

# Trini Tidings 2018



## Fall

**Trinity United Church**  
**15 Tupper Street South**  
**Portage la Prairie, MB**  
**R1N 1W7**

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*Trinity Mission Goal:*  
"Open our hearts and minds  
to welcome each person  
as a child of God."

## Saturday Breakfasts are Back!



Mark your calendars for the  
upcoming Breakfasts at Trinity  
Saturday mornings  
from 8:30 – 10:00 a.m.  
(no cost – donations are  
gratefully accepted)  
**Saturday, October 13**  
**Saturday, November 10**

## COMING UP IN SUNDAY WORSHIP at TRINITY

*Sunday Services and  
Sunday School at 10:30 a.m.*

**September 23, 2018**

"Brother vs. Brother"

**September 30, 2018**

"Blessings in Times of Chaos"  
Orange Shirt Day

**October 7, 2018**

"Blessed to be a Blessing"  
Thanksgiving  
World (wide) Communion

**October 14, 2018**

"I Had the Strangest Dream"

**October 21, 2018**

"Why Would God Pick  
that Person?"

**October 28, 2018**

"What Makes You Beautiful"  
Sacrament of Baptism

**November 4, 2018**

"Remembering Our Past"  
In Memoriam Sunday

**November 11, 2018**

"Celebrating Our Present"  
Remembrance Day

**November 18, 2018**

"Imagining Our Future"  
with the leadership  
of Trinity kids

## UCW Fall Tea



Saturday, November 24  
2:00 p.m. – 3:30 p.m.  
Donations of baking, crafts,  
sweets, jellies, knitting, etc.  
will be gratefully received.  
More information to follow.

*Everyone is welcome!*

## Special Events Calendar

**Book Study resumes**  
Friday, October 5  
10:15 a.m. – 11:45 a.m.  
Queen's Court

**I-Pad/I-Phone Help Session**  
Thursday, October 11  
2:00 – 3:30 p.m.

**Breakfast at Trinity**  
Saturday, October 13  
8:30 – 10:00 a.m.

**Grief Support Group**  
Monday, October 29  
6:30 p.m. – 8:00 p.m.

**UCW Fall Tea & Bazaar**  
Saturday, November 24  
2:00 p.m. – 3:30 p.m.

**Breakfast at Trinity**  
Saturday, November 10  
8:30 – 10:00 a.m.

## How Does This Work? An I-Pad/I-Phone Help Session

Do you have an iPad or iPhone but feel like you really don't know how to use it? Do you have questions that feel too silly to ask an expert? Bring your device down to the church on **Thursday, October 11** where Julie and Beth are hosting a coffee and tech help session from **2:00 – 3:30 p.m.** We are no experts, but would be glad to help you figure out how to get into youtube or stop getting notifications, or log into facebook, or send photos, or whatever it is you're trying to figure out. We also welcome others who feel like they know how to use their phones and tablets well and are willing to answer other people's questions. We can help each other!



Trinity's next Baptism Sunday will be **October 28**. If you are interested in baptism for yourself or your child, please speak to Beth by October 5.



# Trinity's Memorial Fund

Each Fall, the leaves remind us that change is inevitable. It might seem like only yesterday

that they were just beginning to burst forth in that yellow-green that only new leaves have. Now they are turning yellow and orange and brown and preparing to let go before the winter comes.

This Summer, our community has said a lot of good-byes. We have had to let go of people who have helped shape us into the community of faith that we are. We miss them. Still, we know that just as the falling leaves of Autumn enrich the soil as they return to compost, the lives of those we know and love continue to enrich our living long after they have died.

One way that you can help fertilize new growth here at Trinity even after you have died is by including in your final wishes a request that Memorial donations be made to Trinity. Our Memorial Fund which is where Memorial donations go unless you or the donor specify otherwise is used to fund Worship and Christian Education. Memorial donations can also be made to the General Fund to help with operating expenses, to the Building Fund to support upkeep on our historic building, to the Mission and Service Fund to support outreach across Canada and around the world or to any particular ministry of the church that you would like to support. The funds raised in your memory



can help Trinity to continue to grow into the future.

Since our May 2018 issue of Trini-tidings, we have been blessed to have received

Memorial Donations to the Memorial Fund in memory of:

*Glenn Arnott  
William Malanchuk  
Bert Bazin  
Betty Kramble  
Iris Calverley  
Gladys Paterson  
Elizabeth Scott Thomson  
Olive Ferguson  
Joe Stasiuk  
Verna Blight*

Memorial Donations were given to the United Church Women (UCW) in memory of Verna Blight. A donation to the Give Us a Lift Fund was also given in memory of Betty Kramble. We are sad that these people are no longer with us in the same way but we also celebrate how their legacy of faithfulness will live on and enable us to continue to offer life-enhancing ministry here in Portage la Prairie and beyond.

House Group A's Mabel's Labels fundraiser is ongoing. If at any

time you have a need for labels orders can be placed at any time and the 20% commission will continue to be sent to us here at Trinity. Mabel's Labels are labels made for your everyday needs. Please visit [campaigns.mabelslabels.com](http://campaigns.mabelslabels.com) and search in the top right corner for "support a fundraiser" Trinity United Church (Portage la Prairie) to place your order and support the church at the same time!



mabel's labels

## UPDATE 2018

Trinity Funerals, Weddings & Baptisms since the May 2018 TriniTidings

### Funerals

*Carla Marie Popoff*  
May 17, 2018

*Betty Mae Kramble*  
June 13, 2018

*Gladys Mae Stupich (Fraser)*  
June 16, 2018

*Iris Gwendolyn Calverley*  
June 25, 2018

*Mabel Wilma Tickle*  
June 26, 2018

*Wayne Donald Archer*  
July 11, 2018

*Elizabeth Scott Thomson*  
July 7, 2018

*Diane Merle McCallister*  
August 7, 2018

*Dr. Joseph Stasiuk (Joe)*  
August 17, 2018

*James Frederick Burrows*  
August 25, 2018

*Verna Audrey Blight*  
August 25, 2018

We also offer our sympathy to the families of *Bob Brownridge* and *Norma Driver*, who both died in August.

### Weddings

*Steven Andrew Nelson & Stephen John Smith*  
September 22, 2018

### Baptisms

*Marcel Junior Rapmund*  
June 17, 2018

LET OUR  
hearts  
BE FULL OF BOTH  
THANKS AND  
giving

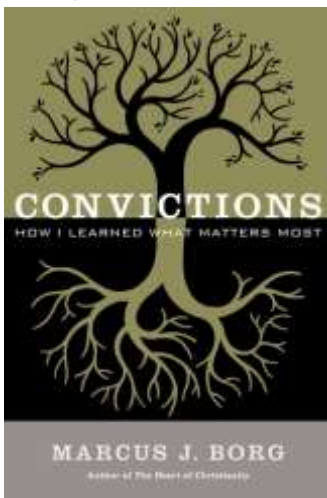
## Friday Study Group

Our weekly bible study group meets on Fridays from 10:15 to 11:45 at Queen's Court (someone will greet you at the door).

New members are always welcome. We are reconvening for this year on **Friday, October 5** and starting a new book so it would be a particularly great time to join us.

This year we are exploring [Marcus Borg's book Convictions](#). Borg wrote this book when he turned 70 to explore what he had learned about faith and life over the span of his life. We will use his book to help us explore what we believe and how our faith has changed over the span of our lives. Join us to consider such questions as:

- How has the faith of your ancestors contributed to your faith journey?
- What was your favourite Bible Story as a child?
- How do we avoid treating the Bible like a buffet, a smorgasbord, a cafeteria from which we choose what we like and leave the rest off our plate?
- Where in the world today do people need to be liberated from oppression or slavery to modern day Pharaohs?
- What does Easter mean to you? and
- What would "justice rolling down like waters and righteousness like an ever-flowing stream" look like in today's world?



Each week will have a short reading from the book as well as 1 or 2 scripture passages to read in preparation. If you cannot come one week, you can read the section in the book to stay connected with what the group will be talking about. The book is available from [McNally Robinson](#), [Amazon](#), [Chapters](#) as both a print book and an ebook. If you would like to have us order the book for you, please contact the church office as soon as possible. We have also put one copy of the book on reserve in the Trinity library so that those who don't want to own their own copy can come in some time during the week to read the chapter for the week.

## Visiting the Hospital

With changes at the hospital, there is no longer a list that the ministers can check to see if you are there. If you would like the ministers know that you are in hospital so they can look in on you when they are at the hospital, please have someone contact the church. We are keeping our own hospital list so we can continue to offer pastoral care to those in hospital. One of our ministers does visiting at the hospital most weeks and they would be sad to learn later that you were there and would have liked them to pop in but they didn't know you were in hospital so they didn't ask for your room number. If you would like a visit as soon as possible, you can also ask a family member, friend or someone from the hospital staff to call the church and Julie or Beth will know that

you would like one of them to come by as soon as they are able.



Did you miss a Sunday?

Was there something in the sermon you want to share with friends? Are you one of Trinity's friends who doesn't live in Portage la Prairie anymore? Well, we have good news for you. Once again this Fall, we will be recording our sermons most Sundays and posting them to youtube. You can find us on youtube at "Trinity Portage". Links will also be posted to our Facebook group and Twitter account so you can find them easily each week. If you would prefer to have a text copy of the sermon along with the link emailed to you each week, please contact Jacquie at the church office ([trinityu@mts.net](mailto:trinityu@mts.net)) to get your name on the distribution list for that.

## A note from the Gardener

Thanks to everyone who helped with the flower work around the church this past season. Our caretaker, Don, did a great job with the continuous watering due to our very dry conditions. Thank goodness petunias like to bloom.

After seven enjoyable years, it's time for someone with new ideas to assume the planting job. It's great fun! If you are interested, feel free to talk with me, Brenda Moorhouse 204-857-8252.



## Are you receiving

**TriniTidings?** If you know of someone who would like to receive TriniTidings, please have them call the office and we will add their name to our list. You may also contact us by e-mail – [trinityu@mts.net](mailto:trinityu@mts.net)



## Ordinary Life Retreat

We know that tending to our spiritual lives helps us live each day with



a sense of purpose and deeper compassion for self and others. However, in the rush of ordinary life, it can be hard to set aside time to do that. Many of us would love to go away on retreat more frequently or dedicate an entire day to reflecting on our relationship with God but often that just isn't realistic.

So this Fall, you are invited to our "Ordinary Life Retreat". This retreat will take place right where you are in the midst of your everyday life over a six week period starting October 13/14 for those who are able to be part of the Facebook discussion group and a week later (October 21) for those who want print materials.

You can do this wherever you are and at whatever time of day works for you however to get the full benefit of this "retreat" you are encouraged to make the following time commitment for the 6 week period:

- a half hour some time over the weekend to watch the introductory video and plan for your weekly project
- a minimum of 15 minutes per day on weekdays to read the daily reflection and spend some time pondering or journaling or creating art about the suggested question (if it works for you, there would be benefit to reading the reflection in the

morning and revisiting it to journal/create/reflect later in the day)

- a willingness to "notice" the daily reflection theme or "whisper" the daily prayer as you go about your day
- about an hour (could be more if you are inspired) for the weekly

challenge project each week

For those who are on Facebook, there will be a closed discussion group (i.e. posts will only be seen by those who are also participating in the retreat) to reflect together on each day's theme and our experience with it. The links to the weekly videos and the daily reflection posts will be posted to this group. The opportunity to learn from each others' experience and to support one another as we make this journey will enhance the experience for everyone involved. For an invitation to join the group, email, Facebook message or otherwise speak to Beth and she will add you.

For those who are not on Facebook, a print version will be available the week after the on-line experience (so starting October 21).

Weekly themes include:

- practicing gratitude
- reclaiming solitude and silence
- nurturing connection
- celebrating beauty
- praying creatively
- embracing life as it is

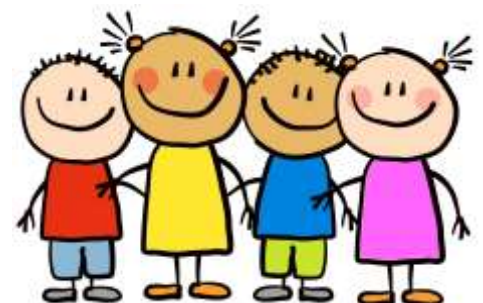
For more information or to get connected to the Facebook group, contact Beth. If you want to be part of the print version, let the church office

know. We will produce a weekly booklet for you to pick up in the office each Sunday starting on Sunday, October 21. Feel free to invite your friends and family who might also be interested.

## Sunday School

At Trinity, we believe that Sunday School can be an important part of your family's faith formation and spiritual care. We are excited to begin another year of children's programming, and are delighted to have new resources to help our learning together! Thanks to the writing team at Sparkhouse, we are using resources called "Holy Moly!" for our younger participants, and "Connect" for our older kids. "Connect" is written specifically with tweens and young teens in mind, so we're looking forward to a year full of meaningful engagement. These programs both use video storytelling each week to augment the usual Sunday School sorts of activities, so we hope that will also enliven the experience. If you would like information about our Sunday School program, there's lots of information online at

<http://trinityunitedportage.ca/sunday-school/>. Kids are welcome every Sunday or any Sunday. We are always looking for more teachers and helpers, so if you're interested in that, please speak to Amy Chappellaz. She or Julie Baker would also be willing to talk to you about anything Sunday School related any time.



## Lunch and Learn

### FIRST CONTACT



You may already be familiar with the 3 part television series produced by APTN called #First Contact. In our commitment to truth and reconciliation, Trinity is hosting viewing and conversation sessions for these episodes on three Sundays after worship this fall.

**September 30** – Episode 1 –

The Journey Begins

**October 28** – Episode 2 –

A Group Divided

**November 25** Episode 3 –

The Road to Healing

You are welcome to attend whether or not you have seen these episodes already. You are welcome to attend whether you feel like you know a great deal about Canada's relationship with Indigenous people, or nothing at all. Come, have a light lunch, watch the show, and talk with others about what you observe. The episodes are 45 minutes in length, and we want to allow an hour or so for debriefing and conversation. Plan of a time frame of approximately 11:45 a.m. – 1:45 p.m.

You are welcome to attend one or more of the sessions. While it is not essential to have seen a previous episode prior to viewing the next, it is helpful, so if you are only attending the second and/or third session, you may wish to watch previous episodes on your own prior to attending.

Here's how the series has been promoted by APTN:  
Most Canadians have never taken the time to get to know

Indigenous People or visit their communities. First Contact takes six average Canadians, all with strong opinions about Indigenous People, on a unique 28-day journey into Indigenous Canada. Leaving their everyday lives behind the six will travel deep into Winnipeg, Nunavut, Alberta, Northern Ontario, and the coast of BC to visit Indigenous communities. Narrated by host and social justice activist George Stroumboulopoulos, First Contact is a journey that will turn the six participants' lives upside down. Challenging their perceptions and confronting their opinions about a world they never imagined they would see. It is an experience that will change their lives, forever.

To see more about the series, you can visit the website <http://www.firstcontactcanada.ca/> or <http://aptn.ca/firstcontact/> If you have questions about our Lunch and Learn sessions, feel free to speak to Julie Baker or Beth Kerr.



This year, Orange Shirt Day falls on a Sunday. Our first Lunch and Learn session coincides with this day, and you are invited to wear an orange shirt to worship, whether or not you will be joining the Lunch and Learn.

Orange Shirt Day grew out of Phyllis (Jack) Webstad's story about her experience at the school. She writes: "I went to the Mission for one school year in 1973/1974. I had just turned 6 years old. I lived with my

grandmother on the Dog Creek reserve. We never had very much money, but somehow my granny managed to buy me a new outfit to go to the Mission school. I remember going to Robinson's store and picking out a shiny orange shirt. It had string laced up in front, and was so bright and exciting – just like I felt to be going to school! When I got to the Mission, they stripped me, and took away my clothes, including the orange shirt! I never wore it again. I didn't understand why they wouldn't give it back to me, it was mine! The color orange has always reminded me of that and how my feelings didn't matter, how no one cared and how I felt like I was worth nothing. All of us little children were crying and no one cared"

In this fall season of returning to school, Orange Shirt Day invites us to continue remembering the children who attended Residential Schools and to recommit ourselves to the work of reconciliation, anti-racism and anti-bullying so that future generations of children will not have stories like Phyllis' to tell. You can find out more about orange shirt day at [www.orangeshirtday.org](http://www.orangeshirtday.org)

On the second Sunday of every month we collect food here at Trinity for the Salvation Army Food Bank.

We also collect toiletries (small soaps, shampoos, sanitary supplies, toothpaste, etc.) for the Family Violence Abuse Prevention Centre (women's shelter) at the same time. You are encouraged to bring food or toiletries with you to leave in the bins in the entryway of the church.

Thanks for your support of these important community outreach projects.



# Legacy Giving

## Preparing to Die

Who knew that preparing for death could be so exciting? But over the past two months, it has been rewarding beyond my wildest expectations. As a member of Trinity St. Paul's Stewardship Committee, I thought Trinity-St. Paul's United Church (TSP) was overdue for a Death and Dying Workshop. Preparing for the workshop caused me to look at my own affairs. I was surprised to find that my five-year-old preparations were completely outdated.



## Charitable Giving

One way to reduce probate and executor costs is to direct registered funds such as RRSPs, RRIFs, and TFSA's to a

charity. But why wait to die? I decided to simplify my estate by collapsing my Charitable Trust and creating an

endowment fund within the United Church Foundation. This fund will support the new Anishnawbe Health Center being built in downtown Toronto and other people can add to it. Watching it grow during my lifetime will be delightful as the United Church has an excellent investment and management structure.

## Who Cares?

Who will be supervising the final distribution of your wealth? It should be someone who has a stake in the game. As my entire estate will be going to charity, I have decided to concentrate my gifts so that at least one institution has a strong interest in the probate being managed efficiently. The United Church has agreed to hold a copy of my Will and provide oversight to the probate process.

All of the above takes considerable time and thought, but it certainly has been rewarding. My Will provides a bold statement of what I have valued in life and my estate will be going to the charities I love, rather than being wasted on unnecessary fees. And while focusing on death, I decided to leave money for a grand Celebration of Life filled with Leonard Cohen music (Hallelujah!) and a Dixie band

that will lead everyone to a fine feast in the gym. I have been tapping my toes just thinking of the party!

*Guest column by United Church of Canada Foundation Donor Darlene Varaleau*

**Financial Update**  
**May – August 2018**  
Goal - \$50,452  
Given - \$47,514



**Please help!**  
**Thank you.**  
Giving Goals  
September - October  
\$29,008  
**Let's keep it up!**

## Executor and Power of Attorney

My executor, power of attorney and substitutes are no longer available as they have three aging parents and health issues within their family. They assured me that the duties would be assigned to a third party...which would most likely be a bank.

## Bank Fees

Executors are legally able to claim approximately 5% of an estate's value, and the sale of a home could trigger a maximum real estate fee without strong supervision and negotiation. So I estimate that, without strong oversight, \$150,000 to \$300,000 could easily drift away from my estate. A survivor could challenge claims in court, but this would be time-consuming and expensive. I am confident that an individual could perform most of the duties over several months, so the job isn't likely to be worth what the bank would charge.

## Are you on P.A.R.?

Have you thought about making your church donation by P.A.R. (Pre-Authorized Remittance)?



Through PAR, automatic monthly withdrawals are made from your bank account. PAR is easy to set up, simply email or call Jacquie at the church office ([trinityu@mts.net](mailto:trinityu@mts.net) or 204-857-4471) or come in some day during office hours (9-12 or 1-4), and she will walk you through the process. If you are already on PAR, don't forget that you can increase or decrease your PAR donation by calling the office any time.

## Celebrating Stewardship



This Fall our Stewardship Campaign focuses on celebration.

We begin with celebrating the wisdom of the elders in our midst on Sunday, November 4. In conjunction with holy communion and our annual in memoriam time of remembrance, we will have video of some of the elders in our community reflecting on what church has meant to them over the years. You don't want to miss this sharing of story and wisdom.

Then on Sunday, November 11, we will look at our present. What is happening right now at Trinity? How are we being the church in our community? In image and story, we will get a glimpse into the many different things that happen here at Trinity on a daily, weekly and annual basis. We bet you will be surprised by some of them.

Finally on Sunday, November 18, we will look towards our future. What might we become? How is God's Spirit moving amongst us now inviting us to new adventures? Our children and youth will help in leadership that morning reminding us that we already have the gifts amongst us that we need to move forward into a vibrant future.

Trinity is an active faith community serving people of all ages and stages because of the support of our donors. Without your help, we cannot continue to do what we do. Thank you!

### Do you like to sing?

Kids age 4-14 are welcome to join the junior choir. We'll sing at church on Sunday mornings (church is at 10:30 a.m.), and



we'll have a practice the Thursday before (7 – 7:30 p.m. in the church sanctuary). Practice CDs will be available as soon as possible to help you learn ahead of time. Our first practice on Sept 27. Mark your calendars for these Sundays (and the Thursday before too!):

September 30

October 28

December 2

December 24

*(Christmas Eve – not a Sunday)*

January 27

March 17

April 14

May 12

### Are you a Millennial or a Gen Xer? If so, we need your input.

We recognize that the spiritual needs and life realities of people are



changing and the way we have always done church doesn't always work anymore. We need your help to identify ways in which Trinity can connect with people under 55 and especially people under 30. We want this to be genuine connection which enhances

people's lives and nurtures their spirits. We are not interested in "bums in pews" or trying to guilt people into taking on roles that are not life-giving or doing things that zap their energy.

This Fall the Structure Support Team is organizing a series of focus groups to learn from you. Each Focus Group will have two facilitators who are Gen. Xers or Millennials themselves. They will ask some questions and encourage discussion to help us understand your perspectives better. We hope that you will be honest because we really want to know what life is like for you. If something about our church "sucks", we need to know that because we probably aren't doing that on purpose. The results of the focus groups without names will be shared with the Structure Support Team, Leadership Team and Ministry Team to help us identify possibilities moving forward.

Can you help us out?

Facilitators will be contacting people they know over the next while to ask you to be involved. Please answer their email, phone call or text. If you are already saying to yourself, "Yes, absolutely. I'm in." then please let us know that at the church office ([trinityu@mts.net](mailto:trinityu@mts.net)

or 204-857-4471) and we will make sure you are among the first contacted. We are also

interested in hearing from people who don't have a church connection or who did once upon a time but don't anymore so if you know of Millennials or Gen. X'ers (basically anyone between 20 and 55) who might be willing to talk to us, we'd love to know that too.

## Give us a Lift

Accessibility of our sanctuary is important to us. We want everyone to be able to join us for Sunday services, funerals and weddings. To that end, we have replaced the lift which

allows access to the office area in the basement and sanctuary from street level on Tupper Street.

While the project experienced some delays and hiccups, we are delighted that we now have a fully functional lift and expect the completion of the outstanding cosmetic issues (like paint) soon (maybe even by the time this newsletter is



kind of church we want to be which is accessible to all people.

The overall project cost \$71,305 so we could still use your help. If you would like to make a donation to the "Give us a Lift" fund, you can do that through your offering

envelope or dropping a cheque (or cash) off at the church clearly marked "Give us a Lift". You can also donate on-line through Canada Helps (click the Donate link on our website [trinityunitedportage.ca](http://trinityunitedportage.ca) and choose "Give Us a Lift Fund" from the drop down box).

Thank you for helping us continue to be a church that can welcome everyone who

wishes to participate in our life and work without barriers.

published). If you would like to learn how to use the new lift, please ask Beth, Julie or Jacquie for a quick lesson. It's simple but not the same as the old one.

We owe huge thanks to the Sir Thomas Cropp Foundation who gave us a generous grant of \$15,000 towards the lift replacement project. Helping historic churches like ours to continue to serve their communities is a vital part of their mandate. Many thanks also to all the other donors who helped us to fund the replacement of the lift. Together you donated \$34,405. Without your support, we could not continue to be the

## Chew on This!

Did you know 1 in 8 Canadian households struggle to put food on the table, and that the poverty rate in Portage la Prairie is 26.8%, the provincial average 18.2%?

Community Food Matters is promoting the 2018 ChewOnThis! Campaign. Every year on the International Day for the Eradication of Poverty, people take to the streets to engage their communities about how the federal government can step up to help the 4.9 million people in Canada living in poverty with a human rights-based anti-poverty plan. On October 17, take a moment to reflect on poverty and what it might mean to our neighbours. How does it affect the food they put on the table? Learn more at [www.chewonthis.ca](http://www.chewonthis.ca)

## Grief Support Group



Grief is a natural response to loss. It's the emotional pain you feel when someone you love dies. Grief also accompanies other kinds of losses – divorce, loss of health, loss of a job, etc. The more significant the loss to you, the more intense your grief. Grieving is a personal and highly individual experience, and it takes time. There is no "normal" timetable for grieving. While everyone grieves in their own way, we also share the process in common, and for most persons, the single most important factor in healing from loss is having the support of others. Even if you aren't someone who regularly shares your feelings, it is important to express them when you are grieving. Sharing your loss makes the burden of grief easier to carry.

Later this fall, we will be offering a 6 week grief support group, as we move into shorter days, longer nights, and the intensity of holiday celebrations. We will begin **Monday, October 29 from 6:30 – 8:00 p.m.** and meet weekly at Trinity until December 3. If you are interested, or have questions, please be in touch with Julie Baker or the Trinity office.

