

September 2, 2018

Readings: SONG OF SOLOMON 2:8-13,
MARK 7:1-8, 14-15, 21-23

Please welcome our new intern
Michael Coren who will be working here
starting next week until January 2019!

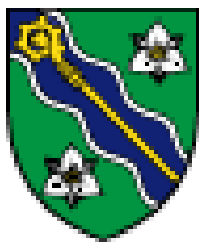
GOOD TO KNOW:



Welcome Back Sunday, on September 9

As we get back to the routine of life, we will acknowledge this 'new beginning' with the Blessing of backpacks and devices that symbolize our vocations of life.

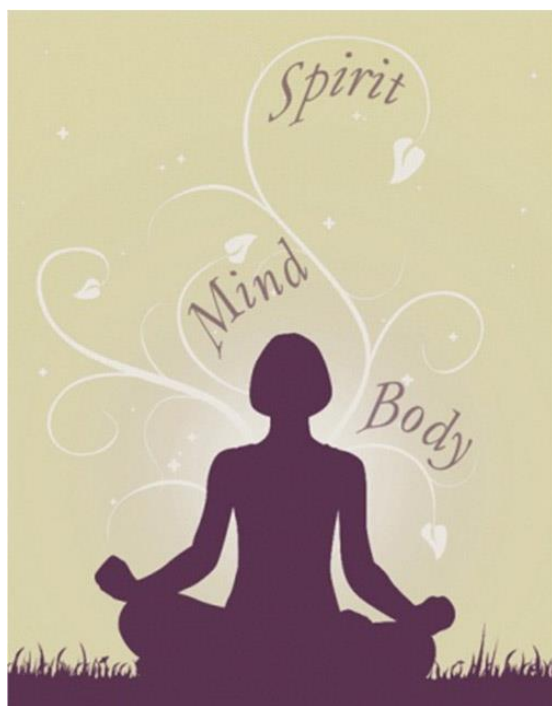
We really hope you can join us for this celebration of time together. We'll be having a BBQ following the 10:00 service. We're looking for salad and dessert donations – please see sign-up sheet. See you on the 9th!



The Order Of Niagara - Sunday, September 30, 2018

Christ's Church Cathedral, Hamilton - 4:00pm

Please take a moment to congratulate Mac Morrison who will be installed this year! If you'd like to attend the ceremony, Church of the Epiphany in Bronte has rented a bus. Cost is \$12 per person and the bus departs at 2:30, returning at 6:30. You must pre-register by providing your name to the office no later than September 13.



Kundalini Yoga – new series starting Sunday, September 16 at 7pm

In a hectic, chaotic world, take time to go inside and experience something new. A series of Kundalini Yoga classes begins on Sunday, September 16th at 7:00 - 8:30 p.m. in the Sanctuary.

[Kundalini Yoga](#) is sometimes referred to as the Yoga of Awareness. We begin with breathing exercises and then a kriya (exercise set), followed by a meditation (silent or voiced) and a savasana (deep rest). The sequences and kriyas open the body and one's own awareness to source energy.

Please bring a yoga mat and a bolster or small cushion to raise the hips off the floor when seated. All exercises can be done by everyone at their own level, and from a chair if needed. Please wear comfortable clothes that allow easy movement.

Every Body is welcome.

Starts Sept. 16 and continues through Nov. 29. \$15.00 per class cash at the door. Early Bird Series price is \$165 if paid by Sept. 13, 2018 for the complete series of eleven classes.

Contact Colette Shand, Phone: 905-808-4508

shand.colette@bell.net (You can also e-transfer your payment to this address.)



Christmas Market - Saturday, November 17

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.

Bring your donations to the office



Incarnation Choir Rehearsals Wednesdays at 7:15

The Incarnation Choir begins our weekly Wednesday rehearsals on September 5. PLEASE NOTE: Wednesday September 5 rehearsal will begin at 7:45. We are a friendly group and would love to have more singers join us. You do not need to have vast musical experience!

We are also excited that this year we are starting a new, 6-week initiative for the multicultural community of Oakville, called "Mosaic Music Collective" beginning on September 19. Please read the separate announcement regarding this exciting project. If you are interested in more information about the Incarnation Choir, please contact Charlene at charlene@charlenepauls.com.



The Mosaic Music Collective

Incarnation is pleased to announce a new music partnership this year called "The Mosaic Music Collective". This is a NEW inter-generational and multicultural music ensemble that will meet at Incarnation for six weekly sessions, bringing together people of different backgrounds and ages to create music from around the world. We welcome all - newcomers to Canada as well as long-standing residents. Participants will learn and teach music from a mix of cultures as we join together in a safe, collaborative space. Co-directors are Dr. Charlene Pauls and Natalie Fasheh.

6-Week Fall Session:

Wednesdays from 7-8 PM in the Incarnation Sanctuary

September 19, 26, October 3, 10, 17, and 24

This program is free (with donations gratefully accepted).



Wing and a Prayer – Thursday, September 27

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



The Bishop's Company Dinner, October 15, 6:30

Bishop Susan is inviting parishes to support the important ministry of the Bishop's Company. Please see Michael if you'd like to attend as part of the Incarnation delegation!



Diocese of Niagara News

Read updates, news and commentary from around the Diocese.

[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	September 2	September 9
Bread Making	B. Gowing	J. Vanderwater
Altar Prep	B. Hanna-Morrison	M. Stevens
Coffee 1	J. Lockhart	L. MacLauchlan
Coffee 2	J. Lockhart	Stevens
Host 1	B. Abrams	K. Wilson
Host 2	n/a	S. Williams
Reader 1	C. Boulert	A. MacNaughton
Gospel	B. Gowing	S. Hutchinson
Prayers	D. Wieler	S. Curran
Server 1	B. Hanna-Morrison	L. Hickey
Server 2	A. MacNaughton	J. Stevens
Wine Cups	C. Boulert	B. Abrams
WSRF	n/a	J. Stevens
Counting	D. Lusby	M. Morrison

Please Note:

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

[DOWNLOAD THE SEPTEMBER-OCTOBER SCHEDULE HERE](#)