

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 or leave a message at 613-543-3904 or email: st.james@hotmail.com if you would like to contact Elizabeth Irwin. **If you would like to contact the Rector directly in an emergency, phone 613-543-1873.** Our weekly bulletin is available on the parish website: www.seawayanglicans.com.

A reminder that the alarm system at St. James' is in use. Anyone opening the church must use the Parish Office entrance in order to activate and/or deactivate the alarm. Please remember to check that all the church doors are locked before setting the alarm.

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.

We would like to set up a roster of people who would be willing to take care of the coffee time after the 9:15 a.m. service at St. James'. If you would be willing to take a turn in this ministry of hospitality on a rotating basis, please contact Elizabeth in the parish office.

Minutes of the St. James' Congregational Council and the Parish Central Committee meetings are available now at the back of the church at St. James' to be reviewed by anyone interested.

The Dundas County Food Bank needs our support year-round. As well as food and monetary donations they are looking for **volunteers** to help during their opening hours: Mondays: 10-12am, Wednesdays: 7-9pm and Thursdays: 1-3pm. Contact Carol Armstrong, the volunteer coordinator at 613-543-0300 or the Morrisburg location co-ordinator, Norma Smith at 613-543-0065 or dcfbco-ordinator@trondata.net.

Please pick up a Food Bank shopping list at the back of the church.

Centre 454 needs our help. The community there is in need of toothbrushes, razors, deodorant, men's and women's underwear and socks. Other toiletries are also welcome. Centre 454 is moving home to St. Alban's Church (454 King Edward Ave., Ottawa) in the fall of this year as part of the renewed ministry of St. Alban's. If anyone can help we will make sure the items get to Ottawa. Contact Elizabeth in the parish office.

Cornerstone Housing for Women is in need of the following items:

- New or gently-used bedding: pillows, sheets and blankets.
- New or gently-used winter coats and winter boots in large, extra-large and double extra-large sizes. (Note: They are not in need of other clothing items at this time. Please only donate new or gently-used items.)

Also, the residents at the new residence on Booth Street in Ottawa are hoping to acquire an acoustic guitar for sing-a-longs and other social gatherings.

If you can help with any of the items listed above please contact the Parish Office.

This Week in the Parish

Tuesday Oct. 4	10:00am Service at the Hartford Retirement Residence 7:30pm Choir Practice at St. James'
Wednesday Oct. 5	7:30pm Discussion Group on "The Shack" at St. James', Session 4 of 5
Thursday Oct. 6	10:00am Christian Meditation at St. James' 12 Noon Martha's Lunch at St. James' 7:30pm Great Chapter Meeting in Cornwall
Sunday Oct. 9	8:00am Holy Eucharist at St. James' 9:15am Family Eucharist at St. James' 11:15am Holy Eucharist at St. John's

Readings for next Sunday, Harvest Thanksgiving:

Deuteronomy 8:7-18; Psalm 65; 2 Corinthians 9:6-15; Luke 17:11-19

Everyone is invited to come and enjoy the food and fellowship at Martha's Lunch at noon on Thursdays. Martha's is at St. James' on Oct. 6.

Great Chapter Meeting for Wardens, Synod Members and Treasurers: Thursday, October 6 at 7:30 p.m. at Trinity, Cornwall.

Up-coming Congregational Council meeting:

- St. John's: Thursday, October 13 at 7:30 p.m.

Tuesday, October 18, 7:30pm: Altar Guild Meeting at St. John's with Rev. Sue. This meeting is for ALL Altar Guild members in the parish.

The Diocesan Altar Guild Annual Meeting will take place on October 15, 9:00 a.m. - 2:30 p.m. at St. Thomas the Apostle Church, Alta Vista Drive, Ottawa. The guest speaker will be Audrey Byers. Deadline for registration is October 6. Please contact Ethel Armstrong for more details asap: 613-652-2358.

We welcome the Rev. Bill Byers who is leading us in worship at St. James' and St. John's this morning!

There will be a Pot Luck Lunch at St. John's following the 11:15am service on Sunday, October 23.

Prayer Shawl Ministry Meeting: Thursday, Oct. 27, 7:30 p.m. at St. John's. This meeting is open to anyone who is interested in this ministry of prayer and support.

The 2012 Church calendars are available for purchase now. Contact Melody at 613-543-4540 or Judy at 613-652-6278.

Profits will go to the new St. Jude's Cathedral in Iqaluit.

Rev. Sue will be away at Clergy Conference and on holidays from Sept. 20 to Oct. 11. The Rev. Bill Byers will be taking services in the parish during that time. Contact your wardens in case of any pastoral emergency (see the back of the bulletin for phone numbers).

The Diocese of Ontario annual **AWARE (Anglican Women Alive, Renewed, Enriched)** Weekend will be held at Camp Iawah, October 21-23, 2011. Speak to Anne Hunt or Melody Praine for more information or check the website: www.awareconference.org

The next Women's Cursillo Weekend is happening Nov. 10 to 13. If anyone is interested in taking part in a weekend, please contact Alice Thompson or Doug Peters.

“STRETCHING OUR HEARTS”

**The Pastoral Care Committee of
the Church of St. John the Evangelist, Ottawa
is sponsoring a workshop on
"Stretching Our Hearts:
Developing New Responses to Abuse"
on Saturday, October 29
8:30 am to 3:45 p.m. with Janet Handy**

“Abuse of power can trump compassion and there are many occasions in our daily lives when this takes place. We live with abuses of power and their ripple effects. The intention of this workshop is educational. We will end the day knowing more and deepening our sense of how to respond to abuse, personally and as communities. The intention is to stretch our hearts and become more aware of how to respond positively and compassionately to ourselves and others.”

Janet Handy has spent the better part of thirty years, first as a priest and then in secular roles, working with both victims and colleagues on the issues of child physical and sexual assault. She has held the position of Executive Director at both the Gatehouse Child Abuse Investigation Site in Toronto and at the Sexual Assault Support Services for Women in Cornwall. She now works as Executive Director of the national organization, The Church Council on Justice and Corrections in Ottawa. She has consulted widely on these issues with clergy, laity, child-care workers, parents and politicians. As a unique leader in her field, she has piloted leading programs in the field of survivor recovery with a focus on resiliency and hope.

Contact Marilyn Markell at 613-543-3307 if you are interested in taking part. The cost is \$40 per person and includes lunch.

Wonderful News from the Mwai Family: Benjamin, Naomi, Mariam and Martha will be sworn in as Canadian Citizens at a Citizenship Ceremony in Ottawa on Wednesday, October 5!!

Naomi is constantly grateful for the prayers and support of our parish community over so many years. She says that she “can still hear the rhythm of your prayers”.

Absent From the Pews: Young Adults & t

Why are so few young adults in the church?

Dr. Rodger Nishioka will lead a discussion drawing on findings from his research to describe young adults of today, explain what they are searching for, and present ways to connect with this emerging generation. Dr. Nishioka is on the faculty of Columbia Theological Seminary in Decatur, GA. He specializes in ministry with youth and young adults and is currently involved in a research project comparing the participation of young adults in mainline Protestant congregations and non-denominational independent Christian movements.

**One of Dr. Nishioka’s presentations will be held in our deanery:
Friday, October 14, 10am to 12pm at Trinity Church, Cornwall,
Suggested Donation: \$10 adults or \$5 students
For More Info Visit: swifttolove.wordpress.com**

**Andrew Stephens-Rennie,
Missioner for Youth Formation & Vocation, Anglican Diocese of
Ottawa, email: youth@ottawa.anglican.ca**

An invitation from the Williamsburg Non-Profit Housing Corporation:

You are cordially invited to attend the 20th Anniversary of the **J.W. MacIntosh Seniors’ Support Centre**, 4324 Villa Drive, Williamsburg, on Tuesday, October 18, 2 to 4 pm. Please join us for this special celebration! Please RSVP by October 14th to Theresa Zandbergen at 613-535-2924.