



# Trinitopics & Church Announcements

# 20 ~ Thursday, September 28th, 2023



Rev. Doug Neufeld  
Phone: 204 729-1946  
E Mail: rev.doug@wcgwave.ca  
Urgent needs: Cell 204 441-8140



Trinity Office  
Mon, Tues, Thurs & Fri  
9-noon 1-4 pm  
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## SABBATICAL LEAVE

Trinity United Church announce that our minister Rev. Doug Neufeld has chosen to take a three-month paid Sabbatical leave June, July and August 2024. This Sabbatical Leave will be in addition to his vacation time and regular study leave. The United Church of Canada policy states that members of the Order of Ministry who have completed five years of service in one call are entitled to this important leave.

The purpose of a Sabbatical Leave is based on the biblical practice of pausing and renewal, as Jesus went "on mountain tops and by lakesides" for reflection.

It is encouraged that our community of faith looks upon this leave in a beneficial way, allowing us to also reflect and experience different gifts of lay leadership.

Planning and discussions are evolving in preparation for this leave. Any person who wishes to be involved in many avenues of leadership are encouraged to start reflecting on their gifts and talents they would like to offer.

This will be an exciting time knowing that when Rev. Doug returns from his Sabbatical, he will bring with him renewed energy and a buzz to our congregation.

We extend our blessings to Rev Doug as he prepares for this step on his journey of faith and leadership.

Miranda Edwards

Ministry and Personnel Chair

## Worship News

Upcoming Worship Services:

October 1: World Communion Sunday

October 8: Thanksgiving Sunday



... Alan Silvius

## Pickerel Supper:

Volunteers needed to work at the Pickerel Supper on October 18th. Help needed in many areas such as set up that Wednesday morning, working a shift during the supper or clean up at the end. Any assistance you could provide would be greatly appreciated.



Sign up sheets available before and after Sunday services or contact Alan Silvius at (204) 726-4169.

## September

24 Trinity Worship 10am RCCG Worship 12:30pm COP Worship 5pm	25 WIH Sanctuary 7pm	26 WW 9am WW 4:30pm Prairie Group 8 pm	27 RCCG Bible Study 7pm	28 TUC Newsletter Choir Practice Sanctuary 7pm	29 Prairie Group 8 pm RCCG Meet 9pm	30 <b>NDTR</b> RCCG Downstairs (Teen Event) 2pm RCCG Choir Practice 6pm
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# Trinity United Church

# October 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Trinity Worship + Sun Sch 10am RCCG Worship 12:30pm COP Worship 5pm	2 <b>Office Closed NDTR</b> Eastern Star Decorating 1pm Eastern Star Basement 5:30 pm	3 WW 9am UCW Downstairs 1:15pm WW 4:30pm Prairie Group 8 pm	4 RCCG Bible Study 7pm	5 Shirley Macdonald Funeral 2pm Choir Practice Sanctuary 7pm	6 Communion @ Riverheights Terrace 11 am Prairie Group 8 pm	7 RCCG Choir Practice 6pm
8 Trinity Worship 10am RCCG Worship 12:30pm COP Worship 5pm	9 <b>Office Closed Thanksgiving</b> 	10 WW 9am WW 4:30pm Board Meeting 7pm WIH Sanc 7pm Prairie Group 8 pm	11 Communion @ Valleyview 2 pm 55+ Event Downstairs 7pm RCCG Bible Study 7pm	12 TUC Newsletter Bible Study 1:30pm Choir Practice Sanctuary 7pm	13 Prairie Group 8 pm RCCG 9pm	14 Shirley O'Driscoll Funeral 2pm RCCG Choir Practice 6pm
15 Trinity Worship +Sun Sch 10am RCCG Worship 12:30pm COP Worship 5pm	16 WIH Sanctuary 7pm	17 WW 9am Communion @ Fairview 2 pm WW 4:30pm Prairie Group 8 pm	18 Pickerel Supper Downstairs 4pm RCCG Bible Study 7pm	19 Bible Study 1:30pm Choir Practice Sanctuary 7pm	20 Pat's Writers Library 10:30am Prairie Group 8 pm	21 RCCG Choir Practice 6pm
22 Trinity Worship 10am RCCG Worship 12:30pm COP Worship 5pm	23 WIH Sanctuary 7pm	24 WW 9am WW 4:30pm Prairie Group 8 pm	25 RCCG Bible Study 7pm	26 TUC Newsletter Bible Study 1:30pm Choir Practice Sanctuary 7pm	27 Prairie Group 8 pm RCCG 10pm	28 RCCG Event 2pm RCCG Choir Practice 6pm
29 Trinity Worship + Sun Sch 10am RCCG Worship 12:30pm COP Worship 5pm	30 WIH Sanctuary 7pm	31 WW 9am  WW 4:30pm Prairie Group 8 pm	Trinity junior Sunday school Oct 1st & every 2nd week following. Senior Sunday school every week .			

The **OUTREACH COMMITTEE** are sharing that they need toques and mittens, of all sizes, for the children in the families they support with Christmas Cheer Hampers. . They didn't have enough last year, so are putting out the note of need earlier. They are asking with much appreciation!



Bible Study

Thursday, October 5th  
Cancelled for this week!

Mission and Service gifts can help children go to camp. Campers may come from financially tight backgrounds and families are so thankful for assistance to enable their children to have a camping experience. They get to meet so many people from different cultures and backgrounds. Children come together at United Church camps across Canada to learn the gospel in a safe and supportive environment.



Through campfire stories, hiking, music, and much more, campers gain confidence and explore their curiosity. They learn skills in self-confidence, patience and organization as well as having fun in sports, music, crafting and more. Many keep in contact with each other long after they no longer go to camp.

Thank you for your generous donations to Mission and Service that can help children to attend a camp.

### *Mission and Service Colours*

The colours of the Mission and Service logo are the colours of the rainbow which was God's promise to Noah and to us to never again flood the whole earth. Together the colours form the rainbow: only together can they produce light.

Our coloured Logo also reminds us that the work we do as The United Church of Canada is possible because of the M&S Fund. The purple base can be seen as a manger, baptismal font or a communion table.

**Red** is for passion, the colour of Pentecost. It represents the energy we bring to the work that we do with ecumenical partners in advocating and promoting world peace, justice, human rights.

**Orange** is the golden colour of Easter, Christmas and Epiphany. This is our worship life in the church. The M&S Fund supports theological colleges, intern ministers, produces resources for worship, and gives grants to new church development and small rural charges.

**Yellow** is the light of the sun, the ray of sunshine that can bring to thousands around the world as we work with global staff and partners to promote education and health care, and bring emergency relief and long term development to those who need it.

**Green** is for our world and the work that we do to promote a cleaner healthier planet.

**Blue** is for the hope that we bring to people in Canada through our mission support units. The organizations that we fund support outreach programs, safe houses for women and children, social development work and support groups.

**Purple** represents the administration of the General Council offices, Conference Office operating grants, General Council meetings, Moderator's office, archives, the Broadway magazine, and all the other parts of our ministry of service to the church and its' work.

Together the logo symbolizes a foundation to make a better world.

*Submitted by Faye McLoughlin*



### **The Bear Clan:**

is a community based solution to crime prevention, providing a sense of safety, solidarity, and belonging to both its members and to the community they serve.

#### **•Purpose:**

is to help people prevent the need for police and authority interventions

#### **•We offer:**

help, information, supplies and respect to all community members

**•Volunteers are Required (any gender, 18 years or older)**

The **Thanksgiving Special Offering** this year has been designated to go to The Bear Clan in our community.

Offerings to the Bear Clan may be made through the collection plate or via e transfer. Please use the envelopes provided and make any cheques out to Trinity United Church.

Thank you for your support for the work of this important community organization.

*Trinity Outreach Committee*



Our next meeting is  
 Tuesday, October 3rd, 2023  
 starting at 1:15 pm



Calling All Women

UCW supplies the coffee, tea, drink crystals ,  
 creamers, sugar & sweetener  
 for all Trinity functions.  
 UCW FundScript cards for purchasing available.

**UCW Purpose**

To unite women of the congregation for the total mission of the church and to provide a means through which we may express our loyalty and devotion to Jesus Christ in Christian witness, study, fellowship and service.



At the September UCW meeting, we were privileged to present Gloria McMillan with her UCW Life Membership pin.  
 “You were a member of the Evening Unit from 1982 – 1995. You joined the General UCW in 2011 to present. You were President of the General UCW in 2017 & 2018 and most of 2020. You have convened many events, both church and UCW. As well you were Chair of M & P from 2016 – 2021, Chair of Trustees from 2022, one of our church auditors and Chair of Trinity’s Board. You are a much appreciated, hard working member of Trinity and Trinity UCW”.  
 Congratulations, Gloria!!

**UCW October Birthdays**

22nd Doris Single  
 26th Lorraine Grill  
 31st Viv Privat

**Please note change in these dates!**



Rev. Doug , Pastoral Care Committee and friends are having three Care Home Thanksgiving Communion.

Riverheights Terrace:  
 Valleyview PCH:  
 Fairview PCH:

Friday, October 6th @ 11 am  
 Wednesday, October 11th @ 2 pm.  
 Tuesday, October 17th @ 2 pm

No one extra at Fairview other than Rev. Doug, pianist & 1 other person to help with singing.

Please think about our folks in hospital and care homes and drop them a greeting through the Prairie Mountain Health website.  
<https://www.prairiemountainhealth.ca/pmh-well-wishes>

Their names are on the back page of this newsletter.

Trinity has \$50 & \$100 Gift Cards from Sobeys/Safeway and Superstore. Please see Eden in the office if you would like to purchase cards.



- The eagle represents First Nations
- The narwhal represents Inuit
- The beaded flower represents Métis

**National Day for Truth & Reconciliation**  
 Saturday, September 30th

## Elevator Update

The new elevator proposal that was received on July 21st has been reviewed by the Board. There are a few 'extras', with more cost to them, that needed more explanation, so there was a meeting to discuss them. Caution is being taken. Thank you for your patience & understanding. There will be more news early September.



**Affirming Vision, Trinity United Church,  
Brandon, MB**

At Trinity United Church our Vision is to  
Grow in Faith, Fellowship and Service  
Through Christ Jesus.

We believe that all people are children of God and we embrace the fullness of our diversity in ability, age, ethnicity, gender, gender identity, race, sexual orientation, social economic status or any other human division as we unite in worship and full participation in all aspects of our ministry.

As a congregation we are committed to surroundings that reflect safety and support in respect of social justice and human rights.

**Trinity has \$50 & \$100 Gift Cards from Sobeys/Safeway and Superstore.  
Please see Eden in the office if you would like to purchase cards.**

The dessert for the pickerel Supper is **PIES**.  
Darlene Silvius is looking after getting these.  
There is a sign up sheet each Sunday  
If you can make a pie,  
please contact her.  
204 726-4169  
silviusa@mymts.net

## September Gift Card Update

Twenty-eight households participated in the September FundScrip Gift Card Fundraiser with a total of \$13,635.00 in sales. As a result Trinity earned \$430.43.

The five gift sales this year have earned Trinity \$1964.68 . Well done!  
Our final gift card fundraiser for 2023 will take place during the month of November.

*Alan Silvius*



The Outreach Committee  
M&S campaign  
for five weeks is called  
*"Sock It To Me"*

- Sept. 10 - Introduction
- Sept. 17 - Good for the Sole and Your Soul
- Sept. 24 - Be On Your Toes
- Oct. 1 - High Stepping
- Oct. 8 - Knock Your Socks Off

The committee is asking people to bring new socks each week to fill the laundry basket. They will be divided among the Bear Clan, Samaritan House and the Women's Shelter. Also, collect your spare change at home in your chosen sock and bring to church on Oct. 8 (Thanksgiving) or deposit your coins (and/or bills) to the sock at the end of each service.

This money goes toward Trinity's M&S pledge.  
On Oct. 8 - for fun - please wear a fun/crazy pair of socks to church and we will show them off at Fellowship Time.

## Trinity's October Collection

HELPING HANDS  
CENTRE OF  
BRANDON, INC.



**Regular Donated Items:** Canned goods Dry goods Fresh produce

### Needed Essentials

Margarine  
Mayonnaise  
Mustard  
Sugar  
Soya Sauce

Juice  
Bottles Water  
Garbage bags  
Gloves (food safe)  
Plastic shopping bags

Trinity UCW hosted a UCW & friends Day recently. We had two excellent speakers: **Joan Zaretsky** in the morning who spoke on her first book, that just came out, on how she went about to find her birth family. Joan was adopted & lived a happy childhood with her adopted parents. But, there was the longing at age about 55, to find her birth family. There were many books sold that morning and I kept 6 on consignment. So, if anyone is interested in purchasing her book, it is \$20.00 with \$1.00 from each sale going into the P2P UCW coffers!. Our afternoon speaker was **Ross Robinson** from John Howard Society. He came to speak on the 'Food Rescue' and those who hadn't seen his presentation at 55 Plus, got some great information which helped some of our rural folk. *And, he was armed with other information!* He **just happened** to have information about the great project they are working on being the 'Transitional' housing where people getting out of jail can go to prepare them for the world again. You will be hearing lots about this project!! Ross is a doer and fortunate for JHS!!

## Inclusive Public Education Controversies and School Board Elections

On Wednesday, September 20, 2023, many communities across Canada, including Brandon, participated in the "1 Million March 4 Children" demonstrations arguing against 2SLGBTQ+- inclusive education and sex ed policies in the classroom.

**The Conversation Canada** – an online independent source of news and views, from the academic and research community- published an article outlining the history and current proponents of the movement's "parental rights" rhetoric. According to *The Conversation*, the movement has ties to anti-government, right-wing extremist organizations in the United States and is promoted by **Action 4 Canada** in our nation. Education systems in New Brunswick, and Saskatchewan are implementing policies to prohibit Teachers from using chosen names and pronouns for children under the age of 16 without seeking parental permission. "Parental Rights" are also being discussed in Manitoba.

**AntiHate.ca** - an independent, nonprofit organization made up of Canada's leading experts and researchers on hate groups and hate crimes- states that "parental right" rhetoric is historically tied to Christian fundamentalism denying children sexual health education and affirming and accepting 2SLGBTQ+ persons. Banning literature referencing 2SLGBTQ+ from libraries is also consistent with these beliefs. The site quotes American experts that argue outing children without their consent puts them at increased risk of harm. In addition, there is a question of whether these policies violate children's rights under the Charter of Rights and Freedoms, and the United Nations Convention on the Rights of the Child, which Canada became a signatory of in 1991.

**AntiHate.ca** highlights that individuals with anti-2SLGBTQ+ beliefs are increasingly running for election to school boards and trying to influence education policy. The health and well-being of all children includes making them feel safe, valued, and understood at school with the ability to see themselves, their experiences, thoughts, and feelings reflected in literature; thereby, reducing isolation and negative mental health outcomes. On Wednesday, October 25, 2023, Brandon School Division is holding a by-election. Being informed about the candidates, their vision for education, and taking the time to vote for a school trustee - regardless of whether there are school-aged children in your home - is important for the well-being of all children in our community.

Additional Reading:

- ◆ [How the 'parental rights' movement gave rise to the 1 Million March 4 Children,](#)
- ◆ ["PARENTAL RIGHTS" POLICIES EMERGING ACROSS CANADA THAT CRITICS WARN COULD IMPACT AT-RISK TRANS YOUTH.](#)
- ◆ [Protests over LGBTQ rights in schools come to a head in Manitoba,](#)



Inebriated 1: Here's hoping that you're half an hour in Heaven before the devil knows you're dead'  
Inebriated 2: What's that mean?  
Inebriated 1: It's an Irish toast  
Inebriated 2: Oh! Well, here's to bread, eggs & cinnamon  
Inebriated 1: Huh???  
Inebriated 2: That's French Toast



**PRAIRIE TO PINE**  
REGIONAL COUNCIL  
The United Church of Canada



Prairie to Pine Youth  
United Church of Canada



[prairietopine@united-church.ca](mailto:prairietopine@united-church.ca)

Alison Murray & Darlynn Smith

To receive weekly information to your email, or to read what is happening in the United Church:

<https://united-church.ca/e-newsletters>

Hello parents, youth and youth allies

ALF 2023 Youth Retreat

**Friday Oct 20th to Sunday Oct 22nd, 2023**

Winnipeg, MB at St. Mary's Road United Church

Talk to you Sunday School Teacher regarding registering.



Thank you **Barry & Gloria Hill** for your presentation in September at 55 Plus!! All of us in the room took a trip to Ecuador and we didn't have to experience, first hand, the humidity and heat in the Amazon nor the food poisoning that you experienced when you 'ate out'!! There was no doubt that you enjoyed the trip & weren't sorry that you went!! Barry says that he wore the hat all during the trip & it was going to be on his head for the presentation!!

*Thank you!!  
& Thanks 55 Plus*



Our **Trinity Garden Team** have done a great job all summer!!! Thank you Sheila McCausland, Marv & Georgie Pidhorny & Louanne Reid.

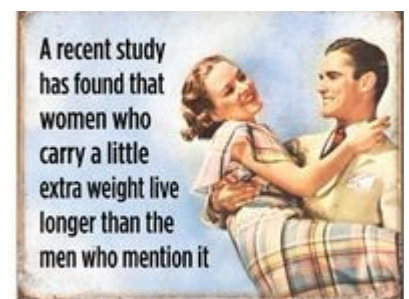
One of the gardeners brought my attention to these creepy bugs that have inundated our garden! Does anyone have any solutions for destroying these? I have never seen so many bugs piled upon one another ever before!!

Welcome any solutions!!  
Thanks again to the garden team!!

REVERENDFUN.COM COPYRIGHT BIBLE GATEWAY



Thanks to John Michael Sullivan (See Luke 2:1-16) 12-23-2007  
AT LEAST WE CAN SAY THAT HE WAS BROUGHT UP IN A STABLE HOME





## Trinity 55 Plus

There is a passionate, plant based eating young lady, Sonia Morrice, coming to share her experience with us on

**Wednesday, October 11th**

A huge change for this month is the time; because the speaker is a school teacher & works days!!

**7:00 pm**

Here is a message from Sonia:

*'I am so excited to have an opportunity to share my passion for plant-based eating! I have been fully plant-based for the last 5 years. It has been the furthest thing from restrictive, and in fact has expanded my taste palate and my family's food/cooking "repertoire". I have also found, however, that it is easy to cook delicious plant-based versions of our old favourites with just a few simple changes. I look forward to sharing my experiences with this vibrant way of eating on the evening of Wednesday, Oct. 11<sup>th</sup> at 7pm. You won't go home hungry!'*

*If this proves to be anything like she did one time at Fellowship, we are in for a treat!! And she is coming Oct 1st again for fellowship!!*

Everyone Welcome!! Please Join Us!!

Cookies, Beverage and Fellowship to follow.

Voluntary donations to

Society for Children with DisAbilities.

Trinity 55 Plus Striving to Make a difference *a Little at a Time.*

Ruth & Glenn Sawyer: 204 728-4683 Gail Thickett: 204 725-4934

Hazel & Larry Sage 204 728-6215

## Pat's Writers Group

**Friday, October 20 at 10:30 in the Trinity library.**

Our prompt for this session is:

"There's only one thing in the world I'm afraid of. . . "

Or if you have a dog story- **or both!**

All are welcome!

Please contact Alison Murray for more info.

204 725-3471 almark@mymts.net



### TRINITY 55 PLUS MISSION FOR MITTENS CONTINUES.....

we are again open to receiving your gifts of mittens, socks, etc. for children, adults, and those new to Canada who have never dealt with our cold weather...

a basket will be set up in the narthex to receive them...

They are always so gratefully received by the recipients..

Blessings and thank you..

Trinity 55 Plus making a difference a little at a time:

Glenn & Ruth Sawyer: 204 728-4683, Gail Thickett: 204 725-4934

Larry & Hazel Sage: 204 728-6215

Norm & I have organized a **Parkinson Social Group** that will be meeting monthly. This is an informal group of like minded people who will be gathering for conversation, support and information sharing. It is open to those living with Parkinson's, their care partners, family and friends. OR anyone who has interest in raising awareness of this life altering disease.

Meeting place is at a local venue. For more info call **Valerie Poersch at 204 761-6196.**

**Prayer Shawls** are available in the library/meeting room for you to take to comfort anyone; it does not have to be a Trinity person! There are so many beautiful designs and colors to be chosen. Thank you to the talented ladies who made these lovely creations!!!

**October**

- 5th Norm & Val Poersch
- 10th Doug & Donna Neufeld
- 12th Glenn & Ruth Sawyer
- 20th Harvey & Irene Smith



Did you hear about the cat that ate a lemon?  
Now it's a sour puss!

What do fish take to stay healthy?  
Vitamin sea!

Irony: A 'keep off the grass' sign on the lawn outside a drug rehab centre.

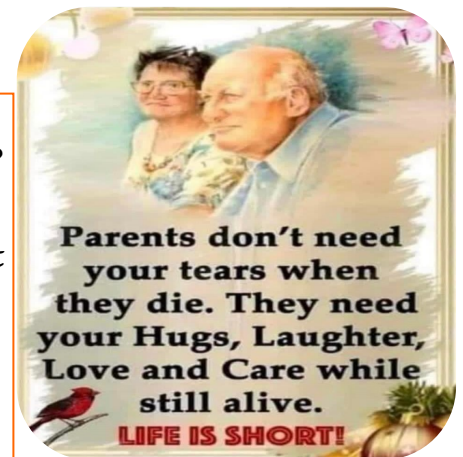
**Late September**  
**29th Charlotte Brown**

**Trinity October Birthdays**

- 17th Hillary Baker
- 20th Harvey Smith
- 22nd Cathy Snelgrove
- 22nd Nancy Snelgrove
- 30th Carole Winstone

Have you heard of the garlic diet?

You don't lose much weight, but from a distance your friends think you look thinner!



Nobody made a greater mistake than he who did nothing because he could do only a little.

Edmund Burke

Middle age is having a choice between two temptations and choosing the one that'll get you home earlier!

Never keep up with the Jones'. Drag them down to your level. It's cheaper!!

I can't remember what excuses folks gave for their mistakes before there were computers!

If it is free, it's advice; if you pay for it, it's counselling; if you can use either one, it's a miracle!

I'm always very careful to get something every day from the four basic food groups:

canned, frozen, fast & takeout!

A weed is a plant that has mastered every survival skill except for learning how to grow in rows!!

You know you're a teacher if:

You feel a desire to cuff the next person who says 'must be nice to work from 8 to 4 and have the summers off'!

**FELLOWSHIP FOLLOWING WORSHIP EACH WEEK**

**Thank you for the helpers, donators & all who come for fellowship.**

**October 1st**

**Sonia Morrice & Faye W., & others**

**October 8th**

**October 15th**

**Faye & Faye**

**October 22nd**

**Myrna Lane, Myrna Lennon, Edna Stewart**

**October 29th**

**June Pedlow & Frances McKague**

**If you would like to help with fellowship, please contact me.**



204 728-7713

204 724-2923

darlynnegsmith@gmail.com

Please be sure to call or e-mail  
**Marlane Wilson,**  
 with any reports of folks in hospital or  
 needing some contact.  
 204 729-8574 or marlane.w@yahoo.com

If you know someone, or yourself,  
 who would like a care call from  
 Rev. Neufeld; please call the office.  
 204 728-4796



**Elwood Myers** is in the Assiniboine Hospital and has been there for a few weeks. He had pneumonia and is struggling to recover. Wishing him well and peaceful days.

- ◆ Our thoughts and prayers to anyone who has/ is experiencing health issues. If you know of someone, please let Marlane &/or the church office know. Thank you!



Our thoughts and prayers to the Shirley Macdonald and Shirley O'Driscoll families on their losses.  
**Shirley Macdonald's** service is at Trinity on Thursday, October 5th @ 2 pm.  
**Shirley O'Driscoll's** service is at Trinity on Saturday, October 14th @ 2 pm  
 There will be a choir for both of these services  
 Two lovely ladies will be so missed!!

Sunday, September 24, we celebrated 'Orange Shirt Day' at Trinity. We have a busy October coming up with Communion on the 1st, Care Home Communion on three days, , learning about plant based foods on a couple of occasions, and last, but not least, our Pickerel Supper which will put more funds into our elevator fund. We do MISS our elevator!!

**Our Friends in Personal Care and Senior Homes**

- Dinsdale:** Lois Aube, Malcolm Macdonald
- Fairview:** Audrey Campbell, Judy Diswinka, Linda Garson, Louise Hume, Eunice Lindenberg, Betty Russell
- Hillcrest PCH:** Don Jessiman
- Souris PCH:** Emma Garden
- Rideau:** Don Chambers, Garry VanRenselaar
- Valleyview:** Cliff Bowslaugh, Laura Cliffe, , Shirley O'Driscoll, Del Pringle
- Riverheights Terrace:** PHEME Andrew, Elsie Franklin, Patty Hargreaves, Dave McClelland, Marlene Shantz,
- Rotary Villas:** Myrna Barkley, Marg Lovstrom
- Victoria Landing:** Elizabeth Cass, Al & Helen Lauder, Betty McFarland, Fred Miller, Pat Rathwell
- Wawanesa PCH:** Alice Laminman

Our Heavenly Shepherd  
 The Heavenly Shepherd leads His flock  
 Where quiet waters are;  
 In pastures green He bids us rest  
 When we have travelled far;  
 Along the paths of righteousness,  
 Through valleys dark with fear,  
 He know the way and we are safe  
 Because our Lord is near.  
 He feeds our soul, our cup is full  
 Of mercy and of peace;  
 And this we know, through endless years  
 His goodness will not cease.  
 From 'minute meditations'  
 Given to me by Seleen Turner



**Trinitopics & Church Announcements**  
 The newsletter is prepared every 2nd week  
 Delivery is being made to all non email  
**The next issue will be October 12th, 2023**  
 darlynnegbsmith@gmail.com  
 204-728-7713 @ home ~ 204-724-2923 @ cell  
 'May God hold you in the palm of His Hand'