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## Food for Thought

Here are 2 interesting articles for your summer reading, brought to you by the Greenbelt Foundation and Environmental Defense

[Plant the Seeds: Opportunities to Grow Ontario's Fruit and Vegetable Sector](#) is a new report that outlines the opportunity to expand the \$2.2 billion of fruits and vegetables grown in Ontario, including more local production of fresh grapes, pears, strawberries, garlic, eggplant and sweet potatoes—as well as vertical farming.

[Proposed changes to Ontario's Growth Plan is bad news for endangered species, farms, forests and wetlands](#) - On June 16th, 2020, under the guise of setting the stage for recovery from the COVID-19 pandemic, the Ontario government resumed their attack on farms, sustainable cities, nature and affordable healthy living in the Greater Golden Horseshoe (GGH).

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Please note, Michael is away and will return on July 26.

We will continue with our online services and thank Mary Ellen Chown and Mervyn Russell for leading us while Michael and Elvira take time to rest and rejuvenate.

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## GOOD TO KNOW:



### Halton Environmental Network - Eco Leaders Camp

It's here! All the fun of summer camp from the comfort of your own home!

Eco-leaders Virtual Camp is open to primary aged kids to discover the natural world within their own neighbourhoods. The 1-week camp, running July 20-24, costs \$20.

[Click here to register](#)

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## IMPORTANT INFORMATION



Incarnation  
remains closed

### CHURCH REMAINS CLOSED, DAYCARE IS OPEN

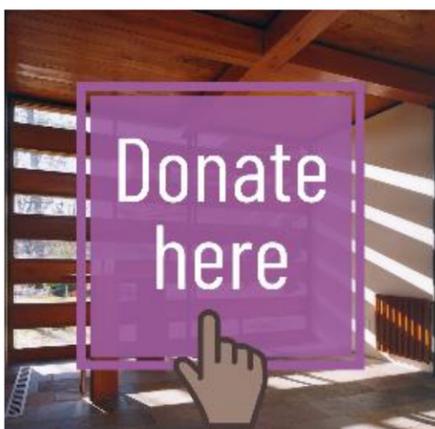
Please be aware, even though the daycare has reopened, the church remains closed as per the directive of the Diocese. We ask you do not visit the grounds and building. In the rare occasion you need to access the church office, **you must check-in with the staff at the daycare, have your temperature checked and respond to a few question.** You must also provide your ID and contact information in the event contact-tracing is required.

Margot, Michael, Charlene continue to work from home. We can be reached via email

[office@incarnationchurch.ca](mailto:office@incarnationchurch.ca)

[rector@incarnationchurch.ca](mailto:rector@incarnationchurch.ca)

[charlenepauls@yahoo.ca](mailto:charlenepauls@yahoo.ca)



### Supporting our community

The Incarnation community has continually provided generous financial support for the parish and our activities, and we thank you. Even though the building may be closed, the need to support the community is still very much present. As a result, we are asking for your continued financial support to Incarnation.

For those on pre-approved payment (PAP), thank you for your ongoing support. For those of you who give via the collection plate, you can still support us by donating one of the following ways:

E-transfer • online through Canada Helps • PAP • or by mail

You can learn more and choose the best way to support us [by clicking here](#).

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## Incarnation Community Gardens

Look what's growing!



## Coffee, Conversation and Connection

Wednesdays at 10am

Would anyone like to lead the conversation while Michael is away?

Please let Margot know and we'll continue to send the link each week.



## Food Banks need help

The most effective way we can help is to donate money directly to any of the following:

- [Fare Share Food Bank](#) remains open and is accepting monetary donations you can see a [list of needed items](#)
- [Kerr Street Mission](#) is continuing to distribute food and is accepting monetary donations and donations of necessities.
- [Food4Kids Halton](#) is taking monetary donations and will continue to feed children in the community by mailing grocery gift cards.
- [Food For Life](#) has cancelled some in-person programs. At this time, they are asking for monetary donations to continue feeding the most vulnerable in our community.



## Town of Oakville updates

Stay up to date with information pertaining to the opening of park spaces, marinas and golf courses!

[www.oakville.ca](http://www.oakville.ca)



## COVID-19 information updates

[Updated information from Halton Region](#)

## Canterbury Hills Virtual Camp

This summer, experience the forever memories of [Canterbury Hills](#) and all the fun, activities, and adventures of camp virtually, from home! Starting July 6, instructional videos, prayers, and campfires will be uploaded to the YouTube channel and [Facebook page of Canterbury Hills](#). Specially created camp boxes will also be available for purchase to complement each week's program.

Featuring a different Canterbury Hills cabin each week, the camp boxes will include instructions, craft supplies, experiments, challenges, and bonus materials. The programming will support Canterbury's mission to create inspiring and engaging experiences that develop leadership skills, confidence, and resilience in a safe and inclusive environment. There will also be a chance to win prizes of Canterbury Hills Camp swag!

During the pandemic, building community, and connecting campers together through faith, fun, and forever memories is more important than ever for children.

To receive further information and to sign up for your camp boxes [email Camp Director Emily Lloyd](#)



## Anglican Family Hub

In response to COVID-19, Children, Youth and Family ministry leaders from the Diocese of Niagara created an online one stop hub for families. Not having that village of extended family, parishioners, teachers, peers, and community supports has impacted families in a way that needed immediate assistance.

To visit the **Anglican Family** website, [click here](#)



## Season of Creation – September 1- October 4

The Most Rev. Linda Nicholls, primate of the Anglican Church of Canada, and leaders from the Evangelical Lutheran Church in Canada, The Episcopal Church, and the Evangelical Lutheran Church in America have prepared a series of devotions to observe the Season of Creation 2020, Sept. 1–Oct. 4.

The season, which begins with the World Day of Prayer for the Care of Creation, is a time to join with the global Christian community in renewing, repairing and restoring commitments to God, to one another and to all of creation. For the four churches, it is also a time for strengthening relationships with one another. Through Scripture, hymns, advocacy and action, the weekly devotions, which begin Sept. 6, invite people to live out their vocation as stewards of creation.

[Learn more here](#)

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## THIS & THAT

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### LOOKING TO VOLUNTEER?

Interested in participating in our online worship? Contact Julia Lockhart ([julia.a.lockhart@gmail.com](mailto:julia.a.lockhart@gmail.com))

Volunteer Schedule	July 5	July 12
Voice 1	S Rochefort	M. Smith
Voice 2	T Rochefort	M. Smith
First Reading/ALL	L. Bennett	A. Turner-Sommer
Psalm	C. Cooper	V. Moniuk
Good News	J. Bowden	E. Wieler
Prayers	S. Curran	P. Mitton

[Download the July/August volunteer schedule](#)



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### ZOOM TIPS for Sunday Services!

#### VIDEO

When you join the online service, you are asked if you would like to join with video. If you choose yes, it will turn on your device's camera. Remember though, everyone who has joined the service will be able to see you and your surroundings – there is no hiding from curious on-lookers!! If you join the meeting without video, you have the choice of displaying a profile picture, or your name.

#### MUTE

When joining the service, please mute your device, unless you are a designated speaker. If you are a designated speaker, please unmute only when it is your turn to speak.

#### CHAT ROOM

Take advantage of the CHAT feature and connect with others before, during and after the service

- Move your cursor to the bottom of the picture frame to find the chat window. You can message “everyone” or click to see a drop down list of all attendees – choose a name to message them privately

#### SPEAKER VIEW or GALLERY VIEW – the choice is yours!

To choose different viewing options, move your cursor to the top right corner – toggle between the different options to find a setting you prefer. And don't worry, you're only changing your view.

- Speaker view – in this setting, your screen displays a large image of the person speaking, and changes automatically as the speaker changes. You can choose to have thumbnail images of other online visitors appear as well, or not at all.
- Gallery view –. We suggest you switch to this view at the completion of the service. It is a good way to see many people at once and enhance community connections.

#### BREAKOUT ROOMS AFTER THE SERVICE

Want to stay connected after the service? You will be given the option of joining a smaller group of people for conversation and fellowship:

- At the end of the service you will receive an invitation to join a “breakout room”
- Assignments to each room are random and will be limited to about 8-12 participants. An ideal way to meet new parishioners as you won't know who is in the room until you agree to join!
- Remember to unmute your microphone so others can hear you. Make sure to turn on your video if you want others to see you.

- If you're not interested, simply decline the invitation.
- You can leave the breakout at any time. The breakout groups will last approximately 10 mins