

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

**Tomorrow**  
**Singing our way towards wholeness**

**SINGING OUR WAY TOWARDS WHOLENESS**  
*Saturday, January 12, 2019 from 10 a.m. till 1 p.m.*  
*St Paul's Cathedral 360 Nicola Street at 4th Avenue*

*Music, Prayer, Eucharist, Teaching, Contemplation, Prayer Shawls,  
Healing Oil, Letter Writing, Shared Meal*

*LEADERS: Dean Ken Gray - David Lidster - Jennifer Betuzzi*  
*A light lunch is included*

*Pre-registration is most helpful to us*  
*Please email David Lidster at [davidlidster@shaw.ca](mailto:davidlidster@shaw.ca)*

### **From the Dean**

It's that time of year again, especially for those who wish to revise their electronic contributions in support of our ministry here at St. Paul's. See the attached form which contains all necessary information about how to commence or modify your contributions. While envelopes are available for those who wish them, many have found electronic offering an easy and convenient way to contribute. Please address any questions to Trish Waldie at [trish.waldie@telus.net](mailto:trish.waldie@telus.net) or include a note on your completed form. When you return the form please seal your envelope and mark it for "Contributions Secretary."

Thanks as always for your generous and necessary support. Dean Ken.

**TWO MEN ~ TWO IRONS  
UNBRIDLED  
COMPETITION**

**IRONMAN**®

Sunday, Jan 20  
after the 10 a.m. service  
**ST PAUL'S CATHEDRAL**  
**SPONSORS WELCOME**  
Supporting Kamloops  
Downtown Social Ministries



Bishop Gordon Light and Dean Ken Gray each do the ironing in their respective households. So when they considered how best to raise funds for social justice ministries in Kamloops, the solution was clear: The IRONMAN CHALLENGE.

To our knowledge this is a first of the global Anglican Communion.

Bishop Barbara Andrews will emcee the event which will be adjudicated by four judges, all experienced or emerging ironers. Each contestant will use his own board and iron. He will be asked to iron one of his own pair of pants, one of his own shirts and one item chosen by his opponent's spouse.

We have arranged for FacebookLive presentation so folks can sponsor from anywhere in the world. Persons are invited to support the challenge by:

- o Contributing by e-transfer to [deanspc@shaw.ca](mailto:deanspc@shaw.ca) USE PASSWORD ironman (all lowercase)
- o Mailing a cheque to St. Paul's Cathedral office, 360 Nicola Street, Kamloops BC V2C 2P5
- o Attending in person and contributing before, during or after the challenge.

People can bring an item from home and have it ironed during the challenge. Attendees are invited to bring some muffins/squares for sharing (it is lunchtime after all). There will also be an ironing trivia challenge.

Please address questions or media enquiries to The Very Rev. Ken Gray [deanspc@shaw.ca](mailto:deanspc@shaw.ca)

### Altar Guild AGM



The Altar Guild is holding their Annual General Meeting on Wednesday, January 16, 2019 in the hall after the 10:00am Service in the Chapel. The General meeting will be held right after the AGM. We will be going out to lunch following these meetings.

We are always looking for new members to join the Guild and here is a great opportunity to do so.  
for more information, please contact Jim Waldie 250-819-0393.

### **Friendship Friday**



**January 18, 2019**  
**TIME... this month only 11 AM**  
**Guest speakers. Dave and Alison McKinnon**  
**Recent trip to ITALY with slide show**  
**Soup luncheon available following presentation.**  
**ALL WELCOME**

**Youth and Young People**



**Children's Ministry** will be taking place this Sunday during the 10am service. Join Melissa as we learn about the baptism of Jesus and are reminded that we are beloved children of God!

**Youth Group:** We're working on our 2019 Winter and Spring Youth Group Schedule. Watch your email!



If you would like to be on the email list for children, youth and family ministry programs please email Melissa. 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).



Lutheran, United, and Anglican ("LUA") congregations  
of Kamloops present:



**LUA LUAU LUNCHEON**  
**SAT. FEBRUARY 9th**  
**11:30am - 2:00pm**

KAMLOOPS UNITED CHURCH  
421 ST. PAUL STREET

**A TIME TO FORGET WINTER**  
**HAVE FUN**  
**SOCIALIZE**

**BBQ PORK**

(Vegetarian and Sugar-free options)

**ENTERTAINMENT**  
**SILENT AUCTION**

*SUPPORTING KAMLOOPS' OUTREACH MINISTRIES*

**TICKETS \$5.00**  
**CHILDREN 16 AND UNDER FREE**

*Limited Tickets*  
*sold at each participating church*

**DRESS UP IN YOUR**  
**BEST HAWAIIAN SHIRT OR AS YOU WISH**  
**SEE YOU THERE!**  
**ALOHA !!**



