

**BALES FOR THE NORTH:** Contributions of money to ship the goods is still helpful. Pick up a list of items (infant clothing now included) that our Northern neighbours need at the back of our church and start shopping!

## HATHA YOGA

with Jessie Carson

<http://livingpractice.net/>

### *Deepen your creativity by releasing the tension that works against simple ease in body, mind and spirit.*

Jessie Carson, writer and yoga teacher, will offer a series of eight sessions, one for women and one for men, running from Friday April 21st to Friday June 9th in the St. Paul's Anglican Church hall, 70 Clyde Street, Almonte.

Yoga for Women: 9:30 a.m. to 10:45 a.m.

Yoga for Men: 11 a.m. to 12:15 p.m.

Cost: \$100 Subsidies and yoga mats available.

Jessie has taught yoga since 2002 is adept at working with students of all levels. She provides gentle, clear guidance to support practitioners of any age based on the needs and limitations of their own bodies. Over the years of dedicated study and learning from wise teachers, she has come to recognize that the practice of yoga happens in small moments of understanding, connection, and peace and brings harmony and richness to one's day-to-day life. She accredits her son as her greatest yoga teacher by far!

This program is being offered by St. Paul's **Centre For Creative Living**, [www.centreforcreativeliving.weebly.com](http://www.centreforcreativeliving.weebly.com). To register, please email [cfcl@stpaulsalmonte.ca](mailto:cfcl@stpaulsalmonte.ca).

*It's never too late to begin!*

## THIS WEEK AT ST PAUL'S

<b>Monday</b>	7:00 pm	<b>Praise Team Practice</b>
<b>Tuesday</b>	2:00 pm 7:00 pm	<b>Food Cupboard P&amp;F</b>
<b>Wednesday</b>	10:30 am 11:00 am 12:30 pm 4:15 pm 7:30 pm	<b>Gospel Conversation Lenten Service Christian Meditation Choir practice Be Still My Soul</b>
<b>Thursday</b>	5:30 pm 7:00 pm	<b>Seder Meal Maundy Thursday Service</b>
<b>Friday</b>	11:00 am	<b>Good Friday Service</b>
<b>Saturday</b>	9:00 am	<b>All My Relations</b>
<b>Sunday</b>	8:00, 9:15 & 11:00	<b>Sunday services</b>

## NEXT WEEK'S READINGS

**Jeremiah 31: 1-6**

**Acts 10: 34-43**

**Matthew 28: 1-10**

## HOLY WEEK AND EASTER SCHEDULE

### **Maundy Thursday - April 13**

5:30 pm ~ Seder Meal; 7:00 pm ~ Foot washing, Eucharist, stripping altar  
8:00 pm ~ 30 minutes of candle light / silent prayer; 8:30 pm ~ Compline.

### **Good Friday - April 14**

11:00 am ~ Celebration of the Passion of our Lord  
Noon ~ The Walk of the Cross - start point at Almonte Presbyterian Church

### **Easter Sunday: April 16**

6:30 am ~ Sunrise service followed by a light breakfast  
8:00, 9:15, 11:00 am services as usual – Easter egg hunt after the 11 a.m. service

## THE WIDER CHURCH

### A THOUGHTFUL WAY TO COMMEMORATE THE EASTER SEASON:

**Thirteen Strings** presents Bach's *St. Matthew Passion* on Good Friday, April 14, 2017 at 7:30 pm at Dominion-Chalmers United Church (355 Cooper Street, Ottawa). The Ottawa chapter of the Word Guild is hosting the third annual Ottawa Christian Writers' Tickets are available at Leading Note, Books on Beechwood, Compact Music and at [www.thirteenstrings.ca](http://www.thirteenstrings.ca). For more information, email [info@thirteenstrings.ca](mailto:info@thirteenstrings.ca).

**AS YOU WISH:** End of Life decisions/Advanced Care Planning - Friday, April 28 - 10 am -1:30 pm at Octagon Room, Former Fairview Manor.

**CELEBRATE THE CLASSICS:** Arnprior Community Choir: Saturday, May 6, 2017 at 7:30 p.m. Grace St. Andrew's United Church. Tickets: Adults \$18 in advance \$20 at the door - Children 12 and under \$10.

**HIKE FOR HOSPICE:** 2 km Fun Walk on May 7 from 1 to 3 pm at the Mill of Kintail (Registration begins at noon). Sponsor a walker or grab a pledge sheet and join us in this annual event. Pat and Jack are always happy to receive your support and their pledge form is by the coffee machine at the back of the church.

### THE WEST OTTAWA LADIES CHORUS' SPRING CONCERT:

May 13 at Glen Cairn United Church, 140 Abbeyhill Drive, Kanata at 7 pm will celebrate Canada's waterways, its diverse peoples, looming mountains and vast plains. Robert Dueck, Director, has captured the flavour of our country by including songs about Canadian waterways lapping, running, raging, threatening, calming and entertaining. In three and four-part harmony the chorus will celebrate Canada's 150th birthday through song. From Sea to Sea To Sea is an Ontario 150 event.

**MOVING FORWARD IN SONG:** John Bell Workshop ~ Saturday June 24 2017 at Kanata United Church.

**The Future Without a Blueprint** ~ 9:00 a.m. – 12:15 p.m. What changes are Christians likely to face in the future and how will we cope with these changes in a positive way given that most Christians are resistant to change?

**"Songs that Matter"** ~1:15 – 4:00 p.m. New songs will include several new texts set to known tunes; sung theology that helps enable a larger understanding of God's presence in the world around us.

## IN OUR PARISH

**THE EASTER NEWSLETTER IS OUT!** Please pick up your copy at the back of the church to help us save on postage.

## NOTE FROM THE OFFICE:

### Deadlines for announcements:

Easter week to be end of day, Wednesday, April 12;  
Normal weeks, would love to have all announcements to me by 1 pm on the Friday, in order to start adjusting and then printing as soon as possible. Your cooperation is greatly appreciated as I learn my new role.

**ALL MY RELATIONS:** Please join us at 9:00 am on Saturday, the 15<sup>th</sup> of April in the church hall, to share thoughts about the recent presentation by Trudy Metcalfe.

**CEMETERY IS TEMPORARILY CLOSED:** This past winter, many of the white pines in our cemetery were severely damaged in an ice storm. There are many branches down and some broken branches that are still dangling from the trees. We cannot get into the cemetery with the equipment needed to repair the damage until the snow melts and the grounds harden. For the time being, until further notice, the St. Paul's Community Cemetery remains closed to all visitors. This is being done purely as a safety precaution. Rest assured that so far it looks like there has been no damage to any monuments or grave sites. If you have any questions, please contact Michael Mavis at [613-256-2431](tel:613-256-2431).

**MEMORIAL FLOWERS AT EASTER:** If you would like to make a donation to have flowers on the altar in memory of loved ones this Easter, please contact Barbara Humphreys at 613-256-2498.

**PRAYER BINDER:** At the back of the church, there is a small wooden box in which people are encouraged to write prayer requests which are then brought forward with the offering. These are silent, private prayers that remain between the prayer and God. In addition and beginning this week, there will be a prayer binder at the back of the church. People are welcome to write down prayer requests that will be given to the intercessor for the prayers of the people.

**TODAY 4 TOMORROW** is an annual appeal to invest in the people and ministries of this Diocese, to make a difference in the lives of current and future generations. Jane Scanlon will be presenting a brief video (1 minute) and overview at all three services on **Sunday, April 23**.

**HOLD THE DATE!** In cooperation with Suzart Productions, a non-profit musical theatre company specializing in affordable entertainment for the entire family, the date for a performance of the songs from *Sister Act* at St. Paul's is **Friday, April 28 at 7:30 pm** in the church. (Thanks to Christie Bindhart!) Tickets will be \$15.