

*Stewardship Second*

Do you always do just what you've always done?  
Find ways to become a positive change in the world.

***Wish I'd Said That!***

Peace is not something you wish for. It's something you make,  
something you do, something you are. Something you give away.  
- Robert Fulghum

Suffering and joy teach us, if we allow then, how to make the leap  
of empathy, which transports us into the soul and heart of another  
person. In those transparent moments we know other people's joys  
and sorrows, and we care about their concerns as if they were our  
own.  
- Fritz Williams

You have enemies? Good. That means you've stood up for  
something, sometime in your life.  
- Winston Churchill

TRINITY UNITED CHURCH

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THE LIFE AND WORK OF OUR CHURCH FAMILY

March 7, 2010

CLERGY:	Rev. Ellie Barrington
DIRECTOR OF MUSIC:	Scott Auchinleck
CHILD/YOUTH LEADER/T@9 CO-ORDINATOR:	Andrea Hyde
OFFICE ADMINISTRATOR:	Suzanne Poirier
COUNCIL CO-CHAIRS:	Helen Barkley & Phil Augustine

The Parable of the Fig Tree reminds us of our purpose - to bear fruits of the Spirit. If we are turned away from God and not 'fruitful', we are urged to 'repent', to turn back towards the God.

Thanks to our T@9 Band, Greeters, Breakfast Host, Video, Sound Tech, Breakfast Co-ordinator and Set Up, Food pick up & delivery, Clean up people.

**Trinity@9 is an ongoing ministry of spiritual outreach to those who are seeking an expression of their faith outside of traditional church worship.**

We thank you who volunteer to make our 10:30 worship service happen:  
*the Choir*, Greeters: Roy & Eleanor McLeod, *Ushers*: Roy & Doreen Coleman, John Johnson, Isobel Elliott, *Communion Preparation*: Jo Ann Simpson, *Communion Servers*, *Fellowship Hosts*: Liz & Mary Francis, *Pastoral Care Drivers*, *Parking Lot Greeter*, *Counters*: Art & Shirley Trott, Liz Harper.

*Attention All Parents and Caregivers!*

Jessica Baird, our ECE attendant, is in the Nursery for both the T@9 and the 10:30am services. Please feel free to make suggestions on how our Nursery can best support you and your family.

*New comers:* Please sign our book in the lobby so the ministers can connect with you personally. Also, pick up a blue "Spirit Matters" Trinity Welcome Package to help get you oriented. Please stay for coffee and conversation.

MEETINGS AND EVENTS THIS WEEK AT TRINITY

Mon: BIBLE BASICS study and supper, 6:00 pm, Friendship Room  
Tue: PRESBYTERY, 5:30 pm, Parkdale UC  
Wed: NEW BEGINNINGS, 12 noon, Macies Restaurant  
Wed: T@9 BAND practice, 7:00 pm, Balcony  
Thur: MEN'S BREAKFAST bible study, 7:00 am, Summerhays Grill  
Thur: CHOIR, 7:00 pm, Friendship Room

*Up coming Sundays at 10:30*

March 14 - Forgiveness and Reconciliation  
Psalm 32, 2 Corinthians 5:16-21  
March 21 - Restoring Fortunes and Balancing Needs  
Psalm 126, John 12:1-8  
Focus on Trinity Jubilee Foundation projects in Africa and with Arctic Inuit Families  
March 28 - Palm Sunday Luke 19:22-23  
Palm Parade & Sundaes on Sunday

*Holy Week*

April 1, 5:30 pm - Maundy Thursday Potluck Seder Supper -  
watch for details  
April 2, 10:00 am - Good Friday Rituals with Choir  
Sharing our struggles and  
leaving our Lenten stones by the cross.  
April 4 - Easter morning Trinity@9  
10:30 Sanctuary - Resurrection Surprises. Communion

*Aging: Spirituality & Health*

at the Council on Aging

101-1247 Kilborn Place

Thursday, March 25, 8:45 am-4:00 pm

A conference to celebrate old age as a time of spiritual growth and wisdom. Sponsored by seven organizations including Interfaith Network Reaching Out to Isolated Seniors, the Council on Aging of Ottawa, Help the Aged (Canada), and the King's Daughters and Sons. Look on the bulletin board on the for registration pamphlets.

*Walk Your Lenten 'Wilderness Journey to Joy' in our Labyrinth*

For this Season of Lent, we will once again have a Labyrinth in Tait Hall. Plan to walk your own "Wilderness Journey to Joy", alone, with friends, with your Committee . . . as often as you can. Explore this spiritual practice which helps us to slow down, walk with the Spirit, discover a meditative pace and just place one foot in front of the other, expecting God to appear.

Any Trinity groups who would like a facilitator for their Labyrinth walk during Lent, can ask Ellie. [trinityellie@magma.ca](mailto:trinityellie@magma.ca) 225-3627

- ▶ *Minutes* of the February 7 Annual Congregational Meeting and the February 23 Council meeting are ready for pick up in the lobby.
- Have you picked up your **2010 offering envelopes**? If, not they are still available on the counter in the Gallery.
- ▶ *Trinity Topics:* If you have not already received your Spring copy of the newsletter, please BE SURE to pick it up today!