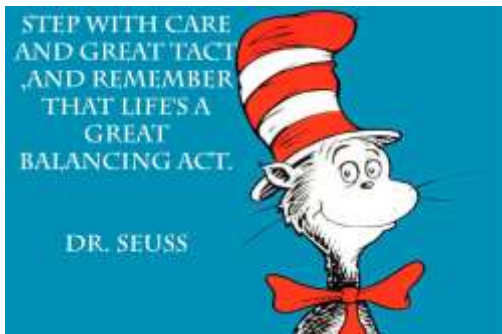


# Trini Tidings



## Late Fall 2022

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

Phone: 204-857-4471

e-mail: [trinityu@mts.net](mailto:trinityu@mts.net)

Website:

[www.trinityunitedportage.ca](http://www.trinityunitedportage.ca)

### Office Hours

Monday – Friday

9:00 a.m. – noon

1:00 p.m. – 4:00 p.m.

### Do you remember?

Remember when you could come to Trinity on a Saturday morning for a nice, warm breakfast (that someone else cooked)!

If you miss Saturday morning Breakfasts (traditionally the second Saturday of a month), consider volunteering a little time to make this possible once again.

There are several ways you can help, with various time requirements. Contact Denise Stairs or Jacquie, at the church, so we can co-ordinate volunteers and make this a reality.

Hope to see you all soon for a time of fellowship!



## COMING UP IN WORSHIP at TRINITY

You are welcome to join us in person at Trinity or access our online feed through our zoom platform. The zoom link is emailed out each week, is available on our website, and in our Facebook group. If you need help accessing our online worship, please be in touch with the church office. You are always welcome to come through the front doors and join us in person! Doors open before 10 am and we start at 10:30 a.m.

### October 30

Guest Worship Leader

Wilma Shirriff

“Zacchaeus: Up a Tree and Then for Tea”

### November 6

*Daylight Savings Time ends*

Guest Worship Leaders

Norman Collier & Julie Baker

All Saints Sunday –

In Memoriam

### November 13

Guest Worship Leaders

Wilma Shirriff & Julie Baker

### November 20

Guest Worship Leader

Wilma Shirriff

As covid continues to circulate, and we enter into the



season of the common cold and flu, let's remember to look after one another and keep each other well. If you have cold or flu symptoms, please stay at home, rest and get better soon! (Don't forget that if you can't come in person on Sundays, you can always join us online from home!)

## 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](mailto:trinityu@mts.net) with your preferred email address.

Find us through our webpage [www.trinityunitedportage.ca](http://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/UCifQLFZrDcGyY-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).

### Save the date!



The UCW Dainties Sale will return **Sunday, December 11** following worship.

Thanks so much to Carol Zacharias and Elaine Verwey who have been taking turns offering gathering music on Sunday mornings. Each week as you arrive at church or log on, it is their talents at either the piano or the organ that you are hearing.

Thanks for sharing your talents - much appreciated!

**Thank  
you for  
the music**

## Leave a Legacy...

*"Tis a fearful thing  
to love what  
death can touch.*

*A fearful thing  
to love, to hope, to  
dream, to be-  
to be,  
And oh, to lose.  
A thing for fools,  
this,  
And a holy thing,  
a holy thing  
to love.*

*For your life has  
lived in me,  
your laugh once  
lifted me,  
your word was  
gift to me.*

*To remember this  
brings painful joy.  
'Tis a human thing, love,  
a holy thing, to love  
what death has touched."  
(Yehuda HaLevi)*



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.

We miss those we've lost. 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.

We thank God for the life of Lloyd Green, in whose memory we have a received donation since our last issue of TriniTidings.

You can also honour birthdays, anniversaries or special people with gifts to the church. For example, a gift was recently made to the General Fund in honour of Julie Baker.

## Balancing Your Personal Energy

We often assume that the answer to finding balance is about time management. However, Sandra Lewis, PsyD, a clinical psychologist at Montclair State University in New Jersey and founder of The Living Source, argued something else entirely: "People focus a lot on time management, but I think in terms of personal energy management. If you have enough energy, you make better use of your time," Lewis says. "In the same way we charge our cellphones, we need to charge ourselves."

How do you re-charge? What are your energy sources?



## Still Searching!

As many of you know, we have been working short staffed at the church since July 2020. With Julie on medical leave, our ministry staff search now requires a renewed effort, and perhaps a new direction, with hopes of having more success.

Your Leadership Team has been working on following the wider church processes to widen our search for ministers, and we have been in conversation with neighbouring churches about what partnerships might be possible.

With this in mind, we hope to be able to bring new recommendations to the congregation about our process going forward at a congregational meeting in early December (watch for official notice in the weeks to come!)

In the meantime, please think about whether you would like to help with our discernment going forward. Any input is gladly received by the members of your leadership team. In particular, we will need church members who would like to serve on our staff search committee. The search committee will be struck at the congregational meeting, and will be trained for work on January 7 2023, with hopes of having something in place by the summer or fall of 2023.

Please note that search committee members must be confirmed church members in good standing. If you are interested in being part of the Trinity search team, please be in touch with the office or a member of the leadership team before the end of November.



## Financial Terms, De-Mystified... Hopefully!?

Our leadership team has some tools available to them to help them analyze our income and expenses and compare them to our church's budget.



**Our church's budget** - It is the financial expectation of income and expenses for the upcoming year, as approved and passed by the congregation.

**Financial Statement** - A detailed four page document listing all income and expenses. Attached to the financial statement is another page, a balance sheet showing the funds on hand.

**Operating Budget vs Actual Summary** - A summary of our income and expenses, compared to our budget, with an analysis of the % of the year to date.

**Giving Goals** - A tool to track donations monthly with the expectation of a certain % per month, based upon a historical analysis of % of donations per month. This tool compares actual donations against the **budgeted** amount for donations.

As at the end of September, donations we are on track with our giving goals..., but we are still projecting to end the year with a deficit overall. To explain this, our 2022 budget was for a deficit of over \$53,000. Our budgeted donation amount is plugged into our giving goal calculator and shows that donations to date are in line

with the budgeted donation amount. However, based upon our actual total income and expenses to September 30, we are showing a possible year end deficit of \$31,666. (Just a reminder that we still have a staff vacancy so our personnel expenses are less than budgeted for

2022.) In summary, the giving goal is an analysis of only one portion of the financial picture and not an analysis of the whole picture.

**Thank you** for your donations. Your donations are needed and are always appreciated!!

Have you had a chance to see the front steps? They have been repaired and resurfaced. They look great! This repair and resurfacing cost \$14,415. Trinity was able to pay for this expense from the Val Garlick Fund.

- *The Stewardship Team*

## Where's Julie?



If you have been attending church on Sundays, you will know that Julie is not up at the front of the church these days, although many weeks she does pop in via

Zoom screen to do a little something. Julie is on reduced work time/medical leave due to weekly cancer treatments. This initial chemotherapy will continue through November, and then she will prepare for a stem cell transplant - likely right around the new year. Thanks so much to everyone for the prayers and good wishes that

have been offered. Thank you to everyone who has stepped forward to fill a gap in our church life with this unexpected detour. If you have a bit of time and energy and would like to help out, please be in touch with the office, and we will find a spot for you. In the meantime, you can still catch Julie on the big screen on Sundays in her own version of "Where's Waldo?" Who knows when you might catch a glimpse?

## Financial Update 2022 September & October

Goal - \$31,577  
Given - \$24,086

**Thank you!**



Giving Goals  
November & December  
\$55,195

**Let's keep it up!**

## It's a Balancing Act!

Have you noticed a difference in how you spend your time compared to life pre-pandemic? Many people discovered that they didn't miss the hectic schedules they were following and enjoyed the opportunity to stay home more often. It became easier not to do so many things, which was a good change for many. For others, the pendulum swung too far, and now they struggle with incentives to get themselves into engagement with people and the world again. How do you balance what you want to do, what is easy to do and what is good for you to do?



## How Can I Help?

This fall, as Julie is on medical leave and working very part



time, we have discovered all kinds of things that need help to happen. House groups have picked up some extra jobs, and volunteers are learning to do things they haven't done before. Have you wondered what you might do to help?

You could offer to do something one time, or on a regular basis. Here are some examples of things you could learn to do. Please be in touch with Jacquie in the church office, if you'd like to help out.

- Join a house group to add to their crew a couple of months each year
- Offer to assist a house group once and a while with a particular task or a variety of tasks: hosting coffee time, reading scripture, being a friendly usher, operating the elevator, setting up communion, light candles (you name the date and the task and we'll hook you up!)
- You can sing with the choir and lead Sunday music (you can be directly in touch with Brenda Moorhouse if you wish)
- If you have a musical talent and would like to share some gathering music before church any Sunday we're always open to that!
- You can learn to be a building host (unlock doors, turn lights on and off, host and welcome guest ministers on a Sunday morning).

- You can learn to be part of our tech crew (learn how we set up cameras and microphones on Sunday mornings, and even be a substitute zoom host for Pam if she can't be there)

• If Christmas is your favourite season, and you'd like to light Advent candles or help plan Christmas Eve, you can join our Christmas team (Amy Chappellaz is the point person for that, so you can talk to her directly if you want!)

- As Covid protocols ebb and flow, we are always looking for friendly visitors who could make phone calls or even do an in person visit with someone who doesn't get out easily
- Sunday School would love to have more helpers and teachers (especially as we plan for after Christmas!)
- Would you like deliver newsletters to an area or your neighbourhood?
- How about stuffing envelopes, or making kids' activity packets? Jacquie often has office jobs that would like some help!

The United Church of Canada Foundation has recently hosted a couple of virtual panel discussions on their work in the context of anti-racism. If you would like to watch them, you can find them on YouTube. Each is about an hour in length.

**Investing in Reconciliation:** <https://youtu.be/LakEdBQvjic>  
**Building a Strong Foundation: Anti-Racist Works in Action:** <https://youtu.be/zNBhHmitYtc>

Wilma Shirriff will be presented with the Queen's Platinum Jubilee Medal for her tireless service to community and country. A total of 1,000 medals will be awarded at ceremonies held throughout Manitoba. Congratulations, Wilma on your well-deserved award!



## Learning from Our History

You may have seen media coverage in a CBC Winnipeg story from October 21 about The United Church of Canada being named in a lawsuit related to its role running maternity homes, often known as "homes for unwed mothers". The article begins: "A woman who says she was abused and forced to put her baby up for adoption in 1965 at a church-run maternity home in Winnipeg is spearheading a proposed class-action lawsuit against the United Church of Canada." The United Church ran a number of such homes, often with other churches. In 2020, the Church apologized for "...our participation in the separation of mothers from their children. Our role in pressured, coerced, or forced adoptions created a legacy of pain and suffering.

We helped create a culture of shame." Further information about this particular case and the church's response will be shared as it becomes available, but to learn more about this history and the apology, you may visit this link on the national church webpage (If you don't have internet access, the church office can print out information for you).

<https://united-church.ca/social-action/justice-initiatives/apology-forced-adoptions>



## We Miss You!

Children matter to us and are a big part of our church community. While staying in your pajamas all morning is sure a treat, you are missing out on all the fun of our new Sunday School program!



**Did you know?** This year we have purchased a new Sunday School curriculum called The Go Project and it is full of great activities, crafts and stories for all ages that encourage discussion and give us thought on how we can change our community and our world as we grow.

Your children and grandchildren are welcome to join us anytime during the year.

If you have any questions about our program, please feel free to reach out to us or come visit during one of our classes (you might even get to make a craft for yourself!)

## Rebuilding After the Storm

Hurricane Fiona has caused devastating damage across Atlantic Canada and Eastern Quebec. Communities throughout the regions of Fundy St. Lawrence Dawning Waters, First Dawn Eastern Edge, Regional Council 15, Nakonha:ka and beyond will need support as they navigate the road to recovery.

The United Church of Canada Foundation is **accepting donations** to help support the area's rebuild as the longer-term needs become clear. **Your donation** to the *Ann Baker Estate Trust for Emergency Relief in Canada* will continue to provide flexible, reliable funding even after the media coverage wanes and as need for resources fluctuates. We will update you on the situation as on-the-ground partnership information becomes available. You can make your gift online here: <https://www.canadahelps.org/en/dn/75488>

Thank you for your generosity and please continue holding everyone affected by Hurricane Fiona in constant prayer.

## It's a Balancing Act!

If you are hoping to find more "balance" in your life, perhaps you might attend to the following areas. Take your time - don't do them all at once - remember, it's all part of finding the balance!

1. What would balance look like in your life? Is it equal amounts of everything all of the time? Or perhaps it is a lot of something one time, and a lot of something else another time. It is unlikely you want to be calm and quiet all of the time. What are the important

things that you would like to make room for?

2. Who in your life will help you with these things? Who in your life will not help you with these things? The company you keep makes a difference!



3. Think about your whole life - your mind, your body and your spirit. Does the way you live your life pretend that only one of those things are important? Do you neglect one or more of them?

4. If you decide to make changes, can you make them positive and fun? You are more likely to continue a new pattern if you enjoy the process.

## A Franciscan Benediction

"May God bless you with discomfort at easy answers, half-truths, and superficial relationships, so that you may live deep within your heart.

May God bless you with anger at injustice, oppression, and exploitation of people, so that you may work for justice, freedom and peace.

May God bless you with tears to shed for those who suffer from pain, rejection, starvation, and war, so that you may reach out your hand to comfort them and to turn their pain in to joy.

And may God bless you with enough foolishness to believe that you can make a difference in this world, so that you can do what others claim cannot be done. To bring justice and kindness to all our children and the poor. Amen."



Step with care and great tact, and remember that Life's a Great Balancing Act. - *Dr. Seuss*

## Activities to Help Shift Your "Balance"

Life is indeed a balancing act. If you are feeling out of balance, maybe one of these activities is a good way to make a shift.



1. *Journal* - before bed, check your balance. What felt out of balance? What was one thing that felt right today? That's worth noting too.

2. *Meditate* - If you are someone who doesn't easily take time for yourself, or you rush from activity to activity, taking 10 minutes to rest, or re-set can help you re-balance in the middle of your day.

3. *Volunteer* - Spending a few hours helping other people, or helping a cause that matters to you can help you see the world from outside your own perspective. This is a very good way to have a different view of what balance might look like for you.

4. *Connect* - Life's balancing act always involves engaging with others, and often our balance is out because we don't feel connected with those who matter to us. Try sending a handwritten letter or postcard to a friend or family member as a way of reaching out. What a treat to get something like that in the mail these days! If that's too much - you can always make a phone call, or send a

text. For those in your immediate circle, try asking them how they are doing more often, or telling them you appreciate them.

5. *Cook* - One way to care for your body is with nutritious food. You can also show someone else you care about them with a home cooked meal.

6. *Donate* - Donating money or goods can help you feel like you are helping the world instead of only taking from it. Whether it's \$1 or a box of used clothes, every little bit can help.

7. *Go Outside* - maybe your balance is that you don't spend enough time in nature. Make sure to dress for the weather, and then take a few minutes to appreciate the beauty of our surroundings - sit on a porch, go for a walk, or do an outdoor chore.

8. *Watch What You Say* - it's a hard thing to

do, but our attitude and our words shift the balance for ourselves and others. Try to bring thought and care to what you say to yourself and others. Be mindful of your complaining or negative talk, and where it is directed.

## See You on Zoom!

Here's how to access our Zoom Livestream. If you have a mobile

phone or tablet, download the zoom app, and on Sunday mornings, go to the app and click "Join a meeting". Enter the meeting ID: 646 070 0716. You will be asked for a



passcode which is: trinity. When you enter the meeting, say "yes" when you are asked to join audio, or you won't be able to hear anything. You can still control whether your microphone or video is on.

If you access through a browser, rather than the app (on a desktop computer for example), you can just [click this link](#), and it should take you right to the live feed. This link will change after a few weeks, so check our website to find the most current link.

You can also listen to the live feed on your land telephone line. You will have to dial a long distance number, so depending on your phone plan, you may incur long distance charges. When you dial in, you will have to enter the meeting ID: 646 070 0716, and as part of the zoom security, will be asked to state your name. Any of the following numbers will access the zoom feed, even though they are routed through different parts of Canada: 1 204 272 7920 (Manitoba); 1 587 328 1099 (Alberta); 1 647 374 4685 (Toronto); 1 647 558 0588 (Toronto); 1 778 907 2071 (British Columbia); 1 438 809 7799 (Montreal). If you have trouble getting through on one, try another!

If you need help accessing Trinity online, instructions may always be found at our website. If you have questions, you are welcome to contact us via our social media platforms (Facebook, Instagram, Twitter) or give us a call in the church office during the week.