

Stay Connected

Email: office@TrinityPG.ca

Office Phone: 250-563-9167

Web: www.TrinityPG.ca

Facebook: [@trinityucpg](https://www.facebook.com/trinityucpg)

Livestream: www.trinitypg.ca/pages/live-stream

Sign Up for TrinityPG Announcements, e-letters, and newsletters using a communication card or www.trinitypg.ca

PARTICIPATING IN WORSHIP LEADERSHIP TODAY:

Worship Leader – Rev. Bob Fillier; Worship Assistant – Gabriele Slater; Pianist – Vic Steblin; Choir Director – Erica Skowron; Associate Choir Director – Diane Kjørven; Adult Choir; Digital Ministry – Rebecca Fillier



Lectionary Home

Lectionary@Home: Isaiah 40:21-31; Psalm 147:1-11; 1 Corinthians 9:16-23; and Mark 1:29-39



Trinity United PG is proud to be part of the United Church of Canada which ministers to close to 3 million people in 3,500 congregations across the country. (For more information about the United Church visit its website: www.united-church.ca)



Through our gifts we commit ourselves to live out the mission and ministry of the church. Please give generously to the Mission and Service Fund to make this possible.



TrinityUCPG is an accredited member of Affirm United and seeks to create safer spaces for all gender identities, expressions, and orientations through our words, actions, and advocacy.



New/gently used gloves and men's toques are desperately needed!

Collected items go to St. Vincent's



Sunday, February 4, 2024 - 10:00 AM

Theme: Unwrapping Claiming

† indicates stand as you are able MV = More Voices
Bold indicates participation by the people VU = Voices United

PRELUDE

**WELCOME & TERRITORIAL
ACKNOWLEDGEMENT**

LIFE & MINISTRY (Announcements)

**THE PEACE OF CHRIST SHARED WITH
ALL**

GROUNDING SONG: *Arise, Your Light Is
Come* **VU#79**

**LIGHT OF CHRIST AND
RECONCILIATION**

CALL TO WORSHIP (Responsive)

**GATHERING PRAYER & PRAYER OF
JESUS** (Worship Assistant)

**AFFIRMING GODS LOVE AND GRACE
(Responsive)**

† **HYMN:** *Come and Find the Quiet Centre* **VU#374**

**FOCUS READINGS: Psalm 139:1-12 and
Luke 8:22-25 (NRSVUE)**

ANTHEM: *Chariot's Comin'*

SERMON: *It's Gonna Be Dark and Stormy*

TIME FOR REFLECTION: A time for
quiet reflection and contemplation

**PRAYERS FOR OTHERS, OURSELVES,
AND THE WORLD**

† **HYMN:** *Deep In Our Hearts* **MV#154**

SHARING OUR GIFTS FOR MINISTRY

† **OFFERTORY PRAYER** (Unison)

SACRAMENT OF COMMUNION

† **COMMISSIONING & BENEDICTION**

† **HYMN:** *When Heaven's Bright with
Mystery vs. 1&4* **VU#93**

POSTLUDE

Trinity United is a community founded on the values of *inclusive fellowship, living faith, and joyful service*. Everyone is *wanted, accepted, and included*.

We hope that your worship experience will feed you and challenge you on your faith journey. We project everything you will need to participate in worship.

Visitors and Newcomers – please email us if you would like to be placed on our mailing list and/or email list.

office@trinitypg.ca

Lead Minister: Rev. Dr. Bob Fillier
Office Assistant: Erica Skowron
Choir Directors: Erica Skowron & Diane Kjorven
Accompanists: Vic Steblin
Trinity Kids: CJ Klitch
Worship: Marion Bartlett
Digital Ministry: Rebecca Fillier
Trinity Downtown: Tom Hynd
Office Email: office@TrinityPG.ca
Office Phone: 250-563-9167



Trinity United Life and Ministry

Ways to Stay Connected - There are several ways we can stay connected with one another. www.Trinitypg.ca and our Facebook page @TrinityUCPG are the two main ways. If you click on the "Spirituality" tab on our website you'll find our worship archive and evening prayer archive.

Soup Kitchen – second Sunday of the Month

A.C.E. – donations of non-perishable food is collected for A.C.E. on the first Sunday of the Month.



**BE A TRINITY
KIDS LEADER**

Help lead one of our Trinity Kids Sunday sessions. It's an opportunity to serve in a deeply meaningful way.

For more information and to sign up contact CJ trinitykids@trinitypg.ca



**Coldest Night
Of The Year**

Our Trinity Youth have signed up as 'Trinity Woolly Mammoths' for the Coldest Night of the Year 2024. Lets help show them support by helping them reach their \$825 goal. You can search their team name on cnoy.org or follow the link on our website to donate or sign up to walk!



**New Ways
to Give**

Thank you for your generosity

Text 'Donate' To
1-844-422-2899



Scan QR Code to
Donate

**Other Ways
to Give**

Join PAR

Secure Direct
Deposit

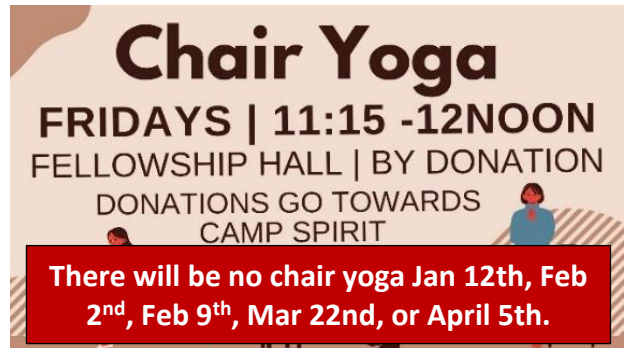
Drop of Envelopes
to 3555 5th Ave



KNIT-A-BEAR

Calling all Knitters! We want to knit bears as a welcome gift to toddlers who are coming to Harmony House with their moms to give comfort to them in a new and possibly unsettling situation.

Contact Pam Boulding
250-614-9089 for more info



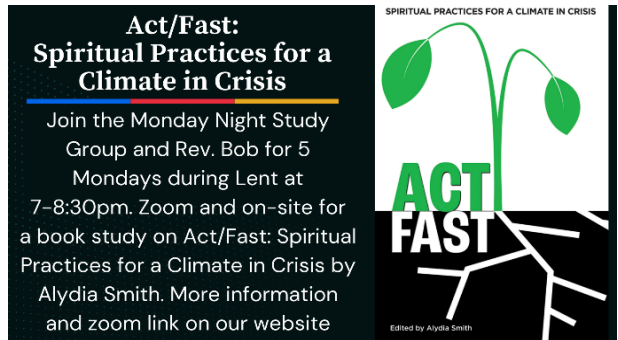
Chair Yoga

FRIDAYS | 11:15 -12NOON

FELLOWSHIP HALL | BY DONATION

DONATIONS GO TOWARDS
CAMP SPIRIT

There will be no chair yoga Jan 12th, Feb 2nd, Feb 9th, Mar 22nd, or April 5th.



**Act/Fast:
Spiritual Practices for a
Climate in Crisis**

Join the Monday Night Study Group and Rev. Bob for 5 Mondays during Lent at 7-8:30pm. Zoom and on-site for a book study on Act/Fast: Spiritual Practices for a Climate in Crisis by Alydia Smith. More information and zoom link on our website

**ACT
FAST**

SPIRITUAL PRACTICES FOR A CLIMATE IN CRISIS

Edited by Alydia Smith



GOLDEN AGE TEA

Opportunity to Serve! The Golden Age Tea Team is looking for phoners, donations of cookies, fruit, cheese and Servers on the day of the event

Monday Feb 12th

**CONTACT CATHY REID FOR
INFO AND SIGN UP**

SMART RECOVERY FOR INDIVIDUALS



Do you want to address an addiction problem or harmful habit? With our practical tools based on cognitive and motivational psychology and addiction research, SMART Recovery helps you make and sustain positive changes that lead to a balanced life.

Through our meetings, tools, and strategies, SMART can help you stop harmful habits and behaviors, including addiction to alcohol and other drugs, or negative behaviors related to relationships, sex, spending, gambling, eating and exercise disorders, and self-injury. SMART Recovery is unique. Our science-based approach emphasizes self-reliance, self-resilience, and self-empowerment. With SMART, you are the expert on your recovery. You choose how to personalize your plan for successful change. There's no requirement to commit to a lifetime of SMART Recovery meetings. You decide when and if the time is right to move on.

SMART and Other Recovery Groups

SMART Recovery believes that people find their own paths to successful recovery. For some, that path may include 12-step programs or other support groups. Although SMART's approach differs from those of other organizations, it does not exclude them. We recognize and support the fact that many individuals benefit from participating in more than one support community.

Get Started

Ready to get started? SMART Recovery hosts online and face-to-face meetings around the world. Our online message board is an excellent forum to learn about SMART and get 24/7 support.

Learn More

Visit www.smartrecovery.org to search for local meetings and to join our online community.

Local Meeting Information

Tuesday 3:00-5:00pm

January 16, 2024-March 19, 2024@ BCSS PG Branch/ACE

1139 6th Avenue,

Prince George, BC

Closed Group after 2nd week

Carrie or Nansi 250-564-3396 nlong@bcsspg.org