

We acknowledge a donation to the Cemetery Fund in loving memory of Gilbert Hiscock from wife Ruby and family

The next Escasoni Worship Service will take place at 2pm on Tuesday, February 9 at the new Long Term Facility on Newfoundland Drive. Our St. James' Guitar Group will be playing. Volunteers are asked to meet at 1.15 in the chapel to plan the congregation pick-ups; new volunteers are always welcome!

Pancake Supper on Tuesday, February 9 at 6pm; all are welcome; gluten free pancakes will be available. Tickets will be available after the 11am Service today, or from the office on Monday; \$8 for adults, \$4 for children under 12, and \$20 for a family ticket of 2 adults and 2 children under 12.

February 10, Ash Wednesday Service, at 7pm.

Beginning February 13, Lenten Vespers at 7pm in the Fellowship Room.

CPR Training for AED Machine: We will be holding a retraining session for our current registered users for the AED here at St. James next Saturday, February 13 @ 9:30 – 12:30. If you are interested in participating in a NEW Training session and becoming an attendant for St. James records, can you please contact Susan Pike by email susanpike@warp.nfld.net or 576-0703 tomorrow Monday, February 8 to ensure we have space for all participants. Training cost is \$45 per person and a personal kit is provided by The Heart and Stroke Foundation.

Beginning Monday, February 15 at 11am, a 6 week Lenten series, Growing a Rule of Life: Just as stakes and lattices nurture the growth of young plants, so too can spiritual disciplines support the flourishing of our whole being. This series uses a tool from monastic spirituality called a '*Rule of Life*' to explore and cultivate our relationships with God, Self, Others, and Creation. This is an exciting opportunity to dig deep and dream big about ways to live into a more abundant life with Christ, beginning Monday, February 15 at 11am, or Wednesday, February 17 at 7pm. To register please sign one of the sign-up sheets at the entrances. Workbook cost will be \$5.

We Value Your Membership at St. James!!!

If you would like to become a full member of St. James' Congregation we would be honoured to welcome you!! Have Questions? Unsure of your current status with the church? I can help you and would love to chat with you to help you determine your status and become a Full Member of our Congregation. Please contact me: Susan Pike 576-0703 or by email susanpike@warp.nfld.net

Lenten Challenge: We hope you will participate in our Lenten Challenge. If the challenge for a particular day does not work for you, feel free to accept another.

LEGO: The Sunday School and Contemporary Worship group are looking for donations of previously loved lego blocks that may be collecting dust in your attic. All sizes and colours will be much appreciated by the children who take part in these programs. Legos can be dropped off at St. James, Susan's office.

Please remember to NOT keep anything visible in your car when parking in the parking lot.

Stella's Circle is looking for donations of flannel sheets and t-shirts for their *Rags to Riches* program which employs people who may not otherwise be employed. Regular sheets will not work as they do not absorb oil or grease. If you have any of this type of material, it can be picked up or dropped at 114 Cabot Street, attention Paula Greeley: 738-8548, p.greeley@StellasCircle.ca

'Two Dogs and a Parrot', 'Biblical Literalism: A Gentle Heresy': These 2 new books are about to be released. Leona at our Conference Bookstore is doing pre-orders. Please let her know if you would like to order, 754-0386.

Cowan Heights United Church Men's Club: Moose/Beef Stew Supper on February 20 at 6pm followed by local entertainment. Tickets are \$15; please contact members of the Men's Club for tickets, or call the Church Office at 745-2871.

Cowan Heights UC Musical Concert :Sunday February 28 at 7 pm, with performances by: Rex Goudie, Kara Noftall, Port of Call, and Luke Tremblett. Tickets are \$15 available at the Church Office Monday to Friday between 9 & 12 noon, 141 Frecker Drive or call 745-2871.

World Day of Prayer Service: Thursday, March 3 at 7pm at George Street United Church, hosted by the George Street UCW.

VOWR Radio presents Spirit of Newfoundland's Dinner Theatre '*It's My Party, and I'll Bawl If I Want To*' on Friday, March 4 at the Masonic Temple, Cathedral Street. Doors open 6pm, Dinner 7pm, Show 8pm. Tickets are \$70 per person with a tax receipt for \$24, call VOWR at 579-7885 or Wesley UC at 579-3682.

Bridges To Hope, Fundraiser at Clovelly, Saturday, March 5: Opening reception at 6:30pm. Cocktails, hors d'oeuvres and food stations throughout the night; silent and live auction; feature entertainment by the band 709; tickets \$150 per person (tax receipt provided). Please email Allison Crawford, allison@agc80.com or Heather Elliott, h.elliott@bridgestohope.ca