

Harvest Supper Update The volunteer lists are up in the vestibule, please sign up. There are 2 hour shifts, and we need lots of help! Also, if you know any teenagers looking for volunteer hours, please ask them to help and sign them up as well! This is a great way to get those hours. Tickets are now on sale at the back of church (by cheque only please), in the office (during office hours), at Baker Bobs and at www.harvestsupper.ca. Don't forget the grocery list in the vestibule as well, there are still lots of items to be bought.

Harvest Supper Donations Once again we have a matching donation program for the Harvest Supper. Up to \$750 in donations will be matched! So please consider making a donation. Harvest Supper Donation envelopes are in the pews and at the back of the church.

Pie Baking Party Kathy Aird and Sara Cardona invite you to join us for a pie baking party in the church hall on Monday September 23 from 3:00 - 7:00 p.m. This party is in support of the Harvest Supper on Friday September 27. We will go over some of the basics of pie baking with the participants. All you need to bring is your ingredients for the pie(s) and some baking tools (rolling pin, mixing bowls, etc.). The pie choices will be apple, pumpkin, and pecan to start with. We will provide the pie plates, refreshments, a bit to eat, and fun fellowship.

Please sign up at the back of the church by September 15th. For more details contact Sara at s.cardona.luna@gmail.com or cell 343-550-1567 and Kathy at 613-816-5962.

PLEASE NOTE: There is also a sign-up sheet for pies for those who want to bake their own pies at home.

Breakfast of Hope The second annual Breakfast of Hope in support of the Community Ministries of the Diocese of Ottawa will take place on Thursday September 26 from 7:30 -9:00 a.m. at Christ Church Cathedral. Tickets are \$50 and you can register online at <https://breakfastofhope2019.eventbrite.ca>. For more information, please call 613-232-7124, ext. 222 (Heidi Fawcett) or ext. 225 (Jane Scanlon).

Advanced Care Planning Workshop The North Lanark Palliative Care Network is sponsoring a workshop on Advanced Care Planning (ACP) on Tuesday October 1 at Orchardview by the Mississippi (219 Paterson St.) from 1:00 to 3:00 p.m. Admission is free, but you are asked to register by contacting Jan Watson at 613-519-3537 or 613-791-7167 or by email at jan.m.watson52@gmail.com.

Advance Care Planning is very important for everyone, especially as they grow older, to make sure that needs and wants for end of life are taken care of while individuals are able to do the planning themselves.

The workshop will be led by Nancy Deschenes, a St. Paul's parishioner and Chair of Hub Hospice. Nancy will discuss the importance of Advanced Care Planning and will answer questions. Jack McCarthy, a board member with Compassionate Ottawa and an ACP facilitator will also speak.

Day Hospice Dog Visits The Community Home Support Lanark County (CHSLC) Day Hospice Program is looking for a dog and volunteer to visit their Day Hospice program on Thursdays. If you can help, please contact Rebecca Bowie at 613-267-6400 x 28 or by email at rebeccab@chslc.ca.