

HAPPY Wednesday!
Here are some things you should know.

Attached are:
SUNDAY MORNING ONLINE WORSHIP
Bulletin for May 24, 2020

Sad news



I am sorry to inform the parish of the death of Jim Freathy. Jim has lived with ALS for a number of months so it is a relief that he is now free of pain and discomfort. He leaves a marvellous legacy not only among his family, among us here at St. Pauls but also in the wider Kamloops community. Rest eternal grant unto him O Lord, and light perpetual shine upon him.

The family will gather soon for a private service. A wider community celebration will occur when it is safe for us to gather in larger numbers.

Prayers for sons Brock and Brad and their families are appreciated.
May 24th is the first anniversary of Diane's death.

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

Children & Youth Ministry



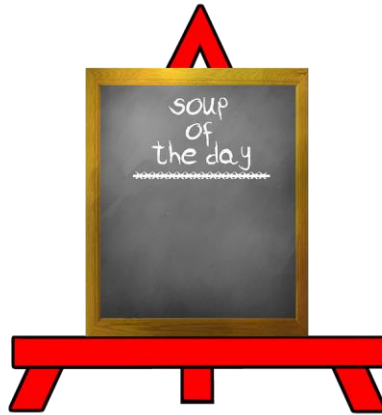
Dear Families,

While I was out walking the neighbourhood the other day I came across this piece of art with a timely message on one of the telephone poles: "Don't let fear cloud your joy." Have you seen any artwork around your neighbourhood during these last weeks? Maybe you came across a an image or message that was timely for you!



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](tel:250-682-4866).

Soup Ministry Update



Our soup Ministry was busy in the month of March and the first two weeks of April. COVID shut down a lot of the meal programs around town and the food bank was also critically short on food during this time. This resulted in a higher than normal volume of people needing meals

March had 79 people

April had 43 people

I am thankful for Ron, Miriam and Barry for making soup and meals to help meet the demand.

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

**Got Stuff?
THRIFT SHOP - DONATIONS NEEDED**



Although St. Paul's Cathedral remains closed and the Thrift Shop will not be opening until September at the earliest, we realize that many people have items they have set aside for St. Paul's Thrift Shop. We are therefore going to be open only to receive donated items as follows:

**Wednesday & Thursday June 3rd & 4th
10 am – 1 pm
Alley (back) door**

There will be Thrift Shop volunteers there to receive your items. If this donation time works well, we will likely schedule another such time later in the summer.

Please do not leave donations outside the door when no one is there.

If these times do not work for you, please contact Elaine Parkes at 250-374-2316 or 250-318-4749 to arrange for a drop off time.

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