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## This Week at Inca

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### Welcome Back Sunday, with Bishop Michael Bird

Please join us on *Sunday, September 10* as we welcome Bishop Michael Bird as our guest speaker and presider. We will also be blessing the back packs (and other work-related devices). Following the service there will be a welcome back barbeque so please make a point of joining us.



### The Final Free Family Movie Night! This Friday, August 25!

The Church of the Incarnation will be hosting our final free family movie night of the summer this Friday. Come and meet your neighbours and enjoy some great family fare as we watch

*Friday, August 25 featuring Zootopia*

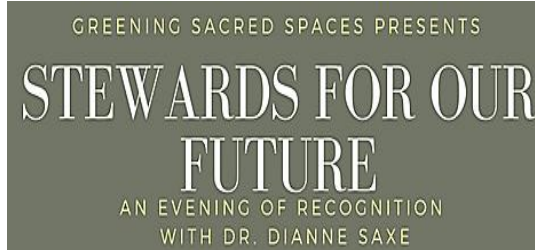
The movie kicks off at 8 pm! We'll supply the award-winning popcorn!



### International Overdose Awareness Day, Thursday August 31st

**6:00-7:30pm in the Oakville Town Square**

Join Oakville Resiliency for Recovery Group [R4R] for the 4th Halton International Overdose Awareness Day. Presenters will include John Oliver M.P.; Kevin Flynn M.P. P., survivors and Drug and Mental Health Workers. Learn what is being done in our community and support the efforts of the young adult organizers of this and other social awareness events and mutual support programs.



### 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.

Reservations required! [Please RSVP by clicking here](#)



### Saturday Jazz returns September 23

Join us for an evening of jazz and BBQ starting at 7pm featuring the Deborah Dowey Trio. Tickets are \$15 at the door. Light snacks and refreshments may be purchase separately.



### Contemplative Fire –Sunday, September 17

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.



### Jeff West Hypnosis, Saturday, October 14

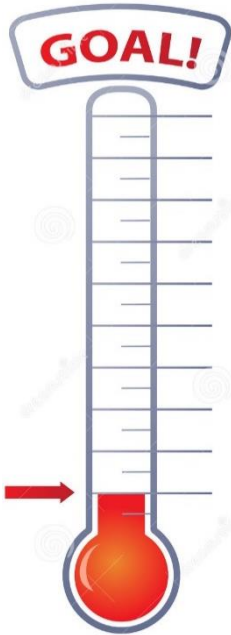
Mark your calendars and stay tuned for more details about an interactive comedy hypnosis show featuring Jeff West.



### A Message from the Corporation

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*



### 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"

Many thanks to all the performers who delighted and entertained us during the summer. This weekend Leila Stevens will showcase and talk about her recent trip to Europe.

### Incarnation Choir Rehearsals return Wednesday September 6, 7:30pm.

Until then, please meet at 9:30am each Sunday to prepare for worship. Our regular Wednesday rehearsals will resume on September 6 as we prepare for Welcome Back Sunday.



### Wing and a Prayer – Returns to our regular schedule on September 28

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



### 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

	August 27	September 3
Bread Making	B. Gowing	A. Moniuk
Altar Prep	A. MacNaughton	W. Macdougall
Coffee	U. Adensamer	L. Hickey
Coffee	Hutchinson/Henley	B. Saunders
Host	S. Williams	L. Bird
Reader 1	P. Mitton	A. MacNaughton
Gospel	S. Hutchinson	D. Bold
Prayers	S. Curran	J. Bowden
Server 1	A. Moniuk	A. MacNaughton
Server 2	S. Williams	D. Bold
Wine Cups	P. Russell	E. Rago
Counting	S. Williams	A. Macdougall

Please Note: Thanks to all of you who update the master copy in the office – very helpful for me! There are a handful of printed copies of the new schedule in the office.