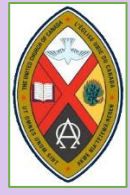




THE COMMUNICATOR

Brought to you by the Trinity United Church Communication Team
March 2021



Message from the Minister

John 20: 11 - 17 ... Mary stood weeping outside the tomb. As she wept, she bent over to look into the tomb; and she saw two angels in white, sitting where the body of Jesus had been lying, one at the head and the other at the feet. They said to her, "Woman, why are you weeping?" She said to them, "They have taken away my Lord, and I do not know where they have laid him."

When she had said this, she turned around and saw Jesus standing there, but she did not know that it was Jesus. Jesus said to her, "Woman, why are you weeping? Whom are you looking for?" Supposing him to be the gardener, she said to him, "Sir, if you have carried him away, tell me where you have laid him, and I will take him away." Jesus said to her, "Mary!" She turned and said to him in Hebrew, "Rabbouni!" (which means Teacher) Jesus said to her, "Do not hold on to me, because I have not yet ascended to the Father. But go to my brothers and say to them, 'I am ascending to my Father and your Father, to my God and your God.'"

Resurrection is viewed as the end of the Wilderness Wanderings of Lent. Resurrection normally brings with it visions of Realization and Revelation. However, this year is different. With continuing COVID-19 limitations, Easter seems just a little different than Lent. It is different, though. We have been promised access to a variety of effective vaccines. We are confident that a plan is in place and the way is clear. The season of Wilderness Wandering is complete. We now enter a season of Confident Waiting. Jesus is effectively saying to Mary, "Wait." "Do not hold on to me, because I have not yet ascended to the Father." Doubtless, this was not what Mary expected or wanted. Clinging to Jesus, as she remembered and understood him, was an expression of her desire to Return and Remain. To "Return and Remain" implies that what was denied during the time of Wandering and Wilderness is still intact and soon everything will be familiar and recognizable, just as before. This was not to be the case. Transformation was not yet complete. In this context, "Do not hold on to me, because I have not yet ascended to the Father" means, "Wait. Wilderness Wandering is complete but the work

remains to be revealed" Resurrection is joyous, but Mary could not hold on to Jesus in the way she did before. Everything has become new.

The ministry and community that was will be altered by this experience. Indeed, the whole world will be transformed. Wait and see. Easter is not just a day, it is a Season. The 50 days between Easter and Pentecost are Easter days of waiting. During these days, we remember what was. We believe what is. We await a Revelation of what will be. The past year has shaped the way we do ministry.

The Pandemic revealed needs and opportunities previously not considered. Some of these will remain with us. Some will represent work conceived, fulfilled and finished. Likewise, we and our world will have been changed. Easter brings us into a season of Waiting and Rest. The promised Holy Spirit will guide us on the way as we follow whatever new ways that may open up before us.

Rev. Christopher Ryan



Happy Easter



“ I used to pray that God would feed the hungry, or do this or that, but now I pray that He will guide me to do whatever I’m supposed to do. I used to pray for answers, but now I’m praying for strength. I used to believe that prayer changes things, but now I know that prayer changes us and we know that prayer changes things.”

St. Mother Theresa

Christian Community Team

In these challenging times of the Pandemic, when many people are lonely or stressed and because of God’s love for us, our team is able to pass this love and compassion to others in our community. We are able to serve in our daily or weekly interactions. Each week, there are 61 bag lunches which includes prayer and blessings from Rev. Ryan being delivered. If there is a need we will do our best. We also puzzle books like word craft supplies.



Someone suggested a hats and mittens to be Saturday at lunch time – Church offerings can be picked up and delivered to the church at your request. We keep in touch with people through The Phone Tree, emails, cards or by you leaving us a message at the church office and our team getting back to you. We endeavor to keep connected, be inspired by our members and the community and to serve as we are able with peace, hope and thankfulness.

to deliver anything else, we share items like books to read, search, sudoku, jig saws and

challenge to members to knit distributed on Tuesday and Great idea!

Barb, Brenda, Sharon, Mary, Jeannie, Judy, Carolyn and Cynthia

Spiritual Leadership - Sunday School by Post

“Thank you for continuing to engage my children,” was one comment a parent made about this program and it was echoed by other parents and grandparents.

Every 2-3 weeks we send in the mail a Sunday school package like this . . .

Parable: Lost sheep

- Story in simple language
- Thought provoking questions
- Activity page and a craft material

Rev. Christopher talks about what is in the package during Children’s Time on Sunday mornings.

The children range in age from 4-13, if you know of a young person who would benefit from joining in our “Sunday School by Post” let us know.



United Church Women

The UCW managed to get a meeting in on Dec. 10 before the most recent Pandemic Lockdown.

Our slate of officers was chosen and our budget set. The calendar of events and meetings are based on the usual format and will happen when it is safe to meet. At our next meeting, we will vote on the above business.

A take-out Ham, Bean and Scalloped Potato dinner is planned for Anniversary Sunday May 2nd. More information to follow. Linda Stronski



Trinity's Geranium Sale

4 plants for \$10.00
Pick up May 29th
More details to follow



All proceeds of this fundraiser will support the life and ministries of Trinity United Church

Trinity will be selling Mushroom Compost

on May 15, 2021
30L for \$10.
at The Real Deal Store

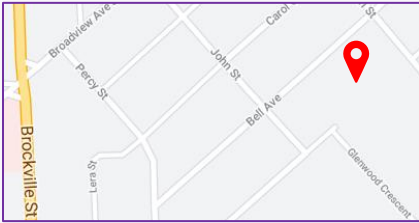


All proceeds of this fundraiser will support the life and ministries of Trinity United Church

Board of Trustees

Trinity has received an "unsolicited offer" to purchase the Bell Avenue property. The Board of Trustees, on behalf of Church Council, has reviewed current United Church of Canada policy and procedures governing the sale of church property, including land. As required by policy, the Board has been in contact with the Eastern Ontario Outaouais Regional Council (EOORC) from whom Trinity must obtain consent for the sale should the congregation ultimately decide to accept the purchase offer. Accompanying the 'Certificate of Trustees Asking Consent of a Regional Council', there must be a fair-market value appraisal (which is being obtained) and a Ministry Plan as to use of the proceeds of the sale. The development of the Ministry Plan is being considered and will be presented to Council at its March 25th meeting. The overall objective regarding this offer is to gather the vital information, and present it to the congregation so that a well informed decision can be made. So please be patient as you will be kept informed as the process unfolds.

Bob Swan, Chairman, Board of Trustees



Spiritual Leadership

We have been meeting remotely and are working hard to reopen our church. We are fortunate enough to have room for 30 bubbles that keep people safe during our services which can currently be live streamed. During periods of lock-down, services are pre-recorded and shared on Facebook.

I hope all those who receive the email devotionals from Norma are enjoying them and able to use them for some extra spiritual guidance.

We are still looking for a new Head Usher or someone who is willing to lead a team to fulfill this position. If you are interested in helping in anyway please let us know.

Likewise, if you would be interested in helping out the Spiritual Leadership Team please let us know.

The Children's packages, sent by mail, seem to be received well. I am glad we are able to provide this service to them.

Palm Sunday will be without Palms this year, but be assured we do remember why we celebrate this Sunday. Easter week will also look different this year. We will not be able to have a Maundy Thursday or Easter Sunrise Service. We will be having a Good Friday Service with our Trinity congregation, we will miss our friends, the Presbyterians, but hopefully we will be able to resume regularly next year. The Communion Table will be set for both Palm and Easter Sunday Services, but physical elements will not be shared.

Heather Quinn, Chair of Spiritual Leadership

OUTREACH AND SOCIAL JUSTICE

We are so blessed to be members of Trinity and the community of Smiths Falls. The month of December was closing with a tear but when word got out, it went out with a bang. The Brown Bags and Blessings budget was about to be drained and the program was in danger of closing. Then the community of Smiths Falls, the surrounding areas, neighbouring churches and Trinity stepped forward and began to dig deep into their pockets and resources to fund and keep the outreach mission going. Between the funds received, the Two Guys for Lunch lowering their prices, goodies donated and support from all involved, we should be able to continue into the spring. We have also had help from local media and CTV Ottawa to help get the word out about the importance of this program. Thanks to a dedicated group of volunteers who are there every week helping this mission to be successful. If anyone would like to join, by either helping bag lunches or making goodies, please call the office 613-283-4444 or Betty Lou Kempt 613-291-0701. More people know about what Trinity is doing and it is all positive. Brown Bags and Blessings take place each Tuesday and Saturday from 11:30 to 12:30.

STEWARDSHIP

The Stewardship Team extend their appreciation to all who supported Trinity during the past year. With the church office closed for a good part of the year and church services suspended during the mandated lockdown periods, it was not easy to submit your weekly, monthly and collective months' donations. But you did! Thank you for your submissions by mail, e-transfers through your bank and through the monthly PAR program (Pre-Authorized Remittance) and the Donate button on our website. Your support allowed Trinity to maintain a steady cash flow to meet our financial obligations. If you have not received your giving envelopes, you can phone the church office to arrange pick up during office hours or on Sunday or arrange for delivery to your home.

As we look forward in 2021, the Budget is being prepared with great deliberation as we do not know what challenges this year will bring. The lifting of the provincial lockdown allows us to gather on Sundays again with all Covid-19 protocols in place. Let us be grateful.

With a view to spring arriving soon, the Team is planning its annual Geranium Sale. Purchase Orders will be taken in April for delivery scheduled for **Saturday, May 29**. We will follow the careful social distancing that we have become accustomed to and have the pick up outside in the parking lot. We are ordering a sunny, warm day for the event.

Before you plant your geraniums, you will want to have fresh compost in your flower beds. A Fundraiser is planned for the sale of compost from the parking lot at REAL on **Saturday, May 15**. That weekend precedes the May holiday weekend which traditionally all gardeners consider time to plant. **SAVE THE DATE** and plan to pick up a bag or two of compost.

Thank you for your continued generosity to the ministry of Trinity. Your gifts are an opportunity to express your gratitude for all of God's generosity in your life. Live abundantly. Easter Blessings from your Stewardship Team –

Jan, Barb, June, Joanne, Mike, Bob & Diane

Communications

“Technology is the stained glass of the 21st century; it's what we use today to paint a picture and artistically tell the story of the gospel. And in times like these, where people are not even coming inside buildings, this couldn't be more true.”

It seems that every week there is a change, a lock down, and opening up, a new rule, protocol, guideline etc, etc, etc. It is the job of the Communications Team to make sure you know that Trinity is **ON TOP OF THINGS!**

Whether it is through this Communicator, our website, our Facebook page, the Telephone Tree, the TV on the front of the church, the announcements at the beginning of the service, a note in a brown bag lunch or a visit at your door, Trinity is doing its absolute best to bring you the latest information regarding your church community as well as caring well wishes, some hope, some kindness and prayers.

If you feel you are not being kept up to date or need more information, please call the church office. 613-283-4444

Our services are live streamed on our Facebook page and our website when we are allowed to be in the church and if another lockdown should occur we will go back to pre-recording to play on Sunday morning. Our services are also shown on COGECO/YOUR TV on Sundays at 9am, 2pm and 8pm. These times change occasionally so check your local listings at www.yourtv.tv/smiths-falls/schedule

Chris, Peter, Daisy, Arlene & Mary

Healing Pathway



”Prayer is the act of sending...light from the bountifulness of your love to other people to heal, free, and bless them.”

John O’Donahue “Anam Cara”

Starting in March, members of the team, including 2 partners from St. Paul’s United, began gathering on Wednesday’s in a virtual energetic circle to offer a 20 minute Healing session for anyone who chose to gather with us, either through Zoom or in spirit. The need to “pivot” proved a blessing in many ways, not the least of which was opening our healing ministry to people far removed from our local congregation. The sessions evolved into an unconventional Prayer Circle for over 60 individuals and groups, as team members, with permission, brought forward names to be held in our hearts with healing intention. While only a few joined us actively at the specific time, there was a strong sense of “spirit-nearing” during this time of physical distancing. Those that did join us actively, reported feeling peace and pain relief. Others felt helped by just knowing that their names were on the list.

The Distance Healing Pathway Circle continues to meet on the 2nd and 4th Wednesdays of the month at 12:30 for Practitioners and 1:00 for recipients. If you are feeling physically, emotionally, or spiritually depleted, overwhelmed, or in pain, please feel free to join us from the comfort of your own home. Simply relax, imagine you are surrounded by a circle of healing love, and open to feeling God’s compassion enter your mind, body and spirit exactly as it is meant to for your highest good. Trust in the process and God’s Grace and you may be surprised. We also offer personal distance sessions at a mutually convenient time during the week.

Introducing our new office Secretary!



As a way of introduction, let me say that I am happy to be here and am looking forward to meeting everyone at some point in the future.

A little bit about myself – I had a full-time career in Human Resources, most recently at a municipality in the Kawartha Lakes area for 16 years. Due to family changes, I retired in 2018 and we moved to Port Elmsley to be closer to family living in Perth and Carleton Place.

I was born into the home of missionaries, and spent my early years growing up in Jamaica. We eventually returned to Toronto, and I became a “Minister’s kid”. As a result, I became very familiar with “church” and I learned at an early age, to treat everyone with respect, no matter what. Currently, the office is open from 9 am to 1 pm, Monday to Thursday. Thank you for being so welcoming! Andrea Minaker

Ministry & Personnel

I am pleased to report our new staff in the office are working well during these times of COVID. Andrea Minaker, office secretary began February 16, 2021 following the announcement of being able to work on site. Katie Pomeroy, bookkeeper, who works mainly off site began December 1, 2020. These ladies have done extremely well coordinating their skills and working through these difficult times.

Wendy Earl has continued working and playing for all the church services throughout the year, even when the church was closed. We thank her for her commitment to giving us the music we have missed.

Our minister, Reverend Christopher Ryan, keeps in touch through services and has been writing many cards of thanks and appreciation to the many volunteers who are working behind the scenes. He is involved with many zoom meetings through presbytery and the ministerial association. We sincerely thank him and Bill Dickson for the work of preparing church services on line and keeping us all connected in a new world of technology.

Kristina Mausser, because of a huge demand on her job, had to step back from her duties as Council Chair. We thank her for her commitment to council and wish her success in her future endeavours with her work responsibilities.

Klaas Vandermeer has continued to keep our facility clean with the extra time of disinfecting the office and sanctuary. We sincerely, want to thank him for reducing his salary during COVID and this has certainly helped to reduce our expenses this past year.

Judy Drummond, Chair,
Carolyn Lunn and Dave Bennett

Council is also very happy to introduce **Katie Pomeroy** who will be looking after our bookkeeping. She is the owner of KP Solutions in Smiths Falls. We will try to get a proper bio and photo to share when it is not tax season.

Treasurer's Report

As I write this message for the Communicator, I cannot help but reflect on 2020. When this pandemic started, it added to my job's workload, created stress, and changed everything that was normal. During this time, it was difficult for me to manage my family, my job, and the many duties of Treasurer, so I took a much-needed break from being Trinity's Treasurer. I am thankful to Bob Swan for taking over the Treasurer's responsibilities, so that I could focus on my family and my responsibilities for my job.

The Treasurer's role is stressful without the added pressures of COVID. I have tried to be clear with the financial picture of Trinity ever since I have taken on this role. Even though the role asks for the Treasurer just to report on the financial picture, it is hard not to worry about income verses expenses.

In 2020, I presented a deficit budget because I felt in my heart that was the responsible way to go. I do not regret this decision. I believe if we know the facts and present things accurately, we can strive to adjust expenses and increase income. It was for this reason the Fundraising Team was established in 2020. The fundraising initiatives were impacted by COVID, but I must say I am very thankful and impressed with the successful fundraising (paint party, geranium sale, Holly Jolly Christmas auction), and support that did happen in 2020.

With the fiscal year behind us I can report that Trinity ended 2020 with a surplus in the General Account with a balance of \$18,882.17. This surplus was a result of the Canada Emergency Wage Subsidy (CEWS) provided by the Federal Government. Without this subsidy, I would be reporting on a totally different scenario. I would also like to remind you that Trinity still has an outstanding loan of \$20,000 for the gift card program and an outstanding contingency loan from Trustees for \$12,000.

To manage our funds, we have a chequing account and now a savings account with the Bank of Nova Scotia. The chequing account is now used for our General Operating Fund (General Account) and the savings account now holds the funds for deferred revenue, capital, Gift/Memorial, and Good Samaritan. We have been working with the Bank of Nova Scotia to reduce our banking service charges.

We have applied for GST/HST rebate for 2020 which should arrive soon. We have sent the financials off to Lawrence Allen for review. Our Mission and Service payments are up to date. We have made our assessment payments to the United Church of Canada for January and February 2021. Our new bookkeeper, Katie Pomeroy is continuing to apply for Canada Emergency Wage Subsidy (CEWS) grants in a timely fashion. I have been working very closely with Katie and have a much better understanding of the financial picture at Trinity. I have also been working with our new secretary, Andrea Minaker on setting up a protocol for handling invoices which seems to be working very well.

Recently, charitable receipts were mailed out with a letter from the Stewardship Team indicating how you can support the work and life at Trinity. If you have any questions, please do not hesitate to contact either myself or Jan Montgomery.

Speaking of the Stewardship Team, it is wonderful to have Jan take on this leadership role for Trinity.

"Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver". – 2 Corinthians 9:7

Diane Bennett, Treasurer





Living through a pandemic is not normal: it is traumatic.

We need to care for our mind, body, heart and spirit.

Mind

- Confusion
 - o It is real
 - o You are not alone
 - o Write things down, talk through steps required

Body

- Rest: for at least 5 minutes at a time
- Move: walking is a great exercise
- Breath: breath in to the count of 5, pause, breath out to the count of 7. Repeat 5 times. Do this exercise throughout the day.

Heart (emotional life)

- Intentionally find joy e.g. movie, song, remembering a place or situation
- Intentionally schedule a time to cry: this helps eliminate spontaneous crying. You need to take care of this side of yourself.

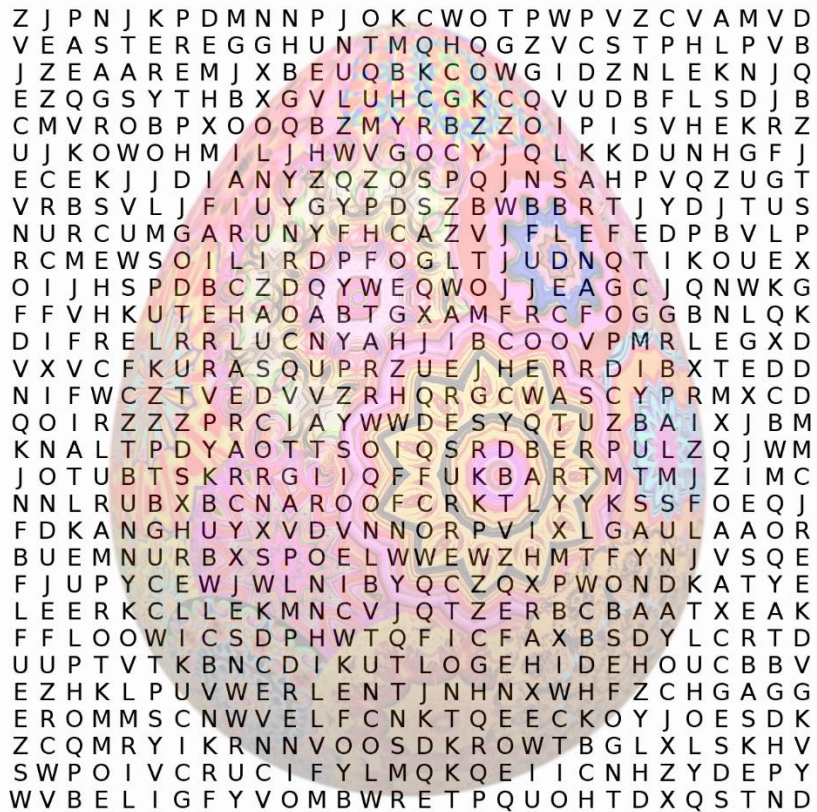
Spirit

- Where we usually encountered God isn't there (worship together, fellowship, singing together etc).
- Remember other places you encounter God e.g. nature, praying, etc.
- Listen to how others have survived disasters.

Be gentle with yourself and gracious to others.



Easter Word Search



- | | | | |
|-----------------|-----------------|--------------|---------------|
| Maundy Thursday | Easter Egg Hunt | Resurrection | Easter Basket |
| Resurrection | Crucifixion | Good Friday | Palm Sunday |
| Chocolate | Tradition | Decorate | Crucify |
| Parade | Bonnet | Jesus | Cross |
| Bunny | Holy | Lent | Holy |
| Hide | Eggs | Tomb | God |

