

March 5, 2026

facebook.com/OkotoksUnited



Remember to set your clocks **ahead** one hour before you go to bed on Saturday March 7!

Visit St Andrew's United Church website: Dewintonunitedchurch.ca





It's a potluck Sunday March 8!!

Join us after service March 8 for a potluck and an opportunity to give feedback to the Pastoral Search Team on what **YOU** would like to see in a new Minister!

Please note the ingredients of your dish - especially if it contains nuts, dairy or gluten!

W O W

Worship on Wednesdays

Please join us Wednesdays at 10:00 am in the Chapel.

Preparing for Change: a Lenten study

Are you looking to change something in your life and finding it hard to take the first steps or find support?

Join Julia every Wednesday (February 18 to March 25) throughout Lent to explore the theme Preparing to Change.

We will meet from 2:00 – 3:00 p.m. each week in the Okotoks Boardroom to discuss the week's subject. Please bring a journal. Each week builds on each other so please make as many as you can.

Wednesday, February 18 – Recognizing the Need to Change

Wednesday, February 25 – Creating a Clear Goal

Wednesday, March 4 – Planning and Preparing for Change

Wednesday, March 11 – Commitment

Wednesday, March 18 – Recognizing Barriers to Change

Wednesday, March 25 – Taking Action and Developing the Discipline

Note: These subjects will also form the basis for our Lenten Worship.

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



An Invitation to Healing Pathway Training Phase 2 - Where Two or More Gather



AT MCKILLOP UNITED CHURCH, LETHBRIDGE, AB

Friday, April 17: 6PM - 9PM

Saturday, April 18: 9AM - 5PM

Sunday, April 19: 1PM - 5PM

Instructors Deb Firus & Judith Ann Donaldson

First timers \$260 Early bird/\$300 after cut off

Repeaters \$145 Early bird/\$160 after cut off

\$100 non-refundable deposit

For more information contact

office@mckillopuned.ca or phone 403 328-2703

LABYRINTH walk & talk with RUTH



**Saturday March 7 - 10 am to 12 noon
125 Royal Avenue (lower level) Turner Valley**



Photo by Katie Burkhardt on Unsplash

Please join guest Ruth Richardson for a walk & talk at the Diamond Valley United Church labyrinth

Ruth designed and painted the labyrinth, and is a Veriditas Labyrinth Facilitator. In Ottawa, where she now lives, Ruth is a Hospice Palliative Nurse Educator, and has also been a professor, hospice and community nurse and nurse-innovator for long-term care. She teaches whole person medicine and applies these principles to her own spiritual growth. Ruth can talk the talk and she truly walks the walk! Come walk and talk the labyrinth with Ruth. Coffee will be provided. Questions? Call 403.400.2320.

Attendance by donation, no registration required, all are welcome.

April 10 - 12, 2026 at the Enthos Retreat Centre

**FINDING COMFORT IN THE SHADOWS
Ecumenical Women's Retreat**

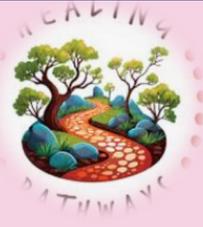


Info and Registration: www.imagesofspirituality.ca

**Retreat Speaker: Rev. Elizabeth Short
Worship Leader: Rev. Julia Kimmett**



We're celebrating
March Birthdays on
March 15
after service!



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



Our first ALLIES support group meeting will take place here
in the church upstairs youth room on **Saturday, March 14,**
at 4pm until 5:30pm. All who wish to expand their skills and
awareness to best support 2SLGBTQIA + persons – this
meeting is for you!

Going forward there will be a meeting on the second Satur-
day of each month at the same time
and place. Please pray that all who
need this meeting will join us.

Blessings, Judy S & Kathleen H



Wild Rose Pastoral
Charge

South Alberta Japanese
Pastoral Charge

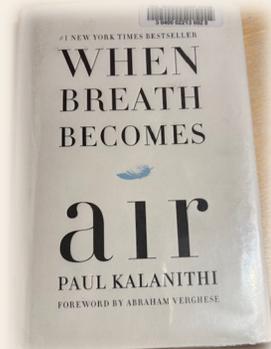
Scarboro Pastoral
Charge

FIRESIDE BOOK CLUB

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

Our current read is *When Breath Becomes Air*
by Paul Kalanithi

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



TUFF PAUL & KENDRA

Roots ~ Harmony ~ Heart

Tunes From 'The Rock' to the Rockies



KENDRA PARSONS

Tuff

PAUL RUMBOLT

Friday
March 6
7:30PM

DIAMOND VALLEY UNITED CHURCH
125 ROYAL AVENUE
TURNER VALLEY

CALL 403-933-4114

TICKETS: \$30 EACH
@ THE CHURCH
SHEEP RIVER LIBRARY
BLUE ROCK GALLERY

TICKETS STILL AVAILABLE AT SHEEP RIVER LIBRARY & BLUE ROCK GALLERY!!

St Andrew's UNITED CHURCH



The first Sunday in Lent, February 22nd, only saw twelve worshippers (probably because of the Olympic hockey game) join Julia as she began her Lenten series entitled “A Lenten Journey of Transformation” with this week’s subtitle being “Recognizing Our Need.” The scripture reading was Luke 18:9-14 which tells Jesus’ parable of the Pharisee and the tax collector praying and which one was humbled and which one was exalted. As we do the work of transformation in our lives we are to recognize our own needs and longings. And as we recognize our needs and longings, we are also to recognize that we are loved no matter what by God who never forces us to do anything. So we were asked to consider what are our needs and longings.

On the second Sunday in Lent, March 1st, twenty-nine worshippers joined with Julia who entitled her message “A Lenten Journey of Transformation: What’s the Goal?” The scripture reading was Philippians 3:10-16 which says in part that the writer of the letter presses on toward the goal. We all have dreams and goals, but are these dreams and goals Christ-centred as we give up “old” ways to attain “new” ways of grace, love, and trust in our lives? As we take away the blinders the world has placed upon us we are enabled to see the beauty we all contain within ourselves. As we continue to set our sights on becoming whole in Christ we recognize that we really are beautiful in this inner transformation. As we shared in the bread of life and cup of blessing of our communion meal hopefully we recognized this inner beauty given to each of us from God.

- P. Marie Wedderburn

The Town of Okotoks

There’s another **roundabout** coming to downtown Okotoks!

The Town of Okotoks will resume construction this spring on its River’s Edge project which will see crews working on upgrades along Riverside Drive (from Northridge Drive to east of Veterans Way). It is hoped the upgrades will improve the Veterans Way intersection and enhance parking along Daggett Street.

Construction, which **will run from spring to fall**, will include turning the T-intersection at Riverside Drive and Veterans Way into a roundabout.

Spill the Tea Fashion Show

hosted by the
De Winton Community Association
in support of Rowan House

Enjoy an afternoon
of tea and desserts

Come dressed in your
spring finery along with
your favourite hat.

Amazing
Raffle prizes
from local
shops

Fashions from
Ginger Laurier in
Okotoks



Gather your sisters, daughters, mothers, grandmas and friends
AT DE WINTON COMMUNITY HALL

May
9TH
from 2pm -5pm

Tickets - \$25,
1/2 table(4) \$100 (plus GST)
Table of 8 \$200 (plus GST)

Contact : dwca@platinum.ca
for tickets. or call 403-938-2525

All proceeds from this event will go to support Rowan House

Foothills Spiritual Life Centre Presents

Meditation with Brandon

**Relax, breathe and let
the stress of your day go.**

7:00 pm to 9:00 pm

Entrance by donation.



Foothills Spiritual Life Centre Presents

**The Rhythm of Breath, The Flow of Mind
Swami Atmavidyananda Gir**

**While primarily dedicated to the cause of
Kriya Yoga, Swami Atmavidyananda is also an
expert in ancient yogic practices.**

Join Swami Atmavidyananda on April 9 from 7:00 to 9:00 pm

Entrance by donation.

Foothills Spiritual Life Centre Presents

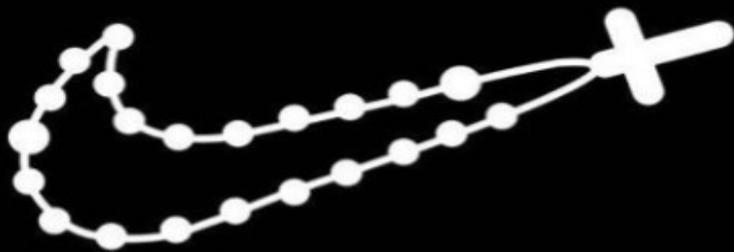
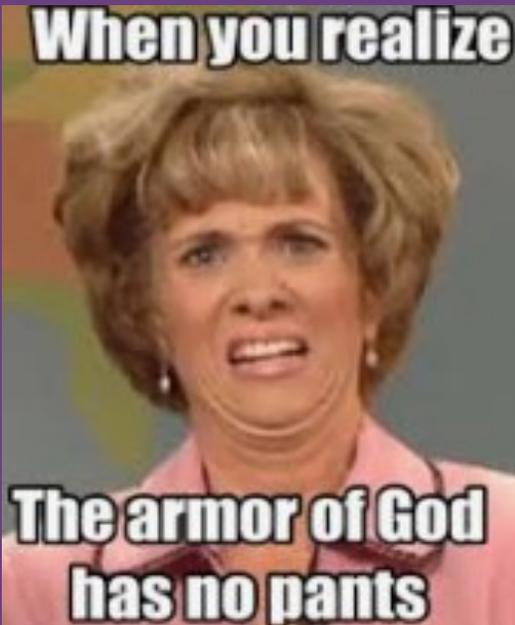
Spirituality in Baha'i with Patricia Verge

**Come and learn about the spiritual heart of
the Baha'i faith and its history.**



March 19, 2026 from 7:00 pm to 9:00 pm

Entrance by donation.



JUST PRAY IT †

SPRING FORWARD YOU
MUST



OR LATE TO CHURCH YOU
WILL BE.

DAYLIGHT SAVINGS TIME:



"We've just sucked one hour of your life away.
Tell me... How do you feel?"



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