

THE ST. GEORGE STANDARD

EMBRACING OUR PAST, CELEBRATING OUR PRESENT,
AND BUILDING OUR FUTURE IN CHRIST



Sabbath Rest

by The Rev. Rajini Lyman

One of the questions my spiritual director often asks me during our meetings is, "When do you take your Sabbath rest? What day is your Sabbath day?" I consider these questions to be a constant reminder, especially as a bi-vocational person, of the importance of taking time to rest while responding to God's call.

After creation, God rested on the seventh day and encourages us to observe the Sabbath as well. One of the Ten Commandments God instructs us to follow is to keep the Sabbath holy.

The fourth Commandment says, 8 Remember the sabbath day, and keep it holy. 9 Six days you shall labor and do all your work. 10 But the seventh day is a sabbath to the Lord your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. 11 For in six days the Lord made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore, the Lord blessed the sabbath day and consecrated it (Exodus 20:8-11). It is the profound duty of all believers to set aside a day for Sabbath rest. The

Sabbath is a day of rest and renewal of the spirit. It is a time to pause and reflect on what God wants us to do. It is a day to put aside our anxiety and weariness.

The great Christian scholar and theologian, Walter Brueggemann, wrote in his book *Sabbath as Resistance*, "the celebration of Sabbath is an act of both resistance and alternative." He further explains that our lives are not defined by production and consumption and that we sometimes need to resist the demands placed upon us. He also says that the Sabbath offers an alternative to these demands and reminds us that we are the recipients of God's gifts.

As we enter the season of summer, it is a good time for us to give careful thought to the Sabbath and seek what God wants us to do. We worship the Lord who looks after the sparrows; how much more, then, will He take care of us.

Have a blessed summer!

"IF YOU JUDGE PEOPLE, YOU HAVE NO TIME TO
LOVE THEM." — MOTHER TERESA

Weekly Worship Services

Summer Schedule

Sunday	8:15 AM Said Eucharist 10:00 AM Choral Eucharist Laying on of Hands & Anointing (1st Sunday of the month)
Wednesday	6:30 PM Evening Prayer
Thursday	10:00 AM Said Eucharist & Faith Talk

Thank You To Our Choir



Our choir is on their summer break and we look forward to their return in September!

On Summer Break Returning in the Fall

St. Bede's Group
Morning Prayer on Zoom
Bible Study

Memorial Flowers

Memorial Flowers Placed on Altar

July 5, 2026 - The flowers at the altar are given to the glory of God and in loving memory of our husband, father and grandfather Lennox Blackman by his wife Eusaleen and the Gordon Family.



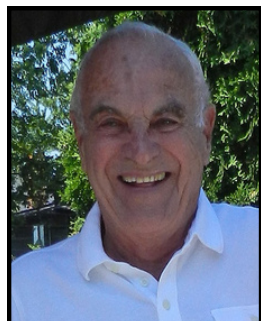
July 19, 2026 -Rev. Rajini Lyman has placed flowers at the altar in loving memory of her father Mr. G. Rajanayagam

To Request Memorial Flowers

Order Forms' are located at the back of the church or at the church office if you wish to place flowers on the altar in memory of a loved one. Requests and funds must be received at least 2 weeks prior to placement. Forms must be returned to the church office or placed on the offertory plate.

Thanks so much!

William Hugh Harris



Dear members of the St. George Community.

It is with a very heavy heart that we share the news of the passing of Hugh Harris. Hugh served faithfully in the ministries of this parish and will be missed greatly.

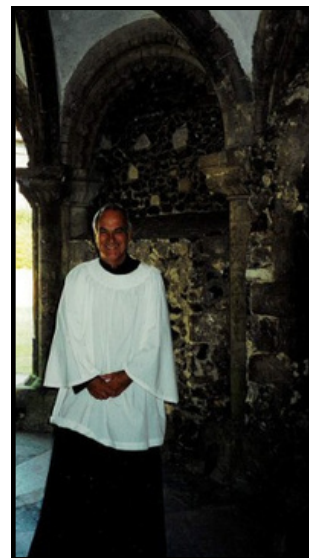
May Hugh rest in peace and rise in glory!

A Celebration of Life with a choral eucharist is scheduled for **Tuesday, July 14, 2026 at 11:00 AM**, followed by a reception in the hall.

Donations in memory of Hugh can be made to St George Memorial Anglican Church, Oshawa.

We wish to express our sincere condolences to the family and the community as we offer our prayers, love and support during this difficult time.

[Obituary for William Hugh Harris](#)



Prayer of the Week

July 5, 2026

"God of patience, when chaos surrounds me, help me remain in Your presence. Give me the power of self-control over my own thoughts, words, and actions. When I feel the urge to react out of anger or frustration, prompt me to take a step back, breathe, and pray. Fill my spirit with gentleness and guide my character. In Jesus' name, Amen."

July 12, 2026

I rest in you, Spirit of Life. I place in you my feet, my legs, my torso, my arms, my shoulders, my head and allow you to support all that I am.

I rest in you, Spirit of Life, and give to you my worries, my fears, my doubts, my hopes, my joys, my pains, my anger, my love, my hate, and allow you to take in all that I am.

And as I give all that I am, I find the place of truth, stillness, still, eternal where you and I are one.

I breathe in, deep, deeply, down, up, all that we are, as I stand on my toe at the edge of the universe, in oneness.

And all that we are expands, until forever. –
Amen - Karem Barratt

July 19, 2026

"Lord, may I always remember that the wisest and the strongest are not always the greatest in your sight. May I remember, too, that everything I have is yours, and at any moment, you could take them all away". Amen.

July 26, 2026

Lord, grant me the grace of humility today. Help me to see myself as You see me—no more, and no less. Strip away my ego, and give me the strength to put the needs of others before my own. Amen.

PRAY



July Readings

July 5, 2026 - GENESIS 24:34-38, 42-49, 58-67; PSALM 45:11-18; ROMANS 7:15-25A; MATTHEW 11:16-19, 25-30

July 12, 2026 - GENESIS 25:19-34; PSALM 119:105-112; ROMANS 8:1-11; MATTHEW 13:1-9, 18-23

July 19, 2026 - GENESIS 28:10-19A; PSALM 139:1-11, 22-23; ROMANS 8:12-25; MATTHEW 13:24-30, 36-43

July 26, 2026 - GENESIS 29:15-28; PSALM 105:1-11, 45C OR PSALM 128; ROMANS 8:26-39; MATTHEW 13:31-33, 44-52



Sunday Refreshments

A HUGE thank you goes out to our **Refreshments Teams** for setting up, providing for and serving refreshments after the 10:00 services this past year! Not only is it wonderful to have the BEST coffee in the WORLD and eat yummy snacks but spending time together is one of the best ministries there is! Thank you all for making that happen!

The teams will be taking a much needed break in July and August. There will be a sign-up sheet available in the lower hall for groups/individuals to offer light refreshments after the 10:00 services through the summer!

A Heartfelt Thank You to William Erwin

It is with both gratitude and appreciation that we share that William Erwin will be stepping down from his role as our Sexton and caretaker at St. George's.

William has generously shared his time, talents, and caring spirit with our parish family. His faithful service, steady commitment, and willingness to help wherever needed have been a blessing to our church community. We are deeply thankful for all he has contributed and for the positive difference he has made in the life of our parish.

While William is stepping away from this particular ministry, we are delighted that he will continue to be part of our St. George Memorial church family as a parishioner. We look forward to continuing to worship, fellowship, and grow in faith alongside him.

On behalf of the parish, we offer our heartfelt thanks to William for his dedicated service and pray that God will continue to bless and guide him in all that lies ahead. May this new season bring him renewed joy, peace, and many opportunities to use his gifts in meaningful ways.

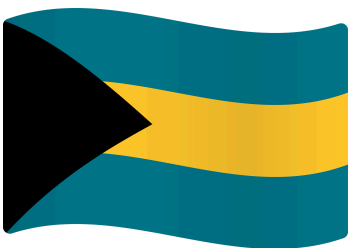
Please join us in thanking William for all he has done and in wishing him God's richest blessings.

Stay tuned for details about a reception we will have for William in the coming weeks as we gather to thank him for his service.

We are very grateful to Daniel Erwin, William's brother, who is serving as our interim Sexton and Caregiver. Thank you, Daniel, for your care and service.



The Bahamas Independence Day Celebration



Please join us on Sunday July 12th after to the 10:00 AM service as we celebrate The Bahamas Independence with our friends from the Bahamian Consulate.

Independence Day in The Bahamas is celebrated annually on July 10th, marking a historic milestone when the nation officially gained independence from the United Kingdom in 1973. This day is deeply significant to Bahamians as it commemorates their transition from a British colony to a proud, sovereign member of the Commonwealth of Nations, symbolizing freedom, national identity, and unity.

Special welcome to Consulate General Clayton Fernander and the staff of The Bahamas Consulate in Toronto and to Father Richard and his family visiting from the Diocese of The Bahamas and The Turks and Caicos Islands.



Spirit Seekers Took on Port Perry!



Spirit Seekers IN **PORT PERRY**



With a group of 12 and three cars (and yes, we all made it!), we spent the day visiting our friends at Church of the Ascension, Port Perry for worship, fellowship, and a chance to connect with another parish in our Diocese.

After the service, we explored the town, met so many friendly local folks, admired the amazing retro cars at Roar by the Shores, enjoyed ice cream by the waterfront, and even had a little fun by the water.

A special thank you to Steve Rowe from our 8:15 AM. congregation for opening his home and treating us to such a delicious lunch. Your generosity made the day even more memorable.

These day trips are about so much more than seeing new places. They're an opportunity to build friendships across neighbouring churches, experience different expressions of worship and parish life, and be reminded that the Church is one big family.

Here's to many more adventures, new friendships, and discovering how God is at work in communities all around us. Until the next trip!

A Day Retreat on Loneliness: Finding Hope

On June 27, 2026, The Rev. Canon Jo Davies, led the retreat at St. George Memorial Church. The gathering included participants from St. George Memorial Church, Oshawa, St. Matthew's, Oshawa, St. Martin Bay Ridges, Pickering and All Saints, Whitby. We enjoyed a day of prayer, reflection, refreshments and hope. Thank you to everyone who helped and participated with this event.

June 27th
10 am - 3 pm



Loneliness:
Finding Hope

A Day Retreat



Rev. Canon Jo Davies



@ St. George's
Memorial Church



Storytime
Sunday

St. George's Memorial Anglican Church, Oshawa

VOLUNTEERS NEEDED
VOLUNTEERS NEEDED

INTERESTED IN WORKING WITH CHILDREN OR STORYTELLING? WE'RE
LOOKING FOR YOUTH AND ADULT VOLUNTEERS TO SUPPORT A
SHORT-TERM BIBLE STORYTIME PROGRAM FOR CHILDREN. NO
TEACHING EXPERIENCE REQUIRED. FOR YOUTH, THIS IS A GREAT
CHANCE TO GAIN EXPERIENCE FOR YOUR RESUME, ESPECIALLY IF
YOU'RE INTERESTED IN EDUCATION, CHILDCARE, OR MINISTRY.

"WHAT COUNTS IN LIFE IS
NOT THE MERE FACT THAT
WE HAVE LIVED. IT IS WHAT
DIFFERENCE WE HAVE MADE
TO THE LIVES OF OTHERS
THAT WILL DETERMINE THE
SIGNIFICANCE OF THE LIFE
WE LEAD."

NELSON MANDELA

Teaching the Faith

July 5, 2026

Stained glass windows in churches were originally designed to act as a "Poor Man's Bible". By using colorful imagery to depict scripture and the lives of saints, they served as visual storybooks to educate and inspire congregations at a time when most people could not read.

July 12, 2026

(the cathedral), it is called a cathedra. The presence of this chair is exactly what makes a church a "cathedral"

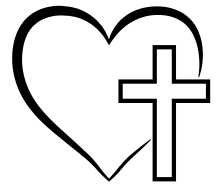


July 19, 2026

Churchwardens' staves (also known as "wands" or "prodders") are ceremonial poles used in Anglican and some Protestant churches. They act as official badges of office for lay wardens, symbolizing their historical duty to maintain order, protect the clergy, and assist with parish governance.

July 26, 2026

A sacristy is a room in a Christian church where the clergy put on their ceremonial robes (vestments) and where sacred objects, such as holy vessels, altar linens, and parish records, are stored. It is also known as a vestry.



Parish Gospel Challenge from Rev Janet

Every time we worship together, a small passage read from one of the four Gospels – Matthew, Mark, Luke or John. It puts the life of Jesus as the centre of our worship. He is the one we want to know, to follow and to love, as we learn to incorporate his life and teachings into our own daily lives.

To assist with this goal, we need a fuller picture of His life on earth. To accomplish that, I am encouraging the whole parish to read for themselves, the first 3 Gospels, Matthew, Mark and Luke, between now and Labour Day. Those three give us a synopsis of this teaching, his relationship with the disciples and his interaction with the countless people whom he taught, healed and comforted.

What is the best way to accomplish this? Read a Gospel like a book. Read carefully and thoughtfully.

Immersive yourself in the story, as if you were there in person, observing what he taught, how he related to his disciples or people he just met, or women, or how he healed and encouraged others. What made him angry, or have compassion, and what did he do when he became tired and weary? Do you imagine he smiled when people brought young children to sit on his lap?

Our goal is to get to know Jesus more fully by reading his story as written in these three Gospels. (We will save the Gospel of John for another time) If along the way you have questions or concerns, contact me, leave a message, and I will try to provide or find the answer.

May we pray for ourselves and for one other as we set out on this challenge.

Blessings to all, Rev. Janet



Givings through **E-TRANSFER**

Please use the email address
treasurer@stgeorgesoshawa.org

Security Question— church
Security Answer—givings

**Please include your full name
and address in your e-transfer if
you wish to receive a tax
receipt.**

Check out our new
QR Code.

It will bring you
directly to our
webpage



“NINETY-NINE
PERCENT OF
FAILURES COME
FROM PEOPLE WHO
MAKE EXCUSES.”

– GEORGE
WASHINGTON

Church Leadership

Bishop of Toronto: The Rt. Rev. Andrew Asbil

Suffragan Bishop: The Rt. Rev. Riscylla Shaw

Suffragan Bishop: The Rt. Rev. Kevin Robertson

Incumbent: The Rev. Dr. Alvarado Adderley

Curate: The Rev. Rajini Lyman

Honourary Assistant: The Rev. Janet Stephens

Director of Music: Carmine Lappano

Interim Sexton: Daniel Erwin

Rector's Warden: Barb Wotton

People's Warden: Shelley Kossatz

Deputy Rector's Warden: Dan Mongrain

Deputy People's Warden: Betty Hogeterp &
Johan van't Hof

Parish Administrator: Sharon Jones, ODT

Bookkeeper: Zsafia Halmai

Envelope Secretary: Barb Callery

Treasurer: Shannon Bott

Announcements for Weekly Bulletin



Please have your
announcements to the
office by end of day
Tuesday for the
following Sunday
bulletin.

Thank You



**HELLO
SUMMER**

**Wishing
everyone a
blessed summer**

WHAT'S NEW?



St. George Standard Submission Date

The next Standard will go out the beginning of August.
Please have submissions to the office **on or before, July 26,
2026.**

Ministry Leaders, please look at your calendars for
September start dates and let the office know.



**FIRST AID
AED
WHEELCHAIR**

**LOCATED IN THE
PEASGOOD GALLERY**



Office Hours

**Tuesdays
Wednesdays
Thursdays
9 AM to 2 PM**

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church@stgeorgesoshawa.org

