

# *Crescent United Church*

## Community Builders

Wednesdays 7 p.m. October 5, 12, 19 & 26

***Come to learn, share and be inspired.***



### **Gardening in Creation**

You are invited to see how a single plant can elicit memories of the past, is able to heal emotional pain, excite our creative imagination, and provide us with an example of how the pure beauty of nature can transcend the troubles of our modern world.

Expert gardener Pat Logie gives gardening tips. Bring your gardening questions.

### **Healthy Eating for Mind, Body and Soul**

Think healthy eating is all about dieting and sacrifice?

Confused by conflicting nutrition advice?  
Wondering about supplements?

Linda Brooks, a registered dietitian will help you to learn more about basic tools and tips for healthy eating, savvy food shopping and the latest hot nutrition topics.



### **A Christian Guide for Today's World**

We all have stress, loss, loneliness, and difficult people in our lives. We juggle finances and needs of both ourselves and others.

Let's explore together a spiritual approach to living life in our busy world through the study and interpretation of the Bible's many words of wisdom that are very relevant today.

These informative sessions are led by our minister Rev. Bill Booth. If you have a favourite bible, bring it along, but most importantly bring an open mind and a hopeful heart.



### **Habitat for Humanity Global Villages**

500 volunteers 40 houses, in 2 weeks - amazing.

*"I learned more about generosity and hospitality than I could imagine, in an environment where doing more with less is everyday life." Jean Macdonald*

Hear about exotic & unique life changing adventures in another culture & making a difference in other's lives.

Stories about Habitat trips to Nepal, Central and South America and Africa.

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