



WELCOME TO WORSHIP

SUNDAY 31st MAY

Trinity Sunday

8:00am Holy Eucharist

Traditional (BCP). Said service

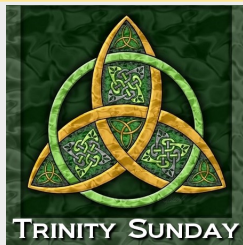
10:30am Holy Eucharist

Contemporary (BAS) with Music, Choir, & Sunday School
Refreshments & fellowship follow in the Parish Hall

WEDNESDAY 3rd JUNE (Chapel)

10:30 am Holy Eucharist

Traditional (BCP). Said service.



TUE 2 nd JUNE	Tai Chi Foundations	9:00am
THU 4 th JUNE	Caring for the Core	11:30am
THU 4 th JUNE	Choir Practice	4:00 pm
THU 4 th JUNE	Migrant Farm Workers Ministry	2:00-8:00 pm
FRI 5 th JUNE	Tai Chi Foundations	9:00am
FRI 5 th JUNE	Migrant Farm Workers Ministry	2:00-8:00 pm

What the Commandments Are Really For
Meredith was being a problem. That's what our daughter's third grade teacher was telling us.

"What do you mean?" we asked.

The teacher pointed to a large display at the front of the room. Across the top were twelve construction-paper rectangles, each numbered with a different rule beneath it.

"Do you see those? They are the twelve commandments of this classroom. Every time a student disobeys a commandment, I put their name under the tablet for everyone to see. Look how many times I've listed Meredith's name. She talks too much."

To ease the tension I said, "Well, I mean, even God has only ten commandments."

Meredith's teacher didn't see the humor. Joy stifled a laugh but gave me the side eye. I got the message: "That's hilarious. You're not helping."

Joy's look stopped me from saying what was going to come next: that's not how commandments work in the first place. At least not God's commandments.

The Ten Commandments are not rules to follow in order to stay in God's favor. They are practices that teach us how to live together as the kind of people God created us to be.

God did not give the commandments as a test to see whether we would obey and deserve punishment when we fail. The commandments are an invitation into a fuller way of living together. After all, to be fully human is to live in relationship: with God, with one another, and even with ourselves.

Jesus had some conflict with religious authorities about the fourth commandment: Remember the Sabbath and keep it holy. So, let's use this commandment to illustrate the point.



On one Sabbath Jesus and his disciples were passing through a grainfield. The disciples plucked grain and ate as they walked. Some religious authorities criticized them for working on the Sabbath, clearly breaking God's commandment.

Jesus famously replied that the Sabbath was made for humans. Humans were not made for the Sabbath. In other words, God gives us Sabbath for our flourishing, not as a rule to enforce rigidly. (Mark 2:23-28)

In our day, we often think Sabbath simply means taking a day off. But as John Mark Comer points out, many of us are just as busy on our days off as we are during the workweek. We cram errands, chores, unfinished projects, and even leisure activities into every available moment. We may stop working for a paycheck, but we never really stop.

But you see, that misses the point of Sabbath completely.

Continued on next page . . .

Sabbath means stop. Stop hurrying. Stop producing. Stop distracting ourselves with all the urgent but not ultimate things of life. The point is not merely rest. Sabbath teaches us to carry that attentiveness into the rest of our lives.

That is how human beings flourish. How we begin to feel in our bones that we were made by love and for love.

And it is precisely that kind of flourishing Jesus came to share with us. He is God in the flesh showing us what fully human life looks like. Jesus teaches us through his way of living, his healings and table fellowship, his death and resurrection. When he says, "Follow me," he is inviting us to pattern our lives on his way of love.

As Jesus prepared to ascend, he told his followers to continue this work of formation by embodying it themselves. "[Teach] them to obey everything that I have commanded you." (Matt. 28:20)

Feed the hungry, shelter the homeless, clothe the naked. Not to prove our worthiness, but because this is what love does.

Resist evil with good. Be merciful even to the wicked. Remember that every person is more than the worst thing they have ever done.

Keep the main thing the main thing.

Jesus was not naïve. He knew this is not the way the world usually works. Ours is a world shaped by competition, distraction, fear, and the pursuit of more.

And yet Jesus calls us to another way. A way of mercy, generosity, courage, and love. A way of being human together that reflects the Kingdom of God.

To practice the life of heaven here on earth.

Bishop Jake Owensby- From the Woodlands



Multicultural Food Fest

Delhi Tobacco Museum & Heritage Centre, Talbot Road,
Sat Jun 6, 2026 11:00 AM - 3:00 PM (EDT)

By your example

Go therefore and make disciples of all nations.
—Matthew 28.19

By your example,
you can make of anyone you meet
a student of love,
a practitioner of kindness,
a follower in the way
of deep trust in grace.

By your example
you may so touch people
that something in them heals;
you can so intrigue people
that they want to follow.

You will not convince anyone.
But you may allure them.
They will not drop everything,
but something in them may be changed.

It's not you, of course,
it's the Spirit you bear.

Be a vessel.

Steve Garnaas-Holmes
Unfolding Light

A Prayer of Trust in God's Will

... from the Diocese of Brooklyn

O God, early in the morning I cry to You.
Help me to pray and to concentrate my thoughts on You;
I cannot do this alone.
In me there is darkness, but with You there is light.
I am lonely, but You do not leave me.
I am feeble in heart, but with You there is help.
I am restless, but with You there is peace.
In me there is bitterness, but with You there is patience.
I do not understand your ways, but You know the way for me.
Restore me to liberty and enable me so to live now
that I may answer before You and before me.
Lord, whatever this day may bring, Your name be praised

Trust

Even when God's ways are hidden from us, and God seems to be silent in the face of our global troubles, hold fast, believing and trusting in the goodness and power of God, and confident that God's love will win out over evil. We must never stop loving. We must never stop trusting. We must never, ever give up. (Br. David Vryhof, [SSJE](#) -modified)

12 multicultural food vendors, Korean, Mexican, African, Ukrainian, Greek, Hungarian, Filipino, German, Polish, hamburger and hotdog BBQ, multicultural dessert room, live music all day, \$5.00 adult admission, kids 10 and under free, buy tickets redeem for food and beverages, no bulk sales, no cash sales, payment debit or cash for admission and tickets.

50/50 Delhi Legion/ Multicultural Association one day cash ticket sales, top prize 2,500. Come enjoy food, music and community.

Tia McGraff, Ian Bell, Rory Dodd to be inducted into Norfolk Music Hall of Fame

Simcoe singer-songwriter Tia McGraff, Simcoe-born folk musician and singer-songwriter Ian Bell, and Port Dover rock vocalist Rory Dodd are the 2026 inductees into the Norfolk Music Hall of Fame.

An official announcement of the inductees will be held at a public reception on Thursday, June 4 at the Simcoe Legion, 200 West St.

This is a FREE EVENT. Please come out and support local talent.

Learn about The Music Hall of Fame.

Tia McGraff, Rory Dodd and Ian Bell will be present at the Simcoe Legion on June 4th from 7 - 9.

Coffee, Tea and refreshments from Joy's Cafe will be available. Hope to see you there.

Shari Cann, Board Member



*Save
the
Date*

Church Picnic: Sunday June 28th after the 10:30 am Service
Place: Side lawn
More info to follow as we get closer to the date



THE DIOCESE OF HURON

The Rt. Rev. Dr. R. Todd Townshend
Bishop of Huron

1-800-919-1115

Huron Church House

190 Queens Avenue, London,

ON N6A 6H7 www.diohuron.org



BAC Coffee Time

Starting at 9:00am on Sunday,

JUNE 14th in the Parish Hall

ALL WELCOME

Guest Speaker

Michael Capper

Michael will talk about things of the earth that move up, down and sideways and how we know they actually do!

Coffee, Tea, Juice plus tasty items will be available



The Cappers have what would appear to be a bumper crop of gooseberries this year. They are happy to pick but YOU get to clean them should you want some. The crop likely gets picked about mid-June. Please see Mike either at the June BAC meeting, after the 10:30am Service or at 226-440-2592.

Mike's only request is that you make a donation to a charity of your choosing, in gratitude for his labours.



Mark your calendars for our **First Combined Coffee Hour on Sunday, May 31st**, happening from **8:45 AM to 10:00 AM**. We are bridging "the gap" between the 8:00 AM and 10:30 AM services, to mix, mingle, and get to know the "other" congregation! So, come a little early, or stay a little late and join us for a treat and a cup of joe (or tea!). We look forward to seeing you "a little early or a little late" for fellowship and fun.

CONTACT US

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[www.Facebook.com/Trinitysimcoe](https://www.facebook.com/Trinitysimcoe)

**Parish Office Hours: Tuesday - Friday
9:00am-12:00 noon**

