

1 in 5 seniors who falls and breaks a hip this year will suffer significant pain and/or loss of function from their fall. Some seniors even have concussions that go undetected. So many of these falls could be prevented with simple, practical tips. Knowing how to manage minor injuries after a fall is important too. These lectures, sponsored by PhysioCare at Home, the Parkland Shannex's and Lawtons are all open to the public.

Parkland Clayton Park, 114 Fairfax Dr, Halifax Sept 16, 2 – 3 PM

Parkland at the Gardens, 5732 College St, Halifax October 21, 2 – 3 PM

UCW Sponsored Events:

1. *Winter Clothing Sale* – Oct 5, Fort Massey Lower Hall, 9:30-11:30 AM. We're now accepting winter clothing. Please place in lower hall.

2. *Fun & Talent Auction with Lunch* (home-made stew) – Oct 6, 12 noon, Fort Massey Lower Hall. Auction items/ideas need to be submitted by Sep 30 (dinner for 4 in your home, tickets for a local arts or sporting event, movie passes, professional services, baby sitting, house sitting, pet walkies, gardening, snow removal, shovel off minister's desk, etc.)
**Sign-up sheet* for Harvest Stew ingredients is posted in the Tobin St. lobby.

3. *Harvest Tea* – Oct 19, 2-4 PM, Fort Massey Lower Hall.

Book Club & Spirit Connectors will both be reading *Living the Questions: The Wisdom of Progressive Christianity*, by David M. Felten and Jeff Procter-Murphy. Beginning October 10, the minister will be offering a weekly session on Thursday mornings at 10:30 am; and a monthly 7:30 evening session on the second Thursdays. Books have been ordered.

7th Annual Brunswick Street Mission Breakfast, featuring *Joe Roberts* "From Skid Row to CEO", World Trade & Convention Centre, Wed, Oct 23, 7:30-9 am. \$100. FMC's goal is to sell three tables of 10.
**Sign-up sheet* in the Tobin St. lobby.

Billets. BEHOLD!, a national UCC inter-cultural conference, Oct 24-27, Halifax, is looking for people to billet our visitors.
Contact *Doreen Crick* @ 443.2993 or <rdcrick@eastlink.ca>.

Moderator's Visit. The Right Rev'd Dr. *Gary Paterson*, will lead in a musical Service at Fort Massey Church on Saturday, October 26.

Phantoms of the Pipes is Wednesday, October 30th!

Fort Massey by-the-sea

A Congregation of The United Church of Canada
Watching over Halifax Harbour since 1871
~ *where life and faith meet* ~



Creation Time September 15, 2013

Trent D. Cleveland-Thompson, Pastor
Simon Abbott, Organist & Music Director
Leah Collins Lipsett, Pianist & Jr. Choir Director
Richard & Carol Robinson, Sextons
Colleen Estabrooks, M&S Enthusiast
Sancia Knorr, Church School
Kathy Cochrane, Office Administrator
Alison McDonald, Clerk of Session
Alasdair Sinclair, OFM, Clerk Emeritus
Alan G. Hayman, OFM, Senior Trustee
H. Douglas Ritcey, OFM, Honorary Elder
Irene Parks, UCW President

Heather Ferrier, Student Minister
John Walter, Assistant Organist
Kevin Roberts, Flutist
Ian MacDonald, Tech Support
Elliott Prouty, Head Usher
Elaine Janson, Nursery
Maddy Spicer, Assistant Administrator
John Gillis, Board Chair
Ruth MacKenzie, Chief Steward
Leslie Pezzack, Treasurer
Ian MacDonald & Elliott Prouty, Presbytery
Martina Sommer, Facilities Rental Manager

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Welcome to *Fort Massey by~the~sea*. We are delighted to have you joining us at our Sunday morning Gathering. **Visitors** are invited to sign our Guest Book; if you're looking for a church home, please fill out a **Welcome Card** at the left of the main doors upon exiting the nave, leaving it with the guest book. Please join us after the Service for **lemonade and conversation** in the Lower Hall.

Our Sympathy to *Leslie Pezzack* and family on the death of her sister, Marjorie Zilpha (Linkletter) MacMillan, on Sep 8th. Service was held Sep 11th, on Prince Edward Island.

Wedding Congratulations to *Chris & Leah (nee Jenkins) Chiasson* who were married in Fort Massey Church yesterday, Sep 14/13.

Rejouissance Early Music Ensemble with Soprano *Ann Bradley*, today, 7:30 PM, Bethany United Church. Tickets \$15/\$5 at the door.

Stand Up for Science, with *Dr. Tom Duck & Elizabeth May*, Sep 16, Monday 1-3 PM, DAL Student Union Building. EvidenceForDemocracy.ca

@ the fort this week: *Roller Derby Meeting*, 6-9 tonight, Lr Hall.
Women's Coffee Group. BBQ at Carol Sinclair's cottage, Prospect, on Tuesday. Leaving 10:30 or 11 AM. Burgers provided.
YOGA with Jenny begins Tuesday, 7 to 8:20 PM, Lower Hall.
Choir: Join Simon this Thursday, 7:30-9 PM, Sanctuary.
Community Choir & Orchestra Rehearsal, Saturday, PM, Sanctuary.

Tea & Tango - 10 wk Argentine Tango class for people with neurological conditions, starting Sep 28, VG Bethune Building. 492.3903

Organ Concert. *Christian Lane* – Winner of the 2011 Canadian International Organ Competition, Mon, Sep 23 at 7 pm Cathedral Church of All Saints. \$ 20 Adults \$ 10 Students/Children

Upcoming meetings: Sep 24, 6:30 PM, Outreach, Minister's Study; 7:30 PM, Kirk Session, Parlour; Sep 29, 10 AM, Nominating, Minister's Study.

UCW General Meeting, Mon, Sep 23, 2 PM, Church Parlour. Agenda: plans for Harvest Tea, Christmas Tea & Sale. *New members and ideas are always welcome!*

Back to Church Sunday is September 29th. *Invite a friend!*
*Sign-up sheet for corn and hotdogs is posted in Tobin St. lobby.