



## **The Visitor for August 2019, Week 3**

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### **2019-2020 Sunday School**

It's that time of year again. We're all scrambling around trying to squeeze the last moments of summer into our ever-building schedules. One thing that happens to me every fall is I notice how quickly my son is growing up. Just where does the time go? During our time at Calvary, one way I spent time with Liam was to teach his Sunday school class. I did this almost every year and it was wonderful!! I'm reaching out asking you to consider joining the Sunday school team. It may seem like a huge commitment, but actually it's not. It's a few hours of your time a month. You and your team will design the teaching schedule for the year. I'm asking you to pray on this and listen to what God has in store for you. If you'd like to teach or assist Sunday school, you can reach me at ***[sundayschool-@calvary-rochester.org](mailto:sundayschool@calvary-rochester.org)***.

***Also, please sign your children up for Sunday school!***

Registration forms should be in your email. If not, please let me know and I will correct this.

Peace and Happiness,  
Jennifer Taber-O'Neill

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## Happening at Calvary...

...over the summer.

### Church exterior:

By the time this reaches you, the painting of the church should be complete! The church looks great. The painters were here Monday through Wednesday this week to wrap things up. It is so nice to have it finished!

We had another lovely day for our Lunch the Lawn event. It was nice to see folks taking some time to relax and take in the sun, talk with a friend or eat their lunch and listen to the music of Jaggedease.

### Technology Upgrade:

Nothing new to report here, except that drilling underground can be tricky in this city. There are two tunnels and a lot of wiring already underground. We will need to weed our way through...

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## This Week at Calvary

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### Lunch on the Lawn Series

The last of our Lunch on the Lawn series is coming up on Tuesday, August 20th! Bring your lunch and stop by the Oasis Garden to enjoy *Tim Dallman*, starting at noon.



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## Upcoming Events...

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### Calvary Choirs ready to begin the new church year!

#### CALVARY CHOIRS

The new program year is almost upon us, and with it the start of the choir season. Calvary offers four choirs for singers of all ages:

**St. Nicholas Choir** is for children, grades PreK - Grade 1.

This choir meets for 30 minutes, on

Thursdays at 4 pm, in the lower

level choir room. They sing the first Sunday of each month, always at the 9 am service.

**St. Cecilia Choir** is for children, grades 2 - 6. This choir meets for 45 - 60 minutes, on Thursdays at 4:30 pm, in the lower level choir room. They sing 3 out of 4 Sundays each month, always at the 9 am service.

**Canterbury Choir** is for youth, grades 7-12. This choir meets on Sundays at 8:15 am and sings 3 out of 4 Sundays per month, always at the 9 am service.

**Motet Choir** is for adults and youth. This choir meets on Wednesday evenings for 90 minutes, beginning at 7:15 pm. They sing each Sunday at the 11 am service.

**We are especially in need of more singers in our youth choirs.** Please

contact Brian Williams for more information.



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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 ***subarsness@gmail.com*** or (507)951-8266.



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