

ANNOUNCEMENTS

January 6 2019

THIS COMING WEEK AT ST PAUL'S

Monday	6:30 p.m. Hatha Yoga
Tuesday	8:30 a.m. Centering Prayer 1:30 p.m. Contemplative Painting 2:00 p.m. Food Cupboard 7:00 p.m. Property & Finance meeting
Wednesday	noon Prayers in the Church 1:30 p.m. Contemplative Writing 6:30 p.m. Open Table
Thursday	1:00 p.m. Contemplative Mixed Media 4:15 p.m. Music Team Practice
Sunday	8:30 a.m. Holy Communion, BCP (<i>spoken</i>) 10:30 a.m. Holy Eucharist. BAS (<i>with music</i>)

*BCP=Book of Common Prayer BAS = Book of Alternate Services BSS = Supplement to the BAS

COMING UP...

Mary Magdalene: Apostle to Our Own Times. St. Paul's Centering Prayer Group is offering an eight week online course produced by the Centre for Action and Contemplation. It will include a video, some reading and group discussion in the hall on Monday mornings beginning January 21st.

For more information please see <https://cac.org/mary-magdalene/>

Yoga Classes with Amelia Ah You. Amelia has practiced meditative movement for over four decades. She combines gentle and fluid movements that are breath-centred. These movements are influenced by Yoga, QiGong and Somatics. She encourages everybody to explore their own practice at their own level with a sense of humour, curiosity, compassion and an open heart.

Friday Mornings beginning January 4th: 10:30 a.m. to 11:45 a.m.: \$150

Monday evenings beginning January 7th: 6:30 p.m. to 7:45 p.m.: \$150

Both classes: \$225.

Conversations about Change. January 14, 7 pm, The Oasis in Kanata, a place for caregivers of people with mental illness, presents. Caregivers will learn how to support their loved one when they either do not recognize the effects of their mental illness or appear to want help for themselves. overview of how Motivational Interviewing can help. **Free. Glen Cairn United Church, 140 Abbeyhill.** Details at www.TheOasisKanata.ca or on Facebook.