
Extravagant Love



Who do you perceive/believe yourself to be right now? How do you want to experience life? Will you be more kind, gentle, forgiving, tolerant and loving? Or will you continue to give your power away to the fear and doubt that is so prevalent right now in our society? The choice is ultimately yours.

Might we suggest a resolution to love extravagantly and unconditionally? Within you is an unlimited supply of love and you hold the key to its release. Fear and doubt, anger and hate, have no more control over our lives than we allow. Can it be that simple? It really is. Loving is a choice we can make every moment.

Begin with yourself. Realize that you are a powerful, spiritual and angelic being and can create with love. Take care of your thoughts and feelings and make sure they reflect the positive you. Also observe your actions and insure that they have a loving intent too.

Even when our emotions get the best of us and the stress and concerns of life become a bit overwhelming, just remember we have tools of forgiveness, gratitude, meditation, visualization, and letting go, to assist us in overcoming the negative experiences we encounter each day. Most things we concern ourselves over are not worth worrying about or holding on to.

When you are clear and receptive to God's love and your own higher, loving nature, you can then direct this love to people and places around you. Your peace becomes the peace for others. Your love becomes the love of God that other people feel.

Be the angel you are and choose to live freely and joyfully. In doing so, you make this a better world to live and love in.

The woman in our story from Luke this week lavishes extravagant love upon Jesus; she made a choice to love boldly, unconditionally in spite of the whispers and looks. She let no social constraint stop her from expressing the love she feels and wants to express. She stands behind him weeping, and proceeds to clean his feet, washing them with her tears, drying them with her hair, finally applying ointment she has brought. She has let go of fear and doubt; she is willing to be vulnerable, open and real. She has chosen to live freely and boldly and follow her heart to God. It is the example of unconditional love that speaks to us and boldly challenges us if we seek to know God in the way God would have us.

This Week at Inca



Special Worship Sunday –Celebrating and Saying Good Bye- June 26 10 am

We are saying good bye to 3 Inca families who are moving out of town; the Birchall's, the Luce's and the Maloney's. These families have been an important part of this community for a very long time and we want to send them on their way with our thanks and blessings. Come and be part of this important day!

Summer Activity at INCA

A reminder that during the month of July, we'll be joining our friends and worshipping at St. Aidan's church. We welcome them to Incarnation in August!

Parish Council Meeting **This Sunday, June 12, after the 10 service**

Please have your reports to Jim Stevens by Friday, June 10



Refugee Family – Update

Our family of 4 arrived this week; Samer, Nidaa, Mahmoud and Salam are very happy and deeply grateful

We are very excited to welcome them to their new home. Thanks to all the volunteers and those of you who made donations - their apartment is now fully furnished and they are settling in and are very comfortable. **They will be coming to Inca on the 19th** to meet everyone so come and meet them personally

Please pray for them as they adjust to their new surroundings.



Winds of Change Workshop for Truth and Reconciliation

This Saturday, June 11th from 9:00am to 12:30 pm, worship area

Following through on the Indian Residential Schools Truth and Reconciliation Commission's recommendations, the workshop will include the Blanket Exercise and a panel of experienced front line activists focusing on the following topics: Teaching about Indian Residential Schools; Murdered and Missing Aboriginal Women and Girls; Aboriginal Youth Suicide. There is no fee to attend, free will offerings are welcomed.



Laudato Si' – An Introduction Monday June 13th from 7:30-9pm

Pope Francis has written a document about 'Caring for Our Common Home' that has pleased scientists and inspired Christians of many traditions. Join us for an introduction to Laudato Si', using a complementary video: 'A Canadian Response'.

For further information, please contact Mervyn Russell: forsythe1003@gmail.com



Abbeyview BBQ –Thursdays 5:30-7pm Starting July 7

We're looking for a number of people to help as we host a weekly bbq for our Friends at Abbeyview. Please fill in an application form, available in the office. Please contact Susan Curran for more details.



The Ian Grieve Memorial Croquet Tournament - Saturday, July 16

Hosted by Alan and Winkie Macdougall on July 16th beginning at 4 pm.

Sign-up sheets in the narthex.



Contemplative Fire – Sunday, June 19, 8:00pm.

Are you looking for time to reflect, meditate and recharge your spiritual life? Each meeting begins with a communal sharing of food followed by quiet and intentional reflection in the gathering area. The response to this has been very encouraging. We continue to see new faces at each meeting and look forward to growing this community. For more information, please speak to Michael. All are welcome.



Music News

Please be sure to attend our June 12 service (the final Sunday of our choral season) for a special presentation of "Sit Down, You're Rocking the Boat" from the musical *Guys and Dolls* featuring our own Graham Hughes as "Nicely-Nicely Johnson"!

On Sunday, June 26 we welcome two young singers from St. Michael's Choir School to present special music during our morning service.



Wing and a Prayer –June 23

We meet at 6:30pm at Monaghan's. Cost: \$25 per person including food and drink. RSVP Rob Moniuk (Robert@Moniuk.ca).

Everyone is welcome!



Youth Group Events-

For info contact Phil Carver at incayouthprogram@gmail.com



St. Luke's Vacation Bible School

August 22nd – 26th at St. Luke's Church

For children in JK through to Grade 5, as of September 2016

Meet new people and have fun while learning about the Christian faith. Application forms are available in the office.

Community News



Garden Tour presented by St. Luke's Burlington

Sunday, June 26 10am-5pm

Visit 5 local gardens, then enjoy afternoon tea in St. Luke's Parish Hall. Money raised helps food banks, PWRDF, and others initiatives. Tickets are \$25 – call Veronica at 905-637-6342 for more details.

This & That



Buy Good Coffee – Available in the office

Delicious, organic, Arabica coffee grown by women in Peru who are paid above fair trade prices. \$15 for a 1lb bag, \$10 for a 10oz bag.

Remember, 30% of the proceeds will be donated to the missions of Incarnation.



Community Garden News

The R4R Youth group along with the INCA Youth Group will continue construction of the expanded Community Garden t

Look here for updates and watch their progress as they find wellness through community involvement.



Computer Collection

Do you have an old PC you no longer use? Please consider donating it to Ewan Lorimer who will strip the bad parts and sell the good ones. He'll donate 25% of his profits to the church. Ewan can also rebuild old PC's so they run better.



Looking to volunteer?

We have lots of way you can get involved. Positions include: altar prep, greeters, readers, hosts and coffee preparation. **Youth** can gain some volunteer high school hours. Training will be provided. Contact Claudine Boulert, at boulert@rogers.com for more information, or call 905-825-2851.



Our recycling efforts!

Thank you to all our hard-working volunteers who prepare the coffee and help with the set-up and clean-up of our premises. We have some new helpers and we thought it was time for a reminder about what to do with the garbage after each event

- All recycling needs to be emptied after each coffee hour or other event. The large blue recycling bins are located at the back door. Please dump all recycling into the larger bins before leaving the church.
- Green bin liners are located in one of the 3 stacked multi-coloured baskets in the kitchen on the counter by the small sink.
- Please place the green bin outside the back door at the end of coffee hour or any other event. No green bins are to be left in the kitchen after coffee hour



Changes to Order of Service or Bulletin News - Any changes need to be sent to the office by Tuesday, noon. office@incarnationchurch.ca

Nametags let people know who you are and make it helpful for people to put names to faces, especially for newcomers



Receiving Communion

All people at Incarnation are invited to receive the bread and wine at communion. The bread is received from the priest who stands between the servers who offer wine from the common cup; choose whatever side is free. You may choose to receive from an individual wine cups available to the left of the altar. Take one, consume the wine and replace the empty cup in the same spot. We hope this provides an inclusive approach to communion where all are welcome.

VOLUNTEER SCHEDULE

	June 12	June 19	June 26
Bread Making	B. Gowing	A. Moniuk	C. Surplis
Altar Prep	B. Hanna-Morrison	M. Stevens	A. MacNaughton
Coffee	B. Saunders	J. Vanderwater	L. MacLaughlan
Coffee	U. Adensamer	P. Russell	P. Moffat
Host	E. Lee	J. Smith	S. Hutchinson
Reader 1	D. Lusby	V. Moniuk	J. Bowden
Gospel	M. Russell	J. Grieve	K. Pitt
Prayers	L. Hickey	S. Curran	D. Wieler
Server 1	P. Moffat	K. Pitt	W. Burk
Server 2	A. Turner-Sommer	J. Stevens	T. Burk
Wine Cups	C. Boulert	Z. Boulert	E. Lorimer
Counting	M. Morrison	J. Lockhart	W. Macdougall

Please Note: If you need to adjust the schedule, please write the change on the master copy pinned to the bulletin board