



ALL SAINTS  
ANGLICAN  
CHURCH

**All Saints Anglican Church Weekly Update  
2018  
1st of Advent**

**Dec 2,**

**Slow down. Quiet. It's Advent!**  
TWENTY-THREE DAYS TO MAKE ROOM IN YOUR LIFE FOR JESUS



**At the back of the church are colorable advent calendars to mark the days through the Advent season.**

**A \$1 or \$2 donation would be gratefully appreciated.**



**You are invited to enter into the season of Advent with a quiet day of worship, prayer, reflection, silence and sharing at All Saints Family Retreat Centre. Join facilitators Elizabeth Short, Karen Wold, Alicia Dykstra and guests from the Calgary Association of Spiritual Exercises Apostolate (CASEA).**

**This Saturday, Dec 1st from 9:15 am to 3:30 pm.**

**All Saints Family Retreat Centre. To register, call 403.660.5636 or email elizabeth@en-courage.ca  
SIGN-UP SHEET IN THE FOYER  
Suggested Donation: \$30**

**Servant Schedule - 10:00 am**

Sides - Christine and Peter  
Reader - Jackie  
Communion Assts - Margaret and Lydia  
Coffee - Shirley  
Greeters - Morris and Pat Kulyk  
Altar Server - Marcus

**Regular Weekly Events**

Sunday - Morning Service @ 10:00am  
Wednesday - Mid-Week Eucharist 11:30am  
Thursday - Service at Bethany at 10:30am

**#AdventWord 2018**

2 Dec #Journey	14 Dec #Prune
3 Dec #Watch	15 Dec #Prepare
4 Dec #Focus	16 Dec #Rejoice
5 Dec #Night	17 Dec #Sing
6 Dec #Light	18 Dec #Ancestor
7 Dec #Sprout	19 Dec #Wash
8 Dec #Alert	20 Dec #Ablaze
9 Dec #Wild	21 Dec #Sign
10 Dec #Cry	22 Dec #Expect
11 Dec #Grow	23 Dec #Persist
12 Dec #Rough	24 Dec #Peace
13 Dec #Smooth	25 Dec #Celebrate

www.AdventWord.org   

**#Advent Word starts this Sunday, Dec 2.**

**Help create a global calendar.**

**Please click on the link to sign up and receive your daily meditation and reflection word:**

**Advent Word 2018**



*Sounds of the Season*

**MUSIC THROUGH THE AGES**

**Taking you on a musical journey through time with Advent and Christmas music from the**

(includes lunch)



**It's a great time to get some Christmas baking and gift ideas!**

**When: Sunday, Dec 2 from 9:30am-12:30pm**

**DONATIONS WELCOME!  
Drop off your baked goods and crafts on Saturday, Dec 1 between 9am-noon.**

medieval music period through to the present day. Listen, watch and sing some ancient, familiar and new songs of Christmas.

Join us at the church on Sunday, Dec 16th at 6pm. Donations will be accepted for the Morley Grief & Loss Program.



The ladies will meet for coffee at Guy's on Fri, Nov 30 at 10:00am



**WINTER STILLNESS RETREAT at Mt St Francis Retreat Nov 30-Dec 2**

Unplug & rest in the silence and beauty of the setting. To register, please contact: [mtfrancis@shaw.ca](mailto:mtfrancis@shaw.ca) or Ph: 403-932-2012



Please help the Cochrane Activettes in their "SHARE YOUR CHRISTMAS" program.



For the Nov 2018 issue of Monastic Wisdom Monthly, please click on the following link: [SSJE](#)

The theme is: Adoration - knowing ourselves beloved

The Cochrane Activettes have dropped off a wrapped box in the church foyer to build hampers for the less fortunate and provide a happy Christmas for them. Any donation is appreciated but they are in need of the following gifts: new pajamas, new t-shirts, socks, sweaters & leggings. Also needed are new toques/mitts/gloves/scarfs for children & teens and new family games, toys and books for all ages. Please place a label with the appropriate age on any handmade toques/mitts in order to help the volunteers while they are separating items into age and gender groups. The box will be



The next Men's Breakfast is on Sat, Dec 8th at 8:30am.

Drop in at The Texas Gate for food, fun, and fellowship!



**Holiday  
Food  
Drive**

**IYAHRE  
NAKODA  
FOOD BANK  
needs your  
help!**

Morley was informed last week that their usual supplier of Christmas hampers would not be able to provide for them this year. They typically provide 100 hampers in the community and usually get 2 to 3 times that in applications.

How you can help? Contribute either financially or with a food donation. Sponsor a family or two. Volunteer - they will need extra man power to pack hampers Dec. 19 & 20, and lots of help for distribution day Dec. 21. For more info, please contact Cheryl at [cheryl.buchanan63@gmail.com](mailto:cheryl.buchanan63@gmail.com) or the Nakoda Food Bank at 403-881-2766.



**Purchase your grocery cards and support your church!!**

**NEXT DATE: THIS SUNDAY, DEC 2**  
Please bring cash or cheque

Just a friendly reminder to e-mail any announcements to the Tech Team by Thursdays to: [tech@allsaintscochrane.org](mailto:tech@allsaintscochrane.org)

picked up on Sunday, December 16th after the service.

Also, the Food Bank is low on the following kind of unexpired, non perishable food: Rice, Juice, Cereal, Peanut Butter, Canned chicken, ham & salmon.



**MINDFULNESS & MEDITATION**

**Give yourself the gift of time for quiet and contemplation each week with The Rev. Elizabeth Short.**

**Spend an hour each week to:**

- **Connect with the Divine**
- **Be still**
- **Find fellowship and connection**

**Tuesdays from 6:30-7:30pm  
Cochrane Wellness Connection  
(All Saints Family Centre)**

**Donations gratefully accepted  
EVERYONE IS WELCOME!**

**To register or for info, call 403-660-5636 or E: [elizabeth@encourage.ca](mailto:elizabeth@encourage.ca)**

The 2019 Offerings Envelopes are ready for pick-up at the back of the church. Please be sure to take the box with your name on it.

**ENVELOPE GIVING UPDATE  
November 2018**

<b>Nov Actual</b>	<b>\$13,539</b>	<b>YTD Actual</b>	<b>\$178,550</b>
<b>Nov Budget</b>	<b>\$15,105</b>	<b>YTD Budget</b>	<b>\$175.332</b>

**Nov 2017**

**\$14,656**

**YTD 2017**

**\$171,601**

Incumbent	(403) 390-9187	greg@allsaintscochrane.org
Office	(403) 932-6556	sonya@allsaintscochrane.org
Treasurer	(403) 932-6556	treasurer@allsaintscochrane.org
Worship	(403) 835-8783	anne@allsaintscochrane.org
Children's Ministries	(403) 803-7106	bdrmcrae@shaw.ca
Small Groups		jharbidge@shaw.ca
Tech Team		tech@allsaintscochrane.org

Parish Council: Ruth-Anne Marley (People's Warden), Floyd Siegle (Incumbent's Warden), Linda Derkach, Faith Brace, Elizabeth Short