

Upcoming Services: found on our blog page on our website --

<https://stlukesburlington.ca/>

Evening Prayer -- every day from 5pm, except Friday - click the virtual worship button

Virtual Morning Worship -- Sundays from 9am – click the virtual worship button

ANNOUNCEMENTS

Stitching Circle - The Stitching Circle has moved outdoors while the weather cooperates! Any pleasant Tuesday, join us from 10am - noon on the church lawn by the playground on Elgin St. – bring your work, a lawn chair or blanket to sit on and your choice of hydrating beverage. When the weather is inclement will be on Zoom as before. If you would like to join but aren't sure where we'll be, contact Mary Taslimi the day before by email mary.taslimi@cogeco.ca or phone: 289-895-8772

Contemplative Prayer – 2pm on Wednesdays via Zoom – contact stuartpike1@gmail.com

Outreach – 10am on Thursdays via Zoom – contact rosreycraft@hotmail.com

Men's Faith and Fellowship – 9am on Saturdays via Zoom – contact stuartpike1@gmail.com

Advocacy Virtual Breakfast – Saturday, September 19, 2020 at 10:00am

Melanie Walker, a parishioner at St Luke's, will be returning on September 19th to speak at our Zoom online Advocacy Breakfast. Melanie is a social worker at Joseph Brant Hospital in Community Mental Health and also has a private practice. She will be speaking about Mindfulness with her peer co-facilitator Patti Moorcroft-Tasker. They will provide an overview of the benefits of being mindful and how it can help us to stay in the moment during times of difficulty and uncertainty. They will provide practical suggestions for practicing mindfulness - which takes minutes and not hours! - as well as how to apply it in everyday life.

Join us for this follow-up session with Melanie and Patti. Please register with Janice Skafel at 905-332-0837 or by email janice.skafel@outlook.com

We are grateful to all who donated their \$7 breakfast fee at the June virtual Breakfast which went towards the Food for Life ministry that takes place at St Luke's each week.

The Church Office hours: Tuesday-Thursday 9:00am to 3:30pm

(closed for Statutory Holidays)

September 13, 2020