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## Blessing of the Animals – this Sunday at 10:00

The blessing of pets and animals is often celebrated on the feast of St. Francis of Assisi, or on a Sunday near that date. It is also set to coincide with the conclusion of our Season of Creation celebrations.

In the Scriptures, the act of blessing means ‘the imparting of power or life.’ The person performing the blessing is mediating that power from God or Christ to the animal involved. To bless is more than an expression of goodwill and caring. To bless is to impart God's power in person!

The blessing of each animal, by name, means that health, healing and life are being mediated from God for the benefit of the animal in its relationship with its human partners. A special focus for this service is an expression of the bond we have with all animals. Through the service, we are able to make them an integral part of our worship life and relationships. Please bring your pets to worship on Sunday if you'd like to participate and be mindful of those who may be nervous around the animals.



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## GOOD TO KNOW:



### FOR WHAT ARE YOU THANKFUL?

On Saturday October 6 your decor team will be decorating for a celebration of Thanksgiving. Not only is it your opportunity to bring in fresh foods fruits, gourds, pumpkins squash and other vegetables to assist the building of our Harvest arrangement but we welcome donated canned and dry goods to round out that display. The canned and dry goods will be passed on to Saint Matthews house.

Donated food for Saint Matthew's house can be brought in beginning Sunday September 30th. Fresh foods can be brought into the church office Thursday October 4th or Saturday October 6th at 1 -2 pm.

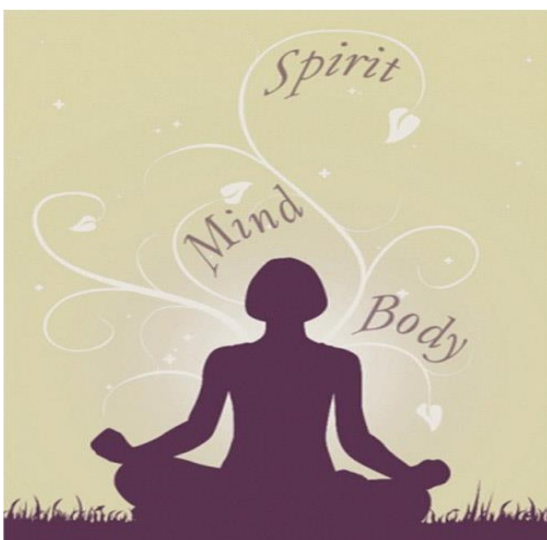
The fresh foods should return home with you after the service October 7th.



### Dates to Remember:

Sunday, October 7 – Thanksgiving Sunday

Sunday, November – All Saints Sunday



### Kundalini Yoga – new series continues each Sunday, 7pm

In a hectic, chaotic world, take time to go inside and experience something new. [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.

Continues through Nov. 29. \$15.00 per class cash at the door. Contact Colette Shand, Phone: 905-808-4508 or [shand.colette@bell](mailto:shand.colette@bell).



## Christmas Market - Saturday, November 17

The date has been set, the hard work and planning has begun!

### WANTED:

- quality donations for our Trinkets and Treasures table (*no books, CDs or stuffed animals*), jewelry and craft tables
- **Be part of something big!** The Bake Table at our Christmas Market (November 17th) is one of our most lucrative fundraisers. As you bake for Thanksgiving consider baking double and freezing a loaf, a dozen cookies or a batch of squares to donate. Michele Stevens [michelestevens.4@gmail.com](mailto:michelestevens.4@gmail.com) is the co-ordinator
- donations to our silent auction and
- gift basket items for the kitchen, romance, baby, teen girl, teen boy

We do well with products and services from local businesses and great gift items. Bring your donations to the office

Christmas Market committee meeting: **October 16 at 7pm**



## Incarnation Choir Rehearsals Wednesdays at 7:15

The Incarnation Choir resumes our weekly Wednesday rehearsals. We are a friendly group and would love to have more singers join us. You do not need to have vast musical experience!

If you are interested in more information about the Incarnation Choir, please contact Charlene at [charlene@charlenepauls.com](mailto:charlene@charlenepauls.com).

### PLEASE NOTE:

On October 3, the Incarnation choir rehearsals will take place AT the Halton Multicultural Centre on Speers road from 7-8pm as *part* of the Music Mosaic Collective. (Music for the Sunday worship will be reviewed prior the start of each week's worship)

On October 10, 17 and 24, the rehearsals will take place at Incarnation along with the Music Mosaic from 7-8pm, and will continue with just the Inca choir from 8-8:45pm. There will be no rehearsal on October 31



## 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

September 19	7-8 PM – meets at Halton Multicultural centre on Speers Road
September 26	7-8 PM – meets at Halton Multicultural centre on Speers Road
October 3	7-8 PM – meets at Halton Multicultural centre on Speers Road
October 10	7-8 PM – meets at Incarnation
October 17	7-8 PM – meets at Incarnation
October 24	7-8 PM – meets at Incarnation

This program is free (with donations gratefully accepted).



## Sisters in Spirit Vigil, Thursday, October 4, 2018

Remembering Murdered and Missing Indigenous Women and Girls

Join the Eco Justice group in a ceremonial walk starting at Holy Trinity School at 6pm and ending at the Sheridan College Medicine Garden. The walk will be lead by Mohawk Elder David Grey Eagle, carrier of the 1817 Peace and Friendship Medal. There will be a ceremony followed by community gathering and engagement.

More details can be found in the flyer on the bulletin board.



## Wing and a Prayer – Thursday, October 25

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](mailto:keith.lockhart@stockton-ag.com) . Everyone is welcome!





## Diocese of Niagara News

Read updates, news and commentary from around the Diocese.

[Click here to read](#)

## THIS & THAT



### Travelling to Ottawa this semester?

I have some things that I need to transport to Ottawa for my son. If anyone is travelling to Ottawa on business or pleasure, would you be willing to take some things to my son who attends Carleton? Please contact me at Leslie Hickey 905-483-0737.



### 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.

## 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.

Volunteer SCHEDULE	September 30	October 7
<b>Bread Making</b>	L. Hickey	B. Gowing
<b>Altar Prep</b>	B. Hanna-Morrison	M. Stevens
<b>Coffee 1</b>	Hutchinson/Henley	L. Hickey
<b>Coffee 2</b>	B. Gowing	J. Lockhart
<b>Host 1</b>	B. Abrams	D. Bold
<b>Host 2</b>	L. Hickey	S. Williams
<b>Reader 1</b>	G. Hughes	D. Lusby
<b>Gospel</b>	M. Russell	P. Moffat
<b>Prayers</b>	J. Grieve	P. Mitton
<b>Server 1</b>	W. Burk	P. Russell
<b>Server 2</b>	T. Burk	D. Bold
<b>Wine Cups</b>	N. Deluca	C. Boulert
<b>WSRF</b>	J. Stevens	M. Morrison
<b>Counting</b>	D. Bold	P. Moffat

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](#)