

HAPPY Wednesday!
Here are some things you should know.

Attached are:
SUNDAY MORNING ONLINE WORSHIP
May 17, 2020 at 10 a.m.

What worship looks like during the COVID-19 situation:



Join us Sunday at 10am for our time of worship together online.

How to Join Us:

If you are on Facebook: Go to the St. Paul's Cathedral, Kamloops BC page. The live stream of the service will begin at 10am and should appear for you at that time. If it doesn't, refresh your web browser and try again!

If you are not on Facebook: You should still be able to access the live streaming of the service without making an account. Go to this link: [Facebook Link](#) and the live stream should begin at 10am. **You may need to say "no" to the invitations to create an account.**

Can't join us at 10am on Sunday? No worries! The service will stay on the Facebook page for St. Paul's and within a few hours will also be uploaded onto the Cathedral website for your viewing.

We look forward to gathering with you on Sunday morning
through the ways that technology offers to us

Tomorrow!
Virtual Coffee with Ken, Kathie and Melissa



**Join us on ZOOM for a "virtual coffee hour" at 10am on Thursday
May 14, 2020**

This will be a time for conversation and checking in with those who drop by. It will be a new format for us all - so we'll see what works and what we can do differently as we seek to be together and support one another in new ways.

ZOOM is a platform that allows for video and audio presence, if your technology has those pieces, as well as the ability to phone in for conversation.

(If you are experiencing difficulty with joining us during the scheduled time, after trying the below instruction, call Melissa at 250-682-4866 and she will try to walk you through it!)

Access is fairly simple, follow these instructions:

CONNECT ONLINE

Click the link below in your web browser

<https://zoom.us/j/196396852?pwd=amFuLzBtSFZxQ25VcXJTNFJDOE9HUT09>

Zoom may install a piece of software on your computer so you can connect. If you use Zoom already it is likely there now. Finally you should see your picture on the screen. Tell Zoom you would like to connect with Computer Audio and you will be able to speak and hear and see others.

CONNECT BY PHONE

If for any reason you cannot connect with video you can call in by phone.

Dial +1 778 907 2071

When prompted enter the Meeting ID: **196 396 852**

IGNORE THE REQUEST for participant number by pressing #

When prompted, enter the Password: **806044**

EITHER WAY WE HOPE YOU CAN CONNECT WITH OTHERS
NEXT TUESDAY AND/OR THURSDAY. The same link should
work for all our coffee time meetings.

CONCERNING SECURITY, we are only sharing this link by email
and not on our website so it is not "public."

Children & Youth Ministry



Dear Families,

We are in the last few weeks of the Easter Season which is 50 days long. Easter started with a story of surprise as we heard about the resurrection of Jesus and how his friends responded. Surprise has continued to be a theme through these 50 days, and it's not over yet!

I wonder if you have been surprised by anything during this season of Easter?

I found myself startled and surprised by a hummingbird while I was hiking over the weekend. It was flying around my head and getting really close (they are so loud!), I found myself amazed and surprised. It followed me for a stretch of the hike and I realized that God was still showing up and surprising me in unexpected ways! The other evening I saw this robin's egg shell, a sign that new life that has entered the world again.



Melissa is available to connect with families, children and youth via email, phone, MessengerKids, and video chat. She can be reached at stpaulscathedralyouth@gmail.com or call/text 250-682-4866.

Self-Care Comfort and Activity Book



Friends, we have obtained a few copies of a booklet from the Lindisfarne Scriptorium specially created for use during the pandemic (or at other stressful times). If you would like a copy, simply contact Kathie Gray at macmum@shaw.ca If possible we ask for a \$5 donation to cover costs. We are distributing via the Gray family mailbox at 211 Arrowstone Drive. If that is inconvenient, we can make other arrangements for delivery.

The following information is posted at https://www.lindisfarne-scriptorium.co.uk/index.php?option=com_jcommerce&Itemid=138&pgn=product_info&products_id=1699

When life is challenging it can be hard to remember that God is bigger than all our fears and worries and when we're isolated for whatever reason we need to be kind to ourselves and focus on keeping going, distracting ourselves from destructive thoughts and whenever possible help our lives to be richer for the experience.

This book won't eliminate your challenges but we hope it may help you through them.

It has been designed and written by Mary Fleeson and her daughter Aurian Fleeson.

This book is staple bound, A6 (10.5x14.8cm) and 24 pages and is new for 2020.

Building is CLOSED



Please know that St. Paul's Cathedral is closed until further notice for all uses. If anyone requires access to the building please

contact John Buckle. Please stay home, for yourself, and for everyone.

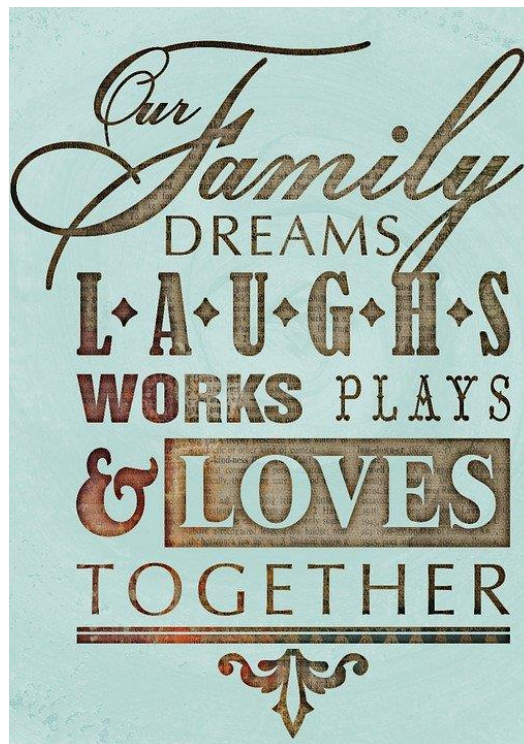
While most folks are approved for accessing the building, a few people still forget or may still be unaware to get advanced authorization (from Jon Buckle at 250 571-0675)

Additionally there are hand sanitizer dispensers for hands and disinfectant sprays to use to wipe down any door handles and other surfaces touched. A number of people have not been doing this.

As we have several people with elevated risk for respiratory problems, please follow these procedures consistently to keep everyone safe!

Thank you,
Jon

The Circular



As an activity for the time that we are confined to our homes I invite all you would be Ernest Hemingways and Margaret Atwoods to write a piece for the Circular about Family. It can be the history of your family, or an amusing story, or your adventures climbing the family tree, or what "family" means to you. You can tell us about your relatives near and far, your in-laws and your out-laws, etc. Tales of your fur babies are also welcome. It doesn't need to be the great Canadian novel, anything from a page or two to a paragraph or two is good. **The deadline for submissions is June 15, but I could be flexible by a day or two.**

Happy writing.

Elizabeth
Editor St.Paul's Circular