

Bulletin

Announcements

Sixth Sunday After Pentecost

July 5th, 2026



Matthew 11: 16-19 & 25-30

Jesus Praises John the Baptist and Thanks His Father

But to what will I compare this generation? It is like children sitting in the marketplaces and calling to one another, 'We played the flute for you, and you did not dance; we wailed, and you did not mourn.' "For John came neither eating nor drinking, and they say, 'He has a demon'; the Son of Man came eating and drinking, and they say, 'Look, a glutton and a drunkard, a friend of tax collectors and sinners!' Yet wisdom is vindicated by her deeds."

At that time Jesus said, "I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

"Come to me, all you who are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."



Trinity United Church

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July's Birthdays:



July 3rd

Key Butler

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 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.

We Have Surpassed Our Food For Families Campaign Goal!

Thanks be to God for his bountiful gifts and a big thank-you to all of you who have contributed towards our Food for Families campaign. Your efforts and gifts of time and money will make a positive impact on families in our community.

"Every good and perfect gift is from above, coming down from the Father of the heavenly lights".

James 1:17a

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.



July's Scripture Readers

July 5th	Janice Webb
July 12th	Sue Luoma
July 19th	Joy Leeb
July 26th	Heather Wills

July's Mission & Service Readers

July 5th	Heather Wills
July 12th	Pastor John Helps
July 19th	Janice Webb
July 26th	Cheryl Waye

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 @ 10:00 am

Ladies' Lunch

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



WEDNESDAYS

Ladies' Coffee Group

Third Wednesday of every month @ 2:00 pm



THURSDAYS

Prayer Shawl Ministry and Knitting Group

Second Thursday of every month @ 10:00 am

Trinity Choir

Most Thursdays @ 6:30 pm



SATURDAYS

Men's Continental Breakfast

First Saturday of every month @ 10:00 am



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 July 12th, 2026

Dear friends,

Looking ahead to next Sunday, we'll continue our summer series, Growing God's Garden. In Matthew's Gospel, Jesus tells the familiar parable of the sower, inviting us to think about the many ways God's word takes root—or struggles to take root—in our lives.

As we reflect on seeds, soil, and growth, we'll consider how God continues to work patiently and generously, sowing hope even when the results are not immediately visible.

I hope you'll join us as we continue tending God's garden together.

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.

