

TriniTidings 2022



Lent

**Trinity United Church
Portage la Prairie, MB**

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Office Hours

Monday – Friday
9 a.m. – noon & 1 p.m. – 4 p.m.

As the World Turns

We are in the stage of the pandemic where we are attempting to adjust from restrictions to recommendations from the provincial public health office, which always makes it difficult to know what is best for everyone. The Leadership Team at Trinity will be attempting to navigate these shifts as circumstances continue to develop, and we will try to keep everyone informed as we go. For now, many of the Covid-protocols we set in place will remain. However, people will no longer be required to share proof of vaccination to come to church on Sunday mornings. Mask use is still required, and will continue to be encouraged when it is no longer required, particularly when people are speaking or singing. And as of March 13, we will be glad to once again invite you to stay for coffee after church!

COMING UP IN TRINITY WORSHIP

Sundays at 10:30 a.m.
(In-person now without proof of vaccination)

March 6, 2022

It Takes All Kinds of Kinds –
The Worst of You
is the Best of You
Communion
Annual Meeting (on Zoom)

March 13, 2022

It Takes All Kinds of Kinds –
What We Want

March 20, 2022

It Takes All Kinds of Kinds –
What We Fear

March 27, 2022

It Takes All Kinds of Kinds –
What We Offer

April 3, 2022

It Takes All Kinds of Kinds –
Cultivating Compassion

April 10, 2022

It Takes All Kinds of Kinds –
What is your part?

April 15, 2022

Joint Good Friday

April 17, 2022

Easter Sunday –
Easter is for all Kinds of Kinds

News reports of the invasion of Ukraine stir both our hearts and our conscience. As people of faith, The United Church of Canada holds in prayer all those facing fear and violence and seeks the

immediate cessation of war. We think of those in the direct line of fire, particularly already marginalized people who are so vulnerable to the devastation of ongoing conflict. We are also



deeply concerned for Ukrainian members within our communities of faith and Ukrainian communities across our land—our neighbours—in constant worry for family and friends. May peace prevail in our hearts, in our communities and in our world.

I can't make the world be peaceful
I can't stall tanks
from roaring down roads
I can't prevent children
from having to hide in bunkers
I can't convince the news to
stop turning war into a video
game
I can't silence the sound of
bombs
tearing neighborhoods apart
I can't turn a guided missile
into a bouquet of flowers
I can't make a warmonger
have an ounce of empathy
I can't convince ambassadors
to quit playing truth or dare
I can't deflect a sniper's bullet
from turning a wife into a widow
I can't stave off a country being
reduced to ash and rubble
I can't do any of that
the only thing I can do
is love the next person I
encounter
without any conditions or

strings
to love my neighbor
so fearlessly that
it starts a ripple
that stretches from
one horizon to the next
I can't force peace
on the world
but I can become a force
of peace in the world
because
sometimes all it takes
is a single lit candle
in the darkness
to start a movement

“Lord, make me a candle
of comfort in this world
let me burn with peace”
~ John Roedel
(johnroedel.com)

It Takes All Kinds of Kinds – A series for Lent



Wednesday March 2 was Ash Wednesday. It is the first day in the season of Lent, observed by Christian churches as the season of preparation before Easter. On Sunday, March 6, we will begin our Lenten series: "It Takes All Kinds of Kinds". During this time of stress, polarization challenge, we hope to cultivate compassion and deepen our connection to God and one another using the lens of the Enneagram.

The Enneagram is known as an ancient personality typing tool, used to help people understand themselves and others around them. It has been criticized for its rather unscientific and unreliable origins and usage, and yet spiritual seekers from many disciplines suggest that it is full of wisdom for people who want to get out of their own way and become who they were created to be. As Ian Cron has noted, in *The Road Back You*, "All models are wrong, but some are useful.' That's how I see the Enneagram. It is not infallible or inerrant. It is not the be-all and end-all of Christian spirituality. At best, it is an imprecise model of personality,... but it's very useful."

This Lent, join Julie as she guides us along a journey of

faith where we discover it takes all kinds of all kinds. Drawing on the work of Suzanne Stabile in her books *The Road Back to You*, *The Path Between Us*, and *The Journey Toward Wholeness*, as well as the biblical story, we will use the Enneagram as a lens to think about our lives and relationships. We hope to learn more about ourselves, and in so doing, learn more of others and more of God.

In short, the Enneagram invites you to locate yourself in one of nine numbers.

1. The Perfectionist
2. The Helper
3. The Performer
4. The Individualist
5. The Investigator
6. The Loyalist
7. The Enthusiast
8. The Challenger
9. The Peacemaker

Don't get too caught up on the names - different people have chosen different names to describe each of the numbers, because people also live out their numbers in many different ways. You can find a variety of "tests" on the internet to help you discern your number, and sometimes they can be a helpful start, but the best way is not to use a test at all, but rather to learn about each number and discover yourself within it. Sometimes people assume they live within one number until they discover that they are truly and authentically another one entirely! (Ask Julie about her friend Susan). The Enneagram is not about behaviour but rather about the 'why' behind your behaviour. People of different numbers might do the same thing, but the reason they do it will be quite different.

Throughout Lent, Julie will be offering opportunities for

learning and conversation in a variety of formats, including an online "introduction to the Enneagram" (**March 10**) that will also be recorded, as well as a weekly coffee and conversation time at the church **Tuesdays, 1:30 p.m. - 3 p.m., starting March 8 – April 12.** Instagram and Facebook will also provide other options for engagement on our themes.

Thank you for your continued financial support to the church!

A review of the December 31, 2021, financial statement shows that we ended the year with a surplus of approximately \$60,000. This surplus is as a result of your continued financial support and the factors set out below. Thank you!

These three factors are the \$15,000 bridge grant we received from the government, approximately \$25,000 we withdrew from our Investing in our Future account and the remaining amount, approximately \$20,000 is as a result of not paying a second minister. As a point of reference, \$190,472 was budgeted as our personnel expense while our actual personnel expense was \$148,655, a difference of \$41,817.



The Stewardship Team

Milestones & Markers...

Since our last issue

Funerals

Nora Maureen Onischuk
December 2, 2021

Gordon Howard Bradley
December 15, 2021

Mabel Elizabeth Brown
January 20, 2022

It Takes All Kinds of Kinds – Your Daily SNAP



This Lent at Trinity, we will be working together to live more authentically, and relate to others in wiser, more loving ways. One of the ways you can do that is to practice SNAP (a prayer practice created by Ian Morgan Cron in [The Road Back to You](#)).

S – STOP. Pick a time each day (or more than once if you wish) to stop for 2-3 minutes to give your full attention to God and what is happening in your life at that precise moment. It's harder than it sounds. To help you stop, take 4-5 deep, prayerful breaths. You might close your eyes if that helps you focus on the present moment.

N – NOTICE. Once you've come to a full stop, look around to see what else is going on in the world or environment around you. Is the environment calm or chaotic? How are you relating to what is going on? How are you feeling? What are you thinking? What are you doing? Don't criticize yourself or others – just notice.

A – ASK. Once you have noticed what's happening, ask yourself some questions and allow yourself to honestly answer them: What am I

believing right now? How does it make me feel? Is it true? Who would I be if I let go of that belief?

P - PIVOT. When you notice what you are thinking and feeling and doing, you have the opportunity to consciously shift some of those if you wish. Is there a message you are telling yourself that you can let go? Is there a different action you can take in this moment? What if you chose to forgive yourself, or think differently about the situation?

SNAP can help you wake up to your life. It can interrupt the habits and defaults you often follow. Will it change your life overnight? Absolutely not. But over time, it will move the needle of self-awareness, and help you make healthier choices. Why not try it this Lent?

Games Night



Joyce Bergson & Ferne Green purchased gifts of goodies for all Games Nights participants and Ferne delivered them (including cards) for Christmas.

Depending on how the covid situation becomes, we will hopefully be able to have our picnic in June.

March 2022
Giving Goal -
\$13,130

*Please help!
Your generosity is
greatly appreciated.*

If you are a podcast listener, and would like to learn more about the Enneagram, there are a couple of podcasts that might be of interest to you.

Available wherever you find your podcasts:

The Road Back to You: Looking at Life Through the Lens of the Enneagram is hosted



by Ian Morgan Cron & Suzanne Stabile, and is for those who are new to the Enneagram. Episodes are approximately half an hour in length, and the 32 episode series originally aired beginning in July 2016.

<https://theroadbacktoyou.podbean.com/e/discover-the-enneagram-episode-1/>

For those who already have some familiarity with the Enneagram, Suzanne Stabile has a podcast that began in October 2017, called **The Enneagram**

Journey <https://www.theenneagramjourney.org/podcast> that is still regularly being recorded. Starting on Episode 15 (Feb 18 2018) there is a 9 part series that is particularly relevant to some of the themes we will be exploring, however, you can start at the beginning, or join in wherever your interest is piqued.

A Gift in Memory



The Trinity Memorial Fund seeks to honour the life and faith of loved ones in ways that keeps their memory and significance alive. We also receive memorial gifts to the Operating Fund, the Mission and Service Fund, and any other ministry of the church.

We thank God for the lives of these faithful people, in whose memory we have received donations since our last issue of TriniTidings:

Fredda Fraser
Bob Boyachek
Gordon Bradley
Bill & Marg Malanchuk
Jacobus Kok
Gordon Hoar
Mabel Brown
Norma Lamoureux
Trinity Staff
The Maxwell Family

Trinity UCW Catering Groups

Anyone who is willing to be added to our catering group lists would be most welcome. Also, a reminder for those who are already serving on a list – please return messages left by phoners, perhaps give a cell phone number if you are not regularly checking your landline phone.



The Mental Health Commission of Canada has released a new app that supports the mental health and well-being of Canadians.



PocketWell is a free app where you can access resources, including a self-assessment tool and tracker that monitors mood and mental well-being. Through the Wellness Together Canada portal, the app allows access to free and confidential sessions with social workers, psychologists and other professionals, as well as other mental health and substance use services all from your phone.
<https://www.wellnesstogether.ca/en-CA>

Library News

New arrivals in the library are exciting and such good reads. "Well Aged: Making the Most of Your Platinum Years" by Ralph Milton joins his other well-received books. This is a down-to-earth, inside look at finding happiness at 80 plus. It includes lots of good information, plus Milton's often tongue-in-cheek comments.

"Lesser Evils" consists of daily reflections on seeking wisdom. It can be used and is printed to be used daily during Lent. However, there is much valuable writing on ethics and may other decisions to be made in daily living. Both books are highly recommended.



Lenten Discussion Group – It Takes All Kinds of Kinds, Tuesdays, lower hall at 1:30 p.m. (starts March 8)

The Newcomers Welcome Centre has been experiencing calls from community members, originally from Ukraine who are deeply concerned about their relatives in Ukraine and are wondering about the process for bringing family to Canada. At this time there is no process in place, but the welcome centre is interested in collecting names of people who may have energy to give in this area, or who might be willing to come together with a group for problem solving. If you would like to add your name to this list, please be in touch directly with Miriam Turyamwijuka, Settlement Coordinator, at Newcomer Settlement Services, Portage Learning and Literacy Centre
110 Saskatchewan Ave. W
Portage la Prairie, MB
R1N 0M1
Ph. 204.857.6304 ext. 229
settlement@pllc.ca



Lesser Evils No bad questions. No easy answers.

The United Church of Canada has a Lenten book for 2022,

"Lesser Evils: Daily Reflections on Seeking Wisdom," which explores the dilemmas each of us face as Christians when we seek the good but settle for a lesser evil.

The diverse group of contributors to this book

share their own experiences of wrestling with evil to seek the greatest good.

Available in print or as an e-book from the United Church Bookstore:

<https://ow.ly/jY0f50HScc1>

A copy is on reserve in the Trinity church library as well.

It Takes All Kinds of Kinds - How do you approach Lent?

Recently I came across an article posing the question - "Why do you do Lent?" How do you decide how or not to observe Lent? At Trinity this season, we are going to use the Enneagram as a lens into our lives and to help us learn more about God. However, the enneagram can also offer insight into the ways we practice Lent. With thanks to Peter, at thesabbathlife.com, here's an example of how that works. Do any of these ring true for you?

For a **ONE**, Lent can be a means of getting things right. You may come up with an ideal vision for engaging the season. You also might beat yourself up when, after a week, you fall back into the habit you were planning to give up. For a one, an opportunity to grow deeper during Lent might be to remember that there are no prizes for doing Lent perfectly. Your inner critic isn't always right. Be open to the possibilities Lent might offer.

For a **TWO**, Lent can be an opportunity to fix the world. If you are a two, you might be tuned to the ways Lent makes those around you feel, and sense a desire to help others fix their problems, or get the most out of Lent for their own good. You may also feel a temptation to share with others how much you sacrifice. A Lenten invitation for a two might be to look for opportunities to fill your own tank. Allow yourself time for creativity, and to be open to receive love from those around you in whatever form it comes.

For a **THREE**, Lent is a way to win. Can you do it better than

last time? Can you do it better than your neighbour? For a three, the temptation can be to make it all about accomplishing the goals, rather than attending to the Spirit. A Lenten invitation to a three could be to invest in a group, (family, friend, church, neighborhood, etc group) and help the whole group flourish and thrive together, whether or not you accomplish anything at all.

For a **FOUR**, the whole season provides an opportunity to feel deeply the rich emotions of suffering and grief. No one will experience Lent the way that you will. However, Lent can also provide the four an opportunity to do more than wallow in feelings and lament for the things that are wrong in your world. For a four, a Lenten invitation might involve building something creative and useful and helpful to others.

For a **FIVE**, Lent brings exciting opportunities for learning something new. You might use the opportunity to get more books, or find new resources. A Lenten invitation for a five might shift away from absorbing everything to focusing on one single thing. Just do one thing. Encourage yourself to act through Lent and see where it takes you.

For a **SIX**, Lent provides structure and routine to help you feel secure with God. Sometimes a six will approach Lent as a way to navigate or process anxieties, guilt and shame. For a six, a Lenten invitation might also include a measure of hope and trust in resurrection. What if you prepared for something good to happen in your life or your world instead of only preparing for the worst?

For a **SEVEN**, Lent is often something to be avoided, with all of its seeming negativity. A seven would prefer to skip straight to Easter, or at least try to make Lent into something fun. It may be helpful for a seven to know that Lent can also be good. It is, after all, preparation for a great celebration! So slowing down, listening, learning, and solitude can provide portholes to transformation.

For an **EIGHT**, Lent can offer a cause to support. You may find that what excites you about Lent is raising issues of social justice. Eights can see the effects of sin in the world through social issues like poverty, violence, racism, etc etc etc. A Lenten invitation for or an eight might be to take an extra step in engaging in a relationship - stranger or family member, (particularly someone impacted by a cause that you are passionate about) to get to know them as people, and not just a cause to fight for.

For a **NINE**, the challenge of Lent is choosing a direction to pursue, so you often default to "I'll do what you're doing" because all of the options have possibilities. You might find that because you have a sincere appreciation for the differences among people, you forget to think about what Lent means for you. A Lenten discipline for a nine might be to simply pick something, and then see it through.

If it takes all kinds of kinds, which kind are you? Do you recognize yourself in one or more of these approaches? What's your gut-level reaction when someone reminds you that it is Lent? To which invitation would you like to respond this season?

World Day of Prayer is observed annually, usually on the first Friday of



March. Each year, since 1927, a different host country has prepared the content of the World Day of Prayer service, highlighting its country's culture and regional justice issues. The 2022 service was written by the England, Wales and Northern Ireland World Day of Prayer Committee and adapted for use in Canada by the Women's Inter-Church Council of Canada.

If you would like to watch it with others, you are welcome to come to **Trinity** on Friday, **March 11** where a screening will be offered at **2:00 p.m.** You may join a NATIONAL WDP 2022 service on

Saturday, **March 12 at noon, Manitoba time on Zoom.** If you wish to attend by zoom, you are asked to register through the Inter-Church Council of Canada Website. Or, if you wish, you can watch the video at home. <https://wicc.org/world-day-of-prayer-2022-service-video/>

Many thanks for the cards, prayers and other thoughtful gifts and gestures extended to me as I dealt with a detached retina. Your support and care was much appreciated. With gratitude, Julie



Nursery School Storage Project



Portage Ukrainian Nursery School has been operating in the Trinity building since 2013. Over time they have collected many toys & program supplies, and their need for storage has increased. Towards the end of last year, they were approved for a \$25,000 through the Community Foundation of Portage and District, and just very recently the renos are almost completed. The finishing work is happening, and soon they will be able to access their storage by way of an enclosed overhead walkway on the stage. The lofts in the auditorium have made it a highly

suitable location, and it's great to see it now as highly usable space. Come take a look!



Church Connections



While you can always find us by using the telephone, we have many electronic and online options to keep us connected as well.

Regular emails are sent with updates – if you have not been receiving these and you would like to, please email us at trinityu@mts.net with your preferred email address. If you have not been receiving email and you are already on our distribution list, please be in touch so we can discover the glitch!

Find us through our webpage www.trinityunitedportage.ca, at our Facebook page, or in our active Facebook Group – Trinity United Church, Portage la Prairie. Our YouTube channel is Trinity Portage, at this link: <https://www.youtube.com/channel/UCifQQLFZrDcGyY-J3xjDoKA/videos> You can also follow us on Instagram at [trinityportage](https://www.instagram.com/trinityportage), and our Twitter handle is [@ChurchPortage](https://twitter.com/ChurchPortage).

Take Ten: Daily Contemplative Prayers for Lent

During Lent, four United Church ministers will offer 10 minutes of different types of contemplative prayers Monday-Friday. These will include centering prayer, lectio divina, breath prayers, chanting, body prayers and contemplative walks. Barb Jardine, Cheryl Kinney Matheson, Loraine MacKenzie Shepherd and Cathie Waldie are pre-recording these sessions and they are available at the following link: <http://westworth.ca/2022/02/take-ten-contemplative-prayers-for-lent/>