

## Announcements for 11/19/17

Today we will have our annual “Shoe Boxes of Joy” packing and wrapping party in the Social Room after the service. Please join us for this joyous service opportunity as we to wrap and assemble boxes to be given to the elderly and disabled who are isolated from family and friends during the holiday season. The boxes will be distributed by Catholic Community Services volunteers. Light refreshments will be provided.

The service on this Thursday November 23rd is cancelled due to Thanksgiving.

In preparation for the December 16th monastic-led All-Day Christmas meditation, we will have three 4-hour pre-Christmas Saturday meditations from 5-9 p.m. The first one will be this coming Saturday November 25th.

The subject for today’s service is, “Inner Resources of Health and Energy.”