

# Presbyterians on the Run



CIBC  
Run for the  
Cure



Sunday October 6th, 2019

Join the Knox and St. Andrew's Team!

Register to walk or run the 1 / 5 km course  
Or donate to support a team member/the whole team  
and come out to cheer us on!

Come to Knox for refreshments after the Run and  
Join us for worship @ 11 am



## Knox Participating with St Andrews: CIBC Run for the Cure October 6 2019

Dear Knox family

Knox Session approved our participation in the CIBC Run for the Cure October 6, 2019.

On Sunday morning Oct 6 we as a congregation will be partnering with our brothers and sisters at St Andrews and participate in the CIBC Run for the Cure. After the run we will join for refreshments in Metcalf Hall and a short worship service at Knox at 11:00 a.m. We are hoping to invite others from the run to join us for refreshments and worship.

We can register online by visiting the CIBC Run for the Cure Guelph website. The team "**Presbyterians on the Run**" is up and running on the CIBC Run for the Cure Guelph website. Click, on the team name to register or to make a donation.

We can participate either in the run/walk for either the 1 km or 5km route. Those of us that can't participate can be a supporter/cheering squad in front of either Knox or St Andrews - there will be refreshments for those who are hanging around at either church.

Registration fee is \$40, which includes a T shirt.

There is a supporter of the Run for the Cure that graciously offered to sponsor members of Knox @ \$100 per participant.

Wow isn't this great!

Session also approved that: The sacrament of Holy Communion will be celebrated on Sunday, September 29th instead of October 6th as is customary.

Any questions please talk to Judy Steer, Liz Inglis or Johan