

Life and Work – February 12, 2023

Office Closure: The office at St. James will be closed on Friday, February 17, 2023, and will reopen on Tuesday, February 21st for regular office hours.

Heading out on holiday: (Rev.) James and Glen will be heading off on holiday from February 15 to 21. Rev. Miriam Bowlby will be leading the 11 am worship service on Feb. 19, Susan Sheppard will be leading the 7 pm EvenTide service and together with Rev. Rebecca Pike will be covering any pastoral emergencies.

*** CPR Training for AED Machine - New Participants Welcomed ***

We will be holding a training/retraining session for CPR/AED here at St. James on Saturday, February 18th @ 9:30 am – 12:30 noon. If you are interested in participating in a NEW Training session and becoming an attendant for St. James please contact Susan Pike by email at: susanpike@warp.nfld.net or 576-0703 by **February 11th** to ensure we have space for all participants. Training is certified by The Heart and Stroke Foundation.

Pancake Supper: will be held on Tuesday, February 21 at 6pm. Come enjoy all the favourites, pancakes, berries, beans and sausages, coffee, tea and juice for just \$10 per person (12 years and under \$5). Tickets are now available for purchase at the church office. Tickets must be purchased in advance.

The Men's Club: will hold their regular monthly meeting on Wednesday February 15 with lunch served at 1:00 pm. The program will include a presentation by the Prostrate Cancer Support Group. New members are always welcome.

Come sing along with the Newfound Sound! Come sing a river of song about harmony, friendship, hope and love! Newfound Sound Women's Barbershop Chorus, our province's only female barbershop chorus, invite guests who love to sing, to their practices **any Wednesday, 7 to 9 pm at St. James**. It's free to observe and to try singing a cappella (without music) in barbershop harmony! No training or experience needed. For details, visit newfoundsound.org; click on "Contact" and "Visit a Rehearsal". (Please note: Masks are required for singing. St. James is an accessible venue.) If you intend to come, please contact **Anne Hollett-Maher in advance at 764-6998** or newfoundsound@hotmail.com, so we can tell you what to expect and prepare your sheet music. The chorus looks forward to meeting you!

Healthy Hearts: Heart Disease affects approximately 2.4 million Canadians a year. When was the last time you got your blood pressure checked? Join the young adults on February 12th, after the church service for a lunch and learn in honor of Healthy Heart Month! We hope to see you there!

Bridges to Hope: At this time of year, Bridges to Hope are finding themselves short in certain types of food donations at the food bank. The Board has decided to appeal to participating churches to ask their congregations to provide a specific item – a different item each month. For February, this item is Canned Beans. The hope is that a unified appeal will help supply many hampers with items that are considered “staples”. All donations are gratefully accepted and can be brought to the Church or to Bridges to Hope. Thank you for your cooperation and support.

Sewing Studio on Monday in Fellowship Room 7-9 pm. or at Memorial United, Portugal Cove 1-3pm. All sewers, knitters, needleworkers and crafters welcome.

Book Group on Zoom. Thursdays beginning Feb 23rd. Our book will be John Philip Newell's *Sacred Earth Sacred Soul, Celtic Wisdom for Reawakening to what our Souls Know and Healing the World* (2021). It is available to order from both Amazon and Chapters for just under

\$21, Kindell and Kobo \$12, and the website says there are 3 copies at the Chapters on Kenmount Road (not sure about price). If you would like to explore this book with us contact Susan Sheppard at: susan@stjamesuc.org . You will be responsible for purchasing your own copy in your preferred format.
meeting you!

Book Fair: St. James will be having their first book fair on St. Patrick's Day weekend. More details will be released in the upcoming weeks. Meanwhile, we will be looking for donations of new and used books so now is the time to do some spring cleaning of your bookcases! Please do not bring them to the church as of yet - we will let you know when to drop them off. Thank you in advance for your support.

UCW Meeting: The UCW will be meeting on Monday, February 13th at 2PM in the Fellowship Room.