



TRINITY WEEKLY NEWSLETTER

March 5, 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.



It is time once again for you to adjust your clocks – well in today’s technology most of our useable time pieces, our I phones, tablets and computers all adjust while we are asleep. Even Trinity’s newest timepiece the Steeple Tower Clock – will make the adjustment at 2am Sunday morning (fingers crossed). So if you are in eye-shot, at 2am, you will see the Trinity clock turn back one hour at ten times the normal speed the clock keeps time. The Verdin representative mentioned during the installation one of their customers had a comment from a fellow who stayed a little to late in a bar, in a particular city. Upon his walk or

wandering down the street looked up and saw the hands of the tower clock turning backwards at a fast pace and it freaked him out. So, if you are about, take it at ease, the clock is at work while we sleep.



Your Trinity family wishes Madeleine Clapham, Jonathan Mitchell and Lilla Christie a very memorable special day. Hope you all get lots of cake and best wishes from your special people. Blessings to you all.

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. Thank you for your continued support.

Prayers

We offer special prayers for:

Prayers for the Middle East: Holy One, we seek your mercy. For those in fear, bring safety. For those in pain, bring consolation. For those awaiting news, nurture hope. For those providing care, bring resilience. Loving God, we seek your peace that passes all understanding. May the violence cease and Your deep peace come. Amen

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 Nippon Sei Ko Kai (Japan), Primate David Eisho Uehara. Council of the North, Diocese of Athabasca, Bishop David Greenwood, clergy and people, as they seek to make the Anglican presence in Northern Alberta a vibrant and living one. Anglican Church of Canada, Archbishop Shane Parker. Ecclesiastical Province of British Columbia and Yukon, Archbishop John Stephens and the Provincial Council. Diocese of Ho, Bishop Matthias Meduadues-Badohu. Diocese of Yukon, Dease Lake (BC): St. Jude. Archbishop David, retired bishop William and their families.

Prayer for Israel and Palestine we pray for the current peace actions. 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 and Iran 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 Melita Freeze, Bonnie Dean, 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 their desires and return to a healthier state of life.



Sunday's Message: This past Sunday was the Second Sunday in Lent with John's Gospel, John 3:1-17 where we were introduced to Nicodemus.

In order that we get the message between the words and through the individuals in the story this morning, we need to take some time to understand who this fellow is, Nicodemus. He seems to come out from no-where, not mentioned in any other Gospel, not in the Synoptic Gospels, Matthew, Mark or Luke, but only in John's Gospel

and only comes forward three times. Why?

So here we have John sharing with us Nicodemus's first storyline – his encounter with Jesus – at night.

All that we know of Nicodemus in the Bible is from the Gospel of John. In John 3:1, he is described as a Pharisee. The Pharisees were a group of Jews who were focused completely in keeping the letter of the Law and often opposed Jesus throughout His ministry. Jesus often strongly denounced them for their legalism.

John 3:1 also describes Nicodemus as a leader of the Jews. According to John 7:50–51, Nicodemus was a member of the Sanhedrin, which was the ruling body of the Jews. Each city could have a Sanhedrin, which functioned as the “lower courts.” Under Roman authority in the time of Christ, the Jewish nation was allowed a measure of self-rule, and the Sanhedrin in Jerusalem was the final court of appeals for matters regarding Jewish law and religion. This was the body that ultimately condemned Jesus, yet they had to get Pilate to approve their sentence since the death penalty was beyond their jurisdiction under Roman law. It appears that Nicodemus was part of the Great Sanhedrin in Jerusalem.

John reports that Nicodemus came to speak with Jesus at night. Many have speculated that Nicodemus was afraid or ashamed to visit Jesus in broad daylight, so he made a nighttime visit. This may very well be the case, but the text does not give a reason for the timing of the visit. A number of other reasons are also possible. Nicodemus questioned Jesus. As a member of the Jewish ruling council, it would have been his responsibility to find out about any teachers or other public figures who might lead the people astray.

In their conversation, Jesus immediately confronts Nicodemus with the truth that he “must be born again” (John 3:3). When Nicodemus questions Jesus, Jesus reprimands him (perhaps gently) that, since he is a leader of the Jews, he should already know this (John 3:10). Jesus goes on to give a further explanation of the new birth, and it is in this context that we find John 3:16, which is one of the most well-known and beloved verses in the Bible; “For God so loved the world that He gave His one and only Son that whoever believes in Him shall not perish but have eternal life.”

The next time we encounter Nicodemus in the Bible, he is functioning in his official capacity as a member of the Sanhedrin as they consider what to do about Jesus. In John 7, some Pharisees and priests (presumably with authority to do so) sent some of the temple guard to arrest Jesus, but they return, unable to bring themselves to do it (see John 7:32–47). Nicodemus presents the opinion that Jesus should not be dismissed or condemned until they have heard from Him personally: “Does our law judge a man without first giving him a hearing and learning what he does?” (John 7:51). However, the rest of the Council rudely dismisses Nicodemus’s suggestion — they appear to have already made up their minds about Jesus.

The final mention of Nicodemus in the Bible is in John 19 after Jesus’ crucifixion. We find Nicodemus assisting Joseph of Arimathea in Jesus’ burial. Joseph is described in John as a rich man and in Mark 15:43 as a member of the Council. He is also described in John 19:38 as a disciple of Jesus, albeit a secret one because he was afraid of the Jews. Joseph asked Pilate for the body of Jesus. Nicodemus brought 75 pounds of spices for use in preparing the body for burial and then assisted Joseph in wrapping the body and placing it in the tomb. The sheer amount of burial spices would seem to indicate that Nicodemus was a rich man and that he had great respect for Jesus.

So, what do we take from this short passage this morning for ourselves as we enter into this season of Lent?

- Are we very much like Nicodemus, we have many deep questions about our faith, yet we keep them very much hidden in our hearts? As Nicodemus came to Jesus with his questions in the darkness of night.
- Do we act as a ‘secret believe’ as Nicodemus might well have been considered as was mentioned of Joseph of Arimathea? Or do we let our beliefs be known through our lives, our

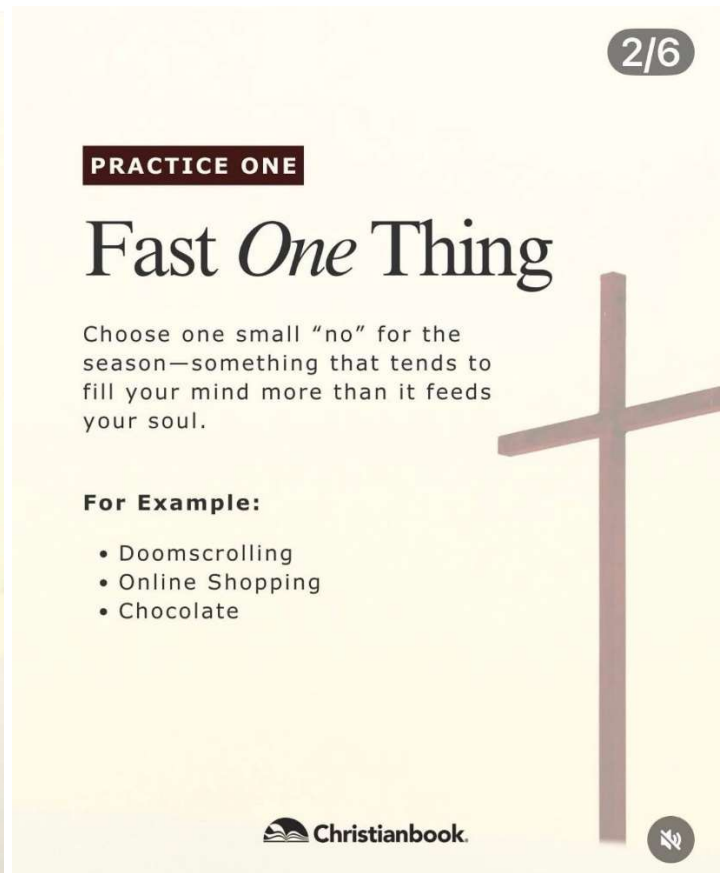
voice and our actions – not just on Sunday for an hour, rather all week long in all that we do or say?

The limited account in John's Gospel leaves many questions about Nicodemus unanswered. Was he a true believer? What did he do after the resurrection? The Bible is silent on these questions, and there are no reliable extra-biblical resources that give answers. It would appear that Nicodemus may have been similar to Joseph of Arimathea in that perhaps he, too, was a disciple of Jesus but had not yet mustered the courage to declare his faith openly. Perhaps Nicodemus's final recorded act was his declaration of faith—although we are not told how public it was. His presentation in the Gospel of John is generally favorable, which suggests that his faith was indeed genuine.

We can take that there is a moral lesson for us to learn from Nicodemus' story;

First – We must have a heart to know the Lord. Then we must accept how we too fall short by repenting of our own sins and recognize our own need for a Saviour.

Lastly – We must remove our faith and trust in ourselves and put them into Jesus and declare Him Lord of our lives.



3/6

PRACTICE TWO

Add *One* Thing

Lent isn't only about giving up—it's also about making space for good. Add one life-giving habit that will help you focus on what matters.

For Example:

- 5 Minutes of Scripture
- A Short Prayer Walk
- Journaling

 Christianbook.


4/6

PRACTICE THREE

Pray An *Honest* Prayer

Lent isn't about impressing God with perfect words—it's about showing up. Pray like you'd talk to someone who loves you: honest, unfiltered, real.

Try this 3-step prayer:

- Name it: "Lord, I feel ____."
- Ask: "Will You help me with ____?"
- Surrender: "I trust You with today."

 Christianbook.


5/6

PRACTICE FOUR

Give *Quietly*

Choose one small way to practice generosity this Lent. Give in a way that blesses someone else and keeps your heart humble. It can be money, time, encouragement, or care.

For Example:

- Donate Items
- Serve at Church
- Leave a Generous Tip
- Cover a Coffee
- Cook for a Friend

 Christianbook.


6/6

PRACTICE FIVE

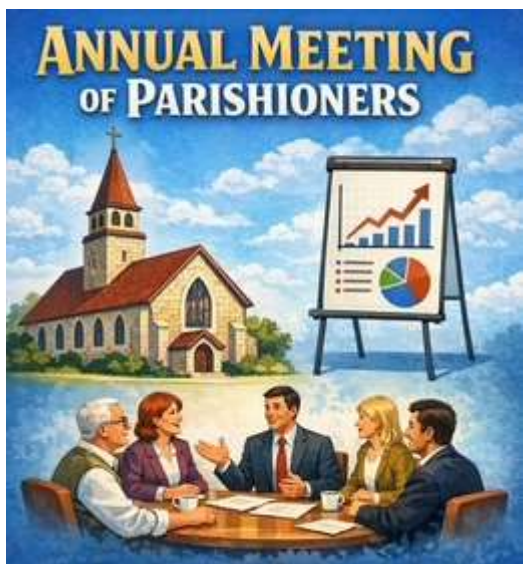
Repent & Receive Grace

Lent gives us space to lay down what's been weighing us down: harsh words, impatience, pride, distraction, hidden hurt. Confess what's true... and then receive grace as true, too.

Try this Simple Daily Check-In:

- Notice: *Where did I drift today?*
- Confess: "Lord, I'm sorry for ____."
- Receive: "Thank You that I'm forgiven."
- Return: "Teach me to choose You again tomorrow."

 Christianbook.

It is that time again where we will join together and reflect on where we have come from and look at the opportunities and challenges of this year and the years ahead. You will have received your 2025 AGM report by e mail or able to pick up a printed copy for those who have requested one on Sunday, March 8th. Plans to reduce our printing as a normal printing would consume over 1200 pages of paper and costly printing so we have encouraged those that can receive the report from an e mail to do so assisting your parish.

The AGM will be held immediately after a shortened Morning Prayer service Sunday March 15th – as we will move to the Bennett Room for a light lunch provided and settle into a concise AGM meeting which normally lasts approximately one hour.

Please plan to attend as we need all to engage as we move forward with Trinity's mission in our community for 2026 and beyond.

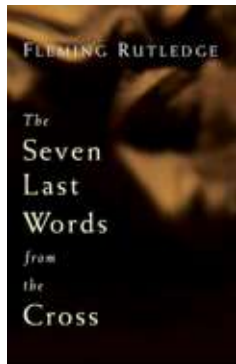
TRINITY's SERVICE CALENDAR

Date	Sunday	Service	Readings	Presider
Mar 8	Third Sunday in Lent	BCP HC	Exodus 17:1-7 Psalm 95 Romans 5:1-11 John 4:5-42	Rev. Steven Scribner
Mar 15	Fourth Sunday in Lent AGM following the service	BCP MP	1 Samuel 16:1-13 Psalm 23 Ephesians 5:8-14 John 9:1-41	Rev. Steven Scribner
Mar 22	Fifth Sunday in Lent	BAS Eucharist	Ezekiel 37:1-14 Psalm 130 Romans 8:6-11 John 11:1-45	Rev. Steven Scribner
Mar 29	Palm Sunday	BCP HC	Isaiah 50:4-9 Psalm 31:9-16 Philemon 2:5-11 Matthew 27:11-54	Rev. Steven Scribner
Apr 5	Easter Sunday	BCP HC	Jeremiah 31:1-6 Psalm 118:1-2,14-24 Colossians 3:1-4 John 20:1-18	Rev. Steven Scribner
Apr 12	Second Sunday of Easter	BCP HC	Exodus 15:1-11 Psalm 111 1 Peter 1:3-9 John 20:19-31	Rev. Peter Gillies
Apr 19	Third Sunday of Easter	BCP MP	Acts 2:14a, 36-41 Psalm 34:1-10 1 Peter 1:17-23 Luke 24:13-35	Susanne Sutton

Apr 26	Fourth Sunday of Easter	BAS Eucharis	Ezekiel 34:7-15 Psalm 100 1 Peter 2:19-25 John 10:1-10	Rev. Peter Gillies
--------	-------------------------	--------------	---	--------------------

Upcoming Services and Events

Lenten Book Study / lunch



week #1 Thursday February 26 **12 noon – 1pm**
week #2 Thursday March 5 **12 noon – 1pm**
week #3 Thursday March 12 **12 noon – 1pm**
week #4 Thursday March 19 **12 noon – 1pm**
week #5 Thursday March 26 **12 noon – 1pm**

The 2026 Lenten Book Study Resource will be 'The Seven Last Words from the Cross' by Fleming Rutledge. Presently I have **one** book left that has not been reserved. Bring your lunch and join in the less formal discussions as we discuss the author's point of view. Discounted price is \$14.00 each.

Greater Chapter Meeting March 12th 6:00 pm - The Good Shepherd Anglican Church

Palm Sunday March 29th

Maundy Thursday April 2nd Pot Luck Super 5:30pm Service at 7pm

Good Friday April 3rd 12 noon – 3pm

Easter Sunday April 5th

140th Diocesan Synod April 18th Fredericton – Topic- Future of Christ Church Cathedral

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
- Men and Women underwear and socks
- Towels and Blankets

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 \$196,928 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.

More than just filling your vehicle's gas tank!

Crude Oil, also called petroleum, is a thick, dark liquid found underground and is made up of many hydrocarbons, which are molecules of hydrogen and carbon. Since different hydrocarbons have



different boiling points, they can be separated using fractional distillation. In this process, crude oil is heated in a furnace until it vaporizes and then enters a tall fractionating column. The column is hottest at the bottom and coolest at the top. Hydrocarbons with high boiling points stay near the bottom, while those with lower boiling points rise to the top. This allows us to collect different products at various levels.

Gasoline, also called petrol, is one of the lightest fractions. It has a boiling range of 40-205 deg C and is collected near the top of the fractionating column. Gasoline is highly flammable and volatile, making it ideal as fuel for cars, motorcycles and small engines. Its light nature allows it to vaporize easily, which is important for engine combustion.

Naphtha is slightly heavier than gasoline, with a boiling point range about 60-200 deg C and is mostly used in the chemical industry. It is a light liquid that vaporizes easily and is an important raw material for making plastics, synthetic fibers and other chemical products. Naphtha collects a little lower in the fractionating column than gasoline.

Paraffin, also called kerosene, is collected in the middle of the column. Its boiling range is 150-

300 deg C. Paraffin is used as jet fuel, for lamps and in heating or cooking. It is less volatile than gasoline and naphtha, burns steadily and provides a good source of energy for various applications.

Diesel oil is heavier, with a boiling range of 250-350 deg C and collects further down the column. Diesel is used as fuel for trucks, buses, trains, and some cars. It is thicker than kerosene and burns with more energy, making it suitable for engines that need high efficiency and torque.

Fuel oil or heavier oil has a boiling range of 300 – 400 deg C and is collected near the bottom of the fractionating column. It is thick, viscous, and burns slowly. Fuel oil is mainly used in large ships, power plants and industrial boilers where high energy output is required.

Lubricating oil is even heavier and has a boiling range of 350-600 deg C. It is used to reduce friction in machines and engines. Its viscosity allows it to coat surfaces, making engines run smoothly and last longer.

The heaviest fraction is bitumen, which has a boiling point above 600 deg C. Bitumen is a very thick, sticky substance mainly used for making the bottom of the fractionating column because of its very high boiling point and density.

In those familiar words of Don Harvey – “Now you know the rest of the story!” I spent my first years and actually my only years working as a Mechanical Engineer at the Irving Oil Refinery. This description was one of the simplest of explaining where the products come from once the Crude is unloaded at Canaport. Crude is moved through an underground pipeline from Canaport to the Refinery, then heated up in the Crude Furnace and then the vapor passes through the Atmospheric Distillation Tower – pictured here. There is a similar process where the product is then passed through a Vacuum Distillation Tower and there are other units at the refinery to further increase the product distillation efficiencies. During a maintenance shutdown, I have climbed my way from the top to the bottom of this tower a number of times. Not for those who suffer from being in tight spaces.

Thanks to Phillip Christie and Bala Kannan for their ongoing attention to assist the works of Irving Oil Refinery.

Union Club Signature Speaker Series

SIGNATURE SPEAKER SERIES

Court Edeburn
President & CEO
Saint John Airport (YSJ)

**Building Momentum: Our Priorities for
Saint John Airport**

Wednesday, March 11, 2026
11:30 am Networking * 12:00 pm Luncheon
\$30++ Members \$40++ Future Members
Member Table of 8 - \$220++
Future Member Table of 8 - \$320++

Register prior to Friday, March 6

 unionclubsj@gmail.com  506.634.6184




@ Little Sunshine from Susanne

Only Shadow knows for sure!

Some of the details are a bit sketchy, but this is what I've learned. Shadow, a black cat, lives with Jeremy Barton, his wife, and their two sons in Oklahoma City. He was with Jeremy in Liard River Hot Springs provincial park, in northern BC, when he slipped out of the car and vanished into the woods.

After a fruitless search, Barton returned home to report the sad situation to his family. The boys cried for days, thinking that was the end of their beloved pet.

Unbeknownst to them, however, Shadow was making it, living off the land. And 5 months later, he was found by BC natives Christine Sutherland and Bruce Kosug, still in Liard River Hot Springs. Despite Kosugi's strong allergy to cats, the two drove Shadow the 8 hours south to their home in Fort St. John, and then Sutherland flew him to Winnipeg. There, they were met by Barton, who had driven 16 hours from Oklahoma to be reunited with Shadow. "That woman is the closest thing to a saint that I've ever witnessed," Barton said.

For her part, Sutherland said she just felt sorry for the family and their lost pet. "Everybody who's a pet owner, . . . their worst dream come true is not just losing their animal, but not knowing," she said.

The family was finally reunited shortly before Christmas. The Good News Network reporter who originally wrote this story had this suggestion: "For the hard-nosed Shadow, who's crossed an extreme length of the North American continent, it ought to be a lesson about staying in the light where his family can see him." I couldn't agree more!

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

Humour:

