

St. James' *Day Away*, June 11, 2017  
with special guest facilitator,  
Rev. Roger Janes, Stewardship and Gifts Ambassador,  
UCC, Atlantic Canada,  
at  
North Bank Lodge, Pippy Park,  
wheelchair accessible with ample parking



**Schedule of *Day Away* afternoon:**

- 11am Sunday worship at St. James with guest speaker, Rev. Roger Janes
- 1:30pm Gathering at the North Bank Lodge
- 2:00 Rev. Roger
- 3:00 Nutrition break
- 3:30 Rev. Roger
- 4:30 Enjoy nature or relax in the chalet
- 5:30 BBQ
- 6:30 Evening worship
- 7:00 Variety concert
- 8:30 Homeward bound!



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**Please register me/us for this:**

**Name/s:**

**Tel. #:**

**Email:**

I need transportation; my address is \_\_\_\_\_

For the nutrition break, I am able to bring a donation of:

- muffins
- cookies
- fruit

I enclose \$10 to help cover costs.

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**Schedule of free *Day Away* morning:**

- 9:00am Gathering
- 9:30 Contemporary Worship Service and Indigenous smudge
- 10:30 Introductory Pilates class with Amita Goyal: all levels welcome; wear loose clothing and bring a mat on which to practice, plus water.
- 11:15 Break
- 11:30 Kairos Blanket exercise
- 12:30pm Brown bag lunch
- 1:30 Join the afternoon program



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