

Southminster News

Open Hearts
Open Minds
Open Doors



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November 2026

Office Hours
Monday – Friday
9am to 4pm
Closed Saturday/Sunday

Sunday Worship Services
10:30 a.m.
In person or live streamed on Facebook

Minister's Message



November is a month for making connections around Southminster.

On November 7, both the **Men's Club** and the **United Church Women** will have events, the former will be having a breakfast at the church at 9:00am, and the UCW will be having a downtown day starting at Bread, Milk & Honey at 10:00am, followed by shopping and lunch together. I would absolutely encourage participating in these if you're available. I've found that it has beenone of the best ways to make connections with other people in the congregation.

The next day, on November 8, it will be Remembrance Sunday, following worship we will have our annual Canadian Foodgrains Bank Soup Luncheon fundraiser. Our freewill offering for the soup lunch that day goes to support feeding hungry people around the globe.

The annual **UCW Christmas Tea & Bazaar** takes place on November 21, and many in our wider Lethbridge community look forward to this event, as for many it marks the beginning of the Christmas season (at least I know that's the case for my wife, MiYeon.) Thank you to everyone who plays a role in offering hospitality to host this event. Just a week later, at the end of the month, it will already be Advent!

Friends, I hope you might take in the opportunity to connect with new people at Southminster over the month of November. Even if you don't think that you need it, someone else in the congregation needs connection at this time, and the only person that can give that is you. That is the family of faith gifted to us by our participation in Christian life.

Finally, I hope that you will offer prayers for our Community of Faith at this time, specifically the members of our Ministry & Personnel Committee as they continue to undertake to task of finding a new music director at Southminster. May God help us find the right person to offer leadership in our worshipping life together through music and song.

In this month of remembrance, may Christ give us his peace.

- ***Rev. Taylor***

INTRODUCING SOUTHMINSTER'S HEALING PATHWAY MEMBERS



Hi, I am **Kathryn Kuppan**. When I arrived at Southminster United Church, I was excited to learn that the Healing Pathways team would be restarting after its COVID-19 pause. It felt like an invitation to continue a healing journey that began for me in 2016.

Exploring Eastern philosophy, breathwork, yoga, Thai massage, and energy work helped me appreciate the connection between body, mind, and spirit. Alongside this, I deepened my Christian faith, trained in Inner Healing Prayer, and served on a prayer team for approximately ten years. I learned the importance of listening without judgment and accompanying people through emotional and spiritual struggles in God's loving presence.

These traditions have distinct foundations, yet both have taught me to be present and care for the whole person. I approach different healing traditions with curiosity, humility, and respect, while understanding healing through my Christian faith as an expression of God's love and grace.

Since discovering Healing Pathways at Southminster, I have reviewed the Level 1 and 2 training materials and await the next opportunity for in-person training. I am continually learning its specific practices, principles, and intentions as offered through the United Church of Canada, while participating fully alongside the team.

For me, healing is not something we do to another person, but a sacred opportunity to accompany one another with kindness and respect. Through prayer, stillness, gentle touch when welcomed, or simply being present, we can offer reassurance that we are not alone. I am grateful to continue this journey with the Southminster community.



Hi, my name is **Corinne Steele**, and I'm a new member of the Healing Pathways group.

I was in my twenties when I first heard of this new-age thing called "yoga". It seemed exotic and mysterious, and even a bit on the edge. My younger self was surprised to learn that yoga was actually an ancient tradition. Much older me was surprised to discover the connections between these kinds of practices and my own Christian faith. A couple of years ago when Cathy gently tapped me on the shoulder to invite me to a Healing Pathways workshop, it felt like the right time to explore these ideas.

The workshop brought together beliefs I had been gathering for a few years: the power of positive thinking, the way energy moves through the body, and the understanding that we are at our best when our mind, body, and spirit are in balance. It was exciting to discover that these ideas were woven together in Healing Pathways practices and that they have been part of our Christian faith from the beginning, literally the beginning. The bible tells us that Jesus' way was a healing pathway; one of compassion, connection, prayer, and service. (I'm sure he did yoga too).

I'm also drawn to the idea that many of these practices have parallels in ancient spiritual traditions around the world. Rather than being something strange or "out there", they reflect a shared human desire to make sense of life's experiences, find balance, and nurture our well-being. They have the power to unite us. For me, bringing Christian theology into intentional practices that reconnect mind, body, and spirit adds another layer of meaning. Opening a channel for God's healing light to shine on others brings our faith into action and offers a meaningful way for us to serve our neighbours.

So, I invite you to come back to your roots, open your heart, and give it a try. You may discover, as I did, that this isn't something new or unfamiliar, it is simply another way of rediscovering the healing, love, and peace that have been at the heart of our faith all along.

Southminster's Healing Pathways members are available for a session or prayers. If this is something you are interested in, please contact the office at 403.327.3404 or smunited@shaw.ca and we will forward your message

Canyon Church Camp News



Summer is over, so it is time to get ready for the 2027 camping season! Please consider joining us for our annual Fall Planning Workshop here at Southminster from 10am-4pm on Saturday, **November 21**. You could even come for the morning, then go to the Christmas Tea in the afternoon! If you aren't able to join the workshop but would still like to be involved, we have many opportunities and areas where you can help: fundraising, facility management, programming, coordinating volunteers, administration assistance, marketing, graphic and web design, general tradespeople, and board members.

There is something for everyone! If you can fill one of these roles, contact Christina at info@campcanyon.ca, or stop in at the Southminster office.

Would you like to receive our camp newsletter? Let us know! Camp is such an important summer activity for everyone – young and old. Get involved today and help make the world a better place.

Christina Whittmire – Chair, Canyon Church Camp Board

SOUTHMINSTER MEN'S CLUB

ANNUAL FALL DINNER ON SATURDAY OCTOBER 24



- *The Fall Dinner was a great success once again – over 140 roast beef dinners were served.*
- *Over $5,000 was raised for the Southminster General Fund*

Thank you to everyone who contributed to the evening:

- Culinary Arts Program at Lethbridge Polytechnic for preparing the roast beef
- Chris Dittman for providing wonderful music
- All the members of the Congregation, their families and friends who attended the dinner
- Everyone who volunteered to prepare the meal, serve, and clean up afterwards
- Everyone who generously contributed items to the silent auction
- And *Thank you* to our wonderful MC Steve Dobay!



Affirming Committee is introducing a grown-up GSA (Gay Straight Alliance) at SATT on the Second Sunday of each month.
Next meeting is on Saturday, November 14 at 10:30am in the Lounge.

We have a knowledgeable lineup of guests to kick off the conversation. All are welcome to join us!

- ✔ September: Brooke Culley, school board trustee
- ✔ October: Kate Ryan, founder of Meet Market
- ☐ November: Hollis Aster

Ruth and Harold's discussion group

The Scratching Post

Third Saturday of the month
(no meeting in November due to the Christmas Tea and Bazaar)
The Scratching post is a discussion / study group where people gather to reflect on Biblical and topical themes of the day or on those items where we are itching to engage in some reflection with others.

- *Ruth Preston Schilk & Harold Schilk*

Fit for Life

Friday morning fitness class for all ages and fitness levels
at 10am in Southminster Hall.
All equipment provided. Suggested donation $5.
~ Class every Friday ~
Instructors are Nancy and Gabrielle, on alternating weeks.



Coffee and Conversation, one of Southminster's most popular programs, continues weekly on **Thursdays at 10:30 am in the Lounge**.
Everyone is invited to come and join the conversation – the topics vary in this safe and loud (!) space.

Coffee is on the house.
See you there!

Southminster Recreational Pickleball **session every** ***Monday at 4pm.***

We have a very active small group of players, but definitely have room for more. Come out and try it, it's free and all equipment is provided.

Men's Club

ALL SOUTHMINSTER MENFOLK ARE INVITED TO THE NOVEMBER 7 MEN'S CLUB BREAKFAST AT 9AM IN THE LOUNGE. PLEASE SIGN UP OR CALL THE OFFICE SO WE KNOW YOU ARE COMING.

BRING YOUR APPETITE AND $10 DOLLARS FOR A HEARTY BREAKFAST. GREAT CONVERSATIONS AND FELLOWSHIP ON A SATURDAY MORNING. WELCOME!

Archives Corner
by Trish Purkis

Southminster United Church did its share for the Second World War years.

Members of the choir, or committees or congregation were on active service. There were activities both in the city and the church available for service personnel stationed at Lethbridge.

1939 The Southminster Men's Club had Major H. C. Singer, officer with the 20th Anti- tank Battery, as guest speaker. He talked on the progression of the war
The Casabianca Tuxis Group was organized in October with leader Bernard Simmons who later joined the R.C.A.F.

1940 The Women's Association had speakers from the armed services as guests.

1941 The War Savings Committee comprising of members Reverend Pritchard, Mrs. Gibson, Mrs. Buchanan, Mr. Sutherland, Mr. Howard, Mr. Forester, Mr. J. J. Tiffen and Mrs. Crawford held meetings, organized pledge drives for financial donations and sent letters out encouraging congregants and others to do their part for the war effort.

1942 The Business Girls Club collected war stamps and certificates.

1943 The Fireside Social Hour guests were members of the armed services. The invitation was extended to them to enjoy some down time.

1944 The church mortgage was burned. Much of the funds from the pledge drives went to this event. There were four women, members of the Women's Association, the Reverends Mutchmor and A. R. McMinn and four members of the church board who posed for a picture.

1945 Arthur Putland's arrangement of the poem 'High Flight' by pilot officer McGee, was premiered in January.



The Burning of the church mortgage.
Notice that at the back of the choir loft is the memorial organ plague from 1920.

*****The War Savings Committee of Southminster Church was formed in year with members Reverend Pritchard, Mrs. Gibson, Mrs. Buchanan, Mr. Sutherland, Mr. Howard, Mr. Forester, Mr. J. J. Tiffen and Mrs. Crawford held meetings, organized pledge drives for financial donations and sent letters out encouraging congregants and others to do their part for the war effort.

MORE FOR THE ABOVE!!!!!



The Success of this event relies on volunteers, and we hope you find something on this list that you can do!

Sign-up sheets for the Tea and Bazaar are in the hallway. Donations for the Craft table, Christmas Surprises and the Jewellery table can be dropped off at the church any time. It would be helpful if you put a suggested price on any Handicraft items.

We are again asking for $10 donations to off-set the cost of the sandwiches. Home-made goods for the Bake table can be dropped off either Friday, Nov. 20, or the morning of the Tea, Nov. 21.

Please package your items so they're ready for sale. Home-made squares, etc., for the Tea can also be dropped off either Friday or Saturday morning. Please line your pans with parchment paper and we ask that you don't cut up your squares.

Joyce Boisvenue (403-359-9323) or Carol Romses (403-327-1345) will be happy to answer any questions.



Our Church Directory project has been on hold for a while but we are determined to get it printed in December 2026!

One of the challenges we faced during this journey was to figure out what to include and how to **safely** distribute the info. The Church Council has made a decision to **only include your photos and names**, with space to manually add phone numbers etc as needed. *If a member wants to get in touch with another member, the office will forward the request to the person in question.* This way, your personal information does not get distributed to anyone outside the congregation.

My mother is a very wise lady, and she often says that if you don't like your picture, wait 5 years and you'll love it! Well, it hasn't been quite 5 years, but many members have had their photos taken in 2023-24. **These photos are still on file**. However, if you wish, I will be happy to take new photos. We have also welcomed many new members during the process, so their photos are needed as well. Please contact the office at 403.327.3404 if you would like to have your photo taken during the week. I will also be available in mid-November after worship for a quick photo shoot – Let's get everyone included in the directory!

We look forward to putting names and smiles on the faces!

Advent/Christmas Choir



Have you ever thought you might like to join the choir, but can't make a commitment for the whole year? How about joining us for the Advent/Christmas Eve anthems? Choir rehearsals are Wednesday evenings from 6-7:30, and we would start with a bit of a warm-up, then practice the Advent/Christmas Eve anthems for about 30 min., and then you could leave while the rest of the choir rehearses our other anthems. We are already starting to work on this special music, so if you're interested talk to anyone in the choir or just come out next Wednesday. We have a lot of fun!

Contract Bridge is back on the 4th Saturday of each month with Linda and helpers in the **Lounge**!
This is a friendly card game that will help to keep our brains sharp and it's fun too!
All are welcome to come no matter whether or not you have played the game before!

The next session is Saturday, Nov. 28 at 10 am.



Hope to see you there!



Canadian Foodgrains Bank

is a partnership of 15 church and church-based agencies working together to end global hunger. At Southminster, we do our part by serving a fundraising lunch in support of the Foodgrains Bank on **Sunday November 8th.** Join us for a luncheon after worship (suggested donation of $10).

You will get a nutritious hot soup lunch with bread, buns, treats, coffee and tea. Thank you to everyone who has signed up to volunteer!

United Church Women (UCW) Downtown Day - Saturday, November 7.

Women of all ages are invited to come out to enjoy a day of fun and fellowship! We will meet at "Bread, Milk & Honey" (427 - 5th St. S.) at 10am for coffee & visiting, followed by shopping in the area. At 1pm we will gather at "Streatside Eatery" (317 - 8th St. S.) for lunch. Come for part of the day or all of it! If you are going to join us for lunch, please sign up in the hallway by the lounge so we can reserve a seat for you. → here are some of last year's participants!
Questions? Joan @ 403-328-4771 or Wanda @ 403-382-8391





In November, we welcome the Poppy Discipleship Pod:

Amy Dodic, Jennifer Bradshaw & Brooklyn, Daphne Bassendowski, Brooke Culley, Sheila Hollihan, Bruce & Donna Tait, Ruth Preston Schilk & Harold Schilk.

Thank you for looking after the ushering, greeting, Scripture reading, Communion Serving and Coffee Hour hosting.

Looking ahead, the December Disciples are actively looking for more members to join our crew for the month of December.
We are the disciples who make the coffee, greet, usher, welcome new folks and do all the clean up after each Sunday service. If you will be free some Sundays and can give your time and talents to our crew, please let Melanie Winters know. Text or call at 403-308-3163.

November 2026 at Southminster

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:45-11:45 am Lutherans (Ch) 10:30 am Worship (S, SMH)	**2** 10-11am Sportball (UH) 4:30-7pm Sportball (UH) 4–5:30pm SUCH Pickleball (SMH) 6:30-10pm Symphony reh (SMH) 7-9:30pm Jason L. (UH) 7:30-9:30pm Aurora Choral (S)	**3** 10-11am Sportball (UH) 3-5pm YOUnited Youth Pickleball (SMH) 4pm Book Club (L) 4:30-6:45pm Sportball (UH) 5:30-7pm It's About Music (Ch) 7-9:30pm Jason L. (UH)	**4** 9-11am Sportball (UH) 1-2pm Sportball (UH) 4:30—5:30pm Music Together (UH) 6-8 pm Choir Practice (S) 7-8 Yoga (UH) 7-9:30 Jason L (SMH)	**5** 9-11am Private PB (SMH) 9-11am Sportball (UH) 10:30-12 pm Coffee and Conversation (L) 11 am-1 pm Blankets for Canada 4:30-7pm Sportball (UH) 6:45-8:45pm Tutti Corda (SMH) 7-9:30pm Jason L. (UH)	**6** 9-11am Sportball (UH) 10-10:45am Fit for Life (SMH) 2-5pm Healing Pathways (Ch) 6-11pm Cornhole (SMH) 7-8pm Tanya Gill (UH)	**7** 8:45-11:45am Sportball (UH) 9am Men's Club Breakfast (L) 10am UCW Downtown Day 11-1pm Private PB (SMH) 10am-1pm Musaeus Reh, (S, L) 6-9m Musaeus (Concert at 7:30pm) (S, L)
8 9:45-11:45 am Lutherans (Ch) 10:30 am Worship (S & SMH) Remembrance Day Service 1:30—3:30pm Private PB (SMH)	**9** 10-11am Sportball (UH) 4:30-7pm Sportball (UH) 4–5:30pm SUCH Pickleball (SMH) 6:30-10pm Symphony reh (SMH) 7-9:30pm Jason L. (UH) 7:30-9:30pm Aurora Choral (S)	**10** 10-11am Sportball (UH) 3-5pm YOUnited Youth Pickleball (SMH) 4pm Book Club (L) 4:30-6:45pm Sportball (UH) 5:30-7pm It's About Music (Ch) 6:30pm Ethel (L) 7-9:30pm Jason L. (UH)	**11**  Office Closed 7-9:30pm Jason L. (SMH) 7-8 Yoga (UH)	**12** 9-11am Sportball (UH) 9-11am Private PB (SMH) 10am-11pm Reuben & The Dark (S, L) 10:30-12 pm Coffee & Convers. (L) 11 am-1 pm Blankets for Canada 4:30-7pm Sportball (UH) 6:30pm Church Council (BR) 6:45-8:45pm Tutti Corda (SMH) 7-9:30pm Jason L. (UH)	**13** 9-11am Sportball (UH) 10-10:45am Fit for Life (SMH) 6-11pm Cornhole (SMH)	**14** 8:45-11:45am Sportball (UH) 10:30 SATT— Rainbow Coffee Hour (L) 11-1pm Private PB (SMH) 6-11pm SACLA (SMH)
15 9:45-11:45 am Lutherans (Ch) 10:30 am Worship (S & SMH) 12:30-10pm Symphony Reh. (S, SMH, L,)	**16** 10-11am Sportball (UH) 4:30-7pm Sportball (UH) 4–5:30pm SUCH Pickleball (SMH) 5-11:30pm Symphony (S, L, K) 6-7pm Symphony (SMH) 7-9:30pm Jason L. (UH) 7:30-9:30pm Aurora Choral (UH)	**17** 10-11am Sportball (UH) 3-5pm YOUnited Youth Pickleball (SMH) 4pm Book Club (L) 4:30-6:45pm Sportball (UH) 5:30-7pm It's About Music (Ch) 7-9:30pm Jason L. (UH)	**18** 9-11am Sportball (UH) 10am-9pm Kids Choir (S, SMH, L) 1-2pm Sportball (UH) 4:30—5:30pm Music Together (UH) 6-8 pm Choir Practice (Ch) 7-8 Yoga (UH)	**19** 9-11am Sportball (UH) 9-11am Private PB (SMH) 10:30-12 pm Coffee and Conv. (L) 11am-9pm Kids Choir (S, SMH, L) 11 am-1 pm Blankets for Canada 4:30-7pm Sportball (UH) 7-9pm Playgoers (UH)	**20** 11am Sportball (UH) 10-10:45am Fit for Life (SMH) 2pm Bazaar set up (SMH)	**21** 8:45-11:45am Sportball (UH) UCW Christmas Tea (all day) (SMH, L, K) 9am-4pm Canyon CC (W, BR, Ch) 12:30-5:30pm Symphony (UH) 2-4pm Tea is served! (SMH) 2-10pm Community Band (S, L) 7pm Concert (S)
22 9:45-11:45 am Lutherans (Ch) 10:30 am Worship led by Kathy Kuppan (S, SMH) 1:30—3:30pm Private PB (SMH)	**23** 9:30am-12:30pm Decorating (All areas) 10-11am Sportball (UH) 4:30-7pm Sportball (UH) 4–5:30pm SUCH Pickleball (SMH) 6:30-10pm Symphony reh (S) 7pm Vox (BR) 7-9:30pm Jason L. (UH) 7:30-9:30pm Aurora Choral (S)	**24** 10-11am Sportball (UH) 3-5pm YOUnited Youth Pickleball (SMH) 4pm Book Club (L) 4:30-6:45pm Sportball (UH) 5:30-7pm It's About Music (Ch) 7-9pm Vox Musica (S) 7-9:30pm Jason L. (UH)	**25** 9-11am Sportball (UH) 10am-9pm Kids Choir (S, SMH, L) 1-2pm Sportball (UH) 4:30-5:30pm Music Together (UH) 6-8 pm Choir Practice (Ch) 7-9:30pm Jason L. (UH)	**26** 9-11am Sportball (UH) 9-11am Private PB (SMH) 10:30-12 pm Coffee and Conv. (L) 11am-9pm Kids Choir (S, SMH, L) 11 am-1 pm Blankets for Canada 10:30-12 pm Coffee and Conv. (L) 4:30-7pm Sportball (UH)	**27** 9-11am Sportball (UH) 10-10:45am Fit for Life (SMH) 6-11pm Cornhole (SMH) 7-8pm Tanya Gill (UH)	**28** 8:45-11:45am Sportball (UH) 10am SATT Bridge with Linda (L) 11-1pm Private PB (SMH) 4-10pm Aurora Choral (S, UH) 7:30pm concert
29 9:45-11:45 am Lutherans (Ch) 10:30 am Worship (S, SMH) 9-11am Private PB (SMH) First Sund 	**30** 10-11am Sportball (UH) 4:30-7pm Sportball (UH) 4–5:30pm SUCH Pickleball (SMH) 6-9pm WCHS rehearsal S 6:30-10pm Symphony reh (SMH) 7-9:30pm Jason L. (L) 7:30-9:30pm Aurora Choral (UH)		 			Southminster Hall (SMH) Sanctuary (S) Upper Hall (UH) Lounge (L) Wesley Room (W) Chapel (Ch) Board Room (BR) Kitchen (K)