

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.

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.

To register, go to the CFCL website: www.centreforcreativeliving.weebly.com
Or call Sue Evans 613-721-0033

If cost is a barrier to participating, contact Sue.

This Lent...

Ecumenical Lent Services and soup lunches: 3 Wednesdays in Lent at the Community Presbyterian Church at noon – March 4, 18 and 25. **(St. Paul's is responsible for lunch on March 18).**

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.

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.



Lent 3

March 15 2020

CANCELLED

Reminder: Bishop John's Retirement Party

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

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 17:1-7 ~ Psalm 95 ~ Romans 5:1-11 ~ John 4:5-42

Collect for the Day

Almighty God, whose Son Jesus Christ gives the water of eternal life, may we always thirst for you, the spring of life and source of goodness; through him 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 *Supplement* to the *Book of Alternative Services* with Eucharistic Prayer 5.

Readings for Next Sunday

1 Samuel 6:1-13 ~ Psalm 23 ~ Ephesians 5:8-14 ~ John 9:1-41

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
	7:30 p.m.	Lent Study & Eucharist (In the church)
Wednesday	10:00 a.m.	Lent Study & Eucharist (In the church)
	1:00 p.m.	Contemplative Creative Writing
	3:30 p.m.	Feldenkrais movement
	7:00 p.m.	Parish Council
Thursday	9:00 a.m.	Repurposing Textiles
	1:00 p.m.	Affinity workshop
	4:15 p.m.	Music Team Practice
Friday	10:30 a.m.	Yoga
	1:00 p.m.	Contemplative Photography
	7:00 p.m.	Monthly Coffee House
Sunday	8:30 a.m.	Holy Communion – *BCP (<i>spoken</i>)
	10:30 a.m.	Holy Eucharist – *BAS (<i>with music</i>)

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



St Paul's Coffee House – this Friday, March 20, 7-9 p.m.

Come on a long and join the song! Coffee, tea, juice, soft drinks and both salty and sweet snacks available

All are welcome and there is no charge.

Donations are welcome and proceeds will go to support vulnerable people in our community.

NEWS

Living in the Light – Lent Bible study with Rev. Jonathon Please join us!

WHERE: In the Church

WHEN: Tuesdays, 7:30-9 p.m.; or Wednesdays, 10 -11:30 a.m.

Ecumenical Lent services and soup lunches: Next one will be **Wednesday March 18** when St Paul's will be hosting. Community Presbyterian Church at noon. All are welcome.

From our Envelopes Secretary:

2019 Tax Receipts The remaining 2019 tax receipts were mailed this week. If you have any questions about your tax receipt please get in touch with Sara.

RE: ENVELOPE #92: Could the donor who has this envelope number contact Sara Cardona, the Envelope Secretary, cell (343) 550-1567, or email: envelopesecretary@stpaulsalmonte.ca as soon as possible. Thank you.

REVISED COVID-19 Precautions from the Bishop. (March 12 2020)

1. Good hygiene practices are encouraged (regular hand washing and hand sanitizing, coughing or sneezing into your elbow or a tissue, avoiding putting your unwashed hands near your face, etc.).
2. **Please do not attend church if you are not feeling well.** You can always arrange for a home visit.
3. **Shaking hands or hugging during the peace or when greeting others is not permitted.**
4. Person-to-person passing of offering plates is not permitted. (Only the sides-persons should handle the offering plates).
5. **Only the bread will be distributed during communion.** It is still considered receiving full communion.
6. Anointing multiple persons is not permitted.
7. Only the bread will be brought to home communions. Communion kits and vessels are not permitted to be used during home visits.
8. While it is normal to be concerned, we should avoid fear and panic.



You are invited to help build a community of hope throughout our Diocese by supporting Today 4 Tomorrow during Lent and Easter.

In 2019, Today 4 Tomorrow raised \$300,000 plus.

This year, your gift will support people struggling with poverty, first peoples, young people and refugees.

To learn more about Today 4 Tomorrow and the ministries it supports, and to make a donation online, please visit www.today4tomorrow.ca.

Cheques are payable to "Today 4 Tomorrow" and sent to: *Today 4 Tomorrow, 71 Bronson Avenue, Ottawa, Ontario K1R 6G6.*

Thank you for sharing to build a better community for everyone!