

**ST. MARGARET OF SCOTLAND
ANGLICAN CHURCH**

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*18th Sunday after Pentecost
Harvest Thanksgiving*

October 9, 2022

into Egypt and lived there as an alien, few in number, and there he became a great nation, mighty and populous. When the Egyptians treated us harshly and afflicted us, by imposing hard labor on us, we cried to the LORD, the God of our ancestors; the LORD heard our voice and saw our affliction, our toil, and our oppression. The LORD brought us out of Egypt with a mighty hand and an outstretched arm, with a terrifying display of power, and with signs and wonders; and he brought us into this place and gave us this land, a land flowing with milk and honey.

So now I bring the first of the fruit of the ground that you, O LORD, have given me." You shall set it down before the LORD your God and bow down before the LORD your God.

Then you, together with the Levites and the aliens who reside among you, shall celebrate with all the bounty that the LORD your God has given to you and to your house.

The Word of the Lord.

Thanks be to God

PSALM: 100

Refrain: We are God's people, the sheep of his pasture.

Make a joyful noise to the LORD, all the earth. Worship the LORD with gladness; come into his presence with singing. **R**

Know that the LORD is God. It is he that made us, and we are his; we are his people, and the sheep of his pasture. Enter his gates with thanksgiving, and his courts with praise. Give thanks to him, bless his name. **R**

For the LORD is good; his steadfast love endures forever, and his faithfulness to all generations. **R**

SECOND READING: **Philippians 4:4-9**

A READING FROM THE LETTER OF
PAUL TO THE PHILIPPIANS

Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things.

Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.

The Word of the Lord

Thanks be to God.

THE HOLY GOSPEL: **John 6:25-35**

(All stand for the Gospel)

Reader: The Lord be with you.

People: And also with you.

Reader: The Holy Gospel of Our Lord Jesus Christ According To John

People: Glory to You Lord Jesus Christ

When they found him on the other side of the sea, they said to him, "Rabbi, when did you come here?" Jesus answered them, "Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal." Then they said to him, "What must we do to perform the works of God?" Jesus answered them, "This is the work of God, that you believe in him whom he has sent." So they said to him, "What sign are you going to give us then, so that we may see it and believe you? What work are you performing? Our ancestors ate the manna in the wilderness; as it is written, 'He gave them bread from heaven to eat.'" Then Jesus said to them, "Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world." They said to him, "Sir, give us this bread always." Jesus said to them, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.

The Gospel of Christ **Praise to You Lord Jesus Christ**

Sermon: Dr. Amy Pauley

Happy Thanksgiving! We're celebrating the harvest. We're taking stock of the abundance of the earth. And we're invited to be grateful. There's a tradition of Thanksgiving feasts – turkey, squash, corn. And people often ask each other: What are you thankful for? The question can be hard to answer. But it helps us to feel good. Because gratitude feels good. In it, we feel appreciation for our gifts and the givers. And gratitude is central to our relationship with God.

Throughout the gospels, Jesus repeats this saying on gratitude: "*For to those who have, more will be given, and they will have an abundance, but from those who have nothing, even what they have will be taken away*" (Mt.13:12). It's a saying about how we see our world. Do we see our gifts? If we think we have nothing, then we're not noticing some very important things. Important things like our breath, our lives, and creation all around us. People, animals, plants, water – everywhere and abundant. We are life surrounded by creation.

Christ calls us to notice what we have and to appreciate God as the source. Gratitude leads to more gratitude. Once we start noticing what we have, we can see more and more. But wanting more leads to wanting more. We're focusing on what we don't have – a new car, more money, more time... – we want more of it all.

In today's gospel, Jesus' followers want more. They want more bread, more fish, more miracles – more signs of abundance from God. Jesus has just fed 5,000 people with a few fish and some loaves of bread. It's a miracle. But even before feeding the crowd bread, Jesus was teaching them. Giving them the Word of God – helping them to connect with the divine beyond them and to see God among them (See Deut 8:3). So, Jesus has fed the crowd's hunger. He offered food for their bodies and souls.

After 3 days with the crowd, Jesus travels across the sea and some of the crowd follows him. They're looking for more bread – they're hungry and want more to fill their bellies. But Jesus tells them that they are also spiritually hungry. They haven't realized that they have soul hunger. Do we feel soul hungry? We're told exactly what food God offers us.

Jesus says, "*I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty*" (Jn 6:35). We eat this bread in our services. It's the body of Christ, the communion, the Lord's Supper. And it's called the eucharist. And eucharist comes from the Greek word, *eucharistia*. It means thanksgiving. When we're celebrating the eucharist, we're giving thanks to God.

Why are we thankful? Because Christ gives us food that endures for eternal life.

As Jesus says, “*For the bread of God is that which comes down from heaven and gives life to the world*” (Jn 6:33). But, like the crowd, we may wonder about all this. For one, we may be focused on the physical bread. Often, it’s a wafer. We take it and eat it. But Christ asks us to remember him.

God the Father sent Christ the Son to us. And through the seal or power of the Holy Spirit, Christ gives his life to us. Father, Son, and Holy Spirit – one God – in the bread giving us life. For our daily lives, we’re given life through the divine source. The same source that flows through the whole world – the whole universe.

Here, we may wonder, what do we have to do to receive the bread of life? Like the crowd asks, “*What must we do to perform the works of God?*” (Jn 6:28) Jesus responds, “*This is the work of God, that you believe in him whom [God] has sent*” (Jn 6:29). Our only job – our work – is to have faith in Christ. And even then, it is God working in us – calling us to have faith in Christ. Our most important work isn’t really work – it’s loving God and receiving divine gifts. Gifts like hope, and mercy, and faith. So, we receive the bread of life through faith in Christ.

But we may ask for more guidance – how can we get to faith? As the crowd asks Jesus, “*What sign are you going to give us, then, so that we may see it and believe in you?*” (Jn 6:30) The crowd then tells Jesus what sign they want. They want him to do what Moses did. They want bread to rain down from heaven. This bread – called manna – fed the bellies of the Israelites who roamed in the desert. Do we ever want the perfect proof for faith in Christ?

Rather than giving the crowd more proof, Jesus tells them that they’re missing the point. Divine signs are meant to point to God. Jesus says, “*Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven*” (Jn 6:32). Moses wasn’t the source of the gifts, God was. Jesus is asking us to stop looking for perfect signs and to start looking for the giver of all gifts. Christ is not only pointing to God – he is God. And what God is offering now is the gift of divine communion, connection, and life. May we give thanks to the giver and receive the bread of life.

But what’s in it for us? Why should we be thankful? There’s a particular spiritual state that is encouraged by our thankfulness. It’s called gratitude. And it’s very good for us. There are psychological studies on this. One major study is called, “*Counting Blessings Versus Burdens*”. The researchers defined gratitude as a 2-step process: (1) “*recognizing that one has...a positive...*” thing and (2) “*recognizing that there is an external source for the positive...*” thing. In other words, gratitude is a feeling of appreciation for both a gift and its giver. What did the study show? The evidence suggests that gratitude makes people feel happier about their lives. Another study suggests that gratitude improves relationships. People felt more positive about one another and were more open in communication.

So, we have proof. Gratitude can lead to a more optimistic outlook and greater positive affection for others. We probably don’t need research to understand this. But what is good about these studies is that they take gratitude seriously. It’s not cheesy or an obscure religious practice. Gratitude is a way to develop our well-being.

How do we practice and cultivate our gratitude? The psychologists suggest many options, including religious practices that we’ve been doing for thousands of years. Prayer, counting blessings, and meditation. For those who like to write, we can write a thank-you note to someone who did us a kindness. And we can also keep a gratitude journal. Now, these journals have become somewhat of a market. When I looked up, “*Gratitude Journal*,” I saw titles like, “*Attitude of Gratitude*,” and “*Develop Gratitude in 5 minutes a Day*” and then, another promised “*Gratitude in 1 minute*” a day. There’s lots of them. But really, we don’t need fancy journals to write down what we’re grateful for. The point is to focus on our gifts and those who give them. And the more we practice doing this, the more likely we are to develop our gratitude.

What psychology can’t say is that gratitude is essential to human relationships. And it’s vital to our loving connection with God. Christian tradition knows about the power of gratitude. It’s woven into Christ’s teachings, and in our worship. Gratitude comes from the Latin word *gratia*. It’s grace. It primarily means favour – kindness – friendship.

In church, we celebrate God's grace. God gives us gifts of life – divine friendship – connection. We thank God for the gifts we receive. We say grace before meals. We appreciate all that has been given to us. Without earning anything, God gives us so much. And all we can do is receive all this grace and be grateful.

Do we see it? Do we notice all the gifts of God? Thanksgiving is a time to notice our gifts and to focus on the giver. "What are we thankful for?" It can be a challenge to name our gifts. Maybe we've lost more than we've gained this year. In our community, we've lost jobs, we've lost health, we've lost the people we love. Sometimes naming our gifts and thanking God can be so hard. We're not alone in this. We're together.

We're about to thank Christ for the gift of his living bread. The gift that connects us to God through our bodies and souls. We receive Christ who knows suffering and death. And he knows resurrection and eternal life. And when we receive the bread, we can taste this risen life. And we give thanks. Gratitude does not eliminate grief. But with God, we hold our gifts and losses together. Gratitude and grief. We can appreciate what we've been given, and we can honour what we've lost. As we consume the bread of life, we join with all those who have gone before us. Our lives raised up in the life of God. As Christ will not stop feeling our suffering, God will eternally give us life. Let us thank the Lord and love one another.

People: **Amen.**

(Time allowed for Silent Reflection.)

THE APOSTLE'S CREED

Pg. 189

Celebrant: Let us confess the faith of our baptism, as we say,

All: I believe in God, the Father almighty, creator of heaven and earth. I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried.

He descended to the dead. On the third day he rose again. He ascended into heaven and is seated at the right hand of the Father. He will come again to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

PRAYERS OF THE PEOPLE (#19)

(Let us give thanks to God our Father, always and for everything, saying, "We thank you, Lord.")

Officiant: For the beauty and wonder of creation.

People: We thank you, Lord.

Officiant: For all that is gracious in the lives of everyone revealing the image of Christ.

People: We thank you, Lord.

Officiant: For our daily food, for our homes and families and friends.

People: We thank you, Lord.

Officiant: For minds to think and hearts to love.

People: We thank you, Lord.

Officiant: For health, strength, and skills to work, and for leisure to rest and play.

People: We thank you, Lord.

Officiant: For those who are brave and courageous, patient in suffering and faithful in adversity.

People: We thank you, Lord.

Officiant: For all who pursue peace, justice, and truth.

People: We thank you, Lord.

Officiant: Today we give thanks especially for

People: We thank you, Lord.

Officiant: For St. Margaret of Scotland, St. Giles and all the saints whose lives have reflected the light of Christ

People: We thank you, Lord.

CONFESSION AND ABSOLUTION

Pg. 191

Celebrant: Dear friends in Christ, God is steadfast in love and infinite in mercy; he welcomes sinners and invites them to his table. Let us confess our sins, confident in God's forgiveness.

(Silence is kept.)

Celebrant: Most merciful God,

People: we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbours as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us, that we may delight in your will, and walk in your ways, to the glory of your name. Amen.

Celebrant: Almighty God have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and keep you in eternal life; through Jesus Christ our Lord.

People: Amen.

THE PEACE:

Celebrant: The peace of the Lord be always with you.

People: And also with you.

THE CELEBRATION OF THE EUCHARIST

Offertory Hymn: *We Plough the Fields*

#258 HB

PRAYER OVER THE GIFTS

All: Source of all life, the heaven and earth are yours, yet you have given us dominion over all things. Receive the symbols of our labour and love which we offer you this day, in the name of Jesus Christ our Lord. Amen.

EUCHARISTIC PRAYER #1

Celebrant: The Lord be with you.

People: And also with you.

Celebrant: Lift up your hearts.

People: We lift them to the Lord.

Celebrant: Let us give thanks to the Lord our God.

People: It is right to give our thanks and praise.

Celebrant: It is indeed right that we should praise you, gracious God, for you created all things. You formed us in your own image. When we turned away from you in sin, you did not cease to care for us, but opened a path of salvation for all people. You made a covenant with Israel, and through your servants Abraham and Sarah gave the promise of a blessing to all nations. Through Moses you led your people from bondage into freedom; through the prophets you renewed your promise of salvation. Therefore, with them, and with all your saints who have served you in every age, we give thanks and raise our voices to proclaim the glory of your name.

All: Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest.

Celebrant: Holy God, source of life and goodness, all creation rightly gives you praise. In the fullness of time, you sent your Son Jesus Christ, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all. He healed the sick and ate and drank with outcasts and sinners; he opened the eyes of the blind and proclaimed the good news of your kingdom to poor and to those in need. In all things he fulfilled your gracious will.

On the night he freely gave himself to death, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: this is my body which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: this is my blood of the new covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Gracious God, his perfect sacrifice destroys the power of sin and death; by raising him to life you give us life for evermore. Therefore, we proclaim the mystery of faith,

**All: Christ has died.
Christ is risen.
Christ will come again.**

Celebrant: Recalling his death, proclaiming his resurrection, and looking for his coming again in glory, we offer you, Father, this bread and this cup. Send your Holy Spirit upon us and upon these gifts, that all who eat and drink at this table may be one body and one holy People, a living sacrifice in Jesus Christ, our Lord.

Through Christ, with Christ, and in Christ, in the unity of the Holy Spirit, all glory is yours, almighty Father, now and for ever.

People: Amen.

THE LORD'S PRAYER:

Celebrant: As now, as our Saviour Christ has taught us, we are bold to say,

All: Our Father, who art in heaven, hallowed be thy name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation but deliver us

from evil. For thine is the kingdom, the power, and the glory, for ever and ever. Amen.

BREAKING OF BREAD #2:

Celebrant: Creator of all, you gave us golden fields of wheat, whose many grains we have gathered and made into this one bread.

All: **So may your Church be gathered from the ends of the earth into your kingdom.**

LAMB OF GOD:

All: **Lamb of God, you take away the sins of the world, have mercy on us.**
Lamb of God, you take away the sins of the world, have mercy on us.
Lamb of God, you take away the sins of the world, grant us peace.

THE COMMUNION

Communion Hymns: *O God Unseen Yet Ever Near*
Give Thanks

#52 HB
#21 SB

PRAYER AFTER COMMUNION

All: **God of our hope, in this eucharist we find the source of all your blessings. Nourished in these holy mysteries may we, with our lives, give you continual thanks and praise. This we ask in the name of Jesus Christ our Lord. Amen.**

THE DOXOLOGY

All: **Glory to God, whose power, working in us, can do infinitely more than we can ask or imagine. Glory to God from generation to generation, in the Church and in Christ Jesus, for ever and ever. Amen.**

THE BLESSING:

Celebrant: The Lord bless us and keep us. The Lord make his face shine on us and be gracious to us. The Lord look upon us with favour and grant us peace. **Amen.**

REMINDERS: *Birthdays/Anniversaries/Announcements*

Recessional: *All Things Bright & Beautiful*

#416 HB

THE DISMISSAL:

Leader: Go in peace to love and serve the Lord.

All: **Thanks be to God. Alleluia.**

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Assisting Rev. Alex Hewitt

Celebrant/ Preacher: Rev. Alex Hewitt

Anointers: 8:30

10:00 – Altar

10:00 – Office

First Reading: Lorraine Chew

Psalm Reader: Cheryl McPhee

Second Reading: Marilyn Lavender

Prayers: Doug Court

Gospel: Peter Beckett

Server: Beth Steffler

Music: Craig Snider

Audio/Visual: David Paradis

Chancel Ministry: Margaret Paradis, Michelle Sinclair

Sidespersons: Bob Cheesman, Al Lavender

In the Anglican Cycle of Prayer we pray for:

The Province of Central Africa

In the Toronto Diocesan Cycle of Prayer we pray for:

Foodbanks and food sharing ministries

This morning in our worship we remember in our prayers those of our family and friends who have immediate needs and concerns:

Ken Maynard & Family; Maggie Prentice; Lorraine Whitwell; Wanda Hogan; Dave & Diane Lawrence; Katlin; Toby; Livia & Neil Purcell; Renee Walton, Kathryn, Gayle & Patrick Haley; Gladys Pecholcs; Kevin & Marie Lemoine; Virginia; June Hinkson; Judy & Don; Frances & Farrell; Arthur; Brody; Linda; Ida; Shirley Hatch; Edna Goyette; Frances McInnis; Ida; Nova; Irene; Kayla; Kim Middaugh; Ron and Karen; Braedy; Karyn; Peter Hubbard; Marilyn Lloyd.

The names below are people in need of ongoing prayers for various reasons so we ask you to please continue to pray for them and their continuing need of God's healing touch and grace:

Cecilia Mowat; Bob Hill; Rose Court; Kevin McDonald; Anthony Stone; Peggy Russell; Lequita Adkins; Rev. Janet Mitchell;; Brenda; Jim & Barb Tomkins; Donna & Ray Wilson; John; Celeste & parents; Theresa & Pete; Valerie; Darlene Jessem; Doreen; Derek; Sean; Vayda; Barb Semsch; Phil & Kathy C.; Nancy Perault; Sharon Z; Adesh; Lisa Marie; Bill & Cathy Gray; Carrie Snow; Carl; Mark & Erin; Wally Raymond; Christine; Audrey Moody; Lynda Raye; Garn Mennell; Lee & Jeannie Martin; Michelle Sinclair and mom; Jane & Ron Lewis; Marilyn Foley; Bill Snow; Arlene; Joan Gough; Eunice Merrett; Jean Wallace; Nancy Dodds; Wendy Goodyer; Do Saunders; Jefferson Jr.; June Osolin.

Pass The Word

October 9, 2022

Christmas Bazaar

Saturday, November 19th, 10:00 a.m. to 2:00 p.m. – We will have sign-up sheets on the board for helpers and donations of sandwiches and bake goods for the tea, baked goods for our sale table, other articles for sale, e.g. jewellery, special dishes, puzzles, books, pictures, crafts, handmade goods, etc. *Please*, no clothing. We have a few tables available for rent at \$40 each. Please contact Beth Steffler if you are interested (705) 728-1543.

Messy Church – Saturday, November 5th, running 4:00-6:00 p.m. For more information, please speak to Rev. Susan at revsusan@rogers.com

Knock Your Socks Off

Once again, we are collecting socks, underwear, hats, mitts, etc. for those in need. Any donations are greatly appreciated. A bin is at the front door. Many thanks.

Children's Halloween Party

Saturday, Oct. 22nd - 4:00-6:00. If you would like to make donations of goodies for the party please drop off at the office.

Halloween Food Drive

Sunday, October 30th, 11:00 a.m. – Bring your wagons to decorate, and your costumes to dress-up. We will go “Trick or Treating” in the neighbourhood collecting goods for our food cupboards.

Bible Study of Paul's letters to Timothy

Please join us for a nine-week study of Paul's letter to Timothy between 7:00 and 8:30 each Thursday evening at St Margaret's starting on the 22nd of September both in-person and via Zoom. Please contact Canon Simon for more information.

Book Study: Jesus for the Non Religious

We will be having a book study on Bishop John Spong's book “Jesus for the Non-Religious.” We will be meeting at Trinity each Friday at 11:00 for an hour starting on the 23rd of September and running for 9 weeks. If you wish to join the group then it would be best to pre-order the book and we could make some copies available to share if needed. Please contact Canon Simon for more information.

• **Rooted and Rising: Voices of Courage in a Time of Climate Crisis**

An inspiring collection of essays written from a wide variety of denominations and perspectives of religious traditions. These stories of personal struggles to speak for climate justice and those most affected raises a number of questions.

- ✚ Is climate change a moral issue?
- ✚ Where are the widespread responses from the religious communities?
- ✚ If we know that the poor and vulnerable will suffer most from the effects of climate change, where are the religious voices to speak for justice?
- ✚ Where are the programs and people who will process the mourning about the unravelling of ecosystems and social systems?

These essays contain hope and visions for transformative action in the face of the challenges. But

- ✚ Where do we begin?
- ✚ What can we build on?

Author and activist Brian McLaren says of the book: If you're part of the 'choir' regarding climate change, if you get it, if you're on board, this is the book you need now. It will help you keep singing, even when politicians and corporate leaders prove themselves bigger fossil fools than before, even when the news is bleaker, even when you lose hope for the tenth time, but still can't give up. This book put new steel in my spine and fired up my resolve. You need this book, and the Earth needs you to take its message to heart.

Study Group led by the Rev. Susan Snelling

Tuesdays Sept. 20, 27, Oct. 4, 25, Nov. 1,8,15 7-9pm. On Zoom. Book required – Please let Rev. Susan know if you are interested as soon as possible at 705-220-3739 or smsatgoodshepherd@gmail.com.



Men's Breakfast

Please join us at 8:30 a.m. on Wednesday November 2nd for our monthly men's breakfast at the Breakfast House on Bayfield Street. Please contact Canon Simon at priest-stmargaretbarrie@toronto.anglican.ca for more information or to join the breakfast via Zoom.



St. Margaret's Women's Breakfast Club

Starting third Wednesday of October 19th -We will meet at the Breakfast House on Bayfield Street at 8:30. Please contact Rev. Susan Snelling at revsusan@roger.com for more information or to join the breakfast via zoom.

Effect Hope

"Effect Hope" (Leprosy Mission) continues to collect stamps. Thank you to St. Margaret's. Keep up the worthwhile work. Please mind your stamp borders (1/4" surround borders needed). There is a sample shown on the Leprosy Envelopes on the Anglican Bulletin Board in front of the office. Thank you for your help.

Daily Devotions – team of writers at Good Shepherd, St. Margaret's and Trinity – contact Norm Savill nsavill@bell.net to be included or check the parish websites.

Sunday School

Sunday School is up and running. 10:00 a.m. Sunday service.

Exercise Classes have begun with Jenn Reid every Monday at 7:00 p.m. at church. If you would like more information, please contact Jenn at (705) 790-3189.

Movie Nights

Friday, October 21st, 7:00 p.m. – Comedy "Without a Paddle"

We would really appreciate donations to the foodbank for Movie Nights.

Book Club

Thursday, October 20th – 1:30 p.m. Our book for this month is “**Midnight at the Dragon Café**” by Judy Fong Bates. Books can be picked up at church office.

If you would like more information, please contact Michelle: michelle_e_sinclair@yahoo.ca OR 705-737-9895. Please feel welcome to join us even if you have not read the book.

Mini Meals for Sale

Mini Meals are available for sale from **Trinity’s ACW**. To place an order and arrange pick up, please contact Mae Harasymiw at 705-734-1888. Mini meals will also be for sale at Trinity’s Spaghetti dinner On October 29th.

Below is a menu of available items and costs:

Soups ~ \$6.00/each

Curried (mild) Cauliflower, Bean & Bacon, Beef Barley, Asparagus, and Tomato Basil

6 inch Meat Pie ~ \$7.00

4 inch Meat Pie ~ \$5.00

Shepherd's Pie ~ \$8.00

Meat Balls (4) ~ \$5.00

Tomato Veggie Sauce ~ \$5.00

Meat Loaf ~ \$7.00

Lasagna (serving for 2) ~ \$10.00

Spaghetti Sauce with meat (pint) ~ \$8.00

Trinity’s Next

Spaghetti Dinner

Saturday October 29th ~ 5:00 — 6:00 p.m.

Trinity’s auditorium

Cost: \$10/per person

(includes spaghetti, Caesar salad, dessert, and beverage)

ALL are welcome!

Volunteers are needed to help bake desserts and to set up, clean up, and take down. If you’re able to assist, please get in touch with Monica Cox at 705-722-3990.

Covid Update

All restrictions have now been dropped including wearing of masks, physical distancing, sharing the Common Cup and hospitality around food. We will need to exercise our own discretion and care and we will need to respect the choices that others make. We will do our utmost to retain a safe and healthy space for worship and community activities. We will reintroduce the Common Cup for the Eucharist and coffee hour after services when the conditions allow.

Covid Shot Update

Just a reminder that to be a volunteer at the church you must have your COVID immunization shots. Proof of vaccination will still be a requirement for those participation in leadership and ministry. If you have already told us of your first two shots, thank you. If you have had any others since your 2nd shot, can you please bring in your confirmation showing the dates so we can update your record. Thank you so much for volunteering to help our church.



S Nikitenko