

Inviting All to Share and Grow in God's Love...



Trinity Talks

Save the date

SEPTEMBER 1

Grace Dart Ministry

SEPTEMBER 9

Rally Day
Sunday School starts

SEPTEMBER 15

Breakfast Club

SEPTEMBER 21

Apple Picking

SEPTEMBER 30

End of School Supply Drive

Welcome!

Welcome to a new program year at Trinity. Whether you have been away for the summer and are just coming back or have been attending all summer, we welcome you to **Rally Day on September 9th**, starting at the 11:00 am service.

Here's what to expect at Rally Day

- The first day of Sunday School classes
- Blessing of the backpacks for all students, regardless of age
- Commissioning of the Sunday School teachers
- Church BBQ
- Events tables and a chance to try something new

We are looking forward to seeing all of you again!



TRINITY

Our Church

A note from Rev. Read Sherman

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. – Romans 8:38-39

Dear Friends in Christ:

On a summer Sunday in July we inaugurated a new feature in our Trinity sanctuary. Two measuring sticks have been added to the back wall, reminding many of us of homes present or past where perhaps we were once measured by our parents or grandparents or another guardian.

A measuring place is a sacred place - a place where our growth is observed, marked, celebrated. A measuring place is not a place of judgment. We all grow at our own pace, and to our own magnificent, gene-and-God-determined stature, whether we be small or tall. For as long as we live in that place, a measuring place is a place of memory. Long after we have reached "full-grown," it reminds us of the past and how far, with God's help, we have come. But God knows that as we grow we grow not only in bone, muscle and skin. We also grow in experience, wisdom, grace.

So these new features in our sanctuary only tell us part of our stories of growth. But especially for the young people in our midst - and we are blessed to have quite a good number of young friends at the moment! - I hope this new place for them will be a sign that when they come to church they are coming home in an important way. It, and we, are a place that notices and appreciates children. We measure the time of their young, growing lives. We, like Christ, see God's kin-dom alive in their smiles, laughter, and play. We, like Christ, know the suffering that little ones are unafraid to express through cries and tears when they are hurt or afraid.

Beginning a new program year always startles us with new possibilities for growth! How have you grown over the past months of summer, for instance? What experiences - both joy-full or perhaps painful - have shaped you into someone, if not new, well, then, changed? Is there a place at Trinity that you can share that experience, to allow yourself to know others better and be known?

I am convinced that as we become open to each other's life stories without judgment, we grow. As we attune our lives to Jesus' story and Way, year after year, we grow. I'm getting to an age where I've stopped growing in terms of a measuring stick (and as for the weighing scale, well, we won't go there!). But for us "big kids," these are the years where our growth really can take off. I pray for a new year at Trinity that we will grow. Grow our hearts, our compassion, our capacity to love and be loved.

Why am I convinced this is possible? I share the apostle Paul's conviction that in Christ we find the key to all the growth that really matters. Experiencing the heights, the depths - maybe even meeting the angels and perhaps a few demons along the way - en route to nothing else than "the love of God that is in Christ Jesus our Lord." That's the sweet spot, folks! To know that love, claim it and live from it is everything that Jesus aimed to teach. To keep working to be a community that embodies this is our goal. It is a continual effort, I know, that involves all of us.

And, it is exciting! And it's super frustrating and maddening when we see (again and again) that we're not quite there yet. But make no mistake: generation after faithful generation we will get there. Each in our own, unique, sometimes maddening, quirky, beautiful way.

For our young ones, and for each one, let's pray that with God's help we will grow in all the right ways! Let's put into practice all that we are learning about ourselves and learning about God's way. Steven Covey, author of the perennial bestseller [The 7 Habits of Highly Effective People](#), puts it succinctly: "Remember, to learn and not to do is really not to learn. To know and not to do is really not to know."

Let's strive to learn and to do. To know and to do. It's a "both/and," wouldn't you know?

May it mark for us a community that is growing in faith, growing in love. If you've yet to be measured on our new measuring sticks - come and be counted! As a favourite hymn says it "You are a part of the family." See you soon!

In Christ's awesomely inexhaustible love,

Read



A note from the Official Board Chair, Sheri Cameron

Happy autumn to everyone! Although the hustle and bustle of autumn is upon us, I feel ready because I had a wonderful summer.

The HERO CENTRAL Day Camp experience left me renewed and inspired. After 3 weeks of praising God with even the youngest of hearts, I am reminded that with God, anything is possible.

So when I hear of disagreements or frustrations among members of our church, I try to remember that each one of us is trying our best. And that we disagree because we love our church so much and only want the best for it.

I don't have all the answers, but I do know that God is good and that nothing is impossible with God. I have faith that God will lead us through tough times and build us up again. I see it time and again through the eyes of our children in the Sunday School.

This year, we will be moving into a new way of being, a new governance model. As agreed upon at the last Congregational meeting, Trinity has decided to move toward a simplified governance model. This new model will facilitate efficient decision-making and improve communication among groups and members of the church.

In the early spring Glenn Funamoto invited anyone who was interested in the topic of church governance to attend meetings which were held in June. He will present the group's proposal to the congregation on Rally Day, September 9th. The model won't be perfect at first, but we want your help to make it work.

We are also taking a hard look at our budget. We are currently running many life-changing programs but we are left with a deficit, year after year.

What can each of us do to ensure Trinity continues to change hearts and lives for the better, while balancing its budget? I invite you to prayerfully reflect on what you, as an individual, can do to help us fulfill our mission: Inviting All to Share and Grow in God's Love...

Looking forward to another programming year filled with love, faith, peace, and joy,

Sheri



TRINITY

Helping Others in Need

Mission & Service

SCHOOL SUPPLY DRIVE

Mission & Service will be helping kids get a good start to their school year by organizing another school supply drive.

Mission & Service fera une autre collecte de fournitures scolaire

Collected items will be donated to Nesbitt School and St. Columba House.

Not sure what to get? Here is a list of suggestions, straight off Nesbitt School's website:

- Ballpoint pens (in various colours)
- Highlighters (in different colours)
- Scissors
- 30-cm ruler (clear plastic)
- Large glue sticks, 36-40 grams (Pritt or Lepage)
- White erasers (Staedtler)
- 2 HB pencils (Berol or Mirado)
- Markers (good quality)
- Colouring pencils
- Wax crayons (good quality)
- Sketch book
- Protractor
- Pencil sharpener with cover



- Plastic duotangs with pockets (orange, red, blue, yellow, black)
- Exercise copybook (32-40 pages)
- Exercise copybook (80 pages)
- Graph paper copybook (32-40 pages)
- Dry erase markers and eraser (Expo)
- Calculator (not scientific)
- Pencil case
- USB key (minimum 8GB)
- 1.5-inch binder (in any colour)
- Looseleaf
- Liquid paper
- Scotch tape

Please bring all items to church by **September 30th**.

BAKE SALES

We also plan on continuing to have our famous bake sales. Stay tuned! *Nous aurons aussi des ventes de gâteries. À venir!*

We'd like to thank everyone for their contributions and support. *Merci pour vos dons et soutien.*



Not all of us can do great things. But we can do small things with great love.

Trinity United Ministry at Grace Dart

This is a very moving outreach ministry of our church . We hold a monthly service each month as well as bring cheer to those who need it.

Other things we have done and plan to keep doing is: give a card to some of the residents who have a birthday, offer prayer to those who need it, and visit some of the residents who go into hospital with no one to show they care.

We also plan a very special event on November 10th in the afternoon with a long time member of our church, Gwen Carruthers .

Many in the home have little to no one to visit them. We are not only a blessing to them - they are a blessing to us.

We are looking for ways to expand this ministry. If you are wondering what this is all about or how you can

help, talk to one of the members (David Garland, Garry Garland, Diane Best, Delores Best, and Gordon Bailey).

We are always looking for people to help with this ministry. We will also arrange to have Santa go to visit the residence. As well as the Easter Bunny

Here are our dates for the next few months:

- September 1st
- October 12th
- November 10th (Remembrance Day service followed by special Trinity United Church event with Gwen Carruthers, a long time member of our church, at 1 pm)
- December 8th
- December 9th Carolling on the floors at the home
- January 5th



Literacy Program

Volunteer

Last year we asked for volunteers to start up a volunteer literacy / reading program for children and adults. We received quite a few volunteers, but for various reasons, we were unable to begin our literacy program.

Now, we're taking a second shot at it! Once again, if you would like to volunteer to help teach people how to read or practice their reading, please reach out to Sheri Cameron

(chair@trinityuc.net) or
Rev. Read Sherman
(minister@trinityuc.net).

Please let us know if you are still willing to volunteer even if you signed up last year, as your situation might have changed. Maybe you've recently retired? ;)



Learn to Read

If you or your children would like to be part of the literacy program to learn to read or get better at reading, please reach out to Sheri Cameron

(chair@trinityuc.net) or
Rev. Read Sherman (minister@trinityuc.net).



REMEMBER

BRING YOUR
SCHOOL BAG
TO CHURCH ON
SEPTEMBER 9TH
FOR THE
BLESSING OF
THE
BACKPACKS!



TRINITY *Family Ministry*

Sunday School's New Model

Sunday School classes finally start up again on September 9th!

Inspired by day camp and our growing enrolment, we have decided to change our Sunday School model. This

year we will gather together with songs and prayers (and perhaps occasional visits from an old friend...) and then divide up into small, ability-based groups to rotate through a variety of activities:

- cooking
- crafts
- Bible stories
- science
- games

With this new model, we are also welcoming a host of

new volunteers - but you'll have to come to Rally Day to find out who they are!

Something new each week for all ages! I'm looking forward to laughing, learning, and praying with all of you!

Sheri xox



Be Part of the Team!

Looking for a way to grow in your faith and help young ones start growing in their faith too?

We are still in need of one volunteer to lead our newly-formed preschool class.

The preschool students will follow the same Bible stories as our older children, which means that all of the activities are planned for you.

If you have never served in children's ministry, let me tell you: you're missing out!

If this sounds like something you'd like to do, see me or email me at kids@trinityuc.net.

Thanks!
Sheri xox

Lukai gives Flame a big hug at this summer's VBS, Hero Central.



Halloween Candy Giveaway

Last Halloween, we dressed up as scientists and welcomed over 250 children and their families to come through our doors to play games and get candy. This was an amazing outreach opportunity allowing the community of Rosemont to step



inside the church - perhaps for the first time - and see who we are, and what we stand for. We want to reach out again this year. You can help by one (or

more) of the following ways: donate candy or chocolate to give away, setup on October 31st, and /or hand out candy on Halloween Night. To sign up, please reach out to Rev. Read Sherman (minister@trinityuc.net) or Sheri Cameron (kids@trinityuc.net).



Summer Activities

United Church Sleep-away Camp

Four of our children had a wonderful opportunity to attend the United Church's one-week residential camp where they made new friends and enjoyed new experiences like swimming in a lake and staying away from home all week. Thanks to Jenn Carroll who organizes the camp and helped our kids get there!

HERO CENTRAL Day Camp

For 3 weeks starting at the beginning of July, our church was invaded by superheroes! At camp we learned that God's heroes Do Good, Seek Peace, and Go After It! and we learned that nothing is impossible with God. It was an awesome and inspirational camp for all involved.

We are already planning next summer's VBS so mark

your calendars for July 8 - July 19, 2019. HUGE thank you to Veronica Heffernan, Natalya Scott-Sandy, Diane Best, and Sheri Cameron for leading this wonderful group.

GO Project

Also over the summer, United Church youth from across Canada stayed over at Trinity for a few days on their way to General Council. As usual, it was a pleasure to open up our doors for them.

Introducing... Shannon!

After a year of searching, we have finally found our Family Ministry Coordinator: Shannon Wilson!

Shannon will be starting up a teen group as well as taking over the leadership and expansion of Messy Church, under the direction of Rev. Read Sherman.

We are looking forward to welcoming Shannon into our church family and can't wait to see what awesome adventures Shannon has planned for our kids and youth!



Shannon was born and raised in New Zealand and came to Canada with her mom when she was in grade 9. In CEGEP, Shannon was the Student Life Coordinator at Vanier College. She is now in her 4th year studying for her Bachelor of Education at McGill University. Shannon comes to Trinity after spending the summer working at DisneyWorld in Orlando, Florida.

Pride Parade and Pride Community Day

Rev. Read and some of our members set up at Pride Community where we listened, prayed, and shared with lots and lots of people.

The following day members of our church walked in the Pride Parade sharing the message that God is love and God's love is for all.

Special thanks to Aaron Miechkota, Erika Leung, and the Communications Team who organized our members to attend and the Super Seniors and friends who made posters for the events.



Looking for something new? Come be a Ding-a-Ling!

The Ding-a-Lings Handbell Choir will be starting up again in late September.

No experience is necessary, but be prepared to laugh...a lot.

If you'd like to give it a try, reach out to Sabrina Heffernan at sabz.heffernan@gmail.com

TRINITY Happenings

Breakfast Club



The
Breakfast
Club

A great way for us as a church to get together for a good meal and fellowship. Open to all of any age.

Each month we meet at 10 am for breakfast followed by an event, speaker or Christian video.

Diane Best is always available to take care of any children who attend.

If you have any suggestion of guest speakers or events contact David

Garland 438-875-0129 or at salvation_scout@hotmail.com or Diane Best 438-765-7904 or at diane_red-pink5@live.com

Our next Breakfast Club gatherings will be:

- September 15th
- October 20th
- November 17th

**THANK
YOU!**

New carpets!

A big, BIG thank you to Ashley Verhaeghe who coordinated the purchase of the new carpets in the Sanctuary, Choir Room, and ladies washroom.

Another big thank you to all the Busy Beavers (David and Garry Garland,

Gordon Bailey, and John Bridgman) who worked tirelessly to move everything out of the Choir Room and Sanctuary and then back in again. They even put the Communion table on wheels so it won't damage the new carpet.



Fellowship Team

A big thank you to Eric Garceau and Jennifer Bridgman who head up the Fellowship Team and organize games nights so that our trips cost us less money.

This summer, Eric and Jennifer organized a full day's trip to Upper Canada Village. The bus was full and the spirits high as Trinity set out to explore the Village.

A great time was had by all.

Our next Fellowship outing will be Apple Picking on September 22nd.

We are so very blessed to have Eric in our congregation who is not only able, but willing, to drive a bus full of church members to various adventures. Thanks, Eric!

If you would like to join the Fellowship Team, please reach out to Eric Garceau at garceaufam1ie4@gmail.com

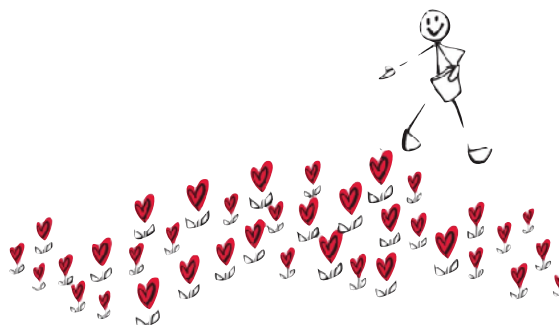


The Garden



Thank you to David, Garry, Delores, and Diane who planted and are keeping watch over the garden.

We can't wait to see what is produced!



More Ways to Get Involved

TECH TEAM

Rev. Read Sherman is looking for someone who can put together Keynote presentations to use during Sunday worship. You can put the presentation together at home and he can run it himself on Sunday. If you can help him out, please reach out to him at

minister@trinityuc.net.



DECORATING TEAM



If you have a flair for design, we want to spruce up the outside of our

church and the Narthex for each season. If this sounds like fun to you, please reach out to Kim Wildenmann.

KITCHEN CREW



A recently-formed kitchen crew has been established.

Their mission: update the kitchen and put it into good use, feeding lots of hungry people! If you enjoy cooking and want to join, please see Iylin Scott or Gail Pallante.

For a full list of activities, come check out the Activity Booths on Rally Day, September 9th.

Super Seniors - Aînés-es supers

Hi members of Trinity!

It's the end of August, the Super Seniors are approaching our 2nd anniversary and we have had a very hot and enjoyable summer.

As special events, we went bowling and a whole gang of us (16 people) went out to Claudette's in Val-David. As you saw, we also put on an exhibition of our artistic work. These were all first-time activities for the Supers. We are expanding!

Since July 31, Shalom Thompson, Martha Nell Thompson's daughter, has been giving us wonderful chair yoga classes from 11:30 to 12:15.

Every week we have done different and well-loved activities: for example, charades, exercises, OKO, mandalas, Hang Man, puzzles, a sensoriel autobiography (you want to know what THAT is, I bet) and we made signs for the Pride Parade.

We also had lunch together, once in the yard—how great hamburgers and corn taste when you eat them outside! We also prayed together for members of our group who were experiencing difficulties. And when we experienced difficulties between members, we talked about it, and/or just got over it.

Our monthly activities are, and have been since the beginning: a birthday party and a game of Sand bags (for us, a month without playing Sand bags is like a day without sunshine).

Most participants come almost every week. Others come when they can or want. EVERYONE IS WELCOME! What are you waiting for?

Bonjour les membres de Trinity!

C'est la fin août, les Aînés-es supers approchent notre 2e anniversaire au mois de septembre, et nous avons passé un été aussi chaud qu'agréable.

Pour nos évènements spéciaux, nous sommes allés jouer aux quilles et, en grand nombre (16 personnes), nous sommes allés chez Claudette à Val David. Aussi, comme vous avez vu, nous avons fait une exposition de nos oeuvres artistiques—toutes des activités que nous avons faites pour la première fois! Nous faisons de l'expansion!

Aussi, depuis le 31 juillet, Shalom Thompson, la fille de Martha Nell Thompson, nous donne des cours magnifiques de yoga en chaise de 11h30 à 12h15.

Toutes les semaines nous avons fait des activités différentes et bien-aimées : par exemple, des charades, des exercices, du OKO, les mandalas, Bonhomme Pendu, les casse-têtes, une autobiographie sensorielle (vous voulez savoir qu'est ce que c'est, je gage) et crée des affiches pour la défilé Fierté.



Nous avons aussi dîné ensemble, une fois dans la cour— que les hamburgers et le blé d'Inde goûtent bons quand nous sommes dehors. Nous avons également prié ensemble pour les membres de notre groupe qui faisaient face à des difficultés. Et quand nous avons eu des difficultés entre nous, nous en avons parlé ou nous avons simplement lâcher prise. Depuis nos débuts nos activités mensuelles sont: une fête d'anniversaire, et des matches de poches (pour nous, un mois sans poches, c'est comme une journée sans soleil). John a même créé un nouveau jeu avec les poches!

La plupart des participants viennent à presque toutes les semaines, et d'autres quand ils veulent ou peuvent. TOUT LE MONDE EST LE BIENVENU! Qu'est ce que vous attendez?

As the proud coordinator of the Super Seniors, I would like to thank members for their commitment, their integrity, their participation...and their incredibly generous evaluation. I love all of you, even Gérald! LOL. And I don't know what I would do without you.

I would also like to thank the M & P Committee for their continued and ever-enthusiastic support.

J'ai l'honneur d'animer les Ainé-es Supers et

j'aimerais remercier les membres pour leurs engagement, leur intégrité et leur participation...et leur évaluation si généreuse. Je vous aime, toutes et tous, même Gérald. LOL...Et je ne ne sais pas qu'est ce que je ferais sans vous. J'aimerais aussi remercier le comité M & P pour leur appui continu et toujours enthousiaste.

Grace Rostig
graceswann@yahoo.ca



Guiding and Scouting

Trinity continues to support Girl Guides of Canada and Scouts Canada. Both groups offer activities for children aged 5 and up and both foster independence, life

skills, and service.

Both Guiding and Scouting meet at Trinity every Friday night at 7:00 PM starting in September.

Girl Guides
girlguides.ca

Scouting
scouts.ca

Trinity Contact:
Patricia Tellis
tellis.patricia@gmail.com

Trinity Contact:
Leo Frenza
lfrenza@helixgs.com



7th Avenue: Phase 2

Get ready to see more kid-friendly changes on the 7th avenue staircase and Memorial Hall, courtesy of the Verdun Dragon Boat Club who hosted a fundraising event at Trinity in the spring. We are looking forward to the changes with great anticipation!



English Al-Anon

Trinity also continues to provide a safe space for Al-Anon, a support group for people who are worried about someone with a drinking problem.

For more information about Al-Anon, please see their website al-anon.org.

This English support group meets in anonymity every Thursday at 7:30 PM. Members enter by the 7th Avenue door.



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www.trinityuc.net



Keep in touch!

Have you moved?

If you have moved or you will be moving in the near future, please send your change of address, phone number, and email to Shirley Cartmill at tazmagoo@sympatioc.ca or call her at 514-376-2159.

We want to keep in touch with you.

