



## TRINITY WEEKLY NEWSLETTER

January 22, 2026

### TRINITY CHURCH A Warm – Thriving – Christian Community

**We are on Facebook! We invite you to “like” us!**

<https://www.facebook.com/TrinityChurchUptownSJ>

**Our Parish Events Calendar is available on our Webpage!** <http://trinitysj.com>

*You are receiving this weekly Trinity Newsletter as you are a member of the Trinity family. Should you not wish to receive this, please indicate by return e mail.*

*Photo Credit – Uptown Saint John*

**You Tube Trinity Services:** You can view Trinity’s recorded services by going onto YouTube and typing in Trinity Anglican Church SJ. That will bring you to our channel and all of the previously recorded services.



Happy Birthday – Your Trinity family extends birthday greetings to Lynda Lomax. Happy Birthday from your Trinity family.

**E-Offering Stewardship Option** Trinity has presently 20 signed up using the E Offering Stewardship method. Thank you to all who are supporting Trinity through their regular stewardship, as this helps the Treasurer meet the ongoing financial needs of Trinity’s ministry. **If you are not currently a subscriber your**



**Vestry members encourage you to check it out.** By doing so no matter what happens during your week, month or year, once signed up you can rest assured your Trinity is being supported. Should you wish to join the E offering program, you can do so from your home by contacting the Parish Office at 506-693-8558 or [trinsj@nb.aibn.com](mailto:trinsj@nb.aibn.com). Thank you for your continued support.

## Prayers

**We offer special prayers for:**



**Prayers for Ukraine** Most Holy God and Father. Hear our prayers for all who strive for peace and all who fight for justice. Help us, who today remember the cost of war, to work for a better tomorrow and as we commend to you lives lost in terror and conflict, bring us all, in the end, to the peace of Your presence through Jesus Christ our Lord. Amen

**Prayers for Russia** We pray for all those in Russia who have been affected by this ongoing war of Ukraine. For the lives lost, the families torn apart and for those Ukrainians who reside in Russia along with Viktoriia and Alex and their boys. We ask for their continued safety, a speedy resolve to this unjust attack and for a lasting peace between these two countries. Amen

**Anglican Cycle of Prayer** The Iglesia Anglicana de Chile, Primate Enrique Lago Zugadi. Anglican Church of Canada, Archbishop Shane Parker. Diocese of Montréal, Bishop Victor-David Mbuyi Bipungu. Diocese of Ho, Bishop Matthias Meduadues-Badohu. Diocese of Yukon, Haines Junction: St. Christopher's; Beaver Creek: St. Columba; Alaska Highway mile 918-1202. Archbishop David, retired bishop William and their families.

**Prayer for Israel and Palestine** we pray for the current peace actions and the safe release of those taken captive. We hold both communities in our prayers as they commence rebuilding their lives and that the peace presently experiencing will live on. Amen

**Prayers for the people of Venezuela** that they will return to a democratic lead government and oppression and unjust treatment of their people will come to an end.

**Parish Prayer Requests** Judith Miller, Katie Kassner, Shirley Shaw, and William Teed. We also pray for those who suffer from any form of addiction that they may have the strength to overcome and return to a healthier state of life.

## TRINITY's SERVICE CALENDAR

| Date   | Sunday                                               | Service       | Readings                                                                     | Presider             |
|--------|------------------------------------------------------|---------------|------------------------------------------------------------------------------|----------------------|
| Jan 25 | Third Sunday after Epiphany                          | BAS Eucharist | Isaiah 9:1-4<br>Psalm 27:1, 5-13<br>1 Corinthians 1:10-18<br>Matthew 4:12-23 | Rev. Steven Scribner |
| Feb 1  | Fourth Sunday after Epiphany                         | BCP HC        | Micah 6:1-8<br>Psalm 15<br>1 Corinthians 1:18-31<br>Matthew 5:1-12           | Rev. Steven Scribner |
| Feb 8  | Fifth Sunday after Epiphany                          | BCP HC        | Isaiah 58:1-12<br>Psalm 112:1-9<br>1 Corinthians 2:1-16<br>Matthew 5:13-20   | Rev. Steven Scribner |
| Feb 15 | Last Sunday after Epiphany<br>Transfiguration Sunday | BCP HC        | Exodus 24:12-18<br>Psalm 99<br>2 Peter 1:16-21<br>Matthew 17:1-9             | Rev. Steven Scribner |
| Feb 18 | Ash Wednesday                                        | BCP HC        | James 4:6-11<br>Matthew 6: 16-21                                             | Rev. Steven Scribner |
| Feb 22 | First Sunday in Lent                                 | BAS Eucharist | Genesis 2:15-17, 3:1-7<br>Psalm 32<br>Romans 5:12-19<br>Matthew 4:1-11       | Rev. Steven Scribner |
| Mar 1  | Second Sunday in Lent                                | BCP HC        | Genesis 12:1-4<br>Psalm 121<br>Romans 4:1-5, 13-17<br>John 3:1-17            | Rev. Steven Scribner |

## Upcoming Services and Events

Shrove Tuesday  
Ash Wednesday  
Heritage Day

February 17<sup>th</sup>  
February 18<sup>th</sup>  
February 21<sup>st</sup>

Pancake Supper at 5:pm  
Service at 7pm  
Bennett Room 10:00am thru to 2:00pm

|                           |         |                      |               |
|---------------------------|---------|----------------------|---------------|
| Lenten Book Study / lunch | week #1 | Thursday February 19 | 2 noon – 1pm  |
|                           | week #2 | Thursday February 26 | 12 noon – 1pm |
|                           | week #3 | Thursday March 5     | 12 noon – 1pm |
|                           | week #4 | Thursday March 12    | 12 noon – 1pm |
|                           | week #5 | Thursday March 19    | 12 noon – 1pm |
|                           | week #6 | Thursday March 26    | 12 noon – 1pm |

Greater Chapter Meeting March 12<sup>th</sup>  
Palm Sunday March 29<sup>th</sup>

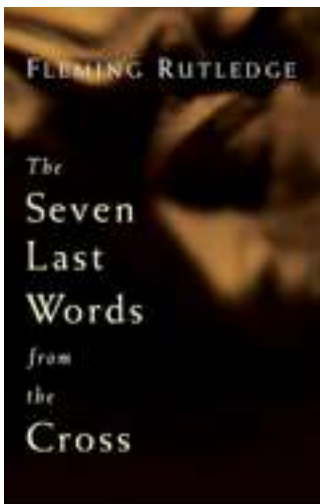
Place and time to be announced

Maundy Thursday  
Good Friday  
Easter Sunday  
140<sup>th</sup> Diocesan Synod

April 2<sup>nd</sup>  
April 3<sup>rd</sup>  
April 5<sup>th</sup>  
April 18<sup>th</sup>

Service at 7pm  
12 noon – 3pm

Fredericton – Topic- Future of Christ Church Cathedral



The 2026 Lenten Book Study Resource will be “The Seven Last Words from the Cross” by Fleming Rutledge [ISBN-10 9780802827869](https://www.amazon.com/dp/9780802827869) or [ISBN-13 978-0802827869](https://www.amazon.com/dp/9780802827869). Available wherever you buy your books.

Presently I am in the process of ordering a number of copies, please let me know if you wish to acquire one and / or plan to attend the lunch hour Lenten study in the Bennett Room as noted above. Bring your lunch and join in the less formal discussions as we discuss the author’s point of view. Discounted price will be \$14.00 each.



**Sunday’s Message:** On this Sunday we looked at John 1:29-42 where we focused upon three very short messages from Jesus Himself. Words are important and often when we say less we speak more. This is what we read and learn of God and Jesus in scripture – very often at the end of a very lengthy dialogue we have Jesus say just a few words which most often stop His detractors in their path.

This scripture we have such, in that in three very pointed comments – life changing options are at play.

**1. What are you looking for?** - This was in response of John the Baptist pointing out who Jesus was to his own disciples by saying, “*Look, here is the Lamb of God!*” What are you looking for? What an odd greeting – Jesus is going deeper

than what would normally be a casual greeting say, Hello, or How are you? Or How’s it going? Jesus asked “What are you looking for?” which I would believe is the question that Jesus would have asked of all of his would-be-followers and would ask of us this morning, what are you and I looking for?

The question for us this morning is not what those disciples were looking for, rather what are we looking for? What are we hoping to get out of life? What gets us out of bed in the morning or what keeps us awake at night? If we have our ladder against the right wall, then Jesus' next words offer a wonderful invitation to us all.

**2. "Come and see"** as the response Jesus gave John's disciples when they clearly showed Him they knew who He was by saying, "*Rabbi, where are you staying?*" A question which would suggest little buy in at this point from the disciples and Jesus most likely recognized this as well when He responded "Come and see."

This is the start of the 'slippery' slope if you will. They asked and Jesus responded placing the next move clearly in their court. Following Jesus started them that day on a journey as it does for you and I when we take that next step – Come and see.

And what did they see? The miracles, the crowds, the teachings, the controversies, the suffering and ultimately His death on the cross. They got to see all the physical aspects of the fellow who invited them that day to 'come and see'. They had the first-person advantage of seeing and by seeing their faith deepened. We, like Thomas had not seen, where Jesus said to Thomas, "*Blessed are those who have not seen and yet have come to believe.*" That is us, we have not seen, yet we believe!

**3. "you are to be called Cephas."** So, we have Jesus asking us of 'what we are looking for', invites us to 'come and see' and then finishes up with Cephas (Peter) who would become the leader of His disciples and of the early church. Simon is given a new name, a new start in life if you will as we are when we become a Christian – our new identity – a life changing decision to follow Jesus and by it we see through new eyes.

Think for a moment how you see a situation unfold, the homeless, the hungry, those on the margins, the injustice in the world and the list goes on relative to those who have little or no Christian values which explains to a greater extent why this world was and is in such a mess.

To all who follow Him, He will reveal Himself. We will learn who He is. Come and see. Be made new again. Find what it is that we are looking for and then go – live this new, changed life with the ladder on the right wall.

## **Neighbour Missional Outreach Opportunities**

### **12 Neighbours:**

The following items are being asked for in order to make their residents feel at home and cared for;

- Coffee Creamers (shelf-stable or refrigerated), coffee, sugar or sugar packets, coffee cups.
- Feminine hygiene products (pads, tampons, liners)
- Shampoo and conditioner (full size or travel size)
- Personal care items, Irish Spring, razors, shaving cream, towels, face cloths, skin care products
- Non-perishable food items: instant oatmeal, different types of snacks, KD microwaveable, Ramen bowls, bread or bagels, peanut butter, cheese whiz, juice boxes, pop, ensure
- Plastic or wooden cutlery, good winter socks, men and women underwear, flip flops for our showers, Tim cards, paper plates

Let us focus on being a contributor to 12 Neighbours throughout 2026.

## The Great East Window Campaign 2025 - 2026

The project is estimated at \$350,000 and at present the revenue on hand and committed totals \$196,009 which represents 56% of the goal achieved to date.

This project involves the East Window maintenance, renewing the exterior safety glass, masonry repointing of the East Wall along with refacing the East Window sandstone tracery coupled with a total refinishing of the Sanctuary. It is the goal to commence this project by June 2026.

### Vestry – January Highlights:

The January vestry meeting was held on Tuesday, January 20<sup>th</sup> with thirteen of the full compliment of fourteen present. Thanks always for the commitment of your elected corporation members actively engaged in Trinity's operation.

**Financial:** The 2025 year-end financials (Preliminary) are pointing towards a (\$45,000) deficit against a plan of (\$22.5) deficit. The areas within the Corporations control for the most part were on plan. The major shortfall was attributed to Regular Offering being (\$29,000) below plan.

All Trinity events and rentals January 1· 2026 onward will be signed on with vestry approval for rates and supporting conditions which will include building security where it applies.



**2026 Operational Budget** – based upon 2025 results places additional pressure is placed on the Net Income being more challenging for 2026 than 2025. There will be a focus to improve the rough draft – which will end up at the AGM 2026 for parish review and required approvals.

**Trinity Parking:** There has been an ongoing misuse of the rented parking spaces on the Trinity property. Trinity rents out on a monthly basis twenty-two spaces at \$115 per space / \$2,530 monthly or \$30,360 annually. In effort to protect these parking spaces Trinity will be posting No Parking Signage with the message Non-Permit Holders will be towed at the vehicle owners' expense and risk. Suffice to say, the subtle approaches over the years have failed to work.

**Communication – World Week of Prayer** – all invited to join Bishop Christian Riesbeck, CC, A.J. Thomas and our Archbishop David Edwards as he participates in an Ecumenical Prayer Service at the Cathedral at 91 Waterloo Street Thursday, January 22<sup>nd</sup> at 6:30pm.

**Trinity Security** – Decision was accepted to revisit Sunday Charlotte Street entrance security at the May vestry meeting. During the winter months it is up to the Trinity Sides persons to keep an eye on this entrance during Sunday mornings. This is driven on two fronts, winter months the risks are much lower and Trinity is not in a financial position to take on additional costs where they can be mitigated.

**Mission & Outreach** – Trinity will continue to support 12 Neighbours – item advertised weekly in this Newsletter.

**Fundraising** – Major item is the Great East Window which is now at 56% of the \$350,000 estimated project costs.

**Summer Student 'Seed' program** – Trinity is proceeding with application to the 'Seed' program for two summer students.

**Annual General Meeting (AGM)** – Scheduled for March 15<sup>th</sup> immediately following Sunday morning worship. A light lunch will be provided for the meeting.



**Diocese News Update** There has been a growing anxiety over the deteriorating physical condition of our Cathedral – Christ Church Cathedral - located in Fredericton.

The Cathedral cornerstone was laid October 1845, a registered National Historic Site and noted as the first Neo-Gothic Building in North America.

The estimated restoration costs are in the area of \$23.5M which obviously is driving much discussion at the Diocese Synod level and will be brought to the Diocese in general this Spring.

There is a plan for the Saint John Deanery to hold a Greater Chapter meeting on Thursday March 12<sup>th</sup> during the evening – location to be firmed up. In the past Greater Chapter meetings were the planning meeting ahead of a General Synod meeting – with Synod Delegates and Alternates along with Clergy being invited. However, due to the single issue being the Future of Christ Church Cathedral – being 'our' Cathedral, this Greater Chapter meeting will be an open meeting for all in our parishes to attend if they so wish.

The purpose of this Greater Chapter meeting is to bring forward to the special 140<sup>th</sup> Synod some direction for our Archbishop David Edwards to reflect upon and hopefully providing him some direction. The 140<sup>th</sup> Special Synod is set for Saturday April 18<sup>th</sup> during the day in Fredericton with the single agenda item, the Future of Christ Church Cathedral.

Should you have any, and I expect we all will, have questions please direct them to myself and I will endeavour to provide some additional information.



Many of us use the quiet of winter as an opportunity to look closely at our lives and establish new (or old) goals: we want to be healthier, calmer, more mindful, more grateful. But the language we use to define our aims has a significant impact on how we feel along the way, how we approach the pursuit of goals.

Psychologists distinguish between two types of goals:

**1. Avoidance goals** focus on habits we want to stop or prevent: don't eat junk food; don't procrastinate; don't stay up too late. Perhaps unintentionally, this wording turns our attention to what's wrong, and it's always more difficult to work from a negative mind-set.

**2. Approach goals** describe something positive we want to *strive toward*. Instead of avoiding a negative behavior, they invite us to seek a nourishing experience.

Consider the difference:

"I want to reduce my screen time" vs "I want to spend time with a friend each week."

"I need to stop eating junk food" vs "I want to nourish my body with seasonal foods."

Instead of suggesting, "I need fixing," approach goals provide a different slant on the same thing: "I want to invite more of what's good for me." The focus shifts from pressure not to do something, to the possibility of trying something new or different.

**A Simple Reflection to Try** When you want to make a change, try this:

- A. Write down one goal exactly as you've been thinking about it.
- B. Ask yourself: Is this worded as avoiding something, or inviting something?
- C. Rewrite it using the phrase: "Going forward, I want to invite more..."

And when we pray for support with these goals, we can use similar language: "Dear Father, please help me to invite more . . . into my life"; "Saviour Jesus, please help me to seek . . . ."

Rooting our intentions in invitation rather than self-criticism opens us to curiosity, self-trust, and sustainable momentum, all of which give God more room to work. Growth doesn't have to come from focusing on what's wrong; it can begin by welcoming what helps us flourish.

**Thank you, Susanne for contributing to the Trinity Newsletter weekly. Love the stories you share.**



## Humour

I was attending church as a visitor several weeks ago and heard the following: "I have good news, and I have b@d news."

First, the b@d news: we need a new roof.

Next, the good news: we have the money to pay for it! (waits for pleased murmurs to recede) Next, more b@d news: the money is still in your pockets."

A young man who stuttered wanted to help his church's fundraiser.

The preacher gave him three Bibles to sell door-to-door.

By the end of the week, the young man broke the church record for the most Bibles sold.

The preacher asked how he did it, and the young man replied, "I asked if they wanted to buy a Bible or if they wanted me to read it to them."

A priest and pastor are standing on the side of the road. They are holding a sign that reads "The end is near! Turn around now before it's too late!" A passing driver yells, "You guys are nuts!" And speeds past them.

From around the corner they can hear screeching tires- then a big splash.

The priest turns to the pastor and says, "Do you think we should just put a sign up that says 'Bridge Out' instead?"

## New Years' Blessings 2026 – Reverend Steven