

# Bulletin

# Announcements

Twentieth Sunday After Pentecost  
Thanksgiving Sunday

October 11<sup>th</sup>, 2026



Deuteronomy 8: 7-18

***A Warning Not to Forget God in Prosperity***

For the Lord your God is bringing you into a good land, a land with flowing streams, with springs and underground waters welling up in valleys and hills, a land of wheat and barley, of vines and fig trees and pomegranates, a land of olive oil and honey, a land where you may eat bread without scarcity, where you will lack nothing, a land whose stones are iron and from whose hills you may mine copper. You shall eat your fill and bless the Lord your God for the good land that he has given you.

“Take care that you do not forget the Lord your God by failing to keep his commandments, his ordinances, and his statutes that I am commanding you today. When you have eaten your fill and have built fine houses and live in them and when your herds and flocks have multiplied and your silver and gold is multiplied and all that you have is multiplied, then do not exalt yourself, forgetting the Lord your God, who brought you out of the land of Egypt, out of the house of slavery, who led you through the great and terrible wilderness, an arid wasteland with poisonous snakes and scorpions. He made water flow for you from flint rock. He fed you in the wilderness with manna that your ancestors did not know, to humble you and to test you and in the end to do you good. Do not say to yourself, ‘My power and the might of my own hand have gotten me this wealth.’ But remember the Lord your God, for it is he who gives you power to get wealth, so that he may confirm his covenant that he swore to your ancestors, as he is doing today.



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**October's Birthdays:**



|               |              |
|---------------|--------------|
| Heather Wills | October 7th  |
| Lorna Fulton  | October 14th |
| June Ravnborg | October 15th |
| Kerry McBride | October 29th |

**Church's Hours**

Our office regular hours are Monday to Thursday from 8:30am to 1:30pm. Notice that on Monday, October 12, 2026 the office will be closed to observe Thanksgiving Day.

**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

## Trinity Choir's Hours Have Changed

As we transition into the autumn season, please note a change to the Trinity Choir's schedule. Effective Thursday October 8, 2026 our practice hours will start at 4:00pm.



## Healing Pathway Phase 1

James Bay United Church in Victoria is offering a Phase 1 Workshop this fall. The dates are Friday, November 27th and Saturday the 28th. This is an introduction to the basic concepts of healing hands within the Christian tradition.

For registration and inquiries, please contact Jackie Cox-Ziegler: healingpathway@jamesbayunited.com.

There are brochures with the information about costs, dates and activities during the weekend at the front desk at entrance tables here at TUC.



## Chair Yoga For Seniors

Drop-in half-hour sessions at Cedar United Church, 1644 Cedar Road. Tuesdays and Thursdays at 9:30a.m. October will be trial/training month. Suggested donations are \$5.00 starting November 2026.

For more information contact Joan at jmrnewfoundland@gmail.com Call/text 250-713-5549.

## Autumn Dinner at St Andrew's

This year, our Autumn Dinner is moving from the evening to the afternoon. Come gather around the table and enjoy a delicious turkey dinner as we celebrate the beauty and abundance of the fall season together.

**Date:** October 25, 2026 from 12:00p.m. to 2:00p.m.

**Tickets:** \$40.00 per ticket

**Contact:** Angie Jones, 250-753-1924 or office@standrewsunitedchurchnanaimo.com

**Location:** 315 Fitzwilliam Street, Nanaimo

## Americana Singer-Songwriters Ryan McMahon & Suzie Ungerleider

St Andrew's is hosting a concert on October 23, 2026 at 7:00p.m. as a fundraiser event. Every ticket sold helps!

**Date:** October 25, 2026 from 12:00p.m. to 2:00p.m.

**Contact:** Angie Jones, 250-753-1924 or office@standrewsunitedchurchnanaimo.com

**Location:** 315 Fitzwilliam Street, Nanaimo

## Readers for the Month of October 2026



| Date        | Holy Scriptures | Mission & Service Stories |
|-------------|-----------------|---------------------------|
| Sunday 4th  | Janice Webb     | Pastor John Helps         |
| Sunday 11th | Joy Leeb        | Levena Bebault            |
| Sunday 18th | Heather Wills   | Janice Webb               |
| Sunday 25th | Sue Luoma       | Cheryl Wayne              |

## 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

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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 @ 4:00 pm

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## SATURDAYS

### Men's Continental Breakfast

First Saturday of every month @ 10:00 am, except for September 5<sup>th</sup>, 2026.

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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 October 18<sup>th</sup>, 2026

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## Go With Us

Next Sunday will be my last Sunday with you before I head off on holidays for a few weeks. I'll be back toward the end of November, and in the meantime, you'll have some familiar faces helping lead worship.

We'll hear Moses asking God for reassurance about the journey ahead. It's a good reminder that we don't always need to know exactly what comes next. Sometimes it's enough to trust that God is going with us.

As we prepare for a few weeks apart, we'll reflect on what it means to be a community that continues to care for one another, wherever our individual journeys might take us.

**Scriptures:** Exodus 33:12–23 and Matthew 22:15–22.

I hope you'll join us for one more Sunday together before I head off!

## 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.

