

This Week in the Parish (Feb. 7 to Feb.14)

Tuesday Feb. 9	1:30pm Banner-making at St. James' 7:30pm Choir Practice at St. James'
Wednesday Feb. 10	6:30pm Family Fun Night at St. James'
Thursday Feb. 11	10:30am Christian Meditation at St. James' 12:00 noon Martha's lunch at St. James' 7:15pm Choir practice for Roger Jones' "The Rock" at St. James'
Friday Feb. 12	7:00pm Youth Group at St. James'
Sunday Feb. 14	8:00am Morning Prayer at St. James' (BCP) 9:15am Family Eucharist at St. James' 11:15am Holy Eucharist at St. John's with Pot-luck lunch and Annual Vestry meeting.

St. John's Annual Vestry Meeting will take place next Sunday, February 14 after the 11:15am service, with a pot-luck lunch before the meeting. All members of the congregation are encouraged to attend.

On Ash Wednesday, February 17 please join us at:

8:15am to 3:15pm: Ecumenical Youth Day at St. James'
Please invite your friends and neighbours to enroll their children in this **FUN**, educational and spiritually uplifting event.
Contact Doug Peters or Joan Larocque for more information.
11:00am: Ecumenical Service at St. John's in Iroquois.
7:00pm: Service with the imposition of ashes at St. James'.

Please bring your old **Palm crosses** back to church in the next couple of weeks so that they can be burned for use in the Ash Wednesday services on February 17.

Please join us for coffee after the service at St. James' each Sunday.

The Next Sunday Service Roster for St. James' is being prepared. Please contact Joyce LeRoy for any changes you would like to make in this next roster. (Phone: 613-543-2088 or email: jandelle55@yahoo.ca) Thanks to all who are willing to serve as readers, greeters, etc.

St. James' congregation: Your tax receipts for 2009 are available at the back of the church today.

Copies of the Annual Vestry Report are available in each church today. Please take one per family.

Vestry Meetings:

This year our **Annual Vestry (Congregational) Meetings** will be chaired by the Archdeacon for our Stormont Deanery, the Venerable Frank Kirby from Trinity, Cornwall.

St. John's will be held on **Sunday, February 14**, after the 11:15am service, with a pot-luck lunch before the meeting.

Holy Trinity's will be held on **Thursday, February 25** at 2pm.

St. James' will be held on **Sunday, February 28**, after the 9:15am service. The meeting will be followed by a pot-luck lunch.

The next **Cursillo Ultreya** service is planned for Sunday, February 21 at 7:30pm at St. James'.

An Invitation to all Families with Children: Come to a weekly Parish Family Fun Night at St. James' every Wednesday from 6:30 to 7:30pm. The evening consists of games, stories, fun and fellowship. Coffee, tea, juice and a small snack are served. Come and enjoy this time to connect and have fun. Invite your friends and their families too.

Our Parish Youth Group meets Fridays at 7 p.m. at St. James'.

We have hand sanitizers available for your use in our churches. Please remember that dipping the Communion bread in the Communion Cup is not permitted.

At St. James' each Sunday at the 9:15 a.m. service there is an opportunity for private prayer at Communion time. We invite you to join the weekly prayer team in the north-west corner of the church for confidential prayer for any personal concerns.

Parish Office Hours at St. James' are Tuesdays, Wednesdays and Thursdays from 10 a.m. to noon and 1 p.m. to 4 p.m. Please call and leave a message at 613-543-3904 or email: st.james@hotmail.com if you would like to contact Elizabeth Irwin. Our weekly bulletin is now available on the parish website: www.seawayanglicans.com .

An important message from our Pastoral Care Team and Clergy: If any member of the parish is admitted to the hospital please make sure that the Parish Office, the Pastoral Care Team or the clergy are notified what hospital he or she is in and the **room number**. Hospitals are now not giving out patients' room numbers because of legislated privacy issues. **Without the room number, a visitor from the parish, even a member of the clergy, will not be able to find you.** To avoid disappointment, please make sure the information is passed on.

Martha (of the Lunch) is looking for soup-makers at St. James'. There is a sign-up sheet at the back of the church.

The Breakfast for Young Families at St. James' is being revamped to be a **Brunch for the Congregation** provided by our Young Families! Any proceeds will go to the Food Bank. The February brunch date is to be announced because of the Vestry meeting on Feb. 28. The first brunch last Sunday was a great success. Thanks to those who cooked a delicious meal!

The **Christian Meditation Group** meets every Thursday morning at St. James' at 10:30 a.m. All are welcome.

Introduction to Christian Meditation: Learn this practice of silent prayer in a six-week series on Thursday afternoons, from 2 to 4pm, February 18 to March 25 at Trinity Anglican Church, 105 Second Street West, Cornwall. Cost: \$20 payable in advance. For more information and to register contact the Rev. Jessica Worden at 613-933-3991 ext. 23 or email: jworden@trinityanglican Cornwall.ca

"The ROCK" (the musical) is coming to South Dundas!

This is **Roger Jones's** latest and last musical production. Over the years, we have enjoyed many of Roger's musicals, and as before, we are looking for people to sing in the choir. If you enjoy singing, please consider joining with others from the various churches in the area.

No prior experience is necessary, just the enthusiasm to make a joyful noise and have fun.

Choir practices are held every Thursday evening at **7:15pm** at **St. James' Anglican Church Hall**.

There will be two performances of the **ROCK musical: March 27 in Morrisburg and March 28 at CCRC in Dixons Corners.**

Song Books are available at \$15.00 and Rock CD's at \$20.00 and the set for \$30.00. Please register ahead by calling **Nick or Jane Lee at 613-543-3339.**

There is a work bee happening on Tuesday afternoons at 1:30pm starting on Tuesday, February 2 to design and make a banner for the ROCK Musical. The group will be working in St. James' hall. If you are interested in helping with this project, please contact Jane Lee at 613-543-3339.

Needed: Meals-on-Wheels drivers for Iroquois. If you can volunteer, please call Glenn Becksted at 613-543-3574 or Joyce Millard at 613-652-2350.

A Day of Deeper Understanding for all Cursillistas! Saturday May 1, 2010 at St. Mark's, 1606 Fisher Ave., Ottawa. Time: 9:00am to 4:00pm. Contact leaders@oacm.ca for more information or go online to www.oacm.ca.