Advent Tea

Monday December 8, 2025 from 1 - 3 pm

Okotoks United Church

43 Riverside Drive, Okotoks, AB Ph: 403-938-4357

Squares, tarts, cookies and coffee/tea

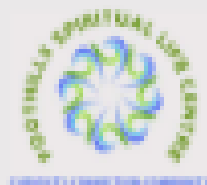
\$7 per person





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

Weekly Meditation Circle

W I T H

BRANDON BERTRAM

**Beginning Tuesday
November 18th**

7:00 – 8:15 p.m.

Okotoks United Church

43 Riverside Drive

Entrance by donation
(proceeds to Spiritual Life Centre)

www.okunited.ca



Kairos Blanket Exercise, at High River United Church.

Saturday, November 29th, 9 am - Noon

Expand your understanding and awareness of historical and present-day Indigenous peoples' lived experiences in Canada at the Kairos Blanket Exercise. The Blanket Exercise explores pre- and post-colonial contact with Indigenous peoples, in this case, the peoples of the lands of Treaty 7, and the historical relationship between Indigenous nations and non-Indigenous nations. The blankets laid out on the floor represent land, and the exercise allows participants to gain experiential knowledge about, and awareness of colonial expropriation of territories and diminishment of Indigenous culture. This awareness fosters compassionate understanding about historical and present-day Indigenous peoples' lived experiences of ongoing current injustices by colonial settlers and their descendants in Canada.

Please feel welcome to bring friends and neighbours.

Where: High River United Church

When: November 29th 9 am - Noon

Facilitators: Dion Simon & Dr. Pattie Ann Pryma

Register: High River United Church Office hruc@telus.net, 403-652-3168

Space is limited, please pre-register

Cost: Free

Please bring a medium size blanket. Participants will be walking and getting up and down off the floor. If that is not possible for you, a chair will be provided.

Please arrive by 8:45 to be ready to begin at 9:00 am.

Dion Simon is from Cree Ermineskin Reserve located in Central Alberta. He is Medicine Trail Coordinator, Cultural Advisor and Facilitator, Kairos Blanket Exercise at Mount Royal University.

Dr. Pattie Ann Pryma teaches nursing at Mount Royal College. She has had life-long relationships with Indigenous people in Saskatoon, and has a deep understanding of their past and current day lives. Pattie Ann is a member of the Meeting Place Ministry team at High River United Church, which learns about, explores and takes actions toward truth and reconciliation. Pattie Ann helps to steer the conversations and plans of the team as it furthers congregants' understanding and awareness of history, as well as of present-day life experience of Indigenous peoples.

NEWS FROM ST. ANDREW'S UNITED

Written by P. Marie Wedderburn



On November 9th, the Sunday before Remembrance Day, twenty-five people joined with Julia for worship. Julia entitled her message "Blessed are the Peacemakers" and read scripture found in Exodus 20:13 and Matthew 5:9. In the message we heard that we are all capable of both evil and good and that it is within our human nature to have violence. She asked us "Why do we have heroes?" We should never romanticise war. Jesus is the (our) model of peace and as we are moved by different stories and follow our model of peace this culminates with peace in our hearts. The message was followed with a congregational dialogue over division.

As Julia and sixteen other women (including me) were at the Women's Retreat at King's Fold, the November 16th service was led by student minister William Brooks.



Need a pick-me-up moment midweek?

Join us for mid-week worship, Wednesdays in the chapel at 10:00 am.

Potluck this weekend!

Remember to bring your fave items to share for the potluck after service this Sunday, November 23.



A big THANK YOU to ALL that made our first Soup & Bun event a success!

We raised \$547!

**Gratefully,
Gisela Dyck and Carol Price**



**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**

CHRISTMAS CONCERT

DECEMBER 7TH @ 2:00 PM

THE CURZON FAMILY
PHILHARMONIC
THE

SOLD OUT!

St. Andrew's United
Church, DeWinton

CONTACT BONNIE CAMPBELL
FOR TICKETS. (587)226 3839

SORRY NO TICKETS AT THE DOOR

A prayer for Adele M whose partner passed away.
Ponoka United Pastoral Charge

Foothills Pastoral Charge

Prayer

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



Lunch after Church Aka Loonie-Twonie Lunch

Isn't it nice to settle in after service and share some social time with your community of faith? Maybe catch up with someone you've been missing or chat with a friend?

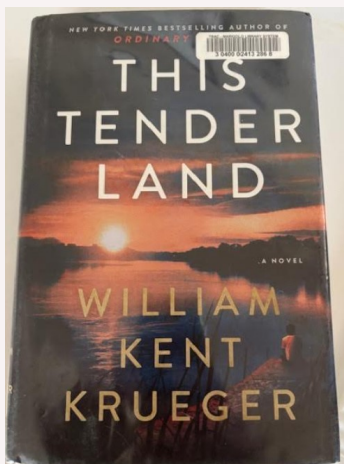
Well, there's nothing better than enjoying that fellowship with food!

The Loonie-Twonie Lunch is provided by volunteers who work hard to plan the meal, purchase the groceries and serve delicious food.



All donations are greatly appreciated and go toward the purchase of groceries for the meal.

Pssst .. Wanna help? Talk to Lucille!



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

**November's Read: *This Tender Land*
by William Kent Krueger**

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

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

FIRESIDE BOOK CLUB

You are invited to the

DEWINTON CHRISTMAS MARKET

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**





To GLENN BURKE for painting the church office!! Pop by and see how Glenn's hard work has transformed our admin space.

(it looks SO good!!).

Thank you , Glenn!

You're awesome!



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 Consciousness".

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 Paramahansa 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"***

WITH OM CHANTING

Discussion & Refreshments to follow

Thursday November 20th

7:00 – 9:00 p.m.

Okotoks United Church

43 Riverside Drive

Entrance by donation
(proceeds to Foothills Spiritual Life Centre)

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

