

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

**Attached are:**  
Bulletin Sunday June 28, 2020  
**The latest edition of the Circular!**  
Cathedral Committee Meeting Minutes

**Sunday Facebook Live Service – 10am**



photo credit Ken Gray

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

**From last week:**



Any of those interested in the Word Warrior book of poetry by Dennis Saddleman please let the office know. It is \$25

### **Small Group/Outdoor Gatherings**



As the weather warms, parishioners may wish to gather outdoors in small groups of friends or ministries. For these informal gatherings please continue to follow guidance from the BC Provincial Health Officer, Dr. Bonnie Henry. Information can be

accessed at <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/>. In addition to appropriate social distancing, we ask you to keep personal records of attendees and forward this list to the office where we will add to other lists already submitted should future contact tracing be required.

## Children & Youth Ministry



Dear Families,

As part of this Sunday's readings we read Psalm 13, a psalm where we hear the ever so familiar complaint: "how long?". When are times that you have asked "how long?"?

I think of long drives to exciting places, waiting for my turn, waiting for the end of the school day, waiting until I can see my friends again, and waiting for the cookies to finish baking in the oven!

Psalm 13 is a "how long" psalm... we hear the psalmist asking God how long bad stuff will last, asking God to help, and then we hear the beautiful reminder that God is with us and God's love is constant.

Consider reading this Psalm together as a family:

### Psalm 13

**All:** How long

**Leader:** will you forget me, LORD? Forever?

**All:** How long

**Leader:** will you hide yourself from me?

**All:** How long

**Leader:** must I endure trouble?

**All:** How long

**Leader:** will sorrow fill my heart day and night?

**All:** How long

**Leader:** will my enemies triumph over me?

**Leader:** Look at me, O LORD my God, and answer me.  
Restore my strength; don't let me die.  
Don't let my enemies say, "We have defeated him."  
Don't let them gloat over my downfall.

**All:** I rely on your constant love;  
I will be glad, because you will rescue me.  
I will sing to you, O LORD, because you have been good  
to me.

*Based on Today's English Version*

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](mailto:stpaulscathedralyouth@gmail.com) or call/text 250-682-4866.

## 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.

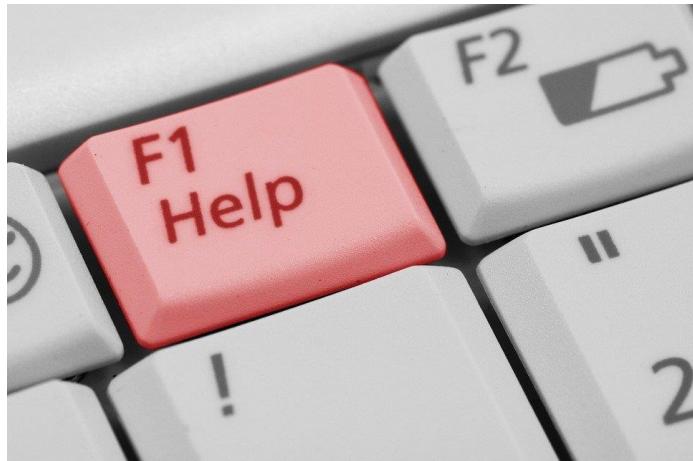
While most folks are approved for accessing the building, a few people still forget or may still be unaware to get advanced authorization (from Jon Buckle at 250 571-0675)

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

Need a hand?



**From Lynn Snook** - Tinashe (one of our parishioners) has been unable to find work this summer due to COVID-19. He is interested in most anything that folks might need help with.

We worked together most of the day today and will again on Friday. Very exciting jobs (NOT) such as digging up 2 foot tall thistles, raking the hillside, moving piles of Pineneedles and cones onto a tarp and then into a truck.

He's a very willing and able worker.

His email address is [tinashendoro99@gmail.com](mailto:tinashendoro99@gmail.com)