

Truth and Reconciliation Workshop

Saturday, June 16 - 9:00am to 12:30pm
Church of the Incarnation

Please join us for a Truth and Reconciliation Workshop focusing on learning about the history of colonialism, local treaties, intergenerational trauma, and what it means to be an ally.

The workshop is led by Rick McLean, from The McLean Consulting Group, and aims to create a safe space for dialogue and to help participants develop knowledge, skills, and attitudes that will help them create authentic and informed relationships with Indigenous communities, and further the work of Truth and Reconciliation.

There is no prior registration or fees for attending this event. Free-will offering to cover expenses and finance future events will be gratefully accepted.

This week at INCA



Community Garden

We are pleased to announce our raised beds will be tended by residents of the Glen Oaks and Birch Glen coop apartments and the Abbeyview apartment building (where our summer BBQs take place). The coordinator of the project is Terry Bell.

Terry has a lot of gardening expertise and is excited to have this opportunity. She is looking for donations of seeds, vegetable seedlings, newspaper (to mulch the plants) and either a few trellises or material to construct them.

She can be reached at 905 484 2347



Summer BBQs

For 5 years, Incarnation, in conjunction with St Matthew parish and Front Line Outreach, has hosted a weekly BBQ at the apartment complex at 1150 Dorval Dr. This complex consists of 2 coop buildings and one regional housing building. Over the years we have developed a strong relationship with these neighbours through sharing a meal with them.

Many volunteers are needed to help cook and serve the food and to help supervise activities for the children at the BBQ.

If you would like to volunteer, please download and fill out [the attached form](#) then return to Susan Curran or the church office



**Saturday Jazz Series continues on June 23
doors open 6:30, music starts at 7pm**

June 23rd Melissa Lauren Band <https://www.melissalaurenmusic.ca>

Tickets - \$15 at the door. Come anytime. Refreshments, light snacks, and burgers available for purchase.



Incarnation's Got Talent!

Back by popular demand! Please join us each Sunday during the summer months for a special concert after our 10:00 services.

Grab a coffee and enjoy a short, unique, musical offering each week 11-11:20am following Incarnation Services in the summer



A big thank you to everyone who contributed to the picnic and helped with logistics! It went over well and everyone seemed to enjoy themselves.

Thanks for welcoming our neighbours from down the street.



Karma Yoga UPDATE

Starting June 6, we'll be moving to Wednesday evenings.

The classes are \$5 each, which helps keep them running, and is payable to Eryl before the start of each class. We look forward to seeing you on your mat



Christmas Market Donations

The Christmas Market team is ready to accept your donations!!!

Start thinking about gently loved items for our trinkets and treasures table, gifts for our gift baskets and items for our silent auction.



Wing and a Prayer – June 28

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



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.

Our last rehearsal of the season will be held on June 6.

Community News



Treasures of Israel and Jordan! November 9-27, 2018

Join Rev. Brian and Karen Galligan for a memorable experience The tour will include 5 days in Jerusalem, 3 days in Bethlehem, a visit to the Dead Sea, Jericho, Nazareth and much more.

Details can be found in the brochure in the office.



Anglican Church of Canada

Anglican Church of Canada

Read updates, news and commentary from around the Church.

[Click here to read](#)

This & That



ECO Justice Group: The Problem with Plastics

The eco justice group will continue to look at this problem over the next few weeks and present sustainable solutions to common single- use plastic household items. If you have an idea to share, bring it along with you to church. Together we can be part of the solution, not part of the problem.



Milk Bag Collection

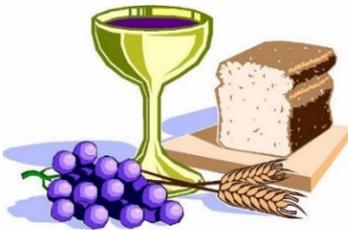
We're still collecting Milk bags for the kids at Ellengale Public School



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.



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.

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.

SCHEDULE	June 10	June 17
Bread Making	B. Gowing	A. Moniuk
Altar Prep	M. Stevens	B. Hanna-Morrison
Coffee 1	P. Russell	L. Maclauchlan
Coffee 2	I can't read the writing - help!	B. Gowing
Host 1	D. Bold	S. Williams
Host 2	W. Macdougall	K. Wilson
Reader 1	O. Aligwekwe	B. Gowing
Gospel	D. Wieler	A. MacNaughton
Prayers	L. Hickey	S. Curran
Server 1	P. Russell	J. Stevens
Server 2	D. Bold	A. Moniuk
Wine Cups	C. Boulert	E. Rago
WSRF	V. Moniuk	J. Stevens
Counting	M. Morrison	M. Thompson

Please Note:

Thanks to all of you who update the master copy in the office - very helpful for me!

[DOWNLOAD THE MAY/JUNE SCHEUDLE HERE](#)