

ANNOUNCEMENTS

October 7 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
Wednesday	1:30 p.m. Contemplative Writing 6:30 p.m. Open Table
Thursday	1:00 p.m. Contemplative Mixed Media 4:15 p.m. Music Team Practice
Friday	10:30 a.m. Hatha Yoga 1:00 p.m. Contemplative Photography
Sunday	8:30 a.m. Holy Communion, BCP (said) 10:30 a.m. Eucharist, BAS (with music)

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

IN OUR PARISH



Flowers in the Church

Flowers in the church today are offered to the glory of God and in loving memory of **Orville & Gladys Brydges** given by their children and their families.

Harvest Supper Follow Up

All are welcome at Sandra and Roger's house (539 River Road, Appleton) on **Thursday, October 11 at 7 p.m.** for a follow up discussion on how we can improve the Harvest Supper next year. Please email Sandra at sandra@stpaulsalmonte.ca and let her know if you will be attending.



Fall Road Clean-Up

Fall road clean-up is scheduled for Saturday, October 27th. Please meet at 8:45 a.m. in the church hall. Everyone is welcome! Questions? Please speak to Vicki Bassett, or email:

bassetts4@sympatico.ca



St Paul's Fall Fashion Show

Due to our busy fall schedule, the Fashion Show has been postponed to Spring 2019.

IN OUR COMMUNITY

Building Age-friendly Communities a Community Conversation in



BRIDGING GENERATIONS

Mississippi Mills with Dr. Louise Plouffe, developer of the World Health Organization's Age-Friendly Cities initiative and Bonnie Schroeder of Age-Friendly Ottawa, a project hosted by The Council on Aging of Ottawa. Mills Community Support and

Bridging Generations welcomes you to this event on **October 10, 2018 1-3 pm at the Almonte Old Town Hall**. Please [register for this FREE event](#) by contacting Mills Community Support or clicking on the linked text.

Annual Ecumenical Time of Sharing and Reflection

The Women's Inter-Church Council of Ottawa invites you to an Ecumenical Gathering to reflect on the upcoming theme of the World Day of Prayer 2019: "Come – Everything is Ready!" on **Saturday, October 27, 2018 9:15 a.m. to 1:30 p.m at Rideau Park United Church**, 2203 Alta Vista Drive at Cunningham Avenue in Ottawa. Registration fee \$5.

