

Watch your email for the Zoom links to all events. If you are not currently receiving our email blast and would like to, please contact the church at wuc@westminster-uc.ca and we will add you to our mailing list.



This Sunday is **Thanksgiving Sunday**. Tune in to our **Livestreamed Sunday Service on October 11 at 10:30am**. It will be based on **Exodus 16:2-15**. Come and worship with the following link: <https://youtu.be/QYEDg19JaFk>

J.a.M is happening this Thanksgiving weekend! Come and **join us at 11:00am (on Zoom)**! *This week we're learning how Stewardship and Being Thankful go together!* For those who have registered please check your email for the Zoom link. All others interested in registering for our new online program, contact Cathy Shaw at westminster.cathy@gmail.com



Send your prayer requests to Rev. Michelle (rev.m.robinson@gmail.com) or Cathy (westminster.cathy@gmail.com) to be held in prayer by our active prayer team.

ANNOUNCEMENTS



You should have received an email or letter this past week with our **Mission and Vision** survey. Kindly take the time to fill out the survey online or if you received a paper copy, please mail it back by tomorrow, **Monday, October 12.**

With diligence and lots of coordinated help, the Stewardship/Finance Committee is delighted to send you this year's personalized Stewardship Package. Please take the time to prayerfully review all the information that has been mailed to you and we kindly ask you to return both your Planned Giving Response Form and the PAR Authorization Form **by October 18, 2020.** We have enclosed a pre-stamped envelope in your package for your convenience. Thank you!

thank
you!

FOOD BANK

Thank you for your ongoing support to this important ministry. **Donations will be accepted every Wednesday from 10:00am-12:00pm.**



The following items are needed at the food bank:
canned meat (corned beef and ham), granola bars, cookies, pasta sauce, toilet paper, kleenex, paper towels, shampoo, toothbrushes, and toothpaste

VOLUNTEER OPPORTUNITY

Like to learn and do something new? Like to have some fun and meet new people? We have the opportunity for you!! **Join the Westminster Tech Team!** No experience needed. Training will be provided. Looking for volunteers to help with our tech booth and our newest addition livestreaming.



Interested, curious, have some questions, please contact **Heather VonZuben** at: hvonzuben1@gmail.com or the **church office:** wuc@westminster-uc.ca

FROM WELLNESS COMMITTEE

The Ontario Government is funding Beacon Health, a Toronto based organization, to provide guided digital therapy sessions during this COVID 19 time. See the following announcement from our Wellness committee.



Tips for supporting your mental health through the COVID-19 pandemic

A rising spread of COVID infection has many people reducing the size of their bubble and self isolating. It's normal to feel worried and overwhelmed and in these difficult times you might be wondering how to best manage your stress and anxiety.

Check out some helpful tips and learn new skills to strengthen your mental well-being with a trusted therapist by your side.

<https://crosstalk.wucfellowship.ca>