

## SENIORS COFFEE KLATSCH

**THURSDAY, JANUARY 12<sup>TH</sup>**  
**10.30 AM ~ CHAPEL**

The book study group who met in the fall to discuss preparations for aging, will gather for a cup of coffee or tea, good conversation, and some laughter. EVERYONE is welcome, regardless of age or whether you came to the book group. Please join us!



## ARMCHAIR TRAVEL

**WEDNESDAY, JANUARY 18<sup>TH</sup>**  
**7.30 PM ~ HALL**

Alex Bissett will share his experiences travelling by freighter/passenger vessels to isolated communities on the lower north shore of the St Lawrence River and the Northern Labrador coast. It is a unique and fascinating journey to a remote part of Canada. The climate can be a harsh but the scenery, people and cultures make for a fascinating trip.



## FIDGET QUILT WORKSHOP

**SATURDAY, FEBRUARY 4<sup>TH</sup>**  
**9 AM TO 3 PM ~ HALL**

Please join us for a super fun, creative day making these lap sized quilts for an Ottawa seniors' residence. Fidget quilts or blankets provide sensory or tactile stimulation through the use of fabric choices, colours, value of colours next to one another, textures, and the use of accents or simple accessories such as pockets, laces, trims, appliques, buttons, secured beads, ribbons, braids, etc. Please don't feel you have to be able to sew, as you can be the creative one in a team, choosing items to go on the quilt. If you have a sewing machine, please bring it along. Please bring your own lunch. Coffee and tea will be available. For more information please contact Bea Robertson (bea.roberston@gmail.com).

## HOLY LAND PILGRIMAGE

**WEDNESDAY, FEBRUARY 22<sup>ND</sup>**  
**7.30 PM ~ HALL**

Monica Patten and Peggy Lister, along with 24 women from across the Diocese of Ottawa, participated in a two-week pilgrimage to Jerusalem, Israel and the West Bank in November 2016. Please join them as they share their experiences in 'The Land of the Holy One' and reflect on the partnership between our diocese and the Diocese of Jerusalem.



## RECTOR'S PUB NIGHT

**MONDAY, FEBRUARY 27<sup>TH</sup>**  
**7 PM ~ ARMY OFFICERS' MESS**

Enjoy a night of socializing in a beautiful venue (right across from the church at 149 Somerset Street). No jeans but all welcome!

**PUB NIGHT**  
**DO MORE TOGETHER**

## MEMORY LOSS TALK

**WEDNESDAY, MARCH 8<sup>TH</sup>  
7 TO 9 PM ~ HALL**

In partnership with the Pastoral Care Committee, Dr Andrew Frank will speak about **"Memory Loss: What is normal and what is Alzheimer's"**. Dr Frank is the Medical Director of the Bruyère Memory Program at the Elisabeth Bruyère Hospital, Ottawa. His talk will cover: differences between normal aging and Alzheimer's disease; assessment of Alzheimer's disease; and current and future treatments of Alzheimer's disease.



## BOOK STUDY

**THURSDAYS,  
MARCH 9<sup>TH</sup>, 16<sup>TH</sup>, 23<sup>RD</sup> & 30<sup>TH</sup>  
5 TO 6.30 PM ~ CHAPEL**

**"An Other Kingdom: Departing the Consumer Culture"** by Walter Brueggeman, Peter Block and John McKnight. This easy-to-read book lays out challenges and offers hope as we consider how to set aside our own personal appetite for consumerism in favour of our common life. Written by

three highly regarded authors who have collaborated over the years on neighbourhood and community issues, the book invites us on a journey from our consumer culture to a culture of neighbourliness and connection. Brueggeman, a well-known theologian, Block and McKnight, both of whom have long been leaders in community development and reconciliation, offer a clear path for us to act upon personally and collectively. Monica Patten will facilitate the study. Please contact her for more info ([monica.patten@rogers.com](mailto:monica.patten@rogers.com)). Snacks at 5 pm with the study beginning at 5.15 pm. The book is available at Perfect Books on Elgin Street or at the Ottawa Public Library.



## TO REGISTER

Contact the office or sign up on the bulletin board (in the hallway across from the washrooms).

### OFFICE INFO

Laura Macdonald, Administrator  
Monday to Friday ~ 9 am to 1 pm  
(613) 232-4500



[office@stjohnsottawa.ca](mailto:office@stjohnsottawa.ca)  
[www.stjohnsottawa.ca](http://www.stjohnsottawa.ca)



154 Somerset Street West  
Ottawa, ON, Canada  
K2P 0H8

## WINTER 2017 CHRISTIAN EDUCATION OFFERINGS



**ST JOHN THE EVANGELIST  
ANGLICAN CHURCH**



Where Doors & Hearts are Open