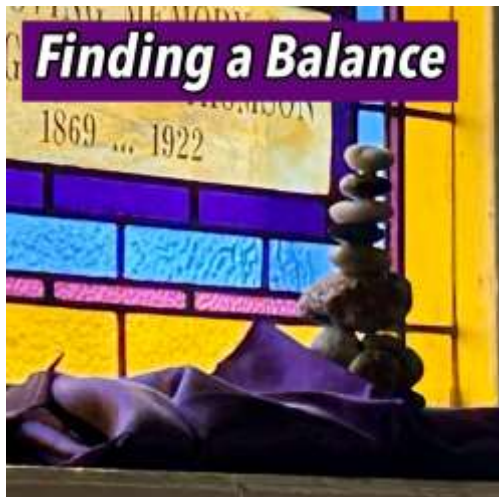


TriniTidings



Lent 2026

Trinity United Church
Portage la Prairie, MB

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

Office Hours

Monday – Friday
9:00 a.m. – noon
1:00 p.m. – 4:00 p.m.

UCW's Irish Stew Lunch



Join us for good food and fellowship

March 22

following worship
for stew, salad, biscuits & buns,
hot dogs,
dessert, coffee, tea & juice
Adults: \$10, 6-12: \$5,
Under 6: free

COMING UP On SUNDAYS at TRINITY

Worship and Sunday School at Trinity happen each Sunday at 10:30 a.m. This Lent, join us for “**Finding Balance**”

March 15

Lent 4

Worship Leaders:
Elijah Mwandila & Julie Baker
“Finding Balance –
Love Your Neighbour”

March 22

Lent 5

Worship Leader Julie Baker
“Finding Balance –
Love Yourself”

March 29

Palm Sunday

Worship Leader Julie Baker
“Finding Balance –
Palm & Passion”

April 5

Easter Sunday

Worship Leaders: Julie Baker &
Elijah Mwandila
“When God Tips the Balance”
Communion

April 12

Easter Season

Worship Leader Julie Baker
“When God Hurts”

Ecumenical Good Friday Worship

Please join us at St. Mary's La
Prairie Anglican Church
(2nd St SW)

Friday, April 3
10:30 a.m.

**“How Far Will You Follow
Jesus?”**



This is a shared
worship service with
the Anglican,
Presbyterian and
United Churches in
Portage la Prairie.
All are welcome.

Celebrate Easter Sunday with us! April 05, 2026

April's House Group invites you to come to church a bit early to enjoy an Easter Celebration” light continental breakfast - around 10:00 a.m. If you can help with food items, there will be a sign-up sheet on the back bulletin board. Looking forward to seeing you!



Church Connections



While you can always find us by using the telephone, and stopping into the office, 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 emails 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).

Cuban Agricultural Tour

For two and a half weeks last month Linda and I, along with Josh Wright, participated in a tour of small to intermediate size organic farms in Cuba.



As part of preparations, we were asked to bring along as much humanitarian aid as possible to support local farm families. We made a call for help, first to Trinity United and then to the larger community. As a result we were able to fill all our suitcases for a total of 250lbs of humanitarian aid. As a thank you for Trinity's part, we have prepared this brief report.

All the economies of the world suffer periods of downturn and uncertainty as currently, Canadians are all too aware. But imagine a tsunami of hurricanes, earthquakes, sustained electrical outages, supply chain disruptions, systemic trade embargos, and climate change induced floods and droughts, and you can begin to picture the scenario of food insecurity that a tiny nation of 7 million could face. And if that nation is somehow coping with all that is thrown at them, is there something we can learn in facing our own insecurities? Such was the mindset as we, a small group of Canadians and one American, toured small independent farms through western Cuba.

Our visit was bookended by stays at two progressive religious institutions – the Centro Cristiano de Reflexión y Diálogo (CCRD) in the town of Cardenas and the Convent

Sanata Brigida in old Havana. The first is an ecumenical organization promoting critical thinking, community engagement and development, and food security. This is where all of the humanitarian aid brought by the participants was sorted and

divided into thank you kits/care packages for farm families we were about to tour. The contributions by Trinity and community represented a significant portion of items totally collected. Most of the clothing and all of the health aids (due to late arrival) were to be distributed by CCRD in the community/city of Cardenas.

Cuba's socialist revolution dates from 1959, but food security was not really an issue until the 1990's. With the collapse of the Soviet Bloc, guaranteed markets for sugar and supplies for oil and cheap food costs came to an end. By necessity, enacted economic and agricultural reforms supplemented the monocrop state sector with cooperative and small scale private farms. These farms now provide a majority of food production on a much smaller share of cultivated land due to diversity and permaculture methods.

In total some 18 farms were on the tour, ranging in size from 1200m² to 100 hectares. All along the way we witnessed families determined to make farming a viable occupation, whatever the obstacles. Agriculture is the only economic activity in Cuba, organized as cooperatives and private enterprises, where the state does not predominate. As compared to the state

controlled farms, these private sectors punch above their weight.

In general, four words characterize the farmers we encountered on our tour: resilience, determination, resourcefulness, ingenuity. Facing material scarcity and parts, broken machinery is jerry-rigged. With unreliable essential farm supplies, seeds are saved and shared to promote diversity and reduce risks of crop failures. For a shortage of equipment to dig a well, solve it with a pick and shovel. To meet unreliable electrical supply to run irrigation pumps, arise in the middle of the night to make the best of the electricity hours available.

The Cuban government is heavily centralized, bureaucratic, authoritarian and wearing thin in the opinion of many Cubans. However it has a much freer feeling compared to my first visit 45 year ago, where we had a "minder" at every step, and where we never encountered candid opinions of government and state of affairs in Cuban society.

Disillusionment has its sources with the ongoing US embargo isolating Cuba from international credit and trade, the lingering impact of the pandemic on tourism, mass emigration mostly to the US, crippling electricity outages, shortages and high prices for oil and fuel. But if there ever was a combination of catastrophes that devastated simultaneously worldwide trade, commerce, weather, energy, and food security, I put my money on the Cubans to come out of it first.

A more fulsome report of this tour is available from Jacquie on request.

- Mitchell Omichinski

Caring for Our Resources



Stewardship is the **careful and responsible management** of something entrusted to one's care: at Trinity, this is our resources, finances and our organization.

Our resources include our people giving of their time, talents and finances. Our finances enable our organization to maintain our building, our décor and our technology. Our finances pay for our staff, which in turn provide our programming consisting of worship, music, pastoral care, study groups, Sunday school and outreach. We continue to rely upon the generous donations from our congregation – **thank you** to each of you that make a donation to Trinity! Our main financial contributions come from offerings, and also from the UCW and from rental income.

As you review the material sent to you with your tax receipt and Trinity's annual report, you will see that we are looking at a substantial deficit for the upcoming year and are asking if you can raise your donations for this upcoming year (and following years).

Another request – do you have any creative ideas for ways we can boost our income stream? A group is coming together to have conversations, with the desire to bring imagination, creativity, and a clear vision of how we see our church in the future. What about Trinity matters? How will we pay for that? Do you have any ideas? There is room at the table if you wish to be a part of this brainstorming group. Please contact someone from the Leadership team or Investment Committee with your ideas and, if you would like to join this group, your name.

- *The Stewardship Team*

**Trinity's
Giving Goals
February
Goal – \$11,376
Given - \$8,858**

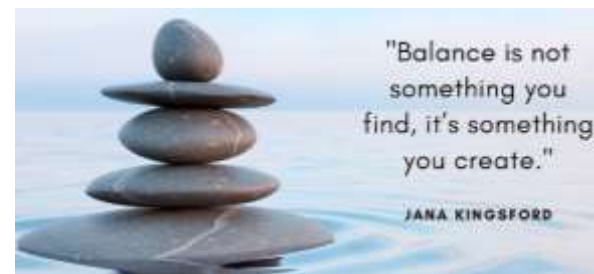


**March
Goal - \$11,356
Please help!
The ministry of
Trinity United Church
is only made possible
through the generosity
of people like you!**

Too salty? Too Sweet?
Too light? Too dark?
Too loud? Too quiet?
Two things that need careful balance.
Too hard? Too soft?
Too subtle? Too overpowering?
Too much? Too little?
Two things that need careful balance.
It's art, and it's science
It's skill, and its' talent
It's experience, and beginner's luck
It's trial and error, and it's just dropping on it the first time.
Big changes, little tweaks, intentional and accidental
Balance is to be found in all of these ways
They call it a 'balancing act'; a performance to perfect
That needs all of our attention, yet demands we inhabit it so well that we hardly know we're doing it
The pulling in opposite directions, creates a push towards a mid-point
The up competes with the down,
The high complements the low
Seek, and you will find
Lose and you will gain
Work hard for it, and you will rest
Rest well, and you will stumble upon the perfect blend of the wonderfully contrasting, ever conflicted, never ending possibilities.
Balance.



- *Ben Harper*



A Gift in Memory



As we journey towards Easter, we think about the great mysteries of life and death. We remember that with God death is not the end but rather a new beginning.

With every loss in our faith community, we grieve the faces and voices that are no longer with us in the same way.

Yet, we also celebrate the ways in which their witness lives on in the lives of others and the memories they leave behind. We are grateful for the gifts we have received to the Memorial Fund to honour these recent deaths and the lives of others who have died less recently but whose example continues to be an inspiration. The work they contributed to so faithfully will be strengthened as we use these gifts to see us into the future.

When you are making funeral arrangements for yourself or a loved one, consider naming their church community as a desired recipient of memorial donations. You might be surprised by how big an impact you can have by placing such an invitation in your obituary or funeral plans.

Here at Trinity, memorial gifts can be designated in a variety of ways. Trinity's Memorial Fund is set aside for the work of Worship and Christian Education in this congregation.

Memorial gifts are also gladly received to any other ministry of the church, designated or undesignated. If you wish, acknowledgements of your gift will be sent to the family of the one you remember, as well as a public acknowledgement when we dedicate memorial gifts each year.

Our memorial donations are one of the many ways in which we live out an Easter faith which cherishes the truth that death is a new beginning.

Since the last issue of Trinitidings, Memorial donations have been gratefully received in memory of:

Ross Dyker

Cheryl McKie & Lloyd Green

Lorena Pogue & Roy Tibbett

Caillin & Lauren Bond

Jim Pehura

Jake & Janny Kok

Ken Yuill

Roy Lyall

Ilien Boyachek

John Walsh

Anne Tegtmeyer

...and in honour of:

Trinity Staff

Carol Zacharias

Here's an option for people who need a medical appointment, but don't need to be seen in person. Free

virtual healthcare service available 24/7, evenings &



weekends. Online Doctor for Manitoba and Canadian Residents. Your walk in clinic

services from home. Source: QDoc - Virtual Healthcare 24/7 <https://search.app/bLWcd5rJUFEsRyVr7>

Regional Council Meeting



The Prairie to Pine Regional Council Meeting will be held on May 28th -31st, 2026 at Selkirk United Church, in Selkirk. Our ministers (Julie and Elijah) and the regional representatives will attend this in-person gathering on behalf of Trinity. Our prayers and thoughts are with the planning team, and all the delegates travelling for this meeting. We ask for prayers during this period as the region discerns its next steps into the future of the church and ministry.

Increasing Accessibility

In our journey to provide a barrier free, safe environment at Trinity, we continue to be aware of accessibility needs. One of those needs for many people relates to hearing on Sunday mornings. Increasing the volume doesn't always help with understanding, but sometimes if you can read what is being said (close captioning), it can make hearing so much easier. In the church, we have to go 'low tech' for this, but each Sunday, copies of the full text of what is spoken up front is available at the entry tables. Feel free to pick one up and follow along!



Our next baptism Sunday at Trinity is planned for **Sunday, May 03**. If you are interested please be in touch with Julie, Elijah or the church office.

Easter 2026

Do you feel like it is the Holy Week already? How has the Lenten season help you to ground yourself and find balance? Do you know how to walk through whatever life



brings but never lose your balance or identity? Well, whichever answer you may have to all these questions, know that you are part of the seeking community of believers not just here at Trinity, but across the world. You are part of the community that Jesus invites to share the good news of Easter (resurrection). This year, here at Trinity we will be exploring the good news of Jesus (Easter) to discern the ways God tips or upsets the scales that hinder flourishing and freedom. We invite you (to invite someone if you can) to come and join us for this service. We hope that we can discern together what God offers to the world to overcome the binaries. We hope to learn how God counters worthlessness with priceless affirmation; violence/hate with love; revenge with mercy and forgiveness; brokenness with restoration; and death with resurrection.

This service will also offer opportunities to listening to music. We will sing together hymns of joy and hope, anchoring our faith in the risen one, Jesus Christ. We are also planning to have special music on Easter. So if you love singing and listening to music, this might be a place to be!

Additionally, we are looking for volunteers who can share their gifts by participating in different worship roles (especially reading narrations). If you would like to be part of the group of people sharing their gifts during this service, get in touch with the

office (Jacquie, Elijah, and Julie). Thank you so much for the support, and we wish you a happy and blessed Easter Sunday.

There's a Spot for You!

Trinity has a limited number of parking spaces with plug-ins available to rent. The cost is **\$25 per month**, and that includes full access to the plug-in. If you'd like to reserve a spot or need more information, please contact the church office (204-857-4471).



Sunday mornings you can access our online feed through our zoom platform from wherever you are! The zoom link is emailed each week, is available on our website, and is posted 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 a.m. and we start at 10:30 a.m.

“Finding Balance” Afternoon Tea



Each week during Lent, as we explore our theme “finding balance” we have been holding drop in conversations about the challenges of living in a world of extremes and either/ors. Is there a different way? How can you find a balance? When there is more than one right answer, how do we make space for them? How do you manage the things that call for our time and attention?

Tuesday afternoons at Trinity
(family room)
1:30 – 3:00 p.m.

While several sessions have already been held, you are welcome to join us. There are no pre-requisite sessions – you can come any time you wish or are available. Coming up:

March 17

(will you wear green?)

What is the balance between meeting our needs and meeting the needs of others?

March 24

Where is the balance between accountability and mercy?

March 31

What is the balance between needing to exhibit confidence, and when is it time for humility?

Donating from home? You can e-transfer to trinityu@mts.net or Scan the QR code for credit card donations.



SCAN ME

Spring is coming to this land of lakes and trees, of grass and farmland; this land shaped by a being more powerful than all of us. The ancients, the first peoples of this land believed in the Great Spirit. But their faith was belittled. Their lives, diminished. Their land and way of living compromised.

We acknowledge the wrongs done in the name of our faith. We acknowledge the damage that has been done. Trinity United Church was built on land covered by Treaty 1, traditional land of the Anishinaabe, Cree, Dene, Dakota, and Oji-Cree nations and is the homeland of the Red River Metis. And so we commit ourselves to the ongoing journey of reconciliation — the coming together of indigenous and settler peoples in harmony, in love, and in truth.



Because We Care

Open our Hearts and Minds to Welcome

Each Person as a Child of God. This mission goal has been with Trinity



for a very long time. And yet, the goal only becomes more difficult as we encounter the increasing diversity that is part of our community. We want to be a church where all people can find a welcome, so the leadership team has put together a “Care Team” of persons who will keep an eye out for those who come into our church for the first time, or those who are not familiar with church customs, and who might need a little support. We will experiment with one or two of those people being available each Sunday so that we can provide a reliable and consistent welcome. Thank you for your support as we

learn how to embrace the differences among us.

Spring Lenten Concerts



St. Mary's Anglican Church
Wednesday Noon Hours
12:10 – 12:30 p.m.

March 18

Audrey MacFarlane &
Debbie Smith

March 25

Jo-Hannah Atchison

Concerts are absolutely free
Lunch following concerts - \$10

Have you ever wondered how you could support Sunday worship behind the scenes? We're looking for volunteers to occasionally help operate the sound system on Sunday mornings, and training will be provided. If you're interested or would like more information, please let us know.



Good Friday Participation

Our Good Friday service is a joint

Anglican/Presbyterian/United collaboration at **St. Mary's** on **April 3 at 10:30 a.m.** We are looking for participants from all of our churches. The parts are simple (reading/non reading) – no costumes, nothing complicated, but if you plan to attend and would like to participate, please be in touch with Julie as soon as possible. Thanks!



One way to help alleviate poverty concerns one small act at a time is to support the Women of Mother Earth network, that meets regularly in our church. At the moment, they are collecting donations of clothing that they are distributing to local residents in need. They will accept donations of used clothing in clean condition, and in good repair please! They are finding that they are able to distribute clothing as quickly as it is donated, and your help is appreciated!



Clothes
♥ Donation ♥

First Presbyterian Church

“Meal-in-a-Bowl”. Thick homemade soup

(southern vegetable) or entrée (chili) served with breads & biscuits, and banana chocolate chip or cranberry orange for dessert.



Wednesday, March 25. Take out or delivery only (Pick up from 5 – 6 p.m.) To place your order (**by March 23**); call Lisa at 204-385-2847. Cost is \$15 at the door.