

NEWSLETTER

June 21, 2024



GREETINGS!

In the name of the One who loves us and holds us dear

We are an inclusive community on Locke Street, dedicated to seeking justice, loving kindness and walking humbly with God. We are a progressive church with traditional elements to

our service and quite a lot of music. We welcome people who are questioning. We dress informally and understand that children often run around and make noise..

Message from the Board

Monday, September 9 ~ Official Board Meeting @7:30 pm.

All are welcome at any board meeting!

Circles of Care

We are very grateful to Rev Sonia for volunteering to continue to visit our members who are homebound, after her retirement. We also want to be sure that we are taking care of each other. As discussed in the congregational meeting, we will be creating circles of care. We are looking for people, young and older, who are prepared to be responsible for keeping in touch with between one and six other families. Duties include calling every couple of months to ensure all is well; to help connect with a minister for pastoral care if ever needed; to help arrange lay pastoral care, such as meals, rides or visits, in the event of illness; and to keep people informed about what is happening at Melrose if they aren't able to get to church often on Sundays. We don't know what to call this 'role formerly known as elder'. We are debating between 'elder' and 'friendly visitor' and would welcome your feedback, or alternative suggestions, through Sue. Whatever we call it, please strongly consider doing this so that we can grow stronger and increase our connectedness. Contact Sue and let her know how many families you would like in your circle.

WORSHIP DATES

- 23rd June, 2024
- 30th June, 2024
- 7th July, 2024
- 14th July, 2024

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<http://melroseunited.ca>

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Did you Know?

June is
National Indigenous
History Month!

For more information click
the links!

[Moderator's Message](#)

[National Indigenous
History Month](#)



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National Day of Awareness for Missing and Murdered Indigenous Women



To honour the National Day of Awareness for Missing and Murdered Indigenous Women (MMIW) this past May, consider joining our letter writing campaign! Just click on <https://melroseunited.ca/actions>. Letters and envelopes will also be available during coffee hour after our Sunday Worship service for your convenience from Catherine. Let's do our part!

A Conversation in Indigenous Education and Reconciliation

Emmanuel United is inviting us to join a conversation in Indigenous education and reconciliation that they are starting with Indigenous and non-Indigenous people who are interest in learning about and working on the challenges facing Indigenous people in Hamilton. This is hosted by Nations United (a UCC mission project (<https://united-church/nations-uniting>) and partnered with Neighbour-to-Neighbour (<https://www.n2centre.com>). The first organized conversation at the Neighbour-to-Neighbour Food Centre is on **Monday, June 24 from 1:30pm to 3:30pm**. Please consider whether you can contribute by attending and reporting back.

From the Church Office

Starting in July, our summer office hours will be Wednesday Thursday and Friday from 9:00am until 2:00pm. If you have any news items or announcements for the bulletin or newsletter, please be sure to submit them to Sue in the office by Wednesday of each week! Thank you!

Looking Ahead!

Saturday July 20 & August 17 : Community Knitting and Crochet. Bring your current project and materials, beginners welcome! Coffee, tea and snacks will be provided.

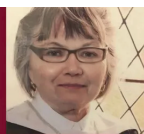
Monday, June 24 ~ A Conversation in Indigenous Education and Reconciliation @1:30-3:30 ~ Emmanuel United Church is inviting us to join a conversation in Indigenous education and reconciliation.

Friday, June 28 ~ Progressive Euchre. Doors open @7pm. Games start @7:30pm sharp! Beginners welcome, you do not need a partner!



Minister's Corner

REV.
SONIA
IRESON



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Changing Behaviour – can only occur when **awareness** sets in that the behaviour needs to change. Addictive behaviour harms not only the individual, but also one's family and friends. When you wake up to the possibility that your current way of life is damaging and needs to change, you begin to change your whole world.

You begin with assessing your language. There is a big difference between saying "I am going to" and "I will." The former infers that the desired affect may be completed should certain things happen, while the latter implies intent with certainty. The difference in our speech between the passive and the active sets us on a more positive approach.

We get caught up in forming judgments, however nothing is good or bad until it is labelled as such. By being objective and open we can react to circumstances from the vantage point of an objective observer.

Coming to understand that everything is meaningless apart from God allows us to rise above the drama of everyday life. Detachment from a love of or need for money, houses, cars, relationships, our habits, as a means to our fulfilment and happiness, allows us to eliminate the roller coaster emotions that we experience through loss of that which we have given priority in our lives.

