

ENJOYING A YEAR OF...

BEING MORE FULLY HUMAN IN A TIME OF UNCERTAINTY

In 2019 we are exploring how to be more fully ourselves, as alive as God created us to be, despite the uncertainty that life brings. May you take the time to invest...in you! Keep reading to see our line-up of educational, spiritual and community building opportunities, and consult the events page on our website (www.stjohnsottawa.com/events)



GENERAL SYNOD TALK AT THURSDAY A.M.

**THURSDAY, SEPTEMBER 19TH
10.30 TO 11.30 AM ~ PARISH HALL**

Join fellow parishioners for coffee or tea and lively chat! On alternate months there will be a theme and facilitator. The fall begins with a presentation by and conversation with our Rector and a parishioner who were delegates from the Diocese of Ottawa to this important gathering of our national church that happened in July. All are most welcome!

I HAVE CALLED *You* BY NAME

 GENERAL SYNOD 2019 • VANCOUVER, B.C.

RECTORS' PUB NIGHT

**MONDAY, OCTOBER 7TH
6.30 TO 9.30 PM ~ ARMY OFFICERS' MESS**

The Rectors of St John's and St Luke's invite you to come and enjoy a drink (alcoholic or non), snack on some chips or pretzels, and meet new friends in the beautiful Army Officers' Mess. There is parking, as well as an accessible entrance from the lot, and the Mess has a dress code, so please wear something other than jeans, sweatpants or shorts. There will be a donation jar if you wish to help cover the rental cost. Looking forward to seeing you there!

FRIENDLY VISITING

**WEDNESDAY, OCTOBER 2ND
7 TO 8.30 PM ~ PARISH HALL**

Do you enjoy visiting with others in the parish but wonder when the visit crosses over into pastoral care? Come learn about the difference between friendly visiting and pastoral visiting, healthy boundaries, tips, and when it is time to refer to the pastoral care team or clergy.

The evening will be facilitated by The Reverend Canon Hilary Murray, Pastoral Vicar at Christ Church Cathedral, facilitator with the Ottawa Pastoral Care Training Program, and clinical trainer with the Peer and Trauma Support Services Advisory. Hilary is trained as a social worker and a priest, and has extensive experience providing psychotherapeutic services. Her sessions in the Pastoral Care Training Program are always very well received.



EMBODIED PRAYER

**WEDNESDAYS,
OCTOBER 16TH, 23RD, 30TH
7 TO 8.30 PM ~ CHAPEL**

In the spring, Bishop Dennis led sessions on Praying in an Age of Uncertainty. Now let's put those learnings into practice with all our senses! Our Rector will facilitate these evenings of discovery, employing different forms of embodied prayer – finger labyrinths, prayer net, Anglican rosaries, movement, and art. Please register with the Office so that sufficient supplies are available for participants. Come for one session or for all!

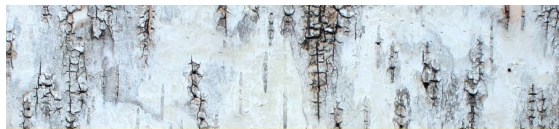
THURSDAY A.M. COFFEE & ALBERT DUMONT

THURSDAY, OCTOBER 17TH
10.30 TO 11.30 AM ~ PARISH HALL

Join fellow parishioners for coffee or tea and lively chat!

THURSDAY, NOVEMBER 21ST
10.30 TO 11.30 AM ~ PARISH HALL

Algonquin Spiritual Teacher in Residence at Christ Church Cathedral, Albert Dumont, will introduce us to his book of poetry, *Sitting by the Rapids*.



sitting by the rapids



ALBERT DUMONT

POTLUCK & HYMN SING

SUNDAY, NOVEMBER 3RD
5 TO 7 PM ~ HALL/NAVE

Let's get together for supper and singing! After the potluck, we will gather around the piano in the church to sing. You can request a favourite hymn in advance! Enjoy a wide variety of music, from early Christian hymns to modern music. Dr Gordon Johnston will tell stories about the hymns and the various saints and scallywags who wrote them.



MORE INFO/TO REGISTER

Visit the website, contact the Office, or check out the bulletin board.

Laura Macdonald, Administrator

Monday to Thursday ~ 9 am to 1 pm
(613) 232-4500

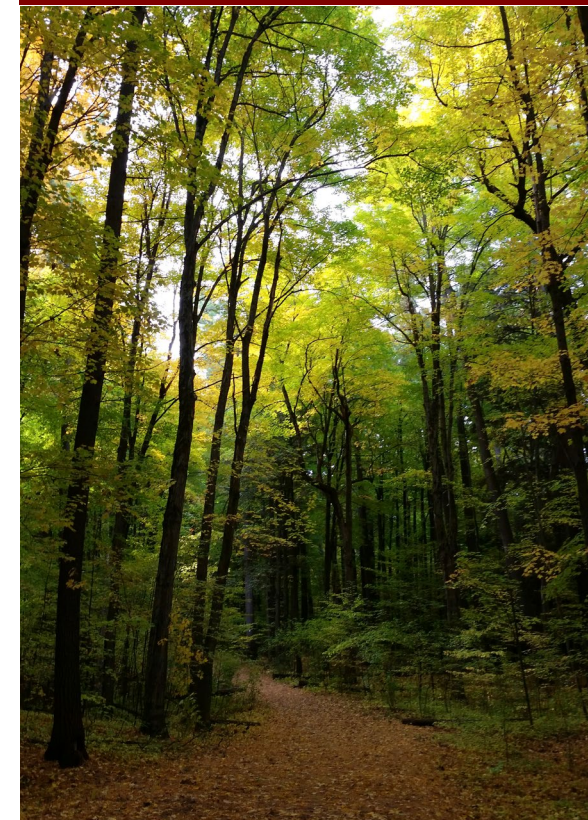
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AUTUMN 2019

**EDUCATIONAL,
SPIRITUAL &
COMMUNITY
BUILDING
OPPORTUNITIES**



ST JOHN
THE EVANGELIST

ANGLICAN CHURCH