



# Trinity Connected

Summer 2023

## *A Prayer*

*By Alf Dumont - created for a national meeting of the United Church of Canada Nov. 18, 2012*

One who gives voice to the stillness that surrounds,  
 One who gives substance to the yet unformed,  
 One who creates relationship from mystery  
 And creates mystery from relationship,  
 One who builds family from oneness and oneness from family,  
 One who gives shape to justice and form to love,  
 One who sits quietly in the circle, when we speak our words,  
 One who dances with us, as we dance with each other,  
 One who drums for us, as we sing out our song,  
 One who pushes us forth into wilderness and into street,  
 One who holds us in patient grace,  
 One who brings tears into circles of listening,  
 One who creates laughter from the depth of experience,  
 One who teaches that all are part of the Circle of Life,  
 We give you thanks for this day  
 Gakina nindaweyanwaganinug  
 (which means "All my relations" in Ojibwe)



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### **Trinity United Church**

6689 Road 38  
 Verona, ON K0H 2W0  
 Phone: 613-374-2777  
[office@h-vpastoralcharge.org](mailto:office@h-vpastoralcharge.org)

## *Honouring Indigenous History Month*

*Written and Submitted by Dorina Friedli*

I'm honoured to have been asked to help you understand the value of Indigenous history month (June). It is a month set aside to encourage Canadians to learn more about the Indigenous people, who were the caretakers of the land we live on, since time immemorial. I feel the best way to do this is to share my journey of discovery and how I have come to love, value, and embrace the beauty and ways of Indigenous people in Canada.

I emigrated to Canada in 1974, with my husband and three children in tow. A year later, with no house to call home, we left Montreal and travelled across Canada (what many Indigenous people call Turtle Island - which refers to the continent we know as North America); camping and living in a tent.

One day, while in beautiful British Columbia, it poured rain on us. We were wet and miserable, with no dry clothes. I was pregnant and it was challenging - imagine a soggy tent after several days of rain and three cranky children. While walking through the town of Mission, BC, a stranger approached us and offered a place for us to warm up and get dry - but it was more than that - he took us to a gathering space in the community where the children played and did crafts with other children and had snacks, while my husband and I enjoyed a warm cup of coffee and a reprieve. This was my first experience of Indigenous people in Canada. Their generosity, helpfulness, and kindness in a time of need is an experience I have never forgotten. It sparked a curiosity and interest that continues to this day.

Fast forward to 2004. While living in Verona and after hearing a member of the community talk about a drum circle she attended, I became curious. It brought back memories of my childhood - and the joy I felt playing a toy drum I had. I expressed my interest in learning more and perhaps joining her some time at the drum circle. She said she would tell the others about my interest and a short time later I was invited to experience their drum circle. I had no drum, didn't know what to do as I had no knowledge of protocols or customs. Nonetheless, the people in the circle welcomed me. They gave me a drum, told me how women generally wear a skirt when drumming to honour the feminine, and I began to learn. Interestingly, the songs sounded so familiar - and yet, how could that be I wondered, I am from Switzerland.

The joy and pleasure I continue to experience as I journey and learn with my Indigenous friends, participating in many different drum circles, pow wows and sacred ceremonies continues to this day...and I am still learning. I have had to be humble and vulnerable, risk making mistakes, perhaps saying something inappropriate - but I have discovered, when my heart is pure and I am sincerely interested in learning and understanding, it doesn't matter.

The Elders say "there are no mistakes, all the experiences we have are simply *learnings*." You too, can experience learning. I encourage you to open your heart. Be vulnerable. Be curious. Go to a pow wow, ask questions, experience a sweat lodge, learn how to smudge and what it symbolizes - be not afraid - have courage and take baby steps to discover the beauty of Indigenous ways of being - and you will come to realize we really are all one - just as the hymn *We Are All One People* by Joseph Naytowhow, that we sing as a congregation reminds us (Hymn More Voices #141).





Wishing **everyone** who has celebrated and will celebrate a birthday in the upcoming months a very happy birthday!

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

- |                         |                               |
|-------------------------|-------------------------------|
| <b>Carl Pritchard</b>   | <b>June 11<sup>th</sup></b>   |
| <b>Alice Kennedy</b>    | <b>June 16<sup>th</sup></b>   |
| <b>Frank Goodfellow</b> | <b>July 11<sup>th</sup></b>   |
| <b>Ardith Wolsey</b>    | <b>August 14<sup>th</sup></b> |

## ***With Gratitude***

*Submitted by Rev. Ian Mackay*

I came upon a little story that speaks effectively of the importance and value of gratitude. It gave me something special to think about. Through the services of this newsletter, I want to share it with you. It, too, might give you something special to think about.

A man and a woman recently gave a sizeable contribution to their church. They did it to honour the memory of their son who lost his life serving nobly in a time of war. On the occasion when this gift was being announced, a woman in the congregation leaned over and whispered to her husband, "Let us do something like this for our boy!" Her husband said, "What on earth are you talking about? Our son wasn't killed. He isn't dead." "That's just the point," she said. "Let's give it as an expression of our gratitude to God for our son who is alive and ever present with us now!"

How deeply grateful we all are for the gift of our children and grandchildren, alive and ever present with us! It is a blessing for which we can be ever so grateful.

## ***Comic***

*Submitted by Rev. Ian Mackay*

"That completes preboarding. Now we'll seat worshipers in rows 20 through 26."



## *Finding, Losing, Keeping*

*Written and Submitted by Rev. Catherine Oxenford-Grant*

One of the wisest persons who ever lived wrote, *“To everything there is a season and a time for every matter under heaven.”*  
(Ecclesiastes 3:1)

Like every believer I know, my search for real life has led me through at least three distinct seasons of faith, over and over again. Jesus called them finding life, losing life, and finding life again, with the crazy promise that finders will be losers while those who lose their lives for his sake will wind up finding them again.

At our Annual General Meeting, I shared with you my decision to retire at the end of June and you might think that decision came easily. After all, I will be 65 this summer! However, this decision has been hard...really hard! It was not made lightly or easily. After a lot of prayerful consideration, Kurt and I decided that the time to bow out of active pastoral ministry has indeed arrived.



God has certainly been gracious in giving me the opportunity to minister with you at Trinity these past five years. We have explored the mysteries of holy baptism and communion along with the vast and varied books of scripture. I have been a part of the most extraordinary and splendid worship team – Rev. Ian Mackay, Sheila Anthony and Stan Stinchcombe (plus Marg Smith, Ann McDougall, the Choir and Rebecca in the office) They are the best and I know they will take very good care of you when I am gone. Even through the craziness of Covid, I could not have asked for more support, love, and care from a team or a congregation – and Don Coleman got it all on film! You have all given me the chance to spend a season of my life as close to God as I could get.

I want you to know what a privilege it has been to walk with you through these seasons of ministry at Trinity. It has been an honour to journey with you through your many personal joys and sorrows and those memories will always be cherished.

Kurt and I will remain in Brockville for the next while and I am stepping into a Voluntary Associate Minister position at Wall Street United Church. I will certainly be seeking new opportunities to continue to serve God in the years to come. And who knows what that may look like!

So what are your next steps as the Trinity family? In the weeks to come your Road Ahead team will take the appropriate steps to provide stability and continuity during the next months as the search for a new minister begins.

Let us keep one another in our hearts and prayers as God creates new opportunities for joy and transformation on the Road Ahead.

“Be kind, for everyone you meet is fighting a great battle.” (Philo of Alexandria)

In one peace,  
Rev. Catherine

## *Frontenac Youth Choir*

*Written and Submitted by Marg Smith*

We heard a wonderful concert by the youth choir and guest instrumentalists on the evening of Tuesday June 6<sup>th</sup>. The choir was smaller this session, but voices were enthusiastic. They carried off some quite difficult pieces, some with 2 and 3 part harmony. We were treated by Kyoko Ogoda on marimba and drums and Nicolaas Dewit on trumpet.



The choir is directed by Kim Duca and has been meeting every Tuesday afternoon after school. Many thanks to parents and grandparents who made sure the children made it on time, and to Linda Brown who faithfully attended every week to help. Well done Kim and children. They will be active again in the fall.

***As long as the earth endures, seedtime and harvest, cold and heat, summer and winter, day and night will never cease.***

## **Genesis 8:22**

### ***Trinity Sharing Cupboard- An Idea That is Working!!***

*Submitted by Sheila Anthony*

Several months ago, we opened the Sharing Cupboard, stocked with donations from our generous congregation. Every other Wednesday afternoon, I greet members of our community as they come to “shop” and to chat. And every other Wednesday afternoon, I am humbled. We have created a safe, welcoming space where families can get a little help. How rewarding is that?

Each week, in the bulletin, I suggest some items for the Cupboard and your contributions have been exceptional! Thank you for supporting this outreach as we all know that it is very much needed right now. Should you wish to contribute financially to the Cupboard, please feel free to do so in the clearly marked box at the back of the sanctuary. I use any cash donations to buy perishables on the day the Cupboard is opened.



We are making a difference!!

## *Congregational Meeting Minutes from May 7th*

*Submitted by the Trinity Stewards*

- a) **Confirmation of the Memorandum of Understanding** between Sheila Anthony (Licensed Lay Worship Leader), Ian Mackay (Retired Voluntary Minister) and Trinity United Church,

**MOTION:** That Trinity United Church approve the *Memorandum of Understanding* as presented.

**Moved:** Marg Smith

**Seconded:** David Shane

**Carried Unanimously**

- b) **Exercise to begin to build the role expectations for a new Ordained Half-time Minister**

**Note:** All highlighted items were identified as priorities.

- i) The role of the two individuals in the Memorandum will cover the Principal Area of

### **WORSHIP (A) ALL ITEMS CONFIRMED**

1. **Plan and offer most weekly worship services, including major seasons of the liturgical year;**
2. **Be a resource to the Session;**
3. **Officiate at both Communion and Baptism;**
4. **Conduct funerals within the church guidelines;**
5. **Conduct wedding services, with the Session approval, in conjunction with a Justice of the Peace provincial ceremony.**

- ii) The following Principal Areas will form the basis of the role of the new minister or identified congregational responsibilities:

### **PASTORAL AND SPIRITUAL CARE (B)**

6. **Provide strong ministry of visitation and accountable pastoral care for all ages and needs as requested.**
7. Equip and support lay pastoral visitors;
8. **Work to provide congregational opportunities for community building and congregational relationships;**
9. Facilitate the reception of new members
10. Provide conflict resolution, grief counselling and family counselling as prescribed by the United Church of Canada guidelines.
11. **Foster and promote growth and enrichment in Christian faith and community life through bible study and development of programmes both in the congregation and beyond.**

# *Congregational Meeting Minutes from May 7th*

*Submitted by the Trinity Stewards*

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## **LEADERSHIP AND ADMINISTRATION (C)**

- 12. Attend Session and Eastern Ontario Outaouais Region 12 meetings;**
- 13. Encourage and engage the talents and gifts of members in committees, music, spiritual growth, and church maintenance;**
14. Provide input into annual M&P staff evaluation and revisions to role descriptions;
15. Meet with M&P to plan for holidays, planned absences, continuing education and a personal annual job description review;
16. Work with the Stewards as they manage the fiscal stewardship of the church
17. Ensure connecting, socializing, and education programming for all generations in person and digitally where appropriate;
18. Facilitate confirmation initiatives;
- 19. Ensure coordination between the worship service and the Sunday school;**
20. Assume responsibility for the Church office, in partnership with the Office Administrator;
21. Provide written documents and articles, including submissions to the Church Newsletters and Annual report
22. Provide ministerial feedback from continuing education, workshops and seminars.

## **COMMUNITY OUTREACH AND SOCIAL JUSTICE (D)**

- 23. Engage with the community to identify needs which the church can address;**
24. Support and encourage existing community activities, agency partnerships and programs;
25. Participate in the hosting of gatherings of ecumenical and community partnerships;
26. Network with other local ministry personnel.
- 27. Regular presence, involvement and visibility in the church and the community.**

**THE ROAD AHEAD PLANNING COMMITTEE**” is chaired by Session Chair, Diane Revill, and is charged with communicating with the congregation in preparation for the formation of a Search Committee to work with EOO Region 12 to fill our half-time ordained minister position, vacated by the retirement of Rev’d. Catherine Oxenford-Grant .

Sheila Anthony (Licensed Lay Worship Leader), Don Coleman, Rev’ Ian Mackay (Retired Voluntary Minister), Jane Mackay, John McDougall (Secretary), Diane Revill (Chair).

## ***Why Worry?***

*Submitted by Rev. Ian Mackay*

Social research has determined that 40% of the things we worry about are in the past. 30% never happen and 22% can be handled routinely. Of the remaining 8%, we can something about only 1%! Why worry?!



## *Proclaim the Works of the Lord!*

*Written and Submitted by Ralph McInnes*

“You shall live and not die and proclaim the works of the Lord!” And with these personal words of life spoken on the inside of me from Psalm 118:17 came a flood of Peace covering me.

Due to tiredness and weakness in the late summer of 2019 Carol suggested I have some blood work done, and now as we sat across from the head doctor at KGH in the cancer clinic who had just announced the results of the tests as to what was causing the symptoms I had been experiencing. “It’s Non Hodgkin’s Lymphoma cancer stage 4 and it is aggressive.” I can only say that from that moment on I told the doctor that I was a Christian. I placed myself at their mercy for them to do their thing and when they were done the Lord would take over.

Much of my journey from there on I don’t remember, having some of my memory wiped out due to the treatments, but I do remember the Peace I was living in. God was with me as my wife and the care team monitored me through all the hurdles and hoops along the way. I had told Carol to tell those who we let know of my condition, when they said a prayer for me to “Thank God for my healing.” Later in speaking with my brother Phil, he said when he heard the news of my condition, it was the first time he had prayed in years.

There was one particular part of the care plan though that the doctor’s had laid out for me that I refused to participate in and that was a course at the hospital on Palliative care. The ‘higher word’ I had received was that I would live and not die, so I wanted no part of how to prepare to die. However they were quite persistent, and they sent someone who came into our home to prepare me for what they believed would be my final outcome. As I had said at one point, they had tried to shove me in a box and I wouldn’t go.

Carol and I understand the power of our spoken words and how vital they are to our well being. When I was losing weight like someone stuck a pin in me and had let all my weight drain away, Carol ask the doctor why the rapid weight loss, and she told her that the cancer was consuming all of the nutrition I was taking in. Carol pondered over that, as we had to eat and yet didn’t want to be feeding the cancer. At our very next meal she took my hand when we said the Blessing over our meal and we began a new prayer with the addition of one word which we continue to this day and it was **“Bless this food to our use ONLY and us in thy service. In Jesus name we ask it. Amen.”** The weight loss stabilized. It has taken me a long time to regain the near 100 pounds that I lost, but that is okay. And the large lump the earlier tests that had shown in October of last year, which was nearly two years later, was completely gone. The doctor’s had done their part and we had done ours and starved the cancer by refusing to feed it.

In April of 2022 Carol asked our lady who had been sent to prepare me for death, when I could go back into the hospital to have my blood work done as several months had passed without it being tested. She said she didn’t know and was reluctant to offer us any answer, so I spoke up and told



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## *Proclaim the Works of the Lord!*

*Written and Submitted by Ralph McInnes*

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her what we had been believing and practicing from a Christian's respect, and I repeated the question "When can I have my blood work done?" She jumped up from where she had been sitting and said "I don't know, we deal with death not life." We were soon in to have the blood work done and as I continued to experience life and not death, she discharged herself from our care after the results of the blood work came in and referred us back to our own general practitioner, who, on our first trip back to see her after many months, still treated me as a Palliative Care case. However, that soon changed and now have been officially welcomed back to the land of the living.

The time, days and care taken as the battle was raging in my body, I am really not aware of but one thing I know for sure is I thank my God who is faithful to his word bringing me through. I thank my family who never gave up on me, as Alyssa our one granddaughter had said when she heard Grampa had cancer, "If anybody can beat it Grampa can, he's the strongest man I know!" And I did! Another granddaughter Katie kept me supplied with homemade tomato soup, my favourite, and canned it for me in little jars. Our grandchildren couldn't come to visit us due to Covid-19 but they were never far away. Jesse, Lily and Chelsea three other grandchildren came and helped stock our woodshed for the winter as did our best friends from the north, Reg, Ellie, their daughter Pam and a helper, plus our son Lyle. I was too ill to have gotten it done when I should have. Lyle who works in the area checked in almost daily. Our daughter's Lydia and Liza came and gave Carol time to go out and get her groceries. Thanks to Reverend Catherine and our Church family who stood by many times feeling helpless but continuing with their prayers, calls of encouragement, cards expressing care, giving us hope and with gifts dropped off at the door. Plus thanks to our neighbour Don Coleman's wife Mary, who came and helped Carol dig her precious potatoes from the garden before the frost got the best of them. It has been quite a journey. I thank God for each and all of you who were a part of my recovery including our siblings. Slowly, slowly I am regaining my physical strength, my voice which I lost many times, has now returned to where I am able to join the church choir again, and my life goes on.

On June 17<sup>th</sup> Carol and I celebrated our 56<sup>th</sup> Wedding Anniversary. We have been blessed with three children, fourteen grand children, one of which has already taken his place in heaven, and eleven great grandchildren with another one due in July.

And I am amazed as I proclaim the works of the Lord! Thanks be to God.

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### **JOHN 14:3**

And if I go and prepare a place for  
you, I will come back and take you to  
be with me that you

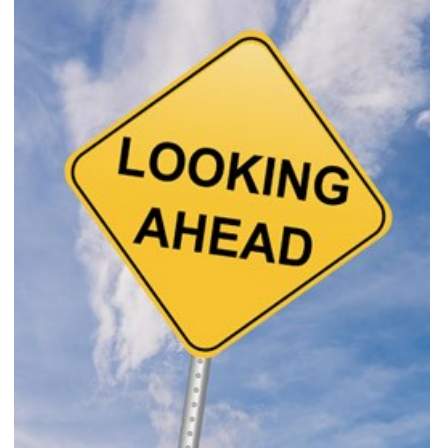
*also may be where I am.*

## *Looking Ahead Three Years Discussion*

*Submitted by the Trinity Stewards*

We brainstormed on what would be our financial recommendations for our activities over the next 3 years

- a. Accommodation made for some rental groups as part of our Community Outreach
- b. Support for our adult and children's choirs as well as Camp Quin Mo Lac
- c. Christmas Hamper Program and Sharing Cupboard.
- d. Mid-week ministry
- e. The same Staff allotment with salaries recommended in the United Church yearly publication
- f. Mission and Service goals
- g. The Chancel Decoration Fund
- h. A Budget line item for the Property Committee
- i. Support for the Sunday School
- j. Continuing Education for staff
- k. Organ and Piano maintenance
- l. An expectation that givings will support the on-going expenses of the church such as salaries, maintenance, utilities, outreach, insurance, Sunday school, choir. etc.
- m. A Study of the future of our building and the insulation, kitchen updates and repairs required over the next three years.



# Have a great

