



*Seniors Active, Indoors & Outdoors*

**2023**

**Ontario Conference Seniors' Calendar**

*Production of the Seniors' Ministry - Pastor Mansfield Edwards, President*

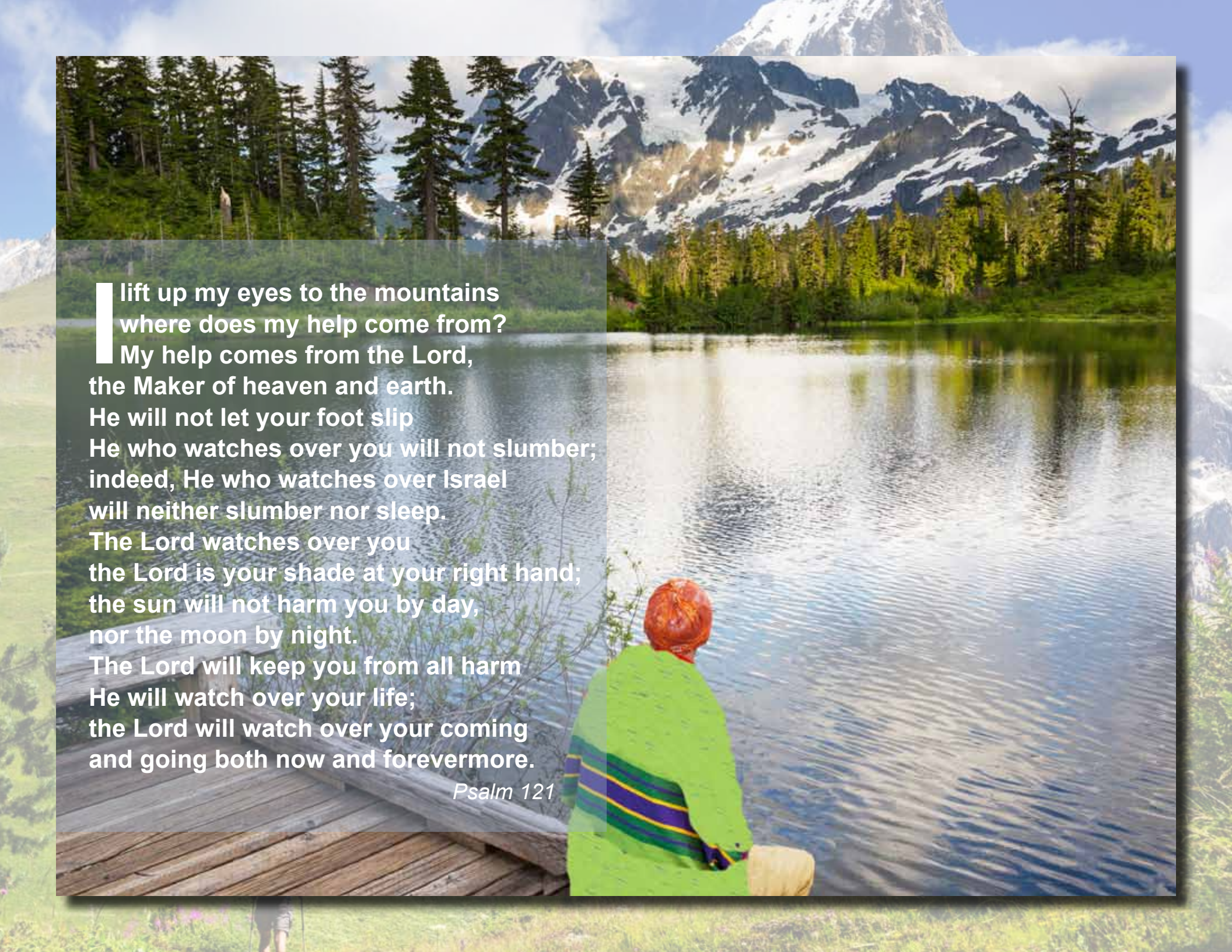
## Weekly Ideas

<i>Calling</i> <b>Sunday</b>	Call someone you haven't talked to for a long time and pray with them
<i>Move It</i> <b>Monday</b>	Walk, stretch, do light exercise; just make sure you move.
<i>Volunteering</i> <b>Tuesday</b>	Volunteer in community activity and outreach
<i>Prayer</i> <b>Wednesday</b>	Add new person and/or item to your prayer list: church officer, government official, city, country, etc.
<i>Learning</i> <b>Thursday</b>	Challenge your mind and learn something new: hobby, skill, nature, history, technology, etc.
<i>Preparation</i> <b>Friday</b>	Learn and exchange new recipe. When possible, share the meal with a less fortunate person. Get ready physically and spiritually
<i>Praise &amp; Worship</i> <b>Sabbath</b>	<ul style="list-style-type: none"> <li>• Praise and praise God, using His Word.</li> <li>• Memorize a Psalm and rewrite it in your own words.</li> </ul>

## Ontario Resources for Seniors

Health care services	<a href="http://www.ccac-ont.ca">www.ccac-ont.ca</a>
Ontario Drug Benefit Program (ODB)	<b>800-267-8097</b>
Assistive Devices Program (ADP)	<b>800-267-8097</b>
Elderly Persons Centres and Active Living Fairs	<b>211</b>
Ontario Photo Card for non-drivers	<b>1-800-267-8097</b>
Guaranteed Annual Income System	<b>1-866-668-8297</b>
Ontario Trillium Benefit	<b>1-866-668-8297</b>
Canada Revenue Agency (CRA)	<b>1-800-959-8281</b>
How to protect yourself when making purchases, dealing with door-to-door sales, cancelling a contract or getting a refund	<b>1-800-889-9768</b>
Report a fraud	<b>1-888-495-8501</b>
Emergency Preparedness	<b>1-877-314-3723</b> <b>416-314-3723</b>

***Church Seniors' Ministry Coordinator: If there's no Seniors' Walking Club at your church, please contact the president's office to start one.***

A person with red hair, wearing a bright green poncho with purple and yellow stripes, sits on a wooden dock. They are looking across a calm lake towards a dense forest of evergreen trees. In the background, majestic mountains with patches of snow rise against a blue sky with light clouds. The water in the lake reflects the surrounding greenery and the snow-capped peaks.

**L**ift up my eyes to the mountains  
where does my help come from?  
My help comes from the Lord,  
the Maker of heaven and earth.  
He will not let your foot slip  
He who watches over you will not slumber;  
indeed, He who watches over Israel  
will neither slumber nor sleep.  
The Lord watches over you  
the Lord is your shade at your right hand;  
the sun will not harm you by day,  
nor the moon by night.  
The Lord will keep you from all harm  
He will watch over your life;  
the Lord will watch over your coming  
and going both now and forevermore.

*Psalm 121*



*First Filipino Canadian Seniors' Walking Club*

# JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
<b>1</b> <b>New Year's Day</b> James 2:5	<b>2</b> James 1:5	<b>3</b> Ephes. 3:17-19	<b>4</b> Psalm 40:1	<b>5</b> 2 Timothy 2:13	<b>6</b> Luke 12:31	<b>7</b> John 16:12-13
<b>8</b> Revelation 21:4	<b>9</b> Isaiah 51:11	<b>10</b> 1 John 2:17	<b>11</b> 2 Timothy 4:18	<b>12</b> 2 Timothy 4:8	<b>13</b> Hebrews 10:36	<b>14</b> Psalm 33:6
<b>15</b> Deut. 7:9	<b>16</b> Psalm 36:7	<b>17</b> Psalm 68:5	<b>18</b> Psalm 94:14	<b>19</b> Exodus 15:26	<b>20</b> Jeremiah 31:3	<b>21</b> Matthew 7:11
<b>22</b> Hebrews 2:11	<b>23</b> Micah 7:18	<b>24</b> Romans 5:5	<b>25</b> Jeremiah 31:33	<b>26</b> Philip. 4:19	<b>27</b> Psalm 28:9	<b>28</b> Nehemiah 8:10
<b>29</b> 1 John 4:18	<b>30</b> Psalm 138:7	<b>31</b> Psalm 5:11	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>

SUNSET TIMES	Sabb.	Ottawa	Kingston	Toronto	Hamilton	London	Windsor	Timmins	Sudbury	SSMarie	Th. Bay
	6 JAN	4:35 PM	4:42 PM	4:56 PM	4:59 PM	5:06 PM	5:15 PM	4:46 PM	4:52 PM	5:06 PM	5:18 PM
	13 JAN	4:43 PM	4:50 PM	5:04 PM	5:07 PM	5:13 PM	5:22 PM	4:55 PM	5:01 PM	5:14 PM	5:27 PM
	20 JAN	4:52 PM	4:59 PM	5:12 PM	5:16 PM	5:22 PM	5:31 PM	5:05 PM	5:10 PM	5:24 PM	5:37 PM
	27 JAN	5:02 PM	5:09 PM	5:22 PM	5:25 PM	5:31 PM	5:40 PM	5:16 PM	5:20 PM	5:34 PM	5:48 PM



# *Every Step Counts*



# FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
29	30	31	1	2	3	4
			Isaiah 58:7-8	Hebrews 4:9-10	Deut. 4:7	Psalm 86:7
5	6	7	8	9	10	11
Matthew 6:25-26	Revelation 3:12	1 John 3:2	Revelation 22:4	Numbers 23:19	Psalm 19:1	Psalm 47:7-9
12	13	14	15	16	17	18
Psalm 33:4	1 Chron. 16:34	<b>Valentine's Day</b> Psalm 71:6	Matthew 10:30	Ephes. 3:12	1 John 1:7	Psalm 56:11
19	20	21	22	23	24	25
Proverbs 14:26	Psalm 3:3	Luke 11:13	Psalm 103:2-3	Psalm 37:7-9	Isaiah 40:29	Romans 8:31
26	27	28	1	2	3	4
Proverbs 19:21	Matthew 18:19	Psalm 92:13-14				

## SUNSET TIMES

Sabb.	Ottawa	Kingston	Toronto	Hamilton	London	Windsor	Timmins	Sudbury	SSMarie	Th. Bay
3 FEB	5:12 PM	5:18 PM	5:31 PM	5:34 PM	5:40 PM	5:49 PM	5:27 PM	5:31 PM	5:44 PM	5:59 PM
10 FEB	5:23 PM	5:28 PM	5:41 PM	5:43 PM	5:49 PM	5:58 PM	5:39 PM	5:41 PM	5:55 PM	6:11 PM
17 FEB	5:33 PM	5:38 PM	5:50 PM	5:53 PM	5:59 PM	6:07 PM	5:50 PM	5:52 PM	6:05 PM	6:22 PM
24 FEB	5:43 PM	5:47 PM	5:59 PM	6:02 PM	6:08 PM	6:16 PM	6:01 PM	6:02 PM	6:16 PM	6:33 PM



*Bowmanville Seniors' Walking Club - Walk & Brunch*



# MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
26	27	28	1	2	3	4
			Ephes. 6:11	Psalm 30:11	Jeremiah 30:17	Habakkuk 3:19
5	6	7	8	9	10	11
Job 5:17-18	Isaiah 61:1-2	Isaiah 66:13	Psalm 30:5	Hebrews 13:16	1 John 5:18	Matthew 5:7
12	13	14	15	16	17	18
Psalm 5:12	Psalm 23:5	Luke 10:20	John 14:2	2 Peter 3:13	Genesis 1:1	Acts 17:24-25
19	20	21	22	23	24	25
Zephaniah 3:17	Psalm 139:17-18	Psalm 139:16	Deut. 1:31	Isaiah 61:7	Ephesians 2:4-5	Hebrews 8:12
26	27	28	29	30	31	1
2 Corinthians 5:17	Acts 17:27	Isaiah 65:24	Isaiah 30:21	Psalm 18:34-35	2 Thess. 3:3	

## SUNSET TIMES

Sabb.	Ottawa	Kingston	Toronto	Hamilton	London	Windsor	Timmins	Sudbury	SSMarie	Th. Bay
3 MAR	5:52 PM	5:56 PM	6:09 PM	6:11 PM	6:16 PM	6:24 PM	6:12 PM	6:12 PM	6:26 PM	6:44 PM
10 MAR	6:02 PM	6:05 PM	6:17 PM	6:19 PM	6:25 PM	6:33 PM	6:23 PM	6:22 PM	6:36 PM	6:55 PM
17 MAR	7:11 PM	7:14 PM	7:26 PM	7:28 PM	7:33 PM	7:41 PM	7:33 PM	7:32 PM	7:46 PM	8:05 PM
24 MAR	7:20 PM	7:23 PM	7:34 PM	7:36 PM	7:42 PM	7:49 PM	7:44 PM	7:42 PM	7:55 PM	8:16 PM
31 MAR	7:29 PM	7:32 PM	7:43 PM	7:44 PM	7:50 PM	7:57 PM	7:54 PM	7:51 PM	8:05 PM	8:26 PM



*Kingston Seniors' Appreciation Day*

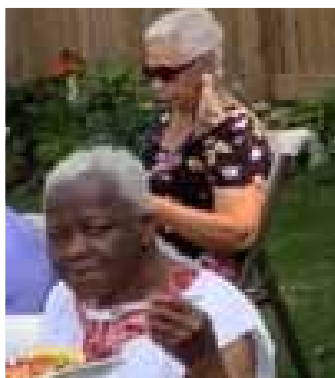
# APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
26	27	28	29	30	31	1 Deut. 33:27
2 Psalm 68:19	3 1 Peter 3:9	4 Isaiah 58:7-8	5 Isaiah 40:31	6 Psalm 4:8	7 Good Friday Psalm 103:5	8 Psalm 51:17
9 Easter Sunday 2 Corin. 1:3-4	10 Psalm 23:4	11 Jude 1:24	12 Romans 16:20	13 1 Peter 1:3-4	14 Romans 4:20-21	15 Psalm 145:17
16 John 17:23	17 1 Peter 2:6	18 Ephesians 2:10	19 1 Peter 2:9	20 Acts 17:28	21 John 1:16	22 1 John 1:9
23 Romans 8:1	24 Jeremiah 3:19	25 Isaiah 49:15	26 Psalm 138:8	27 1 John 4:16	28 Zephaniah 3:17	29 Luke 12:6-7
30 Exodus 14:14	1	2	3	4	5	6

## SUNSET TIMES

Sabb.	Ottawa	Kingston	Toronto	Hamilton	London	Windsor	Timmins	Sudbury	SSMarie	Th. Bay
7 APR	7:38 PM	7:40 PM	7:51 PM	7:53 PM	7:58 PM	8:04 PM	8:04 PM	8:01 PM	8:14 PM	8:36 PM
14 APR	7:47 PM	7:49 PM	7:59 PM	8:01 PM	8:06 PM	8:12 PM	8:15 PM	8:10 PM	8:24 PM	8:46 PM
21 APR	7:56 PM	7:57 PM	8:08 PM	8:09 PM	8:14 PM	8:20 PM	8:25 PM	8:19 PM	8:33 PM	8:56 PM
28 APR	8:05 PM	8:06 PM	8:16 PM	8:17 PM	8:22 PM	8:28 PM	8:35 PM	8:29 PM	8:42 PM	9:07 PM

# Happy Mother's Day



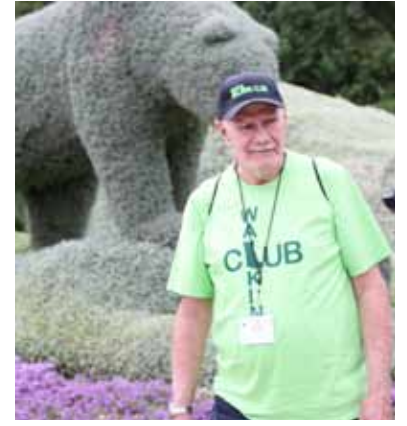
# MAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
<b>30</b>	<b>1</b> 2 Corin. 10:3-5	<b>2</b> Psalm 91:4	<b>3</b> Psalm 34:7	<b>4</b> 2 Corin. 9:8	<b>5</b> Psalm 29:11	<b>6</b> 1 Corin. 6:19
<b>7</b> 1 Peter 4:8	<b>8</b> Philippians 4:7	<b>9</b> 1 Peter 3:12	<b>10</b> Revelation 2:11	<b>11</b> 1 Peter 5:10	<b>12</b> Hebrews 12:28	<b>13</b> James 1:12
<b>14</b> <b>Mother's Day</b> Deuteronomy 1:30	<b>15</b> Psalm 32:7	<b>16</b> Psalm 62:2	<b>17</b> Isaiah 26:3	<b>18</b> Psalm 34:18	<b>19</b> Matthew 6:6	<b>20</b> Matthew 6:11
<b>21</b> Psalm 145:9	<b>22</b> <b>Victoria Day</b> Psalm 36:5	<b>23</b> Deuteronomy 7:6	<b>24</b> Psalm 139:1-3	<b>25</b> Romans 8:2	<b>26</b> 1 Peter 2:24	<b>27</b> Hebrews 10:22
<b>28</b> 1 Corin.13:4-5	<b>29</b> Psalm 27:1	<b>30</b> Romans 8:15	<b>31</b> Hebrews 4:16	<b>1</b>	<b>2</b>	<b>3</b>

## SUNSET TIMES

Sabb.	Ottawa	Kingston	Toronto	Hamilton	London	Windsor	Timmins	Sudbury	SSMarie	Th. Bay
5 MAY	8:14 PM	8:14 PM	8:24 PM	8:25 PM	8:30 PM	8:36 PM	8:45 PM	8:38 PM	8:52 PM	9:17 PM
12 MAY	8:23 PM	8:22 PM	8:32 PM	8:33 PM	8:38 PM	8:43 PM	8:55 PM	8:47 PM	9:01 PM	9:26 PM
19 MAY	8:31 PM	8:30 PM	8:40 PM	8:41 PM	8:45 PM	8:50 PM	9:04 PM	8:55 PM	9:09 PM	9:35 PM
26 MAY	8:38 PM	8:37 PM	8:47 PM	8:47 PM	8:52 PM	8:57 PM	9:12 PM	9:03 PM	9:17 PM	9:44 PM

# Happy Father's Day



# JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
28	29	30	31	1	Ont. Conf. 35th Quinquennial Constituency Weekend, 2-4 Isaiah 30:18	Ontario Conference Camp Meeting Isaiah 44:3
4	5	6	7	8	9	10
2 Thess. 2:16-17	Psalm 37:4	Matthew 7:7	2 Chronicles 16:9	Nahum 1:7	Luke 10:19	Deut. 11:13-14
11	12	13	14	15	16	17
1 John 5:4	Ephesians 3:17	Hosea 6:3	Matthew 5:3	Isaiah 61:3	Revelation 22:5	2 Corin. 4:17
18	19	20	21	22	23	24
<b>Father's Day</b> Hebrews 11:16	1 Kings 8:56	Ephesians 4:6	Ephesians 3:14-15	Psalm 119:73	Psalm 139:14	Psalm 100:3
25	26	27	28	29	30	1
Isaiah 40:11	Psalm 27:10	Matthew 5:48	Psalm 121:3	Lament. 3:22-23	1 John 3:1	

## SUNSET TIMES

Sabb.	Ottawa	Kingston	Toronto	Hamilton	London	Windsor	Timmins	Sudbury	SSMarie	Th. Bay
2 JUN	8:44 PM	8:43 PM	8:53 PM	8:53 PM	8:58 PM	9:03 PM	9:19 PM	9:10 PM	9:23 PM	09:51 PM
9 JUN	8:50 PM	8:48 PM	8:57 PM	8:58 PM	9:03 PM	9:07 PM	9:25 PM	9:15 PM	9:29 PM	09:56 PM
16 JUN	8:53 PM	8:51 PM	9:01 PM	9:01 PM	9:06 PM	9:11 PM	9:29 PM	9:19 PM	9:32 PM	10:00 PM
23 JUN	8:55 PM	8:53 PM	9:03 PM	9:03 PM	9:08 PM	9:12 PM	9:31 PM	9:20 PM	9:34 PM	10:02 PM
30 JUN	8:55 PM	8:53 PM	9:03 PM	9:03 PM	9:08 PM	9:12 PM	9:30 PM	9:20 PM	9:34 PM	10:02 PM

watched as your petals unfold,  
At the breaking of the day.  
Your virgin nectar embraced the new light,  
As the mist slowly ebbed away.

Your surroundings were being awakened,  
As the sunlight pierced the dawn.  
I was then lost in complete wonder,  
As this new beautiful day began.

I continued to gaze at this flower,  
As it attracted great and small.  
The birds and they very small insects,  
Read this sign, "You are welcome one and all".

I reflected and thought about us humans,  
And wondered whom do we really attract.  
And wished we would imitate this flower,  
And put mankind back on track.

So let us show love as we trust other humans,  
Let us treat everyone as our very own,  
Then as we open our nectar to our surroundings,  
Everyone can taste the sweetness of our honeycomb.

We are not all like this flower with its nectar,  
But we can attract with our genuine love,  
With a smile or a touch or a phone call,  
As we say, "You are welcome one and all".


# Nature Teaches

By Lincoln Morgan, Apple Creek Church  
From his book, *Everyday Poems for You and Me - Vol. II*





# JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
25	26	 <b>HAPPY CANADA DAY</b>				1 Canada Day Jeremiah 32:40
2 John 4:23	3 Ephesians 3:16	4 Psalm 55:22	5 2 Corin. 5:18-19	6 2 Corin. 6:2	7 Romans 8:32	8 Romans 8:35-39
9 Galatians 4:7	10 Revelation 1:5-6	11 Isaiah 25:8	12 Psalm 48:14	13 Hebrews 10:23	14 Genesis 12:7	15 Hebrews 13:6
16 Hosea 13:14	17 1 John 3:9	18 1 Peter 1:3-5	19 2 Corin. 4:14	20 Isaiah 11:4	21 Isaiah 30:21	22 Isaiah 33:6
23 Isaiah 43:2	24 Isaiah 45:2	25 Isaiah 58:11	26 Jeremiah 15:19	27 Jeremiah 24:7	28 Jeremiah 31:28	29 Jeremiah 33:6
30 Job 19:25-27	31 Joel 3:16	1	2	3	4	5

## SUNSET TIMES

Sabb.	Ottawa	Kingston	Toronto	Hamilton	London	Windsor	Timmins	Sudbury	SSMarie	Th. Bay
7 JUL	8:53 PM	8:51 PM	9:01 PM	9:01 PM	9:06 PM	9:11 PM	9:28 PM	9:18 PM	9:31 PM	9:59 PM
14 JUL	8:48 PM	8:47 PM	8:57 PM	8:58 PM	9:02 PM	9:07 PM	9:23 PM	9:14 PM	9:27 PM	9:54 PM
21 JUL	8:43 PM	8:42 PM	8:52 PM	8:52 PM	8:57 PM	9:02 PM	9:16 PM	9:07 PM	9:21 PM	9:47 PM
28 JUL	8:35 PM	8:35 PM	8:45 PM	8:45 PM	8:50 PM	8:55 PM	9:08 PM	9:00 PM	9:13 PM	9:39 PM

**You alone are the Lord; You have made heaven, the  
heaven of heavens, with all their host, the earth and  
everything on it, the seas and all that is in them, and  
You preserve them all. The host of heaven worships You.**  
*Nehemiah 9:6*



# AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
30	31	1	2	3	4	5
		John 16:22	John 3:16	John 5:24	John 5:25	John 6:40
6	7	8	9	10	11	12
John 6:47	Luke 12:8	Mark 10:29-30	Matthew 11:28	Matt. 19:28-29	Matthew 5:4	Matthew 7:7
13	14	15	16	17	18	19
Micah 4:2	Nehemiah 8:10	Philip. 1:6	Philip. 4:9	Proverbs 16:9	Psalms 103:17	Psalms 111:5
20	21	22	23	24	25	26
Psalms 115:12	Psalms 119:165	Psalms 130:3-4	Psalms 138:8	Psalms 145:14	Psalms 147:6	Psalms 17:15
27	28	29	30	31	1	2
Psalms 23:1	Psalms 23:5	Psalms 25:9	Psalms 29:11	Psalms 30:5		

## SUNSET TIMES

Sabb.	Ottawa	Kingston	Toronto	Hamilton	London	Windsor	Timmins	Sudbury	SSMarie	Th. Bay
4 AUG	8:26 PM	8:26 PM	8:36 PM	8:37 PM	8:42 PM	8:47 PM	8:58 PM	8:50 PM	9:04 PM	9:29 PM
11 AUG	8:16 PM	8:16 PM	8:27 PM	8:28 PM	8:33 PM	8:38 PM	8:46 PM	8:40 PM	8:53 PM	9:18 PM
18 AUG	8:05 PM	8:06 PM	8:16 PM	8:17 PM	8:22 PM	8:28 PM	8:34 PM	8:28 PM	8:42 PM	9:05 PM
25 AUG	7:53 PM	7:54 PM	8:05 PM	8:06 PM	8:11 PM	8:17 PM	8:20 PM	8:15 PM	8:29 PM	8:52 PM



*Ontario Conference Seniors' full support for Conference's Indigenous Ministry*

# SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
27	28	29	30	31	1	2
					Psalm 32:10	Psalm 33:18
3	4	5	6	7	8	9
Psalm 34:19	<b>Labour Day</b> Psalm 37:28	Psalm 4:3	Psalm 41:3	Psalm 46:7	Psalm 50:15	Psalm 55:22
10	11	12	13	14	15	16
Psalm 65:2,5	Psalm 68:5	Psalm 73:23	Psalm 84:11	Psalm 86:5	Psalm 91:14	Psalm 94:12-14
17	18	19	20	21	22	23
Psalms 121:3	Psalms 86:1,3,4,5	Revelation 21:3-4	Romans 2:7	Romans 6:5	Romans 8:11	Romans 8:15
24	25	26	27	28	29	30
Romans 8:38-39	Zechariah 13:9	Zephaniah 3:17	2 Corin. 10:4-5	2 Timothy 1:7	Acts 10:43	<b>National Day for Truth &amp; Reconciliation</b> Colos. 3:24

## SUNSET TIMES

Sabb.	Ottawa	Kingston	Toronto	Hamilton	London	Windsor	Timmins	Sudbury	SSMarie	Th. Bay
1 SEP	7:40 PM	7:42 PM	7:53 PM	7:54 PM	7:59 PM	8:06 PM	8:06 PM	8:02 PM	8:16 PM	8:38 PM
8 SEP	7:27 PM	7:29 PM	7:40 PM	7:42 PM	7:47 PM	7:54 PM	7:52 PM	7:49 PM	8:02 PM	8:24 PM
15 SEP	7:13 PM	7:16 PM	7:27 PM	7:29 PM	7:34 PM	7:41 PM	7:37 PM	7:35 PM	7:48 PM	8:09 PM
22 SEP	7:00 PM	7:03 PM	7:14 PM	7:16 PM	7:22 PM	7:29 PM	7:23 PM	7:21 PM	7:34 PM	7:54 PM
29 SEP	6:46 PM	6:50 PM	7:02 PM	7:04 PM	7:09 PM	7:17 PM	7:08 PM	7:07 PM	7:21 PM	7:40 PM

# *Happy Seniors' Day*



*Oldest Senior on the Conference 2022 Seniors' Trip  
Viola Beswick, 99, Born July 10*

# OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
<b>1</b> <b>Seniors' Day</b> Ephes. 1:18-19	<b>2</b> Ephes. 2:14	<b>3</b> Ephes. 3:19-19	<b>4</b> Ephes. 1:4	<b>5</b> Exodus 14:13	<b>6</b> Exodus 19:5-6	<b>7</b> Exodus 34:24
<b>8</b> Ezekiel 34:31	<b>9</b> <b>Thanksgiving</b> Galatians 3:26	<b>10</b> Hebrews 10:36	<b>11</b> Hebrews 12:10	<b>12</b> Hebrews 7:25	<b>13</b> Hosea 6:3	<b>14</b> 1 Corin. 15:51-52
<b>15</b> 1 Corin. 4:3-5	<b>16</b> 1 Corin. 6:11	<b>17</b> 1 John 2:23	<b>18</b> 1 John 5:14-15	<b>19</b> 1 Peter 2:2-5	<b>20</b> 1 Peter 3:11-12	<b>21</b> 1 Samuel 17:47
<b>22</b> 1 Thess. 4:13-14	<b>23</b> 1 Thess. 4:3	<b>24</b> 1 Thess. 4:16-17	<b>25</b> 2 Corin. 3:18	<b>26</b> 2 Corin. 6:18	<b>27</b> 2 Corin. 1:3-4	<b>28</b> 2 Peter 1:3
<b>29</b> 2 Samuel 14:14	<b>30</b> 2 Timothy 4:8	<b>31</b> 2 Timothy 1:12	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>

## SUNSET TIMES

Sabb.	Ottawa	Kingston	Toronto	Hamilton	London	Windsor	Timmins	Sudbury	SSMarie	Th. Bay
6 OCT	6:33 PM	6:37 PM	6:49 PM	6:51 PM	6:57 PM	7:04 PM	6:53 PM	6:53 PM	7:07 PM	7:25 PM
13 OCT	6:20 PM	6:25 PM	6:37 PM	6:39 PM	6:45 PM	6:53 PM	6:39 PM	6:40 PM	6:54 PM	7:11 PM
20 OCT	6:08 PM	6:13 PM	6:25 PM	6:28 PM	6:34 PM	6:42 PM	6:26 PM	6:28 PM	6:41 PM	6:58 PM
27 OCT	5:57 PM	6:02 PM	6:15 PM	6:17 PM	6:23 PM	6:32 PM	6:13 PM	6:16 PM	6:29 PM	6:45 PM


*Lest We Forget*



*Veterans and Seniors' Ministry*



# NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
29	30	31	1 Isaiah 12:2	2 Isaiah 25:8	3 Isaiah 30:15	4 Isaiah 35:4
5 Isaiah 40:28	6 Isaiah 41:10	7 Isaiah 41:17	8 Isaiah 43:25	9 Isaiah 49:15	10 Isaiah 51:11	11  Remembrance Day Isaiah 51:6
12 Isaiah 54:14	13 Isaiah 57:15	14 Isaiah 58:11	15 Isaiah 59:1	16 James 1:12	17 James 4:10	18 James 5:14-15
19 Jeremiah 17:14	20 Jeremiah 29:11	21 Jeremiah 30:17	22 Jeremiah 31:3-4	23 Jeremiah 32:40	24 Joel 2:29	25 John 11:25-26
26 John 14:13	27 John 14:23	28 John 14:26	29 John 16:13	30 John 16:33	1	2

## SUNSET TIMES

Sabb.	Ottawa	Kingston	Toronto	Hamilton	London	Windsor	Timmins	Sudbury	SSMarie	Th. Bay
3 NOV	5:47 PM	5:52 PM	6:05 PM	6:08 PM	6:14 PM	6:22 PM	6:02 PM	6:05 PM	6:19 PM	6:34 PM
10 NOV	4:38 PM	4:44 PM	4:57 PM	5:00 PM	5:06 PM	5:15 PM	4:52 PM	4:56 PM	5:09 PM	5:24 PM
17 NOV	4:30 PM	4:37 PM	4:50 PM	4:53 PM	4:59 PM	5:08 PM	4:43 PM	4:48 PM	5:02 PM	5:15 PM
24 NOV	4:25 PM	4:31 PM	4:45 PM	4:48 PM	4:54 PM	5:03 PM	4:37 PM	4:42 PM	4:56 PM	5:09 PM

**W**hat does Christmas mean to you and me?  
Is it about presents under the tree?  
Is it about visiting every neighbourhood shop  
Until we're exhausted and ready to drop?

Is it about the dreams and wishes of every child  
Wrapped in a gift and dropped off that night?

No, Christmas is not about Santa Claus  
But about a divine birth that led to the cross  
The story begins,  
there were shepherd watching their flocks in the field  
To whom a glorious light from heaven appeared  
An angel had come from the realms of glory  
To share with the shepherds, the Christmas story  
They were told to go to Bethlehem  
To see the babe, the Great I Am

There in the stable where animals abide  
They found the baby so peaceful and mild  
Lying in manger with Mary and Joseph by His side  
A cryptic scene devoid of pomp and pride  
The story they witnessed they spread all around  
That in little Bethlehem the Saviour was found

Each Christmas we repeat the festive carols  
The message given by the angelic herald  
The joy of the shepherds in Bethlehem  
As they hurried to the stable where Jesus came  
This Christmas story abides with us still  
For in Christ, all our desires and hopes are fulfilled  
For Jesus has come, the Desire of all nations.

# *The Meaning of Christmas*



# DECEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
26	27	28	29	30	1 John 6:35	2 John 8:12
3 Joshua 23:14	4 Leviticus 26:45	5 Luke 11:9	6 Malachi 3:17	7 Malachi 3:6	8 Matthew 18:19	9 Matthew 5:10
10 Matthew 6:4	11 Matthew 7:9-11	12 Micah 7:7	13 Numbers 14:9	14 Philip. 4:19	15 Proverbs 16:3	16 Proverbs 3:5-6
17 Psalm 103:12-14	18 Psalm 103:6	19 Psalm 112:5	20 Psalm 116:6	21 Psalm 121:2-3	22 Psalm 126:5-6	23 Psalm 142:3
24 Psalm 145:19	25 <b>Christmas</b> Psalm 18:27-28	26 Psalm 18:30	27 Psalm 23:3	28 Psalm 23:4	29 Psalm 23:6	30 Psalm 27:5
31 Psalm 31:19	1	2	3	4	5	6

## SUNSET TIMES

Sabb.	Ottawa	Kingston	Toronto	Hamilton	London	Windsor	Timmins	Sudbury	SSMarie	Th. Bay
1 DEC	4:21 PM	4:28 PM	4:41 PM	4:45 PM	4:51 PM	5:00 PM	4:32 PM	4:38 PM	4:52 PM	5:04 PM
8 DEC	4:19 PM	4:27 PM	4:40 PM	4:43 PM	4:50 PM	4:59 PM	4:30 PM	4:36 PM	4:50 PM	5:02 PM
15 DEC	4:20 PM	4:27 PM	4:41 PM	4:44 PM	4:51 PM	5:00 PM	4:30 PM	4:37 PM	4:50 PM	5:02 PM
22 DEC	4:23 PM	4:30 PM	4:44 PM	4:47 PM	4:54 PM	5:03 PM	4:33 PM	4:39 PM	4:53 PM	5:05 PM
29 DEC	4:27 PM	4:35 PM	4:48 PM	4:52 PM	4:58 PM	5:08 PM	4:38 PM	4:44 PM	4:58 PM	5:10 PM



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family to focus on

**memories**

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Director of Planned Giving and Trust Services  
Idaho Conference

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