


THANKSGIVING FOOD DRIVE

For the next few weeks, we'll be holding a food drive to support both St. Matthew's House and Kerr Street Mission who gratefully accept our donations of non-perishable foods and necessities.

Here is a sample of some of the items they like to receive:

- Canned veggies and fruit
- Powdered milk, Instant Coffee
- Dry beans, rice
- Cereal(Hot/Cold)
- Pancake Mix/Syrup
- Cookies/Crackers, Cake Mixes/Icing
- Side Dishes (Rice, Pasta, Potato)
- Dry Soup
- Baby food and formula, Diapers
- Toiletries, and personal hygiene items

GOOD TO KNOW:



Ward 4 All Candidates Meeting – this Friday, October 12th

There will be a Ward 4 All Candidates meeting at the church on Friday October 12th from 7:00-9:00pm.

The Ven. Michael Patterson will be the Moderator. Candidates will state their priorities for the Ward during the first hour followed by an hour of questions from the audience. There will be a half hour's social time after the meeting during which light refreshments will be available.



“Faith at Work: My Story”

Over the next few months we will be offering 4 evenings of education, exploration and dialogue for people to explore the role of faith in their life. How does one's faith/spirituality intersect with your everyday existence? Does faith inform the way you behave; how you work, how you make decisions or how you engage with family and friends? There will be a keynote speaker for each of these sessions and then an opportunity for small group discussion as well as a question and answer period. Each session begins at 7 pm and concludes at 9 pm.

Thursday Nov. 11th

Michael Coren- author, public speaker, radio host and television talk show host

Thursday January 17th,

Cheri DiNovo is a United Church of Canada minister and former MPP in Ontario



Hallowe'en Sunday, October 28

Start planning your costume for our annual Halloween service and don't forget to dust off those family recipes for our chili lunch afterwards!! Please bring your favourite chili for a potluck lunch—we love all kinds of chili from bland to fire engine, veggie to meaty, and all tasty. A sign-up sheet is on the table in the Narthex. Please bring your chili for everyone to enjoy!!

Any leftovers will be donated to the Christmas Market café. Thank you.



Dates to Remember:

Sunday, October 28 – Hallowe'en Sunday

Sunday, November 4– All Saints Sunday

Sunday, December 17 – A Dramatic Reading of A Christmas Carol



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.



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 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.

[The 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

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).



Coffee Time

We are trying something new!

Coffee will be available between the two services on Sunday. Come a few minutes before the 10:00 service and grab a mug before it begins. You can top up your mug after the service as well. Coffee hour volunteers will still be responsible for preparing coffee and refreshments for after the 10:00 worship.



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. Everyone is welcome!

COMMUNITY NEWS



Diocese of Niagara News

Read updates, news and commentary from around the Diocese.

[Click here to read](#)

THIS & THAT



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.

SCHEDULE	October 14	October 21
Bread Making	J. Vanderwater	A. Moniuk
Altar Prep	A. Moniuk	Bird/Smith
Coffee 1	M. Yang	P. Moffat
Coffee 2	P. Russell	J. Smith
Host 1	P. Moffat	K. Wilson
Host 2	J. Smith	S. Hutchinson
Reader 1	L. Bennett	S. Williams
Gospel	J. Grieve	P. Moffat
Prayers	D. Wieler	Susan Curran
Server 1	P. Moffat	L. Hickey
Server 2	A. MacNaughton	A. Moniuk
Wine Cups	B. Abrams	S. Williams
WSRF	V. Moniuk	J. Stevens
Counting	J. Raitt	J. Smith

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](#)