

“Prayer is a meeting which nourishes our hearts. It is presence and communion. The secret of our being is in this kiss of God by which we know we are loved and forgiven. In our deepest selves, below the levels of action and understanding, there is a vulnerable heart, a child who loves but is afraid to love. Silent prayer nourishes this deep place.”

*Jean Vanier*

## This Week at Inca



### Summer Activity and a Reminder

#### A Message from the Corporation

This year we will continue to hold our worship gatherings at 10 am at Incarnation followed by our summer music series “Incarnation’s Got Talent”. Historically, attendance sags a bit during the summer. So, we want to remind and encourage you to keep up your charitable contributions to Incarnation if you are not on Pre-Authorized Payments. Our work and expense continue through the summer so we need your support. Thank you for assisting us with keeping the ship moving forward.

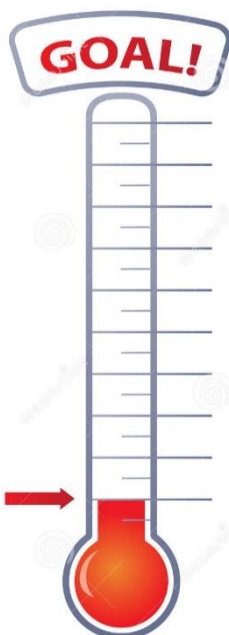
Appreciatively, *The Corporation of Incarnation*

**July 24-30** The Canadian Open. As usual, our parking lot will be off limits during the day.

#### Sunday, July 30, Outdoor Service at the Hickey’s

Our church parking lot will not be accessible that day due to the Canadian Open, so please join us for Sunday worship on July 30th at Leslie Hickey’s house, 1202 Rushbrooke Drive (watch for the red Muskoka chairs out front). We will have a BBQ after the service; Hickeys will provide the main course (sausages, burgers and veggie burgers) and some cold drinks. Please bring a salad or dessert and a lawn chair. Looking forward to seeing you there!

**August 6** – Michael returns as does the 8:30 service



### Geo Thermal Project

The engineering report for our Geo Thermal Project is in progress and we are looking ahead to have 100% approval from the diocese in September to move forward with the installation shortly thereafter. In the meantime, prior to getting diocesan approval and in order to get guarantees on the bank loan necessary to complete the project, we must raise or have pledged by the parish a significant level of the funding in place.

Hence we are asking you to prayerfully consider making a pledge to this campaign in order that we can ensure its success. This pledge can be in the form a one-time gift or it may be over a five-year commitment. There are green pledge forms available at the office or you may pick one up after church on Sunday. Likewise, there are forms available on our [web site](#)

The goal we hope to achieve in gifts in pledges is approx. \$175,000. Presently we have raised and have on hand \$65,000. Hence we have **\$110,000** to go.

Thank you in advance for your consideration. If you have further questions, please speak to one of the wardens.

*Corporation of Church of the Incarnation*



### “INCARNATION’S GOT TALENT”: NEW THIS SUMMER!

Returns on Sunday, August 6 with guest singers Laura Johnson and Christopher Martel-Fauteux, with Marnie Kersten on piano.

### Incarnation Choir Rehearsals

Choir rehearsals have concluded for the summer. During the summer, please meet at 9:30 each Sunday to prepare for worship.



### The Ian Grieve Memorial Croquet Tournament - August 12th

Hosted by Alan and Winkie Macdougall beginning at 4 pm. 250 Sandwell Dr, Oakville. 905-847-0295. There is a sign-up sheet for salads and desserts



### Movie Night-

**August Dates to be announced soon!**



### Contemplative Fire –Will return August 20th

Contemplative Fire is space and time to reflect, meditate, review, and recharge your emotional, spiritual and physical life. We provide a short time of hospitality starting at 8pm then we gather together as a contemplative and intentional community. We seek to enable reflection and meditation for all, from the novice to the experienced person.



### Wing and a Prayer – During the summer we'll move to Wednesdays July 26th and August 23rd.

We meet at 6:30pm at Monaghan's. Cost: \$25 per person including food and drink. RSVP Winkie Macdougall. Everyone is welcome!



### Christmas Market – Saturday November 18th

The date has been set, the hard work and planning has begun!

We'll be looking for excellent quality donations to our Trinkets and Treasures table (*no books, CDs or stuffed animals*), craft table, and baked goods. Please start thinking about donations to our silent auction and gift basket tables – two of our biggest money makers. We do well with products and services from local businesses and great gift items. Stay tuned! Collection of these items will begin in September.

## Community News



### Diocese of Niagara – News Updates

For more information about community activities and events presented by the Diocese of Niagara, [click here](#)



### Greening Sacred Spaces – Thursday, September 14 6:30pm

Please save the date for an Evening of Recognition: Stewards for our Future where we will come together to acknowledge *Church of the Incarnation* as they move forward as leaders in sustainability by retrofitting their establishment to be more energy efficient. We will be joined by special guest, Environmental Commissioner of Ontario, Dr. Diane Saxe.

Please RSVP by replying to [haltonpeel@faithcommongood.org](mailto:haltonpeel@faithcommongood.org) with the number of guests you would like to reserve tickets for



### Mental Health First Aid for Adults who interact with Youth

September 9, 16, 23 and 30, 9:00-1pm each day, at Church of the Incarnation

Do you live work or interact with youth aged 14-25? Would you like to learn to recognize the signs and symptoms of common mental health problems, learn how to offer initial support and guide a person toward resources?

Consider enrolling in A FREE, four-week program being offered by the Mental Health Commission of Canada and the Halton Community Legal Services. For more information or to register, contact Amanda Bordonaro-Kvil at [bordona@lao.on.ca](mailto:bordona@lao.on.ca) or 905-875-2069



### Community Walking Club – organized by R4R

Wednesday mornings, 10am-11am

Join us as we increase our physical activity, enhance our wellness, make new friends, build resiliency and enjoy nature. Please wear walking shoes and bring your own water bottle. Our goal is to walk enough steps to “Walk to Ottawa” and celebrate Canada’s 150.



**Karma Community Yoga – organized by R4R**

Wednesday evenings at 6:30

Join Eryl McCaffrey- Certified Yoga & Meditation Instructor from Mindful Movers. All levels are welcome. Free.

**This & That**



**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 Julia Lockhart if you are interested in helping out. Don't forget to mark changes to the schedule on the master copy in the office.



**Milk Bag Collection**

We're still collecting Milk bags for the kids at Ellengale Public School



**Our recycling efforts! New procedures**

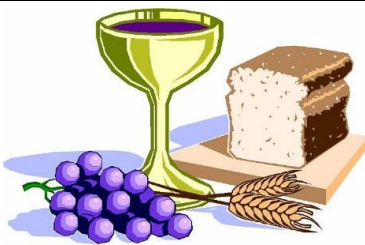
Thank you to all our hard-working volunteers who prepare the coffee and help with the set-up and clean-up of our premises. The daycare has been testing a new green bin routine with much success. We have almost completely eliminated critter attacks!

- Start a new **SMALL** green bin for each service or event. Before leaving, tie off the bag and move the **SMALL** green bin waste to the shed and deposit into the **LARGE** green bin. This will eliminate any critter attacks. No green bins are to be left in the kitchen or out the back door after each event. If you don't know where the key to the shed is located, please ask a **Warden** or office staff.
- Green bin liners are located in one of the 3 stacked multi-coloured baskets in the kitchen on the counter by the small sink
- All recycling must be emptied after each coffee hour or event. The large blue recycling bins are located at the back door. Please dump all recycling into the larger bins before leaving the church.



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

	July 30	August 6
Bread Making	J. Vanderwater	A. Moniuk
Altar Prep	M. Stevens	A. Moniuk
Coffee	n/a	P. Moffat
Coffee	n/a	J. Smith
Host	n/a	A. MacNaughton
Reader 1	Assigned day of	L. Hickey
Gospel	Assigned day of	P. Moffat
Prayers	Assigned day of	TBD
Server 1	J. Stevens	A. MacNaughton
Server 2	L. Hickey	B. Hanna-Morrison
Wine Cups	A. Turner Sommer	A. Moniuk
Counting	J. Stevens	D. Lusby

Please Note: A summer schedule has been emailed. There are a few printed copies available in the office. Thanks to all of you who update the master copy in the office – very helpful for me!