

## Roots and Wings

### St. Philip's Anglican Church

The last few months have been really exciting at St. Philip's Anglican Church, which gets us ready for a busy and even more exciting summer!

#### Black River Canoe Trip

Based on this year's attendance, the Annual Canoe Trip on Black River is going to be changed to our Annual Canoe and Kayak Trip!

Hey, when you get to know us, you will find we are always open to change!

It was a bit of a cold day on the water, but everyone had a great time. And the BBQ and lemonade afterwards made for a great wrap-up to the day. Thank you to the Cowan Family for once again organizing this event – so great to be back on the river!



#### Queen's 70th Year

On Saturday, June 11, the St. Philip's ACW held a Queen's Tea to celebrate Queen Elizabeth's 70th year of her reign.

We kept the event small and intimate, with about 40 people joining in singing God Save the Queen and a prayer for her

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## NUTRITIONAL THERAPY + MENTAL HEALTH COUNSELLING

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