

HAPPY THURSDAY!

Here are some things you should know

From the Dean



Here is a neat story about a faith-based farm in Alberta. The author, Jerremie Clyde may be part of our Season of Creation focus in September. The only thing holding him back . . . is that September is harvest time. See what happens.

<http://www.kolbetimes.com/little-loaves-farm/>

Good to know!



On Monday we had 257 views on our website as a direct link from our Facebook page. This is exciting and interesting to note. Keep on liking and sharing posts 😊

Soup



Have some time this month to fill the freezer with frozen soup? Our stores are getting a little low. We are making plans for the fall to incorporate the Season of Creation with the generous soup donation to make a soup making event. Stay tuned for more details but in the meantime if you can make soup please do!

Summer Update



As we move towards summer, and people come and go, we do not shut down, but our pattern does shift a bit. As the Dean takes four weeks of holiday commencing Friday, June 30, other clergy will preside and preach including:

Bishop Barbara, July 2

Dan Hines, July 9

Gordon Light and Barbara Liotskos, July 16 and 23

Enjoy their leadership and bless them as they bless you and your guests.

Children, Youth & Family Ministry



Children's Sunday School - our scheduled children's ministry programming is over for the school year but don't let that keep you from joining us for worship through the summer! The children's area in the sanctuary is ready to invite and welcome you and Melissa and other members of the team will be around to say hi!

Youth Group: Our last youth group gathering for the school year is this Friday, June 16 from 7-9pm at the Cathedral! Join us as we enter into the summer months!!

If you have any questions or would like more information about the mentioned programs or have a young person or family hoping to connect with someone, please contact Melissa Green at stpaulscathedralyouth@gmail.com or call/text [250-682-4866](tel:250-682-4866).

SORRENTO CENTRE • *Retreat & Conference Centre • A gathering place for all!*



Sorrento Centre Corner

What can you learn this year at Sorrento Centre?

The 2017 program guide is available on line now! Plan your summer accordingly!

<http://www.sorrento-centre.bc.ca/landg-calendar.html>

Upcoming and Interesting

Week 3

Sunday, July 23 – Saturday, July 29, 2017



Spiritual Needs and our Health
with Bob Glasgow

WE HAVE THREE UNIVERSAL SPIRITUAL NEEDS, no matter our spiritual or religious background: Relatedness and Belonging; Meaning and Purpose; Forgiveness and Reconciliation.

This retreat will look at how we meet these needs and examine how they become especially important in times of suffering.

Suffering tends to make people feel alienated and alone in the world; thus, we are called to a new awareness of our need for relatedness and belonging. Suffering can pull the rug out from under our feet, the loss of meaning and purpose becoming a central reality of our lives.

How do we live with this disrupted vision for a time and then restore new directions for our future? And how much of what we learn and gain as we transcend suffering actually becomes a large part of our new life?

Suffering invariably brings awareness of our need for forgiveness and, at times, reconciliation. Repressed resentment costs us too much of the energy required to expend on our healing.

This retreat will focus on how we meet these universal spiritual needs which I believe to be through our relationship with God, and the

relationship we have with ourselves and our community. We also meet those needs by developing healthy core spiritual beliefs.

Course Fee: \$320

For more information: <http://www.sorrento-centre.bc.ca/2017-0723c-spiritual-needs-and-our-health.html>