

Share the Spirit; Spread the Word April 30, 2019

Christian Meditation - St Barnabas, North Hatley & St George, Lennoxville

Centering prayer is a contemplative Christian practice. It involves sitting in silence, letting go of thoughts and emotions, in order to rest in the presence of God. All are welcome to join as we meet for a twenty-five minute session of centering prayer followed by twenty minutes of discussion. No previous experience is necessary, and instruction will be provided. Mediations will be offered from 6:00-7:00 pm at two sites: Tuesdays at St Barnabas, North Hatley and Thursdays at St George, Lennoxville. If you have any questions, contact Sam Borsman (819-620- 6058; sborsman@ubishops.ca)

Saturday, May 4, 9:00 - 1:00

Rummage sale at St. Augustine's in Danville. Muffins, coffee and tea will be served in the cafe.

Saturday, May 4, 5:30 pm

Benefit Méchoui for Mental Health Estrie at The Hut, 300 St-Francis St in Sherbrooke. Tickets are \$25 for adults and \$12 for children 12 and under. Reserve your tickets now by calling Irene Briand at 819-566-2067. You can also purchase tickets from Clarke & Sons or Directors of the MHE board. Come out and enjoy a delicious meal while supporting an important cause.

Sunday, May 5

The ecumenical Service of Hope and Inspiration will be held this year on Sunday, May 5th, 2019 at Lennoxville United Church, to honour family and friends who are suffering with cancer, those who have been taken from us by cancer or those who have survived cancer. Plan now to invite your friends and relatives to participate in this wonderful service of empathy, comfort and support for all whose lives have been touched by cancer or any other life-threatening disease.

Thursday, May 9 and Friday, 10:00 am - 5:00 pm, Saturday, 9:00 am - noon, bag sale

The UCW's Annual Rummage and Garage Sale. Donations are always welcome and may be left at the Church in the morning from Tuesday to Friday each week.

Saturday, May 11, 8:00 am - 2:00 pm

The annual large Garage Sale to benefit the Bishop's/Champlain Refugee Student Sponsorship Project will take place in the Bishop's University W.B. Scott arena (old arena). Donations of items in good condition will be gratefully accepted from Monday, April 8 to Friday, May 3 (last day for donations) and can be dropped off at the W.B. Scott (old arena)

lobby from 8 am to 8 pm (including Saturday and Sunday). Please note we cannot accept tires, mattresses, TVs and very old computer monitors.

Saturday, June 1

The Walk for Scleroderma will be taking place on Saturday June 1st at André-Viger Park. Scleroderma is a little-known serious chronic disease that affects thousands of people in Quebec. Please contact Violet Konrad for information on how to donate or to register to walk at 819 566 8391 or vkonrad@bell.net. Thank you very much for your support. See attached poster for more information.