



## The Hard Work of Thanksgiving

Thanksgiving is hard work. Yes, you read that right. It is hard work to be thankful. If you think about it for a bit, being thankful requires that we slow down, look around, and take notice. It means realizing that there is something...anything...to be thankful for. That's seriously hard work in a culture that says you can't stop because you might miss some perpetually greater experience just around the corner. The sad part, is that if we're honest with ourselves and one another, we know this pace can't be maintained and we know it's a kind of opiate meant to distract us and keep us fixated on the belief that all our problems can be solve if we're just good little consumers.

Thanksgiving, in that sense, is counter-cultural. It's the opposite of mindless conception while remaining ignorant to the costs. It's giving thanks for what you've already got, not what you might have, or might need, or might want, but what you've already got – right here and right now. That takes intentionality. It takes focus. It takes discipline. In a skip the dishes culture those three things are really hard to do. It's much easier to just order up whatever you want for supper, whenever you want it, pay you \$3.55 delivery charge, and go about your life without a moments pause and reflection.

Maybe that's part of the reason people seem to have such a hard time accepting the climate crisis. If you accept it's a crisis then you have to do something about it...don't you? Who says there's a crisis and then keeps doing the exact same things that caused the crisis in the first place? If you're in cardiac crisis you rush to the hospital, probably have surgery, and change your lifestyle. Crisis leads to change. How can we look around and say, "wow! Look at the wonder of creation. I'm so thankful for all that God has entrusted to us" and keep destroying the very thing we're thankful for at an alarming rate? That's like saying my clogged arteries will clean themselves and then being shocked when they don't and we have a heart attack. If we accept the that all of creation is part of God...God's house in that classical sense, then how does the psalmist assertion to "enter God's house with thanksgiving" inform our actions? If God's house is in crisis what's the change that we're going to make? What's the faith-full Christian response?



This thanksgiving I'm struck by the hundreds of thousands who have taken to the streets imploring our elected leaders and our industry leaders to stop putting campaign donations and yearend bonuses above the needs of our planet. I'm struck by the number of youth who are stepping up and providing real leadership when adults have only created a vacuum of platitude inaction. I'm struck by the number of attacks on Greta Thunberg and the erosion of the scientific process as leftist extremism by old white guys. With the juxtaposition between the two groups, what's the Christian response?

For me it's making different choices and putting my personal support behind those who are willing to offer real leadership and end the cycle of cynical distraction and populist fearmongering while wallpapering inaction with the complexity of modernity. It's making different choices when I buy groceries and clothing, even coffee. It's turning my thermostat up in summer and down in winter. It's taking seriously the theological premise that all creation belongs to God and we are but its stewards, its caretakers.

This thanksgiving what are you thankful for and how will that thanksgiving translate into action?

Rev. Bob

# Message from the Official Board

*Too easily we expect God to do something for us,  
when instead God wants to do it through us.*

One of the three core values of Trinity United is “Joyful Service.” We have so many opportunities to provide joyful service within our church community and throughout Prince George.

Whether it is baking muffins, serving coffee, setting up tables, painting, gardening, leading a service or just taking the time to talk to someone new, there are many opportunities for joyful service within our congregation. Many people are taking this service beyond our walls with the monthly Soup Kitchen at St. Vincent’s, the In Deo project, the Christmas Shoebox gifts, attending the Pride Parade. Others are helping Rev. Bob with care home services or bringing the gift of music to the community with monthly concerts at Trinity Downtown.

One of the three goals of the board for 2019 is to provide a culture of leadership. With this in mind, you will hear us say “ How can you serve?” or” If you feel called...”

If you feel called to take on a different role in 2020, please see me or Gabriele Slater (Vice Chair) for opportunities to serve on the Official Board or as a committee chair or team leader.

As chairperson of the Official Board at Trinity United, I am thankful for :

- Rev. Bob who has brought to us his energy and enthusiasm as well as his positive attitude
- the members of the Official Board who help look at the ‘big picture’ of Trinity United
- the staff who help run the day to day operations at both buildings
- the committee chairs and team leaders who have taken on the responsibility of providing guidance to their groups
- the members of the committees and teams who take on tasks and projects or who provide comfort to those in need
- the many people who step up to share their time and talents when the call goes out for help
- the gifts that are given in offerings whether by PAR, envelopes or loose change

Judy Addie  
Board Chair

## Wonderhosts

We are the smiling people at the door with big name tags and time for a chat.

I am wondering how to attract a few new members for our team. Do you like to talk, and get to know people? Do you not like meetings? Could you be available about once a month? This group is for you!

We do have the information you need (about all things connected with Trinity) and tips about how to approach someone you don’t know (who may be a visitor, or may have been coming longer than you have).

So....please chat with me, or another Wonderhost, if you might consider joining us.

Beth Quesnel, Team Leader.





## Mission & Service: Caring for Families

Our gifts for Mission & Service support work with parents and children on the autism spectrum, like Footprints 4 Autism. With programs located in Pickering and Whitby, Ontario, Footprints strives to provide respite care to as many as possible.

Having a child diagnosed with autism can be one of the most stressful situations a parent faces. Both the child and parent must learn together how to identify, prepare for, and manage the variety of behaviours that make up the autism spectrum. These might include impaired cognition and communication, social deficits, frequent tantrums, and other challenging behaviours that often lead to physical and emotional exhaustion for all involved. Faced with such overwhelming stress and barriers, many parents of children with autism find themselves unable to cope. Respite care can help ease some of the burden on these families, ensuring that, for a few hours each month, they can enjoy a short but much-needed break from the 24/7 care these children require. The respite also allows parents to pay extra attention to their other children, spend some time together, run errands, or just have some down time.

Many children affected by autism spend several hours a week in therapy classes and often do not have a lot of time for social play and to just be. Under the guidance of trained volunteers who are supervised by a trained program consultant, Footprints offers participants social interaction with others in a safe and happy environment.

Your gifts to Mission & Service make respite care for parents and recreational play for children on the autism spectrum possible.

If Mission & Service giving is already a regular part of your life, thank you so much! If you have not given, please join me in making Mission & Service giving a regular part of your life of faith. Loving our neighbour is at the heart of our Mission & Service.

**“NETFLIX WITH HEART ♥ ” BY JUDY THOMAS:** Recommendations for shows about people dealing with the struggles and adventures in life and their internal learnings. Shows you can sleep after, with minimal violence.

Offspring: this Australian series about an obstetrician and her wacky extended family is taking most of my watching. Difficult not to binge on—like chocolate cake 1 piece should be sufficient. This family goes through some crazy events together, struggling, welcoming and supporting each other. The characters are learning how to navigate life, and how to be deeply truthful and kind to each other. Hilarious—every episode has a belly laugh or two. No violence but quite a bit of sex between people who are still figuring out their commitment to each other. Award winning.

A Dogs Purpose: a sentimental story about a dog serving his people in each of his reincarnated lives. Nice twist at the end. Makes you sad for kids growing up and lonely people.

Murder Mystery: If you want to laugh, choose this light romantic comedy.

Losers: Reasonably well done documentary series about how people deal with losing (mainly at sports) and re-find meaning and purpose in their lives.

The Red Sea Diving Hotel: A exciting true story about rescuing Ethiopian refugees via Somalia in the early 1980's. Very relevant today with Venezuelan refugees set to exceed the 6 million from Syria. Asks Jesus's question about the good Samaritan and who you are in response to another's need.

Billy Graham: An Extraordinary Journey. This worthwhile retrospective is of one of the most influential Christian preachers of the 20<sup>th</sup> century. Evangelist Billy Graham called billions (!!) to have a relationship with Jesus in his Crusades ministry around the world. He preached against racial segregation when others weren't, saying God loves every person.

**DINNER AND A MOVIE**  
OCT.18 | 5:30PM | \$2/PERSON OR \$10/FAMILY  
SPAGHETTI, VEG OR MEAT SAUCE, GARLIC BREAD, SALAD  
**MOVIE: E.T. : THE EXTRA-TERRESTRIAL**  
RESERVE YOUR PLATE @ TRINITYPG.CA  
OR PHONE 250-563-9167



# World Day of Prayer

Exciting news – Trinity United Church PG has been chosen to be the host of World Day of Prayer on Friday, March 6, 2020.

## Some history around the World Day of Prayer

The origins of World Day of Prayer date back to the 19th century when Christian women of United States and Canada initiated a variety of cooperative activities in support of women's involvement in mission at home and in other parts of the world, and over the years evolved into an ecumenical group.

The World Day of Prayer is an international ecumenical Christian laywomen's initiative. It is run under the motto "Informed Prayer and Prayerful Action," and is celebrated annually in over 170 countries on the first Friday in March. The movement aims to bring together women of various races, cultures and traditions in a yearly common Day of Prayer, as well as in closer fellowship, understanding and action throughout the year.

Every year, worship service focuses on a different country and a specific theme, and the women of the chosen country develop the context and suggested content of the service, with that information fed out to the groups all around the world. Then, on the first Friday of March, in services all over the world that country becomes the focus of prayer and understanding. Through preparation and participation in the worship service, women worldwide learn how their sisters of other countries, languages and cultures understand the biblical passages in their context. They learn of the concerns and needs of those women and to empathize and feel in solidarity with them.

## The Prince George story

In Prince George, there are 6 denominations with 9 churches that are the key to the presentation: Sacred Heart Catholic, Grace Anglican, St. Michael's Anglican, Our Saviours Lutheran, St. Giles Presbyterian, St. Mary's Catholic, Immaculate Conception Catholic, Trinity United (previously under Knox United Church congregation) and Salvation Army.

The World Wide Day of Prayer, Prince George committee is comprised of representatives from each of these churches. In Prince George, the 7 denominations have taken turns hosting the World Day of Prayer service since 2003 and as indicated in the heading, Trinity United has been chosen as host church for March 2020. And as hosts, Trinity United Church representatives are automatically chairs of the committee for that particular year.

## Here at Trinity United PG

Trinity representatives/committee chairs are Pam Boulding who has been involved with WDoP for several years, and Marion Bartlett, a somewhat beginner to the cause. They are both excited about the 2020 country of choice – Zimbabwe, and have already been reaching out into the community to begin learning more about the country as a whole so as to be prepared to do the best possible to represent them well in our service. We are still awaiting our package with all the details, and will keep everyone informed as we move forward.

As the host church, there are certain expectations, such as –use of the sanctuary, some participation from various persons/committees/groups to help ensure its success, ie: door greeters, participants in the service, projection and live streaming assistance, and possibly more. As we finalize details, we will keep everyone informed, and once we know what assistance is needed, will reach out for volunteers to assist.

In the meantime, please feel free to contact either Pam Boulding or Marion Bartlett with any questions or suggestions you may have.

Trinity United Church  
Wednesdays • 11:00 AM • 6:00 PM

Wednesday Workshops  
Prince George FAMILIES™ Office 1117 - 6th Avenue  
A Trinity United Church Partner

2019 Sign Up  
Wednesday Workshops

Starting September 25, 2019, 6:30 – 9 PM  
Sign UP for one or more on a first-come basis – seating limited. Call Kim Dixon at 250-561-8033 or email kimdixon@bcssp.org

23 OCT 19  
**Supporting Recovery from a Mental or Substance Use Disorder** You can take an active role in your family member's recovery by educating yourself about the mental or substance use disorder. This workshop provides information and practical resources that can help families and their family member effectively manage their mental illness on a day-to-day basis and prevent a relapse of symptoms.

27 NOV 19  
**Caring for Yourself and Other Family Members** This workshop provides information on how a family member's illness impacts the rest of the family (parents, partners, siblings, adult children) and suggestions for coping including taking care of yourself.

## Christian Education Committee

We are thrilled to share the news about a wonderful summer of Christian Education. A first for many years, Trinity Kids Sunday School ran throughout the summer months. We used this opportunity to try out new curricula for the early and middle years groups, and we have discovered some great new resources for our kiddos to enjoy. The teacher's roster is alive and well, and is always looking to welcome more loving volunteers into the CE family! If you are interested in sharing your faith through teaching, please let Kendra know [kmitchellfoster@gmail.com](mailto:kmitchellfoster@gmail.com).

This summer was the first annual Camp Spirit at Trinity United! We had 22 campers ranging in age from 4-14. The majority of the campers used a financial voucher to access the camp; what a beautiful way for Trinity United to live into the hymns "Draw the Circle Wide" and "All are Welcome in this Place". By holding Camp Spirit at Trinity, some kids who would not otherwise be able to go to a summer camp, were able to experience community and togetherness in a fun and supportive setting. A wonderful team of facilitators came from Vancouver to hold the camp, and we had some great workshops led by members of our congregation. Thank you to everyone who donated to the scholarship fund, who volunteered, who expressed interest, and who supported this camp with time, energy, love and enthusiasm. We hope to hold another camp this coming summer, as the children really enjoyed the time together, and so did the members of our congregation. Thank you, thank you, thank you to all for the chance to deepen the justice and outreach elements of the Christian Education ministry at Trinity United.

An Adult Faith Formation book study was also held over 5 weeks in July and August this summer. The book "Falling Upward" by Richard Rohr was read, explored, discussed, and appreciated by 10 members of our congregation. This book calls us to "a further journey" of purpose and making meaning in our faith and our spiritual communities. With coffee, lively discussion, art making, and opportunities to try new spiritual practices, this group was uplifting and fun. And I daresay, prayer partners continued to connect even after the book was read! We will be offering further book studies in the coming year. Stay tuned!

## Greetings from you Fellowship Team

Our new year is underway. We are providing beverages and refreshments in the Hall after services on Sunday. Thanks to everyone who helped us to serve hot beverages throughout the summer, it's the first time we have done this.

We have held our first muffin sale and it was a rousing success. Thanks to all the bakers, we had a great variety, and also all who bought. We ran out of large plastic bags, and with Rev. Bob's message on single use plastics, we are encouraging BYOC (bring your own container) for future sales. We will gladly have you fill whatever container you bring. We do have some containers in the kitchen which can be used, and we could accept more in the future. It's a small way we can begin to make a difference to our world. The next muffin sale is on October 13th.

Other upcoming events include Scarves and Hats for Trinity on October 20th and 27th, Fall Silent Auction on November 24th and our Annual Christmas Cookie Sale on December 15th. Scarves and Hats will be offered for sale for a suggested donation of \$5 per item. Purchase for your own use, or consider donating these to Trinity's Christmas Shoeboxes. Start thinking about donations to the Silent Auction, new or home made and handmade items, baking and services are welcome. More on the Cookie Sale will be forthcoming.

Thanks as always for your ongoing support. We will keep you abreast of upcoming opportunities.

Respectfully submitted,  
Judy Wilson  
on behalf of Trinity Fellowship Team



# Finance Committee

The Finance Committee reported financial information for the first eight months of this fiscal year to the Official Board on September 17. Not surprisingly, as Trinity United Church, Prince George, we find ourselves in a similar circumstance as at the end of August last year. **Expenses have exceeded Revenue.** Specifically, expenses have exceeded revenue by \$14,600.

If Trinity is to break even for its 2019 year by the end of December, then revenue will need to exceed expenses by nearly \$15,000 in the next four months. This can be achieved by increasing revenues from Regular Offerings and reducing our operating expenses. Over the full year the budget calls for \$157,500 of revenue from offerings. To August 31, \$91,000 has been offered which represents an average of \$11,375 per month. If we accept the challenge of increasing offerings alone to meet the 2019 budget, for the remaining four months of 2019 the average offerings will need to be \$16,625 per month. This means collectively \$5,250 per month more in offerings. Some expenses may be less than the prior year from now to December, but the challenge in front of the congregation is clearly significant.

For the most part, during 2019, we have realized efficiencies in operating as Trinity PG, and this is reflected in lower overall expenses to date. Our biggest expense remains for salaries and related benefits and for the first eight months, those expenses are on budget. Most other expenses are at or below budget. A portion of the roof at Trinity Downtown has been repaired with funding provided by the Capital Reserve.

## Mission and Service offerings

offerings have fallen a bit behind the same period in 2018. To the end of August \$13,700 has been offered compared to \$14,900 for the same eight months last year. A target of \$20,000 was set at the Annual Congregational Meeting held in February, and that target is within reach.

A year ago, there was a specific concern about financial support for the Soup Kitchen. That concern is less this year. Expenses to date are about the same as last year, and there are enough funds on hand to continue the Soup Kitchen's outreach for the remainder of the year.

Interim statements of offerings to August 31 have been sent by e-mail. If you have not received an interim statement, please contact the church office. This is a good time to review your offerings to date given the financial challenge ahead for the remaining four months of 2019. If you are new to the congregation and would like to receive offering envelopes or participate in the PAR program, please contact the church office. The PAR program (Pre-Authorized Remittance) is a convenient way to ensure that your support of Trinity United Church is up to date.

The Finance Committee meets monthly throughout the year. If you have any questions, please contact any of the committee members – Nancy Buchanan, Katherine Cruwys, Doug Hofstede, Jim Reid, or me. Thanks, as always to Trish Appleton for her assistance with the work of the Finance Committee.

Respectfully submitted,

Allan Reed, Treasurer





# Worship Committee

Fall has arrived and the trees are rapidly creating a kaleidoscope of colors across the landscape. I love this time of year. The summer has come and gone, and I for one was very pleased to have an abundance of rain, and little to no smoke throughout.

We would like to start by saying a HUGE thank-you to all everyone that stepped up to assist in services while Reverend Bob was on holidays, from the Worship Leaders and Assistants, to the projection preparation and presentation, from the Greeters and Wonder Hosts, to the Ushers and Summer Choir, from the refreshment providers, to those who helped tidy the sanctuary, from Elaina who compiled bulletins and checked phone messages, to others who stepped up to deal with some of the issues – THANK-YOU. The combined forces of so many hands made the summer run so smooth with seemingly no effort. What a fabulous group of people.

So, what is **coming up for the fall**? Already past – September 1<sup>st</sup> saw a first – the Blessing of the Backpacks, where anyone who wanted could bring in their backpacks, have them blessed ready for back to school or to work, and receive a special Trinity United name tag. While there were only a few participants, it was the first year, and new, so we are planning to carry it forward to September 2020.

Also new this September was the layout of the **Sunday service bulletin**. It still contains the service outline (although a bit shortened) and the announcements, but now also includes a lot more information, such as upcoming service themes, the full theme for next Sunday service, an outline of the what is happening at Trinity in the upcoming week, and information about Trinity United PG. And for those who would like the full version of the service, those bulletins will also be available either at church Sunday morning and will also be available online to print at home ahead of time, at whatever font required. Good job Rev. Bob. Great new look and options to fit everyone's needs.

As with last year, the Worship Committee will again take turns shadowing Sandra Dingwall in preparing Communion set up and doing the clean-up. If anyone has an interest in assisting in this task, please let the Worship Committee know, and we will do our best to schedule a time for Sandra to show you all the ins and outs. Big thank-you to Sandra for her great dedication over the years to this important task.

But - what can you expect as we move forward into **fall and winter**?

Fourth Sunday of each month service will include a short **acknowledgement of Trinity parishioners** who have passed away. We invite everyone to bring forward any names they are aware of, together with a few sentences that reflect important aspects of that person. Please provide this information to the office throughout the month, and at least by the Wednesday previous to the 4<sup>th</sup> Sunday of each month.

October 6<sup>th</sup> is **World Wide Communion Day**, and we will once again be sharing a selection of breads from around the world.

October 13<sup>th</sup> will be the **Thanksgiving** service. We are inviting everyone to bring in fresh fruits and vegetables for donation to ACE. While everyone is very generous with donations of canned and dry goods, fresh foods are sometimes in short supply, so this could give them a nice treat.

October 20<sup>th</sup> is the **Fall Dinner**

November 10<sup>th</sup> will be our **Remembrance Day** service. We will be having poppies available at the church for a few weeks prior. As well, we welcome everyone to bring in family and other war memorabilia for display in the display in the church on November 10<sup>th</sup>.

November 17<sup>th</sup> Rev. Bob will be away, and Deena Latta will be leading worship.

November 24 is **Hanging of the Greenery**, and the church will be decorated during the week following. If there is anyone who would like to volunteer to oversee this task, and/or volunteer to assist, we welcome all the help we can get.

And low and behold, that brings us straight into Advent and Christmas. So, enjoy your fall, embrace the first snowfall, and praise the cool, fresh air that comes with it.

In closing, if there is anyone who would be interested in becoming a member of the Worship Committee, or even just wants some information on what we do, please feel free to contact Marion Bartlett at any time for a discussion, or watch for the posting of the meeting times, and come on our and observe or join in.

# Sermon Planning 101 and Worship Assistant Instruction

## 007

### **Who Wants to Discover “How to Prepare a Sermon” and “How to Build the Whole Service?”**

Have you ever asked yourself – How Does Reverend Bob build a sermon? And then how does develops the rest of the service, week after week?

Have you ever thought “I bet he just sits with his feet on the desk and waits for the email to come in with all the words he has to say on Sunday?”

Or

Are you one of those people that have stepped forward in the past as Worship Leader? And in doing so, have you wondered what it would be like to not have Rev. Bob there to bounce off ideas, or to assist in formulating the flow?

Or have you thought about maybe taking on a leader role, but were not really sure where to start?

Well, the Worship Committee has come up with an idea to help put those rumors to rest, and also to help get rid of the butterflies about building it on your own.

Coming this fall to your favorite church – Sermon Prep 101 - Come out and discover the tricks of the trade in preparing to lead the service

- How to get started
- How to structure it so that it flows smoothly
- How to meld the other pieces of the service into the theme and context of the sermon
- How to choose the proper hymns and tie in the scripture reading
- And if we are really lucky – how to have the full sermon in your head so you can delivery it without notes (this might be lesson two)

So whether you are a budding or a seasoned worship leader, or are just interested in how the process works – Pull out your calendar, and pen in SP101 from 7:00 to 8:30 on October 24, 2019 at Trinity United Church Sanctuary

There will be refresher and add on courses in the spring and fall of 2020, with timing to be determined closer to the date.

### **The ins and outs of Worship Assistant Duties & The terrifying Pastoral Prayer**

So – you don't really want to be a Worship Leader, but you would be happy to be a part of the service in other ways. Or

You don't mind being a Worship Leader, but would also welcome the chance to also be involved with the service in other ways as well. Or

You have never really had a chance to do any speaking in public, but would really like a chance to try it in a safe, secure setting Or

You just want to know what a Worship Assistant does Or

You already are a Worship Assistant, but would welcome some tricks of the trade

Great - YOU are the perfect candidate to attend the January session of “the ins and outs of Worship Assistant”.

We will cover off the expectations, the best ways to prepare for and deliver your parts. With one of the items requested of the Worship Assistant is for them to write the pastoral prayer, a task that has some quaking in their boots. Rev. Bob will provide some great tips on how to build the prayer around the service, while focusing on the current world issues or ones closer to home.

More information and dates will be forthcoming closer to the end of the year.

Why are we doing this you ask? There are a couple of reasons, 1) part of the established mandate is to provide leadership growth within the church and 2) in 2021, Reverend Bob will be on sabbatical for a few months, and the training will aid us, as a congregation, to help ensure our services are conducted with the same high standard we are used to. As such, we will be conducting further information sessions throughout 2020 for all that wish to attend.