

## Winter Service Schedule

<i>Date</i>	<i>Service time</i>	<i>Service Type</i>		
<b>Feb 11</b>	8:30 am	BCP	Transfiguration	A slightly more traditional feel
	10:30 am	BAS p. 185		
	7:00 pm	Prayer & Praise		
<b>Feb 18</b>	8:30 am	BCP	Lent 1	A slightly contemporary feel
	10:30 am	BSS		
<b>Feb 25</b>	8:30 am	BCP	Lent 2	A slightly more traditional feel
	10:30 am	BAS p. 185		
<b>Mar 4</b>	8:30 am	BCP	Lent 3	A slightly contemporary feel
	10:30 am	Iona Healing Eucharist		
<b>VESTRY</b>				

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

### THE WIDER CHURCH

Continued

**Saturday, 24 February @ Noon, Holy Name of Mary Church, 134 Bridge Street, Almonte - Author Adam Montgomery explores how war and peacekeeping trauma affected Canadian soldiers from 1914 to 2014. Using candid interviews with former peacekeepers and Afghanistan War veterans, Adam probes some of the emotional effects of military operations as well as the difficulties soldiers face when reintegrating to civilian society. (books will be available for signing, cash only please.) **WARNING: Some listeners may find this event disturbing. May not be suitable for all ages.****

**THE GREAT TRIVIA CHALLENGE:** Saturday, March 3 830 pm at The Glen, 6081 Hazeldean Rd, Stittsville. Tickets - \$10 at the office or via phone numbers posted below. If you are going to sit as a team, ( 8, 6 or 4 ) let Lorna or Bonnie know. You can register your team or let us assign you to a team. All proceeds will go to SchoolBOX in support of the construction of a kindergarten class at the KILACA school in El Viego, Nicaragua in memory of Father Rick Marples. Contacts: Lorna, St. Paul's Kanata 613 (836-1001) or Bonnie McNally St. Thomas' Stittsville 613 (831-0968).

## *ANNOUNCEMENTS*

### THIS WEEK AT ST PAUL'S

<b>Tuesday</b>	8:30 am	<b>Centering Prayer</b>
	10:00 am	<b>Coffee Hour</b>
	10:00 am	<b>Fairview Manor Service</b>
	12:30 pm	<b>Christian Meditation</b>
	1:00 pm	<b>Contemplative Painting &amp; Drawing</b>
	2:00 pm	<b>Food Cupboard</b>
<b>Wednesday</b>	6:45 pm	<b>Prayer – Does it Make a Difference</b>
	1:30 pm	<b>Contemplative Writing Circle</b>
	1:30 pm	<b>Pastoral Care</b>
	6:30 pm	<b>Open Table</b>
<b>Thursday</b>	1:00 pm	<b>Contemplative Mixed Media</b>
	6:30 pm	<b>Music practice</b>
<b>Friday</b>	9:30 am	<b>Hatha Yoga</b>
	1:00 pm	<b>Contemplative Photography Circle</b>
<b>Saturday</b>	10:00 am	<b>All My Relations</b>
<b>Sunday</b>	8:30 & 10:30 am	<b>Sunday services</b>

*A Service of Holy Eucharist will be conducted this Tuesday morning at 10:00 am at Fairview Manor. 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 21<sup>st</sup>.**

#### **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.

## IN OUR PARISH

**PRAYER – DOES IT MAKE ANY DIFFERENCE?** This book discussion group resumes **Tuesday, Feb 6** at 6:45 in the Parish Hall. For those wishing to prepare, we will be discussing Chapter 14 & 15.

**OPEN TABLE: Wednesday, Feb. 7th.** Topic for discussion: *What does it mean to be made in the image of God?* Soup is served at 6:30 pm. Everyone is welcome.

**SHROVE TUESDAY, February 13 at 4:30 pm:** We are looking for volunteers to cook pancakes and serve. We are also looking for some homemade baked beans. Sign-up sheets are at the back of the church.

**ASH WEDNESDAY, February 14 at 11 am** at St. Paul's, with an in-house soup lunch to follow.

**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 9:00 to 2:00, on 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

**The Community Friendship Luncheon** is Tuesday February 6th at noon in A.U.C. social hall. \$5/person for soup, sandwiches and home made dessert. Our friends at Holy Name of Mary Catholic church will be providing the desserts.

**Choosing a high school?** Learn how Redeemer Christian High School, 82 Colonnade Road N, Ottawa can provide your teen with a solid foundation. Come to our Open House on Thursday, February 8th at 7 p.m. For more information visit [rchs.on.ca](http://rchs.on.ca) or call Cathy at (613) 723-9262.

**February 12, 7 pm, The Oasis in Kanata presents "Compassion: How Art Therapy Can Help."** Families and caregivers affected by the mental illness of a loved one may also experience shame and stigma. Professional Art Therapist Elise Laviolette will present an interactive session focusing on fostering self-compassion and compassion for others. No art experience necessary. Free. All welcome. Glen Cairn United Church, 140 Abbeyhill Drive. Visit [www.TheOasisKanata.ca](http://www.TheOasisKanata.ca) or Facebook for details.

**Notre Dame Catholic High School is hosting an Open House and School Showcase on Thursday, February 15** from 6:30 to 8:30 p.m. Parents and students considering Notre Dame for grades 7 to 12, and any who would like more information on the school, are invited to attend. Tour the school, meet teachers and staff, view classroom demonstrations, learn about academic options, and find out about sports teams, student groups, and other extracurricular activities. Our school welcomes students who are not Catholic into an environment where the value of faith is emphasized. There are also workshops for current grade 8 students entering grade 9 in September on Monday, February 12 from 11:30 to 1:30. For more information, go to [notredame.cdsbeo.on.ca](http://notredame.cdsbeo.on.ca) or contact the school at [613-253-4700](tel:613-253-4700)

**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)).

