

Life and Work – July 5, 2026

We acknowledge the following donations to the Memorial Fund:

- * In loving memory of Don Marshall from his wife Vera
- * In loving memory of Maude Lake from Vera Marshall
- * In loving memory of Maude Lake from Heman Whalen and family
- * In loving memory of Maude Lake from Grace Noel and family
- * In loving memory of Maude Lake from Keith Whalen

A thought of the week: *"Life does not have to be perfect to be wonderful"*

General Protestant Cemetery Services (Flower Services):

Mount Pleasant Cemetery - Monday, July 6, 2026 at 7PM

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.

Our Church is in a Movie: Did you know that the outside of St. James is in an indie supernatural horror movie? Local filmmaker, Andrew Musgrave, is premiering "Anna, Postmortem" on July 2 at LSPU Hall, 3:30 pm and 8:30 pm. Glen Warren is starting in it and Rev. James was filmed in a scene (he's not sure if his scene is still in it). Support a St. John's film company and local talent. You can buy tickets via [showpass.com](https://www.showpass.com)

"Rejoice and Rise" Out in Faith Pride Gathering, July 9 at 6:30 pm, The Lantern: Each year "Out in Faith" hosts a prayerful celebration to mark Pride and make space for members of the LGBTQIA and 2S community to explore the intersection between sexuality/gender identity and spirituality/faith. The event includes speakers, singing and reflection. It is a wonderful time for LGBTQIA and 2S people to come together with allies to reflect together in a spirit of love and mutual support.

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](mailto:james@stjamesuc.org)) for more details.

Adopt a Flower Bed: Do you love tending flowers? Then why not adopt one of our flower beds? We are looking for people to take on a flower bed, keeping it weeded and looking its best. Contact the office to let us know.

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.

Meditation: Each Wednesday, 5:45-6:30 pm. Doors open at 5:30 pm. People who are new to Christian meditation are asked to come at 5:30 for a time of instruction with Rev. James. Come each week for a time of quiet meditation in the Christian tradition.