

Trini Tidings 2024



Spring/Summer Trinity United Church Portage la Prairie, MB

Phone: 204-857-4471
e-mail: trinityu@mts.net
Website:
www.trinityunitedportage.ca

Office Hours

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

Do you want to support Trinity but don't have any cash to put in the offering plate? We can receive e-transfers to trinityu@mts.net or you can donate via credit or debit card by following the link on our website trinityunitedportage.ca. Thanks for all the ways that our supporters contribute to our life and work.



Do you have rose bowls you could spare? We are looking ahead to stock our shelf with rose bowls as gifts for our shut-ins at Christmas. If you can help, please bring them in to the office.



COMING UP IN TRINITY WORSHIP

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. *Note: Zoom options are not available at McKenzie United & First Presbyterian Churches.*

May 19, 2024

"Festival of Pentecost"
Communion

May 26, 2024

"How God Answers Prayers"

June 02, 2024

"God's Call"

June 09, 2024

"Finding Your Inner Spark"

June 16, 2024

"God's Amazing Choice"

June 23, 2024

"The Quiet Centre"

June 30, July 07 & 14, 2024

Summer Worship services at McKenzie United

July 21, 28 & August 04, 2024

Summer Worship services at First Presbyterian Church

August 11, 18, 25, 2024

Summer Worship services at Trinity

Will you be dividing your hostas this year, and would you be willing to share? We are looking to build a wall of hostas against the north side of the building. Please call the church office if you have extras to spare.



Old Eye Glasses

– If anyone has old eye glasses that they wish to donate, they can be placed in the marked box in the office. They will be donated to those in need through the Lion's Club. Cases are not needed.



Church Connections



While you can always find us by using the telephone, and stopping into the office (regular office hours continue through the summer) we have many electronic and online options to keep us connected as well.

Regular emails are sent with updates – if you would like to be added to our email list, 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).

The UCW is grateful to everyone who supported their petunia sales fundraiser. The proceeds will enable children in the "Chance to Grow" program a chance to participate in sports, music and other nurturing activities. A small amount has come back to the church. Thank you!



Lessons of Racism Learned When Young

The following is an excerpt from a blog written by Adele Halliday. Your Mission and Service gifts support anti-racism programs and initiatives like the ones Halliday develops as the United

Church's Anti-Racism and Equity Lead to help all of us be in deeper, more equitable relationships with one another.



MISSION AND SERVICE FUND

The name calling started when she was about three years old.

They were racial slurs, and names, and taunts. My child, my own flesh and blood, was being ostracized for having Black skin. The people slinging the insults? Other children on the playground....

She may not have necessarily always understood the particular terms that they used, but she knew that they were related to her Blackness and her racial identity. And this deeply wounded her tender heart....

Despite all of our intentional modelling, teaching, and proactive actions, our child is still already developing internalized racism and inferior notions of herself.

The children who were taunting her were offering explicit and overt notions of racism, but they were children! They had not even started primary school! And yet, the children had already learned behaviour (at home, or elsewhere in society) that Whiteness is superior. And, they had the audacity to vocalize that to an innocent little child....

This is in part why I am so deeply committed to dismantling racism in all its forms—racism is damaging and destructive for all people in society. It reinforces negative notions for people of colour. I live it in a particular way because of my own racial identity, as a Black person who has lived with racial injustice my entire life.

The systemic nature of racism is something that cannot be ignored.... This effort to overcome racism is a continuous effort. And I am committed to this work for the long haul.

I hope that you will be too.

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 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 contacting the office any time.



"Enjoyment gives you more to be grateful for, which keeps that loop of the upward spiral going. Enjoyment also makes it more likely you'll exercise and be social, which in turn will make you happier." - Alex Korb

Summer Worship: Volunteers Needed



Since we do not have a house group

for the summer, we could use your help to host the other churches on **August 11, 18 & 25** when we are back at Trinity. If you can help with hosting, ushering, sound or coffee, please call 204-857-4471) or email the church office (trinityu@mts.net)

Have you ever considered hosting Zoom on Sunday mornings? We are looking for interested people to learn the ropes to be able to occasionally fill in and take care of the duties that Pam so faithfully offers each week.

Zoom Meeting



Group training will be provided with a schedule to follow, depending on availability. Call the church office for more information.

Cold Plate Ham Supper take-out



Sunday, June 02

5:00 – 6:30 p.m.

Must preorder by Saturday, May 25

Call 204-385-2847 to order
First Presbyterian Church
17 Royal Road South
Adults \$20

Deliveries can be arranged for those who cannot pick up

Financial update

Printed below is a copy of our Operating vs Actual Summary to April 30, 2024. Just a reminder that we passed a deficit budget at our annual meeting. When reviewing the amounts in this chart, we budgeted for \$229,502 of income and projected expenses of \$317,922.


As you can see, our total income is currently 25% of our budgeted amount instead of being 1/3 of budgeted amount at the 1/3 point of the year. Our personnel expenses are also only 25% of our budgeted amount - however we expect this actual expense will increase. Julie is currently not working full time nor is she being paid her full time salary.

Thank you for taking the time to review this chart. If you have any questions about our financial position, please call the church office.

Thank you very much for your continued support of our church, whether your support is financial or you volunteer your time and talents. You are appreciated!

The Stewardship Team

| | Apr 30 | Actual to Date | Budget 2024 | % Budget to Date |
|------------------------------------|----------------------|-----------------------|-----------------------|------------------|
| Income | | | | |
| Offerings | \$ 11,086.05 | \$ 43,367.76 | \$ 190,000.00 | 23% |
| UCW | | | \$ 5,000.00 | 0% |
| Rentals | \$ 3,450.20 | \$ 12,080.80 | \$ 30,802.40 | 39% |
| Honouraria | \$ - | \$ 200.00 | \$ 1,000.00 | 20% |
| Special Events | | | | |
| Interest | \$ 330.00 | \$ 720.27 | \$ 1,200.00 | 60% |
| GST Rebate | | | \$ 1,500.00 | |
| Miscellaneous Income | | | | |
| Total Operating Income | \$ 14,866.25 | \$ 56,368.83 | \$ 229,502.40 | 25% |
| Expenses | | | | |
| Personnel | \$ 18,545.64 | \$ 60,871.09 | \$ 243,397.93 | 25% |
| Cost Sharing with MacGregor United | \$ (3,378.87) | \$ (10,538.97) | | |
| United Church of Canada | \$ 2,997.25 | \$ 5,994.50 | \$ 11,989.00 | 50% |
| Office | \$ 835.91 | \$ 5,366.83 | \$ 12,290.00 | 44% |
| Program Supplies | \$ 137.78 | \$ 256.28 | \$ 2,275.00 | 11% |
| Interest Groups | \$ - | \$ 159.40 | \$ 1,275.00 | 13% |
| Property | \$ 3,388.91 | \$ 13,968.86 | \$ 46,694.87 | 30% |
| Total Operating Expense | \$ 22,526.62 | \$ 76,077.99 | \$ 317,921.80 | 24% |
| Surplus/Deficit | \$ (7,660.37) | \$ (19,709.16) | \$ (88,419.40) | 22% |



Trinity's Financial Update 2024
January - April
 Goal - \$50,033
 Given - \$43,368
Please help, and thank you!
Summer Giving Goals
 May 1 – August 31
 \$49,781
Let's keep it up!
Your generosity is greatly appreciated!

Milestones & Markers...

We haven't had a newsletter for some time. So our update is more extensive, covering the last year since our issue in November 2022.



Funerals

Shirley Marie Case
December 30, 2022

Dennis William McMillan
February 3, 2023

John Scott Walsh
February 11, 2023

Albert Ronald Patenaude
March 25, 2023

Jennifer Jeannie Baker
April 4, 2023

Edwina Elizabeth Anne Marie Popoff
April 29, 2023

Allan Michael Kasijan
June 14, 2023

Thomas Ralph Wanyne Bailey
June 8, 2023

Dale David Braden
October 6, 2023

Ina (Louise) Greenaway
October 22, 2023

Mary Klassen
October 28, 2023

Margaret Rose Scott
March 7, 2024

Thomas (Tommy) Daniel Horodecki
March 15, 2024



Weddings

Craig Finnie & Pat Chimney
May 6, 2023

Dillon Grant & Brooke Drummond
August 26, 2023

Baptisms



Mileena Rita Marlene McKay
Daughter of Clinton McKay & Dale Boskwick-McKay
June 12, 2022

Spencer Lorne McKay
Son of Clinton McKay & Dale Boskwick-McKay
June 12, 2022

Stevie Ila Hay
Daughter of Katarina & Riley Hay
May 5, 2024

Charlie Jackson Ham
Son of April Brown & Tyler Ham
May 5, 2024

Poppy Mae Upward
Daughter of Jennifer & Mark Upward
May 5, 2024

Ella Rose Mulligan
Daughter of Jeff & Amanda Mulligan
May 5, 2024

Macie Jean Brown
Daughter of Alyssa & Andrew Brown
May 5, 2024

16 Easy Summer Self-Care Ideas to Help You Rest and Recharge

1. Watch the sky instead of TV
2. Ride your bike to work
3. Spice up your water
4. Pick up a new outdoor activity
5. Swim your heart out



6. Connect with friends at events
7. What were your favorite childhood summer activities?
8. Embrace your body
9. Focus on self-efficacy rather than control
10. Plan picnics with loved ones
11. Indulge and eat different ice cream flavors
12. Why not learn how to make slushies at home?
13. Get dirty and garden
14. Volunteer and connect with your community



15. Declutter from previous seasons
16. Make delicious BBQ breakfast recipes

It's Seeding Time Again

FOCUS (our local initiative for the Canadian Food Grains) hopes to secure 400 acres of crop land for inputs this upcoming growing season and they need your help to buy the seed and other inputs necessary to plant those acres. Financial donations can be made out to FOCUS and sent to Travis Rintoul, Box 1226, Portage la Prairie, MB R1N 3J9. Receipts available for donations of \$20 or more. If you have questions or want more information, talk to Dave Falk (204-856-6626)



Elijah Mwandila's Profile: Grateful

I am grateful to receive this honour and privilege to work with Trinity and MacGregor as new ministry personnel during my admission process into the United Church of Canada. Moving from one part of the world to another is not only exciting but also challenging. Its excitements and challenges are embedded in the imaginations, expectations and experiences. However, by and large, this has been a wonderful and beautiful experience for the Mwandila family. Moving to Canada is like moving from home to home due to the wonderful and beautiful people of the community of faith we have found.

I am an energetic and progressive minister who is eager to learn and contribute in God's ministry with God's people. I love learning new things and languages. For instance, I can say a greeting not just in my mother tongue, but also in seven other languages of Zambia and Sub-Saharan Africa.

I love playing soccer in my spare time, watching movies with my family, visiting new places with my family, and just relaxing or napping. I do this in my free time. I also use my quiet and free time to recharge my spiritual batteries. I recharge by engaging in silent reflections,

Bible study, Prayer and Meditation, singing, and reading literature about particular topics of interest. This recharge helps



me to centre myself as I work with the community of faith and the wider community. I love being a minister in this sense as it gives me the space and opportunity to share

lives, walk and grow together with the community of faith and the wider community.

When it comes to singing, I love singing. I used to sing in the choir before I became a minister and continued singing with the choir whenever I am able. Moving to Canada and joining the UCC is a good thing for me. I love the fact that the UCC loves to sing its theology. I love its inclusivity, welcoming, and social justice engagements among many other things. The UCC's theology and practice of ministry challenges me to get involved to "draw the circle wide -MV 145" so that all might experience the reign of God. However, there are lots of songs that I love but I am always fascinated by the

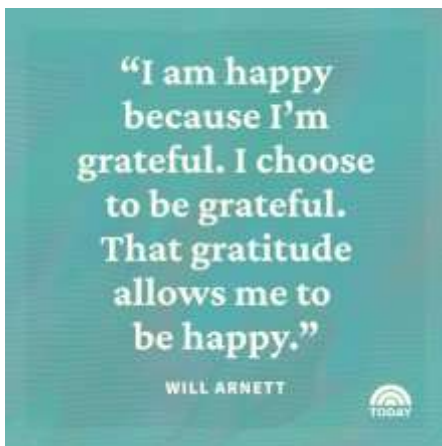
variety of the songs the UCC has incorporated in its worship. Other than that, I like apples, bananas, mangoes, and peanuts among others. Interestingly, my family loves some of the foods I take. Sara and I have three boys: Christopher Emmanuel Mwandila, Elijah Elvis

Mwandila, and Ebenezer Ben Mwandila. We enjoy being together and find joy in each other's company. We are also open to sharing our time and spaces with friends and neighbours. We love creating friendships as a family. I hope to integrate into the Portage la Prairie Community with my family as we serve together. Thus, we are grateful to be here!

Generally, Elijah is at Trinity on the 1st and 3rd Sundays of each month, and in MacGregor on the 2nd and 4th Sundays. This summer will switch things up a bit as we participate in joint summer services. Elijah will take holidays July 22 – August 05, and August 20 – September 03.

There are no dumb questions!

Do you ever wish you knew a little bit more about Christianity, or religion in general? Do you feel like you have gone to church for a long time, but still don't know how to describe your church? Or perhaps you are new to The United Church, and want to learn more. Are you a seeker? A beginner? A wonderer? Are you someone who just never bothered to become a member so you never had the opportunity to learn about some of the building blocks of faith? As we look toward fall planning, we are wondering whether there is interest in an adult baptism/confirmation/renewal study that invites you to ask all of the hard and easy questions that you've often wondered about. If this is a match for where you are at, please let the office know.



An Update from Julie

So, an update on Julie. Where to begin? Where to begin, indeed.

As many of you are aware, 2023 was not my favourite year. Since the last official newsletter, I have experienced chemotherapy, a stem cell transplant, the death of my sister and aunt from pancreatic cancer, emergency abdominal surgery, cataract surgery, and ongoing cancer treatments and physiotherapy. It was a lot. But here's the good news: the stem cell transplant worked as well as it was able, and the current level of treatment allowed me to start back to work on a part time basis in February of this year. This cancer is not curable, but –we hope- manageable for as long as possible. And so, I manage – as best I can.



As of May 2024, I am working 26 hours/week on the Gradual Return to Work Plan. 26 hours disappears fast! Of course, I am compromised in a variety of ways (immunity, mobility, persistent pain, the interruption of countless medical appointments) but I am also noting that I have gained wisdom and experience over the past year that makes me more effective and knowledgeable in some settings. Is the suddenly curly hair a curse or a blessing? We can't be certain,



but at least some hair grew back! At this point, my work is mostly centered around returning to offer Sunday leadership, getting to know my team minister Elijah, and catching up with so much that I have missed. Those of you who

have seen me in church know that my energy and stamina isn't what it once was, so I am appreciating having help of various kinds on a Sunday morning. As I continue to take chemotherapy medication, my immune system is suppressed. In addition, the stem cell transplant erased my immunity to all of the usual big viruses, so I am like your small (grand) children who have to get their baby needles. I have begun the vaccination process, but I will not be able to get some of them until next year! So, I have to be very careful when I am among others so that they don't accidentally give me something that would be quite dangerous for me (even if it wouldn't be a big deal for most people). Stay away from me with your measles, or chicken pox, or even your covid! That's why you'll see me wearing an N95 mask when I am with the public. Thank you for your patience when you can't read my lips and have trouble hearing what I am saying! I am getting better at accepting offers of help, and I am so grateful for those of you who have been so kind and generous to me over the last months. The hope of my health care providers is that my hours will continue to increase until we are back at full time, or discover what amount of time is the most that I can offer in a healthy way. I anticipate that by the fall we will know what hours of work might be sustainable for me going forward. I certainly have been happy to be back among you again and thinking about not only dying but also living well.



Springtime Prayer

O Dancer of Creation,
the earth awakens to an
urgent call to grow.
In the hidden recesses of my
wintered spirit
I, too, hear the humming of
your voice,
calling me, wooing my
deadness back to life.

My soul yawns, stretches,
quickness,
as the energy of Spring
revives my weariness.
I sit with wonder, observing
the steady activity
of downy woodpeckers and
newly yellowed finch.
I do so wait with the avid
attention of a child's first look,
savoring the colors and
shapes of earth's loveliness.

As the filtering patterns of
early sunlight
lift the shades of green in
every growing thing,
I enter into spring's unlettered
words of life.
For a while my doubts,
anxieties, and worries
become like chapters in some
ancient book
whose text no longer claims
my full attention.
I am content to sit, watching
Spring
turn the pages of this
animated publication,
eager to discover the
invigorating story
reflected in my own springtime
revelation.

Tell me, Wise Awakener,
why is it easier to believe in a
stem of new grass,
or the opening bud of a fresh
purple crocus,
than it is to believe
in the greening of
me?

- Joyce Rupp



A Gift in Memory

Summer is a time for weddings and family reunions which bring people together often across great distances. It is a time to remember



our roots and the ties of family and friendship that connect us. It is also a time when our thoughts naturally turn to those who are no longer with us. We remember their laughter, their smiles, their stories and we know that they remain part of the roots that keep us grounded even if they are no longer present with us in the same way anymore.

At Trinity, our Memorial Fund is one of the ways that we celebrate those who have blessed our community with their life and work, their laughter and their stories. It helps us to remember that the church's family reunion is never limited to those who are in the room with us but always includes the community of the faithful throughout time and space. 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:

Auna Brown
Lloyd & Cheryl Green
Jean Finnie
Don Chimney
Marg & Wally Pehura
John Walsh
Dennis McMillan
Doug Rosin
Jennifer Baker

Ena Dickenson
Edwina Popoff
Ken McLeod
Steve Cheverie
Brenda Baker
Bert Bazin
Art & Mary Klassen
Sharron Ellis
Louise Greenaway
Lorena Pogue
Roy Tibbett
Ken Yuill
Jake & Janny Kok
Marg Scott
Irene Quigley
Don Ross

Gifts have also been received in honour of Julie Baker, friendship with Barb Palmer, and all who have taken part in whatever way to keep Trinity having Sunday services.

Hope in the Chaos

By Elijah Mwandila

Our Lenten and Easter calendar was marked with the theme "Hope in the Chaos." This gave us an opportunity to view life from a pragmatic perspective. In most cases, we fail to resurrect in our situations because the world around us does not speak any positive thing. Chaos though relative in nature but, it is multifaceted. Everyone has an experience of chaos, and it is worth acknowledging that. However huge or small our chaos might be, it cannot overcome our hope in Christ. Hope in Christ is like a lit candle in darkness. It shines and brightens the space. Hope is like the calm that comes after the storm; and it is like spring season after heavy snow falls in



the winter. Hope is a breath of new beginning perhaps!

It is this hope that calls us to continue standing for justice and peace in places where children, women and seniors are experiencing pain. We are called upon to join the cease fire campaigns for the wars happening in Gaza, Israel, Ukraine and many other parts of the globe. We are called upon to join the campaign for human dignity by supporting families that are going through severe hunger situations and sicknesses; poverty and homelessness; seclusion and marginalization. We render support to those going through Gender Based Violence and various forms of hate and many more attacks on humanity.

As we think of hope, let us not forget that spring is here and we cannot wait for summer. Spring brings up new life, new look and new experiences ahead. This does not leave out our church. We are in for new things and new experiences. As we plan ahead of this year, may we be

guided by the hope in God like David in Psalm 52:8, "But I am like a green olive tree in

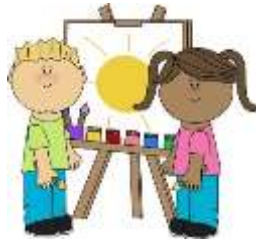
the house of God. I trust in the steadfast love of God forever and ever." We are hopeful for new things at Trinity United Church and as a people of God. Enjoy the reading of this newsletter and celebrate God's blessings with everyone.

St. Mary's la Prairie
(36 – 2nd Street SW)
presents



Luminous String Quartet

The Luminous String Quartet offers a highly diverse repertoire spanning the classical music eras as well as custom arrangements of popular music. **Sunday, May 26 at 2 p.m.** Tickets available from the church office 204-857-3931. Seating is limited, purchase tickets early to avoid disappointment. Tickets \$20



The children of **Portage Ukrainian Nursery School** invite you

to visit their **12th Annual Art Show and Auction** at the Prairie Fusion Arts Centre (west entrance). Viewing hours are Monday - Wednesday from 10 a.m. - 3 p.m. and Thursday from 10 a.m. - 7p.m. from now until June 27.

If you would like to brighten your home or office, there are pieces for auction and some marked for sale.

Sunday School Wind Up



And just like that, the year comes to an end, and summer is upon us. There are

only 2 Sunday School sessions left before we take a break, so you will want to mark the dates! Sunday School will be in session on June 2 and June 16 (no Sunday School May 19, 26, or June 9 ☺) So make sure that you join us on the two dates that are left! Since it's father's day on June 16, bring your dad to our wind up! Thanks so much to Tanis Essery for all of her efforts to lead a Sunday School program through this past year. If you have Sunday School age children (approx. 3-12 ish) and are interested in helping us make decisions about our fall program, please speak to either of our ministers, or be in touch with the church office.

How to Avoid Mixing Your Metaphors

Whether your first language is English or not, you must have mixed your metaphors a time or two. In conversation, it's not a biggie. Everyone (unless they're an editor with no social skills) pretends it didn't matter, and life goes on. But in writing, these matter. They sit there and taunt the reader to notice something is wrong, and usually they succeed.



a duck out of water

Here's a poem of just that!

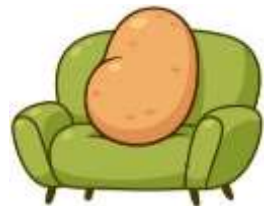
It's not rocket surgery.
First, get all your ducks
on the same page.
After all, you can't make an
omelette without breaking
stride.

Be sure to watch what you write
with a fine-tuned comb.
Check and re-check
until the cows turn blue.
It's as easy as falling off a piece
of cake.

Don't worry about opening up
a whole hill of beans;
you can always burn that bridge
when you come to it,
if you follow where I'm coming
from.

Concentrate!
Keep your door closed
and your enemies closer.

Finally,
don't take the moral high
horse:
if the metaphor fits,
walk a mile in it.



- Brian Bilston

MacGregor Fair Community Church Service



Sunday, June 23 10:30 a.m.
MacGregor Curling Rink
Featured Speaker:
Elijah Mwandila
All welcome!