

We welcome you to join us for a session of
"YOGA OF COMPASSION"

A gentle Yoga class open to everyone



Mondays from 7 p.m. – 8:30 p.m.
July 19th – August 30th (no class Aug. 2nd)



Cost: \$90 for the six-week session, or
\$20 per week, drop-in fee
(cash only please)

Yoga helps us connect deep within ourselves. With gentle stretches, deep breathing, some standing and seated postures and a compassionate turning within meditation sending peace and balance for oneself and our world.

Please see the parish hall bulletin board for a more in-depth description of the program.

Classes are taught by Carole Seens, Kripalu trained Yoga instructor

*Please bring a Yoga mat; or it can be done sitting in a chair

St. George's Anglican Church

July 25, 2010
9th Sunday After Pentecost

INTINCTION – For health reasons, as per Diocesan advice, please do not dip your communion wafer into the chalice. If you are not comfortable sipping from the common cup, please know that it is acceptable to receive the body of Christ only.

MOVIE NIGHT

St. George's presents...



FIDDLER ON THE ROOF

Wednesday, July 28 at 7:15 p.m.

A Jewish peasant in pre-Revolutionary Russia, coping with the day-to-day problems of life, his Jewish traditions, his family and state-sanctioned programs. He and his family want to continue the peaceful life they have always enjoyed – and while some changes can be tolerated, others can never be accepted.



The flowers in the church this morning have been given by Lynn & Mel Brown to the Glory of God and in celebration of their 2nd Wedding Anniversary.



COFFEE HOUR – *Please join us for coffee/tea and a chat following the 10:30 service. Our host this morning is Rebekah Garth.*

Readers: 9 am: Paul Crane & Bobbi Ackerman
Readers 10:30 am: Marilyn Csihas & Sandra Milliard
Sidespersons 10:30 am: Marilyn & George Csihas

Readings Next Week: Hosea 11:1-11 * Colossians 3:1-11 * Luke 12:31-21