

**HAPPY Thursday!**  
**Here are some things you should know.**

**Some news:**

The Dean is not well and is taking a health break. The Bishop will be in Charge along with the help of the Wardens, Staff and the honorary assistants leading worship and pastoral ministry. If you are in need of a pastoral visit, please be in touch with Claire in the office or the Bishop directly (250-819-2821).

**This Sunday!!**  
**AED Training**



St. Paul's recently purchased an AED (Automated External Defibrillator) for use in the event someone experiences sudden cardiac arrest while at the Cathedral. The AED provides audible instructions to users for safe use during a medical emergency. On Sunday January 5th 2020 after the 10am service, we will be hosting Stephen Ortega of St. John Ambulance who will lead an on-site training session in the use of the AED. If anyone interested in training is unable to attend this session or simply interested in reviewing additional training material, two copies of the manufacturer supplied training DVD are now available for 1-week

loan from the church office during regular office hours. Additionally, the same training video appears to have been uploaded to YouTube at the following link <https://youtu.be/hLtrzzK-DcQ>.

## Children & Youth Ministry



**Children's Ministry** meets this Sunday, January 5 during our 10am worship service. All are welcome! It's Epiphany Sunday - join us as we welcome the Wise Ones to greet baby Jesus.

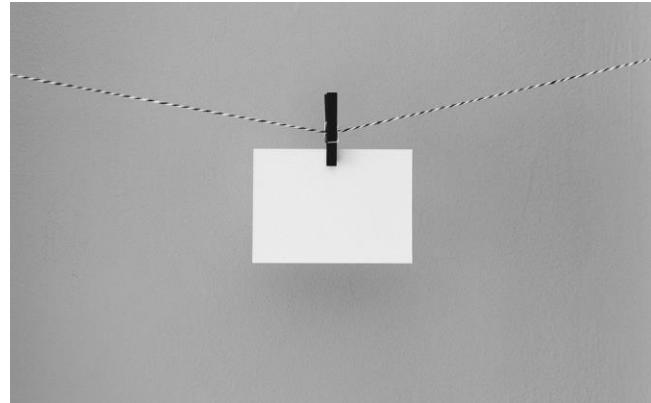
**Youth Group** meets on Friday, January 10th from 6:30-8:30pm in the Cathedral hall. A schedule for Winter 2020 is in the works!



Thank you to all our children, youth, leaders, parents and grandparents who helped and participated in our Christmas Eve Nativity Play - God was in the midst of our time together! What a great and energetic welcoming of the Christ Child! We will share some pictures in the coming week or so but for now include this moment that Dean Ken captured!

If you would like to be on the email list for children, youth and family ministry programs please email Melissa. If you have any questions or would like more information about the mentioned programs please contact Melissa Green at [stpaulscathedralyouth@gmail.com](mailto:stpaulscathedralyouth@gmail.com) or call/text 250-682-4866.

## 2020 Offering Envelopes



The envelopes for 2020 will be available at the back of the church on Sunday December 8, 15, 22 and 29. Because your envelope number may change from year to year, please remember that as of January 1, 2020 do not use your 2019 envelopes. (Throw them into recycling).

### Out of the Cold Training



St. Paul's Out of the Cold program will be operating at a third party location in downtown Kamloops starting in January 2020, and is looking for volunteers!

Those of you who currently volunteer for the program are invited to attend a Volunteer Orientation session on January 3. Volunteers will have a chance to meet the new Executive Director, and receive information about where and how the program will be operating starting in January 2020. There will also be a short training session on How to De-escalate Violence for those interested. Volunteers can choose from a morning orientation starting at 10:00 in the hall, or an evening session beginning at 6:30 in the basement.

### **Altar Guild**



January 15 -- The Altar Guild members will join the Wednesday 10 am service followed by AVM and social time.

### **Friendship Friday**



JANUARY 17th at 11 AM (This month only)  
Guest Speaker: Tyson Andrykew power point and information  
about proposed **Fine Arts Center**  
Soup and a bun available following presentation.  
All welcome!!

### **The Annual Vestry Meeting**



Is set for Sunday February 9<sup>th</sup>, 2020  
If you write me a report I would like them in no later than January  
22 ☺

