

Sunday, July 26th, 2026



HAPPENING AT ST. PAUL'S



SIT TO BE FIT

Community exercises for seniors

Sit To Be Fit is a FREE, low impact workout while sitting on a chair. The program is designed to promote health and fitness for seniors.

Alzheimer Society

For more information and to register contact the office at 905-628-6396

SIT TO BE FIT will be held in the Parlour Tuesdays at 12:30 pm and Thursdays at 12:00 pm. Everyone is welcome to join us.



During July and August we will meet on Saturdays from 8:30am - 11:30 am in the Reception Hall of St. Paul's for Friendship, Fun and Food! All are Welcome!



On Friday, October 23 and Saturday, October 24 we will celebrate the 50th Anniversary of Fiesta. Let's make it the best one yet!

We are in need of more vendors to fill the rooms of the church. If you know anyone who might be interested in displaying and selling their creations please contact Kelly at kellyopearce@gmail.com

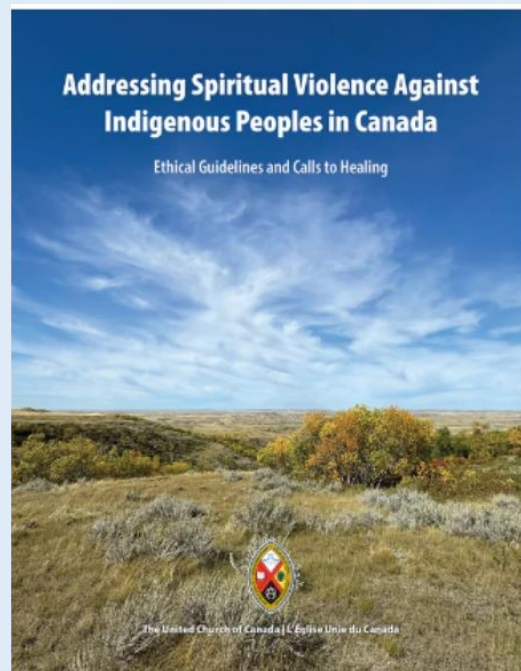
A new resource, *Addressing Spiritual Violence Against Indigenous People in Canada: Ethical Guidelines and Calls to Healing*, from The United Church of Canada is now available to order in softcover format or free to download as a PDF.

Spiritual violence is especially challenging because of the difficulties of distinguishing one's own culture from one's faith.

Addressing Spiritual Violence Against Indigenous Peoples in Canada greatly helps us recognize this problem, and guides us toward the opposite of spiritual violence.

Supported by scripture, ecumenical church documents, the Truth and Reconciliation Commission's Calls to Action, and the United Nations Declaration on the Rights of Indigenous Peoples, this document offers challenging theological insights, ethical guidelines, and questions for reflection and discussion.

It is a vital contribution to decolonization work in faith contexts, especially Christian ones, and should be a part of the toolbox of every Christian minister in Canada.



**Join Happy Gang on August 12th and 26th in the Parlour at 2:00pm.
Fun, Fellowship, Games and Refreshments!**