



## **The Visitor for August 2019, Week 2**

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### **A Message from Jennifer Taber-O'Neill**

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I'm excited to be serving as our new Sunday School Coordinator. My family and I have been parishioners since moving here in 2006. I started teaching Sunday school shortly thereafter and have taught my son's classes all the way up through middle school. My desire as Sunday School Coordinator is to bring Calvary together across generations. We are blessed as a congregation to have loving parishioners who want to share their joy, talents, and wisdom with our youth. Getting to know our young people and watching them mature into fine adults has been the highlight of my parish life. Teaching Sunday school has also been important in my own faith formation; when you explore the Bible with young people, they explore the Bible with you.

I encourage you to consider joining us either in the nursery or in Sunday school. You need not be an experienced teacher to guide our youth in the loving ways of Christ. We will provide lesson plans and you will be part of a small team at one of several age-groups, so that nobody will be responsible for leading class every week. No matter who you are or where you are on life's journey, if you feel the call to serve, please reach out. Who knows, you may be the one who makes a difference in that kid's spiritual life.

Peace,

Jennifer

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## **Happening at Calvary...**

...over the summer.

### **Church exterior:**

We are in the final stretch for completing the painting of the church. Most of the building itself is finished, but there are still some smaller things to finish up. The Lychgate, fencing in the Oasis garden and a few doors are still to be finished. The painters were here until yesterday, and then return for a few days next week to wrap it up. The lift left yesterday, so things are less crowded around the church. It will be so nice to have it finished! Lunch on the Lawn was well attended. It is fun to see everyone relaxing for a bit in their busy day - to listen to the sounds of *2 O'clock Jump*, have some lunch and enjoy our lovely Oasis Garden.

The masonry work on the Lychgate is finished. There was also pin-tucking completed around the office windows. Small steps that make our building look great. One more (or two?) more items checked off our to-do list!

### **Technology Upgrade:**

Stay tuned...

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## **This Week at Calvary**

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### **Lunch on the Lawn Series**

Our Lunch on the Lawn series continues this Tuesday, August 6th! Bring your lunch and stop by the Oasis Garden to enjoy *Jaggedease*, starting at noon.

# Lunch on the Lawn

Summer Concert Series 2019  
Calvary Episcopal Courtyard 12-1pm

July 9th <b>The RavensFire Band</b>	July 30th <b>Tiff n Tatt</b>
July 16th <b>Tony Cuchetti</b>	August 6th <b>2 O'Clock Jump</b>
July 23rd <b>Bob Schlief</b>	August 13th <b>Jaggedease</b>
	August 20th <b>Tim Dallman</b>

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## Upcoming Events...

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### Sacred Circle New Fall Yoga and Meditation Series

Sacred Circle is excited to announce our new fall series of Yoga and Meditation: "*The Yamas of Yoga*" with certified yoga instructor Patricia Barrier.

*\*Please note that we now offer a discounted fee for enrollment in the entire 6-week series as well as an option to drop in to an individual class each week.*

The *yamas* are the ethical principles that guide the physical practice of yoga and encourage a "right way of living". Patricia Barrier, a local yoga teacher, will begin each class with instruction on a *yama* that will inform our gentle yoga practice and end with a short meditation helping us to apply that principle to our daily life. In this way, we move from the physical practice to a living yoga that guides our actions and helps us to grow spiritually. The class is suitable for beginners as well as those experienced in yoga who wish to deepen their practice. All aspects of the practice are adaptable to a chair or can be done with assistive devices. Yoga equipment is provided or bring your own mat.

The six-week series will occur on the following dates: **Tuesday September 3, 10, 17, 24 and October 1 and 8, 2019 from 5:30-6:30 pm in Crawford Hall.** The cost of the entire series is **\$75** payable upon registration or you may drop in each week for **\$15/class**. Scholarships are available as requested by Calvary parishioners. Please register by calling Linda in the church office at

(507)282-9429. Payment accepted by cash/check or PayPal. For more information please contact Stephanie Barsness at [swbarsness@gmail.com](mailto:swbarsness@gmail.com) or (507)951-8266.



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