

**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.

Coming Up in 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.

Maunder 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.

Election of a new Bishop: March 14, 2020. **Please pray** that the right person will be raised up for this ministry, remembering all those who have put their names forward and all delegates voting in this election, especially Rev. Jonathon and our representatives to Synod Karen Luyendyk and Inez McCreery. More info: <https://ottawa.anglican.ca/episcopal-election-2020>

Reminder: Bishop John's Retirement Party
Saturday March 28, Great Hall at Christchurch Cathedral. 1-4 p.m.

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.



**Lent 2
March 8 2020**

8:30 a.m. Service

Greeters: Lynda Bennett and Lois Rochon

Reader: Tony St. Dennis

10:30 a.m. Service

Greeters: Tom Coleman and Richard Evans

Server/Chalice: Bob Bassett

Readers: Mary Nightingale and Inez McCreery

Prayers: Dan Berg

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

Genesis 12:1-4a ~ Psalm 121 ~ Romans 4:1-5, 13-17 ~ John 3:1-17

Collect for the Day

Almighty God, whose Son was revealed in majesty before he suffered death upon the cross, give us faith to perceive his glory, that being strengthened by his grace we may be changed into his likeness, from glory to glory; who lives and reigns with you. 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 1.

Readings for Next Sunday

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

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
	7:30 p.m.	Be Still My Soul
Thursday	9:00 a.m.	Repurposing Textiles
	10:30 a.m.	Communion at Almonte Country Haven
	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
	2:00 p.m.	Communion at Rosamond wing of AGH
Sunday	8:30 a.m.	Holy Communion – *BCP (<i>spoken</i>)
	10:30 a.m.	Holy Eucharist – *BAS (<i>with music</i>)
	noon	Annual Vestry Meeting

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

Communion in the Community: Rev. Jonathon will lead Communion services this week at Almonte Country Haven and the Rosamund wing of the hospital. See "This Coming Week..." for details. ALL are welcome!

NEWS

ANNUAL VESTRY MEETING: TODAY at 12:00 noon.

The Vestry Report for 2019 is now on our web site:

<https://www.stpaulsalmonte.ca/vestry-report-for-2019/>

A few printed copies are available at the back of the church for those without internet access.

BE STILL My SOUL.

Come and find the quiet centre.

Candle light, music, reflection, silence.

Wednesday February 12 at 7:30 p.m.

All are welcome!



Living in the Light – Lent Bible study with Rev. Jonathon

WHERE: In the Church

WHEN: Tuesdays, beginning March 3, 7:30-9 p.m.

Wednesdays, beg. March 4, 10 -11:30 a.m.

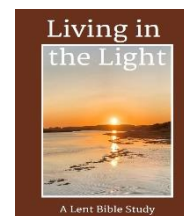
- Both sessions are identical.

- Each session ends with a brief Eucharist.

- Study booklets are provided.

All are welcome.

Feel free to invite your family, friends, neighbours.



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 (there is no service/lunch this coming week). Please join us!

2019 Tax Receipts are ready for pick-up at the back of the church. please contact Sara Cardona, our Envelope Secretary with any concerns: ~ cell: (343) 550-1567 ~ email: envelopesecretary@stpaulsalmonte.ca, ~ or in person.

Thank you Sara from everyone for all your hard work on this!

COVID-19 Guidance from the Diocese is available on our web site (<https://www.stpaulsalmonte.ca/covid-19-advisory-from-the-diocese/>)

Highlights:

1. Good hygiene practices are encouraged (regular hand washing and hand sanitizing, coughing or sneezing into your elbow or a kleenex, 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 discouraged.
4. Receiving only the bread during communion is acceptable and is still considered full communion.
5. Intinction (dipping the bread into the chalice) is not permitted.
6. While it is normal to be concerned, we should avoid fear and panic.