

Share the Spirit; Spread the Word May 7, 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)

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

A very large Garage Sale to benefit the Bishop's/Champlain Refugee Student Sponsorship Project will take place at the W.R. Scott arena on the BU campus on Saturday, May 11 from 8 a.m. – 2 p.m. There is a large selection of furniture including book shelves, tables, chairs, desks, beds, and filing cabinets as well as 60 working computers and other electronics, clothes, books, toys, household items, dishes, small appliances, sports equipment and jewelry. All items are very reasonably priced. The Fill-a-Bag for 6\$ will take place between 1 – 2 p.m.

Saturday and Sunday, May 18 and 19, opening at 9:00 am

St Augustine's Church in Danville will be participating in the annual Danville Garage Sale Weekend. Families that participate make a donation to the PWRDF.

Friday, May 24, 7:00 pm

Terry Howell & Friends - Country, Gospel, Bluegrass, & Musique country par ses amis Francophonie to support the painting of Trinity United Church, 190 Principale, Ouest, Cookshire. Admission \$10, student \$6. Light refreshments. Information 819-875-3796 or 819-875-3863