

ANNOUNCEMENTS

Worship: Worship this Sunday will be held at Cochrane Street United Church. Worship next Sunday, August 13 will be held at Gower Street United Church.

No Scents Makes Good Sense! A friendly reminder that members of our congregation are sensitive to scented products. Reactions can vary from not being able to breathe to severe headaches. Thank you for helping.

Envelopes: Do you need envelopes? If so please contact Harold Grandy. Email: hgrandy@nf.sympatico.ca.

Announcements: If you wish to have an announcement included in the bulletin, please have it into the office by Wednesday at 5:00 p.m.

Recycling: Did you know that the church has account at Evergreen Recycling on Elizabeth Avenue and Blackmarsh Road? Drop off your recyclables and use the church's phone number for the account number (7223023) and all the money will go to the church. Thanks for your generosity.

Rev. Miriam Holidays: Rev. Miriam will be on holidays from July 31st until August 13th. Our Student Minister Oliver Dingwell will be covering all pastoral emergencies during that time. He can be reached at 709-640-4632 or at the church office 722-3023.

Cochrane Street T-Shirts: If you would like to have a shirt with the Cochrane Street logo, we are going to place an order. It would be great if a group of us had these, and could wear them at upcoming Cochrane events such as the BBQ in the Park. The deadline for ordering shirts is Friday, August 11th. The shirts were designed by Tarie Hicks. Each shirt will be 28.75 (25.00 plus HST). If you would like to order a shirt send your shirt size by email to info@cochranestreetuc.com or phone 722-3023.

Downtown Community BBQ: Cochrane Street United Church will be hosting its annual BBQ in the Park on Sunday, August 27 from 2:00-4:30pm in Bannerman Park. We are seeking help from the congregation to help make this event a success. If you are able to donate your time, money, or talent towards the BBQ in the Park, please let Oliver Dingwell know by calling the church office or emailing him at odingwell@hotmail.com.

PAR: What is PAR? It stands for Pre-Authorized Remittance. It means that an amount determined by you gets deducted from your

bank account each month. For more information or to sign up for PAR, please contact the church office.

Congregational Email: Do you want to keep up on church news? If so we can add you to the congregational email list. Please send your email to info@cochranestreetuc.com.

COMMUNITY ANNOUNCEMENTS

Eastern Health's Pastoral Care & Ethics Department invites people grieving the loss of a loved one to join an 8-week Bereavement Information & Support Group beginning September 21, 2017. Sessions are held Thursday afternoons from 1:30 – 3:30 p.m. Location: Health Sciences Centre. For more information, or to register, please contact Robyn Whitten at 777-6959 or Paul Grimes at paul.grimes@easternhealth.ca

Cancer Fact: UV rays from the sun cause skin cancer, and even when it's cloudy UV rays can still cause damage to your skin. It's important to wear sunscreen every day. Use a SPF 30 or higher and make sure the product offers both UVA and UVB protection. Apply sunscreen 20 minutes before you go out, and don't forget to reapply! **Learn more at itsmylife.cancer.ca**

Poetry Blog: Frances McNiven, a member of our church, is sharing her poetry. You can check out her blog at <http://francesmcpoet.blogspot.ca>

REVEREND DR. JOHN PENTLAND is the author of *Fishing Tips: How Curiosity Transformed a Community of Faith*, a fascinating account of how change was brought about at Hillhurst United one day at a time. An ordained United Church minister, who has served pastoral charges in rural Alberta and, most recently, at Hillhurst United Church in Calgary, John will be visiting St. John's in mid-August. During his time here, on Wednesday, August 16, he will be speaking at Gower Street United Church, beginning at 7:00 p.m. Admission for this talk is \$10.00 per person, and it promises to be money well spent.

Best Kind Productions presents JAMES & THE GIANT PEACH at Bowring Park's beautiful Amphitheatre - August 10-13 and 17-20. Thursday, August 10th to Sunday, August 13th, 6:30 PM
Thursday, August 17th to Sunday, August 20th, 2017, 6:30 PM
Saturday and Sunday Matinées at 2:00pm. Admission \$15 Adults / \$10 Children 10 & Under

Bag to School: Each year, Bridges to Hope provides curriculum based school supplies and school bags to North East Avalon students from kindergarten to high school and Adult Basic Education. The filled backpacks are distributed to community members through service organizations, Community Centres, and Bridges to Hope. Many of these students would not be able to put together a full complement of school supplies without the Bag to School program. Last year, Bridges to Hope provided over 750 school bags to students who otherwise would not have been adequately equipped to start a new school year. Being ready to start in September allows all students to feel good about education and learning. This year, Bridges to Hope is once again reaching out to our faith based community with a request for specific school supplies and are asking for donations of **Scientific Calculators**. We are hoping you can help us to help students get a good start in 2017.

SUMMER WORSHIP SCHEDULE

Date	Location	Preacher
August 13	Gower Street	Rev. Jeff Crittenden
August 20	Cochrane Street	Rev. Miriam Bowlby
August 27	Cochrane Street	Oliver Dingwell
September 3	George Street	

Welcome to Cochrane Street United Church

Whether you are here for the first time or this is your church home – welcome to our community of faith. Following worship there is a time of fellowship.

USHERING TEAM FOR AUGUST

Ian McMaster, Bill Squires, Blair Bradbury,
And Gerry Penny

THIS WEEK AT COCHRANE STREET AUGUST 6-13

Sunday: 11:00 AM Worship at Cochrane Street United Church

OFFICE

Email: info@cochranestreetuc.com Phone: 709-722-3023
Website: www.cochranestreetuc.com

Like us on Facebook or Follow us on Twitter!
www.facebook.com/Cochranestreetuc and @CochraneStreet

CONTACT REV. MIRIAM

Have a question or need to make an appointment?

You can reach Rev. Miriam in the following ways:

Email: revmiriam@cochranestreetuc.com or Cell: 709-728-8410