

Happy Thursday!

Here are some things you should know

**Tonight**



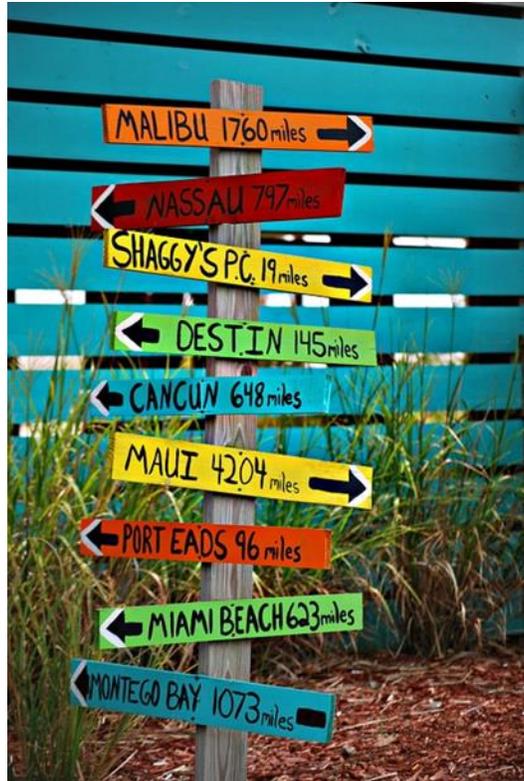
***Risen, Ascended, Glorified***

*A Liturgy for Ascension Day, May 25, 2017 – 5:30 p.m.*

St. Paul's Cathedral, Kamloops in the Territory of the People/Anglican  
Church

*Don't miss this chance to meet with the Anglican Bishop of Montreal,  
the Rt. Rev. Mary Irwin-Gibson. Potluck to follow in the Ruth Room*

**Tomorrow**



**Friendship Friday...**

**FRIDAY. MAY 26th.....10 a.m.**

Guest speaker: Kathy Moore, "Travel Adventures"

ALL welcome.....



### **Children, Youth & Family Ministry**

**Children's Sunday School** this Sunday during the 10am worship service!

Join Melissa and the team as we learn about the prayer that Jesus has taught us!

**Youth Group:** Youth Group meets next on Friday, May 26 from 7-9pm.

It's painting night!!

You are also invited to join us on Thursday, May 25th at the Cathedral for a worship service with the Bishop of Montreal at 5:30pm followed by a potluck dinner. It would be wonderful to have you with us!

**Young Adults** message Melissa for more information on our next gathering.

If you have any questions or would like more information about the mentioned programs please contact Melissa Green at [stpaulscathedralyouth@gmail.com](mailto:stpaulscathedralyouth@gmail.com) or call/text [250-682-4866](tel:250-682-4866).

Remember that on June 4<sup>th</sup> we are at McDonald Park

*You're invited*  
Sunday, June 4<sup>th</sup>

10:30 a.m.



McDonald Park, Kamloops

**(McDonald Park is flanked by King, McDonald & Park Streets—and is most easily accessed off MacKenzie)**

Parking is available around the park on the streets.

A truly ecumenical experience as  
St Paul's and St George's Anglican,  
Hills of Peace Lutheran, and  
Kamloops, Plura Hills and Mt Paul United  
Churches gather to celebrate Pentecost

Please bring lawn chairs, sunscreen, a hat, a friend  
or two, and a spirit of celebration!

Hot dogs, veggies, desserts and drinks  
by donation after the service!

Be Pentecostal! Wear red, orange or yellow!

***For health reasons, we ask that you help us to  
create scent free environment! Thanks.***

*If you need a ride to the park, or for more  
information, please contact your church office:*

*Kamloops United 250-372-3020*

*Mount Paul 250-376-2261*

*Plura Hills 250-828-1123*

*St Paul's Anglican 250-372-2912*

*St George's 250-376-3243*

*Hills of Peace 250-828-2221*

In case of rain, we will gather at Kamloops United Church,  
421 St Paul Street. A rainout will be called by 8:30 and post-  
ed at [www.mtpauluc.ca](http://www.mtpauluc.ca).



**Strawberry Tea – Come Celebrate Canada’s 150<sup>th</sup> Birthday**

Friday June 9 at 1:30pm in the hall

Cost \$5

Would you like to help serving, set up, or in the kitchen? Ideas for  
Canada 150?

Please contact Rae at 250 372-7582.



**Parish Picnic at Prince Charles Park on Sunday June 11 after the 10AM Service.** Hamburgers, salmon burgers, & hot dogs will be barbequed for all. Parishioners are asked to bring finger food veggies, chips, and appetizers. Ice cream sandwiches will be provided for dessert. Please come and bring your lawn chairs or blankets. For more information contact Roger Parkes

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 2**

Sunday, July 16 – Saturday, July 22, 2017

### **Life Review**

***with Elizabeth Banister, Lin Langley and Dianne Westwood***

**"LIFE REVIEW" IS A SMALL GROUP PROCESS** of reflecting on, writing about, and telling one's life history. Understanding where we've been, what we've done, and how we've been shaped by life events, we can better imagine and plan our future.

The thematic approach of “Life Review” brings understanding of the past into the present. The process is not counselling, but is facilitated by trained counsellors and educators.

Small groups meet for 3 hours each morning over 5 days, and for 1 hour on 2 afternoons. Each session focuses sensitizing questions on themes such as branching points, family experiences, and life work.

Participants reflect and write on each theme, read their written “life stories” to their small group, witness others’ stories, and give/receive feedback to/from group members.

Benefits of “Life Review” include

- greater understanding of past experience; confidence to move forward
  - re-established interest in past activities
- recognition and renewal of abilities that mobilize past coping skills within current life
  - resolution of past resentments and negative feelings
  - deeper sense of purpose and meaning.

A telephone interview with a group leader is required to register in this course.

Course Fee: \$420

For more information: <http://www.sorrento-centre.bc.ca/2017-0716a-life-review.html>