



October 2023

Trinity Connected

I Can Say Nothing of God Except.....

Written By William J. Bausch

Submitted by Sheila Anthony

I can say nothing of God except that I saw the red flames of a cardinal against the snow this morning as I drank tea.

I can say nothing of God except that the warm smell of potato soup and the sharp tang of cheddar cheese shimmied up my nose when a friend made lunch for me.

I can say nothing of God except that in the afternoon I washed my face in a cold mountain stream, and it stung my skin and left me feeling fresh and clean.

I can say nothing of God except that two nights ago a cricket sang a funny song in my closet amidst the socks and silence.

I can say nothing of God except that stones can speak, and deer fly in my dreams, that a strange child smiled at me in the supermarket, and that each blade of green grass wears a locket with God's face inside, and that on every hair on my cat's face is written " Alleluia!"

I can say nothing of God except that the rough texture of grainy bread on my tongue and the sweet, liquid acid of grape in my throat are a bittersweet memory of compassion and a taste of heaven.



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The Power That Takes Us Up

Submitted by Ian and Jane Mackay

One day in Lucerne, Switzerland, a man went up to a summit of a mountain in a cable car operated by hydraulic power. As he ascended, he marvelled at the miracles of modern engineering. More than half way up, he happened to see a waterfall. The water poured down the mountainside.

If the cable car symbolized modern science, then that waterfall was the symbol of primitive nature.

What a contrast! He thought. Then it suddenly occurred to him that the waterfall was not a contrast but a complement. The waterfall was the source of the hydraulic power. It was the force of that water that was driving him up.

So it is with prayer.

The power that takes us up to God is the same power that comes to us from God.



A Chili Saturday

Submitted by Sheila Anthony

On Saturday, October 21st, from 11am to 1pm, Trinity United Church will be hosting a Chili Lunch for our community. A small lunch consisting of a bowl of chili, bun, drink and a dessert square will be offered. This is not a fundraising event - instead we will accept donations to our Sharing Cupboard (either a monetary donation or a non-perishable food item).

Details concerning food donations and preparation will be provided at Sunday services and in the bulletin as we get closer to the event.

The real purpose of this event is to welcome the community into our church, elevate our profile and to get to know each other!



And God said, “Behold, I have given you every plant yielding seed which is upon the face of all the earth, and every tree with seed in its fruit; you shall have them for food. And to every beast of the earth, and to every bird of the air, and to everything that creeps on the earth, everything that has the breath of life, I have given every green plant for food.”

And it was so.

Genesis 1:29-30



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!**

Jane Mackay	October 8 th
Jean Clair	November 14 th
Bill Spain	November 14 th
Maryl Hughes	November 18 th
Norm Kennedy	November 22 nd
Eileen Manson	November 24 th

Trinity Sharing Cupboard Update *“Living Our Faith”*

Submitted by Sheila Anthony

Since January 2023, our Sharing Cupboard has been open every other Wednesday from 2pm to 4 pm.

Although there are other Food Banks in our area, our cupboard provides much needed assistance to families in our area who may not have means of transportation.

We do have a regular clientele, whose specific needs and life stories have been shared with me.



Each opening day, we also have some “newcomers” – all of them so very grateful for the help we provide.

Session will continue to monitor the need for the Cupboard and how we might further expand how the Cupboard is used. Each week the bulletin reflects the current needs of the Cupboard and as always with our congregation, your generosity is amazing!

Thank you for your support of this outreach- we are indeed living our faith!

Church Finances

Submitted by Don Coleman



For the period up to October 4th our Local Expenses income was \$62,653.46 including a \$7,022.93 carryover from last year. Our expenses for the same period were \$78,351.54 leaving a deficit of \$15,718.08.

Mission and Service givings for the same period were \$6,767.15.

With the extra financial support we traditionally receive from now until the end of the year, we can look for an improvement in our financial picture.

We welcome all donations either by cheque or by Etransfer to don@donaldcoleman.com.

We express thanks to all who have continued to support us.



October 21 st	Chili Lunch 11am -1pm
November 5 th	Remembrance Sunday
November 11 th	Remembrance Day at the community Cenotaphs
November 25 th	Frontenac Women's Chorus Concert 7:30pm
December 3 rd	Advent 1 Communion
December 8 th	Trinity Christmas Choir 7pm

Now he that ministereth
seed to the sower
both minister bread for
your food, and multiply
your seed sown,
and increase the fruits
of your righteousness.
2 Corinthians 9:10



The Greatest Virtue

Submitted by Ian and Jane Mackay

Thankfulness leaves no room for discouragement.

There is a legend of a man who found the barn where Satan kept his seeds ready to be sown in the human heart, and on finding the seeds of discouragement more numerous than others, he learned that those seeds could be made to grow almost anywhere.

When Satan was questioned, he reluctantly admitted that there was one place in which he could never get them to thrive. "And where is that?" asked the man.

Satan replied sadly, "In the heart of one who is grateful."



2023 EOORC Fall Meeting

Saturday, November 4, 2023

8:30 a.m. – 4:15 p.m.

Woodroffe United Church

207 Woodroffe Ave, Ottawa, ON



An Autumn Blessing

Written By Joyce Rupp

Submitted by Sheila Anthony



Blessed are you, Autumn,

Chalice of transformation, you lift a cup of death to our lips and we taste life.

Blessed are you, Autumn, season of the heart's yearning,

You usher us into places of mystery and, like the leaves, we fall trustingly into eternal, unseen hands.

Blessed are you, Autumn, with your flair for drama, you call to the poet in our hearts.

"Return to the earth, become good soil; wait for new seeds."

Blessed are you, Autumn, you turn our faces toward the west.

Prayerfully reflecting on life's transitory nature, we sense all things moving toward life-giving death.

Blessed are you, Autumn, you draw us away from summer's hot breath.

As your air becomes frosty and cool, you lead us to inner reflection.

Blessed are you, Autumn, season of so much bounty.

You invite us to imitate your generosity in giving freely from the goodness of our lives,

Holding nothing back.

Blessed are you, Autumn, your harvesting time has come.

As we gather your riches into our barns, reveal to us our own inner riches waiting to be harvested.

Blessed are you, Autumn, season of surrender, you teach us the wisdom of letting go,

As you draw us into new ways of living.

Blessed are you, Autumn, season of unpredictability.

You inspire us to be flexible, to learn from our shifting moods.

Blessed are you, Autumn, feast of thanksgiving.

You change our hearts into fountains of gratitude as we receive your precious gifts.