



**TRINITY-ST.ANDREW'S UNITED CHURCH**

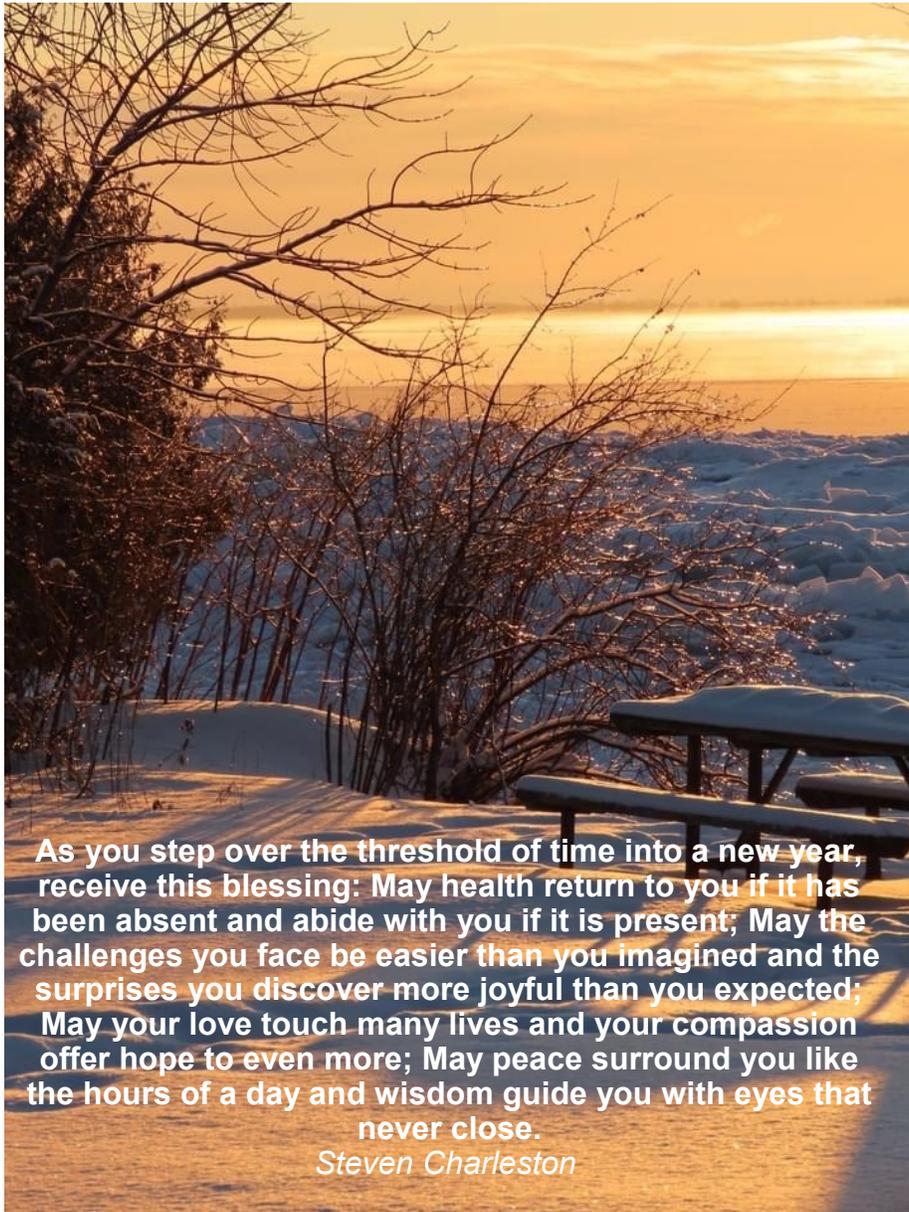


*January 2024  
Newsletter*



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**As you step over the threshold of time into a new year, receive this blessing: May health return to you if it has been absent and abide with you if it is present; May the challenges you face be easier than you imagined and the surprises you discover more joyful than you expected; May your love touch many lives and your compassion offer hope to even more; May peace surround you like the hours of a day and wisdom guide you with eyes that never close.**

*Steven Charleston*

## ***A note from Rev. Wanda***

Dear friends,

I pray that this new year has brought you a renewed perspective and hope. It's a funny thing being part of a resurrection community; no matter what the world brings us, we cling to the hope and power of Christ that love will conquer all.

May you experience the love of God in deep and profound ways, even in these cold days!

As we head into a new year as a church, there are a few things to bring to your attention. First, you are invited on a Lenten Journey together. Throughout the season of Lent, starting February 13/14, some of us will gather to learn how we build beloved community in the United Church of Canada. Will you join us? The details are in this newsletter. Tuesday nights will be on Zoom and Wednesday mornings (weather permitting of course!) will be in the Quiet Room at the church. Please sign up with the office and obtain a copy of the book we will use.

But before Lent begins we are also offering a series of scriptural healing explorations on Sunday mornings. A four-part preaching series with guest speakers, January 21 will be me (Rev. Wanda) speaking on spiritual healing. January 28 Frank Blanchet will speak on mental health, and on February 4 Pastor Ian Robb will speak on physical healing and the gift of life. Please note these aren't the kind of services where we will actually do healing... this is a time to wonder about the power of God as revealed in the Bible and in our lives, and explore all the ways God has offered healing in our lives.

Then finally, on Transfiguration Sunday, we will explore how we ourselves have been transformed and enlivened by the presence and healing of Spirit.

In the meantime, Bible Study resumes on Wednesday mornings (new members always welcome!) and all our committees are meeting, carrying on the ministry of Jesus Christ here in Brighton. If you are wondering how you can be involved, just message me or the office and we can talk about how God is calling you to ministry at Trinity-St. Andrew's United in Brighton.

Finally, a quick reminder that we begin offering Spiritual Direction at the end of January. Please see the announcement in this newsletter or the Sunday bulletin for more information, or visit my website [www.wandastride.ca](http://www.wandastride.ca). This is a new ministry of TSA and I would love to chat with you about the possibilities of spiritual direction or companioning!

Rev. Wanda



## *Body, Mind and Spirit*

The Advent candles burned for the last time on December 24th. The Christmas gifts have long ago been unwrapped and integrated into our lives. The last of the fruit cake and turkey will be swelling our waistlines and life will be returning to normal, whatever that may mean to you. The Christmas season is a worldwide celebration which survives in part because of religious belief and also because it

is now a serious factor in the economy. Billions in currency is exchanged for manufactured goods, stimulating industries, increasing demand for raw materials and in the process, contributing to the waste and pollution problems of the world.

In a sermon which I preached a few years ago in a PEC Bloomfield church on Sunday 31st. December I said these words: "Is this what Christmas should be about? Has it been hijacked by the retail industry as an excuse for a shopping spree, or is Christmas about something deeper and more profound?"

I fear that we have enough problems in the Church today trying to encourage the public to consider and nurture their Spiritual selves without actively promoting a reduction of consumption which, if successful, would mean fewer jobs, localized poverty and possibly recession, or at best a flat line economy. (Ironic, isn't it!) Pursuing this area of thought helps us to understand just how difficult it is to effect beneficial change in society. There is absolutely incontrovertible evidence that by far the greatest problem facing the peoples of the world today, and in particular the developed nations, is how to discontinue (limit) growth in favour of sustainability.

I well recall one day in our home, several decades ago that our then, 5 year old daughter Jacqui was playing rather near to a guarded fireplace. Her mom told her: "Jacqui, don't touch the fireguard as it is hot and it will burn you." The little one moved away for a short while and then, when our backs were turned, came a yell of pain and fright mixed with tears, and a little hand was being frantically waved about. Quick attention by 'nurse' mom and the damage was repaired much to the chagrin of our previously recalcitrant daughter. The moral of the story is that humanity has a propensity to ignore warnings until serious damage occurs. Only then is alternative behavior considered.

2024 has begun its leap year journey through 366 days, and I for one would like that journey to be a positive one, not only for Pastor Ian, but for TSAUC and all of our friends and family. For that to happen we all need to play our part in trying to do as many of the right things that are beneficial to our lives. #3 on my list is to take care of our physical selves through right diet and right exercise. #2 on my list, and perhaps the most difficult of all because it can affect the other two is to take care of our Minds (attitude) #1 on my list wish as you might expect from a pastor, is to take care of our Spiritual selves using the help that is available through appropriate people and organizations.

These three make up Body, Mind and Spirit. Care for them all friends; they are who and what we are.

Pr. Ian Robb, (VAM, Trinity St. Andrews United Church, Brighton.)



## *A New Year's Blessing For Realists.*

As you enter this new year, as you pack away the Christmas decorations and get out your stretchy pants, as you face the onslaught of false promises offered you through new disciplines and elimination diets, as you grasp for control of yourself and your life and this chaotic world—May you remember that there is no resolution that, if kept, will make you more worthy of love.

**Yearly reminder: there is no resolution that, if kept, will make you more worthy of love.**

There is no resolution that, if kept, will make life less uncertain and allow you to control your aging parents and your teenage children and the way other people act.

So this year (as every year), May you just skip the part where you resolve to be better do better and look better this time. Instead, may you give yourself the gift of really, really low expectations. Not out of resignation, but out of generosity.

May you expect so little of yourself that you can be super proud of the smallest of accomplishments. May you expect so little of the people in your life that you actually notice and cherish every small, lovely thing about them.

May you expect so little of the service industry that you notice more of what you do get and less of what you don't and then just tip really well anyhow.

May you expect to get so little out of 2024 that you can celebrate every single thing it offers you, however small. Because you deserve joy and not disappointment.

So, I wish you a Happy as possible New Year.

Love, Nadia  
email [shamelessmediallc@gmail.com](mailto:shamelessmediallc@gmail.com)



## *Spiritual Direction*

Some of you may be aware that for the past 2 and a half years I have been training to become a spiritual director. Well, on December 1 I handed in my final assignment and soon should receive my certificate in the mail. I have created a website for this particular practice, so please have a look

at [www.wandastride.ca](http://www.wandastride.ca), and if you have any questions at all, don't hesitate to reach out.

There is a possibility some of you don't know what spiritual direction is. It's a lot of things, but my working understanding is that it is a time when you get to share your life story with someone who will listen, really listen.

Someone who will follow the threads you don't even know you are weaving, wonder about them with you, and watch as you discover deep truth about yourself and how you see the world.

If you are a person of faith there is another way of saying this; in our time together we will discover how God is working in your life, how you have been understanding the spirit's activity and how this shapes your identity. Who is God calling you to be?

Every session is different and every person approaches spiritual direction for different reasons. Sometimes it is to understand your faith better.

Sometimes it is to seek help making a difficult decision. Sometimes people just have an inner yearning they can't explain, a restlessness, and want to understand it better.

If you are curious about this new ministry being offered by Trinity St Andrew's, please reach out to Pamela and book an appointment [spiritualdirection@trinitystandrews.ca](mailto:spiritualdirection@trinitystandrews.ca) or call 613-475-1311. Sessions are free to members of the church, but I also encourage you to consider making a non-tax-receiptable donation to the church to mark our time together, as a way of distinguishing it from regular church activities. For people outside the church there is a sliding scale for fees, with the aim to make it affordable for all. All bookings and donations are made through the church via the office.

## *Schedule of Events*

Sunday January 14th: Percussion Section Practice, 10:00am

Worship, 10:30am

Tuesday January 16th: Women's Group, 7pm

Wednesday January 17: Bible Study, 10am

Thursday January 18: Ukulele Practice 9am

Choir Practice 9:30am

Saturday January 20: The Reason's in Concert, 2pm

Sunday January 21: Percussion Section Practice, 10:00am

Welcome Breakfast, 8:30am

Worship, 10:30am (Spiritual Healing, Rev. Wanda Stride)

Wednesday January 24: Bible Study, 10am

Thursday January 25: Ukulele Practice 9am

Choir, 9:30am

Sunday January 28: Percussion Section Practice, 10:00am

Worship, 10:30am, (Mental Health with Frank Blanchett)

Wednesday January 31: Bible Study, 10am

Suicide Intervention with Frank Blanchet, 6:30pm

Thursday February 1: Ukulele Practice 9am

Choir, 9:30am

Sunday February 4: Percussion Section Practice, 10:00am

Worship, 10:30am (Physical Healing, Pastor Ian Robb)

Thursday February 8: Council, 7pm

# You Too?

by [Vince Amlin](#) | published on Jan 7, 2024

*The child's father and mother were amazed at what was being said about him. Then Simeon blessed them and said to his mother Mary, "...a sword will pierce your own soul too."* – Luke 2:33-35 (NRSV abridged)

Simeon is the most obvious of prophets. Not like, oh Simeon, you're so brilliant, you're obviously a prophet! But like, duh, Simeon, it didn't take a prophet to see that coming!

Telling a new parent that loving this little bundle of joy is also going to destroy them? Telling someone who has just given birth that for every hope she holds, there will also be pain?

She's figured it out. Jesus is eight days old now. You can already see the sword handle sticking out of her chest. That's what it means to be a loving parent.

That's what it means to be a loving anything: friend, child, neighbor. Caring for this other person will be a sign of life, and liberation, and joy. And it will also just about kill you. Every. Single. Day.

That's the way I've read Simeon's "too" in "a sword will pierce your soul too." There will be joy and pain as well. You take the good with the bad. #factsoflife

But there is another, less obvious, way. Simeon is, after all, a prophet. Maybe these are God's words. Maybe that "too" is God's too. Maybe God is telling Mary, "We are in this together." And in that moment, God means it more than ever. Because, in Jesus, God finally has a soul to be pierced.

Jesus is eight days old. God already knows: this hurts. Maybe God is telling Mary, telling us, I get it now. I've loved like you. See the sword?

## **Prayer**

This hurts! Thank you for knowing.



## *Welcoming Breakfast*

Welcoming Training Session - yes, you are welcome!  
Sunday January 21 8:30am (breakfast)  
We want Trinity-St. Andrew's United Church in Brighton to be the most welcoming place you have ever encountered! Yes that's a tall order, but together, with God's help, anything is possible. Join us Sunday January 21 for breakfast at 8:30, and all of us, whether you are new to TSA or were born attending church here, are welcome to brainstorm ways we can be inviting and caring of all who pass through our doors. To register, please email [admin@trinitystandrews.ca](mailto:admin@trinitystandrews.ca) or call 613-475-1311

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### *From the Youth and Their Friends*

#### **Pancake Breakfast and Mardi Gras!**

Save the date, Sunday February 11 after church for a pancake breakfast and a chance to make a Mardi Gras mask. All events are by free will offering.

#### **Lenten Candles**

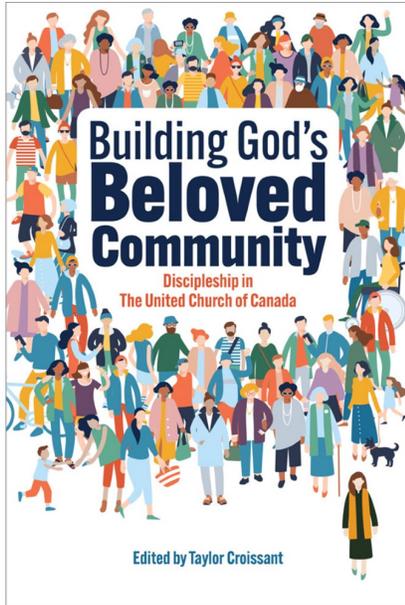
Sunday February 4 our youth are making beeswax candles for us to use during church services. During Lent this year we will be extinguishing the light as we journey closer to Jerusalem and Good Friday. Each Sunday we will snuff the flame of another candle and wonder about what it means to follow Jesus, even when it feels like we are in the wilderness.



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### *Women's Group*

Women's Group will be meeting on the third Tuesday of every month, 7pm in the church hall. All are welcome. Please contact Elizabeth Scriven, to let her know that you will be attending. 613-391-4051 or email [escriven49@gmail.com](mailto:escriven49@gmail.com)



## *Lenten Book Study 2024*

### **Building God's Beloved Community Discipleship in The United Church of Canada**

For new members, or those who always wondered why we in the United Church do things the way we do.

**Let's read together!**

#### **Dates:**

Tuesday February 13, 20, 27, March 5, 19, 26, 7:00  
- 8:30 pm on Zoom

Or

Wednesday February 14, 21, 28, March 6, 20, 27,  
10:00 - 11:30 am in person

\*Please note there are no classes during March Break

#### **INFORMATION**

When? Tuesday evenings on Zoom, Wednesday mornings in person

Why? to deepen our faith and understanding of what it means to belong to the United Church of Canada

How? - Email [admin@trinitystandrews.ca](mailto:admin@trinitystandrews.ca) (Pamela) to sign up, indicating which session you prefer.  
- Please note you can alternate between sessions.  
- Purchase the book or e-book through the office, through UCRD (we can help)  
or share one of the library copies with a partner or two.  
- Commit to doing the reading each week.

The number of pages is clearly outlined for each week to help you schedule reading time. Please note many of the pages contain graphics and charts, so the reading should not take long!

Those of us who engage this journey can celebrate with a re-commitment to faith on Easter Sunday, March 31, 2024, if you so wish.

*Building God's Beloved Community: Discipleship in The United Church of Canada*  
Edited by Taylor Croissant, with contributors from across the country United Church Publishing House, copyright 2022



### *175th Anniversary T-shirts for sale*

In honour of Trinity-St. Andrew's 175<sup>th</sup> anniversary, a commemorative t-shirt is available for purchase. Featuring original artwork by our very own Sandra Candellero, the shirt has a beautiful dove flying over a colourful rainbow with the words "Welcoming All Since 1848".

Shirts are available in a variety of colours and sizes for adults and youth at a cost of \$20 for short-sleeve or \$30 for long-sleeve shirts.

**The next order will be placed on January 23, 2024.** The shirts should arrive mid to late February. To place your order, please speak with Jeanette Cournoyer after church, email [jeanettecournoyer@gmail.com](mailto:jeanettecournoyer@gmail.com) or call 647-341-6095.

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## *Snowbirds, we want your photos!*

I'm not going to say there are blessings to come out of Covid, but some of the ways we had to adapt have had benefits into this new world. Zoom is one of those!

If you are traveling to warmer places over the winter, we wish you safe travels, and yes, we are envious! But we also want you to know that we are praying for you, and we miss you.

We are wondering if you would like to share a little of your life down south with our services here in the snowy north?

We would love to include your photos in our worship slides Sunday morning. Be creative - in the past we have seen photos sent of your view as you join by Zoom. Perhaps anything that shows what your life is like there, while you still feel the connection to us in Brighton.

If you aren't sure how you could participate but still want to feel part of our church, just reach out to Wanda or Pamela at [admin@trinitystandrews.ca](mailto:admin@trinitystandrews.ca) and we can discuss ideas.

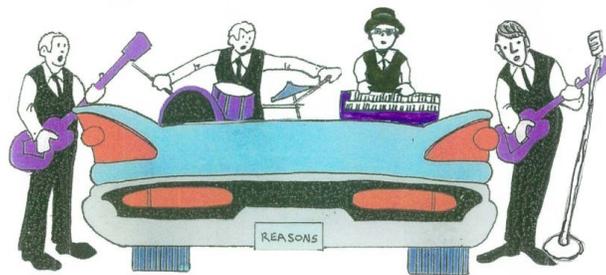
Until then, think of us as that warm sunshine lands on your face!



Let's get rid of the  
**Winter**  
Blows



# The REASONS



**50's, 60's, 70's, 80's**  
**Classic Rock**

**20 January, 2024**

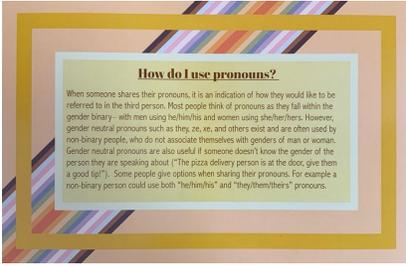
Music | Refreshments | \$25

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2:00 PM-doors open at 1:30PM  
Trinity-St. Andrew's United Church  
56 Prince Edward St.  
Brighton

[www.trinitystandrews.ca](http://www.trinitystandrews.ca)  
613-475-1311 | [admin@trinitystandrews.ca](mailto:admin@trinitystandrews.ca)





## *Affirm Terminology for January*

Last month, we featured pronouns and the fact that many people use pronouns after their name. This month, we explore how to use pronouns.

When someone shares their pronouns, it is an indication of how they would like to be referred to in the third person. Most people think of pronouns as they fall within the

gender binary – with men using he/him/his and women using she/her/hers. However, gender neutral pronouns such as they, ze, xe and others exist and are often used by non-binary people, who do not associate themselves with genders of man or woman.

Gender neutral pronouns are also useful if someone doesn't know the gender of the person they are speaking about ("The pizza delivery person is at the door, give them a good tip!"). Some people give options when sharing their pronouns. For example, a non-binary person could use both "he/him/his" and "they/them/theirs" pronouns. Questions or suggestions? Please speak with any member of the Affirm and Equity Committee: Jeanette Cournoyer (Chair), Charlotte Hastings, Janet Enns, Jackie Harper, Barry Street, Neva Moelker and Rev. Wanda Stride.

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This new petition calls upon the Government of Canada to implement the recommendations from the White Paper on the Status of Trans and Gender Diverse People.

As an Affirming congregation, signing this petition is one way we can work to make trans youth and communities in Canada feel less alone and more connected to themselves, each other, and their communities.

The petition can be found here and is open until March 7, 2024: <https://www.ourcommons.ca/petitions/en/Petition/Sign/e-4666>





### *Stewardship News*

**Envelopes:** In the past few years we have noticed that the number of offering envelopes coming back to the church are fewer than the numbers we print. We have decided therefore to cut back on the number of envelopes that each person envelope user receives in order to both reduce our costs and our environmental impact. You will receive your envelopes with your "envelope no." on each one. If you run out of envelopes please see Pamela and she will provide you with more. This is also a good time to consider migrating to pre-authorized remittance (PAR) which allows both you and the church to better budget on a monthly basis. For more information about PAR, please speak to Pamela in the office.

**Matching donation:** The church received a large donation near the end of 2023, which helped reduce our deficit. Your Stewardship team, with the permission of the donor, is asking the congregation collectively to match this \$23,000 donation. In the hall envelopes with specific donation suggestions printed on them will be available starting on January 14th. Please prayerfully consider if you are able to make a one time donation to help match this generous donation and take an envelope which best matches the amount you are able to assist with. One donor helped mitigate the 2023 deficit - the whole congregation can help start 2024 off on the right foot.



*Vulnerability of LGBTQI+ Refugees*  
Held every four years, the Global Refugee Forum is the world's largest international gathering on refugees, and recently met in Geneva. The Forum recognizes the current urgency of the global crisis of LGBTQIA+ forced displacement because of homophobia, transphobia, discrimination, violence, and persecution.

The **United Church of Canada** was one of more than 75 organizations that signed [a statement](#) drafted by allied or-

ganizations. The statement calls on countries without punitive impacts for people who are LGBTQIA+ (allied countries) to create more dedicated pathways and programs to help LGBTQI+ people who are at risk of persecution, through funding for essential services and accessible resettlement pathways.

For more information or to donate to LGBTQIA+ refugees, visit the [Rainbow Railroad website](https://www.rainbowrailroad.org/the-latest/grf2023-statement) (<https://www.rainbowrailroad.org/the-latest/grf2023-statement>).

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Our **HOT Meals On Wheels Program** ensures client's nutritional needs are being met. The meals are affordable, tasty, nutritious and delivered at lunch time (11:15 to 12:30) by a Volunteer on Tuesday and Thursday's. The meal consists of meat, starch, vegetable, soup with crackers, dinner roll with butter and a dessert – the cost is \$9.00.

Our **FROZEN Meals On Wheels Program** is a great way to make sure clients have a nutritional meals handy and ready to prepare at their convenience. Meals are supplied by Apetito. Main Entrée - \$7.00, Soup/Dessert - \$3.00 and Breakfast Snack - \$3.00. Frozen Meals On Wheels are ordered twice a month on the 2<sup>nd</sup> and the 4<sup>th</sup> Wednesday of the month and delivered the following week.

For more information – please reach out to Jaime (Hot) or Sarah (Frozen) at 613-475-4190.



**Community Care**  
NORTHUMBERLAND



This is a friendly reminder that Trinity-St. Andrew's is a scent free environment. Please be mindful that many people suffer from scent-triggered reactions.