

Spring 2023

Trinity Connected

The Wisdom of Psalms

Submitted by Rev. Catherine Oxenford-Grant

The heavens are yours, the earth is yours; the world and its fullness, you have made. [Psalm 89]

This psalm is about relationships. It is rich with the promise and the responsibilities that go with a covenant with God. It reminds us that we are the stewards, not the owners, of this creation.

The trouble comes when we forget that, when we begin to think that all the things in life belong to us. We talk about “our house,” “our car,” “our money,” “our land,” “our achievements.” We begin to own God’s works, and ownership of God’s works leads inevitably to downfall and disappointment because the center shifts. We begin to think about control instead of human community and the purpose of life and the real meaning of things. The psalm asks for a spirit of co-creation. It asks us to let go.

Arranging a bowl of flowers in the morning can give a sense of quiet in a crowded day – like - saying a prayer. (Anne Morrow Lindbergh)



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Verona Premieres at the Kingston Canadian Film Festival

Written by Rida Chaudhry (Queens Journal)

Submitted by Rebecca Peters

Verona came in hot at the Kingston Canadian Film Festival which premiered on Friday March 3rd to a sold out audience.

The feature film follows Camila Baron, played by Kat Khan, as her romantic and familial relationships experience turmoil in the aftermath of her grandfather's passing. Named one of this year's standout debuts by the festival, the artistic film is sure to give audiences a complex and sharp representation of what it means to teeter on the edge of adulthood.



Picture sourced from Instagram - Church Sanctuary with Mackenzie (Pastor)

The film's star, Kat Khan, sat down with *"The Journal"* to chat about their first major project and their transition from student-life to career.

"When I got into acting conservatory (at York University), I was like okay, they only take 16 people and I'm one of them," they said.

"This is the moment when I stopped feeling like I was floating around and more intentional with what I was specializing in."

Filming for *Verona* began in summer of 2021 and while the crew stayed in Kingston for a duration of filming, the movie was produced in the South Frontenac hamlet it's named after.

"Camila is navigating her identity and self, and while doing so, she really sabotages her relationships," Khan said of her character in the film.

"Specifically, the one with her girlfriend, Mackenzie. Though it's really about how, in the midst of internal chaos, we can affect the relationships around us or also just the world around us."

The film's honesty comes from the very humane and mundane stories being told in a fascinating manner, which paves the way for a variety of voices and relationships to be presented by director and creator Sebastian Black.

Khan commended Black for his fluid approach to filmmaking in which he allows actors to take on their characters and make them their own.

"It was such a privilege to get to really live this character. Sebastian is one of those directors who would get us as close to ourselves and then allow us to be who we are first and then merge with the characters."

(Continued on page 6)



Wishing **everyone** who celebrates a birthday in March, April and May a very happy birthday!

**Happy birthday to you, happy birthday to you.
May God's richest blessings fall upon you!**

<i>Vera Brown</i>	<i>April 4</i>
<i>Bill Cuthill</i>	<i>April 28</i>
<i>Wanda Asselstine</i>	<i>April 29</i>
<i>Ian Mackay</i>	<i>May 1</i>
<i>Lois Goodberry</i>	<i>May 4</i>
<i>Joan Steele</i>	<i>May 13</i>
<i>Clara Clow</i>	<i>May 17</i>

Trinity Sharing Cupboard - Update from Session

Through the generosity of our congregation, the Trinity Sharing Cupboard continues to be fully stocked.

Use of the Cupboard has been limited, but we are hopeful that as word gets out into the community, this will change.

If you know of any family that could make use of the Cupboard, please contact them.

The Cupboard is open from 2-4pm every two weeks of each month. Dates are as follows:

March 22nd
April 5th, April 19th
May 3rd, May 17th and May 31st



Thank you for your support!

And God saw the light, that it was good; and God divided the light from the darkness.

Genesis 1:4

Reverend Catherine Retires

Submitted by John McDougall

Some surprises are joyful and some are regrettable.

This one is both.

After a rich and respected career, our “Cat” has decided to get off the roads, start a new life and celebrate her warm connections with us all. We are thrilled for her, but her leaving will create a unique space in our Trinity church family that will be difficult to fill.

Stay tuned for more as we prepare for her departure at the end of June.

Date: January 11, 2023

From: The Rev'd Catherine Oxenford-Grant B.A.; M.Div.; C.A.S.C.

To: Members of Trinity United Church, Verona Executive Team

Re: My Retirement



Dear Friends;

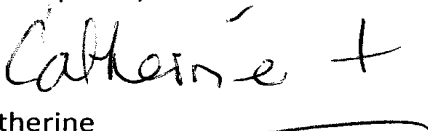
This letter is official notification that I will be retiring from Pastoral Ministry after 21 years of continued service in the United Church effective August 1, 2023.

I will use my Vacation time (5 weeks – All of July 2023) so that my last Sunday will be June 25, 2023. This will leave me 3 weeks of Continuing Education to use through the next 6 months should the opportunity arise.

My time with Trinity United Church has been a joy and of course, a challenge for us all with 3 years between 2018 and 2023 taken up with the very real difficulties of CoVid19. However, I believe that we have managed to take care of one another through laughter, tears and disappointments and to grow in faith during these last 5 years. The Holy Spirit has indeed been with us and particularly within the relationships enjoyed at Trinity.

I wish you all the very best for your future as a faith community and may God's blessings abound as you live into the paths that God will open for you.

In one peace,


Catherine

Trinity Anniversary Service

Our annual anniversary service
will be held *on Sunday June 4th*

More details to come. Hope you can plan to attend!

Warm Fiddlehead Salad

Submitted by Rebecca Peters

Ingredients:

- 1/2 lb fresh fiddleheads
- 1/2 cup pistachios, toasted
- 1 tsp olive oil
- 1 tsp lemon zest
- 1 cup croutons, or to taste
- Parmesan cheese, grated or sliced
- Dijon Vinaigrette (recipe follows)

Dijon Vinaigrette:

- 1 clove garlic, finely minced
- 2 tbsp Dijon mustard
- 2 tbsp lemon juice
- 1/2 cup olive oil
- Pinch each of salt & pepper



Directions:

1. Trim the brown ends of the fiddleheads. Bring a large pot of salted water to a vigorous boil. Blanch the fiddleheads in the boiling water for about 1 minute. You'll notice the water turns dark. Take care not to overcook the fiddleheads so they'll retain as much of their crisp texture as possible. Quickly drain the fiddleheads, then plunge them immediately into cold water bath to halt the cooking process. Drain well and set aside.
2. Mix the garlic, mustard, lemon juice, salt and pepper in a small bowl. Whisk in the olive oil in a slow, steady stream until the vinaigrette has emulsified.
3. Heat 1 tsp olive oil in a small sauté pan over medium heat. Add the fiddleheads and cook until heated through, about 2 minutes.
4. Remove the fiddleheads from the heat, and while still hot, toss with the vinaigrette and lemon zest. Divide between two serving plates. Top with croutons and toasted pistachios and parmesan cheese. Serve while still warm.



Trinity Easter Services Times

Maunday Thursday, April 6, 2023. 7:00 pm
(Sheila Anthony)

Good Friday, April 7, 2023 9:30 am
(Rev. Catherine Oxenford-Grant
and Sheila Anthony).

Easter Sunday, April 9, 2023 10:00 am
(Rev. Catherine Oxenford-Grant
and Sheila Anthony reading)

Verona Premieres at the Kingston Canadian Film Festival

(Continued from page 2)

The film takes place in the heat of the summer in a tiny town where the characters and relationships between them create a cinematic universe accurate and honest in its portrayal of people.

“It’s my dream to lead an A24 film, though less specifically, I want to continue to tell stories in an honest way, in a way that 14-year-old me would love to see,” Kahn said.



When asked for advice for aspiring actors, Khan recognized the privilege required to put 100% - both physically and mentally - into an acting career, but left *“The Journal”* with some words of wisdom all the same.

“Not being afraid to think about your life and career before finishing [my degree] is what really helped me,” Kahn said.

“I would go see plays, see a lot of work, talk to mentors, spend extra hours in the studio. Getting experience with the industry as soon as possible really helped me because by the time I graduated, I felt like I had done a lot of these things.”

Though *Verona* was sold out for the weekend’s show, students and community members alike should keep an eye out for this sure-to-be Canadian cult classic.

When Jesus spoke again to the people,
he said, *“I am the light of the world.
Whoever follows me will never walk in
darkness, but will have the light of life.”*
John 8:12

Sermon Comic

Submitted by Rev. Ian Mackay



If you know of someone who could
benefit from a card being sent to
them, please call Diane Revill
613-384-4415 or 613-328-7491



How Will Your Life Be Defined?

Submitted by Rev. Catherine Oxenford-Grant

Reflection on **Matthew 4: 1-11** (*Jesus is Tempted in the Desert*)

Did you ever catch the film *The Last Temptation of Christ*? No, me neither. Not out of any religious objection and I love the movies, but I just knew that it would be horrific and I just knew I couldn't take it. I presume the title refers to that moment where people passing the crucifixion shouted, "If you're really God's Son, come down from that cross!" Oh, the temptation.

It's funny how the beginning of the story – well, the ministry part of the story – is also all about temptation. The temptation to do the wrong thing. The temptation to please the crowd. The temptation to do nothing. The temptation to seek glory and fame. The temptation to take the easy path. These are the connections we see throughout the whole story of Jesus, and these are the lessons that challenge us all through the season of Lent.

Wrestling temptation. I struggle with it. I don't mean I have a daily wrestle over the choices I face (although, confusingly, I do!). What I mean is, I struggle with the subject area. What really puts me off is the very first sentence from Matthew 4: Verse 1:

"Then Jesus was led by the Spirit into the wilderness to be tempted there by the devil."

Why does God lead us to be tempted? Don't we say in the Lord's Prayer, "Lead us not into temptation"? I've fought with that short section since I was a little kid. I remember thinking that this temptation stuff must be really intriguing – you don't want to go there, but you just can't help yourself having a quick peep round the corner. It's a bit like Toronto (sorry, if you're from Toronto) – you don't really want to go there, but you're fascinated with what's there.

God supposed to protect us? Isn't God supposed to keep us safe? I've pondered this a long time and this is some of what I have come up with. What is the setting for this passage in Matthew chapter 4? Basically, after the public declaration of John's baptism and the revelation of God, the Spirit led Jesus into the desert to answer a question: "What kind of Messiah will you be?" Pause. Bit more pause. And then...Wow!

Of course. The answer to my struggles is staring me straight in the face: "What kind of disciple will I be?" How will my life be defined? Will you see the hand of God at work in the things I say and do? Or will it be me, me, me. Will I yearn for fame and fortune, the easy life or the desire to lord it over all? Who knows, until I am tempted? By denying each of the temptations placed in front of him by the Devil, Jesus defined the sort of Messiah he would be. How will we define our lives? It may be a case of semantics, but I think I've been reading that first sentence wrong. "Then Jesus was led by the Spirit into the wilderness to be tempted there by the devil." Wasn't the Spirit leading Jesus as his guide, strength and wisdom?

The Spirit doesn't place the temptations before us. They help us to overcome the temptations, and want to help us define our lives.

