



WELCOME TO WORSHIP

SUNDAY 24th MAY

Day of Pentecost

8:00am Holy Eucharist

Traditional (BCP). Said service

10:30am Holy Eucharist

Contemporary (BAS) with Music, Choir, & Sunday School
Refreshments & fellowship follow in the Parish Hall

WEDNESDAY 27th MAY (Chapel)

10:30 am Holy Eucharist

Traditional (BCP). Said service.



TUE 26 th MAY	Tai Chi Foundations	9:00am
THU 28 th MAY	Caring for the Core	11:30am
THU 28 th MAY	Choir Practice	4:00 pm
THU 28 th MAY	Migrant Farm Workers Ministry	2:00-8:00 pm
FRI 29 th MAY	Tai Chi Foundations	9:00am
FRI 29 th MAY	Migrant Farm Workers Ministry	2:00-8:00 pm

Julian and Jesus: Spirituality for “The Age of Anxiety”

“In a time parched for wisdom like ours ... we are invited to return to our ancestors who have proven themselves wise. Julian is such an ancestor.”

—Matthew Fox, *Julian of Norwich*

Theologian Matthew Fox describes Julian of Norwich as a mystic for our times. He highlighted her writings during the COVID-19 pandemic, living as she did through the Black Death (bubonic plague). He writes:

“A time of crisis and chaos, the kind that a pandemic brings, is, among other things, a time to call on our ancestors for their deep wisdom. Not just knowledge but true *wisdom* is needed in a time of death and profound change, for at such times we are beckoned not simply to return to the immediate past, that which we remember fondly as “the normal,” but to reimagine a new future, a renewed humanity, a more just and therefore sustainable culture, and one even filled with joy.”

The pandemic may be behind us but the anxiety that was heightened in our culture at that time seems to have remained. Now fueled by the political and social chaos in the United States, the War in Iraq, the rising cost of living, and uncertainty about the future of our planet, just to name a few. One would not be amiss in describing general climate of our world today as “The Age of Anxiety”. Much of our political and social thinking seems to be driven by this deep seated discomfort with the way things are and the uncertain future. As Matthew Fox points out above, there are two major ways of dealing with anxiety, looking backward to a past that is remembered “fondly as normal” or looking forward “to reimagine a new future, a renewed humanity, a more just and therefore sustainable culture, and one even filled with joy.”

When religious and political leaders call for a “return to family values” or to make “America or Canada great again”, we see this nostalgic approach to our current problems. We can understand the anxiety that drives such thinking even if we may not agree with that view of the past or the future. Julian of Norwich, who lived at a time of devastating plague, wars and uncertainty, gives us spiritual wisdom to find a different more positive approach to the anxiety that besets us all. As Fox writes, “Julian is a stunning thinker, a profound theologian and mystic, a fully awake woman, and a remarkable guide with a mighty vision to share for twenty-first-century seekers.... Julian kept her spiritual and intellectual composure, staying grounded

and true to her belief in the goodness of life, creation, and humanity and, in no uncertain terms, inviting others to do the same.” Her approach, based on her spiritual experience, was to face reality without fear and discover God’s grace. Julian’s response is amazingly grounded in a love of life and gratitude.

“What is remarkable about her life and teaching is that instead of yielding to despair or blame, she sought out in depth the goodness of life and creation. Indeed, she established her entire worldview on this sense of goodness and the sacred marriage of grace and nature, a sense of God-in-nature. “

This reminds us of the core teachings of our Celtic heritage! Her theology was optimistic and reminds us that at the basis of all reality is Love. She writes in *Revelations of Divine Love* about the ultimate meaning of life, “Know it well. Love was God’s meaning. Who showed it to you? Love. What did God show you? Love. Why did God show it? For love. Hold on to this and you will know and understand love more and more. But you will not know or (*need to*) learn anything else....ever.” My suspicion is that this deep wisdom about our lives is difficult to accept. Why?: we think it must be more complicated, somehow truth must be complex. When Jesus tells us the supreme commandment is to Love God and Love one another, we immediately create dogma, theology, belief systems and creeds. We muddy the waters of deep wisdom and the path to inner peace and joy.

Jesus, Julian, the Celtic Saints and all the mystics of every tradition say the same thing. Life is sacred, we are fully loved by the Divine and our purpose and meaning in life is to reflect that love in our lives and relationships. We are called, in Fox’s words, “ to wake up and go deep, face the darkness and to dig down and find goodness, joy and awe.”

Our spiritual life can be simple if we let it.

Wake up every morning and give thanks for the gift of another day of this precious thing we call life.

In every situation that comes to us look for the good, “Do not be overcome with evil, but overcome evil with good” Romans 12:21 (based on Sermon on the Mount). This applies to every difficult situation or person that we might encounter.

Open our hearts to experience the love of God, in creation, in loving relationships and the blessings of this life. This takes intention to stop negative thinking and to trust, to open like a flower to God’s love.

Look at others first as Children of God, our siblings, and “Love our neighbour, as yourself.” Mt.22:39. This is the core of our Baptismal Covenant.

Too simple? Perhaps we need to “become as little children” to find the deep peace and joy of our faith.

Rick+

Matthew Fox, *Julian of Norwich: Wisdom in a Time of Pandemic—and Beyond* (iUniverse, 2020),

Center for Action and Contemplation, daily meditations May12, 2026 CAC.org

Our sister and ancestor Julian is eager not only to speak to us today but to shout at us—albeit in a gentle way—to wake up and to go deep, to face the darkness and to dig down and find goodness, joy and awe. And to go to work to defend Mother Earth and all her creatures, stripping ourselves of racism, sexism, nationalisms, anthropocentrism, sectarianism—anything that interferes with our greatness as human beings. And to connect anew to the sacredness of life. [3]



You in me, I in you

*I am in my Abba,
and you in me, and I in you.*
—John 14. 20

God is infinite;
there is nothing outside of God.
The entire universe is in God.
We are inside God.
Christ, the embodiment of God's love,
is everywhere, suffuses everything,
and we exist within that love,
members of the body of God's grace.
That embodied love lives in us,
breathes in us, loves in us.
Everything you do is an act of God
if you let it.

Breath prayer:
You in me . . . I in you

Breathe in saying “You in me” ... and breathe out saying “I in you” several times. Let the spirit let you know when to stop.

Pentecost

*All of them were filled with the Holy Spirit
and began to speak in other languages,
as the Spirit gave them ability.*
—Acts 2.4

Probably not eloquently. More likely in halting Phrygian, mangled Mesopotamian. It probably took some back-and-forth, some double-checking, requiring not just proclaiming but listening, relating, getting feedback, patience on the part of the hearers, and courage and humility on the part of the speakers—willingness to risk, to be beginners, to appear foolish, to forgo the safety of being in the dominant group, overcoming barriers. None was a solo. They were all ensemble pieces.

Pray for such humility and courage, to risk for the sake of love, to be foolish for the sake of relating, to let other people’s reality be real. To harmonize. This is how the Holy Spirit speaks, loud and clear.

Steve Garnaas-Holmes
Unfolding Light



Cayuga United Church

3rd Memorial Golf Tournament



Cayuga Golf Club

201 Decewsville Road

May 30th, 2026

- 12:00 - Registration and Lunch
- 1:00 - Tee Off Time (Scramble Format)
- 6:30 - Dinner

- Lunch (sausage on a bun)
- Golf Package (18 holes with cart)
- Steak or Perch Dinner (your choice)

\$135

Not a Golfer but want to be involved?

Consider sponsoring a hole for \$75, either for a business or in memory of a loved one. Sponsorship signs will be posted at each hole.

You can also join your partner/spouse at the 19th hole for a steak or perch dinner for \$50.

To make a reservation, or for more information, please contact:

Carl	Donalda	Liz
905-772-3438	905-772-3339	905-772-3679
ahlsten4@hotmail.com	85grammysd@gmail.com	cuctreasurer2020@gmail.com

Waterford United Church is hosting a Free Concert featuring the musical talents of Azrael Hackshaw on Keyboards on Friday, May 29 at 7:30 p.m. Light Refreshments follow. Come and enjoy the beauti-



Legion  **100**
1926 - 2026

Branch 79, SIMCOE

Wednesday May 27
4:30—7pm

BEEF LASAGNA
Soup, Caesar Salad, Italian
Vegetables, Garlic Rolls & Butter,
Cheesecake

\$16

EVERYONE WELCOME



Save the Date

Church Picnic: Sunday June 28th after the 10:30 am Service

Place: Side lawn

More info to follow as we get closer to the date



Coffee Time!

Mark your calendars for our **First Combined Coffee Hour** on **Sunday, May 31st**, happening from **8:45 AM to 10:00 AM**. We are bridging "the gap" between the 8:00 AM and 10:30 AM services, to mix, mingle, and get to know the "other" congregation! So, come a little early, or stay a little late and join us for a treat and a cup of joe (or tea!). We look forward to seeing you "a little early or a little late" for fellowship and fun.



SERVE WITH US

HELP WANTED!

Trinity invites community members to join the team of volunteers at our 10:30 service.

We are currently seeking servers and Eucharistic Ministers. **No experience necessary!**

Simple and interesting training provided to ensure your confidence in these roles.



CONTACT THE CHURCH OFFICE: For more information or to express an interest, please email trinityreception@eastlink.ca or call **519-426-0501**.

BE A STAR & BRING A JAR

During the month of **March** there will be a box at the back of the church for donations of Jars. Perhaps during lent, if you have large collection you might want to "give up" a Jar or two? Or maybe your Lenten practice is to just to give? What exactly are we are looking for?



Jar Specifications: ♦ Jam jar size or smaller
♦ Clean and with it's original lid ♦ Jars I would like- is to be decorative- by that I mean- it might be - oddly shaped, have beveled sides, or it may have glass embellishments.

Thanks. **Marlene Robinson.**

For more information:

☎ 519-428-2487 robinsma@HHSC.CA



Did you know the IG Wealth Management Walk for Alzheimer's is the biggest event in Canada supporting Alzheimer's disease?

Last year, across Canada, we raised more than \$7.2 million - the highest total ever - marking an incredible year in the history of the Walk for Alzheimer's. Funds raised support programs and services in the community they were raised - **but we can't do it without you!**

Or why not sponsor our very own Judy Wilson? Judy will be taking part in the Walk for Alzheimer's at the Lion's Park in Jarvis. You can find Judy at church on Sundays at 8:00am and Wednesdays at 10:30am. Judy will be at the



10:30am service on Sunday 10, 17 and 24th May too. Alternatively, we can collect donations at the church office.

Or call Judy
☎ 519-426-1638

SPRING RUMMAGE SALE & TREASURE TROVE
AT ST. PAUL'S ANGLICAN CHURCH, PORT DOVER



Saturday, May 23, 2026 at 8:00 AM - 12:00 PM EDT

SPRING RUMMAGE SALE & TREASURE TROVE

302 St. George Street, Port Dover, ON, Port Dover, ON, Canada

Rain or Shine

THE DIOCESE OF HURON

The Rt. Rev. Dr. R. Todd Townshend
Bishop of Huron

1-800-919-1115

Huron Church House

190 Queens Avenue, London,

ON N6A 6H7 www.diohuron.org



CONTACT US

☎ (519)-426-0501

• 80 Colborne St. S, Simcoe,
N3Y4H5

✉ reception@trinitysimcoe.ca

🌐 www.trinitysimcoe.ca

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

**Parish Office Hours: Tuesday - Friday
9:00am-12:00 noon**

