

Life and Work – July 12, 2026

We acknowledge the following donations to the Memorial Fund:

*In loving memory of Maude Lake from Barbara Butt

A thought of the week: *“Believe you can and you are halfway there”*

General Protestant Cemetery Services (Flower Services):

General Protestant Cemetery - Monday, July 20, 2026 at 7PM

Memorial Gardens Cemetery - Monday, July 27, 2026 at 7PM

Please note in the event of inclement weather, the services will move ahead to 7PM the next evening.

Attention: We will not have access to the church sanctuary on Sunday July 26 until 10:30 am. Any congregation members arriving before this are welcome to sit in with St. John's Methodist as they celebrate their 1st Anniversary or wait in vestibule. Their service will be 7:30-10:30 for this Sunday only.

Thank you for your patience on July 26 as we allow our fellow worshippers to celebrate their 1st Anniversary in fine style.

Hymn Picking Team: We are looking for a small group of people (2 or 3) to assist in picking an older, favourite hymn for each Sunday, beginning in September. These may be from The Hymnary, Songs of the Gospel, or others that folks like to sing. Contact Rev. James (james@[stjamesuc.org](mailto:james@stjamesuc.org)) if you can help in this way.

Hymn Sing: Next Sunday is a hymn sing of songs focused on inclusion and belonging. This lay led service will be about 45 minutes to give people time to get to the parade route to watch

the Pride Parade. The parade starts at 12 noon, so if you are walking in the parade, you might want to attend the 10 am service at Gower Street United because parade participants are asked to be in place at 11 am.

Join the Pride Parade, July 19 at Noon: Once again St. James United Church will be in the Pride Parade. So let's get a large contingent of us to take part, showing our love and support of the 2SLGBTQ+ community. Contact Rev. James (james@stjamesuc.org) for more details.

On Pause for Summer: A reminder that Pub Theology, Tapestry, InsideOUT, Carehome Services, Taizé, and Meditation are all on pause for the summer. We will regroup in the Fall.

Looking for a Dog Sitter: Rev. James and Glen are looking for a dog/house/plant sitter while they are away for the last week of August and the first week of September. Responsibilities are focused on walking Ben twice a day, feeding him and keeping him company. He can be left alone for extended periods. Contact Rev. James if you are interested.

Connecting with our Neighbourhood: This summer and fall we are doing Prayer Walks in our neighbourhood. This is a simple weekly walk along the streets surrounding the church, praying, observing and connecting with neighbours as you go. We will form small teams of 2-3 people to walk each week (or every 2 weeks if that is easier). Contact Rev. James (james@stjamesuc.org) if this interests you or for more information.

Monthly Labyrinth Walk: Did you know we have a labyrinth? We do and it is beckoning for us to walk it. A labyrinth is a circular winding path into a centre point. Unlike a maze there is only one

path and you cannot get lost. Walking the labyrinth is an ancient prayer practice to quiet the mind and seek spiritual clarity.

Throughout the summer we will have a group labyrinth walk on fourth Wednesday of the month at 6:30pm: July 22. Meet on the lawn between the church and Paton Street.