

# Share the Spirit; Spread the Word

## July 2, 2019

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**Sunday, July 7, 10:00 am**

St. John's, Waterville Service at Quebec Lodge. All are welcome. Pot luck to follow.

### **St Francis Deanery Choir**

We are forming a choir which will sing in churches around the deanery once a month.

Beginning in the fall, we hope to travel around and sing in a different church each month.

No experience or training required just a love of singing hymns and a desire to bring choir music to our many churches. If you are interested please contact Deacon Gabriel at [gkwenga@quebec.anglican.ca](mailto:gkwenga@quebec.anglican.ca) for more details. "*Be joyful in the LORD, all you lands; serve the LORD with gladness and come before his presence with a song.*"

### **Plant Sale**

Marilyn Mastine has some tomato plants and pepper plants for sale once again to raise funds for St. Paul's, Sydenham. Perennials are available by appointment. Contact Marilyn at [m.mastine@hotmail.com](mailto:m.mastine@hotmail.com) or 819-839-2554.

### **EFM - Education for Ministry**

A program of theological education for lay people. Participants meet weekly and combine academic study with integrative components to help them include what they learn about Scripture, church history, theology and ethics into their own lives and hearts, supporting them in living out a vibrant baptismal ministry in the church and in the world. There is a weekly gathering held at Grace Church in Sutton, and registration for the September 2019 - May 2020 session is now open. Should you have any questions, would like more information or to register for this unique opportunity please feel free to speak with Tim Smart at (450) 538-8108.

### **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](mailto:sborsman@ubishops.ca))