

Winter Service Schedule

<i>Date</i>	<i>Service time</i>	<i>Service Type</i>		
Jan 28	8:30 am	BCP		
	10:30 am	BAS p. 185	Anthem	A slightly more traditional feel
	12:30 pm	Brief Service of the Word	Praise Team	Contemporary
Feb 4	8:30 am	BCP		
	10:30 am	IONA	Epiphany 5	A slightly more contemporary feel
Feb 11	8:30 am	BCP	Transfiguration	
	10:30 am	BAS p. 185		A slightly more traditional feel
	7:00 pm	Prayer & Praise		Contemporary

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

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
Wednesday	6:45 pm	Prayer – Does it Make a Difference
	1:30 pm	Contemplative Writing Circle
Thursday	7:30 pm	A simple Iona Evening Service
	1:00 pm	Contemplative Mixed Media
Friday	6:30 pm	Music practice
	9:30 am	Hatha Yoga
Saturday	1:00 pm	Contemplative Photography Circle
	9:30 am	All My Relations
Sunday	8:30 & 10:30 am	Sunday services

Shrove Tuesday Pancake Supper: Feb 13 at 4:30 pm

Ash Wednesday: February 14 at 11 am at St. Paul's, with an in-house soup lunch to follow.

Ecumenical Lenten Service Lunches:

Begin at noon on Wednesday, February 21 at Almonte United.

World Day of Prayer: Friday, March 2 at 2 pm at St. Paul's. This year's country is the Republic of Suriname (northeastern part of South America). The theme is All God's Creation is Very Good.

Pot luck lunch: In the hall, next Sunday, Jan 28, immediately following the 10:30 service. This is an opportunity to chat, ask questions, and spend some social time together. All are welcome.

PLEASE NOTE: The contemporary service has been rescheduled to Sunday, February 11 at 7 pm.

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 23** at 6:45 in the Parish Hall. For those wishing to prepare, we will be discussing Chapter 10 & 11.

IN OUR PARISH

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
 - 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!

The Mississippi Mills ALL MY RELATIONS working group has developed a 2018 Speaker and Talking Circle series. 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.

Happening at Almonte United Church hall:

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.

THE WIDER CHURCH

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).

Saturday, January 27th. SchoolBOX Classroom Build in honor of Fr. Rick Marples at **10:30** in Rutter Hall at St. Paul's Kanata. Trip planning, payment schedules etc. will be discussed. If you cannot attend this meeting, but are **seriously interested** in joining us August 16-25 – please call Lorna Brule [613-836-1001](tel:613-836-1001).

Lenten Retreat on February 17th: Join the Parish of Mississippi Lake for a day of Contemplative Prayer, Christian Yoga, Anglican Rosaries, and more. The retreat will be held at St James Carleton Place on February 17th from 10:00-2:00, with doors opening at 9:30. Tickets are \$15 and include lunch. They are available for purchase at St James' church office ([613-257-3178](tel:613-257-3178)).

