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***Advent Newsletter (Nov 2022)***

**"IT TAKES A VILLAGE": A Note from Rev. Ted's Desk**

When the 19th Surgeon General of the United States Vivek Murthy first took on that role in 2014, he undertook a listening tour to find out more about the major health issues that Americans face. Perhaps he was expecting to isolate heart disease or cancer or obesity as the greatest health offender? --But he soon discovered that the crisis that was most eroding the health of citizens most, was: **loneliness**. Overwhelmingly, Americans reported feeling *painfully lonely*. Loneliness that has a crippling effect on their mental, physical, and spiritual health.

--And that was before the multiplied loneliness and isolation of the COVID pandemic!

We often quote the African parenting aphorism, "*it takes a village to raise a child*." But maybe this advice is not just good for teachers, parents, and children -- but for the health and well-being of **everyone**. It takes a village. It takes all the resources, the expertise, the consideration and closeness of the village to sustain us with health, connection, support and purpose.

Unfortunately, COVID is not yet done with us. But if the last three unusual years have taught us anything, it is how deeply we miss and need one another. At Trinity, we are in the process of rebuilding and restoring the network, the connections and the activities that make life meaningful and worthwhile. As you read about this community, our outreach and our plans for the future, please realize that Trinity is your village-- and ***feel loved by your village!***

See you on Sunday, 

P.S. For well over a decade, I have curated an (almost) weekly poetry offering on behalf of the Canadian Jubilee programs in spiritual direction. If you'd like to receive a weekly poem out of the contemplative tradition, ask me to add you to that Jubilee poetry email list!

***... from the Faith Formation and Outreach Minister***

There is a palpable excitement in the air this year as we see the return of some of our beloved and anticipated activities. It seems like we have been in an Advent time of waiting for the last 3 years and yet, this is precisely what we are called to do.


Throughout this newsletter you will discover many ways to fully engage with the Advent and Christmas season (and beyond)! We recognize that participation in many of these activities will be to your own comfort level and safety, and so we have included some ways for you to participate in the Advent season at home as well.

This Advent season, I would like to invite you to join me in taking pause, to seek out those quiet moments, to open yourself to the unplanned, to listen and watch for those moments we are being called to attend to -- in our own homes, in our church, in our community and in ourselves. As we anticipate the arrival of Christ in our midst, let us prepare for the many ways that God calls us to be beacons of hope, joy, peace and love in our world.

May the blessings of the season be plentiful and may comfort and joy remain with you long after the season is over!

Lisa

***... from the Minister of Music***

 Sunday, November 6 was a special day of Remembrance. The J.O.Y. Band played all hymns and other musical selections during the service. The Choir sang the anthem "Hymn to Freedom", by Oscar Peterson. Thanks to Marcel MacDonald, who played the Last Post and Reveille, and Bob Cook, who played the Lament.

Advent promises to be a busy "musical" time at Trinity! On Friday, November 25, at 6:00 p.m., the Joyful Bells, under the direction of Brenda McLay, will be ringing in the Trinity narthex as part of the Downtown Christmas Walk. Some members of the JOY Band will be playing that same evening, around the corner on Main Street, at Splurges.

On Sunday, November 27, the Rapport Singers, under the direction of Peggy Millar, will present "All That Glitters", their Christmas concert, in the sanctuary at 1:30 p.m.

On Sunday, December 4, the J.O.Y. Band will present their annual Christmas Concert, "A Yuletide Festival". The U.C.W. and Choir will provide a lunch after church, followed by the band concert at 1:30 p.m. Expect a lively mix of seasonal music for all ages, and a carol sing-along. The goodwill offering will help support the North Bay Food Bank.

The Senior Choir will fill our church (and choir loft) with music each Sunday. During Advent, we will have a carol sing-along before the service. This fall, the choir has welcomed several new members. It is wonderful to be back in the choir loft after 2 1/2 years of on-line recording!

We especially thank the Virtual Choir Members, Lisa Blais, and the Tech Team, led by John Roberts and Marcel MacDonald, plus individual choir members who sang in the music pods. Laura Farris often accompanied with her flute. We continue to thank Lisa and the tech team for getting all of our music and services on-line each week.

On Sunday, December 11, the Sunday School will present their Christmas Pageant during the regular service.

On Sunday, December 18, the Choir will present the music cantata "I Hear the Prophet Callin'" at the 10:30 a.m. service. This beautiful cantata, by Pepper Choplin, is written with an upbeat Appalachian flavour. It develops the Christmas story from prophecy to fulfillment, and celebrates the joy of Jesus' birth. Scripture narration, soloists and full instrumental accompaniment will support the choir in its presentation.

May the hope, peace, joy and love of this blessed season remain with you and your family throughout the year.

Respectfully submitted,  
Betty Farris, Minister of Music

## Wandering Wisemen

The 'Wandering Wisemen' is a social media non-chocolate version of an advent calendar, as entertaining as any 'elf on the shelf', that will keep you entertained and anticipating the next day on their journey through advent. There are 30k other Facebook followers watching these wisemen encounter unusual obstacles and find wonder in every day.



On November 6<sup>th</sup> a Facebook post from the 'Wandering Wisemen' popped up to let me know they will be back beginning November 27<sup>th</sup>! For those of you on Facebook, I would encourage you to 'like and follow' the Wandering Wiseman. A Facebook page introduces "Balthazar, Melchior, and Gaspar - along with their faithful camel, Hezekiah" and invites you to join these whimsical wisemen every day as they encounter various adventures on their journey through the 42 days of advent.

[Wandering Wisemen | Facebook](#)

I am filled with excitement that our advent journey is about to begin, not just for the entertaining daily Facebook posts but for the excitement that comes with the advent season. The opportunity to gather with family and friends, and the seasonal support that we see for those in need. Advent brings comfort in the ritual of anticipation.

'Wandering Wisemen' Facebook post - Day 1 – November 28<sup>th</sup>, 2022

"The first to see the star and hear its whispered promise were an old man and his camel, long time friends and fellow seekers of mystery and wonder."

Let us join together during this advent season as seekers of mystery and wonder.

Cindy Brownlee  
Board Chair





Faith Forward 2030 is an initiative to plan for our future in a way that is sustainable, vibrant and faithful. We are looking at where our faith is calling us. We would like to share with you some background on Faith Forward 2030 in terms of why now? why this way? and finally, more about the most important “why?”

”First of all, why now? Four principal reasons. 1. We’re now, we hope, mostly into a post-pandemic reality. 2. The wider United Church of Canada has developed some key expertise and experience in the field of church futuring that is available to us. 3. Our recent experience with both our roof and the fireside room, but maybe most importantly, 4. because right now we are blessed with an incredible array of talented and energetic members in our community. Right now, we have the abilities in place to make a real difference for our future.

Onto the second “why?” Why this way? We see faith forward 2030 as a journey with a starting point and a desired destination. To point in the right direction, we need to know where we are and that’s why we are reviewing our community’s demographics, our forecast finances, and the state of our building. While these are important parts of our picture, these are just the earthly things that allow us to satisfy the reasons we belong to our faith and Trinity. We believe that why we do what we do is the most important “why?” in our Faith Forward 2030 journey.

In terms of this most important “why?” question we need to know our starting point. We identified 39 different groups that are faithfully doing God’s work in this community. Our next step will be learning a little more about our groups and their “why?”. Our goal is to add this to the demographics, finance and building info so that we report a complete picture of where our Faith Forward 2030 journey is beginning. We expect this picture will reveal that there will be some earthly items we need to address as we ponder our future and what we need to do to support the spiritual work, our calling, that we identify for Faith Forward 2030.

Informing our FF2030 thinking is the extensive church futuring work that The United Church of Canada, our national church has now completed. This comprehensive self-examination, consideration of our times and prayerful guidance has resulted in a call and vision statement that speaks to how we need to boldly embody the Christian story in 2022 and beyond, filled with the certainty of resurrection and hope for new life. The call is to seek out and practice;

- ♦ Deep Spirituality
- ♦ Bold Discipleship
- ♦ Daring Justice

Called by God, as disciples of Jesus, The United Church of Canada seeks to be a bold, connected, evolving church of diverse, courageous, hope-filled communities united in deep spirituality, inspiring worship, and daring justice.

We are not alone in planning for the future with Faith Forward 2030. Our sister North Bay churches, our region and the national church are all exploring options to ensure a community of hope, for a vibrant and vital church. There is a sense of excitement as we consider all that is possible.

Cindy Brownlee and Glenn Brophey  
Faith Forward 2030 Co-Chairs

#### *Trinity United Church Mission:*

*As a Congregation of the United Church of Canada, we are a fellowship in the Spirit of Christ. We are called to teach the Word of God, to celebrate the sacraments and to reach out to the local and world communities as servants of God and instruments of God’s peace, love and justice.*

#### *Trinity United Church Mission Direction Statement:*

*We believe God is calling Trinity United Church to:  
Reach out and serve the wider community and the world;  
To nurture spirituality in people of all ages; and  
To be a safe, open, welcoming and inclusive community of faith.”*

## Communications & Technology Committee

First, thank you to Ross for another great job on this Newsletter. Ross is the “Communications” half of our small committee.

Second – in regards to the “Technology” part – we are looking for volunteers. I’m sure you’ve all seen our audio and streaming techies at the back of the Sanctuary, and watched our services on YouTube or Cogeco. I’m delighted to see our in-person attendance steadily increasing, but I’m also pleased that Trinity has committed to continue with our YouTube and Cogeco services. These will always be of value in bad weather and for sick members. I am also aware of some people who have checked us out online before deciding to attend in person, and we have some members who have moved away but still watch our services.

We do though need more volunteers in order to keep this up. If you have a decent ear or are somewhat familiar with a computer, then you have what we need. Ideally, we have 2 technicians each Sunday, one running the sound system and the other the streaming computer. Age doesn’t matter – as you know we’ve worked with teenagers right up through seniors. If you think you might be interested speak to me and I’ll give you a “no-strings-attached” demo of the systems. I guarantee you’ll find it interesting, and you might even decide to help us out!

Thank you,  
John Roberts

[jrobertsnb@gmail.com](mailto:jrobertsnb@gmail.com) or (705)724-9829



FIRST OFF, I'M HAPPY TO SEE THAT SO MANY OF YOU ARE ENJOYING THE NEW STREAMING OF OUR SERVICES ONLINE ...

### ... A Message from the Finance & Stewardship Committee

#### Did You Know?

#### Wanda, Trinity's Office Administrator asks: "Did you know about PAR?"

Pre-Authorized Remittance or "PAR" is an easy way to give to the church! It is as easy to set up as a quick call or an email to the church office to get you started. You decide how much you want to donate each month, and we set it up for you! Your donations come directly from your bank account or credit card. No more fumbling with chequebooks, cash, or envelopes-- and your church administrator keeps track of your offering to ensure the accuracy of your income tax receipt. Any adjustments to your donations can be easily made. PAR helps our finance team manage the church expenses when we can budget on a steady income. Want to know more? Give me a call! (Wanda in the church office: 705-474-3310.

#### Michelina, Trinity's Treasurer asks: "Did you know about E-transfers?"

E-transfers are a great way to made donations to the church. If you want to offer a little extra for the holidays, wish to support a fundraising effort, make a donation in someone's memory, or any other reason to give a little extra to Trinity, you can just email it! No fuss. No hassle. You can give any time, day or night. 100% of what you e-transfer comes to the church. Contact the church office and we can provide you with all the details!

## A Great Way to Donate to Trinity United Church

I'm the executor of my mother-in-law's estate and wanted to share a time and money saving tip with you. Here's a brief explanation from the United Church's website (<https://united-church.ca/community-and-faith/get-involved/ways-give/giving-through-your-estate>)...**Stocks, Mutual Funds, and Bonds: Tax Benefits for You**

*A gift of publicly listed stocks, mutual funds, or bonds can be a good way to make donations to your church and the ministries you care about because there are no taxes on capital gains for donated publicly listed securities. Because you don't pay capital gains tax and you get a charitable tax receipt, the cost of making a gift using stocks, mutual funds, or other securities can be less than if you made a gift of the same amount using cash.*

My brother is very involved in his church, and most of his donations are stocks and bonds. He simply tells his investment manager the amount he wishes to donate, and the manager determines which investments have the largest capital gains exposure and uses them for the donation. My brother doesn't pay tax on the capital gains, making more efficient use of his money.

My mother-in-law's estate included some shares. These had been gifted to her many years ago, and had gone through several splits and an acquisition/merger. The thought of trying to figure out the capital gains on these shares, and the delays that would cause finalizing her estate, were keeping me up nights. So I used my brother's approach and simply donated the shares to Trinity. Not only did that save the estate from paying the capital gains, but I didn't have to figure it all out and deal with a likely Revenue Canada follow-up which would delay the final disbursements. Plus the estate will get a charitable tax receipt for the full value of the shares. Her estate actually stipulated a dollar amount to be gifted to Trinity but I worked with the other beneficiaries and got their approval to use the shares instead.

I encourage all of you to consider this approach, whether it's part of your regular giving or as a bequest in your will. You should definitely spend a few minutes reading the United Church of Canada webpage linked above. Who doesn't want to save both time and money?

Thank you...

### ***UCW Report***

It has been wonderful to get together. The ladies missed the opportunities to visit and share ideas during the Pandemic. We thrived on the chances to be together and share ideas – even if work was involved!

We are grateful to those who conscientiously donated to our group so that our outreach to the community could be continued.

Our first money-raising opportunity was our Christmas Bazaar. Many of you were able to join us for tea. There were a number of craft items available for purchase. These may have made great Christmas gifts. Many ladies really enjoy helping at the bazaar. For this we are truly grateful. Without your dedication, this undertaking would not be possible. As we all age, the size and scope of the bazaar had to change, and this year seemed the year to do that.

As before the Pandemic, we are pleased to be able to continue to help with Memorial Receptions for those who have passed away. We have been remembering those friends and family members who are no longer with us at our regular UCW meetings.

If you wish to join with us, we will be happy to welcome you. Remember – we are just older people who are young at heart.

Respectfully submitted,  
Judy Biondi, President

### ***Prayer Shawl Report***

Our heartfelt thanks to all who knitted/crocheted the Pandemic away!! Hopefully, it is on the wane!! It was great to see the shawls “dance” off the ladder. We hope the recipients enjoyed both warmth and comfort from them. May each of you feel the peace of Christmas, and the wonder that it brings with each of these offerings.

Respectfully submitted,  
Judy Biondi, President



## **YOUTH GROUP ACTIVITIES - For Grade 7 and up**

### **CHRISTMAS BAG OUTREACH PACKING**

We will be packing Christmas bags for the outreach project on Sunday December 11<sup>th</sup> from 12 – 3 pm in the fellowship hall. Friends are welcome to help out too. Lunch will be provided. Volunteer hours will be granted. Please RSVP to Lisa at [blais.trinity@gmail.com](mailto:blais.trinity@gmail.com)

### **HOLY GROUNDS**

All youth and young adults in Grade 7 and up are invited to take pause during this Christmas season to spend time together and to take a deeper look at the Christmas story. Sunday December 18<sup>th</sup> in the fireside room from 12 to 2 pm. Bring a lunch. Hot Chocolate and treats will be provided.

### **TRINITY'S CHRISTMAS GIFT BAG OUTREACH**

Each year Trinity's youth group collects items for the Christmas Bag Outreach Project. We provide over 150 Christmas gifts to children, youth and adults in our community! These bags are packed according to the age of the receiver and delivered the week prior to Christmas. We pack bags for teens and adults in transitional housing, treatment centres, the NBRHC Mental Health Unit, Suswin Indigenous Housing and more. If you would like to contribute to this outreach program please bring in your donations to Trinity on White Gift Sunday (December 5th) or any Sunday morning (place them in the box in the Fellowship Hall ). Items can be donated up to Sunday December 11th.

Here are some suggestions of items that would be appreciated: word search or crossword books, socks, slippers, treats (regular and diabetic ones), playing cards, magazines, comics, current novels, toiletries (such as hand sanitizer, chapstick, hand cream, shampoo, toothpaste, toothbrushes – **no hotel soaps please**). Christmas gift bags or money to purchase gifts are also appreciated.

Thank you for supporting this Christmas Outreach program.

Trinity United Church Sunday School presents

## **Just A Little Christmas**

Directed by Darlene Laferriere  
Sunday December 11<sup>th</sup>, at 10:30 a.m.



### **The LONGEST NIGHT SERVICE**

The Advent and Christmas seasons can inspire profound highs and lows in our lives. Over the period of COVID isolation, we maintained our Trinity tradition of teaming up with St Andrews to host a service of candlelit prayer and of heartfelt string music with “Depatie and Hyatt” in the Trinity sanctuary.

Join us again on Wednesday Dec. 21st at 7pm, when we embrace a holiday opportunity of spacious prayerful pause, to contemplate the hopes and fears that fill the actual longest night of the year.

### **CHRISTMAS EVE, CHRISTMAS DAY**

Come early for a good seat at our family service, 7pm on Saturday December 24<sup>th</sup>.

That Service will include the scripture story and lively singing of many Christmas favourites. After the busy 7pm family service, there will be a brief centering service of communion and prayers at about 8:15pm. The next day at 10:30am we will have a fun informal participatory Christmas morning service at which members of other churches are also being welcomed!

Trinity United Church  
I ♥ Trinity

## Cookie Sale

Saturday, November 26<sup>th</sup>, 2022  
9:30 a.m. to 11:30 a.m. or until they're gone

Delicious holiday treats sold by the container.  
Due to COVID, cookies will be pre-packaged.  
Come early before they're all gone.

Trinity United Church Sunday School Hall  
McIntyre Street Entrance

100% of proceeds will be used for Trinity's  
maintenance and general expenses.  
Only cash can be accepted.

The 4 Trinity team are having the annual Cookie Walk on Sat. a. m. November 26th. Cookie tins are needed, they can be dropped off at the church during office hours. Bakers are needed. Cookies can be dropped off either Friday Nov. 25th or Sat. a.m. at 9:00 a.m. We also need buyers.

If you know anyone who likes to bake cookies, buy cookies or has cookie tins, please mention this event to them. All money raised goes to general funds for the church.

Thank you on behalf of the 4 Trinity team.

Submitted by  
Barb Roberts

### ***Mossy Church***

Come one, come all, and bring a friend to our upcoming Mossy Church Events. We've had great turnouts this year at The Nature Party and All Saint's Theatre! Thank you for your fellowship and fun!

The originally scheduled November event is cancelled, but we cordially invite you to the following upcoming events!

Upcoming Events (very tentative and subject to change...):

Friday, January 20, 2023	5:30pm	<b>Breaking Bread</b>	@ Nordic Ski Club
Sunday, March 5, 2023	6:30pm	<b>Connecting to God</b>	@Motherhouse?
Friday, April 7, 2023	2:00pm	<b>Sounds of Silence</b>	@Motherhouse?

Please speak to Amanda Silk 705 492 9499 [canoecreature@gmail.com](mailto:canoecreature@gmail.com) or Karen Johnson for more details!



### **SOUP TASTING NIGHT**

Join us in the Trinity Fellowship Hall on Friday January 27th for our popular "Soup Tasting Night" sponsored by the "A.O.T.S." Men's Group. We welcome your delicious contributions of hearty soups, as well as your healthy appetite!

### **THE TRINITY COFFEEHOUSE**

On Friday April 21<sup>st</sup> at 7pm, Trinity's fellowship hall is transformed into *North Bay's biggest musical Rec Room*! Join folks from all over North Bay for a night packed with music, talent and laughter. A sign-up sheet will be placed in the fellowship hall by Easter Sunday!



**Some at Home Advent and Christmas Activities**  
**from Faith@Home Magazine, Dec. 2022 – Pacific Mountain Regional Council**

**CREATE AN ADVENT SPIRAL**

Each year for Advent we prepare with an Advent wreath to count down the days and Sundays to Christmas. We light the candles for hope, peace, joy and love as we gather around the wreath to be together. An alternative to the traditional Advent wreath is the Advent Spiral. The spiral is used to count down all the days to Christmas and lead to a central candle to light at the end of Advent when we celebrate the birth of Jesus. You can make a spiral like the one in the picture, and mark the four Sundays of Advent and use a candle for the middle of the spiral. There are a few ways to mark the other days. You could make paper or felt stars for each day of Advent outside of the four Sundays already included. An alternative to stars is to make fingerprints with paint to mark each day of Advent. You can use a little figure or a glass pebble to mark the days and move through the spiral and up to the candle in the centre. Each spiral will be different and unique to the family that is making it. What your spiral will look like? Who you will share it with?



**12 DAYS OF CHRISTMAS**

We often think that Christmas ends with the birth of Jesus on Christmas day, however that is only the beginning of the Christmas season. The Christmas season is the twelve days that follow and that lead up to Epiphany day. Perhaps this year instead of ending Christmas on Christmas Day, you and your family might try to engage in the liturgical Christmas season with one of the following ideas or come up with one that fits your family best.

- 12 Days of Books - find and read 12 books as a family
- 12 Days of Outdoors - choose a different activity that can be done outdoors as a family, some ideas might be to go walking, skating, snowshoeing, sledding, etc.
- 12 Days of Movies - have a movie date each night, take turns choosing the movie and watch something that someone else enjoys to come together as a family
- 12 Days of Games - play a different game each day, perhaps this is a good time to add a new game to your shelf and learn to play together
- 12 Days of Slowing Down - choose a way to slow down each day, take a moment to read, have a nap, go on a walk, etc.
- 12 Days of Gratitude - make it a habit to share what you are grateful for each day, either by sharing at a meal with the family or by keeping a gratitude journal
- 12 Days of Excitement and Awe - take time each day to name something that you are excited about or fills you with wonder and awe



# THE STORY WILL CHANGE YOU

A UNITED CHURCH FAITH@HOME ADVENT CALENDAR

## HOPE

As a family talk about what hope means to each one of you. Where do you see hope in the world today? **27**

Make sugar cookies using the recipe found in this edition of the magazine **28**

Stroll around your neighbourhood for a winter walk and try to notice something you have not seen before **29**

Have a dinner conversation with your family and come up with an idea you could participate in that would benefit someone in your community **30**

**World AIDS Day**  
The theme for 2022 is "Reflection. Celebration. Rejuvenation" and highlights this year's theme to reflect the resilience of surviving the COVID-19 pandemic and to begin healing and rejuvenation. **1**

Write a card or letter to your minister, youth worker, church administrator and tell them why they are awesome **2**

Make some hot chocolate and snuggle on the couch **3**

## PEACE

Gather around the second star on your Advent spiral, talk about the meaning of peace. Together create a prayer of peace for the world **4**

**SUNDAY**

Head on over to Spotify and search for the Faith@Home playlist. **5**

Make your own Christmas paper using recycled paper and stamps, paint, or anything you can find **6**

Put together a food hamper for a household in your community **7**

As a family create a list of all the things you are grateful for this Advent Season **8**

Decorate your Christmas Tree if you have not already. I wonder if you have a favourite ornament? **9**

Do some holiday baking to share with friends and neighbours **10**

## JOY

Sort your belongings and donate or re-gift what you no longer need **11**

**SUNDAY**

Write a household Christmas letter **12**

Support a small businesses by shopping local **13**

Find a boardgame that you haven't played in a while **14**

Start a new holiday tradition! **15**

Walk a labyrinth **16**

Make snowflakes or other decorations out of recycled materials **17**

## LOVE

Choose an activity that everyone in your family loves to while you travel to the last star on your Advent spiral. **18**

**SUNDAY**

Read a Christmas story **19**

Purchase a gift for someone in need **21**

Go look at some Christmas lights in your PJ's **22**

Light a candle in memory of lost loved ones **23**

## CHRISTMAS EVE

Make up a Christmas board game! **24**

**JESUS IS  
BORN!**



**25**



## FOR YOUR FRIDGE: DATES-AT-A-GLANCE

Sunday Nov 27<sup>th</sup> - Advent Communion service 10:30am

Sun Dec 4<sup>th</sup> - White Gift Sunday

- 1:30pm afternoon JOY Band Christmas Concert

Sunday Dec 11<sup>th</sup> - 10:30am Morning service features our Sunday School Pageant

Sunday Dec 18<sup>th</sup> - 10:30am Morning service features the Trinity Choir Cantata

Wednesday Dec 21<sup>st</sup> – Our “Longest Night” evening service at 7pm

Saturday Dec 24<sup>th</sup> - Christmas Eve Family Service, 7pm. Communion, 8:15pm

Sunday December 25<sup>th</sup> 10:30am: a fun interactive Christmas Day worship service

Sunday January 1<sup>st</sup> 10:30am: We welcome the New Year in worship!

Sun Jan 8<sup>th</sup> - Baptism Sunday (contact the office ASAP with your interest) 10:30am.

Sun Jan 22<sup>nd</sup> - Robbie Burns Sunday

Friday January 27<sup>th</sup> Trinity Soup Tasting Night hosted by Trinity AOTS!

Feb 18-19<sup>th</sup> -- the Trinity Families Retreat at "Spirit Point" returns!

Tues Feb 21<sup>st</sup> - Shrove Tuesday Pancake Supper

Sunday February 26<sup>th</sup> - Communion service, beginning the season of Lent

Sunday March 5<sup>th</sup> - Trinity's afternoon AGM

School March Break: March 10<sup>th</sup> through 17<sup>th</sup>, 2023

Friday March 3rd- “Red Hot Chili Cook-Off” Dinner

Sunday April 2<sup>nd</sup> - Palm Sunday

Friday April 7<sup>th</sup> - Good Friday AOTS Breakfast at Trinity before Good Friday service

– Shared Good Friday service, 10:30am at Omond United Church

Sunday April 9<sup>th</sup> - Easter Sunday: Sunrise and Communion services at Trinity

Friday April 21<sup>st</sup> - Trinity's Coffeeshouse, 7pm



**RECORDED WORSHIP IS ALSO AVAILABLE ON  
TRINITY'S YOUTUBE CHANNEL  
[www.youtube.com/c/trinitynorthbay](http://www.youtube.com/c/trinitynorthbay).  
IF YOU ARE UNABLE TO ACCESS THE INTERNET AND  
WOULD LIKE TO HAVE A DVD OF THE WORSHIP  
SERVICE DELIVERED, PLEASE CALL THE CHURCH  
OFFICE (705-474-3310) TO REQUEST ONE.**