

### **Ministry Team**

The Rev. Christopher R. Doering  
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### **Parish Council Executive**

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Ross Underhill, People's Warden  
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John Telgmann, Treasurer  
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Kathleen Young, Vestry Clerk  
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### **Parish Council**

Barbara Almonor (613-331-2740)  
Judy Donevan (613-384-6494)  
M.J. Dove (613-389-2182)  
Ann Edwards (613-766-4520)  
Jerry Zabel (613-389-1323)  
vacant

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## **THE BACK PAGE**

### **Claiming God's Promises**

"I have said these things to you so that my joy may be in you, and that your joy may be complete."

(John 15:11)

### **A Word of Encouragement**

"No matter what the climate is, what the troubles are, what the difficulties are, there is joy for the child of God, because joy is produced supernaturally by the Holy Spirit in us."

~ Billy Graham



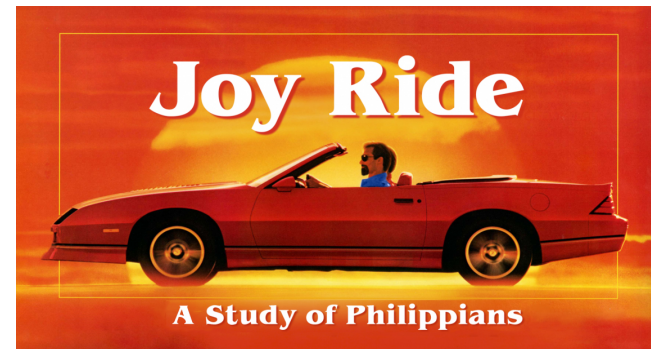
ANGLICAN CHURCH  
IN NORTH AMERICA



Anglican Network  
in Canada



**The 19th Sunday after Pentecost**  
**Sunday, October 20, 2019**  
**10:00 AM**



**"DAILY HABITS FOR JOY"**

**READING**  
**PHILIPPIANS 3:1-16**

"Let anyone who is thirsty come to me, and let the one who believes in me drink. As the scripture has said, 'Out of the believer's heart shall flow rivers of living water.'"  
(John 7:37-38)

## Collect of the Day

Set us free, loving Father, from the bondage of our sins, and in your goodness and mercy give us the liberty of that abundant life which you have made known to us in our Saviour Jesus Christ; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen.

## Ministering @ Living Waters Today

**Greeters:** Barbara Almonor & Gail Sulpher  
**Reader:** Rachael Souch  
**Prayers of the People:** Shirley Underhill  
**Chalice Bearers:** Wayne Catel & Yolande Chan  
**Computer:** Ross Underhill  
**Prayer Team:** Tucker & Anke Carrington  
**Little Squirts (birth-3):** Katie Dove  
**Puddle Jumpers (4-5):** Holly WhiteKnight & Josh Dove  
**Wave Riders (5-gr.6):** Kathy Doering  
**Fellowship:** Shirley Underhill  
**Counters:** Barb Lutz & Scott Young  
**Set Up:** Ross & Shirley Underhill



## Children & Youth Ministry

All children from infant to grade 8 are encouraged to participate in our Sunday morning Children's program which is using the "God's Big Story" curriculum. The **Little Squirts (birth-3)**, **Puddle Jumpers (4-5)**, **Wave Riders (5-gr.6)** and their leaders are dismissed after the reading and return at Communion. Teens will spend two Sundays in church and two Sundays helping with the children's program. For more information about children and youth ministry at LWF, or how to serve in this important ministry area, speak to Kathy Doering. Please keep our children, youth, and leaders in your daily prayers.

# ANNOUNCEMENTS



## Faith Explored: Adult Sunday School

Join us Sunday morning's from 9:00 - 9:50 AM for four stand alone sessions led by Earl Briard. Note: **Please Note: There will be no Adult Sunday School next Sunday, October 26. It will resume, Sunday, October 27.**

### Week 1: The Three Imputations

Why and how am I affected by Adam's sin? Can penalties and righteousness be transferred? How are imputation and justification related? There are three imputations - or "reckonings" in Scripture that speak to these issues - and that resolve humanity's great problem!

### Week 2: Four Alienations and The Fall

To be alienated is to be separated or estranged. The theme of the alienation of mankind has long been recognized. John Stott said: "nothing is more dehumanizing than this breakdown of fundamental human relationships." In what ways does this breakdown occur? What is the remedy? Can alienation be healed?

### Week 3: A Prayer to Remember

Most of us pray spontaneously during our time of devotions. But have you ever written down your prayers? What may be some advantages of doing this? This session introduces us to two people who have done so.

### Week 4: The Beauty of God

When we think of the attributes of God, His love, His goodness, His justice readily come to mind. But what of His aseity, simplicity, holiness,

# PRAYER @ LWAF

## Prayer Chain

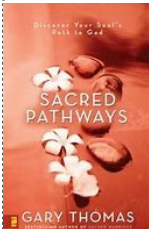


As followers of Jesus, we are called to be a community of prayer. If you, or anyone you know, desires prayer for any reason and would like it shared with our Prayer Chain, please contact Shirley Underhill at:

**shirleymunderhill@gmail.com or 613-888-1198**

and she will pass it along to the rest of our prayer chain. All prayer requests will be kept strictly confidential and will not be shared with anyone else without your permission. Please feel free to ask for prayers of thanksgiving or discernment as well! For more information, speak to Shirley or the Rector.

## Sacred Pathways Book Study



**“Thou shalt not covet thy neighbour’s spiritual walk.”** Are you envious of the way some people seem to walk closely with God, effortlessly spend hours in contemplative prayer? Maybe you’re that way, but others are far better at showing God’s love in practical ways or courageously standing up for God’s Kingdom. Why can’t you be more like them? The answer is simple: you weren’t designed to be!

In his book, *Sacred Pathways*, Gary Thomas strips away the frustration of a one-size-fits-all spirituality and guides you toward a path of worship that frees you to be you. We all relate to God differently, and if our prayer life hits a snag, perhaps it’s because we’re trying to follow someone else’s path. This book explodes the barriers that keep Christians locked into rigid methods of worship and praise, and describes 9 distinct spiritual temperaments: **Naturalists, Sensates, Traditionalists, Ascetics, Activists, Caregivers, Enthusiasts, Contemplatives, and Intellectuals**—their characteristics, strengths and pitfalls. Illustrated with examples from the Bible, each path describes an approach to loving God through a distinct journey of adoration.

**There is still room for 2 more people to join us on Thursday evenings at the Doering’s.** This week we will be looking at **Activists & Caregivers.**



## For Your Prayers

Please hold the following people, places, and petitions in your prayers this week.

**The World:** Pray for an end to all violence and unrest; for countries in conflict and for the people who live in them--that the whole world would know the peace, justice, and freedom of God.

- For Israel, Iraq, Afghanistan, Syria, and parts of Africa.
- For the vulnerable: for women, children, those in slavery, refugees, prisoners, and captives.

**The Church:** Pray for Christians throughout the world as they seek to proclaim the gospel--that Jesus would be known, worshipped, and obeyed.

- For the persecuted church: for Christians in the Middle East, Pakistan, China, and parts of Africa.
- For our Province (ACNA) and Primate, Archbishop Foley Beach (& Allison).
- For our Diocese: for our Diocesan Bishop Charlie Masters (& Judy); Suffragan Bishops: Stephen Leung (& Nona), Trevor Walters (& Dede); Missionary Bishop, Andy Lines (& Mandy); retired Bishops: Don Harvey, Malcolm Harding, and Ron Ferris.
- For ANiC congregations in Greater Toronto & Eastern Ontario: for New Song, Port Perry; and for all who work and worship in that parish.
- For our brothers and sisters in Christ ministering with us in Kingston.
- For our parish & the families of Noah & Aly McCaughen, John McEachern & Beth Insley, Murray Moore, Ruth Pestor, Brad & Jennifer Shoniker.
- For missionaries at home and abroad--for their safety and protection, as they spread the good news. Pray Samaritan’s Heart Ministries.
- **Province, and City:** Pray for all those in authority--that they would lead with righteousness and truth. Pray for Queen Elizabeth, Prime Minister Justin Trudeau, Premier Doug Ford, and Mayor Bryan Paterson.
- Pray for the Federal Election on Monday.

**The Sick and Suffering:** Pray for all those who cry out for healing in body mind or spirit.

- Pray for those in our parish: Barbara, Rick, Ann, Carolyn, Murray, Roy, Wayne.
- Pray for our family & friends:
- Pray for the homebound: Shirley Murray, Harry MacDonald, Juliet Cavadias, Marion Sullivan, Barbara Lemmon.



## This Week @ Living Waters

### Tuesday, October 22, 2019

7:00 PM - Young Adult Women's Group @ the Joudry's

### Wednesday, October 23, 2019

7:00 PM - Mixed Life Group @ the Donevan's

### Thursday, October 24, 2019

7:00 PM - Sacred Pathways Book Study @ the Doering's

### Friday, October 25, 2019

7:00 AM - Men's Life Group & KHOP

10:00 AM - *From Dust to Glory* Study @ KHOP

12:00 PM - Soup & Spirituality @ KHOP

5:00 PM - Parish Retreat @ Camp IAWAH

### Saturday, October 26, 2019

9:00 AM - 6:30 PM - Parish Retreat @ Camp IAWAH



### SAMARITAN'S HEART MINSITRIES

Pastor Naseer David, Naz, and volunteers are actively involved in the local Kingston community working among international students, immigrants, and seniors as well as providing support at the international level, primarily in Pakistan and India. Samaritan's Heart also ministers in other places in the world on behalf of the international affiliated organization. *Living Waters* supports the organization financially via the Missions Committee budget and some members of the congregation participate in its ministry. For More information, speak to Kyle Joudry.

## ANNOUNCEMENTS

### *Living Waters Community Sharing*

This month is "Socktober," and so we will be collecting **WARM SOCKS** to distribute to those in need through Socks Kingston. Please bring new socks and place them in the basket at the Welcome Table. For more information, speak to the Rector.



### Fall Parish Retreat

We are very excited to announce that we will be holding our 4th annual, **Living Waters Fall Retreat next Friday October 25 - Saturday, October 26** at beautiful Camp Iawah, in Westport. The **Rev. Dr. Byron Wheaton**, will be our guest speaker! Byron is a very gifted Bible teacher and preacher with a pastor's heart. He will be speaking on his recent book, "**Matter Matters: Being a Disciple of Jesus in the World of Things.**" You don't want to miss out on this weekend, as we learn, pray, play; and are drawn closer together as a church family.

Registration forms are available at the Welcome Table. If you have any questions or need bursary assistance, please speak to Kathleen Young or the Rector. **We need to know by Tuesday, October 22 if you are coming.**

