

SUNDAY 17TH OCTOBER 2021

ST COLUMBA'S FAMILIES NEWSLETTER



“OH, TASTE AND SEE THAT THE LORD IS GOOD.”



“PRAISE GOD WITH THE TIMBREL AND DANCE!”

HI FAMILIES OF ST COLUMBA'S,

The congregational newsletter this week talks about new scientific research and ways to enhance brain function. (New Scientist, James Goodwin). It suggests;

- Get enough sleep,
- Be sensible about your diet - chew your food
- Exercise
- Have a sense of purpose & thinking positively.
- Friendship and hospitality. (Staying connected does our brain good.)
- And lastly, dance. Yes – dance improves the structure of our brain and enhances memory.

If you want something to lift the spirits, make you smile and perhaps get you up on the dancefloor, check out the link which shows London Reels enjoying a high energy evening recently at St Columba's - their encore of the Dashing White Sergeant can be viewed here <http://www.londonreels.co.uk/news/2021/10/13/dashing-white-sergeant-with-unforgettable-london-reels-encore>

It's a lovely reminder of many wonderful things that go in our building during the week.

Christmas card reminder: LIGHT, HOME & HOPE

Last year we sent a Christmas card from St Columba's to every member of the congregation. In a difficult year, when so many people were isolated from friends and families, cards designed by our young people definitely brought a smile and a message of hope to many.

This year we would like to invite you to design a new Christmas card. We have chosen the theme LIGHT, HOME & HOPE. Your design can reflect the theme in any way you want. It may be part of the Jesus Christmas story, or something that relates to St Columba's, or one of your own completely different Christmas ideas. There is likely to be some reward for all entries!

Lucy and her team will select the designs that become Christmas 2021 cards for the congregation. We will make the cards available to the congregation to buy and we hope you can start selling them at church on Sunday 14th November, after the Remembrance Sunday morning service.

Get creative. Get Christmassy. Get designing.

Entries to Lucy at office@stcolumbas.org.uk by Sunday 31st October 2021.

Have an excellent weekend

The Sunday School Team

