

HAPPY Thursday!
Here are some things you should know.

John Isaac



We are sorry to announce the death of John Isaac – many of you will recognize him as a past parishioner. His funeral details are as follows:

22 FEBRUARY
Funeral Service
11:00 am
LNIB SCHOOL
201 Horn Rd
Lower Nicola, BC

Friendship Friday



Friendship Friday February 21, 2020
Guest speaker Amy Baskin from CMHA
TOPIC Seniors Mental Health (the ups and downs in Life)
TIME 10 AM
ALL WELCOME

Friday Family Food & Fun



St. Paul's Cathedral
Your Anglican Cathedral In Kamloops BC



**Bring your family and celebrate Friendship Month on Friday
February 21st 5-7 pm at St. Paul's Cathedral Hall, 360 Nicola St.**

Gather for a free family style dinner followed by children's stories and friendship themed crafts, games and songs. Invite another family to come too!

Friday Family Food & Fun is a non-religious community event held the 3rd Friday of each month. Families of all descriptions are welcome (LGBTQ, single parents, grandparents, etc.) The games, crafts and stories are aimed at young children, pre-school and early elementary school age children (3-10 years old) although all are welcome.

Register on Eventbrite at <https://www.eventbrite.com/e/friday-family-food-and-fun-tickets-92998758791> or by calling or texting Cathy at 250-852-3295

Soup Bee



Monday February 24 at 9:30am

Come peel, chop, laugh and make soup for our Soup Ministry Program. Coffee, Tea and muffins (or something suitably snack like) provided.

Ash Wednesday Services



**February 26 – 10am in the Chapel
7pm in the Cathedral**

SHROVE TUESDAY

Pancake Supper

TUESDAY, FEBRUARY 25, 2020

5:00PM - 7:00PM

ST. PAUL'S ANGLICAN CATHEDRAL

360 NICOLA STREET

SUGGESTED DONATION: \$5/PERSON

Join us for:

- Pancakes
- Sausages
- Intergeneration Craft Station
- Community



Lenten Lectures start next week!

LENTEN LUNCHEON LECTURES 2020
St. Paul's Anglican Cathedral in Kamloops

**YOU'LL NEVER WALK ALONE:
THE PLACE OF MUSIC IN
SPIRITUAL LIFE**

**THURSDAYS AT 12:15PM - FOLLOWED BY A
LIGHT LUNCH**

February 27

In the Beginning was the Song
Gordon Light

March 19

Popular Song As Prophetic Voice
Ron Ste Marie

March 5

*The Sound of the Kingdom of God:
Orthodox Liturgical Music*
John Boyd

March 26

Music in Health Care
Gorden James

March 12

The Inner Song as Holy Voice!
Bob Wallace

April 2

*Music As Part Of The Spiritual
Journey*
Dan Hines & Oliver Swain

I am so thankful for music that speaks into my soul, my life.
Especially some of the old hymns that cement truth and the new
ones that refresh and challenge my daily walk with God.
- Joanne Schroeder

*Since 2004 the St. Paul's
Lenten Luncheon Lectures
Series has attracted some of
our local most imaginative
and thoughtful speakers and
leaders. This year's offering is
no exception.*

Contact St. Paul's Cathedral

360 Nicola St. Kamloops BC Canada - 250-372-3912
stpaulscathedral@shawbiz.ca - kamloopsanglicancathedral.com

Children & Youth Ministry



Children's Ministry meets this Sunday, February 23 during our 10am worship service. All are welcome! Join us we encounter the story of the Transfiguration.

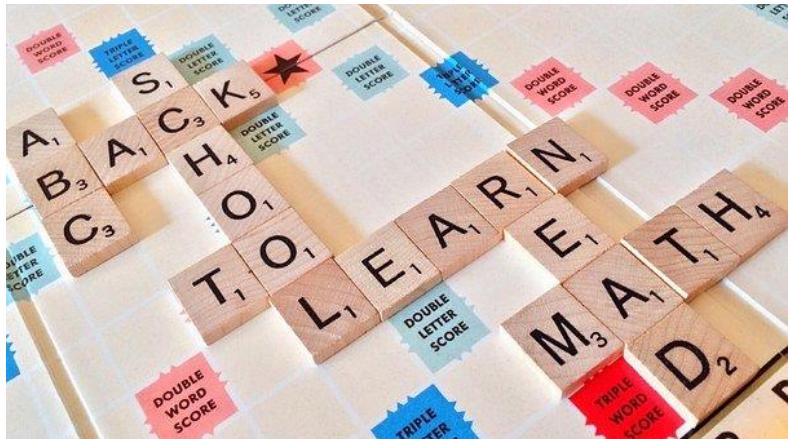


Youth Group meets on Friday, February 21 from 6:30-8:30pm for an evening of games and a Lent activity. We may also be making soup for the Cathedral soup program, depending on how our time unfolds. This week we are meeting in the Cathedral Sanctuary space and the basement, **please enter using the Cathedral entrance with the ramp**. We also have rock climbing scheduled for February 28th - information is in the youth newsletter, please RSVP with Melissa by February 25!

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 or call/text 250-682-4866.

KIWANIS SCRABBLE TOURNAMENT

Monday, Feb.24 **6:00 PM to 9:00 PM**
The Vic Downtown **377 Victoria St**



Pre-registration \$22.23 @kamloopskiwanis.org
Registration \$25 at the door (Cash or Cheque)

Proceeds to:

Kamloops Festival of the Performing Arts

FMI: Peter 250-574-6314/Roger 250-299-1163

There will be a Silent Auction / Refreshments available

PWRDF Lenten Resource Listen to the Lenten Gospels

**This Lent, PWRDF invites you to join us on an audio journey
through the Gospels of Lent.**



Beginning on Ash Wednesday and continuing each Sunday to Easter, you will receive an email with an audio recording of the day's Gospel and an audio reflection responding to the Gospel by Archbishop Linda Nicholls and six other friends of PWRDF.

(Written texts will also be provided.)

On each of the following three days, you will receive emails inviting you to listen to the reading again and enter into your own time of reflection using Gospel-based Discipleship, the practice developed by the Anglican Church of Canada's Indigenous Ministries. This practice asks you to identify how the words speak to you, and what Jesus (the Gospel) calls you to do. Finally, we will invite you to read how PWRDF responds to the Gospel message through our projects and partners.

Our diverse group of voices are:

- **Ash Wednesday – [Archbishop Linda Nicholls](#)**
Primate, Anglican Church of Canada
 - **Lent 1 – [Rev. Scott McLeod](#)**
Refugee Sponsorship Coordinator, Diocese of Niagara
 - **Lent 2 – [Dorothy Marshall](#)**
PWRDF Representative, Diocese of Edmonton
 - **Lent 3 – [Allison McDougall](#)**
Postulant, Diocese of Huron
 - **Lent 4 – [James Kornelsen](#)**
Canadian Foodgrains Bank, Winnipeg
 - **Lent 5 – [Elsa Tesfay](#)**
PWRDF staff member
- **Palm Sunday and Holy Week – [Rev. Canon David Harrison](#)**
PWRDF Board of Directors, Diocese of Toronto
 - **Easter – [Archbishop Linda Nicholls](#)**
Primate, Anglican Church of Canada

Subscribe here - [Subscribe](#)

Holy Week Services



Holy Week at St. Paul's Cathedral 2020

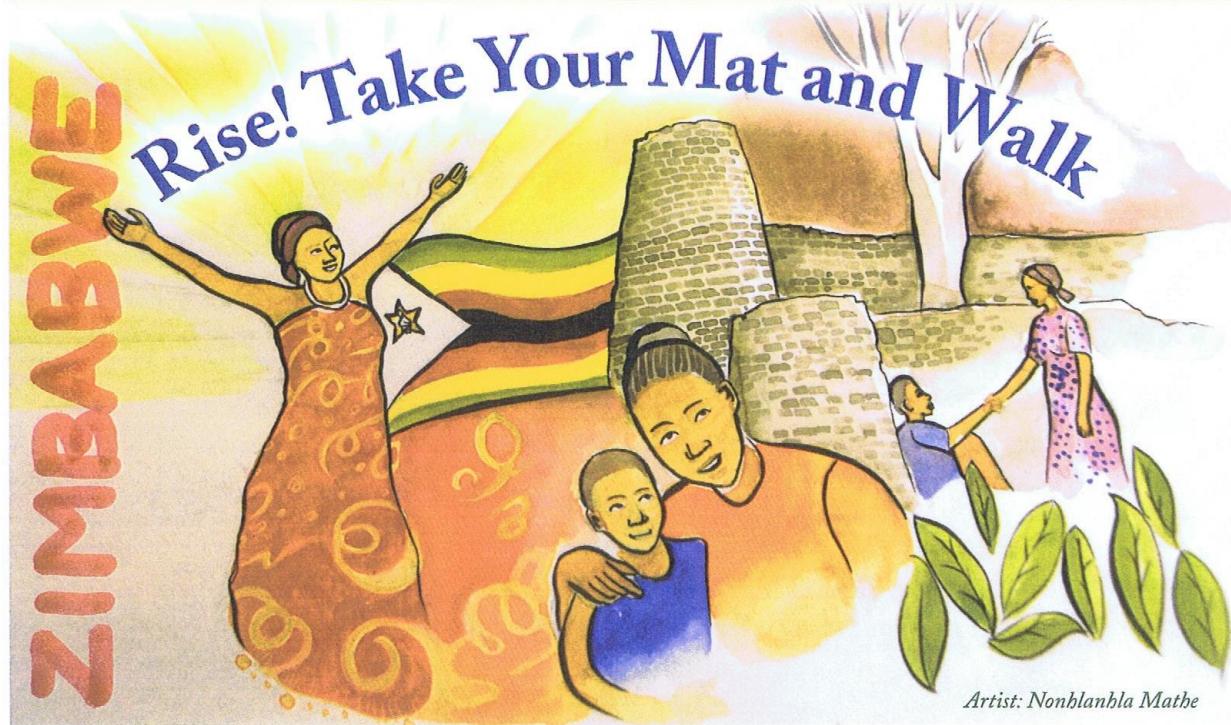
Palm Sunday	April 5	8:00 a.m. 10:00 a.m.	Holy Communion Holy Eucharist and Liturgy of the Palms
Maundy Thursday	April 9	7:00 p.m.	Holy Eucharist with Foot Washing, The Stripping of the Altar
Good Friday	April 10	11:00 a.m.	The Celebration of the Lord's Passion
Easter Day	April 12	5:30 a.m. 8:00 a.m. 10:00 a.m.	Sunrise Eucharist (on the Beach off of Schubert Drive) Holy Communion Holy Eucharist

World Day of Prayer



World Day of Prayer 2020

Journée mondiale de la prière 2020



Artist: Nonhlanhla Mathe

Ecumenical Worship Service Information/Renseignements sur la célébration œcuménique

MARCH 6, 2020

ST. ANDREW'S PRESBYTERIAN
1136 - 6TH AVENUE, KAMLOOPS

Day/la date

1:00 P.M.

MARCH 6, 2020

OUR LADY OF PERPETUAL HELP
635 TRANQUILLE ROAD, KAMLOOPS

Location/l'endroit

7:00 P.M.

Time/l'heure

RECEPTION TO FOLLOW

EVERYONE IS WELCOME!!

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Additional Information/informations supplémentaires

Service written by the **World Day of Prayer Committee of Zimbabwe**, prepared and adapted for use in Canada by the **Women's Inter-Church Council of Canada**
Service rédigé par le **Comité de la Journée mondiale de la prière de Zimbabwe**, préparé et adapté pour le Canada par le **Conseil œcuménique des chrétiennes du Canada**



The Circular



It is never too early to think about submitting an article to the Circular. The next theme is RENEWAL and the deadline is March 13. You can submit articles to - stpaulscathedralcircular@gmail.com

Vancouver School of Theology Summer School



VST Summer School
July 6th to 17th, 2020

Early-Bird Registration until May 15th.
[REGISTER NOW](#)

During the beautiful month of July, VST hosts an exciting array of courses. This is a terrific way to spend some time on the beautiful UBC campus while sampling what VST has to offer.

Public Lectures

Jesus Today

Speaker: Katherine Sonderegger

Tuesday, July 7th, 7pm

St. Mary's Kerrisdale Anglican Church
2490 W 37th Ave, Vancouver, BC
Free Admission

Thomas Merton Public Lecture

Speaker: Christine Bochen

Thursday July 23rd, 7pm

Epiphany Chapel
6030 Chancellor Blvd, Vancouver, BC
Free Admission

The Company of Preachers

The Preacher King

Speaker: Richard Lischer

Tuesday, July 14th, 7pm

Epiphany Chapel
6030 Chancellor Blvd, Vancouver, BC
Free Admission

Sorrento Centre

Summer 2020 Programming is now online

Week 1 July 5 - 11, 2020



Eco printing on paper: small journals and cards with Kathy Kinsella

Explore the amazing way that leaves and botanical bits we gather at Sorrento Centre will be encouraged to transfer their shapes and colours to paper. Eco printing is a wonderfully natural process influenced by natural dyes that are put in the vat with the paper. The beautiful paper that we print will be made into small journals and greeting cards that will provide you with lasting memories of Sorrento Centre!

Kathy Kinsella is a gifted Shuswap fibre artist who creates original art quilts and eco print accessories in her home studio.

Tuition: \$335 plus Lab Fee of \$20 payable to instructor on first day of course.

Tuition: \$335
To register - [Register](#)