



The Communicator

Easter Edition, 2022

Trinity United Church, Smiths Falls, ON

trinityunitedsf.com

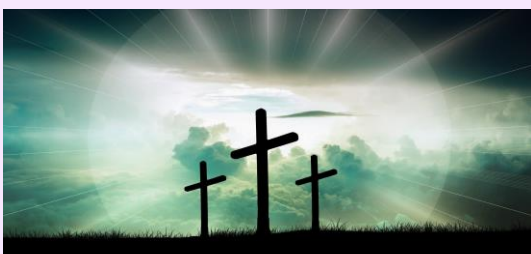
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An Easter Message From Rev. Christopher

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.'"

Sometime mid-pandemic, we were introduced to a new phenomenon called, "COVID Cave Syndrome." The bi-line in an article in **Scientific American**, reads "After a year away from friends and co-workers, people sometimes struggle to resume their public routines."

I was surprised by much of the article because it linked COVID Cave Syndrome to "fear and anxiety because of the risk of illness and death." While the author may have observed fear of illness in the subjects she was studying, prolonged or profound isolation, whatever the cause, results in a form of social awkwardness or reluctance that has nothing to do with fear. Deep or profound isolation carries with it its own social consequence that may be experienced once the isolation or circumstances that led to it are lifted.

During the days of limitations and lockdowns, the answer to questions like - "What's new?" "What are you doing?" "Where are you going?" may have been "Nothing," "Not much" and "No where." Changing that pattern is awkward.

Good Friday to Easter Sunrise were three days in a cave. This experience of death was clearly and profoundly isolating. Surely, coming out of the cave and being greeted by folk who want to embrace must have been overwhelming and awkward. "**Do not hold on to me**"

For many, it may be that this Easter, with limitations lifted, we begin to understand something of what that first encounter may have felt like for Jesus. "**Do not hold on to me, because I have not yet ascended to the Father.**"

We proclaim "Hallelujah, He is Risen!"

Jesus says, in effect, "Give me space. Let me connect Spiritually first"

Easter is a Season of reconnection following profound isolation. Let us leave the cave that held us these many months and reconnect to our faith traditions and to our community in that order. Let us allow one another that space required to adjust as we step out of darkness into light. Let us pray that the 50 days between Easter and Pentecost will see us comfortably embraced by God and, in time, be able to comfortably embrace one another.

Spiritual Leadership

Happy Spring, Happy Easter. We are so lucky to be able to say "The Lord Has Risen." This is a confusing time. We are sorrowful that Jesus died on the cross but can rejoice when we realize he died for us, to save us from our sins.

The Spiritual Leadership Team has remained very busy throughout the Pandemic, trying to keep up with the rules as set forth by the province and as we feel comfortable. Mandates are soon to be lifted (as of the time of writing this message). We will follow directives as set forth by the province but hope everyone is supportive of those who do not yet feel comfortable without a mask or continuing social distancing.

Our organist, Wendy Stokes Earl provides the congregation with enjoyment through her various pieces of music. Wendy, you have been wonderful and we look forward to hearing more. It is also great news that the Choir is back. I am sure everyone will welcome hearing their voices once again. We also look forward to singing from the congregation. It is amazing how deprived we all felt with the lack of song. Words are great and so is humming, but nothing beats the sound of a song being voiced by one or many.

Upcoming Holy Week Services

Palm Sunday Communion	April 10 th	10:30 am
Maundy Thursday / Seder Supper	April 14 th	7:00 pm
Good Friday, Tenebrae Service	April 15 th	10:30 am
Easter Sunday Sunrise Service & Communion	April 17 th	7:00 am
Easter Sunday, Sunrise Breakfast	April 17 th	8:00 am
Easter Sunday Service	April 17 th	10:30 am

~ **Anniversary Sunday** we welcome speaker Calvin Neufeld. Calvin is a social justice advocate, trans man, writer and educator with a passion for human rights, animal rights and the environment. He was also the federal Green Party Candidate for Lanark-Frontenac-Kingston in 2021.

~On Tuesday April 19 at 6 pm, we are planning a **Faith and Fellowship Potluck Meal** in the church hall. We are inviting all from the congregation to join us in what we hope will become a monthly event for people to gather, worship, and have a meal together and get some visiting in.

~On Monday's at 1pm we continue with our **Book Study**. We completed reading "Sensible Shoes" by Sharon Garlough Brown and wanted to continue this series so we are now reading "Two Steps Forward", the second book of this 4-book series. Inspired by these books, we have a desire to build a labyrinth. We are beginning to plan and hopefully will see this vision come to fruition. *Your Spiritual Leadership Team*

What does National Kindness Week and chili have in common?

They both provide nurture. That is why Trinity United Church held a free Chili brown bag lunch for approximately 50 people on February 22. We were blessed to gather with a few friends to prepare and pass out the bags. We learned what to do and not to do for next time. Each of the bags found a home and were appreciated by all. We (the Outreach & Social Justice Team) are planning more in the future. Pass the word to those in the community!

The third week of February has officially been dubbed Kindness Week. The bill was enacted on June 3, 2021, making Canada the first country in the world to pass such legislation.

In closing, thank you to all who came and helped.
Norma Wrightly & Betty Lou Kempt



My Thoughts on Bible Study

Bible study for me is an opportunity to gain a deeper understanding of God's messages and Jesus' teachings. It is, also, a time of interesting discussion and fellowship. *Ann Marleau*

Spiritual Leadership offers Bible Study-Wednesday mornings at 9:30 a.m. Feel free to join us in-person, remotely by Google Meet or by phone. We have been looking at the Gospel of Mark and have had both Advent and Lenten studies.

Outreach & Social Justice

Gatherings during this Easter 2022 will look different from many of our experiences over the last two years. Isn't it wonderful to imagine that we could reinvent our celebrations? Maybe this year we will be able to share a larger family meal together, inside? Or maybe we can feel safe to attend a community Easter Egg hunt, outside? Or perhaps we will venture in to see old friends at Trinity and raise our voices together in an Easter Hymn?

The scripture from Isaiah 65: 17-25 for Easter Sunday, also has elements of this reinvention and sense of hopefulness when imagining the future world which the Messiah will establish. The writer imagines a time when the very best of ourselves can exist. They proclaim:

“See, I will create new heavens and a new earth.
The former things will not be remembered, nor will they come to mind.
But be glad and rejoice forever.”

It is with this desire for transformation that the members of the Outreach Team look forward to sharing future celebrations this Spring with our community at Trinity United.

Please mark the following dates on your calendar:

April 22, 2022
April 26, 2022
April 30, 2022
June 21, 2022

Earth Day
Soup and Sandwich Fundraiser for Ukraine
3rd Anniversary of Affirm United
National Indigenous People's Sunday

Thank-You, Lorraine Ryan, Chair of Outreach and Social Justice



Community Wide

Ukrainian Relief Fundraising Lunch

Tuesday April 26th 11am - 1pm

**Soups, Sandwiches, Drinks, Desserts
Eat-in or Take-out**

**Cost is a suggested minimum donation of \$10.
ALL proceeds to the Red Cross Ukraine Crisis**

**Trinity United Church
44 Market St, Smiths Falls
613-283-4444**

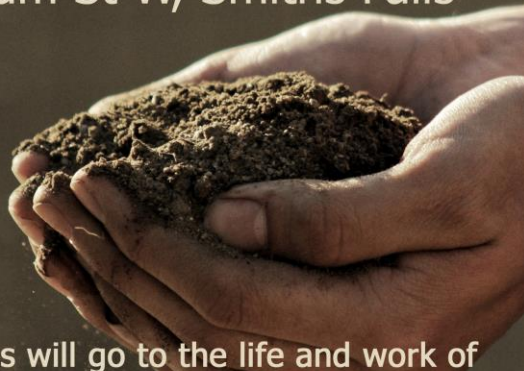
The poster features a blue border at the top and bottom, and a yellow border on the sides. Three sunflowers are placed around the text: one in the top right, one in the middle left, and one in the bottom right.

Mushroom Compost Sale

Weekends of May 14th, 15th
21st, 22nd, 23rd

at R.E.A.L.
85 William St W, Smiths Falls

30L Bag
\$10.



All Proceeds will go to the life and work of
Trinity United Church, Smiths Falls

Stewardship & Finance Team

UPCOMING FUNDRAISING EVENTS you
don't want to miss:

TRINITY MUSHROOM COMPOST SALE
located at the REAL DEAL Store Parking Lot:

Weekends of May 14, 15, 21, 22 & 23
30L Bag for \$ 10

We will be looking for volunteers to shovel and
bag compost the week of May 9th.

Contact Jan at 613-812-1881

ANNUAL GERANIUM SALE – pick up at
Trinity UC Parking Lot:

Saturday May 28 9:00 a.m. – 12:00

Order forms are available at the church. Cost:
4 plants for \$12.

Order early as this sale sold out within 2 weeks
last year! These sales were well supported
last year and gardeners are looking forward to
them again this year.

Communications Team

We would like to apologize for the occasional Sunday
lately where there has been no service recorded or
livestreamed. Bill is the only operator of our Audio-
Visual equipment, so it will be unavoidable now and
then unless he can get some help.

This job takes a little bit to learn how to do it, but once
you have the knowledge, it is a pretty easy way to
contribute to our Church Community. Bill is a very
good teacher as well. If you, or anyone you know,
would like to help with this position, please contact the
Church Secretary at 613-283-4444. It truly is a perfect
way to Connect with, Inspire and Serve those in our
community who are not able to be IN the church
Sunday mornings.

Thank You, Chris Dickson, Chair of Communications



Trinity United Church Annual Geranium Sale

Order Forms are available
after Easter

Mon - Thurs 9am - 1pm

Pick up
May 28
9am - 12

4 plants
\$12.



MEGA YARD SALE Saturday June 25

It has been a few years since we last held this sale. Items can be dropped off at Trinity during Office Hours, 9am to 1pm Monday to Thursday. Items for sale are to be placed on the stage in the Church Hall. NO CLOTHING OR LARGE FURNITURE ITEMS, or Reader's Digest Condensed Books Please.

Pick up service is available – call Joanne Hunter at 613-283-7565.

If you have a Fundraising idea, the Stewardship & Finance Team would be pleased to work with you. Contact Jan at 613-812-1881 or jmontgomery827@gmail.com or call the Church Office and leave your name.

Prayer: God, we thank you for giving to us so that we have something to give. Bless what we give – money, food, time or talent – and help us to give as much as we can, no matter how small it may seem. Help us to give it cheerfully. Amen. (taken from Called to be the Church - Discipleship IS Stewardship)

Cheerfully submitted,

Your Stewardship & Finance Team, Jan Montgomery, Joanne Hunter, Mike Murphy and Bob Swan



Saturday, June 25

Now Accepting Donations

Items can be dropped off at Trinity
Mon - Thurs 9am - 1pm.

Please place items on the stage in the Church Hall.

PICK UP SERVICE is available - Call Joanne Hunter
613-283-7565

PLEASE no clothing, large furniture items
or Readers Digest Condensed Books. Thank You

Sing for Joy

I was asked to write a brief article for the Communicator about "why I like to be in the choir". Not sure I have ever really thought about it much other than I really missed singing during this Covid thing.

I joined the choir just because I love to sing. Not much in my life includes an opportunity to do that. Short of a sing along with music on the radio, I missed it. I have to admit I will never sing a solo and would probably go silent if I had to do that. I am volume and always go home with a lighter heart after church and am willing to try to sing almost anything we are asked to do.

I have gotten to know people who are more talented than I am and I have learned so much from them. New friends who enjoy singing and I hope I can decorate their skill with my voice. The choir is always a team effort and our leader is never judgemental and fits us all together like a splendid mosaic.

When we are asked to sing something like "How Great Thou Art" it just fills me up with joy. To sing like no one is out there, is just exhilarating.

Need a lift, join us. Practice time is 9:30 a.m. Sunday Mornings.

Brenda King, Trinity Choir Member

Board of Trustees – Bell Avenue Report

At the September 12, 2021 Annual Congregational Meeting, the congregation approved listing the property for sale with a real estate brokerage firm. However, before a brokerage firm was selected, the Board of Trustees received two unsolicited offer to purchase the property.

The “Board” assessed the offers and made a recommendation, to Council and subsequently to the congregation, that one of the offers be accepted. The congregation approved the recommendation at the Annual Congregational Meeting March 20, 2022.

There is one more step in the acceptance process and that is obtaining the consent of the Eastern Ontario Outaouais Regional Council to accept the offer. Once consent is received, the offer will be reviewed by Greg Fournier, the church’s barrister & solicitor, to ensure all is in order and that the sale of the property can be successfully concluded. We’ll let you know the outcome when all is done!

“The work isn’t finished until the paperwork is done”

Bob Swan, Chair of Trustees

SOLD!

United Church Women

We are UCW!!! We had our 1st. monthly meeting post Pandemic on Monday March 7. It was so nice to be back together again to renew friendships and acquaintances. It felt like it had been more than 2 years. We still are not up to speed but, we are beginning to think about helping each other in the various programs & plans that Trinity is involved. That’s the thing about UCW, it’s a place where we can work together towards a better community while being with friends. Our focus is fellowship. We believe that no one stands alone and we love to help each other whatever we’re doing.



If you used to be a regular member ~ Welcome Back! If you’ve never been ~ Please come and join us on the 1st Monday of each month at 10am. I promise, we will make you feel welcome. We are just beginning to talk about all the things that can be done to help make our church even more vibrant & welcoming than ever. For more information regarding UCW, please call the office 613-283-4444.
Brenda Swan, Trinity UCW President



Christian Community Team

Our team has made every effort to keep in touch with our Trinity folk and friends. The easiest and safest way is by the phone or sending greeting cards.

Hopefully we will be able to have our church services at Willowdale Retirement Home and Van Horne Manor beginning in April.

The Healing Pathway Ministry is continuing under the leadership of Carolyn Lunn. For an appointment time phone the church.

Plans are in the works for a Senior Luncheon to be held in the Fellowship Hall in the future.

Cynthia Sirett, Chair of Christian Community



Trinity is an Affirming Congregation

HEALING PATHWAY



“The Healing Pathway enables people to develop the gifts and skills of healing within the Christian tradition. The Healing Pathway practitioner serves as a vessel of God’s grace and healing energy. Practitioners are not the source of the healing energy; they are merely the instrument. The aim of healing is to restore balance and harmony within the energy system and thus enable the self-healing of the individual.” (healingpathway.ca)

The Healing Pathway Team humbly accepts this mission with joy, love and gratitude. Although we have yet to resume in person, hands-on sessions, we **continue to offer a Community Distance Healing Circle on Zoom (2nd & 4th Wednesday of the month.)**

You may also request one or more Private Distance Healing Pathway sessions at mutually convenient times. Those who have taken advantage of this option (whether suffering physical and/or mental-emotional/spiritual issues) have been pleasantly surprised by the depth of the experience.

The Regional Healing Pathway Team is discussing the **possibility of Level 1 H.P. Practitioner Training** sometime in the next few months. Please get in touch if you wish to be on a mailing list to receive information about such training.

News of the war in Ukraine may be weighing heavy on you, especially if you are facing any other challenging personal issues. If so, feel free to reach out. We would be happy to be of service in helping you establish a healing connection to Source... connection that can restore, rebalance and renew. All requests are, of course, confidential.

If you wish to be on our “reminder” mailing list for the biweekly Zoom Circle and/or wish to yourself or a loved one (with permission) to be included in healing prayer and/or receive a private distance session, contact the Church Office, or get in touch with Carolyn Lunn at trinitysmithsfallshealingpathway@yahoo.com.

Wishing you Healing Light and Blessings!

Trinity Healing Pathway Team: Rev. Christopher Ryan, Carolyn Lunn, Norma Wrightly, Betty Lou Kempt, and Linda Stronski (in partnership with Barb Loynes and Dawn Best of St. Paul’s United, Perth).



Rainbow 101



Rainbow 101 (formerly known as Rainbow Sabbath) is a safe, respectful place to meet, discuss and learn about the 2SLGBTQ community, and our amazing place in the world. All people are welcome. We hope to promote understanding, encourage mindful inclusive thinking, and inspire positive growth in each other and ourselves as we learn together.

For more information on Rainbow 101 and how to participate, please contact Heather Quinn 613-206-2254

Lanark Drum Circle
The last Sunday of each month at 1pm
Trinity United Church Gym



May 5th is Red Dress Day and we encourage all to remembered the missing and murdered Indigenous women and girls in Canada.

"An empty red dress is a marker of those no longer with us, and the red colour, because it resembles blood,"

"It's a powerful reminder." *Flora Riley*

