

Upcoming Retreat

The Five Invitations

Discovering What Death can Teach Us about Being Fully Alive

Facilitator Susan Kehoe

Friday March 27th: 6:30 p.m. to 9:00 p.m.

Saturday March 28th: 8:00 a.m. to 8:00 p.m.

Cost: \$65 Includes all meals on Saturday

You are invited to a time of quiet reflection and prayer, pondering, listening and going inwards together and alone:

To become a little more aware of and a little more comfortable 'with the ongoing opportunities our daily life offers us to begin that process of surrender to "die before we die" and by doing so, to awaken to a deeper aliveness, a 'falling into grace' that turns our mortality into a spiritual companion.

Facilitator **Susan Kehoe** has been engaged in contemplative retreat design and facilitation for over 25 years. She is a trained spiritual director, labyrinth facilitator and mindfulness teacher, with a particular interest in the practice and disciplines of silence, listening, waiting and wondering. Susan also has substantial experience in the field of palliative care chaplaincy with the frail elderly.

To register, go to the CFCL website:

www.centreforcreativeliving.weebly.com

Or call Sue Evans 613-721-0033

If cost is a barrier for participating, contact Sue

Coming Up in Lent

Ash Wednesday: Wednesday February 26 at 10:30 a.m. and 7:30 p.m. following the *Book of Common Prayer*.

Ecumenical Lent Services and soup lunches: 4 Wednesdays in Lent at the Community Presbyterian Church at noon – dates TBD

Lent Bible Study (led by Rev Jonathon):

Tuesday evenings, March 3 - April 7 at 7:30 p.m.

Wednesday mornings, March 4 - April 8 at 10:00 a.m.

World day of Prayer: Friday, March 6 – Community Presbyterian Church at 1 p.m. This year's service courtesy of the women of Zimbabwe.

Maundy Thursday: April 9 evening service – time TBD

Good Friday: April 10 at 10:30 a.m., followed by the ecumenical Walk of the Cross at noon.

Welcome to

St. Paul's Anglican Church, Almonte

www.stpaulsalmonte.ca

e-mail: office@stpaulsalmonte.ca phone: 613 256-1771

The Rev. Jonathon Kouri

rector@stpaulsalmonte.ca

Rector's Warden: Wendy Shaw

People's Warden: Bob Bassett

A full list of contacts for St Paul's can be found at the back of the church.



Feast of the Transfiguration

February 23 2020

8:30 a.m. Service

Greeters: Patricia Kennedy

Reader: Lois Rochon

10:30 a.m. Service

Greeters: Karen Luyendyk and Sara Spinks

Server/Chalice: David McCreery

Readers: Claire Marson and

Prayers: Rodney Seniior

Music Director: Wendy Shaw

Organist: John Black

Accompanists: Dan Berg, Dave Newlands, Doris Wionzek

We ask that you please refrain from wearing perfumes or colognes

We gather today on the traditional and unceded territory of the Algonquin Anishnabe Nation. May we dwell on this land with respect and peace.

Readings for today

Exodus 24:12-18 ~ Psalm 99 ~ 2 Peter 1:16-21 ~ Matthew 17:1-9

Collect for the Day

Almighty and everliving God, whose Son Jesus Christ healed the sick and restored them to wholeness of life, look with compassion on the anguish of the world, and by your power make whole all peoples and nations; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

8:30 a.m. Holy Communion

According to the *Book of Common Prayer* (BCP), beginning on p.67.

10:30 a.m. Holy Eucharist

According to the *Book of Alternative Services* with Eucharistic Prayer 4.

The words of the liturgy, the songs and hymns are projected on the screen at the front of the church.

Readings for...

Ash Wednesday

Joel 2:1 2, 12 17/Isaiah 58:1 ~ Psalm 51: 1-17 ~ 2 Corinthians 5:20b-6:10
~ Matthew 6:1-6, 16-21

Next Sunday

Genesis 2:15-17; 3:1 7 ~ Psalm 32 ~ Romans 5:12- 9 ~ Matthew 4:1-11

THIS COMING WEEK AT ST PAUL'S

Tuesday	8:30 a.m.	Contemplative Meditation
	9:30 a.m.	Feldenkrais movement
	1:00 p.m.	Contemplative Arts
	2:00 p.m.	Food Cupboard
	4:30-6:30 p.m.	Pancake Supper
Wednesday	10:30 a.m.	Imposition of Ashes
	1:00 p.m.	Contemplative Creative Writing
	3:30 p.m.	Feldenkrais movement
	7:30 p.m.	Imposition of Ashes
Thursday	9:00 a.m.	Repurposing Textiles
	1:00 p.m.	Photoshop workshop
	4:15 p.m.	Music Team Practice
Friday	10:30 a.m.	Yoga
	1:00 p.m.	Contemplative Photography
	7:00 p.m.	Coffee House
Sunday	8:30 a.m.	Holy Communion – *BCP (spoken)
	10:30 a.m.	Holy Eucharist – *Iona Healing (with music)

ANNOUNCEMENTS

ANNUAL VESTRY MEETING: Sunday, March 8, following the 10:30 a.m. service!



Shrove Tuesday Pancake Supper (February 25th) 4:30 to 6:30 p.m.

Pancakes (gluten-free too), Sausages, Baked Beans, Maple Syrup and Tea, Coffee or Milk
Adults - \$5.00 / Plate
Children under 10 – Free



Wednesday February 26

Services at 10:30 a.m. and 7:30 p.m.

With Imposition of Ashes

Please Join Us

St Paul's Coffee House – this Friday, February 28, 7-9 p.m. Come on a long and join the song! Coffee, tea, juice, soft drinks and both salty and sweet snacks available and a pot of soup to share!

All are welcome and there is no charge. Donations are welcome and proceeds will go to support vulnerable people in our community.



Bishop John's Retirement Party

Saturday March 28, Great Hall at Christchurch Cathedral. 1-4 p.m.