

HAPPY Thursday!
Here are some things you should know.

Attached is a notice from Kamloops United about an upcoming blanket exercise.

Sunday

**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

St. Paul's Cathedral
Your Anglican Cathedral In Kamloops BC

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 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 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

**This Friday!
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 is taking place this Sunday during the 10am service. Join Melissa as we learn about the gifts of the spirit!

Youth Group: We are meeting TOMORROW, Friday, January 18th from 6:30-8:30pm. We will be meeting in the Cathedral Sanctuary (the hall is used by others), the ramp door will be unlocked. We will be brainstorming about what we'd like to do over the upcoming months and then playing games and maybe some friendly competitions (paper airplanes etc). See you there! The youth leadership team will be working on finalizing our 2019 Winter and Spring Youth Group Schedule next week!

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 or call/text [250-682-4866](tel:250-682-4866).

Save the date for

NOURISH



A community dialogue where we ask: How do we address the root causes of hunger in our community?

A core team of concerned organizations has been working collectively to host an event where we can come together to identify actions, advocacy, and research that could have an impact on reducing household food insecurity.

**The event will be held at TRU: ●Thursday March 28th 4pm-7pm
●Friday March 29th 8am-5pm**

Please visit our website for more details, and to sign up for registration notification. [Nourish](#)

Notice of Annual General Meeting of Parishioners of the Cathedral Church of St. Paul, Kamloops BC

to take place February 10TH 2019
immediately following the 10 am service (PLEASE BRING A BAG LUNCH)

All are welcome to attend and speak but vote is reserved for those in receipt of the ministrations of the Parish for the past three months (except for unusual circumstances) and whose names are currently found on our roll.

A handwritten signature in black ink, appearing to read 'Ken Gray', with a stylized flourish at the end.

The Very Rev. Ken Gray
Dean and Rector of St. Paul's Cathedral

SIMPLY LIVING

Lenten Luncheon Lectures 2019

St Paul's Anglican Cathedral in Kamloops BC 360 Nicola Street at 4th Avenue

Thursdays At 12:15pm - Followed By A Light Lunch

March 7

Living with Addiction
Rob Baker

March 14

Living with Hunger
Michael Shapcott

March 21

Living with A New Child
Jane Gingrich

March 28

Living with Your Own Wild Soul
LeAnn Blackert

April 4

Living With Albinism
Ken Gray

April 11

Living A Reconciling Life
Barbara Andrews

Since 2004 the St. Paul's Lenten Luncheon Lectures Series has attracted some of Kamloops' most imaginative and thoughtful speakers and leaders. This year's offering is no exception.

Drawing on the theme SIMPLY LIVING, presenters will connect experience, wisdom and practice in a way that will inspire and encourage people of all faiths and convictions.

Presentations will be video recorded and published in hard copy following the lectures.

A delightful light lunch follows the lectures to which all are welcome and encouraged to partake.

Contact St. Paul's Cathedral

360 Nicola Street Kamloops BC Canada V2C 2P5 • 250 372 3912
stpaulscathedral@shawbiz.ca • kamloopsanglicanecathedral.com

**TERRITORY
OF THE PEOPLE**

We gather on the traditional territory of the Tk'emlúps te Secwepemc – Kamloops & Area First Nation. We acknowledge their care for and working of the land prior to contact with Europeans. As Canadian Anglicans, we continue to work toward healing and reconciliation and a new experience of sharing the land together.



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