

The Query

eNews for the MCC Toronto community

MCC Toronto



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The journey of a thousand miles begins with one step.

– Lao Tzu

A Journey to Re-invent and Renew

This summer our sermon series is called “Celebrate Good Times, Come On” and each week we begin worship with the song of the same title by Kool and the Gang. So far we’ve looked at dancing, and jubilee. This week though, we’ll be exploring a different kind of celebration, perhaps something a little more subdued – sabbath.

The concept of sabbath is splashed throughout the scriptures from the Book of Genesis where God rested on the 7 day, to the Books of Leviticus and Deuteronomy where keeping the sabbath as a day of rest is one of the 10 commandments, to the poetry of Ezekiel and Isaiah that extol the virtues of sabbath time. Throughout the gospels Jesus also addressed the sabbath a great deal too; gleaning grain, curing a man’s hand, and straightening a woman’s back all on the sabbath – each of which earned him rebuke. But Jesus also recognized the importance of moments of prayer, time away from the crowds, and reflection, which are peppered throughout the gospel narrative. Jesus retreats to the mountains. Jesus takes some time to pray at the Garden of Gethsemane. Jesus practices self-care.

This Sunday will be my last Sunday in Congregational Leadership for a while as I embark on a time of sabbath in the form of a three-month sabbatical. In my absence, Assistant Pastor Rev. Deana Dudley will be the Acting Senior Pastor, Executive Director Shannon Malloch will be in charge of operations, and Senior Leadership Team members John R. Farrell and Rev. Junia Joplin will round out the support network.

In their wisdom, the Senior Pastor Search Committee put a stipulation in the Senior Pastor Contract that every 5 years the Senior Pastor would take a three-month sabbatical and the Board of Directors at MCC Toronto have graciously granted it from August 1 until October 31.

Pastoral Ministry is a strange beast because “the day of rest” - Sunday - is the most stressful day of the week for us! And a day off is a near impossibility with weddings, funerals, pastoral

emergencies, HR, fundraising events, committee meetings, community involvement and more. Added to that, with the realities of these last couple years of COVID - I have confessed in the past that I burnt out - and now am on the road to recovery. This sabbatical will bring me back reinvigorated, renewed, and ready for the next stages of our exciting time together.

A reminder that a sabbatical isn't a vacation, it's not "time off", but rather a time of spiritual formation, continuing education, and reflective action.

I'll be representing the Board of Directors of the Canadian Foundation for AIDS Research at the International AIDS Conference in Montreal. I'll be participating in the Friends for Life Bike Rally raising money for the Toronto People with AIDS Foundation, a 600KM 6-day bike trip to Montreal. I'll be attending The World Council of Churches General Assembly (a once every 8-year event) in Karlsruhe Germany along with three other MCC clergy. I'll be going to the Oberammergau Passion Play, a 5 ½ hour telling of the life of Jesus held every 10 years in rural Germany. I'll be hiking for 3-4 weeks across Portugal as part of the Camino de Santiago visiting the holy Catholic shrine at Fatima, and the burial place of St. James in Santiago. And yes, I'll be spending some vacation time in Frankfurt, Prague, Vienna, Paris, Berlin, Munich, and Madrid too.

Please celebrate with me as I embark on this journey, but also hold me in your prayers as I recharge my spiritual batteries, and finally may you also find some sabbath time in these summer months.

-Rev. Jeff Rock,
Senior Pastor

Anniversary Sunday's Award Winners & Membership Milestones



Last Sunday, on July 17, MCC Toronto celebrated its 49th Anniversary during our special Anniversary Sunday Service. During the Service we were proud to name recipients of our 2022 anniversary awards (Beloved Disciple Award, Community Service Award, Vision Alive Award, and Board of Director Award) and to celebrate long-time congregants who have been official members for 10, 25 and 40 years. You can watch the award recipients receiving their award [HERE!](#)

Please click on the link below to see the award recipients and all of our distinguished members.

LIST OF AWARD RECIPIENTS & CONGREGANTS WITH MEMBERSHIP MILESTONES

Musical Guest



Alana Bridgewater is our Offertory Performer this Sunday!

Toronto's Alana is a singer/songwriter who discovered her love of performing at a very early age. Alana is best known for her performance as Killer Queen in the Mirvish production of *We Will Rock You*. She was also featured in *Hannibal* (NBC) as Denise, the feisty orderly. Her most recent credits include *Spoon River* (Soulpepper); *Shrek: The Musical* (The Grand Theatre, London); *Hairspray* (Charlottetown Festival); *Smokey Joe's Café* (StageWest Mississauga and Calgary); *In a Jam* (CBC Television); Women's Blues Revue, Toronto; CBC Gospel Christmas Special (CBC Television / National Arts Centre); *Menopause Out Loud* (Toronto). She has sung backup vocals for Carvin Winans and Johnny Reid and The Arkells, was a featured performer on the MCC Toronto choir's CD "Connected: Songs for the Heart," and has recorded two solo albums, "A Beautiful Christmas" and "Horizon."

[CLICK HERE TO JOIN THIS SERVICE ONLINE](#)

Gifts to kids of our LGBTQ+ Refugee Participants



For his 6th Birthday Party on May 5, Spencer told his moms Roma and Sharon that he wanted to donate all his presents to kids of LGBTQ+ refugees who are part of MCC Toronto's program. This weekend, Spencer delivered those presents to MCC Toronto! We are always grateful for the gifts and offerings we receive. We are especially delighted to see such kindness and generosity from one of our young congregants. Thank you Spencer – and belated happy birthday from all your friends and fans at MCC Toronto!

Birthday-O-Gram

Does someone in your life have a birthday coming up? Or some other special milestone? Consider sending them a Birthday-O-Gram!

For a gift of \$150, your special greeting will be delivered by a quartet from The Choir of MCC Toronto singing a dedicated song to your recipient! You will also receive a charitable tax receipt for your gift.

All proceeds go in support of MCC Toronto's Music Ministry. Please email Timothy Oakes at Toakes52@gmail.com to make a request.

***Please note, a minimum of 3 weeks is needed to create, record, and deliver Birthday-O-Grams. The more advanced notice the better!

Volunteer with us!

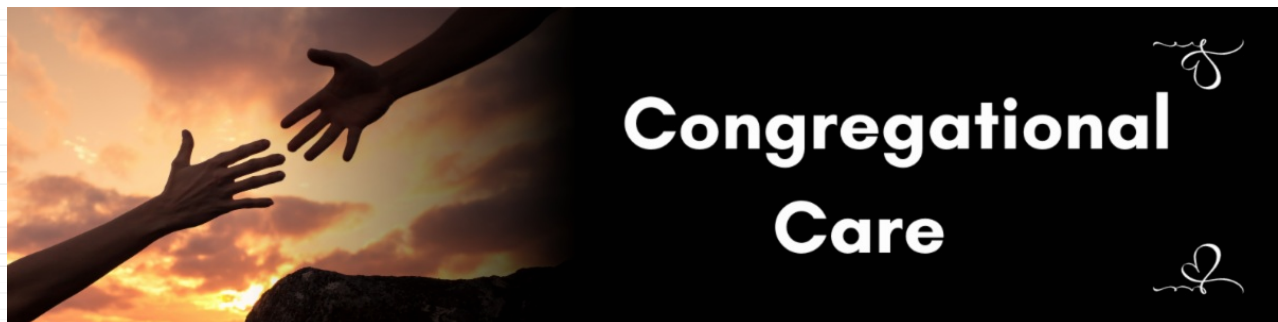
Volunteers have always been at the heart of MCC Toronto. We would not be the strong, inclusive and welcoming community we are, without the support and dedication of volunteers who help support our Worship Services and our other public programs.

Right now we urgently need volunteers familiar with **webcasting, sound operation multimedia**.

We are also looking for volunteer **Digital Ushers** to serve on a once-a-month basis as a welcoming online moderator for our livestreamed Worship Services.

To sign up for these or other opportunities, please click the link below.

[SIGN UP TO VOLUNTEER HERE](#)



Taking care of each other is more important than ever these days, and if you are in need of some care we are here for you. Just hop on the link below and fill out the form to let one of our pastors know about your needs.

Want to learn more? [Watch this video by Rev. Junia Joplin!](#)

[REQUEST CONGREGATIONAL CARE HERE](#)

Every Gift is a Blessing. Please consider making a gift to MCC Toronto today.

[DONATE](#)

**Online and In-Person Programming
July 24 - 30**

JULY 24-30

SUNDAY 24

11 AM - Online and In-Person
Sunday Service

1 PM - Digital Coffee Hour

MONDAY 25

TUESDAY 26

WEDNESDAY 27

THURSDAY 28

10:30 AM - Ever Wonder
Group Discussion
(ZOOM)

FRIDAY 29

SATURDAY 30

Sunday:

11 AM - Online and In-Person Sunday Service

1 PM - Digital Coffee Hour

Thursday:

10:30 AM - Ever Wonder Group Discussion

(Email: everwonder@mcctoronto.com)



Sunday Digital Coffee Hour

Sunday Digital Coffee Hour

Sunday | 1 PM

[ZOOM Link](#)

Meeting ID: 828 3849 6709

Password: 797837

Join us for
Online and In-Person Worship Services

Sunday 11 AM | In-Person | MCC Toronto YouTube

Sunday Service Worship

Share Us Digitally!

If you know of anyone who might be interested in anything we're doing at MCC Toronto please invite them to join us digitally via the button below.

[SHARE THE QUERY HERE](#)



Questions? Comments? Inquires?
We'd love to hear from you!

Connect with us at
communications@mcctoronto.com



Sent with love 