

Notes from ... South Bay United Church

- By Dorothy Speirs

Summer is here at last! And with it, lots of activity at South Bay United Church.

On Sunday, June 18th, our church participated in a County-wide pulpit exchange in our local United churches. We at South Bay welcomed Reverend Catherine Duggan from Bloomfield United Church, while our Reverend Phil took the service in Bloomfield.

A day to mark on your calendars: on July 16, at 2:00 p.m., there will be a Covenanting Service at South Bay Church during which we will welcome Reverend Phil back

as our minister for another year.

On our social calendar, the Fish Fry started off the summer season and will be followed by another dinner, coming up in the fall – stay tuned!


The “Perfectly Preserved” team from the Prince Edward County Hospital Auxiliary continues to use the South Bay Church kitchen every Tuesday and, so far, have produced nearly 2,000 jars of jams, jellies, preserves, pickles as well as baked goods which are sold at our local

farmers’ markets during the summer. All the proceeds go towards the purchase of much-needed medical equipment for our Picton Hospital.

Watch for the team in July at the Picton Town Hall Farmers’ Market (July 9 & 23), at the Wellington Farm-

ers’ Market at The Eddie (July 1 & 15) and at the Wellington Community Market at the Wellington United Church on July 29.

As always, everyone is welcome to join us for Sunday worship at 9:30 a.m., with coffee hour following on the first Sunday of the month.



Walker's
Garage

1955 County Road 17
Milford, ON K0K 2P0

Complete Automotive Service
613 476 2837



WWW.NATALIEFADER.COM

NUTRITIONAL THERAPY

+

CBT counselling for:

- *nutrition assessment*
- *inflammation, gut health*
- *emotional/disordered eating*
- *coping/addictive behaviour*
- *dietary changes*
- *stress/anxiety/ depressive symptoms*
- *emotional triggering*
- *youth counselling*
- *goal setting*
- *lifestyle changes*
- *creating active plans for change*

Virtual/phone and in-person sessions
*by appointment: hello@nataliefader.com