

ANNOUNCEMENTS

THIS WEEK AT ST PAUL'S

Monday	12:15 pm	Hospice Volunteer Meeting
Tuesday	8:30 am 10:00 am 2:00 pm 6:30 pm	Centering Prayer Coffee Hour Food Cupboard Centering Prayer
Wednesday	10:30 am 12:30 pm 1:30 pm 4:15 pm 7:30 pm	Gospel Conversation Christian Meditation Contemplative Writing Circle Choir practice Justice and Peace Service
Thursday	1:00 pm 7:00 pm	Contemplative Mixed Media Circle Praise Team Practice
Friday	9:30 am 1:00 pm 7:30 pm	Hatha Yoga Contemplative Photography Circle Sister Act Performance
Sunday	8:00, 9:15 & 11:00	Sunday services

NEXT WEEK'S READINGS

Acts 2: 14a, 36-41
1 Peter 1:17-23
Luke 24:13-25

THE WIDER CHURCH

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

PARISH OF FITZROY HARBOUR'S SPEAKER SERIES:

Being Christian against Adversity - kick-off: Friday, April 28, 2017 (6:30pm-8:30pm) Location: St. George's Anglican Church-192 Shirreff St., Fitzroy Harbour - Speaker Bishop Peter / **Supporting and strengthening the mission of the church at home and internationally.**

Second talk: Friday, June 2, 2017 (6:30pm-8:30pm) Location: tba
 Speaker Syd Gravel / **How to Survive PTSD and Build Peer Support** - for more information contact the parish office – (613) 623-3882

SURRENDER - HEAL - LET GO - LET GOD: mini retreat, St. James Anglican Church, 20 High St., Morrisburg – April 29th, 10am – 2 pm (donation of \$10 appreciated, lunch included) rsvp robin.lane@hotmail.com.

CELEBRATE THE CLASSICS: Arnprior Community Choir: Saturday, May 6, 2017 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.

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

HATHA YOGA with Jessie Carson

- <http://livingpractice.net/>

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 Mixed: 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. To register, please email cfcl@stpaulsalmonte.ca. *It's never too late to begin!*

CENTERING PRAYER GROUP: A meditation practice of surrender for those who wish to live a contemplative, compassionate, creative life fully awake to the wonder and mystery of all that is at St. Paul's Anglican Church Parish Hall, Tuesdays: 8:30 a.m. to 9:15 p.m. or 6:30 p.m. to 7:15 p.m. Mentors: Louise Stevenson and Sue Evans; for more information, there are brochures available at the back of the church.

SERVICE FOR JUSTICE AND PEACE: 7:30 PM on the fourth Wednesday of each month. Come and light a candle for peace and spend 30 minutes in quiet prayer for our world.

FORGIVENESS, HEALING AND RECONCILIATION: A four week program (May 1, 8, 15, 29 from 7 - 8:30 pm) based on Jean Monbourquette's book on How to Forgive. This is designed for a small group of no more than 10 people. Please sign up with Pat to register - revpjmartin@gmail.com or [613 256 8613](tel:6132568613).

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).

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.

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 Christy Bindhardt!) Tickets will be \$15.

ADOPT-A-ROADWAY: We continue our commitment to environmental stewardship with our semi-annual road cleanup. Join us **Saturday, April 29th at 9am** until approximately 10:30. We will meet in the church hall for coffee/muffins and to organize groups at 8:30am and then carpool to our 2 km stretch of Highway 29. Please sign up at the back of the church or contact Janet Mavis [613-256-2431](tel:613-256-2431) for more information.

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!

EVENSONG: May 28, at 5 pm in the church with sherry and shortbread to follow;