

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 Youtube Channel: [KUC YouTube Channel](#)

Donation Steward: kucdonate@bmts.com ♦ Gord's email: gord.kuc@bmts.com

Office Coordinator's e-mail: 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 3rd**. 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 8th – Sunday: "Why do we do the things we do?"

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

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

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

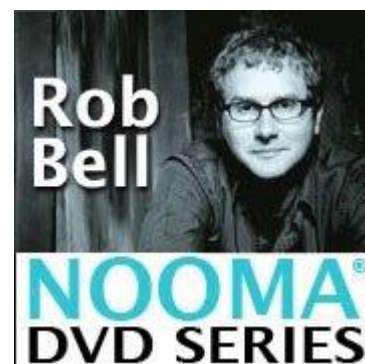
August 19th – Dust: "Does God believe in us?"

August 26th – Bullhorn: "Can we separate loving God and loving others?"

September 1st – 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>



PROGRAMME CALENDAR (all services below are live streamed)

SUNDAY, July 11th 10:30 AM 7th Sunday after Pentecost
Worship: Gord Dunbar
Meditation: It's The Little Things

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



Regular Sunday Services are live streamed on Sundays at 10:30 a.m. Email 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 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

