

ANNOUNCEMENTS

September 9 2018

THIS COMING WEEK AT ST PAUL'S

Monday	6:30 p.m	Hatha Yoga
Tuesday	8:30 a.m.	Centering Prayer
	1:00 p.m.	Contemplative Painting & Drawing
	2:00 p.m.	Food Cupboard
Thursday	1:00 p.m.	Contemplative Mixed Media
	10:30 a.m.	Hatha Yoga
Friday	1:00 p.m.	Contemplative Photography
Sunday		Welcome Back to Church!
	8:30 a.m.	Holy Communion, BCP (said)
	10:30 a.m.	Baptism and Eucharist, BAS (with music)
	11:40-ish	BBQ lunch ALL ARE WELCOME!

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

The CHURCH HALL will be open: Monday - Friday:
8 a.m. to 5 p.m.; CLOSED Saturdays; Sunday: 7:45 a.m. to 1 p.m.

Welcome Back Sunday September 16: Invitations are available at the back of the church for you to share with family and friends!!
BBQ lunch (hamburger and hot dogs). Vegetarian and gluten-free options will be available.

Potluck salads and desserts are welcome on the day.

**Looking for bulbs?
We've got them!**



The **Hub Hospice** fall fundraiser is on! Get your spring bulbs AND support the Hospice!
Call Nancy Deschenes (613 256-0964) to place your order.

See details at
hubhospice.com/fundraising-
events/fundraising-with-flowers/

IN OUR PARISH

SERVICES SCHEDULE

Date	Time	Type	Notes
Sept 16	8:30 a.m	BCP	Welcome Back Sunday
	10:30 a.m	BAS	
Sept 23	8:30 a.m	BCP	
	10:30 a.m	BSS	
Sept 30	8:30 a.m	BCP	
	10:30 a.m	BAS	
October 7	8:30 a.m	BCP	Harvest Thanksgiving
	10:30 a.m	BAS	

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

Hatha Yoga with Amelia Ah You (A Centre for Creative Living program)
Each series is fifteen weeks for \$150 (subsidies available)
Session 1: Mondays, 6:30 to 7:45 p.m. beginning Sept 4th (excluding Thanksgiving)

And/or

Session 2: Fridays, 10:30 to 11:45 p.m. beginning Sept 7th (excluding September 28th)

To register, please email cfcl@stpaulsalmonte.ca

The word *yoga* comes from the Sanskrit for *the yoke which unites the seeker with the Sought*. (Richard Rohr: Centre for Action and Contemplation)

harvest supper



September 28 - Civitan Hall
4-7 p.m.

TICKETS from Baker Bob or harvestsupper.ca

\$18 advance \$19 at the door

\$8 for children under 13

50 cents from each ticket will be donated to the Food Bank.

Tickets for Food Bank clients: \$13.50 each

IN OUR COMMUNITY

Anglican Basics: September 29; 10 a.m – 3 p.m
at St. George's, Fitzroy Harbour, 192 Shirreff Street. A short survey into what Anglicanism is all about. We will look at our Church in its many dimensions. All are welcome! Register by calling the church office (613-623-3882)