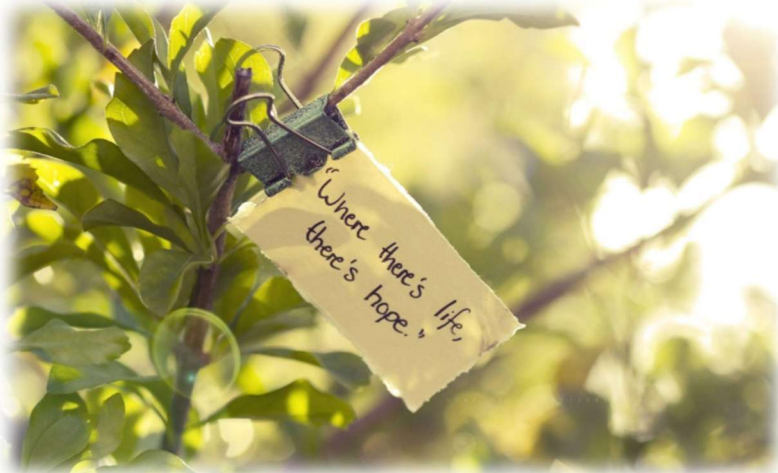


# Bulletin

# Announcements

## Third Sunday After Pentecost

June 14<sup>th</sup>, 2026



### Romans 5:1–8

#### *Peace through Jesus and Faith*

Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.

For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person—though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us.



#### Trinity United Church

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<https://www.trinityunitednanaimo.ca>  
Email: [trinityunitednanaimo@gmail.com](mailto:trinityunitednanaimo@gmail.com)

#### Inside This Issue:

Church Hours	1
Upcoming Events	2
Great Ways to Get Involved	2
Weekly Services & Meeting	3
Pastor's John Message for Next Sunday	4

#### June's Birthdays:



June 3 <sup>rd</sup>	Key Butler
June 15 <sup>th</sup>	Brad Luoma
June 26 <sup>th</sup>	Ken Schmitke

#### Church's Hours

Our office hours are Monday to Thursday from 8:30am to 1:30pm.

#### Pastor John's Office Hours

Pastor John's hours are Mondays from 8:30am to 1:30pm. If you want to reach out to him, his email address is [pastorjohnuc@gmail.com](mailto:pastorjohnuc@gmail.com) and his cellphone is 236-238-1575.

# Upcoming Events

## **A gentle reminder about appointments to see Pastor John Helps**

Pastor John Helps would like to continue with our tradition of arranging an appointment prior to seeing him. For your information, he is available Most Mondays from 8:30am to 1:30pm.

We highly encourage you to call the office first at 250 390 2513 or to send us an email at trinityunitednanaimo@gmail.com. Also, you are welcome to contact him directly, his cellphone is 236-238-1575 and his email address is pastorjohnuc@gmail.com. Thank you so much.

## **Upcoming TUC Congregational Meeting**

A Congregational Meeting will be held for Trinity United Church on June 14th following regular Sunday Service. The meeting will appoint a Trustee and receive some updated information from the National church.

## **Food for Families 2026 Campaign**

Our goal is to raise \$1,000 to purchase 20 grocery gift cards for distribution at Pleasant Valley School by June 15<sup>th</sup>.

Please consider contributing to this worthy cause and the kids and families that will greatly benefit from our donations. For further details or questions, reach out to any Council member.



## **Fred Cline's Memorial**

Fred's memorial service will be on July 24, 2026 at 1:00pm at Zelma SK United Church to then have his ashes buried next to Frances Cline's ashes in the Zelma Cemetery. This will be followed by a reception at the Manitou Village Community Hall at Lake Manitou - just east of Watrous SK.

## **We All Belong - Refugee Concert**

Amy Stephen & Amir Haghighi are bringing their global folk music to Nanaimo (www.amystephenmusic.com) at St Andrew's United Church, 315 Fitzwilliam Street in Nanaimo. As well as a good cause, this is an interfaith community-building opportunity co-sponsored by St Andrews United Church & Nanaimo interfaith planners. Perhaps it will lead to other forms of interfaith cooperation & fellowship. We hope that many of you that are planning to attend the Regional Meeting will consider coming early to join us.

**Date:** Saturday, June 13rd, 2026 at 7:00pm

**Costs:** Suggested donation \$20.00 +

**Contact:** wasdmama@gmail.com

## **Spaghetti Dinner**

Come one, come all and join us for an evening of fellowship and gathering! St. Andrew's, Trinity United & Cedar Churches are hosting a Spaghetti Dinner at St. Andrew's United Church Hall.

\*Volunteers needed for Prep & Serving\*

**Date:** Friday, June 19rd, 2026 at 5:30pm

**Costs:** Tickets are \$20.00 per person and \$50 per family

**Contact:** Our Treasurer, Joy Leeb

**Location:** St Andrew's United Church, 315 Fitzwilliam Street in Nanaimo.



## **June's Scripture Readers**

June 7th David German

June 14<sup>th</sup> Debbie Punshon

June 21<sup>st</sup> Val Smith

June 28<sup>th</sup> Betty Bordal



# Great Ways to Get Involved

## **Food for Families**

Once again, Trinity is partnering with our neighbors at the Pleasant Valley School to assist families affiliated with the school who are experiencing food insecurity. Speak to a member of the Trinity Council to find out how you can help to make a difference.

## **Trinity United Food Bank**

Did you know that in Nanaimo 2 out of 4 families suffer from food insecurity? Please, remember to feed the Loaves and Fishes donation box at the back entrance to the Church. In addition to food and cash donations, they are in great need of egg cartons!

## **Community Donations to Trinity**

Recycling your bottles and cans at the Nanaimo Recycling Centre? You can ask them to donate the money to Trinity. Also: if you have Save-On-More points, they can also be donated!

# Weekly Services and Meetings



## TUESDAYS

### Grief Group

Most Tuesdays @ 11:00 am

### Prayer Group

Meets the second Tuesday of each month @ 9:30 am

### Ladies' Lunch

Meets the second Tuesday of every month @ 11:45 am

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## WEDNESDAYS

### Ladies' Coffee Group

Third Wednesday of every month @ 2:00 pm

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## THURSDAYS

### Prayer Shawl Ministry and Knitting Group

Second Thursday of every month @ 10:00 am

### Trinity Choir

Most Thursdays @ 6:30 pm

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## SATURDAYS

### Men's Continental Breakfast

First Saturday of every month @ 10:00 am

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## SUNDAYS

### Worship Service

Our weekly worship service is on Sunday morning @ 11:00am both in-sanctuary and online via  YouTube. Join us online using this link: <https://www.youtube.com/channel/UCs0O80HfYqa4uZOBJ0Tpow>

# Pastor John's Message for Next Sunday June 21<sup>th</sup>, 2026

Dear friends,

Looking ahead to next Sunday, we will continue our series on the hope just out of sight. This time, we'll hear Jesus challenge his disciples to think carefully about their priorities, what they value most, and what it means to follow faithfully when life presents difficult choices.

A reminder as well that on June 19, our congregations will be joining with the other United Churches in our area to co-host a community spaghetti dinner. It promises to be a wonderful opportunity for fellowship, good food, and connection across our wider church community. I believe tickets are still available, but they are selling fast!

I hope you'll join us next Sunday as we continue exploring where hope can be found, even when the path ahead is not always clear.

Grace and peace,

John

## Land Acknowledgement

Trinity United Church acknowledges that we live out our ministry on the traditional territory of the Coast Salish Peoples, the region of the Snuneymuxw and Snaw-naw-as First Nations.

