



Summer Sunday Vespers Beginning June 28th

ves·pers

/ˈvespərz/ = A service of evening prayer.

Come, join, let us pray together and be reminded that our God is calling us to action in our world, but that action must always be deeply rooted in prayer and reflection. We must learn to be as we are called to do.

Our Summer Sunday Vespers series will be quite different from any “church service” you’ve been to at Oak Park – that’s intentional! This is not trying to be Sunday morning-like or some sort of replacement for our corporate gatherings. In the words of that very spiritual and wise comedy troupe, Monty Python, “And now for something completely different.”

Here's what to expect: a reflective hour of prayer and communion set in our church foyer from 7-8pm each Sunday night. Intentional silence, responsive liturgy, Scripture reading, no singing, 50 people or less. Although children under 12 are welcome, they must remain with their parent at all times in order to comply with the Covid regulations. Masks are encouraged, but not required as social distancing measures and gathering restrictions will be maintained.

How is your soul doing these days?

Household Meal Pack

On behalf of Lifeline Christian Mission we want to thank you for partnering with us for the May Meal Pack. Over the three weeks 193 people packed 263 boxes, which equals to 56,808 meals! We are blown away by everyone's generosity with their time and money. These meals will allow leaders in Port Salut to share the good news while distributing food.

If you didn't get an opportunity to participate or you would like to participate again, on June 26th and June 27th Oak Park Church of Christ will be hosting another Household Meal packing event. The goal is to pack 8,000 meals for The Mustard Seed and pack the remaining 7,700 meals needed to ship the container to Haiti. Stay tuned for more information!

Please pray as to how you and your family can take part.

To donate to send meals to Haiti visit this website:

<https://lifeline.org/project-detail/send-meals-to-haiti-during-covid19>

To donate to pack meals for The Mustard Seed visit this website:

<https://lifeline.org/project-detail/meal-pack-for-the-calgary-mustard-seed?>

If you have any questions, please email kathy.hunka@lifeline.org



Online Services

Good news! We are still streaming our Sunday services online!

How to view our online services:

1. Go to www.youtube.com
2. Search for "Oak Park Church of Christ"
3. Select and subscribe to our channel
4. Select the Sunday service video that streams at 10am on Sundays



**Check us out
on YouTube.com**

**Search for our "Oak Park Church of Christ"
channel for access to our videos including:**

Daily Devotionals The S&S Show

Weekend Services



New sermon series beginning July 5th



Eat Well. Spend Less.



Oak Park
CHURCH OF CHRIST

2020

**Any one can order one or more
Good Food Boxes.**

Boxes must be pre-ordered and paid for in cash (exact change) on or before the order by date. You can pre-purchase your next box when you pick up your order. Boxes must be picked up, before 6pm. (Note: Boxes not picked up will be donated - no refunds will be given.)

Good Food Boxes come in the following sizes:

LARGE	40 lbs	\$35.00
MEDIUM	30 lbs	\$30.00
SMALL	20 lbs	\$25.00

ORDER BY

January 13
February 3
March 9
April 13
May 4
June 1
September 7
September 28
October 26
November 30

DELIVERY DATE

January 22
February 12
March 18
April 22
May 13
June 10
September 16
October 7
November 4
December 9

For information call Oak Park Church office at (403) 251-5150 or email office@oakpark.ca



Thank you!

The June 10 Food Bank was another successful event, thanks to the help of our generous Oak Park volunteers, and funding from *Food Rescue*.



Oak Park Missions Update

Vienna Moilliet



Tabuk Refuge of Hope Shelter continues to make good progress with the renovations of the new shelter for women and children. They are very pleased to have received their registration from the government and hope to open soon. The new facility is almost completed and an extra gift has allowed for the inclusion of a flush toilet and sink with running water, not the usual barrel of water and a jug! Vienna's partner, Ellora, is hopeful that she can join her in July. They plan to start with about 4-5 women and are asking for prayer that they can meet their financial needs which will be around \$2200 per month.

Norm Weatherhead

After two months of watching, waiting, and praying the door opened up for Norm to make the journey from Papa New Guinea to Canada. In total the trip consisted of 6 flights, going through 4 countries, over a 3-day period. From start to finish, the trip was 68 hours long. As Norm says "understandably, this has been a very difficult period for my family. By the time I arrived at the house in Calgary and saw my family waiting for me, the emotions let loose and tears streamed down my face. God is so good, and He brought us through this difficult time of separation and then this stressful trip home. I must thank all of you, our friends and prayer partners. We know you all were praying for us and were watching with anticipation my journey from PNG to Canada"



Streetlight Ministries



We are very pleased to say that some of the funds received by Oak Park for caring for those in need will be used to prepare 'snack bags' for Streetlight youth. We will be packing them June 27th and 28th. Carissa, the director of Streetlight, says they have been continuing to meet 'one on one' with youth they know, however next week they look forward to being on the streets with their 5th wheel trailer. She says this has been a difficult time for homeless youth, especially those with mental health issues, so please pray the Lord will help them make contact with those who need them the most and that they will come to know the love God has for them.

Mental Health Resources

1. The Canadian Mental Health Association: <https://cmha.ca/>

A Canada-wide leader and champion for mental health, CMHA facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness.

2. Bounce Back

<http://www.cmha.bc.ca/programs-services/bounce-back/>

Bounce Back is a program designed to help youth and adults experiencing anxiety or depression. Participants learn skills to help combat unhelpful thinking, manage worry and anxiety, and become more active and assertive.

3. Mindshift App: www.anxietybc.com/resources/mindshift-app

MindShift is an app designed to help teens and young adults cope with anxiety.

4. Headspace: www.headspace.com

Mindfulness and meditation made simple.

5. CalmKeeper: <https://calmkeeperapp.com/>

Designed by clinical psychologists, CalmKeeper helps you build skills to manage moments of stress and uncertainty. This app helps you manage panic attacks as they happen.

6. Hope for Mental Health: <http://hope4mentalhealth.com>

The Hope for Mental Health Ministry extends the radical friendship of Jesus by providing transforming love, support and hope through the local church.



Oak Park
CHURCH OF CHRIST

**New Website
Coming Soon!!**

www.oakpark.ca

Your Giving Matters!

May Financial Update

Current year compared to prior year

	<u>Jan - May 2020</u>	<u>Jan - May 2019</u>
Funds Received:		
- General Fund	143,817	125,828
- Other Revenue	16,750	23,082
	<u>160,567</u>	<u>148,910</u>
Disbursements:	<u>163,971</u>	<u>163,043</u>
Deficit	<u>3,404</u>	<u>14,133</u>

Current year compared to budget

	<u>Actual</u> <u>Jan - May 2020</u>	<u>Budget</u> <u>Jan - May 2020</u>
Funds Received:		
- General Fund	143,817	135,329
- Other Revenue	16,750	16,393
	<u>160,567</u>	<u>151,722</u>
Disbursements:	<u>163,971</u>	<u>158,612</u>
Deficit	<u>3,404</u>	<u>6,890</u>



Did you know Oak Park has an app? Download to your smartphone to access online sermons & event information. You can also follow us on Facebook, Twitter and Instagram.

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