

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

**Upcoming fun parish event!**  
**Parish Event – Kickball in the Park**

Come and enjoy an afternoon of California Kickball, snacks, hot dogs and laughs with your Cathedral family.

Kickball is easy – no athletic skill required! Drop by for little bit and enjoy some good times!

When: Sunday May 26th at 1:00pm

Where: Ralph Bell School Field - 1764 Valleyview Dr, Kamloops

There will be hot dogs and snacks – please RSVP to Tammy @ [davisarnold@telus.net](mailto:davisarnold@telus.net) so we have an idea of numbers. Bring a lawn chair if you wish



**Out of the Cold Report Update**



- As of **Wednesday, May 15**, the Dean and Wardens have reviewed and received a final draft of the OOTC report
  - On Thursday May 16** copies will be sent to members of
    - Cathedral Committee, Administration Committee and the OOTC Board
  - On Tuesday May 21** Cathedral Committee and the Administration Committee will meet for conversation and comment
    - On Wednesday May 22** the OOTC Board will meet for conversation and comment
- On Thursday May 23** the full report (all 51 pages) will be sent by email to those on our email list; hardcopies will also be available from the office and on Sunday morning
- On Tuesday May 28** the congregation is invited to an open meeting of Cathedral Committee at 7 p.m. for conversation and comment

**Children, Youth and Young People's Ministry**



**Children's Ministry** is not taking places this week. Children and families are more than welcome to worship together!

**Youth Group meets next:**

Friday, May 24, 2019 - details to be circulated.

Young Sojourners Weekend: Youth, young adults and youth leaders from BC and Alberta are gathering at Sorrento Centre this weekend - please keep them in your prayers as they travel and gather together!

### **The Circular**



It is that time again – Circular time! The theme is Sacred Spaces  
and the deadline is May 24.

## Strawberry Tea

# St. Paul's Cathedral Strawberry Tea

Friday June 14<sup>th</sup>, 2019  
from 1:30 – 3:30-pm -  
\$6.00

All welcome!  
The Thrift Store will be  
open



**Sorrento Centre Summer Programming**  
**What can you learn this summer?**

**Week 5**  
**August 4 - 10, 2019**





## **The Hunger Inside and the Stomach as the Pathway to God with Martha Tatarnic**

We have an eating disorder.

Vast amounts of money are channeled into convincing us that the secret to health and weight loss can be unlocked... if we purchase the right product or adopt some magic discipline. Yet collectively we are getting neither thinner nor happier. We have a big, desperate problem, as big as the excess pounds—both real and imagined—and all of the junk food and junk diets and junk body messages that we keep devouring. These messages are exacerbated by a disordered worldview which suggests that people's food choices are of concern to themselves alone; eating becomes an individual act with individual pleasure the ultimate goal and individual guilt the collateral damage. We are taught that our bodies are fundamentally a problem to be solved, or worse, a war to be won.

The Gospel asks us to adjust our framework to consider a bigger picture about who we are and how we are to live. We can learn to honor and appreciate our bodies and our lives when we understand that our bodies and lives are in relationship with other

bodies and lives around us. Through the model of Jesus, we are invited to see hunger, our bodies, and the way that we eat in an entirely different way. We are shown how to break out of our own individual spheres of self-concern and into relationship, which is the truest identity of our bodily existence, and which is reaffirmed every time we put food into our mouths.

**Course fee: \$335**

**More Information: [Hunger](#)**