



WELCOME!

Announcements January 14, 2023



IMPORTANT DATES

Check out

www.mcdunited.com/calendar
for more information

Sunday - January 14

- 10:30 am In-Person & Online Service
- Gift Card Deadline

Tuesday - January 16

- 11 am Bible Study
- 12 pm Acadia Pantry
- 6:30 pm Hope Quest

Wednesday - January 17

- 9 am Heritage Time Out

Thursday - January 18

- 1:30 pm Friendship Club - cancelled
- 4 pm Operations Meeting
- 6 pm McDougall Singers Rehearsal
- 7:30 pm Sonica Treble Ensemble Rehearsal

IMPORTANT DATES

Here is a highlight
of special events
happening this
month.

- Jan 16: Hope Quest Starts – 6 Week Art Therapy Group
- Jan 18: Opera Buddies – Elixir of Love Starts
- Jan 22: Homeschool Group Winter Session Starts
- Feb 1: Taste & Try 12 pm
- Feb 10: Open Table – Carnival Event 4 pm
- June 7 – 9: Camp Kasota



Reminder Fundscrip Deadline **TODAY**

Don't forget to get your gift card order in for this month.

Deadline is the Second Sunday of Each Month.

Visit our website or speak to the office to learn more.



We Have a Coffee Machine!

“The Bean Hive” has arrived at McDougall. You can find the machine in the Cozy Corner (by the Reconciliation Mural in the southwest corner of the building).

Machine takes coins or tokens. Tokens can be purchased through the office. 10 for \$15.



COFFEE



HOT
CHOCO



FRENCH
VANILLA



CAPPUCCINO



LATTE



Join Hope Quest: 6 Week, In Person Art Therapy Group

Growth and inspiration through creativity!

Learn to cultivate and nurture HOPE throughout the various seasons and circumstances of your life!

No “artistic ability” needed! All supplies included.

Facilitated by: Suzanne Styles, Certified Art Therapist

Cost: \$250, 10% off if registered by Dec. 15 (use code HQ10)

When: Starts Tues. Jan. 16, 2024, 6:30-8:30 p.m.

Location: McDougall United Church Art Studio



Learn more
and sign up
HERE:



SCAN ME

RESILIENT *You*
ART THERAPY

www.ResilientYouArtTherapy.com

Hope Quest 6 Week Art Therapy Group

Facilitated by Suzanne Styles

Growth and inspiration through creativity!

Learn to cultivate and nurture HOPE throughout the various seasons and circumstances of your life!

No “artistic ability” needed. All supplies included.

Costs \$250 per person,
10% off if registered by December 15

Starts Tuesday, January 16, 2024, from 6:30 – 8:30 pm



Friendship Club – Cancelled for January

We have decided to cancel our January meeting and hope for better weather and conditions in February.

May you all stay healthy, warm and safe!

Opera Buddies

Elixir of Love runs (January 18 – February 8) and is now full. There is still space for Das Rheingold (April 4 – April 25). Bring some family members and join in on the fun!

Free to Attend

Open to Everyone 12+

Includes Show at Jubilee

Thursday nights 4:30 – 5:45 pm at
McDougall

To register or learn more visit:
Mcdunited.com/opera-buddies



Town Hall Meeting: Sunday, January 21, 2024



The Leadership Council invites you to a Town Hall Meeting following worship on Sunday, January 21 in the Hospitality Hall.

At this meeting we will be sharing information regarding:

1. The shared ministry plan between McDougall, Ogden and Red Deer Lake United churches.
2. A preview of the draft 2024 budget.

A light lunch will be served with a free will offering.





Homeschool Group: Registration Open for Winter 2024

Homeschooling families are invited to join us for
our 2024 Winter Session.

January 22 – May 13, 2024

Sign up for the weeks you would like to attend.
\$14 per family for each week plus a \$20 insurance
cost. Save money by attending all sessions.

Mondays from 11 – 2 pm in Hospitality Hall

Register and learn more:

Mcdunited.com/homeschool-group

JOAN
CHITTISTER

"A philosopher... and a writer of the words she has found and seen." -LISA TUOHY



THE GIFT
OF YEARS

Growing Older Gracefully

EXPLORING LIFE THROUGH WRITING AND DISCUSSION

You are invited to the continuing sessions of Exploring Life through Discussions and Writing.

We meet every Wednesday afternoon from 1:00 to 2:30 pm in the M&M room beginning on Jan. 24 and continuing until April 24. We use short opinion pieces from “The Gift of Year, Growing Old Gracefully” by Joan Chittister to initiate our discussions; and share personal written stories inspired by our memories.

For further information email Marianne Medhurst, waynemed@telus.net or Marilyn Shoults, mshoults3@gmail.com

Taste & Try: Try Out a Recipe & Learn About Cooking

**Next Session:
February 1, 2024, at 12 pm**

Happens monthly on the first Thursday of the month in the McDougall kitchen.
Seniors of all ages are welcome!

Advanced Registration is required, limited spots are available. Registration closes Monday, January 29 at 7:00 pm.

Register by calling the office or signing up online:

<https://www.mcdunited.com/calendar-events/taste-n-try-february-2024>





Open Table: King Cake & Mask Making Party Celebrating Carnival Saturday, February 10 4 – 6 pm

All ages are invited to join us for Mask Making followed by dinner.

\$5 Registration Fee, Donations Accepted at the Door

Limited Tickets Available, please purchase by Wednesday, February 7 at 1 pm on our website:

<https://www.mcdunited.com/calendar-events/open-table-february-2024>



Camp Kasota Family Weekend

June 7 – 9, 2024



Join us June 7 - 9, 2024, for a weekend of fun and relaxation.

Price includes a bed for 2 nights, 5 meals, and a snack.

- **Adult \$100** (Early Bird Pricing Ends Feb 29)
- **Child \$80** (Early Bird Pricing Ends Feb 29)

To learn more and register about what is included, please visit our webpage: www.mcdunited.com/camp-kasota



Fish Creek
United Church





Bible Study: Tuesdays at 11 am in the Chapel

Join Rev Joanne Anquist, Rev Bill Weaver or Rev.
Danah Cox for a bible study every Tuesday at 11 am.

We hope to see you there!



Choir Rehearsals – Starts back January 11, 2024

All are Welcome, No Prior Experience Required
McDougall Singers Rehearse Thursdays at 6 pm
Sonica Treble Ensemble Rehearse Thursdays at 7:30 pm



Life of the Church: Monthly Updates



Want to know what is happening in the church? Monthly updates are available in our emails blasts at the beginning of each month or visit our homepage to connect to the latest news.

To send in an update, email prayers@mcdunited.com

McDougall Staff

Worship and Congregational Leadership Minister	-	Rev. Joanne Anquist
Family and Community Minister	-	Rev. Danah Cox
Contemporary Music Leader	-	Tanya Wan Lim
Choral Music Leader	-	Justin Macosky
Pastoral Care	-	Rev. Bill Weaver
Office Administrator	-	Jen Heidebrecht
Communications Coordinator	-	Sarah Reuangrith
Caretaker/ Handyman	-	Jerimiah Laquette
Facilities Coordinator	-	John Naylor

We are a Scent Sensitive Building



We all share the same air,
please be respectful when
using scents.

Scent free or lighter scents
on Sunday is appreciated.

Don't Forget Your Reusable Coffee Mug!

If you didn't get one, please talk to the office.

Bring your reusable mug filled with coffee to the church and enjoy it during the service. Then get a refill in the Hospitality Hall during coffee time.

You bringing your own mug makes the clean up from coffee time much faster.

Our volunteers thank you!



Ways to Give Ogden (403-630-5633)

1. Mail a cheque payable to Ogden United Church.
2. Online Through Canada Helps.
3. Donate by e-Transfer, ogdenminister@shaw.ca
4. Sign up for PAR.

Ways to Give McDougall (403-252-1620)

1. Donate by e-Transfer, office@mcdunited.com
2. On our website, www.mcdunited.com
3. Mail a cheque payable to McDougall United Church.
4. Sign up for PAR.
5. Support the Gift Card program



Thank You!

Thank you to
everyone who helped
with our service.

