



## TAKE TIME FOR FUN!

The past months of Covid, including lockdowns, job losses, isolation, etc. have proven to have a huge impact on our psyches. Anxiety, depression, and anger have become national concerns. With the return of warmer weather and the protection of vaccines, however, it's time to throw off the gloom and focus on opening ourselves to laughter and happier times. Having fun has mental, physical and emotional benefits as it increases the hormones responsible for memory, learning and "feel-good" brain functions. Fun experiences help us connect with our ability to cope with life. Little moments of playful, connected interactions make us feel better and bring us joy. So, let's give ourselves permission to have fun and to engage in those activities which bring us happiness.

## DATES AND EVENTS

- Elder Ordination / Sunday, May 1st / **10am**
- Cambridge Symphony / Saturday, May 7th / **8pm**
- Communion / Sunday, May 8th / **10am**
- Rugged Hands Weekend / **Friday, May 27th – Sunday, May 29th**
- Family Service / Sunday, May 29th / **10am**
- Garage Sale / Saturday, June 4th / **9am – 12am**
- Church Barbeque / Sunday, June 26th / After Church
- Mistissini Service Trip for Central Youth / **July 9th – July 17th**
- Vacation Bible School / **Monday, July 25th – Friday, July 29th**

## SUMMER CHALLENGE

Summer is coming and so is our annual Summer Challenge! This year the Food Bank has asked for canned baked beans as this item is one of the most requested. We are aiming for 2022 cans of beans and the challenge will last from June 1 until Labour Day weekend.

## RUGGED HANDS WORK WEEKEND

The Rugged Hands Men's Group will gather at Kintail Camp from Friday, May 27th to Sunday, May 29th. This annual event brings the men of Central Church together to socialize and prepare the camp for the summer. Please contact Scott McHardy for more information.



## GARAGE SALE

Our annual Garage Sale will take place on June 4th from 9am to 12am. Those with items for sale are asked to bring them to Central on Friday, June 3th. Baked goods, books, clothing, kitchen items, etc. are gratefully accepted.



## BRING YOUR OWN BIBLE!

BYOB – Bring Your Own Bible! Rather than replace the Bibles which were removed during Covid, the Worship Team is encouraging Central members to bring their own Bibles instead. With our own Bibles in hand, we can underline key phrases, make notes, etc. without causing damage to the church Bibles.

## GUATEMALA CHICKEN PROJECT

Alejandro Ortiz, now working in Cubulco, Guatemala, has developed a plan to help reduce food insecurity in the area, by providing chickens to needy families. The eggs, as well as the meat, would enable these families to feed themselves in perpetuity. Alejandro will be working with experts to provide training to the farmers to help them raise healthy chickens.

## MISTISSINI SERVICE TRIP

Stephanie is organizing a trip for some of our young people to Sonrise Bible Camp in the Cree Nation of Mistissini from July 9th to July 17th. Central youth and Cree youth will work together to facilitate games, water activities, etc. as they learn about each other's lives and cultures.

## RESTORATION FUNDRAISING TEAM

The Restoration Fundraising Team is planning a Celebration Saturday, September 17th and a Service of Thanksgiving on Sunday, September 18th, to celebrate the completion of the work on the Restoration Project and to recognize donors. Central members can continue to support this project by “talking up” the restoration among friends and co-workers and by continuing their financial support.

## JUNE BARBEQUE

Unable to socialize for the past two years, we are looking forward to the June 26th Barbeque which will feature hamburgers and hotdogs along with salads and desserts. While being careful to ensure a safe event, we hope Central members will take the opportunity to meet together and share not only food but stories of how they survived the past two years.



## VACATION BIBLE SCHOOL

This year's VBS will run from July 25th to July 29th. Please see Kerri for more information.

## FOOD BANK

We are once again collecting food items for the Cambridge Food Bank on a weekly basis. Baskets will be available at the front entrance each Sunday.