



VICKI'S YOGA STUDIO 2018 JANUARY SCHEDULE				
Monday	Tuesday	Wednesday	Thursday	Details
9:30-11:00 am Hatha Breathe	9:30-11:00 am Hatha Breathe	6:30-8:00 am Hatha Breathe	10:00-11:00 am Chair Yoga (\$10)	My Chair Yoga classes are held at my home studio at 106 Morrison Point Road
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12:00-1:30 pm Restorative Hatha Breathe	12:00-1:30 pm Hatha Flow	1:40-2:20 pm Kids Yoga at Athol School (school kids only)	12:00-1:30 pm Hatha Flow	
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- SPECIAL JANUARY UPDATE - I'll be holding a special Family Yoga session from 5:15-6:00 pm at Milford Town Hall on Thursday, January 11. Suggested donation \$20.
 - All classes are \$15 each and held indoors at 106 Morrison Point Road (around the corner from Black River Cheese and across from Vicki's Veggies) unless specified otherwise
 - Hatha Breathe - The focus is on the breath with each movement, and the class is slow and mindful
 - Hatha Flow - The focus is on building strength, stretching and developing muscle agility
 - Bring your own mat and water bottle
 - Check Facebook and the website for updated schedule changes
- CALL OR TEXT FOR MORE DETAILS - 613-848-7791
VICKIEMLA@GMAIL.COM
WWW.VICKISYOGA.CA

Goodbye Milford

By Janelle Shaw

It's hard to believe that it has been three years since I moved into The County and was welcomed so warmly by this community. I began serving at South Bay United Church and Cherry Valley United Church as a student and completed my internship with them before being ordained in the United Church of Canada in May of last year. But, as our scriptures tell us, "there is a time for everything and a season for every activity under heaven", and my season in Prince Edward County is coming to an end. I have accepted a new Call to a two-point charge in the towns of Lafleche and Limerick, Saskatchewan and I will be moving there in February. My last service at South Bay and Cherry Valley will be on February 4th and I will begin at Lafleche-Limerick on February 18th.



But before I go, I wanted to take a moment to write a note of thanks to all of you: Thank you for your embracing welcome into this community. I have always felt God calling me to rural ministry, but having never lived in a rural area, I wasn't so sure what I was getting myself into. I remember having a "chat" with God the day before I moved, basically saying to Him, "This was YOUR idea...you better have a plan!" And it turns out that God did have a plan...it was all of you!

I will forever be grateful for the people of our congregations and all their support, teaching, faith and guidance over these last few years, but life is not only about work (even when you love it as much as I do) and so I am also grateful for all the people of our community. I will never forget the time that I have spent with you: in the dunk tank at the Fairs and on the ice for the Carnival, sitting around a table at Jenn's or over for a chat in one of your homes, riding a tricycle in the Easter Parade or just hanging out in the Post Office with Shirley and chatting with anyone who came by. I am so glad that this was the community I found for my first Pastoral Charge. Thank you for a wonderful three years!

As we move into a season where we go our separate ways, may we both go with the blessing of God in our lives and the time we've shared together in our hearts. Thank you for everything!

www.southmarysburghmirror.com

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