

KANSA CoNEXtION

Staying Connected No Matter What Happens Next

Preserve Our Neighborhood!

Tuesday, July 16 @ 5 pm

Join Palenque-LSNA for a Rally and Teach-In in support of the Northwest Preservation Ordinance and housing stability in our community. The rally will be held at New Hope Bible Church, 1815 N. Kostner,

Too many families have been displaced from Logan Square, Avondale and Hermosa by gentrification, but together, we can end it.

Free Gentle Yoga Continues

Saturday, July 20 @ 9 am

Tristen Irvin, a certified yoga instructor, will offer another free gentle yoga session at the Oasis. This type of Yoga is appropriate for every body, age and ability. Participants should bring their own mats.

Cooking with Weeds

Saturday, July 20 @ 10 am

Many plants that we call 'weeds' are actually excellent sources of nutrition—and many of them grow organically at the Oasis. Join us at the Oasis to identify the various plants, taste them and learn how to use them in tasty recipes. Yes, they taste good too.



LIVE WELL

The **Advocate Mobile Health Van** is coming to the neighborhood, offering **FREE** adult blood pressure, glucose and cholesterol screening. The van will park at **St. Nicolai UCC, 3000 N. Kedzie, on Wednesday, July 17, starting at 10 am**. No appointment is needed, but services will be offered on a first come / first serve basis. No insurance is required for services.

A healthy diet can be expensive, so after your health screening, pick up fresh fruits, vegetables, dairy and more at the July Fresh Market. The food distribution starts at 12:30 pm. If you need transportation, please contact the church.



Creation Care Field Trip

Once again, we are are going wild! On **Sunday, July 14**, we will take a worship field trip to **North Park Village Nature Center** where we will participate in activities to preserve creation, enjoy a walk through the forest, and conclude with a picnic lunch. **Meet at North Park Village, 5801 N. Pulaski Rd. at 10:30 am**. Transportation will be arranged.. The whole family is welcome.

Misa en la Playa I

Everybody loves the Beach, and this summer, we are planning to hold our 'Misa en la Playa' twice—once in July and once in August.


Our first beach-side worship service will take place on **Sunday, July 28**. **We will gather at Foster Avenue Beach at 10:30 am**. After the service, we will enjoy lunch, games and activities for the whole family. Transportation can be arranged, Please bring your own lawn chairs or beach blankets and swim wear.

Monday, July 1	Tuesday, July 2	Wednesday, July 3	Thursday, July 4	Friday, July 5	Saturday, July 6	Sunday, July 7
			INDEPENDENCE DAY			10:30 am HYBRID Worship

Monday, July 8	Tuesday, July 9	Wednesday, July 10	Thursday, July 11	Friday, July 12	Saturday, July 13	Sunday, July 14
			10 am 'Stay Alive'			10:30 am Worship @ North Pk Village
			12 pm Lunch Take-out *			Creation Care Field Trip

Monday, July 15	Tuesday, July 16	Wednesday, July 17	Thursday, July 18	Friday, July 19	Saturday, July 20	Sunday, July 21
		10 am Advocate Health Van *	10 am 'Stay Alive'		9 am Yoga @ The Oasis	10:30 am HYBRID Worship
		12:30 pm Pop-Up Pantry *	12 pm Lunch Take-out *		10 am 'Cooking w/ Weeds'	
	5 pm LSNA Rally					

Monday, July 22	Tuesday, July 23	Wednesday, July 24	Thursday, July 25	Friday, July 26	Saturday, July 27	Sunday, July 28
			10 am 'Stay Alive'			10:30 am Worship @ Foster Beach
			12 pm Lunch Take-out *			MISA EN LA PLAYA I

Monday, July 29	Tuesday, July 30	Wednesday, July 31				
			<p>Birthdays are listed in the calendar in italics.</p> <p>* The monthly Pop-up Pantry, Health Van & weekly Lunch "Take-Out" are held at St. Nicolai UCC, 3000 N. Kedzie Ave.</p> <p>Follow our events at https://kimballavenuechurch.org</p>			