

## This Week in the Life & Work of our Church

### KINCARDINE UNITED CHURCH

721 Princes St. N., Kincardine ON N2Z 2A3

Web site: [www.kincardineunitedchurch.org](http://www.kincardineunitedchurch.org) Youtube Channel: [KUC YouTube Channel](#)

Donation Steward: [kucdonate@bmts.com](mailto:kucdonate@bmts.com) ♦ Gord's email: [gord.kuc@bmts.com](mailto:gord.kuc@bmts.com)

Office Coordinator's e-mail: [kuchurch@bmts.com](mailto:kuchurch@bmts.com) ♦ Phone: 519-396-2391

*The Congregation of Kincardine United Church seeks to foster a journey of spiritual growth through hospitality, service, fellowship and study, and, in community, to build up the ministry of every person and together experience God's abundant love and grace.*

#### A QUILT FOR OUR COMMUNION TABLE

Many of us are longing for the time when we can open the building once again, including a time to celebrate the sacrament of communion in person. It is possible that we will be able to accomplish that goal by September. In anticipation of the return to our building, we want to create a symbol of our community of faith as one because of our connections throughout the pandemic and beyond. Please consider what **cotton** fabric you might like to contribute for the making of a quilt for our communion table. Send an email to Gord **by July 12** and the fabric will be collected and sewn into a quilt to be dedicated and used on **World-Wide Communion Sunday on October 3<sup>rd</sup>**. If you have any questions, give Gord a call at 519-386-6346. Thank you!



#### SUMMER SPIRITUAL EXPLORATION SERIES

Join us on Thursday evenings for a one-hour exploration of spiritual reflections on individual life experiences. This is a video series created by Rob Bell between November 2002 and July 2009. The name "NOOMA" comes from a phonetic spelling of the Greek word *pneuma* meaning "wind," "spirit" or "breath."

**Each conversation will begin at 7:00 p.m. on Thursday nights for one hour.**

July 15<sup>th</sup> – Noise: "Why is silence so hard to deal with?"

July 22<sup>nd</sup> – Kickball: "Why can't we always have what we want?"

August 12<sup>th</sup> – Luggage: "It isn't always easy to forgive."

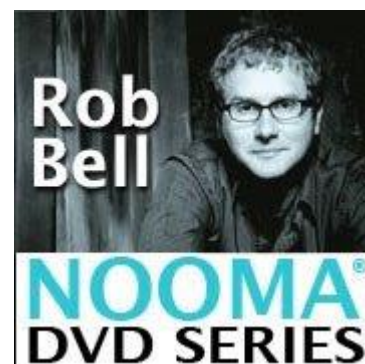
August 19<sup>th</sup> – Dust: "Does God believe in us?"

August 26<sup>th</sup> – Bullhorn: "Can we separate loving God and loving others?"

September 1<sup>st</sup> – Lump: "A lot of us have done things in our lives we are ashamed of."

**The Zoom link for each session is:**

<https://zoom.us/j/92319175504?pwd=TmpHQ0czSGN6cFAySy9tRHU5RHZ0QT09>



**LIVE STREAMED SERVICE OF PRAYERS FOR HEALING  
SUNDAY, JULY 25<sup>TH</sup> AT 7:00 P.M.**



Join us for this special, intimate and contemplative service in the Iona tradition. Too often in our living we struggle with woundedness – whether of the body, of the mind or of the spirit. Come and discover a place of healing for your soul taught on the Scottish island of Iona where Celtic Christianity flourishes and transforms. Through our digital connection, healing will be offered.

## PROGRAMME CALENDAR (all services below are live streamed)

**SUNDAY, July 18th 10:30 AM**    **8<sup>th</sup> Sunday after Pentecost**  
**Worship: Gord Dunbar**  
**Meditation: Married With Children**

**SUNDAY, July 25<sup>th</sup> 10:30 AM**    **9th Sunday after Pentecost**  
**Worship: Gord Dunbar**  
**Meditation: Imagine**  
**7:00 PM**    **Service of Prayers for Healing**



Regular Sunday Services are live streamed on Sundays at 10:30 a.m. Email [kuchurch@bmts.com](mailto:kuchurch@bmts.com) to get on the email list and receive live stream invitations.

Recent services can be found on our Youtube Channel:  
[KUC YouTube Channel](#)

Services will continue to air on Rogers Cable Channel 6 a week later.

View the schedule here: <https://www.rogerstv.com/schedule?lid=1&rid=75>

You can view some past services online at  
<https://www.rogerstv.com/media?lid=237&rid=75> under Access Programming (no cable tv necessary)

**WEEKLY DEADLINE FOR ANNOUNCEMENT INFORMATION**

**Submit information to [kuchurch@bmts.com](mailto:kuchurch@bmts.com) by 4 PM on TUESDAYS**

*Feeling stretched CARING for a LOVED one?*

# Powerful **TOOLS** for **CAREGIVERS**



**FREE** six- week workshop to help caregivers care for themselves.

**IF YOU...**

- Provide care for a family member or friend in their home or yours or from a distance
- Attend appointments with another person
- Assist with grocery shopping, laundry and household chores
- Help someone with medications
- Accompany others on social outings and activities

**... YOU ARE A CAREGIVER**

**PARTICIPANTS WILL LEARN TO:**

- Reduce stress
- Better communicate feelings
- Increase their ability to make tough decisions
- Locate helpful resources
- Take care of themselves

Join the workshop from your own computer or device!

Tuesdays, 1:00 – 3:00pm  
Aug 10 – Sept 14, 2021

**PRE-REGISTRATION IS REQUIRED**

PHONE or EMAIL:

519-376-5895 ext 247

Michelle.cliche@von.ca

Hosted in partnership with the  
VON Grey Bruce

