

*Today's Bulletin cover is sponsored by  
Kathleen Miller in loving memory  
of her husband, Peter J. Miller.*



Minister: The Rev. Diane Knowles  
Pastoral Care Coordinator: Judy White  
Director of Music: Kyung-A Lee  
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*The heart in the heart of Huntsville*

WELCOME

We're glad  
you're here!



*Loving hearts.  
Open minds.  
Serving hands.*

# Welcome to Trinity

Sunday June 30<sup>th</sup>, 2024

10 am

*“Loving Hearts ... Open Minds ... Serving Hands.”*

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*“Come in and grow your hearts and souls with us.”*

## WE GATHER AS THE WHOLE PEOPLE OF GOD

**Prelude:** *Kyung-A Lee*

**Introit:** *“Find a Home Here”*

**Find a home here, live out faith here,  
gather strength here, find family here.  
Be yourself here, feel secure here,  
celebrate here, be at home here. (repeat)**

### Greeting

One: Jesus said: “I have come that you may have life and have it abundantly”.

**All: In our lives, may this be so. Amen.**

Welcome in Friendship! Welcome in Faith!  
Welcome in God’s all-inclusive love!

Today we are going to be talking about taking pleasure in pressing the pause buttons in our overextended lives and taking simple delight in the gift of rest and solitude. We will hear that even Jesus took a day off!

**Hymn:** “O Canada” (VU 524)

In honour of our Canada Day weekend.



### Announcements

Joys and Concerns

A Moment of Mediation

### Call to Worship

One: We gather in conversation, prayer and song to celebrate the love of God who welcomes us wherever we come from geographically or spiritually.

**All: We come to be blessed and refreshed and empowered to be love bearers in our homes and in our communities.**

One: Holy One, move us toward the pool of solitude inside of us where we can be more attentive to your nudges and your love.

**All: Slow us down. Settle our rattled souls so we may welcome you fully into our hearts and minds.**

**Opening Hymn:** *“Come and Find the Quiet Centre” (VU 374)*

### Lighting of the Christ Candle

One: Our candles both here and at home remind us that the wick of God, of love is placed in all our hearts. We are all mini holy candles called to shine forth God’s love and light into our hurting world.

### Opening Prayer

**Divine Spirit, we acknowledge your presence as we acknowledge the air we breathe. You are in us, and we are in You. We live in a society that’s always “on” despite the fact that it’s summer. But, in this moment, we can gratefully stop and sink into your Holy presence. There is no rushing.**

**We hunger for your Sabbath but feel chained to the activities of our days. Cut the chains that bind us. Release us so we can graciously accept the gift of rest and solitude for our weary bodies and souls. Amen.**

### **Time with our Light Beamers**

*(Our young people are taught the values and teachings of Jesus of Nazareth, his love and his compassion for all God's people. In turn, they learn to shine their light with others at home, at school and in their communities.)*

### **Congregational Blessing**

"May the peace of Christ be with you."

**All: And also with you.**

### **Choir Anthem: "Four Strong Winds"**

## **WE LISTEN FOR OUR GOD'S WORD**

*Our Scripture Reader today is Jeannette McCullough.*

### **Prayer of Illumination**

Reader: God of Grace may your word abide deep within our souls. When we are renewed with your word, there is a new courage in us to serve and to be a light. Amen.

### **Old Testament Reading Exodus 20: 8-11**

*(Rest and relaxation are gifts to be received not a duty to be upheld.)*

Reader: Your word is a lamp to my feet.

**All: And a light to my path (Psalm 119)**

### **New Testament Reading: Matthew 14: 22-23**

*(Jesus heads off for some much-needed peace and quiet. Yes, even Jesus takes time off!)*

One: This is the Gospel of Christ.

**All: Thanks be to God. Amen.**

### **The Minister's Morning Message: "Sabbath and Solitude."**

### **Musical Reflection**

**Hymn: "I've Got Peace like a River" (VU 577)**

### **Invitation for Offering**

One: We are called to be a school of love, the body of Christ in the world. We are called to care about each other and encourage one another. We are called to share our blessings with one another.

Our morning tithes and offerings will now be received.

### **God Moments also offered at this time.**

### **Offering Hymn**

**God of love, hear our prayer,  
bless this offering we bring you.  
May our lives do your will, guide and guard us forever.  
Give us the courage to stand for truth,  
help us care for others.  
God of love, hear our prayer,  
bless this offering we bring you.**

### **Offering Prayer**

**God, we offer you these gifts for your work and ministry in the world as we strive to bring heaven here on earth. But, more importantly, we offer ourselves so that your Spirit can live in us and flow through us. Accept us and our offering and may they both make this world a better place to live for our entire human family. Amen.**

## Prayers of the People

### The Lord's Prayer *(an alternative version)*

Eternal Spirit,  
Pain bearer and Life giver,  
Source of all that is and all that shall be.  
With the bread we need for today, feed us.  
In the hurts we absorb from one another, forgive us.  
In times of temptation and test, strengthen us.  
From trials too great to endure, spare us.  
From the grip of all that is evil, free us.  
For you reign in the glory of the power that is love,  
now and forever. Amen.

*(We will return to the traditional version later in the summer.  
Thank you for keeping your hearts and minds open.)*

### Closing Hymn: "Just a Closer Walk with Thee"

Just a closer walk with Thee,  
grant it, Jesus, is my plea.  
Daily walking close to thee,  
let it be, dear Lord, let it be.

I am weak but Thou art strong.  
Jesus, keep me from all wrong.  
I'll be satisfied as long,  
as I walk, let me walk close to thee.

Just a closer walk with Thee,  
grant it, Jesus is my plea.  
Daily walking close to thee,  
let it be, dear Lord, let it be.

Through this world of toil and snares,  
if I falter Lord who cares?  
Who with me my burden shares?  
None but thee, dear Lord, none but thee.

Just a closer walk with Thee,  
grant it, Jesus, is my plea.  
Daily walking close to thee,  
let it be, dear Lord, let it be.

### The Irish Blessing

May the road rise to meet you.  
May the wind be always at your back.  
May the sun shine warm upon your face  
And the rains fall soft upon your fields.  
And until we meet again,  
May God hold us all in the palm of God's hand. Amen.

### Musical Postlude: *Kyung-A Lee*



*Join us in Trinity Hall following today's service for a  
cup of tea or coffee, and fellowship time.*

*Your hosts today: Doris Monahan and Diane Schamehorn*



### Spiritual Thought to go:

*"Jesus welcomes everyone and so do we."*



## ANNOUNCEMENTS AND OTHER STUFF!

**The Outreach Team** is asking you to help the local food banks.



On the last Sunday of each month, we will be collecting food for the Salvation Army and the Table Soup Bank.

➤ **June is Peanut Butter!**

**Thank You!** As our Light Beamers programme comes to a close for the summer, I would like to acknowledge all of those who help to support our youngest members. Sheila Ramshaw and Cathy Fairley who take a leadership role. Joan Behm, Diane Schamehorn, Susan Brenciaglia, Jane Booker, Karen Raaflaub. We were blessed to have an amazing young man working on his volunteer hours. Beau has a quiet gentle presence and is a hard worker. He hopes to continue with us in the fall. I also want to thank the parent(s) and grandparent(s) who provide the children for us to work with. We have a very special group. During the summer we will have clipboards and books to keep the children occupied while they sit in church. I am always looking for more support if you can see it in your heart to help our Light Beamers.

Blessings, Jeannette

**Your FundScrip orders are due next week!!**

For more information, telephone Gord at 705-789-2062. OR email your order to: [gordmitchell46@gmail.com](mailto:gordmitchell46@gmail.com).

Thank you for your support!



**Summer Office Hours!**

Summer office hours start the week of Monday, July 1<sup>st</sup>! The office will be open Tuesday, Wednesday, Thursday, from 9.30 am – 12.30 pm.



**100<sup>th</sup> Anniversary Celebrations** – The United Church of Canada... any ideas to add to the celebrations this year HERE at Trinity? Let us know!

**CPR for the Soul.** How is your soul today? The frantic pace of our noisy world and the constant chaos makes it difficult to hear what is going on in our inner landscapes and our souls.

How can we slow down to be with and experience God's presence more fully?

One faith practice many people follow is going to a spiritual retreat. With this in mind, a one-day spiritual retreat is planned for Thursday July 25<sup>th</sup> between 10 am and 4 pm at Rev. Diane's place. During this time, we will explore different types of spiritual practices that allow us to grow our spiritual muscles and help us form a deeper and more meaningful connection with the Divine Spark that resides in each and everyone of us. The day will include some structured time together as well as time to just "be" and take in all the gifts of creation summer has to offer to us. No prior reading or homework is required.

Registration is first come first serve and limited to 10 people to ensure the intimacy of the group. Please let Diane or Suzy know if you would like to attend. Another retreat will be held if the interest is there.

What do I bring? A notebook and pen and bathing suit and towel if you want to partake in our "buoyancy" spiritual practice! This is optional!

Cost? \$20 to help with the cost of the lunch and snacks.

*"Come away with me and I will give you rest."*

Yes, even Jesus took time out for prayer and relaxation.

Blessings, Rev. Diane



**Our Summer Bulletin Cover** – In keeping with our new branding initiative, please take a moment to look at our new summer bulletin cover. This cover will be used for the summer months and as the season changes there will be a new cover. If you would like to sponsor a bulletin in memory of a loved one, or celebration of a birthday, anniversary or just a special day to you, please let Suzy know. The sponsorship cost is \$30. Thank you.

**Photographer wanted!** Looking for someone to take pics at Trinity events – inside and outside, for posting on our website. Let Lynda Arnold know if you are interested and able!

**Announcements – please and thank you!**

- To be included in the bulletin, must be in the office by Wednesday.
- To be made by Rev Diane on Sunday, must be given to her by Friday.

**The Table Soup Kitchen Foundation** would like to come back to Trinity's kitchen and hall for their weekly Monday Soup Kitchen meals in the fall. Offering sit down meals would be a return to the heart of this Table ministry. At this point Trinity is working through the logistics of this outreach programme. Lynne Doyle has provided their 2023 Annual Report for further information. Stay tuned!



**Trinity in the Community** – Since last November, Trinity has donated the use of the Milligan Room to YWCA Muskoka. Every Thursday evening, they ran an English language class for new people to Canada. The classes are now finished, and Joanne Lee (the teacher) gave Trinity the “Thank You” card below.

Thank you  
Danylo  
Denys

Very grateful  
Ivan Kuts

We really appreciate your help with providing us  
the classroom. Dymne bearned!  
Thank you Thor Shvets

Thank you  
very much  
Danylo  
Anastasiya

TYUM  
Maria

Trinity United Church,  
Thank you so much for  
the use of the Milligan Room  
for our English classes with the  
YMCA. They help us with  
a new life in Canada.