

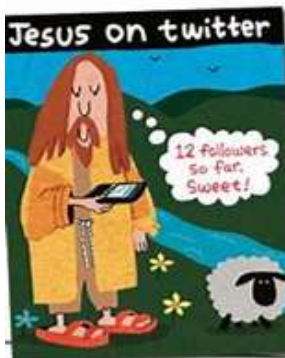
Winter Service Schedule

Date	Service time	Service Type		
Jan 14	8:30 am	BCP		A slightly more traditional feel
	10:30 am	BAS p. 185	Anthem	
Jan 21	8:30 am	BCP		A slightly more contemporary feel
	10:30 am	BSS		
Jan 28	8:30 am	BCP		A slightly more traditional feel
	10:30 am	BAS p. 185	Anthem	
	12:30 pm	Brief Service of the Word	Praise Team	
Feb 4	8:30 am	BCP	Epiphany 5	A slightly more contemporary feel
	10:30 am	IONA		

BCP: Book of Common Prayer; BAS: Book of Alternative Services; BSS: Supplementary Services

January 28: immediately after the 10:30 Eucharist, there will be a pot luck lunch followed by a contemporary service of the word (11:45 - 1 pm). All are welcome.

Have you had a chance to check out the “tweaks” to the 10:30 service on either the Website or in the Bulletin ???



ANNOUNCEMENTS

THIS WEEK AT ST PAUL'S

Tuesday	8:30 am	Centering Prayer
	10:00 am	Coffee Hour
	12:30 pm	Christian Meditation
	1:00 pm	Contemplative Painting & Drawing
	2:00 pm	Food Cupboard
	6:30 pm	Prayer – Does it Make a Difference
Wednesday	1:30 pm	Contemplative Writing Circle
	7:15 pm	Parish Council
Thursday	10:30 am	Almonte Country Haven Service
	1:00 pm	Contemplative Mixed Media
	6:30 pm	Music practice
Friday	9:30 am	Hatha Yoga
	1:00 pm	Contemplative Photography Circle
	2:00 pm	Rosamond Wing Service
Sunday	8:30 & 10:30 am	Sunday services

Services will be conducted this Thursday morning at 10:30 am at Almonte Country Haven and on Friday afternoon at 2:00 pm at Rosamond Wing. All are welcome to come and participate.

VESTRY 2018: Sunday, March 4 at 11:45 am. Please have your reports into the office before Wednesday, February 21st.

PRAYER – DOES IT MAKE ANY DIFFERENCE? This book discussion group resumes **Tuesday, Jan 16** at 6:45 in the Parish Hall. For those wishing to prepare, we will be discussing Chapter 8 & 9.

A ten week series of **Hatha Yoga** led by Amelia Aah You beginning Friday January 12th. 9:30 to 10:45 a.m. Cost \$100. To register please email Sue Evans at cfl@stpaulsalmonte.

THE WIDER CHURCH

On January 15, at 7 pm, **The Oasis in Kanata**, a place for caregivers of people with mental illness presents “Is the ODSP for you?”

Representatives from the Ontario Disability Support Program will explain employment supports available for people with disabilities who can and wish to work; the various benefits available for individuals and their families, like prescription drugs and vision care; and the eligibility requirements and application processes. Free. All are welcome. Glen Cairn United Church, 140 Abbeyhill Drive, Kanata.

Visit www.TheOasisKanata.ca or find The Oasis in Kanata Facebook page for full details.

Holy Name of Mary Parish Dance-27 January- Almonte Civitan Hall

Father Paul Gaudet and Holy Name of Mary Parish invite you to join in the fun and dance the night away on January 27, 2018, 7:00pm. The feature band is “ The Startools” a well-known group of local physicians who specialize in 60’s era music. Tickets are \$20 in advance and \$25 at the door. Proceeds from the dance will be donated to Almonte Hub Hospice and the Almonte General Hospital to help pay for much needed diagnostic imaging equipment. Tickets are available at Baker Bobs or by calling [613-256-5059](tel:613-256-5059).

IN OUR PARISH

The Mississippi Mills ALL MY RELATIONS working group has developed a 2018 Speaker and Talking Circle series, starting in January! This is made possible in part through the support of our partnerships with St Paul's Anglican, Almonte United, and Almonte Presbyterian churches, and Plenty Canada, Lanark.

Renewing Our Friendship - Moving Towards Healing and Reconciliation: The Basics - Saturday, January 13, 2018 10:00 a.m. to 12 noon, Almonte United Church hall. Irene Barbeau and Margaret LeMaire are Cree women originally from eastern James Bay. For more information, consult <http://www.mmAllMyRelations.ca/events>. This the first in a monthly series, Mississippi Mills All My Relations Reconciliation Speaker Series.

Happening at Almonte United Church hall:

Jan 13, 10:00 to 12:00, Moving Towards Healing and Reconciliation with Irene Barbeau and Margaret LeMaire. Inspiration, discussion, Q&A.
Feb 24, 10:00 to 12:00, Bear (Theresa) Fox, Akwesasne, Mohawk singer

and story teller. 10:00 to 11:20 Kids and family time song and story time including a snack! 11:20 to 12:00 Discussion re: preserving the traditional language

April 14 10:00 to 4:00 TBA / May 26 10:00 to 12:00 TBA

➤ Happening at St Paul’s Anglican Church hall:

Talking Circles, Saturdays 10:00 to 12:00, on Jan 27, March 10, April 28, June 9 Under the umbrella of Spirits of the Rainbow, Christina Bendevis and her husband Ross Saunders provide a comfortable introduction to cross-cultural awareness and the experience of Native Spirituality. An opportunity to listen, reflect and share.

Centre For Creative Living

Nourishing the Soul

Annual Membership: \$100

Subsidies available for memberships and workshops

- Tuesdays 1 to 4 p.m.: Contemplative painting and drawing
 - Mentor: Elizabeth Veninga
- Wednesdays 1:30 to 3:30: Contemplative Writing
 - Mentor: Claire Sylvan
- Thursdays: An eight week playful Mixed Media workshop with Cathy Blake
 - Begins this Thursday
 - 1:30 to 4:00 p.m.
 - \$120 for members; \$180 for non members
- Fridays 9:30 to 10:45 a.m: Yoga with Amelia Aah You
 - 1:00 p.m. to 3:00 p.m. Contemplative Photography
 - Mentor: Dale Dunning

Contemplation is about seeing, but a kind of seeing that is much more than mere looking because it also includes recognizing and thus appreciating. The contemplative mind does not tell us what to see, but teaches us how to see what we behold. Richard Rohr, Centre for Contemplation and Action

It is never too late to begin!