



St. Thomas United Church

Open Hands – Open Hearts – Open Minds

Online Worship Service Sunday, August 2nd, 2020

Theme: God Helps Those Who Help Themselves

VU = Voices United MV = More Voices

You will find the link to our online service

via our website: <https://stthomasunited.ca/>

A Prayer for Summer 2020

*I see a new heaven. I see a new earth
as the old one will pass away,
where the fountain of life flows
and without price goes
to all people who abide in the land.*

Carolyn McDade 1979

**As summer days fall upon us with their
heat and humidity, refresh us, O God.
Bring rain to the parched places in our
world
and in our lives that we might grow and
flourish
as your well-watered garden.
Bring strength and relief to those who
are worn down
by endless worry, hours of grinding work
and the erosion of health and happiness.
Bring hope to those who are crushed
by years of injustice and neglect.
Bring the delight of companionship to
those who have suffered in isolation.
Bring us the energy and courage to cross
the chasms
that so often divide us,
that we may work together for your
vision
of a new heaven and a new earth.
Refresh us, O God. Amen.**
(by Kathy Toivanen)

Prelude: Kari Orosz: 'Will Your Anchor Hold' (VU 675)

Welcome to our Online Worship Service

Acknowledgement of Treaty 7, Métis Region 3 Land

Candle Lighting & Silence

Introit: *Like a Rock*

MV#92

Call to Worship

Opening Prayer: *Holy and ever present God, as we
gather for worship may we know your place in our
midst, holding us fast in your love. That together as
community we might trust you, trust each other, and
trust that we are your people. Amen.*

Hymn: *When We Are Tested*

MV#65

Scripture: 1 Corinthians 10:9-13

Reader: Hope Cochran

The Message:

"God Won't Give You More Than You Can Handle"

Ministry of Music: The Quartet - 'I Have Had Singing'

by Ron Jeffers, arranged by Fred Mitchell

Invitation to Open Hands

Offertory Prayer: *Holy God, accept what we offer,
through our gifts. That with these gifts of our hands,
the talents of our lives, and the love of our hearts we
might help the world know your presence in this place.
Amen.*

Hymn: *Gather Us In*

MV#12

Pastoral Prayers & Prayer of Jesus

Hymn: *I'm Gonna Live So God Can Use Me*

VU#575

Commissioning & Benediction

Postlude: Kari Orosz: 'May It Be' by Enya, Nicky Ryan
and Roma Ryan, arranged by Warren Poquiz

UPDATES

Youth Group: To do our part in practicing social (physical) distancing, youth group is meeting virtually through zoom, WhatsApp, and more! If you would like updates about what we are doing or if any youth (grade 7-10) would like to join us virtually, please email the youth leaders at youth@stthomasunited.ca.

Junior Youth Group is NOW meeting virtually through ZOOM **every two weeks**. The dates are: August 14, and 28. Interested and in grades 4-6? Email junior-youth@stthomasunited.ca and we'll add them to the distribution list.

St Thomas is on YouTube! It's easy to subscribe to our bi-weekly videos and worship services and watch them at your leisure.

Just go to: <https://www.youtube.com/channel/UCvtBXFGvS5ATsSMot2xguQ> and click on "subscribe" on the top right corner. Help us get to 100 subscribers!

After the death of Allan Muir, Dorothy Muir's family is letting her church family know **cards and letters are welcome and encouraged!** Dorothy's address is Care West - George Boyack, Room 242, 1203 Centre Ave NE, Calgary, AB T2E 0A5.

Coffee Chat Sunday Mornings! Join Us Sunday Mornings, as we gather via Zoom for a time to watch the online worship service together as community starting around 9:45am with the service starting at 10:00am. Then stay after the service for a time of checking in and conversation. To register and receive the Zoom invite, send us an email at coffee-chat@stthomasunited.ca and we will email the information out on Friday afternoons.

Veteran's Food Bank: As the need continues, please consider donating via mail to this worthy cause. You can mail your donation to: Veterans Assoc. Food Bank #10, 820 – 28 St NE Calgary, AB T2A 7X1. Receipts will be issued for donations of \$20 or more. Be sure to include your mailing address with your cheque.

BEYOND ST THOMAS

Rendez-vous 2020 will be going ahead August 11-14 and this year it's all digital! Online registration is now open and is free of charge, but it helps the coordinators keep track of participants and provide secure access to online activities and resources. Through real-time online events, recordings, and DIY workshop kits, Rendez-vous will celebrate bold faith, brave space, and brazen grace. Here's what you can expect:

- Inspiring speakers, powerful worship, and singing your favorite songs
- Fun, engaging, and interactive workshops and activities
- New friends from across the country and around the world
- Awesome t-shirts

Check out their website <https://www.uccrendezvous.ca/> for more information and registration! Please note: although they say registration is open, it appears that their registration button isn't linked to a page where you can actually register. Keep an eye on their website, it should be updated soon! We will also keep you posted and let you know when the registration button works.

Camp Kasota West Online Programming: Camp Kasota West is a United Church summer camp on Sylvan Lake. Typically it is a sleep away camp, but due to the current situation they are not proceeding with on-site programming this summer. Instead the Camp Kasota West team are working to offer camp in an online setting. Campers who have completed grades 1 - 9 can register for a variety of online sessions that will be run over Zoom, from engaging games, to physical activities, and even crafts. These sessions are free of cost, and you can find more information and register online at www.campkasotawest.com/online-programming/. We can't wait to see you all online this summer in a fun and engaging new camp environment!

BEYOND ST THOMAS



Learn Healing Touch for the health and well-being of yourself, your loved ones and others in your life. Learn natural techniques to reduce pain, anxiety, stress and fatigue. Healing Touch Level One Course will be offered on **Saturday Aug 15 & Sunday, Aug 16**. Tuition Fee: \$497 (Talk to Betty Minifie if you need financial assistance). To register contact: Betty Minifie, RN, BScN, HTCP/I via email: therapeuticbalancing@gmail.com or phone: 403-474-7399.

Deadline for registration is: Monday, Aug 10.

For more information about the program visit healingtouchprogram.com.

SA Foundation's Advocacy Centre and Global Wonders Boutique- Be A Champion for Freedom! During the recent lockdown, the issue of sex trafficking has not gone away and the SAFoundation is working hard to address this injustice. The foundation provides long term housing, recovery and training for women and their children escaping human trafficking and sexual exploitation. Did you know that we have an Advocacy Centre right here in Calgary? (4031 Brentwood Road NW). Come and experience the audio/visual tour at our Advocacy Centre and learn more about the issue of sex trafficking and how the SAFoundation is ensuring 'Her' freedom.

Alongside our Advocacy Centre, we have the ***Global Wonders Products of Hope Boutique*** where you can purchase items that have been made by the women in our recovery and job skills programs with 100% of proceeds going back to supporting her freedom and future. Our products make an excellent & unique teacher gift! SAFoundation's Advocacy Centre and Global Wonders Boutique are open by appointment only for the summer: call or text us to set up your personal & private tour or shopping experience and find out how you can become a Champion for Freedom! 403-875-5111, melonie@safoundation.com. www.beaglobalwonder.com.

BEYOND ST THOMAS

Why Basic Income (BI)? We have many support programs in Canada that are not working to lift people out of poverty but rather creating generational poverty. Our welfare system which was designed to ensure Canadians could pay rent and buy food, does not allow them to improve their lives but instead, penalizes them. Their welfare cheques are clawed back dollar for dollar if they earn additional money to support themselves. When they start to work they lose any financial support they had such as subsidized housing and child care. The current system does not encourage people to want to do better for themselves, which is what BI would do. BI is designed to catch people as soon as their income drops, helping them over the hurdle of finding new work, supporting them while they retrain or allowing them time to start their own business and return to being self supporting. It has been proven, by the many trial projects, (two in Canada) to bring people back into the workforce and into better jobs. It takes away the stress of poverty and income uncertainty, creating healthier families and reducing mental and physical health care costs. It has been shown to reduce crime, as many crimes are a result of desperation. BI would save money in court and detention costs and save people from a life destroyed by crime. If federal and provincial governments worked together to implement BI to replace welfare programs and complement our current social service programs, the cost savings could make the implementation affordable for Canada. If there is anything that this pandemic has taught us, it is that we can all find ourselves, at some time in our lives, needing a helping hand to survive. BI would do that, allowing all Canadians to live with dignity, and isn't that the Socially Just way we want Canada to be? This is an opportunity for us to come out of the pandemic with a program that will create a better life for many Canadians. We ask you to write to your MP to request that the government implement BI. The Calgary Alliance for the Common Good website offers a sample letter, contact info for your MP, and a copy of the letter that the Alliance sent to Prime Minister Trudeau, Deputy Prime Minister Freeland and Minister of Finance Bill Morneau. Go to the CACG website to find out more: https://www.calgarycommongood.org/basic_income. If you would like to discuss Basic Income more please contact Rev. Tracy, Brian Dodd or Karen Kavanagh as we are the all on the CACG Basic Income Team.

THIS WEEK AT ST. THOMAS

Sunday, August 2	Online Worship only
Monday, August 3	no events
Tuesday, August 4	no events
Wednesday, August 5	no events
Thursday, August 6	no events
Friday, August 7	
1:30 pm	Al Madinah Islamic Assembly
7:00 pm	Virtual Youth Group
Saturday, August 8	no events

Ministers: Rev. Tracy Robertson, Rev. Justin McNeill

Office Administrator: Halyna Kinasevych

Music Team: Pam Bazinet, Barb Robertson,
Dick Worton, Erin MacLean-Berko

Accompanists: Kari Orosz, Kloria Wen

Youth Leaders: Heather Robertson,
Eden Middleton, Caitlin Hornbeck

Sunday School Coordinator: Erin MacLean-Berko

Office Email: office@stthomasunited.ca

We encourage you to keep in touch via our **Facebook** :

<https://www.facebook.com/st.thomasunitedchurch/>
and **Twitter:** https://twitter.com/st_thomas_yyc

Sign Up for St. Thomas **email announcements and e-Letters** by contacting the office.

Any announcements, advertisements, or requests for non-church related products, services, or donations to organizations contained in this bulletin/newsletter should not be interpreted as recommendations, endorsements, or permissions by St. Thomas United Church.



Please note that the office will be closed for summer break **starting July 1 until August 10**. Emails and phone messages will only be checked occasionally. For urgent matters that arise during this time, please call, email or text Tracy (403-870-3930) or Justin (587-736-002).

Upcoming Service Themes:

- August 9: Follow Your Heart for Love Always Wins
- August 16: Cleanliness is Next to Godliness
- August 23: Money is the Root of ALL Evil
- August 30: Everything Happens for a Reason

Each Sunday we acknowledge that we are on Treaty 7 land, not out of guilt or shame, but in recognition of the land on which we gather. We give thanks for the traditional territories and oral practices that have lived on this land for thousands of years through the Indigenous Nations of the Siksika, Kanai, Piikani, Stoney-Nakota and Tsuut'ina and all people who make their homes in this, our Treaty 7 region of Alberta, and the Region 3 Métis Nation.



Through our gifts we commit ourselves to live out the mission and ministry of the church. Please give generously to the **Mission and Service Fund** to make this possible.



St. Thomas is an **Affirming Ministry** within The United Church of Canada. LGBTQ2 people are whole people and full members in this community of faith.



The United Church of Canada St. Thomas is proud to be part of the United Church of Canada which ministers to close to 3 million people in 3,500 congregations across the country. For more info about the United Church **visit www.united-church.ca**



We give great thanks to all who participated in making this week's worship service a reality.

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