OCTOBER 2025

THE COMMUNICATOR

COUNCIL CHAIR REPORT

Ecclesiastes 4:9-10 NIV 9 Two are better than one, because they have a good return for their labor: 10 If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up.

Wow, it looks like we're off to a great year. It will be a year of learning for me as your new Chair of Council. I am asking that everyone be patient and I in return promise to do my best. The first item of information is to let everyone know about our NEW Church Musician. Michael Fenn comes to us from Stittsville. He not only plays both the piano and organ but also has a beautiful singing voice. He is open to strengthening the musical options that the church can offer. He is eager to work with Trinity, using a variety of music. His career as a teacher compliments this position and he would look forward to working with children should the opportunity arise. I, along with the Church Council, would like to express our many thanks to the search committee: Lee Davidson, Sandy Rankin, Judy Drummond and Grant Birtch. With many thanks for accomplishing this difficult task.

I was having difficulty writing this report. I am used to being a team leader and fall back to reporting from the groups that I am involved in. I realize now that I need to make the transition when writing my reports from being a team leader to someone who endeavours to bring the teams together and form a cohesive Council. I hope I can encourage the people in this community of faith to join where they are able: join a team, a group, be a greeter, read scriptures, assist at different events. Joining a group or team does not require you to be there on a constant basis but to be committed to helping when and where you are able. You can give as much or as little of your talents as possible and you will not be judged. As you read the Communicator, look at what the teams are doing. Where do you fit? How can you help? We are a busy church and would look forward to the involvement of all our members.

Heather Quinn, Trinity Church Council Chairperson

Ephesians 4:1-4 NRSV Unity in the Body of Christ 1 I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, 2 with all humility and gentleness, with patience, bearing with one another in love, 3 making every effort to maintain the unity of the Spirit in the bond of peace. 4 There is one body and one Spirit, just as you were called to the one hope of your calling.

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Rev. Takouhi's Reflection...Fall 2025



Dear Trinity United Church,

Do you know the following words of the New Creed of United Church of ours?

"We are not alone,
we live in God's world.
We believe in God:
who has created and is creating ..."

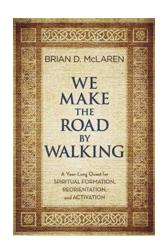
I find this a great reminder that God is **Not Done** with creating, creation and creatures — this includes us. God is ever renewing the way of life, calling us to new horizons, and possibilities.

The other day, I was listening to Christian Radio while driving (I drive a lot \mathfrak{S}) and Pastor-Teacher Chuck Swindoll was talking about living a New Life in Christ (Study of Romans). And he mentioned how the Church often hides behind tradition, saying that tradition reminds us of our ancestors who have left this physical earth, making tradition so important. He went on to speak about the negative aspects of traditionalism that resists necessary change and adaptation. He reasoned that traditionalism, which elevates the past over the future, hinders us from reaching out to new generations.

Swindoll's critique was not about honouring or dishonouring our ancestors and our church history, but I believe he wanted to bring a point across that an unhealthy attachment to the past can prevent spiritual growth. I hope I have done Pastor Swindoll justice by remembering his thoughts correctly.

Beloved, these words resonate with me, with the amazing ministries that Trinity carries out, moreover, it resonated with me very strongly just the other day where I saw the accessible entryway to the gymnasium in our building has commenced.

I am not sure if you are aware that Wednesday mornings, we meet for Bible Study (V.I.B.E. – Venturing in Biblical Education), as we thirst to grow in our spiritual lives. The Book we are reading now is "We Make the Road by Walking: A Year-Long Quest for Spiritual Formation, Reorientation, and Activation". It is a 52-chapter book to take us through the coming year. Last week we were discussing Chapter One and we had an epiphany of a sort - God is still creating newness, in and through us. Beloved, every single day is an opportunity for us to work together with God and with one another



Rev. Takouhi's Reflection...Fall 2025

to create Goodness and Loving Kindness no matter where we are found, because the Loving Kindness of God is always by us, we just need to acknowledge and work accordingly.

Beloved, it has been nine months to our ministry together and we all know that usually it takes nine months for a new baby to arrive on this earth. I am so glad to share with you that Trinity's ministries are growing day by day. From one chapel service a month at **Van Horne Manor**, we have added two more, at **Broadview** and **Rosebridge**, and soon **Lombard Manor**. Each gathering is a joy not just to those who attend but to me as well. I am so blessed that God has called me to this "work." I get to meet people, be with them in their sacred moments of life, Baptisms, Weddings, Funerals, but most of all being with you at every worship and other gatherings fills my heart with Joy!



Being lonely is the worst pandemic of our time, even when there are so many forms of connections, people are feeling lonely. In this Community of Faith we will continue to do our best to help people feel welcomed and Affirmed for who they are. Therefore, on November 2, 2025 – All Saints Sunday – we will officially welcome those who want to call Trinity their spiritual home address, if you or someone else you know who is looking for a place to belong, let them contact me, revtakouhi@terrautopia.ca or 613-777-0880. As most of you know, Trinity United is an Affirming and Welcoming Congregation; our doors and Hearts are open to ALL who want to be part of this Community of Faith and work together to make this world a better place.

Beloved, do you perceive it? The New Season of letting go is upon us, let us Fall together Upward in front of the throne of God and rededicate ourselves for the work of Jesus holding fast to **Deep Spirituality, Bold Discipleship, and Daring Justice.** These three phrases summarize the work of Jesus and the Vision of this United Church of ours.

Let us let go of all that hinders us from growth, let us let go of fear that stops us from giving generously our Time, Talents and Finances, and see God creating brand new ways for us to take the Church to the Street of Smiths Falls and beyond, not for our sake but for the sake of the world that God loves so much.

I remain humbly within God's Grace – God's Servant-Daughter, *Rev. Takouhi Demirdjian-Petro* - B.A., B.Th., M.Div.

Spiritual Leadership Team

Matthew 11: [Jesus said], 28'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. 29Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls.~ NRSV

Something to do with worship—who ya gonna call? Spiritual Leadership.

Love to sing—who ya gonna call? Spiritual Leadership. Join our choir—the more the merrier. Choir practice is Sunday mornings, usually 9 am, prior to worship. "Hymns are prayers said twice" ~Augustine (354—430 C.E.)

Interested in bringing your child or grandchild to Sunday school—who ya gonna call? Spiritual Leadership. Sunday school 2nd and last Sundays of the month.

Interested in Bible or Book Study—who ya gonna call? Spiritual Leadership. Bible study: Wed. mornings, in the parlour, 9:00 fellowship, 9:30 session. "We Make the Road by Walking." A year long quest for spiritual formation, reorientation, and activation. Book study: TBD What is the labyrinth all about—who ya gonna call? Spiritual Leadership. Check out the information kiosk at the labyrinth, enjoy a quiet moment sitting on our newly dedicated benches, walk the labyrinth situated at the corner of Elmsley and Russel Streets.

Need some quiet meditation time from a Christian perspective---Who ya gonna call? Spiritual Leadership. Come before the kids are even out of bed—8:30 a.m. Sunday mornings in the Upper Room or minister's study. Leader: Carol Williams. Dates are in the bulletin or call the office

Tired of eating alone? Want some time for conversation? Would you appreciate a mid-week worship— Who ya gonna call? Spiritual Leadership. Potluck and Praise, 3rd Tuesday of the month at 6:00 p.m.

Maybe, Rainbow 101 would suit you better. Potluck supper, lots of laughs, followed by some interesting conversation and learning for the 2S and LGBTQIA+ community and allies. ALL are welcome to this safe space. Second Friday of the month at 6:00 p.m. Do you want more info—Who ya gonna call? Spiritual Leadership or Outreach and Social Justice.

Please, consider how you might share your gifts by joining our team. Who ya gonna call? Talk to any of our members: Rev. Takouhi, Lee Davidson, Heather Quinn, Ann Marleau, Betty Lou Kempt, Norma Wrightly (Chair)



Healing Pathway

Sessions will resume Oct. 29. These are held in the chapel at Trinity. Please, call the office if you would like a session and we will return your call to set a time. Healing Pathway is a hands-on spiritual and healing practice designed to enhance your well-being and strengthen your resilience. It helps align your body, emotions, mind, and spirit, promoting a sense of harmony and balance in all areas of your life. At this time, we would like to acknowledge the founding facilitator of this program, Carolyn Lunn. Carolyn and Simon have moved to Almonte and we wish them well in their new home.

Resting in Silence

Resting in Silence – a time of community and meditation that gives us a brief vacation from our thoughts so that we might develop a deeper relationship with our Higher Selves/God.

Sunday mornings, Sept 28 - Nov 2

at Trinity United Church, 41 Market St. N, Smiths Falls

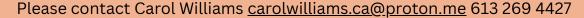
8:30 - 8:50 - instruction and sharing to the level of our individual comfort

8:50 - 9:10 - silent meditation

9:10 - 9:30 - sharing to the level of our individual comfort

Rules for being together:

- 1. Give and receive welcome.
- 2. Observe silence during meditation and when others are speaking.
- 3. Park cellphones at the door.
- 4. Speak your truth in ways that respect other people's truth.
- 5. Respect confidentiality.





UNITED CHURCH WOMEN REPORT

UCW is busy as always. Our Book and Bake Sale, held during Old Home Week early August, was a success. UCW Camp Weekend at Quin-Mo-Lac – Saturday September 6th. Wildfires in the area prevented the Camp offering overnight stays so it was restricted to one day only. Saturday, October 4th EOORC Leadership Workshop at Trinty.

There will NOT be a Harvest Supper this year due to the number of other events.

Four Rivers Fall Rally on Wednesday, October 15 at Grace UC in Gananoque. Theme: Called by Earth and Sky. Guest Speaker: Rev. Lynn Gardiner (Bethel Rideau Ferry). Flora Riley will be guest musician with accompanying drummers.

EOOR Leadership Day Friday, October 17 at Wesley UC in Pembroke. Speaker: Betty Turcotte on An Alternative style to run meetings and Sharon Hinton on Why do we have Devotions?

Saturday, November 8th – Holly Luncheon 10:30-1:30 Bake Table, Christmas tables of new and nearly new gifts, crafts, knitting etc.

December 11th – We will be catering for the Retired Teachers of Lanark County Christmas Lunch The first three Sunday in December will be the cookie Sale

Hospitality Time: still need volunteers to set up, prepare coffee and tea, bring and put out goodies and to clean up.

United Church Calendars 2026 – Norma Wrightly has ordered 20 (16 are spoken for). If you want a calendar let Norma know and she can obtain more. \$8 each.

We are planning a Trinity Cookbook as a fundraiser in 2026. Congregation and UCW members will be asked to submit recipes and anecdotes.

Helen Paul made lovely pocket prayer quilts. UCW members will be handing them out.

UCW Executive Update:

Betty Lou Kempt, UCW President, announced that she will be completing her two -year term in December and will not seek another term due to health concerns. Becky DeGroote has agreed to stay on for a further 2-year term as UCW Vice-President. Marilyn Devlin, Treasurer, has expressed her interest in staying on as Treasurer. Although it is a 2-year term Marilyn would like someone to shadow her during the next year as a successor with a view of taking over after one year due to health concerns. Jean Tuck is stepping down as secretary due to health issues.

PHOTO DIRECTORY

Have you looked at someone and know who they are but you cannot remember their name? We are working on a photo directory and would encourage everyone to participate.

It does not cost anything but a few minutes to have your picture taken. Every Family that has their picture taken will receive a free directory. We will have the photographers available October 21, 22,

23, and 24. Cory has been setting up the schedule. You can book a time with him on Sunday morning or call the office, leave your name and number and we will be in touch.

If you wish, you may purchase the photos (it is not necessary). The photos have been guaranteed to be delivered before Christmas.

We need everyone to participate to make our new pictorial directory complete. Be proud to say "This is My Church, My Community of Faith".



BOARD OF TRUSTEES

Investment Report – As of August 31, 2025, Trinity's investment portfolio has shown steady and positive performance... notwithstanding the global economy and international tariffs imposed on Canada by the USA and other countries. The portfolio is well-diversified, with the largest portion in cash and short-term investments, followed by fixed income, and then equities. This mix reflects a balanced approach, prioritizing stability and income while maintaining exposure to growth through equities. So, we consult with our BMO Nesbitt-Burns (Perth) to review our portfolio to determine if changes would benefit the investment fund. To date no changes have been recommended.

Financial Report - The Total Balance of Funds "Held-in-Trust" as of August 31, 2025 was \$868,183.76. The Summary of Accounts were as follows:

- The Board of Trustees Investment Savings Account at Scotia Bank was \$1,136.77; and
- Trinity's BMO Wealth Management Investment Portfolio was \$867,046.99*

*However, in September 2025, \$55,000.00 was withdrawn from the Investment portfolio and transferred to the General Fund and Capital Account to cover expenses. So. the BMO Investment Fund on September 24, 2025 was \$841,393.17.

Provision of Funds in Trust to Cover Church Expenses – To recap, as of today (September 24, 2025), a total of \$95,000.00 have been provided in the 2025 Fiscal Year to meet operating and capital expenses. Please note that \$34,945.25 of the total funds provided was the 50 % deposit on the Accessibility Ramp Project. Note of Thanks and Appreciation - The Town of Smiths Falls has approved a Community Improvement Grant to Trinity for \$26,004.00 in support of the Accessibility Ramp Project for which we are truly grateful.

Our Future - Any additional financial help you can provide to the General Fund and/or capital Account would go a long way to ensuring we have a healthy investment portfolio. Perhaps you can find a way to increase your weekly contributions to the General Fund OR perhaps you could make a donation to "Funds-in- Trust" to help the investment plan continue to be a source of funds as we move forward. Both options are tax deductible. The Board hopes you will see the value of and would agree that a "Funds-in-Trust" donation is where Trinity's financial security, viability and sustainability is anchored and thus the future of Trinity and its ministries can be relevant contributor to our community and beyond.

Submitted by Bob Swan on behalf of the Board of Trustees – October 25, 2025

STEWARDSHIP & FINANCE TEAM

"We have a vision that is amazing and exciting. We are inviting you to invest yourself through the resources that God has given you – your energy, your prayers, and your money – in this work to which God has called us." – Henri J. M. Nouwen, A Spirituality of Fundraising

Thank you for your continuing and faithful financial support of the life and work at Trinity. The Team provided a financial update in a summer letter including an interim statement of your financial contributions to May 30th. As we find ourselves challenged by rising fixed costs, we ask that those who are able consider increasing your financial commitment either through your weekly envelope or through PAR (Pre-Authorized Remittance).

The Stewardship & Finance Team encourage you to use the PAR method for your donations. In this way we have a steady, uninterrupted flow of funds to meet the monthly expenses. Applications for PAR can be found at the rear of the Sanctuary or through the Church office.

In order to meet expenses, we have had to access funds held in trust by the Board of Trustees to a total of \$60,000 to date. Some of that was used to meet unexpected expenses – replace water heater in kitchen and engineer plans for barrier-free ramps. The Trustee Report contains more information on the capital project of exterior and interior barrier-free ramps for the gym. Special thanks are extended to our hardworking and highly effective fundraisers, our United Church Women. The UCW not only raises funds for their budgeted outreach projects, they donate generously to the Trinity General (Operating) Account. This year, to date, they have blessed our operating account with \$9,000! They are certainly our angels

Thanks to all who supported the Geranium Sale and the Compost Sale. We raised over \$2100.

Upcoming Concerts:

FALL INTO MUSIC CONCERT SERIES # 2 - Sunday, October 26 @ 2:30 p.m.

MARY'S MERRY MINISTRELS: MARY A. KENNEDY, a fiddle teacher from Kingston along with 10-20 other local musicians will play various fiddle tunes as well as other genres of music.

CHRISTMAS CONCERT - Saturday, December 6 @ 7:00 p.m.

A Trinity favourite, THE BARREL BOYS BLUEGRASS BAND, bring their entertaining show of original and old favourite Christmas tunes along with their stories. With Fiddle, Banjo, Bass, Guitar and Dobro they offer rich vocal harmonies and virtuosic instrumental playing. You don't want to miss this show.

At this time, we are looking for volunteers to serve on this Team. In particular, we need a successor for our church Treasurer, Jan Montgomery, who is determined to retire from this position at the next Annual Community of Faith Meeting in early 2026. It would be useful for an interested individual to be mentored into the position by Jan. If you are at all interested, please come out to one of our meetings to see if you feel a calling to serve on this Team. Watch the bulletin or call the Church Office or reach out to Jan Montgomery or Bob Swan as to meeting dates.

Fundraising and stewardship of the Church's finances is a Ministry and we invite you to join in. Your Stewardship & Finance Team,

Bob Swan, Chair, Jan Montgomery, Church Treasurer, Joanne Hunter, UCW rep., Mike Murphy, member-at-large

SUNDAY SCHOOL

Sunday school (second and last Sundays of the month—10:30 a.m. in the Upper Room)

"I like doing crafts." Ruby

things."

Rowan

Sunday school is a place where Kim and I nurture children's faith and help it grow. Here they can learn and experience God's love. We want to teach children they can ask God to help them in difficult situations they may encounter in their every day lives, as well to thank God when there is good. "Learn new

These are quotes from Sunday school children when asked why they like Sunday school.

Submitted by: Cathy Pickup

"Sunday School is fun." Ryan

"I like making crafts and learning about God." Saphira

"I like Sunday School because of the building." Luxia

"You get to learn about God." Ross

"Spending time with everybody. Coming to church in general." Brady

PROPERTY TEAM REPORT

Here is an update of activities the Property Team has been working on:

Elevator Service Agreement - The semi-annual elevator inspection was carried out in August 2025. The next inspection will be in February/March of 2026. **Kitchen** – A new "water heater" has been purchased and replaced. Sanctuary - 401 Electric (Brockville) has completed the replacement of LED light bulbs in the sanctuary. In addition, two new fans were purchased to improve air circulation. Air-Handling System efficiency - A reminder - Key doors throughout the church have been identified and should be kept closed in order for the air-handling system to work efficiently. These doors have signs posted on them.

Two accessibility ramps into the gymnasium, (one through the Market Street entrance and one inside the gym) are currently been installed. A new more "accessible-friendly" door is also being installed as part of the project. Works of Iron (Brockville) is the contractor. It is anticipated that the ramps will be ready for use in approximately three weeks. The property team is asking for your patience and flexibility while the project is underway, as unforeseen delays may occur.

Trinity's AED (defibrillator) life expiry is 2027. A new defibrillator will be budgeted in 2027. The life of the battery pack has expired and a new battery pack has been purchased & installed. In addition, Janice Steele (Smiths Falls Paramedic) has offered to run a refresher course for Trinity free of charge on the use of the device. Volunteers are being sought to take the training in order to provide emergency care should it be needed during activities in the church. If you can help, please contact the church office (613-283-4444). Based on volunteer commitment, dates for the training will be established for early in November.

Smiths Falls is developing a downtown "Heritage Conservation District" Plan - The objective of the "Plan" is to develop policies and guidelines for the "District". Trinity is included in the Plan. The Planning Committee held its first public consultation (Open House in March, 2025) and published its first Draft Report (August 2025). A second Open House was held on September 18, 2025. Trinity representatives attended the Open House. The focus of the September Open House was to present the first draft of the "Plan", share ideas, answer questions and seek public feedback. Going forward, the Property Team will coordinate opportunities, from a Trinity perspective, for congregational participation in the process. Please contact John Quinn or Bob Swan if you are interested in this important exercise.

Respectfully Submitted - Bob Swan - on behalf of Property Team - September 25, 2025

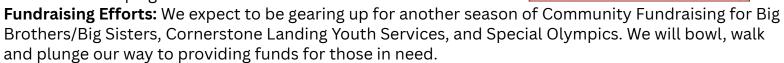
Outreach and Social Justice

Our team has been hard at work. Our main focuses have been food insecurity, through our Casserole Ministry and monthly Food Bank Challenge. A Church is not just a building. Outreach and Social Justice is not just for the people at our place of worship. It is for ALL people! It is our way to show the Love of Jesus in practical and tangible ways for today's world. Our focus for the future is on Building Bridges, Not Walls! We strive to extend Hospitality, Diversity, Justice not just with words but with actions too. We are called to raise awareness and respect. We are called to raise hope. We are called to raise funds for the community. We will work toward those by Education, Advocacy and Action. We are committed to the welfare of and justice for the most vulnerable and to the earth.

Trinity United Church
41 Market St. N Smiths Falls, ON

Our five main areas of focus are:

Inclusivity and Gender Equity
Environmental Stewardship
Homelessness/Food Insecurity/ending Poverty
Indigenous Reconciliation
Awareness Campaigns and Services with Intention



Inclusivity and Gender Equity: Rainbow 101 meets the 2nd Friday of the month in the Fellowship Hall at 6:00pm. We have requested ideas of what our year ahead will look like. In the past we have watched movies, had music trivia, and some deep conversations into the struggles and victories of the 2SLGBTQIA+ Community. Come out and have some laughs, insight and food with us!

Environmental Education: REAL is always utmost in our minds with Pitch in Days to clean up our community. We recycle our used batteries as we get ready to transition to rechargeable batteries. We collect coffee grinds and other organic matter for composting. If anyone would love some stuff for your backyard composter, please speak with Patty.

Food Insecurity: Casserole Ministry - In January, the UCW and Outreach partnered to provide a Free Meal once per month to help combat food insecurity. So far, we have served 495 take out meals over the seven months we have prepared and served. The need is great in our community and we would like to strive to make 100 meals per month. "This Casserole Ministry" is served on the 2nd Tuesday of the month at 1:00pm. We are making a difference and showing the Love of Jesus!

Food Bank Monthly Challenge - In May we started our Monthly Food Bank Challenge. What a HUGE SUCCESS this has been. So far we have donated 730 items! WAY TO GO TRINITY:

In May we collected 109 lunch desserts (pudding cups, Jell-O cups, fruit cups, etc.) In June we collected 191 cans of meats, stews, fish. In July we collected 139 Side Dishes (rice, pasta, KD, instant potatoes, etc.) In August we collected 291 Personal Care Items (toothpaste, shampoo, etc) In September we collected juice boxes and shelf stable drinks. Check out Facebook for monthly totals. In October we will be collecting; Coffee, Tea, Hot Chocolate, Sugar, Flour, Spices, baking ingredients.

Awareness days/ Services with Intention: Sunday April 27th Outreach and Social Justice lead worship for FARM SUNDAY. We had Leeds and Grenville 4-H members help out with the celebration. May 4th Trinity hosted the Red Dress Memorial Service. We handed out 66 Red Dress Pins. Thank you to Flora Riley for her participation. On June 1st Rainbow 101 helped Trinity kick off Pride Month. Rainbow 101 and Trinity hosted a table at Smiths Falls Pride Day on June 6th and on June 20th we showed the locally produced 2SLGBTQIA+ film "There's a Place for Me Here". On September 28th Trinity recognized the importance of Orange Shirt Day. There were orange shirt pins available.

Indigenous Reconciliation and Relations: Trinity continues to provide space for Lanark Drum Circle to meet in the Gym the last Sunday of each month at 1:00pm.

Article Submitted by Patty Agnew–Chair on behalf of the team (Norma Wrightly, Mary Wright, Kari Cunningham, Brenda King, Barb Ellis, Becky DeGroote, Diane Combdon, Peter Au, Flora Riley,)

VOLUNTEER OPPORTUNITIES - CALLED TO SERVE

Your gift of time is priceless to Trinity. We are in need of volunteers to serve on our Teams. Please consider your talents and see if you are called to serve at Trinity. After Hospitality on SUNDAY, NOVEMBER 30 there will be information tables set up where you can explore the various volunteer opportunities and speak with current Team members about serving on that Team. Your volunteering is a true indication of Thanksgiving.

Thanks, Jan Montgomery



The Ministry and Personnel Committee is responsible for good communication between the congregation and the paid staff of Trinity. Annual reviews will take place with the staff in early November and we welcome your input of suggestions and appreciation by Nov. 1.

Carol Williams – carolwilliams.ca@proton.me, 613 269 4427

Christian Community

1 Peter 4:10-11 NIV - Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms.

We know that you have gifts to share with your Church Family. Christian Community has many options for you to share them.

Rev. Takouhi and Sharon O'Neill visit people regularly—homes, hospitals, retirement and long-term care homes, yes, even at a coffee shop. They send cards and make phone calls. What a wonderful ministry—maybe, this is a calling for your too.

Talk to Jeannie Walton if you are willing to be a greeter on Sunday mornings. It is a great way to meet folks and a chance for a chat to catch-up as you hand out bulletins.

You are welcome to join Rev. Takouhi as she leads a short worship at Broadview, Van Horne and Rosebridge Manor. Our newly compiled chapel hymn books go with us to Van Horne, so all may join in singing. The UCW joins us for this service and provides fellowship afterwards.

Starting October:

1st Wednesday @ 2 p.m. at Rosebridge Manor (Eastons Corners) 1st Thursdays @ 2 p.m. at Van Horne Retirement Home 2nd Thursdays at 11:00 a.m. at Broadview

Please, talk with Sharon O'Neill for more information about this Team.

Rainbow 101

Second Friday of each month 6pm - See 'Rainbow 101 Lanark' on Facebook for location



Lanark Drum
Circle
Last Sunday of
each month 1pm
in the gym