

# Trini Tidings 2017



## Fall

**Trinity United Church**  
**15 Tupper Street South**  
**Portage la Prairie, MB**  
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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 14

Breakfast with a Mexican flair,  
(including fruit & muffins),  
served by Chef Will Lopez.

### Saturday, November 4

The menu will include  
scrambled eggs, ham, biscuits,  
fruit, tea, coffee & juice.

## COMING UP IN SUNDAY WORSHIP at TRINITY

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

### September 24, 2017

"Taking Our Place  
in the Story of Faith"  
Celebrating Confirmation

### October 1, 2017

"Struggling Towards  
Reconciliation"  
Communion, Handivan

### October 8, 2017

"More Desirable than Gold"  
Thanksgiving

### October 15, 2017

"Sorting out what Truly  
Matters" Sacrament of Baptism

### October 22, 2017

"Sticky Situations"

### October 29, 2017

"Come to the Party!"

### November 5, 2017

"What Hypocrisy?"  
In Memoriam Sunday  
Communion, Handivan

### November 12, 2017

"What do we do while we wait?"

### November 19, 2017

Guest Speaker: Lesley Harrison

### November 26, 2017

"Did you just call me a Goat?"  
Communion

## UCW Fall Tea & Bazaar



### "Celebrating 55 Years of UCW"

Saturday, October 28  
2:00 p.m. – 3:30 p.m.

Donations of baking, crafts,  
sweets, jellies, knitting, etc.  
will be gratefully received.

*Everyone is welcome!*

## Special Events Calendar

**Breakfast at Trinity**  
Saturday, October 14  
8:30 – 10:00 a.m.

**ALF 2017 Youth Retreat**  
October 20 – 22  
Selkirk United Church  
(Selkirk, MB)

**UCW Fall Tea & Bazaar**  
Saturday, October 28  
2:00 p.m. – 3:30 p.m.

**Breakfast at Trinity**  
Saturday, November 4  
8:30 – 10:00 a.m.

**Drums Alive®**  
Sunday, November 12  
11:45 -12:30 p.m.

## Mark your calendars now! Sunday, November 19



Trinity will be  
having a  
special  
worship  
service and  
workshop in  
the afternoon  
to think about

where God might be calling us  
as we move into the future. It is  
vital that we have input from a  
wide cross-section of people in  
our congregation so please  
take out your calendar and  
mark November 19 for this and  
stay tuned for more details.

## "Fall Back Fun"

On November 5, forget to turn  
your clocks back on purpose  
and join us an hour before  
worship (9:30 new time, 10:30  
old time) for donuts, coffee, tea  
and juice. Enjoy time for  
relaxed conversations with  
fellow worshippers. Participate  
in a conversation challenge!

Listen to the  
Junior Choir  
practice.  
Spend your  
extra hour with  
us, you'll be  
glad you did.



## Games Night



We have not had a Games Night since our windup in June. That evening we were able to enjoy active games, dancing and music in the auditorium, as we were "rained out" of the Park. However, we enjoyed a fun evening.

We are currently able to take more participants, as our numbers are down due to folks moving, some aging and group homes not participating on a regular basis. So if you are aware of anyone who would enjoy our program, please refer them to us.

Luckily, we have a few more volunteers. However, our three teens who have assisted when able are off to university. We will miss them.

For prizes for bingo, we can always use personal care products, like razors, body washes, shampoo, toothpaste & brushes, pens, crayons, pencil crayons, note pads, socks, gloves, ornaments, mugs used CDs, DVDs, etc.

Next Games Nights are:  
September 25, October 23,  
November 27 & December 11,  
all beginning at 7 p.m. Lunch is served at 8:20, so they can be home by 9 p.m.

**Northern Supply** – Trinity is no longer collecting for the Northern Supply program. Thanks for your past support.

## FOCUS

The Canadian Food Grains grow project



(FOCUS) is planning an in-field harvest celebration event. The event will take place in a soybean field located 3 miles west of Elie on Highway #1. If you are interested in seeing a 120 acre field of soybeans harvested with up to ten combines, plan to be at this event. You will have the opportunity to ride along in one of these huge harvesters as they clean up the field. After that, you will be able to enjoy an old fashioned, in field, harvest meal. All of the proceeds from this field will be donated to CFGB. Current projections are that the harvest will take place in early October. Stay tuned as the harvest date nears for more precise timing information.



## 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 without barriers. To that end, we are beginning to make plans to replace the current lift that goes from the office area in the basement to the street level office entrance and the sanctuary. Stay tuned for details about timing and costs. If you would like to contribute to the "Lift Fund" to help us ensure that our building remains accessible to all, donations would be gratefully accepted and can be made through your offering envelope (marked "Give us a Lift Fund"), through the church office or 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.

## ALF 2017



A Conference Youth Retreat  
"Live with Respect  
in Creation"

for those in Grades 7-12

**Friday, October 20**

**at 6:30 p.m. –**

**Sunday, October 22**

**at 1 p.m.**

**Selkirk United Church -  
Selkirk, MB**

Early-bird deadline is September 30 and you can register today! To register or for more info,  
<http://www.mnwo.ca/youth-and-young-adults/>

# Trinity's Memorial Fund

Sometimes we assume that we don't have the resources to leave a legacy after we die, but there are lots of ways to make a difference.



Many people choose to honour friends and loved ones after they die by making memorial donations.

You can help people choose where to give that gift by thinking about the things that matter to you. What has made a difference in your life? After you die, how could gifts in your memory continue to make a difference for others?

You might be surprised at the considerable financial gift you make to any organization by placing an invitation in your obituary or funeral plans that "memorial donations can be made to ..." Often loved ones are surprised by the question of where they want memorial donations to go when they do funeral planning, and you can help them by letting them know your wishes. Tell your loved ones, discuss your desires with your preferred funeral home, or make a note with your important papers that "memorial donations can be made to...."

You can choose any charitable or non-charitable organization to support. A gift to Trinity can be designated in a variety of ways. A gift to Trinity's Memorial Fund contributes to the Worship and Christian Education aspects of our congregation. Memorial gifts are also gladly received to the

General Fund which supports the on-going day-to-day expenses of our congregation, the Building Fund which helps us maintain our historic building, or any other ministry of the church you wish to specify.

Friends and loved ones may also be glad to know that they may donate online through CanadaHelps, which can be accessed through our website at [trinityunitedportage.ca](http://trinityunitedportage.ca)

Since our May 2017 issue of TriniTidings, we have been blessed to receive memorial donations in memory of:

Gwen McCorrister  
Glenn Arnott  
Loreena Pogue  
Roy Tibbett  
Eva Sissons  
Bert Bazin  
Val Garlick

We give thanks for their lives and faithfulness and celebrate the ways in which these gifts will help us continue to make a difference through our various ministries.

## Hospital Visiting

Because of the Personal Health Information Act, and a new hospital computer system, it is so important to have someone contact the church office (204-857-4471) and request a hospital visit. Your ministers will not know that you are in hospital unless you find ways to tell us.



## UPDATE 2017

Trinity Funerals since the May 2017 TriniTidings

### Funerals

*Grace Evelyn Verwey*  
May 25, 2017

*Sadie Alberta Jenkins*  
June 12, 2017

*Lionel Carl Switzer*  
June 19, 2017

*Kay Ann Wishart*  
June 21, 2017

*Gerald Ernest "Ernie" Askin*  
June 22, 2017

*Alvin George Nicholls*  
July 5, 2017

*Gwendolyn May McCorrister*  
July 15, 2017

*Eva Eileen Sissons*  
August 24, 2017

*Valerie Ann "Val" Garlick*  
September 4, 2017

*John Edmund "Jack" McMaster*  
September 12, 2017

*Ellis Marvin Gouthro*  
September 13, 2017

*Quinten "Karine" Mary Lee*  
September 15, 2017

### Weddings

*Matthew Albany Laurent Morais*  
& *Jenny Marie Guy*  
May 13, 2017

*Colin Rene Talbot* &  
*Deanna Kara Mitchell*  
July 15, 2017

**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)



Trinity's next Baptism Sunday will be **October 15**. If you are



interested in baptism for yourself or your child, please speak to Beth by October 1.

## The Five Weirdest Laws in the Old Testament

Excerpt from *The Unofficial United Church Handbook* (edited by Scott Douglas and Nanette McKay)

The Old Testament has many helpful common sense laws such as “You shall not murder” and “You shall not steal”. But there are a few others that related to the culture and circumstances of the time, and don’t seem to apply very well to our modern times!



### 1. The “ox” law.

“When an ox gores a man or a woman to death, the ox shall be stoned, and its flesh shall not be eaten; but the owner of the ox shall not be liable.” (Exodus 21:28) This is the first of a bunch of rules concerning oxen and goring. What with all the goring and stoning going on, it’s surprising anyone had time to get any work done.

### 2. The “no kid boiling” law.

“You shall not boil a kid in its mother’s milk” (Exodus 23:19) A kid, of course, is a juvenile goat, not a human being.

### 3. The “which bugs are legal to eat” law.

“All winged insects that walk upon all fours are detestable to you. But among the winged insects that walk on all fours you may eat those that have jointed legs above their feet, with which to leap on the ground.” (Leviticus 11:20-21) The law is unclear on whether it is legal to eat the bug if you first pull off its legs.

### 4. The “don’t eat blood” law.

“No person among you shall eat blood”. (Leviticus 17:12)

Some laws beg the question whether people in that time had any sense of taste.

### 5. The “pure cloth” law.

“You shall not wear clothes made of wool and linen woven together.” (Deuteronomy 22:11) Polyester came along much later.

## 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 Jacque at the church office (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.



**Financial Update**  
**May – August 2017**  
 Goal - \$50,605  
 Given - \$48,249



**Please help!**  
**Thank you.**  
**Giving Goals**  
**September - October**  
**\$29,482**  
**Let’s keep it up!**

## Do you like to sing?

Kids age 4-12 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 at our first practice on Sept 28 to help you learn ahead of time, but in the meantime, the first song is available by email. Mark your calendars for these Sundays (and the Thursday before too!):

October 1  
 November 5  
 December 24  
*(Christmas Eve – not a Sunday)*  
 January 28  
 March 4  
 April 22  
 May 13

House Group A’s Mabel’s Labels fundraiser



mabel’s labels

is ongoing; Trinity’s fundraising page will remain open indefinitely. 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. They are dishwasher, microwave and laundry safe labels that are perfect for personalizing almost anything. 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!

## Trinity is an Affirming Ministry

A little over two years ago, a group of Trinity members formed an interest group to explore becoming an Affirming Ministry. Over that time, we worked to provide opportunities for our Trinity family to expand our understanding of diversity and social justice.



At our celebration service, the congregation joined together in repeating our Affirming Vision statement which we pray will anchor us in the months and years ahead:

*In keeping with our mission goal to “open our hearts and minds to welcome each person as a child of God” Trinity United Church is committed to welcoming and including everyone in all aspects of the life and work of our congregation, honoring and affirming each person’s uniqueness.*

On September 10, 2017, we held a celebration service to mark a milestone in our Affirming journey. At that service, Betty Kelly, President of the Conference of Manitoba and Northwestern Ontario of the United Church, presented the Trinity congregation with a certificate acknowledging our Affirming Ministry status. We now join a growing group of Affirming Ministries in the United Church who publicly declare their commitment to inclusion and justice for people of all sexual orientations and gender identities. Although Affirming Ministries make an explicit statement about issues of sexuality and gender, their commitment to justice is far broader. They challenge bias and discrimination based on appearance, culture, class or age. They work to end racism, promote economic justice, increase accessibility, and care for the planet. Affirming Ministries honour and celebrate diversity through words and actions. And they call upon the rest of the church and society to do the same.

*As a community of faith and action guided by Jesus’ teaching and ministry, we seek to nurture love, justice and diversity.*

*We are committed to providing a safe and supportive environment for those in the Trinity family and the community at large, including persons of any age, colour, race, ethnicity, gender identity, sexual orientation, ability, marital status, family composition, social or economic circumstance.*

*We are dedicated to being good stewards of God’s world, working and living towards justice, freedom and peace for all.*

*We recognize this is a growth journey for Trinity and we commit to walking this path together, looking for God’s guidance along the way.*

I want to acknowledge the commitment and contribution of the members of the Affirming interest group. Although membership changed over the years, we grew from everyone’s

contributions. And we couldn’t have come this far without the support of the congregation. We look forward to continuing this journey with our Trinity family and others who wish to join us on the path ahead.

Submitted by Debbie Nelson,  
Affirming Interest Group and  
Leadership Team Chair

## Library Notes



As the weather gets cooler and the days shorter, do you like to read? There are lots of choices available in the Trinity library. If fiction is your preference, a selection will be out on the cart.

Besides fiction, there are many other categories such as: death and grief, many types of meditation and prayer, other religions, plus of course many about our own denomination.

Need help finding what you are looking for? Leave a note on the desk or leave a message with Jacquie. There are over 1,500 books so we just might have what you want.

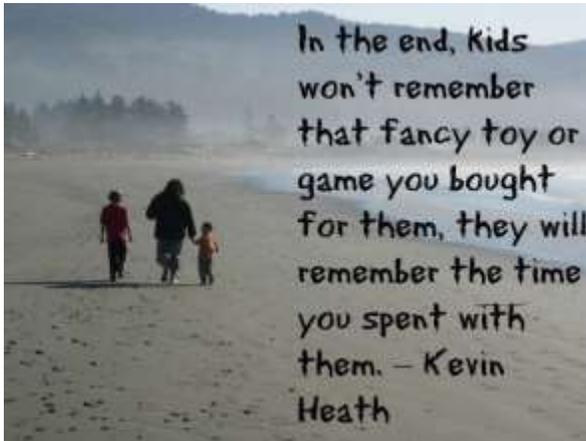
Another Sunday School season has begun! If you would like information about our Sunday School program, there’s lots of information online at <http://trinityunitedportage.ca/sunday-school/>. Kids are welcome every Sunday or any Sunday.



# Making Space in Busy Times

(Connecting with Kids – or Others! Amidst School Year Crazyiness)

The days just fly by and we're all so busy! How can we find time to connect in this rushed and rushing world?



Here are some suggestions for building relationship with those around you.

If you have kids to drive from activity to activity, use the driving time to make connections.

Use a gratitude alphabet. Go around the car or the supper table and share a thing you are thankful for in your life. Follow the letters of the alphabet to come up with something for each letter to be thankful for.

Use music in the background to help you connect – take turns choosing music to have on. Expanding musical preferences is good for people of all ages. If parents are willing to listen to their children's music, it helps them feel like their interests are valued. And sometimes it's fun to laugh at how different musical tastes can be!

As life gets busy, one of the first things to get squeezed out is time to get quiet – especially with all of the screens and devices around us. Just before heading out the door, or having a meal, or even before bed, take a few moments to just

be quiet, take a few deep breaths and receive God's peaceful presence in your midst.

Use silly or creative conversation openers to get past the one word answers. Use any of the following prompts to spur your own imagination for conversation starters – and adapt as

appropriate for older children or adults:

If your day was an animal, what would it be and why?

*Or try it by asking if your day was a sport, or a flower, a piece of clothing, a type of food or a smell!*

Rate your day on a scale from 1-10.

If you could switch seats with anyone in class, who would it be? And why?

Who did you play with today?

What made you smile or laugh today?

Can you tell me an example of kindness you saw/showed?

Was there an example of unkindness? How did you respond?

Does everyone have a friend at recess? What is the most popular game at recess?

Was anyone in your class gone today?

How did someone fill your bucket today? Whose bucket did you fill?

Did you like your lunch?

Did anyone get in trouble today?

How were you brave today?

What questions did you ask at school today?

What are you reading?

What was the hardest rule to follow today?

If you could change one thing about your day, what would it be?

What is your least favorite part of the school building? And favorite?

If you switched places with your teacher tomorrow, what would you teach the class?

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.

## Welcome to Kathy Platt!

Kathy Platt is the new minister at McKenzie United Church. Kathy is returning to Agassiz Presbytery (she was in ministry in Minnedosa and McCreary previously) after having spent 10 years in Regina. We look forward to getting to know Kathy as we continue to work together with our friends at McKenzie.



## Orange Shirt Day: Every Child Matters



**September 30**

### **(wear orange to church on Sunday, October 1!)**

Orange Shirt Day began in 2013 as part of a commemoration project for the St. Joseph Mission (SJM) Residential School in British Columbia. It is inspired by 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"*

Orange Shirt Day is a way of remembering the children who attended Residential Schools. It is also an invitation to recommit ourselves to work towards reconciliation so that future generations of children do not have experiences like Phyllis'. You can find out more about orange shirt day at [orangeshirtday.org](http://orangeshirtday.org)

Since we do not usually gather as a community on Saturday, we will observe Orange Shirt Day at church on Sunday, October 1. If you would like, you are invited to wear an orange shirt on that day to remember the survivors of Residential Schools and the children who did not survive. We will explore together the story of Joseph and his struggles to reconcile with the brothers who sold him into slavery and consider what this ancient story might have to say to us as we seek reconciliation with our First Nations neighbours.

### **Minds in Motion**

Have you heard of "Minds in Motion"? It is a program that combines physical activity, socialization and mental stimulation for people living with early to moderate symptoms of dementia to attend with a family member or community friend. A program will run this fall beginning Monday October 16 and runs until December 4, 2017. If you are curious, there is an Open House on Monday October 2, 1-3 p.m. at Stride Place. Please call Karen Lambert, Alzheimer Society North Central Regional Coordinator, at 204-239-4898 to register for this complimentary Open House, or to find out further information about the program.

## **15 Questions 15 People Church Community Contest**

Talk to other Trinity people to find people who fit the categories listed. Get a different person for each item. There is a prize for the first 5 completed lists submitted to the church office. Answers must be able to be verified by the person named! And you can use your own name only once!

1. Someone baptized at Trinity
2. Someone who teaches Sunday School at Trinity
3. Someone who has taken part in a Christmas Eve service
4. Someone who exercises regularly
5. Someone who doesn't own a cell phone
6. Someone who can speak a language other than French or English
7. Someone who plays a musical instrument
8. Someone who doesn't like pizza
9. Someone who was not born in Portage la Prairie
10. Someone who is a member of the UCW (United Church Women)
11. Someone who owns (or has owned) their own business
12. Someone who knows how to make bread.
13. Someone who serves (or has served) on the Trinity Leadership Team
14. Someone who sings in the Choir
15. Someone who likes to read (or write) poetry

**AUTUMN**  
*The year's last,  
loveliest smile*

## Cha-Cha-Cha-Changes



Your work place is restructuring (again). You're changing residences (downsizing, upsizing, changing neighbourhoods, moving in to town, moving out of town, etc.). You've changed your household or life schedule. You're having medical tests. You or someone you love has been diagnosed with cancer. You or someone in your life is retiring. You're changing schools. Someone you love has died. Our lives seem to be full of changes and transitions.

Change is to be expected. Still, every change – even if it's something good, involves loss. With every change can come experiences of grief. Any loss can cause pain, feelings of confusion and uncertainty. These responses are normal. Here are some suggestions for navigating change and loss:

1. Familiarize yourself with the stages of grief. Grieving people can experience various stages, including denial, anger, bargaining, depression or acceptance – often in the same day! You feel less alone when you understand that everyone goes through these stages.

2. Express your grief. It's okay to cry, or laugh, or share how you are feeling. It is sometimes helpful to notice and admit your anxiety or anger so that you are aware of how it might be affecting your thinking or your relationships.

3. Talk to someone you trust. This might be a spouse, parents, relatives, friends, a minister, a doctor or a trained counsellor. Many household pets make good listeners and willing confidants.

4. Do something to honour your loss. It could be making a donation in honour of someone or something. It could be a craft like a collage or a scrapbook. Light a candle. Pray.

5. Don't worry about being stressed. As Stanford psychologist Kelly McGonigal argues in *The Upside of Stress*,

your reaction to stress has a greater impact on your health and success than the stress

itself. If you believe stress kills you, it will. If you believe stress is trying to carry you over a big obstacle or through a challenging situation, you'll become more resilient. So treat it like a friend, and notice what it is trying to help you with.

6. Be Thankful. Try to name and notice something good in the world around you.

7. Remember what matters to you. Instead of focusing on your fears and worries, make a list of what you value and how it has positively impacted your life. (family, friends, religious and philosophical convictions, creative expression, etc.) can provide you with many ways to

cope with the loss you're experiencing.

8. Seek out opportunities to be generous. Helping others can be a way to help ourselves.

In Concert  
**MYXDD BAG &  
THE BARDS OF RHIANNON**  
Come out and enjoy classic rock, Celtic, bluegrass music and more, **Saturday, November 18**, William Glesby Centre, Portage la Prairie, MB Showtime 7:30 p.m., Doors open at 7:00 p.m. Admission: Adults \$20, 15 and Under \$10. Tickets available online at [www.glesbycentre.com](http://www.glesbycentre.com) or at the Box Office by calling 204-239-4848. Select Seating. All proceeds will go the Portage Family Resource Centre, Portage la Prairie, MB.

## “You Gotta Move When the Spirit Says Move!”



Spirituality is concerned with all kinds of wholeness – mental, emotional and physical. On **Sunday, November 12** – join us after worship for an hour of movement and music for a fun Drums Alive® experience (11:45 -12:30 p.m.) that will also work up your appetite for lunch. Dress in something that is comfortable to move in (if you don't wear them, bring your sneakers!) If you have a 65-75 cm stability ball, bring that to church too, (we can use extras!) but equipment will be provided.