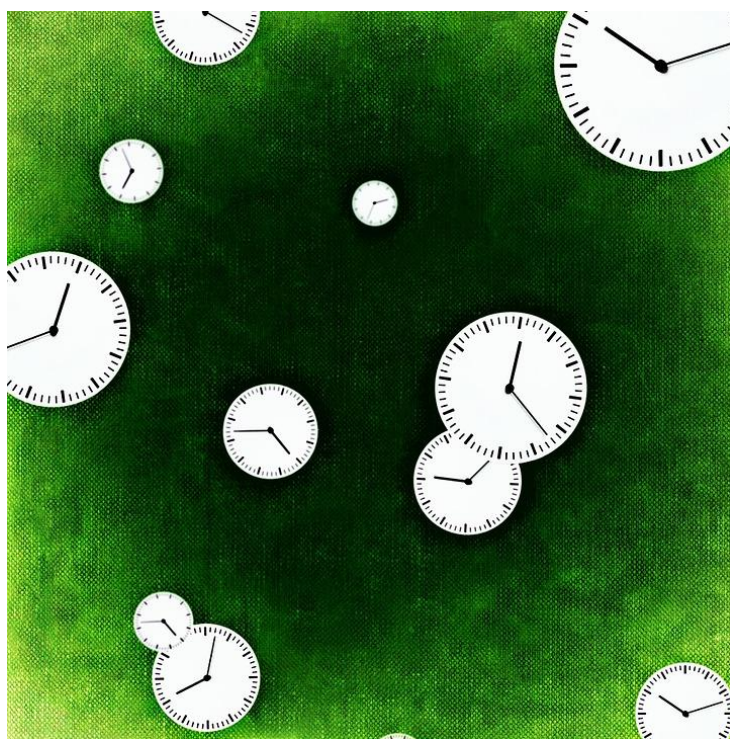


Happy Thursday!

Here are some things you should know

Attached is an electronic copy of the Circular – thank you to Chuck for getting it together and we hope he feels better soon!! There will be a few paper copies available at the back of the church.



It is my favorite day of the year – the day daylight saving times ends (this makes me early for everything for at least a month as opposed to being late)

Remember to set your clocks back an hour Saturday night as time changes at 2am Sunday morning

Otherwise you will be really early for church



We are moving forward with the HARD OF HEARING SYSTEM for the cathedral. Those who have hearing challenges are asked to contact the office as we will soon schedule a workshop to explore appropriate technologies for installation.



This Sunday!!!! ALL SOLES DAY, Sunday Nov 6 at both services. Please bring new (or very gently used) shoes and socks for distribution to those in need through the Out of the Cold Shelter.



Anglican Church of Canada

News from General Synod

An update from General Synod

<http://us1.campaign-archive2.com/?u=d120aa8efc4112c7cae41108e&id=ccf2aa7133&e=847b23ccdd>



Children, Youth, Young Adults Ministry

Children's Sunday School on Sunday, November 6, 2016. This week we will have a shorter Sunday School class as we will join in the celebration of baptism with Chloe and Emma. Please join us as we will make a special card for Chloe and Emma (two babies being baptized this Sunday) and welcome them into the community!!

Young Adults meets next on Sunday, November 13 at 6:00pm in the Cathedral Hall/Kitchen. All young adults are welcome to join us.

Youth Group meets next on Friday, November 4, 2016 from 7:00-9:00pm for grades 4-12. This week it's crayon night!! Come as your favourite crayon (aka: wear as much of your favourite colour as you can!) and join us for an evening of colour!!

Youth: We have been invited to serve dinner at the Cathedral **Remembrance Day Memories Dinner**. We'll gather in the Cathedral hall at 4:30pm, eat dinner together and then serve dinner and dessert to everyone who has gathered together! (For planning purposes plan for pick-up around 8pm, I'll have my phone with me if you need to reach us and find out how things are unfolding.) Please let Melissa know if you can join us and help out!

Please note that Melissa is out of town from the afternoon of November 6 until the afternoon of November 12. Email and texts will be monitored!

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.



Remembrance Day Memories - The annual celebration of the veterans of the war will be held on Saturday, November 12 at 5PM. Robert Hall has a presentation on the “Battlefields of World War I” Tickets will be available after church in the hall.

Adults \$15, Children \$5.00 and Family \$35



November 18 – Friendship Friday 10am –

Guest Speaker: David and co-workers from Kamloops Makerspace
Everyone welcome!!

Voices that Matter: Storytelling as a Path to Creativity and Wellbeing

"The art of storytelling is one of the oldest healing-teaching practices found in all cultures throughout time. At this workshop, you'll have a chance to spend some time writing down and recalling a few of your own stories. You'll hear examples of stories written by others that connect each of us to something essential about our own stories. You'll discover the writer within you and a path to harvesting stories from your own life to share with family, relatives, friends and others seeking to build community through story writing and the story conversations.

You'll reconnect with the joy of being human and the goodness we create when we tell our stories and listen to those of others. Discover how connecting to our own story and sharing it with others enhances wellbeing and strengthens community. No previous writing experience is necessary. The workshop is facilitated by Ray McGinnis, author

of Writing the Sacred: A Psalm-inspired Path to Appreciating and Writing Sacred Poetry.”



What people are saying about Voices that Matter:

“This was a very gentle way to get me to put pen to paper and cherish some of the stories from my life, including larger world events that were formative for my parents. The sharing in our group was rich and I think I’ll be staying in touch with a few of the people in my group to do this on an ongoing basis.” ~ Ann, participant, Montreal

“I don’t consider myself a writer. But Ray made it easy inviting us to jot down notes and giving us great story examples to get my mind turning to some things I want interested to write about. I surprised myself about what I ended up choosing to write about. Something I had forgotten that happened a long time ago but reappeared for me to write about with fresh appreciation.” ~ Sally, participant, Toronto

Date: Wednesday, November 23

Time: 7 PM to 9 PM

Location: Kamloops United Church

Cost: \$20 per person at the door

Please register at the KUC office by Monday, Nov. 23

Ph: 250-372-3020 e-mail: kuchurch@shaw.ca

Ray McGinnis is author of *Writing the Sacred: A Psalm-inspired Path to Appreciating and Writing Sacred Poetry*. He has facilitated workshops since 1999 in over 400 towns and cities across North America.

He lives in Vancouver. His website is www.writetotheheart.com



November 26 – Chant Chart & Converse 10am

Participants in this workshop will have an opportunity to experience several spiritual practices and to discuss their own spiritual path. Leaders are Jennifer Bertuzzi and David Lister – the day will conclude with a Celebration of Holy Eucharist – a light lunch will be provided.

Please RSVP to the cathedral at stpaulscathedral@shawbiz.ca



PIT stop is coming up on Dec 4th this year from 12:30-5:30.

PIT stop stands for People In Transition Program which was started at Kamloops United Church in 1996 or 1997. It is a hot, served meal to guests who are marginalized or street entrenched community members including seniors, youths, families and adults. We strive to reduce the impacts of poverty by providing food and support in a caring and safe environment

This hot meal program serves a nutritious dinner and are provided without charge.

1st Sunday in December is provided by St Paul's Cathedral as the space in the United Church is promised to another group of people for that Sunday.

Anyone interested in helping please email Kathy Moore at

kathymoore@telus.net



February Faith Lectures – Mark your calendars!!!!

Sunday February 26, 2017 – 7pm – For Those Supporting Refugees:
Lessons from North American Indigenous Experience. Guest Lecturer is
the Rev Dr Martin Broken Leg, Ed. D. OSBCn

&

Monday, February 27, 10am until 12 noon. Ancient Benedictine
Spirituality: The Case for a Dispersed Canadian Community. A lecture
for our territory and our times. Guest Lecturer is the Rev Dr Martin
Broken Leg, Ed. D. OSBCn.

For more information please check out the Territory of the People's
new web site

<http://www.territoryofthepeople.ca/events>