

It felt a little ridiculous to buy a snow suit during the hottest week of the summer, but that is exactly what I did last week. Costco had their snow-suits out and they go fast, if you don't act quickly you miss out. So, I am now prepared when the snow eventually flies.

Getting ready seems to be the theme of August with its focus on back to school. There is also the anticipation of regular fall programming starting again. The last few years, this time of year has been a mix of anticipation and dread, as COVID has loomed over everything – causing us to wonder if it is even worth trying to plan something. For the most part, here at St. Paul's, we decided to wait and see. But as this fall approaches, it is time that we start to think about it and make plans.

This has been part of my work this week. Looking at the fall. Mapping out some worship themes, taking a wide view. Worship, while one of the main focuses as the church, is not the only thing that we are called to do. A well-rounded faith life includes worship, growth in faith through learning and spiritual practices, service to, for and with others in God's name, and spending time in Christian community.

We are generally called to one of these areas more than others, which hints at the gifts and skills that God has given us. This is a hint about how you can get involved in strengthening the congregation. Your engagement is important, especially now at this tipping point and milestone of 190 years as a faith community.

For a while we have ran the church with the same core volunteers. One of my goals this year is to increase our engagement in the opportunities that we have at St. Paul's, so that we can see new and renewed engagement. You are part of that goal because - the church is not the church without you. Now is the time to connect with me if you have any ideas for programs, if you want to help in a specific area, or if you have suggestions on ways to be the church in the 2022/23 program year. It is my dream that we have opportunities for engagement at all levels of the congregation this year, but I cannot do it all myself. When we work together the burden is light, but the joy is large. I hope you will join me in efforts to move us into this new season.

Before I get back to planning, here is my prayer for us and our church...

Let your power and passion reign in this place, Lord
You call us, your people, to deeper faith and action.
As we grow in Christ,
help us to see the ways in which we have been blessed
and called to share that blessing.
We are grateful for this congregation, our church home.
Let the stories of the past, inspire our actions today and our plans for tomorrow.
This we pray in Jesus name. Amen.

FEATURES OF THIS AUGUST 11TH EDITION OF ST. PAUL'S ENEWS

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WORSHIP THIS SUNDAY AUGUST 14TH
BEWARE OF EMAIL SCAMMERS
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WORSHIP THIS SUNDAY AUGUST 14TH

Please join Rev. Mary for worship at Wilmot United Church this Sunday at 10:30am. If you can't be there in person, join via Zoom at <https://www.youtube.com/c/WilmotUnitedChurch>

BEWARE OF EMAIL SCAMMERS

Staff and congregation members have been receiving emails from a person impersonating Rev. Michelle. The email says they are Urgent in nature and are requesting money etc. Please, if you receive one of these emails, report it as phishing (if possible) and delete it. Rev. Michelle would never send an email requesting money or for you to purchase anything for her or the church.

MEDITATIVE WALK BY THE RIVER

Did you know spiritual practices come in all shapes and forms. You are invited to try out a movement-based method of connecting with the divine and creation on August 16th. At 9am meet Rev. Michelle at the public library for a meditative walk. Meditative walking involves calling out attention to the moment, our bodies and surroundings. This allows God to talk to us through our presence in the moment.



UPPER ROOM DAILY DEVOTIONAL

The July-August edition of the Upper Room Daily Devotional is available in the office for \$2 each.

REV. MICHELLE'S WALK-IN OFFICE HOURS

Looking to connect with Rev. Michelle? The best way to do this is to connect via email to michellenarmstrong@hotmail.com or phone 259-7602 to set up a time to meet. However, barring emergencies or funerals, I will have walk-in office hours Mondays from 10am-1pm and Wednesday's from 1-2:30pm.



BACK-TO-SCHOOL BACKPACKS

St. Paul's serves many school aged children and youth through our church and outreach programs. We will be collecting donations of school supplies in an effort to provide for those who can't otherwise purchase these necessities. Items may include: back packs, lunch kits, reusable water bottles, lined paper, note books, large zippered binders, pencil case, markers, pens, pencils, scissors, glue, rulers, hand sanitizer, Kleenex, etc. If you would like to donate items to support these families, please reach out to Meghan in the

church office. Items can be dropped off to the office Monday through Friday between 8am and 3pm. A donation tax receipt can be issued for items with a receipt of \$20.00 or more in value. Cash donations are also accepted. Collection will take place from now until August 19th and then distributed. If you know of someone in need of school supplies, please let Meghan know so they can be added to the list.

ST. PAUL'S WEBSITE UPDATES

Our St. Paul's website has been undergoing some changes. Although it will continue to have changes, please review the website at www.stpaulsunited.ca and let Meghan know if there is anything to add or change. The idea is to have a very fluid website that changes with what is happening within the church and beyond, the seasons, etc. I welcome your feedback!

UPCOMING EVENT DATES TO REMEMBER

August 16th – Meditative Walk by the River. Meet at footbridge by library at 9am.

August 26th – Messy Church at Wilmot. 5-7pm.

FALL KICK-OFF

Preparations are underway to kick off the new program year and our 190th Anniversary with a bang. On September 11th we will be having a blessing of the back-packs/brief cases during service. We will be revealing our theme for this coming year. Regular Sunday School will be starting for the fall and the events will cap off with a BBQ. We hope that you will join us as we celebrate being church! Mark your calendars NOW.

SUMMER DOWNTOWN UNITED + WORSHIP SCHEDULE

At Wilmot United Church - August 14th, August 21st, August 28th, September 4th

All services at Wilmot can be viewed online at <https://www.youtube.com/c/WilmotUnitedChurch>



St. Paul's United Church

190 Years of Glorifying God through Worship, Proclaiming the Gospel of Christ and Serving others in Christ's name

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