

BELLS CORNERS UNITED CHURCH

3955 Old Richmond Rd., Nepean, ON K2H 5C5

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Website: www.bcuc.org Email: office@bcuc.org

Minister: Rev. Kim Vidal

Congregational Designated Minister: Lorrie Lowes

Music Director: Abe TeGrotenhuis

Office Administrators: Nancy Meyers, Ellen Boynton

Chair, Church Board: Jordan Berard

ANNOUNCEMENTS: June 25, 2017

Meetings:

Pastoral & Spiritual Care meets Monday June 26, 5:30 pm

Lectionary Group - Mark your calendar!! We are having our final meeting before we break for summer at David's Farm in Pakenham on Tuesday, June 27. Carpooling at 9:30 am at BCUC parking lot. Please bring any finger food to share. Beverages will be provided. This is an opportunity to tour the "Gladiola Man's" amazing garden! All are welcome! Let the office or Rev. Kim know if you are coming.

Strawberry Social is Tuesday June 27, 6:00 pm

Church Board meets Wednesday June 28, 7:00 pm

BellRinger Pickup: Circuit Messengers please note that your newsletters are ready for delivery. Those who live in apartments or outside the local area please drop by and pick up your copy from the table in the corridor. Thanks to all who contribute, who compile it and those who make the deliveries!

David's Flowers are back!! Please drop by after this morning's service to pick up a bouquet and make a donation. All funds raised go to support the Roof Fund. Revenue to date is \$195.30

Congregational Photo 2017: For those of you who ordered a photo, copies are now available at the office. Some have pre-paid, others need to pay at the time of pickup. Copies are \$3 for 5x7" and \$5 for 8x10".

Rendez-Vous 2017: Seven youth and young adults and three leaders will be attending this national gathering in Montreal, August 16-19. We are now raising funds to help with participants' travel expenses. You can help by:

* Joining Paint Night TODAY!

* Ordering Vesey's Bulbs after today's service or from the office.

Paint Night with Ashley Stufko – **This Evening, 6:30 - 8:30pm. Cost \$25.**

There are still a few spaces. Sign up on the bulletin board across from the office where you will see a sample of the picture we'll be painting.

Vesey's Bulbs Fall 2017 Fundraising: Order your bulbs and seeds for fall planting after Sunday services in June and July or in the office during the week. **Deadline: July 23.**

Upcoming Worship Services: Season of Pentecost

Summer Sermons: This summer Rev. Kim will preach on many topics/themes in the letter of Paul to the Romans. This is another opportunity for us to learn about the theology of Paul and his position on the different doctrines that we embrace as Christians.

July 2 – Celebrating 'Canada 150' Sunday featuring songs and hymns written by Canadian composers and songwriters. Please wear red & white if you wish and bring Canada flags and Canadian souvenirs in all shapes, sizes, and forms to adorn the sanctuary. Be proud of your heritage!

Sermon Focus: "Open Doors" (Romans 7: 15-25a)

July 9 – Fifth Sunday after Pentecost

Sermon Focus: "No Condemnation" (Romans 8:1-11)

July 16 – Sixth Sunday after Pentecost

Sermon Focus: "Creation Restored" (Romans 8:12-25)

Strawberry Social: Tuesday June 27, 6:00 pm Tickets on sale today in the main hall or the office: \$10 /person; \$25 /family; children under 12 free. Come and listen to Abe TeGrotenhuis and his "*Waiting Music*" in the Sanctuary at 5:45, followed by scrumptious strawberries and ice cream on cake or a biscuit, followed again by our own Valley Men in Concert at 7:00pm. See the posters in the church and signup sheets to help. Strawberry pickers needed June 26 and 27th at 8:00am and cleaners June 27 at 9:00. Contact David Stafford (davidstafford@sympatico.ca) (613-592-0296) or Bert Donnelly (patbertdonnelly@aol.com) (613-435-8152) if you can help.

The Other Strawberry Social at the Cedar Hill Schoolhouse, 270 Cedar Hill Rd., located between Almonte and Pakenham, is **Sunday July 2, 1-4 pm.** \$6/person, hosted by Friends of the Cedar Hill Schoolhouse as a fundraiser for this heritage building. The Donaldson Farm is just a farm away at 479 Cedar Hill Road and the gardens will welcome you.

Abe is looking for **volunteers to sing/play/perform** for worship services through the summer months. If you are able to help please contact him at music@bcuc.org or sign up on the list across from the office.

Children's Programming for the Summer: Regular Sunday School classes are taking a break until the fall but we still have things happening for the children each week. Most Sundays there will be a "One Room Sunday School" that children will be invited to take part in after the Time for the Young at Heart, as usual. The materials for each week's lesson will be in the Activity Bags that can be picked up in the narthex when you arrive. Please take the bags with you to Sunday School. If your child/children prefer to remain in the sanctuary for the whole service, the materials in the bag are there for their use as well – and please feel free to take them home with you (but leave the bag and the crayons in the narthex on your way out)! There will be a new lesson and activities each week.

Ways to Help at BCUC:

Ushers/Greeters needed week by week. Please help by signing up on the sheet at the Welcome Information Centre.

The Welcome Centre needs helpers too. Their signup list is at the centre.

Coffee Makers for refreshments after Sunday worship each week. Please volunteer by sending an e-mail to pierre.dugas@rogers.com

Crib Nursery Help & Candle Lighters: Please sign up across from the office if you can help on a Sunday morning.

Join in a Forest Therapy Walk -- An invitation to Listen to Creation

Thursday, June 29, 9:30 am - 12:30 pm Stony Swamp, Chipmunk Trail --

Meet at NCC Parking Lot 8 on Moodie Drive, south of West Hunt Club

Register: <https://www.eventbrite.ca/e/forest-therapy-walk-stony-swamp-tickets-35541008112>

Payment for the walk is by donation and all donations will go to the Rainbow Weavers Women's Group, sponsored by the Carlington Chaplaincy, for their annual retreat. Follow the Eventbrite link below to register and then I'll send you more details. **Places are limited to 10 people per walk. If you can't make this walk but would like to know about future walks, please send me a note at prazfive@gmail.com**

I look forward to being with you among the trees! - Andrea Prazmowski,
Member of Kitchissippi United Church

You're invited to join in a special kind of walk in the forest, as we slow down, quiet our minds, and open up our senses to the gifts of the forest. It's called Shinrin-Yoku in Japan, translated as "forest bathing" and it's a gentle immersion in the forest, the meadows, streams and the rest of nature. (Don't worry. It may be called "forest bathing" but we keep our clothes on.) Do you notice a feeling of calm when you step into a shady forest? Do your worries get smaller when you're at the cottage? Forest Therapy builds on that and introduces ways to take those experiences to the next level. The benefits of Forest Therapy are validated by scientific research, showing that it reduces stress levels, boosts the immune system, supports the heart and cardiovascular system, and helps with mood, focus and brain functioning. I am a member of Kitchissippi United Church and am working towards becoming a certified Forest Therapy Guide with the Association of Nature and Forest Therapy. During my six-month practicum I'm leading a number of Forest Therapy walks, for free or by donation. I'm excited to invite you to join a walk on Thursday, June 29, from 9:30 to 12:30 pm, near the Wild Bird Care Centre.