

Our special edition includes:

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Updates from the Beach United Church

Calling all Volunteers

We need volunteers to make coffee and tea after Sunday Service on October 7, 14, and 21. Please sign up using the signup sheet on the servers counter.

Out of the Cold- An Update by Paul Dowling

Since 2006, St Aidan's Out of the Cold has provided meals and overnight accommodation for about 25 people every Monday. As St. Aidan's undergoes major renovations beginning this winter, Beach United will host Out of the Cold for two years. Anticipating this, Beach United hosted a smaller pilot project last winter. The Program runs from November 5 to April 22. With 25 homeless people sleeping overnight and about 60 people for dinner, the Program will use the entire church. Volunteers come from across the community, including several from Beach United. Many volunteers from the past 12 years at St. Aidan's will continue to support the program, with gaps filled from volunteers in last year's Pilot. While we lament the continued crisis of homelessness, we are grateful to have the resources to respond to the need. To read more, please visit <http://beachunitedchurch.com/the-espirt-blog/>.

Christmas Marketplace

On Saturday, November 17, 2018, Beach United's Christmas Market will bring the Beach community together to launch the festive season. This year's Christmas Market will offer favourite activities like the bake table, jams & jellies, lunch diner, meat pies, crafts and more, plus some exciting new features. Your participation is essential to the Christmas Market's success, so please get involved!

To find out how you can be part of this fun community event, contact:
Leigh Bowser: 647-449-8332/ leigh.bowser@gmail.com
Wendy Johnston: 416-699-4073/ wendyjohnstonchitin@gmail.com
Mary Anne Lemm 416-469-5877/ maryanne.alton@sympatico.ca

The assembly of meat pies will take place on Nov 7, in the kitchen. To help, please contact Gail Tabbitt at gailtabbitt@gmail.com.



Parking Lot-An Update by Ron Fitton

The Building Permit has been issued. Construction could be finished by end of October, and time left for the landscaping to be installed. All, of course, is dependent on decent weather and no further surprises from the city. Fingers crossed everyone! Please note that during the construction era, there can be no parking or other uses of the south lot. It will be a designated construction area, with entry only by authorized personnel. Viewing progress via the second floor landing is recommended.

Beach Cares-An Update by Paul Dowling

In 2016 members of Beach United and St. Aidan's and other community members sponsored a Syrian refugee family for a year. In July 2018 our second sponsored family, Salim Darouich, Duaa Dubayn and 3 year old Selena, arrived via Lebanon. They lived for a short time in a beautiful apartment in the home of a Beach United member, providing a solid foundation to begin to build their new life. The permanent housing search gave sponsors a taste of the acute housing crisis in Toronto, with high rents and scarce vacancies. After viewing many apartments, the family found a place north of Eglinton on Victoria Park, close to shopping and the school where Salim and Duaa are learning English. With millions of refugees displaced by war and natural disasters across the world including more than 5 million from Syria, we are grateful we can provide safe haven to these families, thanks to Beach Cares volunteers and financial and practical support from across our community. To read more, please visit <http://beachunitedchurch.com/the-espirt-blog/>.

The Big Carrot Donation-An Update by Nicole Tanti

I am excited to share the news that The Big Carrot has donated \$500 to our Interfaith Lunch Program. With their very generous donation we can look at ways to enrich our offerings at the Lunch Program. The Big Carrot is a worker-owned business that has been operating since 1983. They are committed to contributing to their communities and donate a percentage of annual profits back into local initiatives. Their new location on 125 Southwood Drive is a wonderful asset to the community, and if you haven't had a chance to visit, please stop by. We thank The Big Carrot for their donation!

Upcoming Events

Green Thumbs Garden Group Tuesdays and Saturdays

Come and join our gardening group. Help tend the garden and learn about the plants and connect with people who love the earth.

Tuesday, October 9, 7 p.m.

Saturday, October 13, 9:30 a.m.

Saturday, October 27, 9:30 a.m.

Contact: jenniferhlchin@gmail.com.

Knitting for Shivering Children Saturday, October 13, 10 a.m. Room 1 and 2

A message from organizer Patricia Davies

What a start to our knitting year! At our first meeting on September 8, twenty three very enthusiastic knitters and crocheters filled up two large tables with the results of their summer labours: 101 sweaters and vests, 26 blankets, 35 hats and 18 toys for Canadian Food for Children. Thank you so much to everyone for your work and dedication. On to fall plans. Our next meeting is on Saturday, October 13 and will include a workshop on double mittens led by Emily McRae. We hope to give warm hands to members of Out of the Cold and the program for marginalized women at All Saints Church. Of course, all knitters and crocheters are welcome at that meeting, not only those who want to take the workshop. We'll still be sharing stories, coffee and goodies.

Death Diner? Seriously?

Well, yeah. It happens to us all, and yet, talking about it is taboo. So we're offering a chance to change that. Four dinners where the conversation is death and dying. Each one with an experienced discussion leader - a doctor, a spiritual guide, a hospice leader, a mindfulness educator. We call the series Death Diner. And it's open to anyone. So tell your friends, family, neighbours -- anyone who's ready for some frank conversation about Life's Biggest Challenge.

When: Wednesday evenings, 6 to 9 p.m., October 3 and 17, November 7 and 28. A light meal will be provided.

Where: Beach United Church

Cost: By donation

Please register through Eventbrite or the BUC office. For more information, contact Karen Watson at karen.watson@kmwatson.com.



Meet up at *The Death DINER*

Who's ready for frank discussion, good storytelling and new perspectives on death and dying ...over dinner?

Sessions 6 - 9 pm at 140 Wineva Ave

Oct. 3 "How we think about our own deaths"
Amanda Maragos, hospice specialist

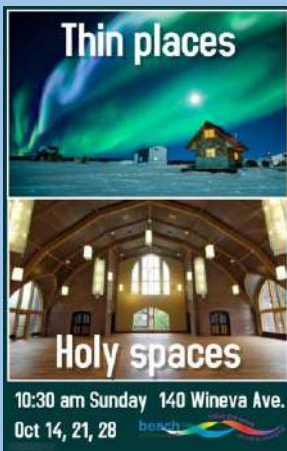
Oct. 17 "Expectations around dying"
Paul Cramer, MD

Nov. 7 "Our fears and hopes"
Jan Kraus, spiritual guide

Nov. 28 "Using mindfulness to help"
Teri Henderson, mindfulness educator

Register: eventbrite.ca or office@beachuc.com

www.beachunitedchurch.com



Thin Places ~ Holy Spaces Fall Sunday Worship Series

Sunday, October 14, 21 and 28, 10:30 a.m.

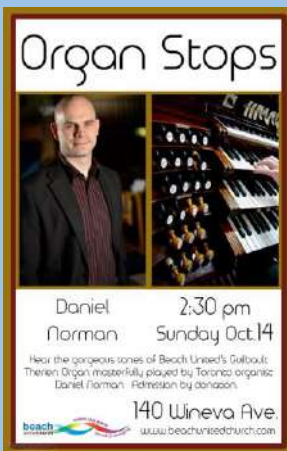
This series will begin by exploring the Holy Island of Lindisfarne on the north east coast of England, through the experience of Minister, Karen Dale who spent time on the island as part of her study leave. Nursery care is available.



Mindful Mornings #1 Sunday, October 14, 10:30 a.m. to 12:30 p.m.

Join us for an Outdoor Yoga & Mindfulness session! No experience necessary. All are welcome. Please bring a mat, water, and warm clothing. Please register at youth@beachuc.com or on Eventbrite.

This is a program for children.



Organ Stops Sunday, October 14, 2:30 p.m.

Hear the gorgeous tones of Beach United's Guilbault Therien organ masterfully played by Toronto organist Daniel Norman. Daniel will be playing a varied program of organ favourites.

Sought after for his musical sensitivity and versatility, Daniel is active as a conductor, keyboardist and collaborative artist. His love of music began with the melodious songs of Ariel the Mermaid and the danceable beats of the Mini-Pops. This gave way to grunge and the smooth R & B of the early 90s, both creating a natural segue into choirs and orchestras, and the realm of classical music.



Jam Nite Tuesday, October 23, 7:30 p.m.

Join us for a fun, relaxed jam session at Beach United Church. Bring your instrument, your voice, a song to share. No musical skill level needed, just bring your enthusiasm to make music together.



Jazz & Reflection Saturday, November 3, 4:30 p.m.
“Radiance” featuring Laila Biali on piano/vocals and Ben Wittman on percussions.

Laila Biali has won awards (SOCAN Composer of the Year and Keyboardist of the Year at Canada’s National Jazz Awards) and played the world’s most prestigious venues (North Sea Jazz Festival, Tokyo’s Cotton Club, Carnegie Hall). She’s toured with GRAMMY award winners (Chris Botti, Paula Cole, Suzanne Vega) and recorded with an international icon (Sting) and established herself as one of Canadian jazz’s brightest young stars.

Shout Sister and Abby Zotz Choir Saturday, November 10, 7:30 p.m.

This 70 women choir returns to soothe the soul with a four part harmony session led by professional singer/songwriter Abby Zotz. Please note that this is a fundraiser. More details to follow.

Cadence Saturday, December 15, 7:30 p.m.

For the fourth straight year, this pre-Christmas family concert will feature the amazing vocal music interpretations of Cadence, an internationally acclaimed cappella ensemble. Please note that this is a fundraiser. More details to follow.

Rental Events

Dancing with Parkinsons (DWP) Tuesdays, October 2, 9, 16, 23, and 30, 1:15 p.m.

Dancing with Parkinson's (DWP) is back at Beach United, on Tuesday afternoons. DWP is a Toronto-based dance class where those with Parkinson's Disease can explore the potential of their own movement through choreography and improvisation. No dance experience is necessary. Caregivers/spouses are welcome, but it is not necessary to bring a dance partner. For more information, please visit <http://www.dancingwithparkinsons.com>.

Mindfulness-Based Stress Reduction (MBSR) Fridays starting October 26 to December 14, 2 to 4: 30 p.m.

Learn practical ways to manage stress, develop capacity for greater calm and improve your well-being. **Register Now** at MindfulnessStudies.com/east-toronto.