



# TRINITY UNITED CHURCH THANKSGIVING NEWSLETTER 2018



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## MINISTER'S MESSAGE



Ah...fall. How I love you. The changing of the colours, the lowering of temperatures, the heavy morning dew leading to morning frost. Fall, the season of yard cleanups and packing things away for next comes winter. Such is the cycle of life and the realities of living in a climate that has all four seasons in all their grandeur. Mixed in there with school being back in full swing and our groups and activities all back on-line is this one Sunday we call thanksgiving or harvest Sunday.

It has always struck me as odd that we set aside one day out of 365. I get that it doesn't really mean we're not thankful the other 364, yet it feels...artificial, like it's something that is set in my calendar as an 'all day event' that pops up as a reminder. It's like somehow even our calendars know that we need a reminder because without them we will forget.

One of the reasons I think we need reminding is because being thankful is an action. In fact, it's a reaction, an almost instantaneous response, to something we've experienced. Someone hands us our coffee in the morning, we say 'thank you'; someone holds the door open for us or helps us bring something into the house, we say 'thank you.' It doesn't require a prompt, because for many of us, it's almost hardwired into our behaviour. Action = thankfulness. One of the challenges with this approach is in its momentary nature. We're thankful in that moment, for a few split seconds, and then we're back to our regularly scheduled program. The event has passed and it's onward with the rest of our day.

Gratitude is something different. For starters, it's experiential. Rather than being hardwired and instantaneous gratitude takes time and calls forth from us. Being grateful requires that we are first affected by one another. It requires that we are in relationship with one another and all of creation. It means we have an appreciation for the wonders

## UPCOMING EVENTS

**Oct. – Worldwide Communion**

**Oct. 7 – Thanksgiving Sunday** - Please bring a non-perishable food item for the front of the church.

**October 28 - Fall Dinner**

**Nov. 25 - Silent Auction**

of the universe and all that is in it. Gratitude means we've taken some time to reflect on our lives. Gratitude expresses the action of 'thank you' not only from our mouths, yet also from our hearts. Gratitude transforms a hardwired response into an intentional discipline of discipleship.

Some say that being grateful, as opposed to thankful, can reduce depression, improve self-esteem, increase energy, decrease blood pressure, reduce negative stress, enhance our ability to cope with stress, foster deeper friendships, and reduce negative emotions. An attitude of gratitude really can change our lives.

Cicero once said, "gratitude is not only the greatest of virtues, but the parent of all others." If we accept this to be true, then how can the Christian not be

grateful? I think the challenge for us, myself included, is to move from thankful to grateful. To move into a deeper experience that calls forth a response. That might mean a gratitude journal or taking a gratitude challenge. It might also mean moving intentionally deeper than thankfulness and finding ways of expressing that gratitude. This might be a card to someone, a text, email, message, or call, yet the response might also require some kind of sacrifice from us.

What if, out of our sense of gratitude rooted in the Christian tradition, we shifted away from thankfulness as a reaction and towards thankfulness as a consequence? What if we saw our time, our talents, and our finances as opportunities to embody our gratitude? What would our lives, faith community, city, and world look like if our time, talent, and finances became how we said thank you, rather than being an automated 'thank you' response that is often rooted in a 'that's enough' attitude?

That's my personal challenge during this fall: to move from thankfulness to gratefulness and find ways of embodying that gratitude in how I use my time, what I do with my skills/talents, and how I prioritize my finances. For me, Trinity United is one of the primary ways I will

embody that gratitude. What response does being grateful call forth for you? Does being grateful mean you need to make some changes? How will you share your gratitude through your time, skills/talents, and finances with Trinity United?

Whatever your response is, Happy Gratefulness! And may each day be filled with at least one moment of gratitude.

Rev. Bob.

## OFFICIAL BOARD

*" We all need an attitude of gratitude"*

It was always a Thanksgiving tradition in our home to hold hands around the dining room table and to share what we were thankful for. With three young sons, sometimes the sharing went in the direction of the food that was on the table. " I like turkey" and "Stuffing is great" were sometimes the response. One year, one of my sons said " I'm thankful that I have an attitude." Wondering how this could be a good thing for a 13 year old, I asked what he meant. He said " I've got an attitude of gratitude."

As chairperson of the Official Board at Trinity United, I also have an attitude of gratitude. I am thankful for :

- Rev. Bob who has brought to us his energy and enthusiasm as well as his positive attitude
- the members of the Official Board who help look at the 'big picture' of Trinity United
- the staff who help run the day to day operations at both buildings
- the committee chairs and team leaders who have taken on the responsibility of providing guidance to their groups
- the members of the committees and teams who take on tasks and projects or who provide comfort to those in need
- the many people who step up to share their time and talents when the call goes out for help
- the gifts that are given in offerings whether by PAR, envelopes or loose change.

Most of all, I am thankful that Knox United and St. Andrew's United have come together as Trinity United Church.

Judy Addie  
Board Chair



## A TIME FOR GIVING- TWO TRADITIONS

As we move forward as Trinity United Church, we would like to continue some of the Christmas traditions of both founding churches. In the past, St. Andrew's has made shoebox gifts to give to the guests at Soup Kitchen in December. Many members of the congregation make their own shoebox gifts and there will also be a work bee to put together more. Knox had a Jack Frost Box in which members of the congregation could give gifts to Phoenix Transition House and to Hadith House.

We plan to continue both traditions this year. You will be able to give small items for the Jack Frost boxes and/or you can make your own shoebox gifts. You can also participate in the work bee to make additional shoeboxes. If shopping is not your thing, donations to purchase items for both these boxes will be gratefully accepted.



## EMERGENCY PROCEDURES

In the case of an emergency which requires evacuation of the building, the children will be moved to the area of the Union Street parking lot near the grass or the snow bank. Parents, grandparents and guardians are asked to meet them there.



There are Emergency Procedures posted throughout the building. If there is an emergency, the worship leader will take charge and give directions regarding evacuation. Please assist anyone with mobility issues and move to the nearest exit once the directions have been given.

## CHOOSE FRIENDSHIP OVER FRAGRANCE

Please remember to avoid using perfume or scented products at church and in church activities. There are members of the congregation who have allergies and who may be seriously affected by fragrance.

## FELLOWSHIP COMMITTEE



Fall greetings from the Trinity fellowship committee. We are back at work after a well-deserved break.

We do not meet over the summer months, but we did continue to provide refreshments weekly. We provided coffee, which is something new for us, but it did seem to be appreciated by the congregation.

Ongoing, we are planning muffin sales for most months, usually the third Sunday of the month. Anyone is welcome to bake muffins for us, please bring them to the kitchen on the morning of the muffin sale. All are welcome to purchase muffins after church, they continue to be \$0.50 each, and we provide bags or other containers for those who want to stock up.

We are trying something new this year. Hats and scarves are being made to be offered for a donation to be used in preparing the Christmas Shoeboxes which are distributed by Outreach at our December soup kitchen. These items could also be used for the Cougar's Teddy Bear Toss and other charitable



activities. Please consider picking up your items – dates for sales to be announced. If you like to make hats and scarves, please consider donating to the cause. We are excited to see how this goes, and whether we should consider adding this is a regular event.



Upcoming is the Silent Auction on November 25th. Donation slips will be available mid-October, please fill a slip in for your donations – it is really useful for our paperwork. You can list multiple items on a slip. Even if you will not be bringing your donation until later, a completed donation slip allows us to do a lot of advance preparation.

We always welcome new members. We are an inclusive group, we would love to have more gentlemen involved. There are many ways you can help us:

- Join our committee. We meet on the first Tuesday of each month from September to June at various members homes to organize ourselves for the

upcoming month. Our meetings always include space for fellowship after the business meeting, with refreshments served.

- Volunteer to help with serving coffee, tea and refreshments, just let us know when you would be able to help out. We will make sure that one of our members is paired up with you so that you will have direction on what you can do to help.
- Volunteer to help with weekly clean up. It's not hard, as we do have the dish washer, and we would be glad to train you.
- Bake some cookies or squares for weekly refreshments, everyone really appreciates home made over store bought. We request items that can be frozen for future use, please label clearly with "Fellowship Refreshments" and the contents. You can put them in the freezer if you are not dropping off on a Sunday.
- Volunteer to help out with an event – Silent Auction, Golden Age Social, etc. We will provide training and direction so that you are able to help out in a meaningful way. You could even take on one event

to chair if that is of interest to you.

Respectfully submitted,  
Judy Wilson, Secretary

## MINISTRY AND PERSONNEL COMMITTEE

Once again September calls us back into routine and regular involvement in our activities of choice. We are glad you have chosen to be involved at Trinity United Church. Our congregational health depends on the collective actions of all members of our congregation. Thank you to all who do their part to maintain our church functions while exploring their faith and sharing in fellowship.



It seems that the major work of the amalgamation of our two churches is behind us and we can all settle into the space of enjoying and supporting our commitment to our goals of Trinity United Church which include a living faith, joyful service and inclusive fellowship. As an

M&P committee we are committed to overseeing the maintenance of these goals as well as monitoring the relationship between our paid employees and with the church members. We are blessed to have excellent leadership in all parts of our church workings. Should you have any concerns, know that you can contact any member of the committee in confidence and they will pass on your concerns to our committee.

Members include: Marilyn Blair, Em Cawsey, Megan Homan, Les Waldie, Vicky Brown.

## FINANCE COMMITTEE



The Finance Committee reported financial information for the first eight months of this fiscal year to the Official Board at their September meeting. Although this is the first eight months of financial information for the new congregation of Trinity United Church, Prince George, we find ourselves in a similar circumstance as each founding congregation found itself at the end of August. Expenses have exceeded Revenue. Specifically, expenses have exceeded revenue by \$19,700.

That means that if Trinity is to break even for its first year,

then revenue will need to exceed expenses by the same amount, \$19,700, over just the next four months. Over the full year the budget calls for \$157,000 of revenue from offerings. To August 31, \$93,000 has been offered which represents an average of \$11,600 per month. For the remaining four months of 2018, the average offerings will need to be \$16,000 per month. We have a challenge in front of us.

For the most part, expenses are within budget. Our biggest expense is salaries and at \$95,000 for the first eight months, it is exactly on budget. Most other expenses are at or below budget. We have had some one-time costs associated with establishing Trinity United Church. Also we have found that the expense of operating both buildings (heat and light, utilities, and repairs and maintenance) has been a bit higher than expected.

Mission and Service offerings to date are strong and ahead of last year. To the end of August \$14,943 has been offered, which represents 75% of the \$20,000 target set at the Annual Congregational Meeting held in February. That target is certainly within reach.

A specific area of concern is financial support for the Soup Kitchen. Expenses to

date are about \$200 ahead of the same period last year. Of greater concern is that financial support for the Soup Kitchen is not keeping pace with the expenses. There is \$400 less offerings in support of Soup Kitchen to the end of August compared to last year. At August 31 there is less than \$100 of designated funds available. Please consider your support for this important monthly outreach activity.

Interim statements of offerings to August 31 have been sent by e-mail. If you have not received an interim statement, please contact the church office. This is a good time to review your offerings to date given the financial challenge ahead for the remaining four months of 2018. If you are new to the congregation and would like to receive offering envelopes or participate in the PAR program please contact the church office. The PAR program (Pre-Authorized Remittance) is a convenient way to ensure that your support of Trinity United Church is up to date.

The Finance Committee meets monthly throughout the year. If you have any questions, please contact any of the committee members – Nancy Buchanan, Katherine Cruwys,, Johanna Jenkins, Elizabeth MacRitchie, Jim Reid, or me. Thanks to Trish Appleton for her assistance with the work of the Finance

Committee, as we have established systems and proper financial procedures for Trinity

Respectfully submitted,

Allan Reed, Treasurer

## OUTREACH COMMITTEE

Thanksgiving is a time to thank God for the many blessings we have received, and one of the best ways to show our thanks is to “reach out” to others and share our gifts. Trinity has been blessed with many caring, dedicated and talented people who keep our Outreach programs successful.

Thank you to all those who helped make and serve soup and sandwiches for Soup Kitchen through the summer months. Just a reminder that we WILL be having Soup Kitchen on October 14 this year, as Thanksgiving falls on the first Sunday of the month. Also we greatly appreciate your donations of plastic grocery bags and clean 1 litre size containers for take home. If you are interested in helping out with Soup Kitchen we would love to have you join us.

Evelyn and Dave have kindly continued to take donations of dried or canned food down to A.C.E (Activity Centre for Empowerment). Donations are collected on the first Sunday of the month.

On September 16th, we held our Annual Community

Barbecue. Many thanks to Gladys Goode for providing the delicious food, the four chefs for flipping burgers and hot dogs, and everyone who came to enjoy the food and fellowship. Despite the cool weather, several members of the community joined the congregation, and were very appreciative of the delicious food and conversation.

We are now looking towards the winter season and Christmas. For all of those knitters and crocheters out there, there is lots of opportunity for you to make some warm outerwear for those in need. You may contribute to the “Jack Frost” box which provides hats, scarves and gloves to the Phoenix Transition Home, and/or use them in the shoe boxes at the Soup Kitchen on December 9th. Speaking of Shoe Boxes, it is never too early to bring empty ones in (smaller size please), or take them home to get yours ready. If you aren’t able to make up one yourself, we welcome donations. These donations will be used to make up extra boxes at the Church on Saturday December 8th. All are welcome to join in!

Blessings to you this Thanksgiving,

Outreach Committee



## CHOIR

The choir is back. As always new members are welcome. Rehearsals are on Wednesday nights at 7:30 – 9:00 p.m. in the sanctuary.

We are beginning to rehearse our Christmas Cantata which will be presented during the service on Dec. 9. If you would like to join us only for the Christmas Cantata, please request a rehearsal schedule so that you know which part of the rehearsal to come to.

Happy Thanksgiving!

Erica Skowron  
Choir Director

## COMMITTEE CHAIRS AND TEAM LEADERS

Board Chair – Judy Addie  
Finance Chair – Allan Reed  
M&P Chair – Marilyn Blair  
M&S – Vince Ramcharran  
Fellowship - Judy Wilson  
Memorial Fund – Holly Lee  
Healing Pathways – Tom Hynd  
Outreach Co-chairs – Vickie Brown and Katherine Cruwys  
Christian Education Chair – Kendra Mitchell-Foster  
Wonderhosts – Beth Quesnel  
Pastoral Care – Rev. Dr. Bob Fillier  
KAIROS – Renata MacDonald

