

## Events at a Glance

### Sundays at Trinity

Our worship service begins Sunday at 10:30 am.

We have an active Sunday School and staffed nursery.

### Sunday January 28<sup>th</sup>

Lunch & Learn "Legacy Giving"

Rev. Melody Duncanson-Hales

### Saturday February 3<sup>rd</sup>

United Chill Crusaders Coldest Night of the Year Team Sign-up Party – Emmanuel United Church, 2 – 3 pm  
All welcome!

### Sunday February 4<sup>th</sup>

Trinity Youth and the Great Escape!

All youth in Grade 7 and up are invited. 1 to 3 pm

### Friday February 9<sup>th</sup>

Red Hot Friday Night Chili  
5 pm – 7 pm

### Tuesday February 13<sup>th</sup>

Shrove Tuesday Pancake Supper  
hosted by the AOTS 5 – 6:30 pm

### Saturday February 17<sup>th</sup> – Monday February 19<sup>th</sup>

Trinity Family Retreat Weekend at Spirit Point

### Sunday February 18<sup>th</sup>

First Sunday in Lent – Communion  
Blues Lent begins

### Saturday February 24<sup>th</sup>

Coldest Night Walk-a-thon  
5 pm – 7 pm

### Saturday March 2<sup>nd</sup>

Friends of Camp Caritou Pasta Supper

### Sunday March 3<sup>rd</sup>

Trinity's Annual Congregational Meeting after worship  
Mustard Seed Info Session - 1 – 2 pm

### Thursday March 28<sup>th</sup>

Maundy Thursday/Good Friday  
Overnight Youth Vigil

### Save the Date!

### Trinity's Coffee House

Friday April 19<sup>th</sup>

# Trinity Events Guide

## Winter 2024

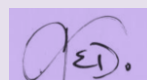
### Trinity United Church, North Bay (corner of McIntyre & Ferguson)

#### "Learning to be Yourself, Learning to be Family" A Welcome Message from Rev. Ted

Like it or not, we live in a consumer culture. Our stories and our advertising and our media tell us that we earn and buy and work our way towards status, distinction, affluence and accomplishment. So we're constantly trying to accumulate more!

Church attempts a different message. In church, we emphasize that your value is not a function of money or fashion or education. Instead, you are already enough. You are a beloved child of God. You are a member of the great family of God's children. And we celebrate that with music, and community and laughter, prayer and the practice of gracious living.

Join us for one of our fun meals, or for Sunday morning worship. Instead of working or buying yourself into exhaustion, sit down. Relax. Feel the acceptance and leisure of being loved as a member of God's family. I think you will find that Trinity is a community of warmth, comfort, joy, and mutual acceptance. You're already a part of this family, so pull up a chair!  
See you soon,



## How to Reach Us

If you would like more information about the Trinity community, or have questions or needs that we may respond to, please do not hesitate to contact us.

Email: [trinitynorthbay@gmail.com](mailto:trinitynorthbay@gmail.com) Website: [www.trinitynorthbay.ca](http://www.trinitynorthbay.ca)

Trinity United Church 111 McIntyre St. E. North Bay P1B 1C5

Phone: (705)474-3310

Find us and "like" us on Facebook [www.facebook.com/trinitynorthbay](https://www.facebook.com/trinitynorthbay)  
Watch us on YouTube <https://www.youtube.com/c/TrinityNorthBay>

## Lent and Easter Services at Trinity

### LENTEN BLUES, 2024

In recent years, we've enjoyed a new tradition of "The Lenten Blues." This means that local musicians-- members and friends of Trinity-- offer heartfelt songs that often bring a tear to the eye. Not hymns-- but contemporary songs that connect us to something larger than ourselves-- mostly searching songs of loneliness, heartbreak, and loss. This takes place during our worship services throughout Lent, leading up to Easter Sunday.

- **Sunday February 18<sup>th</sup>** – First Sunday in Lent  
Communion Service 10:30 am, Blues Lent series begins
- **Sunday February 25<sup>th</sup>** – Second Sunday in Lent, Blues Lent continues  
Blues Lent continues – Scouting Sunday
- **Sunday March 3<sup>rd</sup>** – Third Sunday in Lent  
Blues Lent continues – Annual Congregational Meeting after worship
- **Sunday March 10<sup>th</sup>** – Fourth Sunday in Lent  
Blues Lent continues – Daylight Saving Time begins
- **Sunday March 17<sup>th</sup>** – Fifth Sunday in Lent  
Blues Lent Continues, St. Patrick's Day
- **Sunday March 24<sup>th</sup>** – Palm/Passion Sunday  
Blues Lent continues
- **Friday March 29<sup>th</sup>** – Good Friday Service  
Area United Churches join together at Emmanuel United Church, 10:30 am
- **Sunday March 31<sup>st</sup>** – Easter Sunday  
Musical Communion Service, 10:30 am – Blues Lent concludes

**COLDEST NIGHT OF THE YEAR** – North Bay area United Churches are teaming up to raise funds for the Gathering Place during the Coldest Night Walk! Our team is called **United Chill Crusaders** and we would love to have you join us! The walk takes place on February 24th. You are invited to the Kick-Off event:

- **Saturday, February 3, 2024 2 pm to 3 pm**
- **Emmanuel United Church, 395 Lakeshore Dr, North Bay**
- **Light snacks**
- **Together we all add our handprint to banner that we will carry during the CNOY walk**

### RED HOT CHILI COOK-OFF – Friday February 9<sup>th</sup>

Not all of our chilis will be spicy - but a night of friendly competition, great food and music is none-the-less guaranteed to "spice up your February"! On Friday Feb 9th, come to Trinity for our "Red Hot Chili Cook-Off" Dinner. 5 pm – 7 pm . Musical Guests Brian and Kristy will provide acoustic accompaniment as guests arrive. Chili will be served at 5:30 until it runs out! Come early!

### TRINITY FAMILY RETREAT WEEKEND – FEBRUARY 17– 19, 2024

Registration is now open for the Family Day Weekend Retreat at Spirit Point Wilderness Academy! Outdoor games, skating, family worship, campfires, warm indoor activities and more! Registration: \$125 Adults and Teens and \$60 per child (12 and under) Children under 3 are free. For more information contact Lisa Blais at [blais.trinity@gmail.com](mailto:blais.trinity@gmail.com)

Trinity United Church's outreach includes a Monday Food Shelf and a Wednesday Infant Food Shelf for those in need in our community. We are pleased to offer space for recovery programs to meet, for Guiding and Scouting, Community choirs and bands, Children's theatre groups and much more! We welcome any donations to support the many ministries that happen inside (and outside) these doors! If you'd like to donate you can do so using this QR code. Thank-you!

