

rest

At the time of writing, there are officially 5 more sleeps until summer vacation! I am looking forward to a slower rhythm of life and a looser schedule; time in the garden, time on the dock and on the water, mystery novels that are fluffy and sleep-ins!

Instead of alarm clocks waking me up, I will awake and maybe even roll back over. Morning routines have fewer tasks and the routine, well, isn't a routine at all. My ministry schedule, too, slows during the summer with many programs and ministry responsibilities coming to a pause.

I am looking forward to our calendars being a bit clearer to make time for some rituals of R.E.S.T. This does not mean taking days to sleep or waste or neglect life's responsibilities for a long time. This is about intentionally taking moments in my day to allow **Restored Energy in Spirit Time (R.E.S.T.)**. And summer, whether in a family context or a ministry context, often allows space for this to happen.

What do I plan on doing to restore my energy in the Spirit's time?

- Lingering a bit longer in the morning over my cup of coffee
- Reading books just for me that are pure fun and not work-related.
- Making riding/walking/exercising and nature-staring part of each day.
- Sitting outside with my wife on summer's longer nights, visiting and sipping a glass of wine.
- Connecting with friends and family that I have seen little of these past months

There will be no task lists that drive this R.E.S.T. I am going to trust the Spirit to show me what I need to restore my energy in this summer season. My daily devotional and quiet time will guide me to notice the Spirit's invitations for me.

What about you? What might be some rituals of R.E.S.T. that will be part of your summer?

Happy Summer

Michael

This Week at Inca



New Canadian Family -

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

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

CHURCH NEWS

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 Birchalls, the Luces and the Maloneys. 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!

July Worship at St. Aidan

A reminder that during the month of July, we'll be joining our friends and worshipping at St. Aidan's church, 318 Queen Mary Drive. We welcome them to Incarnation in August!

Summer Activity at INCA

The office remains open during July and August, but please call ahead! Michael can be reached for emergencies as needed.



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 – returns August 21st.

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

Choir rehearsals will resume in September – enjoy your summer!



Wing and a Prayer –July 27

Please note: In July and August we will move to the fourth Wednesday of each month.

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.



Christ's Church Cathedral 2nd Annual Garden Tour

Sunday, July 24, 11am-4pm

Featuring 10 local gardens, \$10 admission.
Reception 3-4pm at 252 James Street North
For tickets call: 905-527-1316 ex 240

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 26 |
|--------------|--|----------------|
| Bread Making | | C. Surplis |
| Altar Prep | | A. MacNaughton |
| Coffee | | L. MacLaughlan |
| Coffee | | P. Moffat |
| Host | | S. Hutchinson |
| Reader 1 | | J. Bowden |
| Gospel | | K. Pitt |
| Prayers | | D. Wieler |
| Server 1 | | W. Burk |
| Server 2 | | T. Burk |
| Wine Cups | | E. Lorimer |
| Counting | | W. Macdougall |

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