



## “Spirituality and Religion; Is it an Oxymoron?”

For our Lenten study this year, we will be holding a 6-week discussion and study group to ponder how spirituality and religion are intertwined.

**WHEN:** Thursdays 12:30-2pm, beginning February 15

**WHERE:** The Chapel

**WHO:** All those interested in exploring the tension and convergences between spirituality and religion. Did Jesus mean for us to be “religious” when he invites us to ‘follow me’? When someone says I am spiritual but not religious, what does that mean?

Please sign up on the sheet on Sunday or send an email to Michael [rector@incarnationchurch.ca](mailto:rector@incarnationchurch.ca) to let him know you are interested in attending.

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### This Week at Inca



**Vestry Meeting, Sunday, February 4** after the 10:00 worship. Another important date in our calendar. On March 3<sup>rd</sup> the Diocese of Niagara will be electing a new Bishop and one agenda item at vestry will be to hear and learn about the candidates who are standing for election. Come and help our delegates discern who might be called to this office!

**Why should I attend?** We invite all parishioners to attend and learn more about some important decisions facing Incarnation, hear updates from committee members, to review our financial position and to elect our new churchwardens.

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**MARK YOUR  
CALENDAR!**

**More dates to remember!**

Mardi Gras Sunday - Sunday, February 11

Pancake Tuesday - Tuesday, February 13. Let us know if you can help in the kitchen, or will be partaking in the deliciousness – mark the sign-up sheet!

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### Thank you for your support...

Evergreen and her family would like to express their thanks for all the support and prayers they have received.

[Please take a moment to view the message by clicking here.](#)



### Saturday Jazz Series returns **February 17 at 7pm**

Come and join us for our first Jazz session of 2018.

Tickets - \$15 at the door, students - \$10.

More details to come!



### Contemplative Fire – February 18 at 8pm

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.



### Incarnation Choir Rehearsals Wednesdays at 7:15

If you are interested in sharing your voice, please join us at one of our Wednesday rehearsals, or speak to Charlene after a 10:00 service.

*Please check Charlene's email for adjustments to the January and February schedule.*



### Wing and a Prayer – February 22

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

## PROTECT YOUR VALUABLES

### Please be careful

Remember to keep an eye on your valuables at all time! While attending service, don't leave anything in plain view in your car, and don't leave purses or wallets unattended in the coat room.



### Did you borrow these?

Hi Friends,

We're missing a few items. Did you happen to borrow the white space heater, or one of the smaller card tables? If so, please return as soon as possible.



### Monday Night Karma Community Yoga, resumes January 8 for 10 weeks

Join us for a relaxing session from 7:00 to 8:15, good for all skill levels. Mats available. Free, presented by R4R.

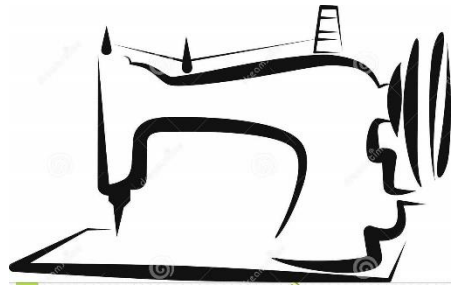
## Community News

\$25  
LOBLAW  
CARD

### Donate a Card to R4R

By now many of you will have heard of the offer of a \$25 gift card available to each adult over 18 years of age. This is the link to obtain it <https://www.loblawcard.ca/en/form>

When received, would you kindly donate the card to R4R for their forthcoming Awards Gala on 7th April? It will help considerably with their costs and efforts, and be much appreciated. Please give card to Claudine or Tracey. Thank you.



### Sewing Machines for Haiti

Do you have a sewing machine or serger (treadle, arm crank, portable or small table model) that you would like to donate to Haiti? These will find their way into schools & women's groups so that Haitians can earn a living sewing and prepare them to secure a job in one of the many clothing factories in the Port au Prince area. Some will be headed to the technical school in the slums of Cite Soleil; the largest slum in the Western World. For more information please contact Mervyn Russell..



Anglican Church of Canada

### Anglican Church of Canada

Read the January newsletter from General Synod

[Click here to read](#)



### OOMAMA'S CONCERT- Friday, February 23

The Oomama's of Oakville, who support the work of the Stephen Lewis Foundation, are holding a benefit concert: 'Sounds of Love and Hope', on Friday February 23rd at 7:30pm at St John's United Church. Tickets are \$20, regular and \$15, students and will be available at the door or from the organisers. **Soprano Charlene Pauls**, pianist Herb Williams, the Raise Her Voice Chamber Choir and **tenor Mervyn Russell**, will provide a diverse program of tuneful, easy to listen music. For more details, please contact Mervyn at forsythe1003@mail.com.

### 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

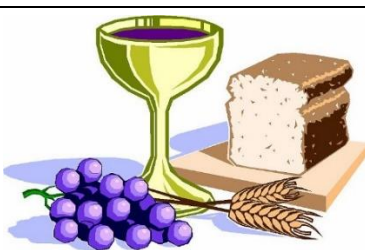
Thank you to all our hard-working volunteers who prepare the coffee and help with the set-up and clean-up of our premises. The daycare has been testing a new green bin routine with much success. We have almost completely eliminated critter attacks!

- 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

	January 28	February 4
<b>Bread Making</b>	J. Vanderwater	J. Lockhart
<b>Altar Prep</b>	B. Hanna-Morrison	A. Moniuk
<b>Coffee 1</b>	B. Saunders	M. Yang
<b>Coffee 2</b>	Chambers	L. Hickey
<b>Host 1</b>	J. Smith	L. Bird
<b>Host 2</b>	S. Hutchinson	K. Wilson
<b>Reader 1</b>	G. Chambers	D. Wieler
<b>Gospel</b>	C. Boulert	A. Turner-Sommer
<b>Prayers</b>	J. Bowden	J. Grieve
<b>Server 1</b>	S. Williams	P. Russell
<b>Server 2</b>	A. MacNaughton	B. Hanna-Morrison
<b>Wine Cups</b>	E. Rago	N. Deluca
<b>Counting</b>	J. Stevens	D. Lusby

Please Note: Thanks to all of you who update the master copy in the office – very helpful for me!

[DOWNLOAD THE JAN/FEB SCHEUDLE HERE](#)