

# TUC

## MINISTER'S MESSAGE

### Thanksgiving Covid Style

Maybe it's because we are just starting a series on Job. Maybe it is what psychologist term empathy fatigue. Maybe it is that the pandemic feels like a two-step dance that's always moving backwards with the constantly changing restrictions and an increasing sense that anything familiar is elusive. Whatever the reason you might be finding it really hard to get in the thanksgiving spirit and you are not alone.

When I think back to last thanksgiving, things were looking up. We were back to onsite worship; we were planning for Advent and Christmas that was going to be onsite. Things felt like they might be returning to something, at least, more familiar. We know that didn't last. This year, it already feels like that it might be even more dire. It seems like everyone I talk to ends the conversation with, "yeah, but you know this won't last." It's like we've become defensive pessimists – people who believe the worst will happen, so they don't get disappointed if things don't go the way they'd hoped. If it feels like everything is taking more effort, more time, more concentration...it's because it is. It's not just empathy fatigue, it's plain fatigue. If I'm honest I'm tired of using the letters c-o-v-i-d together in any way. I want a familiar thanksgiving, with a full church and people singing loudly and conversation about who is cooking what, when, for whom. I want families safely traveling to visit loved ones before the snow flies. I want to enter a restaurant or hockey game or music event without being stopped for "proof of vaccination and I.D. please". That's what I want, yet that isn't thanks-giving that's more like complain-giving or woes-me-giving.

I'm not trying to dismiss those feelings. They're real. They're all true for me. Some days more than others and they can also root me in that place of negativity, anxiety, and despair. I've always said being thankful is a virtue, thanks-giving is a choice. I really wish it was a hyphenated word. Without it I fear we lose sight of what it is really all about. Without it we truncate the experience down to a good nap after eating too much turkey or too many carbs. When we remember it as thanks-giving I think we can start to see the counterbalance to woes-us-giving.

Increasingly I've come to understand that it really is thanks and giving. The two go hand in hand. Maybe that's why our community is so generous with its time, talent, and treasure: giving is rooted in thanks. When the hyphen is used thanks-giving becomes more active. Somehow, at least for me, it feels more rooted in reflection (thanks) and action (giving). Somehow thinking about it this way moves me outside my worries and anxieties, outside my little piece of the garden. It moves me to a space where I can offer thanks and then discern what action my thankfulness might require of me.

In all reality, I have so much for which to offer thanks. As a community we've weather this pandemic tide exceedingly well. We can gather onsite and virtually. We've stayed connected as a church family. We've accomplished some amazing things – despite the pandemic. I'm so thankful for how so many of you have learned to Zoom® and I don't mean drive fast! Our groups have stayed connected. Our choir has kept on singing. I like to think we've modeled compassionate and balanced leadership. In short, I offer thanks for each of you. I really mean that.

(continued on page 2)

**DROP THE GLOVES AND SOCK IT TO ME**  
 Donate New Winter and/or Sport Socks  
 And Winter Gloves During October  
**JOIN US OCT 31ST 10AM FOR ANNUAL SOCK TOSS!**  
 Office Drop off Mon-Thurs 9AM-12noon  
 Drop Off Sundays 9:30AM-12noon



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I can't tell you how many times when my well has felt empty it was an email, card, phone call, voice message, text, Facebook comment, or instant message from one of you that raised my spirit. We really have been in this together and there isn't a group of people anywhere I'd rather be still going through a pandemic with. You inspire me. Your acts of daily courage, support, care, and love for one another are all inspiring and I offer thanks for each of you.

That leaves the giving. What's there left to give when the well feels empty? What's there left to give when all our time and energy is invested in caring for others? What's left to give, when we've given all, we've got? If the inward reflection is meant to trigger an outward manifestation, what's the giving? I think there are several types of giving. One could label them personal, familial, and communal. Sometimes we need to give ourselves a break. The last 19 months have not been easy. Sometimes we need to give ourselves permission to grieve and use up a box of tissues. Sometimes we need to invest in our health and wellbeing before looking for another project or activity or cause. Sometimes the giving we offer is personal and meaningful only to ourselves.

Familial giving is something quite different. I don't mean family in the sense of genetics and birth orders. I mean family in the sense of those you love and care about most. Some would say "chosen family." Giving here can mean all kinds of things and range from relatively simple like an email, phone call, or text to something much more involved like a trip with family or to visit family. It can also be extremely tough like making room for divergent opinions, tough conversations, and challenging truth telling. Some of us are really good at familial giving and horrible at personal giving. For some, it's the other way around. A few are fortunate to be good at both.

The last is communal giving. It is the easiest and hardest. Easiest because the need is more obvious while at the same time hardest because the options are so many. Easier because we can feel less personally invested. Harder because avoidance is so attractive. This giving can often feel like a mantra to "just do more" or "just work harder." Yet, like the other two, communal giving has its own sparkle. To feel like you've made a difference in someone else's life who isn't part of your family, really is an amazing feeling. If these three types of giving make a stool, then all three are needed. If one leg is shorted (aka neglected) then you end up with a wobbly stool that no one wants to sit on.

This thanks-giving I'm encouraging all of us to reflect on what we are thankful for and ponder what giving that inspires. I'm not asking you to do more...I might be asking you to do less! What ways can you give that are personal, familial, and communal?

For me, I'm going to get up and walk around the building every 90 minutes. I know I sit too much, and it takes its toll. I'm going to spend time pestering our son for a weekly Zoom® call. I'm going to donate COVID vaccines through The United Church of Canada's gifts with vision so that someone, somewhere can have access to the same level of vaccination I have. At least that's a start and we will see where it goes.

Have a happy thanks-giving!

**SUBSCRIBE TO US  
ON YOUTUBE  
@TRINITYUCPG**

## WONDERHOSTS

Most people know that the Wonderhosts Team is made up of volunteers who have the time and energy and knowledge about Trinity United to give a special Welcome to All.

The All we priorities is newcomers. However we also welcome back everyone. Unlike Greeters, who need to deal with everyone who enters, we are able to take time for a longer conversation. We may even take a family with children to see where Trinity Kids meet.

Our role was stopped for some time during the early months of Covid but we are now back in place. For now

we are only at the front door. This is due to smaller numbers of folks coming to the live services, and also because we have lost a couple of key team members. Megan Homan (and Don) moved to Alberta to be near family, and sadly Pearl Blood has health issues which prevent her from participating. Please let me know if you might consider joining us - for about one week a month.

On the other hand, our task is made much easier due to the lovely Welcome Bags (containing little gifts and information) created by the Worship Committee. Thanks for these Marion and team.



*“The generous will themselves be blessed, for they share their food with the poor.” Proverbs 22:9 (NIV)*

## OUTREACH

Fall is upon us, and with it, cooler temperatures and winter looming close behind. For various reasons, this summer has seen larger numbers of folks (80-90) coming down for Soup Kitchen each month. We have had a loyal group of helpers making sandwiches and assisting down at St. Vincent's, with a few new names added to the Outreach list. Thank you so much for keeping things going during some difficult times. There have been steady requests for masks, tissues, and socks along with the lunches, and recent donations of new and gently used backpacks, gym and cloth bags are very popular. Thank you to everyone who contributed to the backpack and school supplies drive in September. In October we will be starting up the “Sock it to me” and “Drop the gloves” campaign for new warm socks and gloves to hand out with the backpacks at the November soup kitchen.

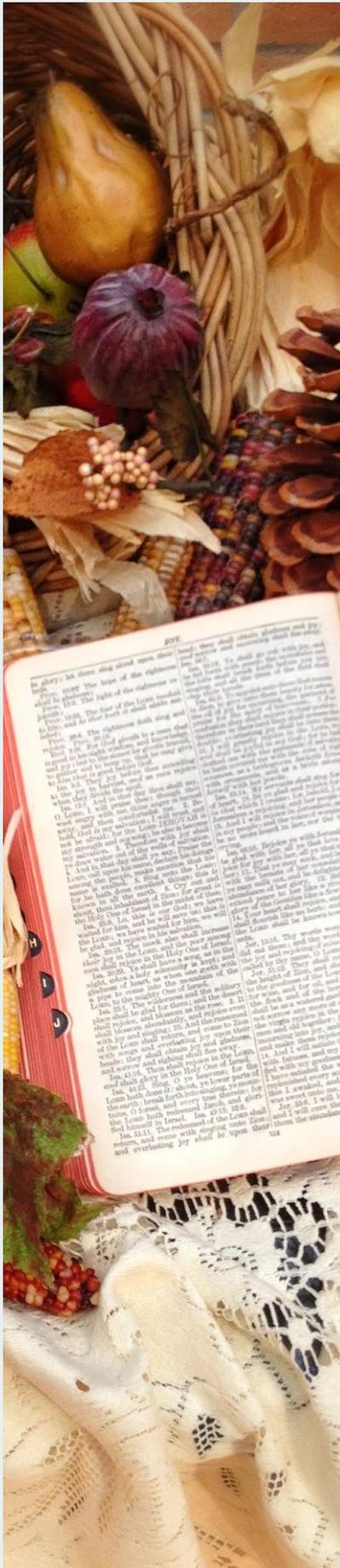
And just a reminder that December isn't far off. We will once again be handing out Shoebox gifts at St. Vincent's on December 12<sup>th</sup> so save your runner sized shoeboxes for us, and/or make up your own with any of the following items: gloves, socks, hats, scarves, toiletries (no cologne, aftershave or mouthwash please), masks, tissues, pens, cards/puzzlebooks/games, sweet treats, GC's, and any other ideas you may have (see picture below). Please have your shoeboxes into the office by December 8th. We will



have the Workbee to make up the extra shoeboxes on December 11th. Stay tuned!

A.C.E. (Activity Centre for Empowerment) continues to appreciate the donations of dry goods keeping their cupboards stocked. Donation baskets are at both entrances to Trinity on the first Sunday of each month. Keep up the good work Trinity!





## FINANCE COMMITTEE

Happy Thanksgiving to you all.



First, I'd like to thank all the Counters that have been diligently counting the offerings every Sunday throughout the summer and fall. This is an essential part of the Finance Committee that often goes unseen. Thank you.

The Finance Committee has been reviewing and tracking the church's finances all year and we are grateful for the congregation's continued financial support of the ministry and community programming that makes Trinity a positive influence in our community. Beyond our community, M&S contributions fund the United Church programs across the globe. Our budgeted commitment to M&S continues to be slightly beyond our expectations for this time of year. Thank you to all those contributing financially and we pray for those offering those important services around the world.

Operationally, the budget continues to be good, however the capital budget is currently underfunded. The planned capital roof replacement at the downtown building has set us back. The replacement roof cost just shy of \$50,000. If we combine the capital fundraising and the current positive operational givings, we are currently in over budget by about \$24,000.

Historically the summer is a slow time of year for the church's finances so we are hoping the congregation continued generosity will help us make up this deficit.

I wish you a wonderful Thanksgiving.

**FALL TAKE-OUT DINNER**  
**ROAST BEEF, YORKSHIRE PUDING, VEGGIES AND DESSERT**  
 Oct. 23rd | Pickup between 3-6pm  
**Pickup Scheduled by Surname**  
**Cost: \$16 Adult | \$12 Youth | Kids(>5) Free**  
**Order Online or Through Office**  
**Order Deadline October 20th**

**THE TABLE**  
**Third Thursday Each Month**  
**Starts October 21 | 1448 5th Ave**  
**6pm | Simple Soup and Bun**  
**Open Mic to Share Your Talent**





## WORSHIP COMMITTEE

Another interesting summer. COVID, heat that drove us all indoors, followed by rain, rain, sweet rain, cool temperatures, and more rain. But thankfully the rain was not as steady as last year. Kind of the same as last summer, but much improved by having vaccines available which in turn has provided opportunities for people to visit a bit more freely, and feel more comfortable being out and about, and most of all an opening up of restrictions for most.

We saw a continuation of the gardening craze from last year with people mostly already set up, so just had to do the planting. And I was one of them both years. I have now brought my tomato and pepper plants inside as they continue to bloom and provide. May need to buy a new freezer if they continue at this rate. There is something that feels homey and right doing canning and freezing from your own garden, or the fruit on the trucks up from the Okanagan.

I must say – One thing that I have learned in the last roughly 2 years of Covid – we are one resilient and responsive group we are. We have moved from protocol change to protocol change smoothly and efficiently. Throughout, people in our group have stepped up to fill needs, have continued to attend either in-person or on-line dependent on current rules, and their own comfort levels. What an amazing group.

Summer service went well, with June seeing the fruition of the Anniversary Celebration of Protestant Church in Prince George. While not exactly as originally planned, with the wonderful video anecdotes, remembrances and well wishes received from so many built into the service, it was wonderful commemoration of our 110 years of service.

Reverend Bob once again did a staycation holiday, much needed and deserved after a long and challenging year. So fortunate to have him at the helm. And also, fortunate to have so many people step forward to fill the various requirements while Bob was off, and to the AV Team who covered during Rebecca's holidays. Huge thankyou to the following for their contributions

<b>Worship Leaders</b>	<b>Worship Assistants</b>	<b>AV Operators</b>
Beth Quesnel Glen Schmidt Judy Thomas Katherine Tuck Colette Roworth	Les Waldie Marilyn Blair Gabriele Slater Judy Wilson Elizabeth MacRitchie	Bill Hudyma CJ Klitch Dustin Hudyma Shannon Carson John Neumann
<b>Door Greeters</b>		<b>Office Person</b>
Doug Hofstead Elaina Hudyma Betty Belado Pam Boulding Doug Hofstead Elaina Hudyma	Betty Belado Pam Boulding Sharon Vincent Jim Reid Gabriele Slater	Katherine Tuck  And to Judy Wilson for assisting with welcoming new church attendees

**MONDAY NIGHT  
STUDY GROUP**  
**A Journey Through the  
Letter of James**  
 Monday Evenings | 3555 5th Ave  
 Contact Office for More Details

If I missed anyone, I am so sorry. We appreciate everything everyone does.

FYI - there couple of minor changes to the service:

**Collection** – Many of the congregation are signed up for Preauthorized Payments, or doing direct deposit or drop offs, which in turn equates to fewer people dropping envelopes in the collection plate. As well, passing of the collection plate from person to person is not necessarily the best practice.

That being said – the collection plates are now placed at the front and back entry doors. Simply place your contribution in the plate. The Greeters will bring the plates into the service and present them to the front at the appropriate time.

**Communion** – As the traditional “break bread” and “dunk in the juice” are neither recommended given Covid, the following has been implemented.

Rather than having a mix of rice crackers and bread with separate stations for each, we have changed to rice crackers for all. As well, we have moved to using small cup.

Communion will be distributed at the front, a station for crackers, and another with the small cups for juice.

Congregation will move the front as usual, collect a cracker and a small cup then return to their seats. Once all have collected their communion pieces and returned to their seats, the Worship Leader will deliver the salutations, and the congregation will then take their communion as a unified body.

There will be a small container at each of the exit doors where the congregation can place the small cups, or if left at the seats, they will be collected after the service.

So, what do we have coming up for the fall, and through Advent?

I will do my best to provide a brief picture of what to look forward to.

October started with Worldwide Communion on the 3<sup>rd</sup>, with bread pieces from around the world.

October 10<sup>th</sup> is Thanksgiving Sunday, and people are asked to bring in fresh produce if possible, and/or canned goods. All items will then be distributed to the appropriate places to help feed those in need.

October 31<sup>st</sup> is Halloween, so if you are tempted to don a costume, feel free. As well, it will also be “Sock It to Bob Sunday”, so bring a pair of sock (or more), hold them in your hand, then when directed, use your best aim as you try to be a successful “Sock it to Bob” participant.

November 7<sup>th</sup> is Remembrance Day service. You invited to bring in your paraphernalia for display.

November 21<sup>st</sup> – Hanging of the Greens service

November 28<sup>th</sup> – first day of Advent.

We will be decorating the church for Christmas during this period, so if you are interested in assisting, please contact Erica at the office. She will pass on your name to the appropriate parties.

Little notes

We are looking at adding in several other events throughout Advent, so keep your eyes on the announcements for some additional exciting happenings.

As well, our plan is to do an Advent delivery to everyone. While the exact timing has not been set, this will be in November, so watch your mailbox, or when announced you will be free to pick it up at the church.

We are beginning to plan for Rev. Bob’s sabbatical time in 2022, so if you are interested in being a Worship Leader or participate in other fashions during that time, please contact Marion Bartlett at 250-964-4696 for more info or to put your name on the list.

In closing – the Worship Committee is looking for 1 to 2 more members. We are mainly a think-tank, with a few minor duties like assisting with communion once or twice a year and helping to fill the door greeter spots. Everyone brings their own unique thoughts of new ideas, new ways of doing things, and general knowledge. If you would like to be one of those people, or would like more info, we look forward to your call.

Greetings and Blessings to everyone from the Worship Committee and thank-you to everyone for your contributions to this wonderful church.





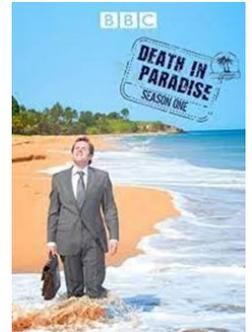
## STREAMING WITH HEART

by Judy Thomas:

So, one needs to keep their subscriptions to a dull roar because expenses do add up. Spotify for music. PAR withdrawals for Trinity United. Environmental news: Narwhal, Tye. I'm even doing a carbon capture one with Climeworks. So I keep the streaming shows down to two and cancel if I'm not watching. Right now its Netflix and Britbox.

Britbox is \$7.00/month. I got it essentially because of

**Death In Paradise:** A perfect light series for dark winter nights. Imagine yourself in the Caribbean, laughing, with a non-intense murder to solve. Good team dynamics to keep one engaged from episode to episode. Now its filming its 11<sup>th</sup> season, so nearly 100 episodes for to you to enjoy.



**Call the Midwife** and **Father Brown** are 2 other good series on Britbox.



**My Octopus Teacher** on Netflix. This award winning documentary is awe inspiring. It about personal healing as a South African diver gets to know an octopus over a year. Excellent photography. Moving. And Octopuses are a way more sentient part of God's creation than you think.

**Abstract:** Another interesting Netflix documentary series. Each episode looks at one creator of leading design type on a range of diverse topics. . Architecture, costume, typeface are a few of the topics covered.

**Howl's Moving Castle:** This Japanese anime is hard to describe and takes a while to figure out. Its anti-war; about building trust and friendship, growing old. We found it worth watching.



**Stardust:** This repeat favourite of mine is a corny romance. An escape to fairy land, with wicked witches. Laughs. And about letting your inner light shine through love. What's not to like?

## MISSION AND SERVICE

We are so fortunate to be living in such a beautiful part of the world. We look at nature's canopy and realize life is awesome. The leaves are changing into vivid, colorful pictures everywhere we go. The autumn air is crisp and we realize that life is amazing. We need this beauty in our lives especially now with Covid-19 limiting what we can do and where we can go.

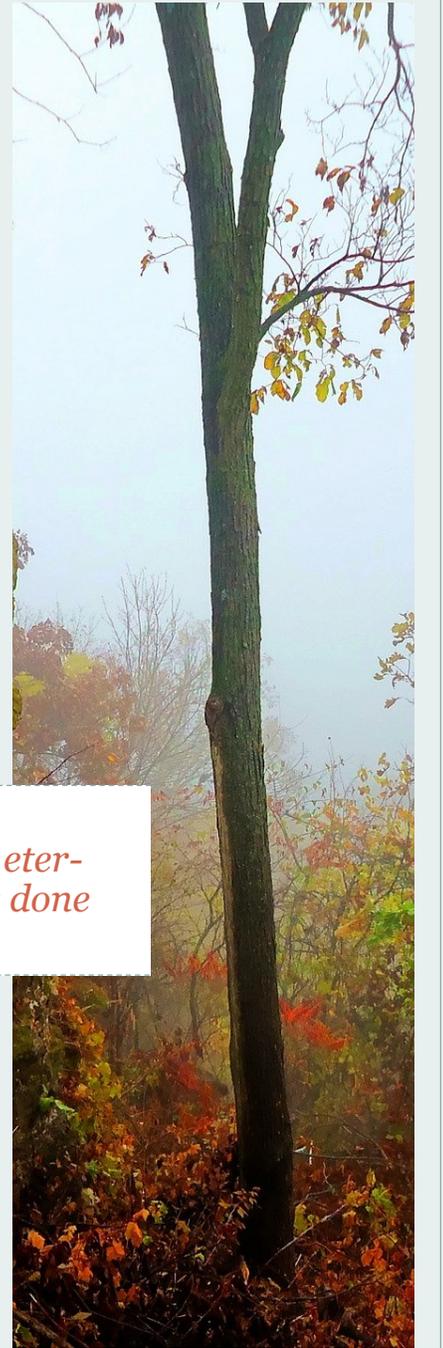
With our monthly presentations we have tried to show how your support has helped to transform and change lives. Some of the stories we have presented have been deeply personal and some have been breaking news.

We would like to welcome Sharon Vincent and Pam Boulding to our existing team of Wendy Hudyma, Beth Quesnel, Melita Higgins and Betty Belado

Your Mission and Service gifts are more critical than ever with Covid making people locally and around the world even more vulnerable. We would like to extend a heartfelt thank you and appreciation to the congregation for your continued support.

The Blessings of Autumn

From your Mission & Service Team



*“He has made everything beautiful in its time. He has also set eternity in the human heart; yet no one can fathom what God has done from beginning to end.” Ecclesiastes 3:11 NIV*

**Come and Sing!**  
**Adult Choir Practice**  
Starts Wednesday Sept 15  
7:30pm | 3555 5th Ave | Sanctuary

**CHAIR YOGA**  
MON & FRI | 11:15-12:00 NOON  
BEGINNING OCT 4TH  
FELLOWSHIP HALL  
COST : DONATION  
ALL DONATIONS SUPPORT CAMP SPIRIT

**JOIN THE  
TECH TEAM**  
EMAIL AV@TRINITYPG.CA FOR DETAILS

### Trinity United Church

3555 5th Avenue  
Prince George, BC  
V2M 1K8

Phone: 250-563-9167  
E-mail: [office@trinitypg.ca](mailto:office@trinitypg.ca)  
[www.trinitypg.ca](http://www.trinitypg.ca)

