

# ANNOUNCEMENTS

January 13 2019

## THIS COMING WEEK AT ST PAUL'S

<b>Monday</b>	6:30 p.m. <b>Hatha Yoga</b>
<b>Tuesday</b>	8:30 a.m. <b>Centering Prayer</b> 1:30 p.m. <b>Contemplative Painting</b> 2:00 p.m. <b>Food Cupboard</b> 7:00 p.m. <b>Property &amp; Finance meeting</b>
<b>Wednesday</b>	noon <b>Prayers in the Church</b> 1:30 p.m. <b>Contemplative Writing</b> 7:00 p.m. <b>Parish Council Meeting</b> 7:30 p.m. <b>Be Still My Soul</b>
<b>Thursday</b>	1:00 p.m. <b>Contemplative Mixed Media</b> 4:15 p.m. <b>Music Team Practice</b>
<b>Friday</b>	10:30 a.m. <b>Hatha Yoga</b> 1:00 p.m. <b>Contemplative Photography</b>
<b>Sunday</b>	8:30 a.m. <b>Holy Communion, BCP</b> ( <i>spoken</i> ) 10:30 a.m. <b>Holy Eucharist, BAS</b> ( <i>with music</i> )

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

## COMING UP...

**Mary Magdalene: Apostle to Our Own Times.** St. Paul's Centering Prayer Group is offering an eight week online course produced by the Centre for Action and Contemplation. It will include a video, some reading and group discussion in the hall on Monday mornings beginning January 21st. *For more information, please visit [cac.org/mary-magdalene](http://cac.org/mary-magdalene)*

**Yoga Classes.** Amelia Ah You has practiced meditative movement for over four decades. She combines gentle and fluid movements that are breath-centred. These movements are influenced by Yoga, QiGong and Somatics. She encourages everybody to explore their own practice at their own level with a sense of humour, curiosity, compassion and an open heart.

**Friday Mornings beginning January 4th:** 10:30 a.m. to 11:45 a.m. \$150

**Monday evenings beginning January 7th:** 6:30 p.m. to 7:45 p.m. \$150

**Both Friday & Monday classes:** \$225

**Valentine's Day Dance.** St. George's Anglican Church in Clayton invites you to attend the Valentine's Dance at the Clayton Community Hall on **February 16, 2019 at 7 p.m.** This is always a fun evening, with great music, silent auction, live auction, and tasty refreshments. Advance tickets \$15 or \$18 at the door. *For more information, please call Kathy or Ray at 613-256-9010*