



A reminder: the 8:30 service returns this week!

This week at INCA



Community Garden

Our raised beds will be tended by residents of the Glen Oaks and Birch Glen coop apartments and the Abbeyview apartment building. The coordinator of the project is Terry Bell - she can be reached at 905 484 2347 to let her know you've dropped something off or are willing to help tend the garden.

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



Summer BBQs each Thursday

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.

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

11:00am-11:20am
following each
summer service

Incarnation's Got Talent is continuing this August!

Please join us each Sunday during August for a special musical concert following each service. Grab a coffee and relax for a short, musical offering that will be unique each week.



We hope you have been enjoying our musical offerings thus far!

August Concert Program

August 5 — ~~Melissa Dutch, singer songwriter~~

August 12 – Mervyn Russell, tenor; and David Gowing, piano

August 19 – Emma Foley, flute; and Andrew Palucci, cello;

as well as David Gowing, piano

August 26 – Charlene Pauls, soprano & Friends



Karma Yoga

Join us Wednesday evenings at 7pm.

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 like jewelry and housewares* for our trinkets and treasures table, gifts or gift cards for our gift baskets, and high-ticket items for our silent auction.

Items can be left in the office by the front door.



Wing and a Prayer – WEDNESDAY, August 22

We meet at 6:30pm at Monaghan's. Cost: \$25 per person including food and drink. RSVP Keith Lockhart at keith.lockhart@stockton-ag.com. Everyone is welcome!

Community News



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 volunteer high school hours. Training will be provided. Contact Julia Lockhart if you are interested.

SCHEDULE	August 5	August 12
Bread Making	J. Vanderwater	J. Lockhart
Altar Prep	W. Macdougall	B. Hanna-Morrison
Coffee 1	B. Saunders	L. Hickey
Coffee 2	P. Russell	M. Yang
Host 1	L. Bird	D. Anderson
Host 2	n/a	n/a
Reader 1	A. Turner-Sommer	B. Abrams
Gospel	P. Mitton	J. Lockhart
Prayers	M. Russell	J. Bowden
Server 1	P. Rusell	A. Turner-Sommer
Server 2	A. Moniuk	B. Hanna-Morrison
Wine Cups	E. Rago	B. Abrams
WSRF	n/a	n/a
Counting	A. Macdougall	M. Morrison

Please Note:

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

[DOWNLOAD THE JULY/AUGUST SCHEDULE HERE](#)