

This Week in the Parish

Exploring our faith and serving the world God loves.

- July 28 10:30 am – Pentecost 10 - live streamed**
July 30 9:00 am – Coffee Morning Gospel conversation – via zoom
July 30 10:30 am – Loving-Kindness Meditation – at the church –
this will be the last one for the summer
Aug. 1 10:00 – 11:00 am – Martha’s Drop-In Coffee & Muffins
Aug. 4 10:30 am – Pentecost 11 – live streamed

****Mark’s summer office hours: Thursday 9:30 to noon or by appointment.
cell #: 613-340-2837, email: mark.s.lewis57@gmail.com**

Lynn Levere is in the office Monday mornings 9:30 – noon.

Brenda Bradley is in the office Wednesday mornings 9:30 – 11:30 a.m.

Ruth Speer is in the office Friday mornings 9:30 - noon.

The office phone (613-543-3904) is checked Sunday to Friday mornings.

Serving the World God Loves

Martha’s Ministries

Martha of Bethany was a friend of Jesus, known for her hospitality.

The Parish of South Dundas is known for its Martha’s Ministries.

Martha’s Drop-in Coffee & Muffins: Thursday Aug. 1st 10:00 – 11:00 am. The format is changing for the summer, coffee & muffins/cookies on the 1st, 3rd, and 5th Thursday in August. All are welcome.

Martha’s Closet: Saturday, August 31, from 9 am - 11:00 am. For more information, please call the Parish Office: 613-543-3904.

Community Hub and Warming Centre at Martha’s House: Mon. - Fri., 8:30 am - 4 pm.

Programs include a drop-in breakfast on Mondays, 8:30 - 11 am. A legal clinic is available on Tuesdays from 9 to 4 pm. Wednesdays there is Income Tax assistance from 9 to 4 pm. A drop-in lunch on the 2 and 4th Thursday of the month from 11-1pm. Thursdays and Fridays the Advocacy Centre is available to help people find support from various services in the community. See the August Calendar at the back of the church or check your email for the details.

Please contact House of Lazarus at 613-989-3830 for further information.

Circle of Caring/Grief Support Group: Growing stronger together as we share our grief. 2nd Thursday of each month at 12:30 pm at Martha’s House. The next one will be Aug. 8th, for more information, please contact Ann Barkley at: 613-543-3908, annbarkley2008@gmail.com.

Exploring our Faith

Weekly Coffee Morning Gospel Conversation: Tues. from 9-10 am. This is a facilitated discussion about the upcoming Gospel reading. For a Zoom invite, call Pat at 613-543-0403 or revpjmartin@gmail.com.

Loving-Kindness Meditation Session: Tuesday, July 30th at 10:30 am in the church.

Come and spend an hour of peace and calm as we meditate on love and kindness to ourselves and others. What to expect: a welcome and tranquil environment, guided meditation focusing on loving-kindness, techniques to cultivate compassion and inner peace. All are welcome. No prior experience needed. For more information contact: Jane Lee at janelesleylee@gmail.com. **This will be the last one for the summer.**

ANNOUNCEMENTS / UPCOMING EVENTS

Coffee Time: Join us ahead of the service for coffee, tea, cookies & conversation at the back of the church from 9:50 to 10:20 am. Thank you to Jane & Nick Lee for being this week's coffee hosts. **If you are willing to host a Sunday, please speak to Pat or Mark.**

Education for Ministry (EfM): The registration portal for 2024/25 is now open. We are accepting participants for years 3 and 4 only. If you completed EfM years ago, you are welcome to enrol in either year 3 or year 4. The cost is \$350.00. Please speak to Pat or Mark for further information.

Playhouse lunches: Dates are August 7, September 11, and December 4. Shirley Alguire has agreed to run the kitchen and Wendy Lewis will run the front of house. We ask that anyone interested in working in the kitchen for this event or any future events (Kid's church, fund raisers, breakfast, or funerals) get certified in the food handler course. This can be done online at <https://trainfoodsafety.ca> for \$49.95 or google: Train Food Safety.

The Bishop is Coming: Bishop Shane will be with us **September 8, 2024**. If you would like to be baptized, confirmed, or received into the Anglican Church that day, please contact Mark for further information.

Summer Ultreya: The next Praise & Worship gathering **August 14, 2024** is being held outdoors at Andrew Haydon Park, 3127 Carling Avenue by the Bandshell at 7:00 pm. Bring a lawn chair and enjoy a worship service outdoors, weather permitting. Rain location is St. Stephen's Anglican Church. These events are sponsored by the **Ottawa Anglican Cursillo Movement**. The next Cursillo weekend is being held at the Galilee Retreat Centre in Arnprior on Nov. 1, 2 & 3, 2024. If you would like to know more about these events or want to learn more about Cursillo please speak to Jack Barkley or Ruth Speer.

Community Connections

Centre 105 Drop-In Day Program is an outreach ministry of the Anglican Diocese of Ottawa, located at Trinity Anglican Church in Cornwall, "Providing Breakfast - Creating Community." For more information go to www.Centre105.ca or phone 343-585-4360. Follow them on Facebook <https://www.facebook.com/Centre105/>

The Community Food Share: Donations are always appreciated. To make a financial donation please call 613-543-0065, or mail to PO Box 563, Morrisburg, or contact: <https://www.communityfoodshare.ca/contact-us/>

Madagascar School Project: Our parish is a proud supporter of this project, developed by Kathy Lucking. Their Wish List is always available at www.madagascarschoolproject.com. You can donate on-line or send a cheque directly to Box 684, Cornwall, ON K6H 5T5.

Madagascar Orphanage: Donations to the Akany Famonjena orphanage or Akany Tafita center can be sent to Anglican Missions Service Committee, PO Box 1072, Sault Ste Marie ON P6A 5N7.

Pastoral Care: If you would like a pastoral care visit, or know of someone who would like a visit, please contact Mark or Ann Barkley at 613-543-3908.

Prayer Shawls: If you or someone you know would benefit from receiving a prayer shawl, or if you would like to support this ministry, please contact: Judy Lapensée (613) 652-6278 or Joyce Millard (613) 652-2350.

Greeting Cards: If you would like to suggest a card be sent from the church to members of our community for birthdays, anniversaries or get well wishes, please contact Lynn Levere at 613-662-9432.

No Scent Makes Sense: Several people are sensitive to scented products. Please help us make the church a safe space for everyone.

Coffee: We use Equator's *Freakin' Good Coffee* which is Fair-Trade.

Offering Envelopes: If you would like a tax receipt for your regular donations to the parish it is helpful if you sign up for weekly donation envelopes or PAR (pre-authorized remittance). For more information, please contact Elizabeth Irwin (egmirwin@gmail.com, 613-543-3158)

Jigsaw Lending Library: at the back of the church.

Save Your Stamps for Oxfam Canada: Every year, Oxfam raises tens of thousands of dollars by collecting stamps from individuals and companies, which are sorted and sold to collectors. They can be taken to the Canada Post outlet within the Shoppers Drug Mart at the Cornwall Square or give them to Elizabeth Irwin.

JW MacIntosh Community Support Services Centre: They are in need of additional volunteers for their transportation program. This involves driving people to medical appointments, etc. If this is a service you could help them with, please contact the Centre for further information at 613-535-2924.

August - A Time of Prayer: Listening for Diving Sparks in our Midst

Individuals and parishes are asked to pray for God's wisdom as we listen for how God calls us to engage in the world. Here is a suggested prayer for the coming month. Parishes are invited to include this in their Prayers of the People and as an intention of their prayer groups.

O God of Love, your compassion fails none you created. Thank you for Jesus Christ and his example of a life that demonstrates how to live our daily discipleship. May we be instruments of your love, bringing you the pains of the sick, the injured, the weary, the heavy laden, those in sorrow or darkness, the hungry and weak. Grant us loving hearts and ready hands to help serve those in need among us. May our willingness to serve show our love and gratitude to you, our Lord and Saviour Jesus Christ, **Amen.**