

# Holy Trinity Riverbend Anglican Church

## LIFE TOGETHER - HERE'S WHAT'S HAPPENING!

### November 14, 2021 – Twenty-Fifth Sunday After Pentecost

**A** **Message from Rebecca:** Well folks, it's snowing! The first of the season and my puppy is having a blast playing in it for the first time. He's doing 'zoomies' in the backyard at the moment which makes me smile, watching him discover something new. Life seems pretty darn good.

Next week the long season of Pentecost comes to an end, and we will be turning our thoughts to Advent and Christmas. But before we do, let's offer a prayer of thanks for the year we have had. We have managed to stay together through some pretty strange times and God is still walking with us. Selling our church in June was a blessing, even though it has also brought some new challenges. Even so, we have celebrated an outdoor baptism, continued to worship virtually each week and kept our spirits hopeful. I pray that the new church year will bring us

many more wonderful things to celebrate.



**G** **od's Creation:** In support of the environmental summit held in Glasgow recently, I was considering what I could do in my household. I have attached an interesting list of ideas (at the end of this newsletter) derived from a **go green** article I was reading and wanted to share it with you.



**H** **TR Virtual Coffee Session.**

Our HTR Virtual Coffee Hour, takes place **every Sunday, at 11:00 a.m.** via Zoom. The link is sent to all parishioners on Friday's and is also noted on the church website. If you would like to bookmark it the link is:

<https://us02web.zoom.us/j/89937764015?pwd=UCtYbTlwWE5tMldSWkZFSHVzQWZlZz09>

If asked, the Passcode is: 087498. We hope you can join us as it is a great way to stay connected!



**S** **ermon:** A copy of the Sunday Sermon, and the Prayers of the People, are emailed to our parishioners every

Sunday morning. Presiding at today's service was **Rev. Rebecca**, and the Prayers of the People were also offered by Rebecca.



**This Week's Bible Quote** -- *"Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, 21 to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen." ... Ephesians 3: 20 - 21*



**Inspirational Thoughts:**  
*"Whoever loves much, performs much, and can accomplish much, and what is done in love is done well."  
... Vincent Van Gogh*

And

*"Too many of us are not living our dreams because we are living our fears." ...  
Les Brown*



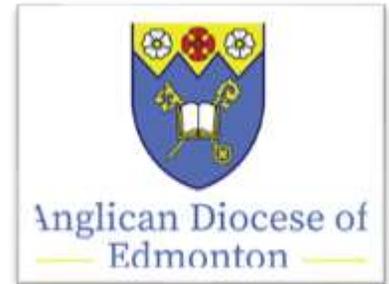
**Prayer For This Week:**  
God of glory, touch our lips with the fire of your Spirit, that we with all creation may rejoice to sing your praise, through Jesus Christ our Lord.  
Amen

(From the Church of England)

**Upcoming for Sunday, November 21, 2021 - Last Sunday after Pentecost: The Reign of Christ.** Officiating will be **Rev. Rebecca** and Prayers of the People will be offered by Rebecca as well.

Readings:  
2 Samuel 23:1-7;  
Psalm 132:1-13 (14-19);  
Revelation 1:4B-8;  
John 18:33-37

**More Anglican News:** If you are looking for more news about 'happenings' in our Diocese and beyond, this can be done by accessing the diocesan website link: <https://edmonton.anglican.ca/>



**Virtual Sunday School:** Just a reminder that along with the worship bulletin which is distributed each Friday, **we also enclose a supplementary children's lesson/activities.** If you would be interested in volunteering for this important ministry, please let Rebecca know. All lesson plans are provided.



**HTR Online Worship:**  
We offer a live virtual worship service each Sunday using

ZOOM. The **link to the service, as well as the Worship Bulletin is distributed each Friday**, along with the HTR Virtual Coffee Hour link. You do not need to have ZOOM on your computer to be able to view the service. (Note: If you cannot make the live worship service, **we post the video recording of the service on our Facebook page shortly after the live service.** The link to our Facebook page is: <https://www.facebook.com/htrchurch/>

To access the live virtual service, simply click on the link on Sunday (**the service starts at 10:00 a.m.**). **If you would like to bookmark it, the specific link to the Virtual Worship Service is:** <https://us02web.zoom.us/j/8443386844?pwd=aXZxMmZ>

[Ya0tjNDZQNVpDUE1UaE5aQT09](https://www.facebook.com/htrchurch/)

Note: From time-to-time we have experienced some technical difficulties with Zoom due to system upgrades, etc. on Zoom's part. With this in mind, we test the link to the service early every Sunday (prior to the service). If for any reason, the above noted link is not operational, we will send out an alternative link to the service by 9:45 a.m. on Sunday.

As an informational item, the Virtual Worship Service and our Virtual Coffee Hour each have their own unique Zoom links.

**V**estry –  
 Steve Johnson  
 Rector's Warden  
 Carol Graham –  
 People's Warden  
 Vince Tejada - Treasurer

Sarah Alexander – Music Director  
 Members-at-large: Maureen Bantle; Grant Kvemshagen; Marx K. Maragua

**C**lergy:  
 Rev. Rebecca Harris  
 Priest-in-Charge  
[rebecca.harris@telus.net](mailto:rebecca.harris@telus.net)  
 Ph: 780-431-1817

Rev. Dr. Elisabeth Thompson – Honorary Assistant

**C**hurch Details: Holy Trinity Riverbend Website:

[www.Holytrinityriverbend.com](http://www.Holytrinityriverbend.com)

(Note: **A copy of our Newsletter is posted each Sunday on our website.**)

## 46 Easy Ways To Go Green



Everybody has to start somewhere so here are some simple ways to go green that everyone can do. Almost all of these green tips will also save you money in the short or longer term. So you're not only helping the environment you may be helping your pocket too!

### **Easy Ways to Go Green at Home**

1. Recycle...You know you should, so just do it.
2. **Switch it off.** Leaving a room? Switch the light off. Turning the TV off at night? Consider switching it off at the wall so it isn't left on standby.

**3. Buy Energy Efficient Appliances.** Once an appliance has irreparably broken this is a good time to look into replacing it with a far more energy efficient one.

**4. Hang your washing out to dry.** Using a clothesline or hanging your clothes indoors on an airer is much better for the environment, and your wallet, than using a tumble dryer.

**5. Use Energy Saving Light Bulbs.** LED lightbulbs are more expensive to buy initially but last longer and will save both energy and money over time.



**6. Drink Tap Water.** Tap water is perfectly safe to drink in many parts of the world. Stop buying all those water bottles!

**7. Fix leaking taps.** It's a simple way to save water at home.

**8.** Grow your own herbs or some veggies at home.

**9. Drive at the speed limit.** Boring? Yes. But it's also safer, cheaper and better for the environment. *"Studies have shown up to 30% of the difference in miles per gallon (MPG) is due to driving habits alone. You could save more than a ton of CO<sub>2</sub> per year by:*

*-Accelerating slowly and smoothly*

*-Driving the speed limit*

*-Maintaining a steady speed*

*-Anticipating your stops and starts"*

**10. Buy a car that's only as big as you need.** Why buy an SUV if you live alone and only drive around town?

**11. Plan your errands.** Work out what needs to be done and plan to do all your errands in one day using the most efficient route. This saves you money, time and is one very simple way to go green.

**12. Buy local.** Wherever possible buy your fruit and veg from local farmers markets. You're supporting the local economy, less likely to be purchasing unnecessary plastic, etc.

**13. Always carry cloth shopping bags.**

**14. Buy a reusable water bottle.**

**15. Get yourself a reusable coffee cup.**

**16. Get yourself a reusable lunch container.** Take a packed lunch or carry a reusable container for buying takeaway lunches (ask your local cafe / takeaway to fill your container rather than coming away with lunch and single use plastic – (why not ask for a discount for using your own containers, you never know?).

**17. Always refuse straws** (or if you seriously can't go without then buy some reusable ones).

**18. Buy a plastic free toothbrush (e.g. bamboo toothbrush).**

**19. Eat less meat and dairy.**

**20. Go paperless.** Pay your bills online.



**21. Stop unsolicited mail** – stopping all those leaflets and menus coming through your door or mailbox saves paper (and your sanity).

**22. Switch to a green energy supplier.**

**23. Do a cold wash instead of a hot one.** It still washes your clothes and can use up to 57% less electricity per wash.

**24. Use a quick wash cycle.** As well as using cold water (30° or less) use one of the

shorter cycles.

**25. Use public transport,** car share or ride a bike when possible.

**26. Collect rainwater** to water your plants.

**27. Make a compost bin at home.**

**28. Reuse scrap paper.** Printed something by mistake? Only used one side of the paper? Use the other side for making notes or giving to the kids to draw on.

- 29. Keep your car tires properly inflated.** *“Under-inflated tires can not only put lives at risk but they increase the stress on a vehicle’s steering and suspension, cause it to use more fuel and thus produce more CO2.”*
- 30. Keep your car serviced** as this helps to keep emissions low and your car running efficiently.
- 31. Plant a tree!**
- 32. Grow some wildflowers.** Wildflowers will attract bees and they look lovely too.
- 33. Reduce the temperature** a notch on your thermostat (just pop on a sweater).
- 34. Check your home for air leaks.** “Draught-proofing is one of the cheapest and most effective ways to save energy – and money – in any type of building.”
- 35. Take shorter showers.**
- 36. Use shampoo bars** – they are a great way to reduce the amount of plastic packaging you buy.
- 37. Use a recycling mower.**
- 38. Don’t use pesticides.** Embrace the bugs in your garden, don’t kill them!
- 39. Go on a beach, forest or park clean-up.**
- 40. Cook in bulk.** Cooking in bulk then freezing the excess can reduce your food waste ensuring that you use all your fresh vegetables before they go off.
- 41. Look for sustainable, natural materials.** Find clothes or linen made from sustainable organic cotton, bamboo or hemp.
- 42. Stop using bleach to clean your bathroom.** Baking soda and vinegar are a great alternative.
- 43. Buy from thrift shops when you can.** You can find some great quality clothes in second hand or charity shops and it’s cheaper than buying new or buying from unethical clothes manufacturers.
- 44. Use rags instead of disposable wipes.**
- 45. Sell, re-purpose or donate unwanted items,** to reduce the overall waste your household produces.
- 46. Stop buying so much stuff** that you really don’t need!

The above are all very simple ways to go green and many of the ideas could save you money too, which is always nice. I always ask myself a few questions before buying anything.

- “Is the packaging on this recyclable?”
- “Can I buy this item without plastic packaging?”
- “Is this a single use item?” (If so, what’s an alternative version I could buy)

And probably the most important question to ask yourself...

- “Do I really need this?”

***Note: The above list was taken from the article, ‘50 Easy Ways To Go Green’ published in ‘Green Eco-Friend’ on, January 30, 2021. The article has been slightly edited.***

***As a disclaimer, I removed four items from the list above as they were a bridge too far for me!!! I also admit it...I have not yet tried the bamboo toothbrush, the shampoo bar, or putting in place a bucket to collect rainwater for watering my plants.***