



Summer Office Hours!

For the month of August the office
will be open Tuesday, Wednesday, Thursday,
from 9.30 am – 12.30 pm.



The United Church of Canada acknowledges
that its buildings and ministries, from coast
to coast, are on the traditional territories of
Indigenous people.



The Heart in the Heart of Huntsville!

Sunday August 2, 2026



Minister: Rev. Diane Knowles

Director of Music: Kyung-A Lee

Videographer: Alastair Dunlop

Member Care Coordinator: Judy White

Church Administrator: Suzy Simson

Custodian: Judy Hall

33 Main Street East, Huntsville, ON P1H 2B8

705-789-5660 • trinityhuntsville.ca

Welcome To Trinity

The Heart in the Heart of Huntsville

Sunday August 2, 2026 - 10:00 am

"Be here! ... Be You! ... Belong!"

"Come away with me and rest awhile."

WE GATHER AS GOD'S PEOPLE

Introit: "Dance with the Spirit" (MV 156)

**All: Dance with the Spirit early in the mornin',
walk with the Spirit throughout the long day.
Work and hope for the new life aborn-in',
listen to the Spirit to show you the way. (repeat)**

Greeting

One: Jesus said, "I have come that you may have life and have it abundantly!"

All: In our daily lives may this be so.

Welcome to Trinity United Church –
the heart in the heart of Huntsville!

Welcome in Friendship! Welcome in Faith!

Welcome in God's all-inclusive and renewing love!

Whether you're a quiet contemplative, a spiritual seeker, a progressive mainliner or an ex-evangelical, we are glad you're with us! Our time together is enriched by your presence.

*Trinity United Church is an Affirming community of faith,
whomever you love, whatever your gender or economic status
this is your community of faith.*

Jesus welcomed everybody and so do we! We are all God's beloved part of our one grand human family. Love has no labels. Welcome!

Announcements

Joys and Concerns

A Moment of Quiet Reflection

Call to Worship

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

All: We come to be blessed and refreshed and ready to rest in the refreshing comfort of your Holy wisdom.

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

**All: Slow us down. Settle our racing and productive minds.
Allow us to sink deeply into your Holy presence.**

Opening Hymn: "Come and Find the Quiet Centre" (VU 374)

Opening Prayer

**All: Spirit of love you are as close as the air we breathe.
You are in us and we are in you. The world teaches us to hurry. You invite us to be still. We hunger for your Sabbath but confess we feel chained to the agendas of the world and the activities of our days. Cut the chains that bind us. Release us so we can graciously accept the gift of rest and solitude we so desperately need for our weary bodies and souls. Amen.**

Light Beamer Song: “Jesus, Friend of Little Children”
(VU 340)

Lighting of the Christ candle by our Light Beamers

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 how to shine their love with others at home, at school and at play.)

Congregational Blessing

Light Beamers: May the peace of Christ be with you.

All: **And also, with you.**

Summer Music: “All God’s Creatures”

Trio sung by Sue & Doug Hicks and
David Wright.

GOD’S WORD FOR GOD’S PEOPLE

Our Scripture Reader today is Braden Vallery.

Prayer of Illumination

One: Divine love, we come to your Word as we come to you, with open hearts and tired places within us. So, speak to us now. Take these ancient words and make them living words for us today.

Old Testament Reading: Exodus 20: 8-11

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

Reader: God’s word is a lamp to our feet.

All: **And a light to our path.**

New Testament Reading: Matthew 14: 22-23

(Yes, even Jesus took time off!)

Reader: Hear what the Spirit is saying to our hearts.

All: **Amen.**

The Minister’s Message: “Filling our Spiritual Cups”

Brief Musical Reflection

Offering Invitation

One: We are called to be the body of Christ, his hands and heart in the world. One way of doing this is sharing our blessings with one another.

Our morning tithes and offerings will now be received.

Offering Hymn: “Grateful” (MV 182)

All: **Grateful for the life you give us,
thankful for your Holy Son,
joyful in your Spirit flowing over all, O God of love.
Grateful for the Bread of Heaven,
thankful for your Holy word.
Joyful in your mercy flowing, we will praise you, Lord.**

Offering Prayer

All: **Holy One, we offer our 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 each and every day. Accept us and our offering and may they both make this world a better place to live for our grand human family. Amen.**

Prayers of the People

The Lord's Prayer

All: **Our Father,**
who art in heaven, hallowed be thy name.
Thy kingdom come,
thy will be done on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses as we forgive
those who trespass against us.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom, the power and the glory
forever and ever. Amen.

WE GO INTO THE WORLD TO SHARE GOD'S LOVE

Closing Hymn: "It Only Takes a Spark" (VU 289)

Commissioning

One: In the Spirit of love, we have gathered and now in the Spirit of love let us depart.

Irish Benediction

One: 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

Following the Postlude, let's take three minutes to greet one another with the peace of Christ or simply reach out and say hello to somebody you have not had the blessing of meeting until today.



Please join us in Trinity Hall following today's service where you are invited for a cup of tea or coffee and fellowship time.

With special thanks to our choir members who are hosting Coffee Hours throughout the summer.

This Sunday: Bass, Jim Schiedel and Soprano, Sheila Petch.



Thought for the Week!

"Sabbath is the day when you stop being useful"



Sabbath

By Christine Valters Paintner

God of holy rest,
on the seventh day you paused,
laying down the work of creation
and entered into sacred stillness.
Kindle in us the strength to say no
to a world of perpetual busyness.
Inspire us to set aside all of our plans and goals
to receive the lavish gift of rest for ourselves.
Let the Sabbath be a time of profound renewal,
of intimate connection with You and a rekindling of
our holy desires to be of service.
Sustain in us the desire to simply “be”.
May we not succumb to the demands of productivity
and an endless string of achievements.
Let our lives be a loving witness to a world of restoration
and refreshment and taking pleasure in the generous
gift of pausing.



ANNOUNCEMENTS AND OTHER STUFF!

Well done Coffee Host volunteers!

Only one Sunday left (September 6th) in this 3rd quarter for anyone wishing to host this special time of fellowship.

Let Lynda Arnold or the office know if you are available!

Thank you!

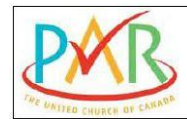
The Outreach Team thanks you for helping to collect food for the Corner Lighthouse Food Bank. **August is Juice Boxes!**

The Corner Lighthouse Food Bank is in need of empty 12 and 18 size egg boxes! They can be left in the basket opposite Trinity Hall. Thank you! *Recycle! Reuse! Reduce!*

FundScrip orders are due today! Order the amount you need for your month's groceries, gas and gifts and in doing so, Trinity benefits! Thank you for your support of this fund raiser!



Please consider using PAR/OMG - PAR (pre-authorized remittance) or OMG (Oh My Givings) is an easy and convenient way to make your offering. Once a month this United Church program transfers money from your bank account to Trinity's account. Application forms are available from the office or the website. You may change the amount anytime by filling out a new form. Once PAR is set up, you never again need to worry about forgetting your offering and the church benefits from a regular cash flow.



Kyung-A Lee - Saturday, August 8 at the Algonquin Theatre!

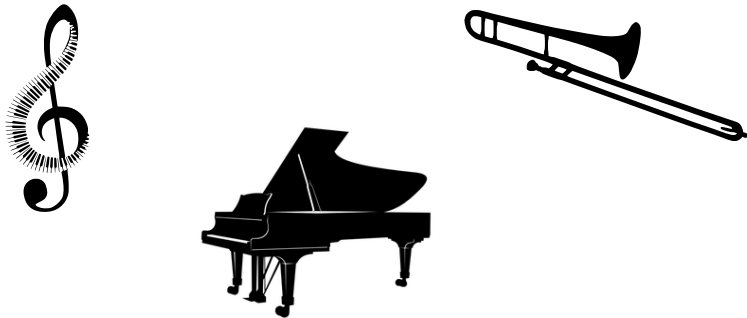
The Huntsville Festival of the Arts is proudly hosting our own Music Director and pianist, Kyung-A Lee, for a spectacular **Cinematic Candlelight Concert** at the Algonquin Theatre on Saturday, August 8 at 7:30pm.

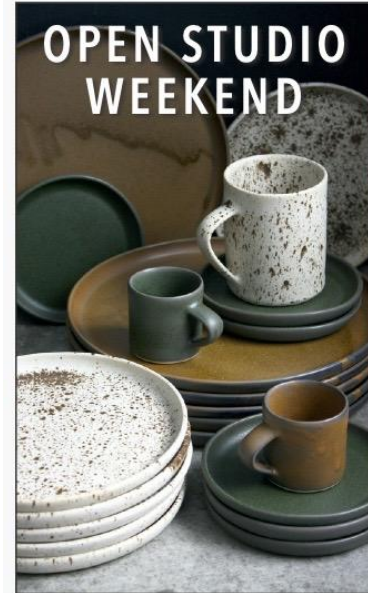
Surrounded by the beautiful glow of hundreds of candles, the evening will feature sweeping classical masterworks and iconic film music from *Schindler's List*, *Cinema Paradiso*, *New York, New York*, and more. Kyung-A will be joined on stage by a full 11-piece brass ensemble, guest instrumentalists, and her husband, Parres Allen!

We invite our congregation to come out for a wonderful night of music and support our Music Director. Your attendance also directly supports the HFA and helps keep vibrant, live music thriving right here in our community.

Tickets can be purchased online at:

<https://www.algonquintheatre.ca/> or through the theatre box office at **705-789-4975**.





OPEN STUDIO WEEKEND



MUSKOKA NORTH STUDIO TOUR

August 14, 15 and 16, 2026 • 10 am to 5 pm

Welcome to an exciting, new studio tour for Huntsville and the Muskoka region. Visit unique artists working in a variety of media inspired by this rugged, northern landscape.

15 STUDIOS. 26 ARTISTS.

Painting • Pottery • Jewellery • Metalwork • Woodwork • Sculpture

muskokanorthstudiotour.ca

