



Trinity Topics

**AUTUMN
2022**

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Every Assurance

BY REV. BRIAN COPELAND

The incredible beauty of the changing colours of the leaves in the park near my home brought to mind the old hymn based on Psalm 34, 'Through all the changing scenes of life, in trouble and in joy...'



We are never static in this life; change is not just inevitable, it is a central part of life. We are in the midst of change in our community of faith, again. As the pandemic has transformed our world and the way congregational life functions, we await to see what the new normal will look like and that involves change. What seems to be apparent already is that we will never go back to the old normal. A different way of being, of gathering, of worshipping will be the face of the new.

I love the autumn, the beauty of the world around, the cool evenings and warm afternoons, the colour which fills the earth and paints a wondrous picture for our vision. All in preparation for a new season of the year, yet to come. Which is where we find ourselves just at this moment, my friends; preparing for a future whose shape and size has not been determined.

But we have faith and immense trust in God's graciousness and love. The hymn writer must have known that faith and trust in her own life, through both trouble and joy. And in the same breath she came to the sanctuary to pray, to sing, to give thanks and rejoice.

As I begin my second journey at Trinity, I look forward to sharing the changing seasons with you and to prepare for a way ahead whose destination is yet to be revealed. Perhaps it is the most exciting of times to walk this way and I have every assurance that we will share this experience with joy and good fun and God will walk beside us and lead us to that place where we are called to serve the community around us. Thank you for inviting me back to Trinity, it is truly my great joy to be with you in these days.

Brian



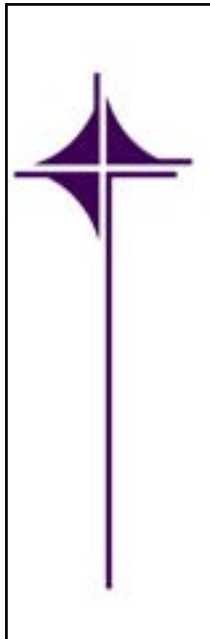
Trinity Bazaar

Sat., November 19, 2022

9:00 a.m. – 1:00 p.m.

Crafts, preserves, baked goods, café,
jewellery, china and boutique!

If you can help,
contact Helen Barkley or Sally Cuddy.



*We are a
compassionate,
progressive and
affirming
community that
nurtures and
celebrates each
others' spiritual
growth*



SUNDAY CELEBRATION OF SPIRIT

10:00 a.m.

Join us in person or on [YouTube](#)

—

COFFEE AND CONVERSATION

after the service



CALENDAR

Ongoing Events

Mondays, 2:00 p.m.	You Don't Have to Knit Club
Wednesdays, 7:00 p.m.	Wednesday Meditation - Zoom
Thursdays, 7:00 p.m.	Music Night with Kim
November 10 and 24 December 8 and 27	Men's Breakfast 8:00 a.m.

Special Events

Wednesdays, 9:30 a.m. November 2, 9, 16, 23	Poetry and Pastries
Saturday, November 19 9:00 a.m. to 1:00 p.m.	Christmas Bazaar

INTRODUCING

CORRENA



On September 25, Trinity Council approved Correna McCormick as our Child Program Leader. We are so pleased to have her!

For now Correna is hired to work 8 hours per week while we work through the Community of Faith profile and determine our church needs for the future.

Rebuilding our children's programming is a challenge. We know you will support her in this important part of our ministry.

My name is Correna McCormick and I am thrilled to be working with the children of Trinity United Church.

I am in my first year of a Bachelor of Arts in Childhood and Youth studies at Carleton University. My dream is to become an elementary school teacher because of the amazing influence my teachers had on my life.

I grew up in Ottawa and attended Agincourt Road Public School and J.H. Putman Public School. My teachers helped me through the passing of my single mother when I was ten years old. Losing my Mom at a young age meant I had to rely on people in my community for support. I found those supports in teachers, my church's congregation and sports coaches. They all inspired me in different ways to have a future in helping our youth.

I grew up in All Saints Westboro Anglican Church and found comfort and love from Sunday school volunteers and the congregation. The positive and accepting nature of my church taught me many lessons and I am excited to feel the same openness from Trinity United Church. I want to bring the same accepting nature and positivity into Sunday school each week so everyone feels comfortable and is excited to be there. Creating a space that everyone is happy to be in is my biggest priority and I cannot wait to get started and make new friends.

Correna

FESTIVAL OF SHARING

Trinity Outreach Group has started to plan the Christmas Festival of Sharing. We are considering collecting money like we did last year. Donations could be made through Trinity or online through the Caldwell Family Centre. Or we may decide to gather new toys.

This is still in the planning stage. We will update you soon.



DIAPERS!

The Caldwell Family Centre has an ongoing need for diapers and baby wipes.

Diapers are now considered a “luxury item.”

Size 5\6 are the most needed.

If necessary, Harold Sheehan can pick up and deliver your donation.

MEN'S BREAKFAST

In the fall we return to church traditions and activities that give us comfort and a sense of belonging.

The Men's Breakfast group continues to gather either at Summerhays or on-line twice a month to share our thoughts on the current scripture reading and the ways that we are called to respond to God's call to be part of the Trinity Family.

We are pleased to welcome Rev. Brian Copeland back to our church community, and we are always pleased to welcome more participants at 8:00 a.m. on the second and fourth Thursday mornings of the month.

One of our activities is to find the Christmas tree for the church, and that is always a lot of fun.

John Comfort can let you know the week before the date if the meeting will be on line or in person.

DATES

November 10 and 24

Early December - Find a Christmas Tree!

December 8 and 27



SUMMER STITCHING OR... FUN ON THE PORCH, OR IN THE GARAGE, OR IN THE BACKYARD

By Sheila Meggs

For the second summer in a row, Trinity knitting club alternated meetings on Zoom with in-person outside meetings.

As you can see, we have a rip roaring good time. This summer we had a royal tea chez Helen Shaw to celebrate the Platinum Jubilee. My, we clean up good! We meet every Monday at 2:00 p.m.

Contact Sheila Meggs.



The Welcome Back BBQ

BY ROSEMARY GIBB
COUNCIL CO-CHAIR

It was delayed by over a month, but well worth the wait.

Such a joy to be together again, sharing food, conversation and smiles with Trinity friends. It really felt good to look around Tait Hall and see over 40 people enjoying sharing this time together.

A long table in the centre of Tait Hall held juicy hamburgers, sausages on a bun, chips, pretzels and sweets. Hot and cold beverages rounded out a really yummy lunch.

The BBQ was not only a welcome back to Trinity folks after the summer break (or COVID break), but also a welcome back to Rev. Brian Copeland and Sandra Copeland after a 22 year absence!

A huge thank you to the many volunteers who cooked, set up and took down tables, worked in the kitchen, and helped to clean up. You people are treasures!



MORNING BLUE JAYS

BY GLORIA SORGE

There's a band of blue raiders that come to my door
Gawking and squaking and asking for more.
It's a race for the peanut 'tween squirrel and bird
The raucus is loud, the worst that I've heard
Each peanut they take with nary a break
But beauty abounds in their scratchy loud sounds
And again I am blessed with the view
On this day that is new



Poetry and Pastries

Wednesday mornings

9:30 to 10:30 a.m.

In the Friendship Room

November 2

November 9

November 16

November 23

An exploration of the spirituality of contemporary and traditional poetry, plus pastries!

Please bring your own beverage. Please register with the church office.

TRANSGENDER ISSUES

BY VIRGINIA MACLATCHY

TRINITY JUSTICE COMMITTEE

Discrimination against LGBTQ2+ persons has been increasing, and research suggests that they experience violence at a greater rate than heterosexual people.

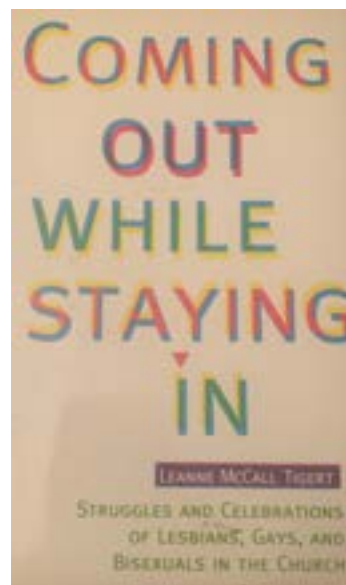
Transgender people seem to be particularly targeted. They are more likely than cisgender people to have experienced violence and inappropriate behaviours in public, online and at work and are more likely to report anxiety, depression and suicidal thoughts. This year, the Trinity Justice Committee is collaborating with the Pride Committee to explore this issue and learn what we can do. We are starting to educate ourselves and invite you to join us on this journey.

Visit the United Church of Canada's website for more information.

[Gender, Sexuality and Orientation](#)

The [Ottawa Trans Library](#) on Somerset Street West has books and other resources.

- [Love Lives Here: A Story of Thriving in a Transgender Family](#) by Amanda Jette Knox
- [“You’re in the Wrong Bathroom!” and 20 Myths and Misconceptions about Transgender and Gender Non-conforming Individuals](#) by Laura Erickson-Schroth
- [Yes, You are Trans Enough: My Journey from Self-Loathing to Self-Love](#) by Mia Violet
- [This One looks like a Boy: My Gender Journey to Life as a Man](#) by Lorimer Shenher



These books are available in the Trinity Library.

REFUGEE SPONSORSHIP

PAM SHEEHAN AND VIRGINIA MACLATCHY

There are now more refugees in the world than after the Second World War.

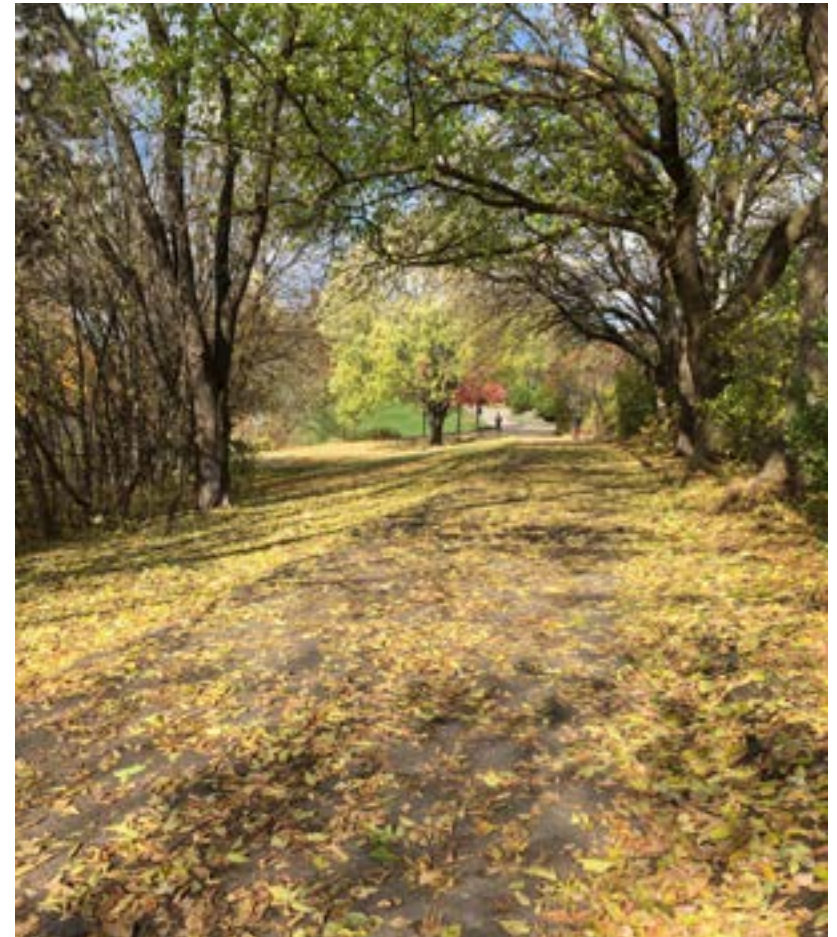
Trinity Council has agreed in principle to support the sponsorship of one or two refugees to come to Canada.

Trinity has a long history of helping refugees. In order for this project to go forward we need individuals to agree to help with a sponsorship.

Please contact Pam Sheehan or Virginia MacLatchey if you feel moved to get involved.



A MINDFUL AUTUMN WALK



Something on your mind?

Try a mindful autumn walk.

Tell yourself you will notice three things during the walk that will help you.

What do you notice?



YOU CAN HELP!

Contact the Bazaar co-ordinators:

Helen Barkley
Sally Cuddy





THE TRINITY DIRECTORY

Thanks to your feedback, we continue to make corrections and additions to our directory. Are you included? Is your information up to date? Have a look and let us know.

[Directory](#)

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Trinity Topics

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Deadline for next edition

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