

A Bustling Building

The church building at 3055 Connaught Avenue is a busy spot throughout the week.

From tots to seniors, there are activities to appeal to everyone.

Here are a few of our daytime activities:

A **community Seniors group** has been holding a **Meet & Greet** on Wednesday mornings in the Lower Hall for almost a decade. This is an informal drop-in for anyone, with a chance to chat over a cup of tea or coffee. Regulars often bring sweets or goodies to share. Come by any time between 10 and 11:30 am – you will be warmly welcomed!

In 2016, a longtime **Chair Yoga** class was looking for new, accessible space and found a home in the Parlour at Hope United. These classes, on Tuesdays and Thursdays from 11am to noon, are designed for folks who want to keep moving and stretching their bodies but without getting down onto a yoga mat; so yoga practices are modified to be done from a chair. The low stress, adapted and friendly atmosphere of these classes makes everyone comfortable and keeps them coming back week after week.

In November, **Parent 'n Tot** will be meeting on Tuesday mornings in the nursery from 10-11:30. This is a great chance to meet other parents or guardians in the community and let your little ones socialize and play. Friendly and informal – drop in any Tuesday in November!

Scrabble & Games is a new venture inaugurated in the Spring by a few church members who love a bit of friendly competition. Beginning October 9th, they plan to meet in the Church Hall each Tuesday morning at 10 am. Come and join in or bring along your favourite board game.

Our small but faithful **Quilters** group meets on Friday mornings in the Parlour to design and stitch their beautiful creations. They welcome anyone interested in quilting, regardless of skill or previous experience, and are happy to offer hands on instruction.

Evenings on site at Hope United are also busy with committee meetings, community activities, choir and more. Check out the calendar of weekly activities! ⇒

Happening at Hope

Mondays:

4 Way Harmony rehearses in the Hoyt Room the first and third Monday of each month

UCW meetings are held the first Monday of each month; check your bulletin for times

Tuesdays

Chair Yoga in the Parlour 11 am - noon

Parent 'n Tot in the Nursery 10 -11:30 am for the month of November

Scrabble & Games 10 - 12 noon in the Hall

Pathfinders groups 6 - 8:30 pm Hall/Parlour

Wednesdays

Seniors Meet & Greet 10 -11:30 am in the Hall

Meeting Nights: various committee meetings are held monthly on Wednesday evenings

Choir Rehearsal in the Hoyt Room 7:30 pm

Thursdays

Chair Yoga in the Parlour 11 am - noon

Fridays

Quilters in the Parlour 9:30 -12 noon

Saturdays

St. Gabriel Ethiopian Church holds language classes in the Parlour 2 - 4 pm

Sundays

Worship & Sunday School 10:30 am

Dance Classes in the Hall 2 - 3 pm

Atlantic Ministry to the Deaf 2 - 4 pm; first & third Sunday in the Hoyt Room

Youth Group 6:30 - 8 pm in the Hall

Hope United

Fall 2018

NEWSLETTER | HOPE UNITED | FALL 2018

A Message from the Stewardship Team

Exciting things are happening at Hope United, thanks to your support and generous contributions of time, energy and resources. In this abundant season of Thanksgiving, we recognize and celebrate all those who make Hope United a place of welcome and caring that nourishes body, mind and spirit.

Hope's Board, Ministry Team, groups and individuals are working continuously to plan for a busy fall and year ahead. Youth Group, Sunday School, Wing Nights, Trunk or Treat, Family Movie Nights, Ham Supper, Hope Cottage meals, Faith Talk study, Parent 'n Tot, UCW, Visioning exercise – this is just a sampling of how the people of Hope are investing time & resources to further God's work in the community.

Sunday services feed the soul for the week ahead with Rev. Sean's inspiring messages, Mat's amusing and meaningful 'Time for All Ages' and joyous music led by Barbara, Rafael and the choir.

It is an era of change for our United Church with governance restructuring at a national level. At Hope, we see this as a time of excitement and opportunity as we evolve to respond to the realities and needs of the modern world in which we live & serve.

Whether you are a regular or 'sometimes' churchgoer, looking to connect or reconnect, we invite you to read more about this faithful and faith-filled community, and to come share in the worship, friendship and fun.

Blessings from Hope's Stewardship Team

YOU CAN FIND US...



902-455-0261

office@hopeunitedchurch.ca

www.hopeunitedchurch.ca

3055 Connaught Avenue

Halifax, NS B3L 3A7



Where two or three are gathered... (Mt 18:20)

This familiar phrase from the gospel of Matthew reminds us that Sunday morning worship is just one aspect of the life and growth of our faith community. Of course, we cherish our time as a whole community of God, but there are other times and other ways in which we nourish our spiritual growth.

Here at Hope United, we recognize and value the importance of small group ministry, and gatherings of all kinds, that can enrich our spiritual journeys as individuals and as a whole. Whether singing with the choir, dining with the Men's Breakfast, joining the UCW, visiting as part of the Pastoral Care Team, bouncing in a castle, licking wing sauce off your fingers, or supporting one of the many projects of Mission & Outreach – all our gatherings, for any purpose, deepen and enhance the life of Hope United Church.



Hope offers groups and activities for people of all ages and diverse personalities. So... come get involved... or share your passion – we welcome new ideas! We believe that everyone has a part to play in building community, within our church walls... and beyond. God is not just in church for one hour on Sunday morning; wherever we gather in the spirit, truly God is with us in that place.

Fall Events

- October 20th – Men's Breakfast 8:30 am
Steak & Stein, Young Street
- October 21st – World Food Sunday;
Mission & Outreach service
- Oct 28-Dec 16 – Sunday Faith Talk study;
Hoyt Room with Rev. Sean 12:30-1:30 pm
- October 28th – Trunk or Treat 6:30 pm
- October 28th – All Saints remembrance
- November 3rd – Ham Supper 4:30-6:30 pm

- November Tuesdays– Parent 'n Tot
10:00 - 11:30 am
- November 5th – UCW Baby Shower for
the IWK, 7:00 pm
- November 11th – Remembrance Day
- November 17th – Men's Breakfast



Note-able News ~ Family Choir

Do you love to sing? Is it hard to find time for choir practice? Maybe you don't read music? Or most choirs seem a bit intimidating? The new Hope Family Choir dispels all those worries. Come after service on Sunday, October 28th for our first rehearsal and join the musical fun!

For more info: Melissa Riley 902-476-6356

Youth & Children

Children are not the church of tomorrow, they are the church of today!

In a recent blog post, Paul Miller of Waterloo Presbytery listed "Children are the future of the church" as one of the Top 10 Things Churches Should Stop Saying. Children and Youth are here *now* and are a vital part of the church community *now* – and at Hope United there is lots going on for the younger crowd.

Sunday School started off in fine style with a great **Welcome Back service and BBQ** in September – thank you to everyone who helped out and contributed to this Fall Kick-Off!

Youth Group is also underway with an awesome group of young people from Grades 6 to 9 meeting regularly on Sunday evenings from 6:30-8:00 pm.

Our first **Trunk & Treat** in October 2017 was such a hit we can't wait to do it again. We will be looking for volunteers to come out on **October 28** with a trunk full of goodies to share with our eager, costumed characters. This is a fun, fantastic community event so be sure to invite your neighbours!

Tuesday mornings in November, our **Parent 'n Tot group** will be meeting again in the Nursery. Of course, the little ones have a fantastic time with toys and fun, but parents and guardians have said how much they also value this time to meet, socialize and connect.

Watch for more info about movie nights, confirmation classes, all ages services and our Christmas pageant.

Kudos to all our amazing leaders, teachers and volunteers – without you, these ministries could not be possible.

Meet Our New Student Minister

Hi everyone, my name is Caitlin Smithers, the new student minister here at Hope. First, thank you for the kind welcome you have shown me in my first couple Sundays with you. I grew up in Wellington, just outside Halifax. When I graduated High School I moved in with my grandmother in Dartmouth and lived with her for almost 7 years. She has always been there for me, but when I lived with her our relationship became even stronger. I moved out on my own to Halifax in 2016 and she moved into a nursing home where she lives a very full and active life. I have enjoyed growing up in NS because the ocean is one of my favourite places to spend time swimming and connecting with God. I went to Dalhousie for my undergrad degree and then started my Master of Divinity at Atlantic School of Theology last year. I've already learned a great deal and I look forward to learning so much more, in my courses and from my time at Hope United. Please come introduce yourself to me as I would love to get to know each of you.



HOPE UNITED MINISTRY TEAM

Rev. Sean Hancock ~ Minister

Mat Whynott ~ Youth & Family Minister

Barbara Pate ~ Music Director

Rafael Alcolado ~ Organist

Nancy Nelson ~ Office Administrator

Caitlin Smithers ~ AST Student Minister