



## **News from the Youth Ministry Coordinator**

**Hello!!** Welcome back to returning F.A.S.t families and a special Welcome to new families!

We are so excited to be back and we are proud to be celebrating three years of successful youth ministry at St. Thomas. Wow! Today we are marking the return to the F.A.S.t program with a surprise breakfast for our kids! Fun games, sharing, prayers and a relaxed, joyful easy-going morning as we resume our weekly schedule. We look forward to reconnecting with you all.

I have included a list of our program offerings for the Fall. **Please share the good news of our extended programming throughout the community...**

## **S.A.L.t Church - new!**

S.A.L.t (Spirit and Life together) is an innovative new initiative being offered to you by our Rector, Rev'd Karla Holmes and by the Youth Ministry Coordinator Lee-Ann Matthews. The program will run on the first Sunday of each month beginning Sunday October 5 at 4 pm. This is a family friendly opportunity for alternative worship, fellowship, discipleship, praise, discussion, contemplation and more! Oh yes and of course if we are going to nourish the spirit we must nourish the body too...a light dinner will be offered.

Everyone is invited to this Homecoming event in celebration of the newly baptized, those not baptized and those who were baptized long ago. **Please RSVP with Lee-Ann [kidsspaceyoga@gmail.com](mailto:kidsspaceyoga@gmail.com) or call: 514-953-4060**

## **F.A.S.t Fridays - new!**

We are now offering an exciting new varied after school program on Fridays from 4-6 pm for kids aged 8-15 years. From fitness and yoga to art, drama, creative explorations, language and more, beginning on Friday September 26th. **Kids Spirit Boot Camp** is our debut program. It will encourage and support health and well

being for the whole person: body, mind and spirit. We will incorporate physical fitness with yoga and meditation. The "icing on the cake" will be a fresh, tasty healthy, home prepared light meal. Sorry no cake :). We can't think of a better way to end a week than with some awesome Kids Spirit Boot Camp! This is a community event. Therefore there is no charge but we are accepting non perishable food items for the St. Thomas Community cupboard. **To register contact Lee- Ann [kidsspaceyoga@gmail.com](mailto:kidsspaceyoga@gmail.com) or call [514-953-4060](tel:514-953-4060)**

## **F.A.S.t**

This is our core program and is our well established Sunday school running from 10-11:30am during the worship service. F.A.S.t (Free as the Spirit takes us), has been recognized for its progressive and participative approach. We serve children and youth aged 5-16 years. We use music, art, laughter, prayer, scripture, outreach, games, baking and faith to keep our programs fresh, relevant and fun. We gladly accept newcomers!!! No registration necessary.

## **Mini F.A.S.t**

Our cohesive community of supporters of children and

family life at St Thomas banded together to carve a space for younger kids who aren't quite ready for the challenges and demands of our enriching youth ministry programming but they still find church boring!!!! We have a cozy corner with mats, toys, puzzles, markers and paper for you to hang out or play. If you're super lucky you may even get a glimpse of and get invited into what's going on at F.A.S.t that day. Just show up, you never know. No registration necessary.

We look forward to serving the children and youth of our community in inspiring, new and varied ways this Fall.

Lee-Ann Matthews, Youth Ministry Coordinator



## **St. Thomas' Church**

Anglican Church of Canada

6897 Somerled Avenue Montreal QC H4V 1V2

The Rev'd Karla Holmes, Incumbent

T 514-484-2750

[st.thomas.ndg@gmail.com](mailto:st.thomas.ndg@gmail.com)