



From the Pastor's Desk...

Someone once wrote: *"All the joy you could ever want is already within you and costs nothing. By digging through the noise and minutia of everyday life, you will see tiny glimpses of the spiritual God - source from which all happiness emanates - the very joy of being."*

There are few references in Scripture to happiness, but plenty of references to joy. **"Joy cometh in the morning."** **"I have spoken thus to you so that my joy may be in you and your joy complete. Love one another."**

Most studies agree we find joy in each other. The research suggests that richer countries do tend to be happier than poor ones, but once you have a home, food and clothes, then extra money does not seem to make people much happier. According to happiness research, friendship has a much bigger effect on average on happiness than a typical person's income itself.

Summer is the time of year to connect and to take a look at our lives and find new balance. The author of *The Pursuit of Perfect* tells us to slow down and hear the music separately rather than making noise by playing everything on fast forward and all at once. Others tell us to put happiness on the agenda. Stop and think about what it means to be happy, and whether we have scheduled enough of that into our lives.

And learn to give to the world and to each other. The experts tell us most happy people are involved with others, whether it is supporting a favourite charity or doing a deliberate act of kindness. And so many people find joy in their faith. They find it in their service to God and others, and in their reaching out to the world.

It is summer, too short in this part of the world, so take the time to enjoy it this year. Take the time to take stock and think about whether your faith feeds your living. Is it one more thing to do when you are already too busy? How can we begin to become community in which relationships nurture and sustain us so we can better serve the vulnerable in our community. We are here on the corner of Queen and Tobin for those who need our voices and our compassion and our understanding.

Rev. Trent

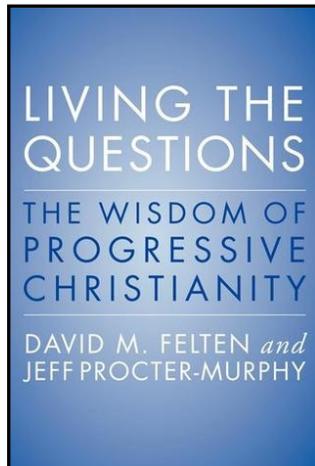
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Have a safe and fun-filled summer everyone!

UCW Activity Update



FALL READING

Book Club & Spirit Connectors will both be reading *Living the Questions: The Wisdom of Progressive Christianity*, by David M. Felten and Jeff Procter-Murphy. Beginning October 10, the minister will be offering a weekly session on Thursday mornings at 10:30 am; and a monthly 7:30 evening session on the second Thursdays. You will need to sign-up on the easel board in the Tobin St. lobby by September 8th so that enough books can be ordered. The cost is \$20. Please contact the minister if you are in need of a bursary for the book.



Proceeds from the Book Sale was \$551.00 and the Flea Market raised \$1,527.85. Thanks again to everyone for your support.

Upcoming Events:

Winter Clothing Sale: Saturday, October 5th, 2013, 9:30 to 11:30 am. What is left over will be given to the 'Shelter' or 'Brunswick St. Mission.' While the sale is in progress, some of us will be in the kitchen making a 'stew.'

Fun and Talent Auction: Sunday, October 6th, 2013, 11:30 am. Everyone is asked to start thinking (in September) what talent you can 'auction,' i.e. any kind of baked good, a drive, movie ticket or gift certificate for a restaurant. We need ideas. 12 Noon: Lunch - Stew and Dessert.

Harvest Tea: Saturday, October 19th, 2013, 2:00 to 4:00 pm.

Minister's Summer Schedule

While the minister is on vacation from June 25th to July 31st, emergency contacts are *Alison McDonald* at 422-0850 or *Ruth MacKenzie* at 477-5365. Ministers-on-call are the Rev'ds *David Hann*, June 25th to July 31st (Edgewood-Oxford); and *Kevin Little*, July 15th to 31st (St. Luke's). Sunday pulpit supply are *Robert Bossler* (June 30th to July 7th and 28th) and *Heather Ferrier* (July 14th and 21st).

A Great Opportunity to Explore Your Faith

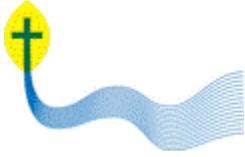
The Canadian Centre for Progressive Christianity national conference will be held August 15th to 17th, 2013 on the SMU Campus here in Halifax. Featuring three of the leading figures in the Canadian Progressive Christianity movement, *Bruce Sanguin* (Vancouver), *Nancy Steeves* (Edmonton), and *Gretta Vosper* (Toronto); and musician, *Lloyd MacLean* (Pictou County). Check out: www.progressivechristianity.ca for details.

Gretta Vosper Visits Fort Massey

We are delighted to have the Rev'd Gretta Vosper lead in our 10:30 Sunday morning Gathering on August 18th, 2013. Gretta has been in the spotlight since founding the Canadian Centre for Progressive Christianity and continues to lead West Hill United in Scarborough, ON. Her first book *With or Without God* was a best seller.



BEHOLD! Billets Needed



BEHOLD!, a national United Church inter-cultural conference, will be held October 24th to 27th, at Pier 21 in Halifax. Check out the Unit-

ed Church of Canada website for details.

They are looking for people to billet our visitors.

Contact *Doreen Crick* at 443 2993 or rdcrick@eastlink.ca

Moderator to Visit Fort Massey



The Right Rev'd Dr. *Gary Paterson*, will lead in a musical Service at Fort Massey Church on Saturday evening, October 26th, 2013 in conjunction with the BEHOLD! Conference.

Celebrating Doug Ritcey

This greeting was sent to Doug Ritcey, by Dr. and Mrs. Merv Shaw, on the occasion of his 95th birthday and reflects just one of the many, many kind things Doug has done over the years.

Hi Doug:

A little bird told me that your birthday is coming up soon. I know that you are probably slowing down so I do not expect that you will deliver the groceries that I want tomorrow but maybe in the next week will do. My wife and I always appreciated the fact that you would drop off the groceries that we ordered on your way home. I was in Med school at the time and not often home and my wife was at home with 3 young children and not able to get out, so your kindness to us will always be remembered. Happy Birthday!

~Merv and Maureen Shaw

"If you think you are too small to make a difference, try sleeping with a mosquito."

~Anita Roddick

Have You Seen My Grandma?

*The computer swallowed Grandma,
Yes, honestly it's true!
She pressed 'Control and Enter'
And disappeared from view.*

*It devoured her completely,
The thought just makes me squirm.
She must have had a virus
Or been eaten by a worm.*

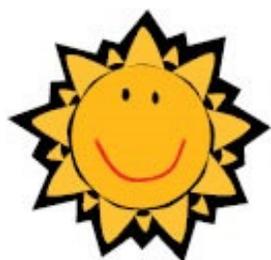
*I've searched through the recycle bin
And files of every kind.
I've even used the internet,
But nothing did I find.*

*In desperation, I asked Mr. Google
My searches to refine.
The reply from him was negative,
Not a thing was found online.*

*So, if inside your 'Inbox'
My Grandma you should see,
Please 'Copy, Scan and Paste' her,
And send her back to me!*

Submitted by Ruth MacKenzie





WELCOME SUMMER

C X A G N B H R C I Y J D L M K R A P E M E H T
 A A T E P A R T I E S V F R U G A D H B T I J N
 M L R H J W K K E Y S E I L F E R I F B L E U K
 P B M N T K E O Y F P O U Q I W X R I H F S M O
 I L D V I C E C R E A M R X S D W Y R G L Y P Z
 N A P B O V C G P D S H E R H F S S E G I V R H
 G R P H U L A H O O P S I J I J J A W K P H O L
 M O D N A O F L O P G Q J R N S K N O T F U P V
 W L F X P Y J Z L A A W E S G B L D R C L P E D
 E L H F J G O H X I Q J W E K R L A K G O M H N
 O E B S P C A U G U S T Q I C R X L S U P Z T M
 V R G U H T D E R T H J K V L O H S B T S D R G
 D C H N R V J T N C H A R O M H R L E E D E A F
 P O P S I C L E S T T Y U M O Y L K K C I N H G
 E A X C C W E T Y K C S G N A E M I E F A H A Q
 S S T R N O N N E G H W O E V X B P A R A D E S
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 A E S E T D F F Q W T M E R E T A Y U I H S O P
 A R S N A D F G H A J M K L L Z C X C V S B N S
 M Q W E L R T U C T I I O P K A H S D A A F G C
 H J K L I Z X A C V B N N M N Q R W L E L N U I
 R T Y E E U V I O P A G S D I F G G H J P A J N
 Z X N C V B N F D H J T R H R J N K L E S G W C
 I U E R K S E N O C W O N S P U P C I H G E W I
 J W H C O O K O U T S W E E S D L K I J F M D P

AUGUST
 BEACH
 BIKES
 CAMPING
 CARNIVAL
 COOKOUTS
 FIREFLIES
 FIREWORKS
 FISHING
 FLIPFLOPS

FUN
 HULA HOOPS
 ICE CREAM
 JULY
 JUMPROPE
 JUNE
 MOVIES
 PARADES
 PARTIES
 PICNICS
 POOL

POPSICLES
 ROLLERCOASTER
 SANDALS
 SPLASH
 SPRINKLER
 SNOWCONES
 SUNGLASSES
 SUNSCREEN
 SWIMMING
 THEME PARK
 VACATION