



# Trinity United News

## Fall Greetings from the Editor

Another summer fades into memory, as we celebrate the Thanksgiving weekend. These last few days we've already felt the coolness of the Fall air. Fairly soon (if not already), we'll be pulling out the annuals from our gardens, harvesting the last of the summer vegetables, and storing garden furniture ready for next year.

As a community of faith, Trinity United is continuing to move forward as we heard in the Special Congregational Meeting on September 29. Two committees are spearheading our "futuring" work—the Ministry Profile and Search Committee, and the Mission Growth and Sustainability Committee. While these two committees and our Council continue their leadership roles, I am also reminded of a verse from Corinthians 12 which reminds us that we all have an important part to play in God's plan: "Now you are the body of Christ, and each one of you is a part of it" (NIV).

Thank you for those of you who contributed to this edition of Trinity United News, including Rev. Fred Cline who shared some of his mission work experiences in India. For the next issue, due to come out in mid to late December, I encourage others to share their stories. In the meantime, may God bless you during this Fall season.

Happy Thanksgiving everyone,  
Paula Madziya



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## 40th Anniversary of the Nanaimo Ecumenical Centre

### “Deep in our hearts” Oldham/Klusmeier Verse 1

Deep in our hearts, there is a  
common vision;  
Deep in our hearts, there is a  
common song;  
Deep in our hearts, there is a  
common story,  
Telling Creation that we are  
one.



On February 3, 2019, Trinity United and Trinity Catholic celebrated their 40th anniversary as the Nanaimo Ecumenical Centre at a joint service. Bishop Remi De Roo welcomed the ecumenical congregation and reflected back on the forty years of the NEC. The two choirs joined to sing two very appropriate songs “Come build a church” and “Deep in our hearts ... we have a common vision” during the service. The Bishop of Victoria shared a message linking the story of Simeon and Anna at the Temple for the Presentation of Jesus (Luke 2: 22-40) with the idea/vision of the Nanaimo Ecumenical Centre. The following excerpt has been transcribed from his message. The full version is on the Trinity United Website [www.trinityunitednanaimo.ca](http://www.trinityunitednanaimo.ca)

“So, we’re on the road just as Mary and Joseph were fulfilling the ... law to bring to the temple after 40 days their first-born child for presentation, so we too have been part of a passage, a ceremony, a rite of presentation. Through our own baptism, perhaps in this building itself we have ... gone through a rite of passage. Of reconciling love with the great covenant that has been made the world through the cross and resurrection of Jesus Christ.

This building Trinity represents a place of passage. It represents where communities of faith, in this case United and Catholic, have celebrated passages of faith, probably some of your children maybe your grand-

## 40th Anniversary of the Nanaimo Ecumenical Centre (contd.)

children have been baptized here. And these passages of faith are shared so that the dream of Simeon may come forward.

Forty years ago, a dream, the beginnings of what was the ecumenical movement in the life of the Christian church around the world. A building becomes part of that dream, Simeon's beautiful dream for his people that a Messiah would come. And that the Messiah would be light to the Gentiles and the people of Israel, bringing divergent peoples and cultures into a light of saving love in Jesus Christ.

We are part of that passage, the ecumenical passage. As I recall one time, the late Cardinal Cormack Murphy O'Connor, who had been President of the Pontifical Council for Christian Unity, he said to us bishops about 10 years ago ... "There are no exits on the ecumenical highway." Beautiful, isn't it? There are no exits on the ecumenical highway. So how do we look to the next 40 years? Well, perhaps it is to be reinvigorated with the hope of Simeon. The light will dawn, will come and be embraced. Perhaps, it is with the hope of Anna, the prophetess, that there will be the grace of Christ's light to diminish all darkness. And you must watch the same news I watch. There seems to be a growing darkness in so many parts of our world. And so, we are continually reminded that we must bear that light and let it shine brightly."

### On a different note:

On February 2, TU and TC got together for a celebration of a different kind. Some of the musical performances were the joint choirs singing "Long time ago in Metral Drive" to the tune of Mary's Boy Child (lyrics on the right), and being back-up singers for Rev. Terry Finch singing an ecumenical version of Gilberts and Sullivan's "I am the very model of a modern Major General".

As shown in the photo, several members of TC's choir channeled their inner "nun" and sang "My God") from the movie Sister Act.



### NECS Song (to the tune of Mary's Boy Child)

Long time ago in Metral Drive  
The Holy Spirit blew  
"Somewhere in this area  
Need to spread God's Word  
anew"

The Bishop said, "Let's build a church

To lift our God on high."

The people said, "Are you kidding, sir?"

It's way, way, way out of town."

So, there came this bright new light

To gather the Body of Christ  
A group of them got together then

To birth this wisdom above.

#### Chorus 1

Hark now hear the angels sing  
N-E-C was born

To spread the word of God anew  
In this way, way, way out of town.

The United and the Catholics  
Did what was unthinkable then  
To build a structure to house the both

Called Nanaimo Ecumenical

#### Chorus 2

Hark now hear with angels sing  
They worship God on high  
The Father, Son and Sprit One  
In this way, way, way out of town.

In this way, way, way out of town.

## October

Author unknown

October's the month  
When the smallest breeze  
Gives us a shower  
Of autumn leaves  
Bonfires and pumpkins  
Leaves sailing down -  
October is red  
And golden and brown

October leaves are lovely  
They rustle when I run  
Sometimes I make a heap  
And jump in them for fun.

Autumn leaves float quietly  
down  
And form a carpet on the ground  
But when those leaves are  
stepped upon  
Listen for the crackling sound



## Live Your Best Life: 4 Ways to Make a Fresh Start This Fall

By Victoria Joanna Bailey

As the lazy, hazy days of summer come to an end, you may be torn between longing for a few more weeks of summer bliss yet also feeling excited about the start of fall. There's something about fall that's particularly energizing. Perhaps it's the cool fresh breeze in the air, or the anticipation of beautiful fall colours, or the exciting energy of 'new beginnings.'

At this time of year, you may find yourself feeling like you're in a bit of a rut. Believe it or not, many of us actually get off track with our goals during the summer. Although we often equate warm weather with more energy and assume we get more done, there are actually more distractions in the summer: barbecues, summer parties and vacations. We tend to drink more, eat more and depart from our regular routine.

While fall may mean 'back to school' and 'back to work,' when it comes to getting back on track with our goals, many of us wait until January to make any significant changes or commitments. The idea of achieving any big goals at this stage in the year can be a bit overwhelming if you perceive the year to be drawing to a close.

However, consider how much easier it is to start something new in the excitement and energy of September versus the cold, grey, post-holiday eating 'hangover' of the New Year. September, on the other hand, is all about 'new.' New school year, new fall clothes, new season and new goals. This is actually the perfect time of year to recommit and refocus! If you are feeling stuck, unmotivated or uninspired, here are four ways you can use the energy of the season to your advantage.

### 1. Make A Mental Shift

Many of us naturally feel a sense of energy and vitality during this time of year, yet we may not make a conscious decision to approach the fall season with a heightened commitment to ourselves and to our goals. Make a mental shift this year. Rather than waiting for January before you set goals and make changes, think of September as the official 'new year' as a time to make a fresh start.

When you shift your thinking you can approach your commitments with a new sense of possibility and inspiration. Don't wait and put off the things you want to accomplish. By the time the new year comes around you will feel less overwhelmed and much happier about the progress you've already made.

### 2. Take Inventory Of Your Goals

You don't necessarily have to create new goals right now. The fall season is also a great time to check in on your progress on the goals you set for yourself at the beginning of the year. Most people set New Year's resolu-

*(Continued from page 4)*

tions and never think about them again until the following January, often to find that they didn't accomplish what they set out to do. If you want to achieve results in any area of your life, it's important to check in and evaluate your progress.

This is often easier said than done. Life gets in the way and we simply get busy and forget to look back on what we aimed for in January. That's why it's great to use September as a reminder. Create a ritual, perhaps during the last long weekend of the summer. Spend an hour looking back at your goals and take the time to consciously plan your action steps for the next four months. Ask yourself what you can accomplish between now and December 31 and then create a plan of smaller monthly goals to keep you motivated and on track.

### **3. Celebrate Your Accomplishments**

We are often better at noticing what is missing in our lives than everything we have to be grateful for. We are particularly neglectful at recognizing our own accomplishments. Setting goals and wanting more for ourselves and our lives is a good thing, it keeps us from complacency and settling for "good enough." However, if we don't balance it with focusing on what we have already accomplished, we can end up in a permanent state of dissatisfaction.

This time of year is also a great time to check in on your accomplishments. Consciously celebrate and acknowledge the areas in your life where you are doing well, where you've grown and made progress, where you've already achieved what you set out to do or taken steps in the direction of your goals. Be grateful for the many blessings in your life. If you don't cultivate the practice of gratitude, you may fall into a pattern of always chasing the next goal and never being satisfied or happy with what you have or who you are.

A healthy balance between striving for the future and enjoying the present moment will allow you to experience greater joy in your life.

### **4. Go Back to School**

Don't worry! This isn't about going back to get your Master's or PhD (though if you want to, that's fantastic). Most people stop learning after they finish high school or college, yet learning is what keeps us young and alive. It feeds our curiosity and gives us focus and direction, especially if we are learning about something we love.

Perhaps you have always wanted to speak Spanish, learn to tango or cook like a professional chef. As the kids go back to school, consider doing the same thing. Sign up for a course in something you are passionate about. If you're looking to save some money, there are a lot of amazing courses online.

Remember, it doesn't have to be a huge time commitment. By giving yourself a few hours a month to enjoy and explore your passions, you can reig-

*(Continued on page 6)*

## **A Prayer for Discipleship**

**(Voices United 564)**

Jesus Christ, our Saviour,  
Alive and at large in the world,  
Help us to follow and find you  
today in the place where we  
work and meet people,  
Spend leisure time and make  
plans.  
Teach us to see through your  
eyes, and hear the questions  
you ask;  
By the power of the Cross,  
And in the freedom of your  
spirit, we pray.  
Amen.



*(Continued from page 5)*

nite your excitement for life, and create a new sense of focus and anticipation that comes from stepping out of your comfort zone.

## Finding Your Motivation

Life is busy. Getting off track is going to happen and that's okay. The key is to create checkpoints for yourself that help you to refocus and regain your motivation. The fall season is one of the best times to do this. Not only will this help you make more progress during the year but by the time January 1 rolls around, you will already be well on your way toward achieving your goals.

*Victoria Joanna Bailey is a life coach and nutritionist*

## A Time in India

**By Rev. Fred Cline**

I was born June 3, 1925 in Young, Saskatchewan. It was the King's birthday and even though Mother was a proud American, she was pleased to report this.

I grew up in a family of eight children, a great church family, always at Sunday School and church at the little town of Zelma, near Saskatoon.

I took my degree in Agriculture, but while staying at St. Andrew's College in Saskatoon, I became interested in the ministry of the United Church.

I took three years at St. Andrew's, our United Church college in Saskatoon, and was ordained at the church conference in Moose Jaw in June 1954.

That fall, I was on my way to India by train and ship. I arrived in central India in October.

I spent that winter in language studying Hindi at Indore. During the winter I met Frances Taylor, who was a nurse at the Mission Hospital. She had been in India about four years and was teaching nursing to young Indian women.

We were married on December 12, 1955 in the Christian church in Indore. My first two years were spent mostly at language study, partly on the plains, and also in the hills a about 7,000 ft—much cooler in the hot weather. On the plains, we would have a language teacher

By July of 1956, Fran was expecting our first child. She was due furlough by then and chose to go home to Edmonton for the delivery—and it was a good idea because of her health.

She and John flew back in March 1957 into New Dehli. I was doing second year language exams there at the time. They came in winter clothes as it was minus 40 when they left Edmonton.

We were living in Banswara, Rajasthan in a mission compound with a hospital, a church and a school—all for Christian people. We lived with a single Canadian doctor, who had been born in India of missionary parents. There was quite a big group of missionaries at the time, perhaps ten in all.

Work in India was quite different from work in church here. I worked with five ministers and a number of lay leaders in the villages. I did a lot of administration and not so much preaching. I didn't have my own congregation.

We had the bigger church in Banswara with their own minister. I worked closely with a district minister, and we would visit the villages on bicycles. All on dirt roads. He was a fine Christian man. Many of the lay leaders were the same. During the cool season, October to February, we would visit different villages and live in tents. During the cool season when we were camping in the villages, we would spend 4 or 5 days in each village.

The lady missionary had been in Banswara more than 30 years and was much loved by the people. Her health was not good. After she retired to Canada, she lived only a year or two, She had given her whole life to India.

## What Goes Around ...

Shared by Gay Harrigan

His name was Fleming, and he was a Scottish farmer. One day, while trying to make a living for his family, he heard a cry for help coming from a nearby bog. He dropped his tools and ran to the bog. There, mired to his waist in black muck, was a terrified boy, screaming and struggling to free himself. Farmer Fleming saved the boy from what could have been a slow and terrifying death.

The next day, a fancy carriage pulled up to the Scotsman's sparse surroundings. An elegantly dressed nobleman stepped out and introduced himself as the father of the boy that Farmer Fleming had saved. "I want to repay you," said the nobleman. "You saved my son's life."

"No, I can't accept payment for what I did," waving off the offer.

At that moment, the farmer's own son came to the door of the family's meagre home.

"Is that your son?" the nobleman asked.

"Yes," the farmer replied proudly.

"I'll make you a deal. Let me take him and give him a good education. If the boy is anything like his father, he'll grow into a man that you can proud of." And that he did.

In time Farmer Fleming's son graduated from St. Mary's Hospital Medical School in London, and he went on to become known throughout the world as the noted Sir Alexander Fleming, the discoverer of Penicillin.

Years afterward, the nobleman's son was stricken with pneumonia.

What saved him?

Penicillin

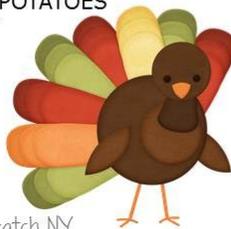
The name of the nobleman?

Lord Randolph Churchill.

His son's name?

Sir Winston Churchill.

APPLE PIE  
BEANS  
BREAD  
CORN  
CRANBERRY SAUCE  
GRAVY  
HAM  
MASHED POTATOES  
MILK  
PUMPKIN PIE  
ROLLS  
SQUASH  
STUFFING  
SWEET POTATOES  
TURKEY



Chicken Scratch NY

## HAPPY THANKSGIVING!

N	S	T	U	F	F	I	N	G	I	R	L	U	N	Y
F	G	K	D	A	E	R	B	V	G	C	A	D	Q	E
A	B	E	A	N	S	I	L	S	O	R	Q	G	S	K
O	G	K	E	I	P	E	L	P	P	A	P	A	E	R
N	R	O	C	M	L	W	U	Q	D	N	G	O	O	U
U	E	J	L	X	E	S	M	S	Y	B	Z	O	T	T
Z	P	U	M	P	K	I	N	P	I	E	V	N	A	Z
H	B	O	J	I	L	C	F	A	G	R	Y	F	T	V
N	E	M	Y	K	U	S	L	L	O	R	Q	K	O	X
K	S	A	B	Y	Q	T	Z	H	W	Y	P	S	P	K
T	G	H	S	A	U	Q	S	O	R	S	J	L	T	A
G	M	A	S	H	E	D	P	O	T	A	T	O	E	S
Z	D	L	U	C	W	F	Z	L	M	U	K	S	E	K
C	A	K	C	G	T	H	T	T	I	C	R	N	W	B
G	J	X	S	G	R	A	V	Y	I	E	Q	I	S	T



## A Senior's version of Facebook — adapted from an email

For those of the older generation who do not understand why Facebook exists, I am trying to make new friends outside of Facebook using the same principles.

I ask strangers if they would like to be friends with me. I walk down the street and tell passers by what I have eaten, how I am feeling, what I have done the night before and what I will do later and with whom. I give them pictures of my family, my dog, my garden, of me standing in front of landmarks, dishes I have cooked, and doing what everyone else does all day.

I listen to their conversations, give them a “thumbs up”, a smiley face or a sad face, and tell them I “like” them. It works just like Facebook – I already have 4 people following me: 2 police officers, a private investigator and a psychiatrist.

## Seventeenth Century Nun's Prayer

### Shared by Heather Wills

*The title of this prayer is traditional, but the source is unknown.*

Lord, thou knowest better than I know myself that I am growing older and will some day be old. Keep me from the fatal habit of thinking I must say something on every subject and on every occasion.

Release me from craving to straighten out everybody's affairs. Make me thoughtful but not moody; helpful but not bossy.

With my vast store of wisdom, it seems a pity not to use it all, but Thou knowest Lord, that I want a few friends at the end.

Keep my mind free from the recital of endless details; give me wings to get to the point.

Seal my lips on my aches and pains. They are increasing and love of rehearsing them is becoming sweeter as the years go by. I dare not ask for grace enough to enjoy the tales of other's pains but help me to endure them with patience.

I dare not ask for improved memory, but for a growing humility and a lessening cocksureness when my memory seems to clash with the memories of others. Teach me the glorious lesson that occasionally I may be mistaken.

Keep me reasonably sweet; I do not want to be a saint-some of them are so hard to live with-but a sour old person is one of the crowning works of the Devil. Give me the ability to see good things in unexpected places and talents in unexpected people. And, give me, O Lord, the grace to tell them so.

Amen.

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*(Continued from page 6)*

Each morning, we would visit in the homes, and in the evening have a worship service. We worked mainly with Bhil people who were looked down upon by the higher class Hindus. They were honest, hard-working farmers, but classed as members of the lower caste by the Hindus.

I enjoyed working with the men, especially my friend Narsingh. My great regret was when we returned to Canada, I lost touch with him. I was glad when I was getting ready to leave and was cleaning out my safe, I found 500 rupees. Narsingh and a lay leader were there. They were wanting to buy a small farm, so I gave them the money—worth about C\$100. That was the last time that I saw my two friends. and I was glad that I was able to help them.

India was a wonderful experience. I'm so glad I was able to go, but sorry we couldn't go back because of health reasons and Indian Government regulations. I thank God for letting me go to India and for giving me a wonderful wife and two lovely children while I was there.