



TRINITY WEEKLY NEWSLETTER

March 19, 2026

TRINITY CHURCH A Warm – Thriving – Christian Community

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<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.



We at Trinity extend our sincere condolences to the family of Shirley Shaw, she having passed on Thursday, March 12th. Rev. Steven Scribner officiated at her funeral service where we celebrated a life-well-lived on Wednesday, March 18th.

Rest Eternal Grant unto Shirley O Lord and let Light Perpetual Shine upon Her. Amen.



Your Trinity family wishes Andrew Waldschutz, Catherine Hutchinson and Melita Freeze 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.



Sunday, March 15th was one of those Sunday’s with many ways to bring honor to our history and our liturgical season. It was the Fourth Sunday in Lent also known as Laetare or ‘Rose’ Sunday. In addition it was the Sunday, particularly in the UK, where mothers are honored – Mothering Sunday. Also, it was Good Shepherd Sunday and the Sunday we honor our Irish roots in preparation of St. Patrick’s Day. Thanks to Margaret McCully for sponsoring our Irish treats for after church social. They were a favourite of all. Thank you, Margaret.



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 Anglican Church of Korea, Primate Onesimus Dongsin Park. Anglican Church of Canada, Archbishop Shane Parker. Bishop Ordinary to the Canadian Armed Forces Nigel Shaw and all military chaplains. Diocese of Ho, Bishop Matthias Meduadues-Badohu. Diocese of Yukon, the Synod Office staff and ministry. 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, Judith Miller, Katie Kassner, 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.

Sunday's Message:

Words from St Pius X Church, Norfolk Virginia (forwarded daily by my cousin) One Minute videos 6 days a week through the 40 days of Lent.

We have about three weeks until Easter. How is your Lent going? Best Lent ever or no different than any other church season.

If you have been praying more deeply, hearing God more clearly and loving your neighbour more easily it likely a great Lent,

But if you are struggling to recall and embrace Lent discipline, I suspect you have lots of company.

Don't forget, God continually sends us that engraved on your heart, invitation to a very special event, the Resurrection.

If you are struggling, take a breath – it is all good. Look around you, where do you see beauty. Where is there love. Where is there gratitude. Start there! Work to capture these things around you because you have the eyes to see and the heart to be open. Allow God to capture you, show you beauty, show you love, show you gratitude.

One breath – one step at a time.

Sunday's message – made available for take out – as no formal message was shared – to shorten the service for the AGM immediately following the service of Morning Prayer.



This past Sunday was the Fourth Sunday in Lent with John's Gospel, John 9:1-41. This morning we come with many hats – first and foremost we are here as this is the Fourth Sunday in Lent as we together walk through the forty-days in the wilderness anxiously awaiting for the last week, Holy Week, Maundy Thursday, Good Friday and the Resurrection on Easter Sunday.

This morning's Gospel speaks of the miracle where Jesus restores the sight of the blind man. In this scripture we see clearly the difficulty Jesus had with the

Pharisees. They lived in their own world, a world which they based upon the letter of the law and their interpretation of the same – period. They held themselves up above all – even this man, Jesus, who just restored the sight for a man who was born blind.

They made their judgement based first upon the day of the week where they said, ***"This man is not from God, for he does not observe the sabbath."*** They, following the literal words of the law, where we have from the Law of Moses (the Ten Commandments) ***"Remember that thou keep holy the Sabbath day. Six days shalt thou labour and do all that thou hast to do; but the seventh day is the Sabbath of the Lord thy God. In it thou shalt do no manner of work...."***

Then if that was not enough, they moved their thoughts to discrediting the man – to say he was never blind in the first place to the extent where they called the man's parents to vouch that he was truly their son.

Then they tried to put the man in his place by elevating themselves by saying; ***"You were born entirely in sins and are you trying to teach us?"*** At this last exchange they drove the man out of the synagogue.

The pharisees were born with sight and yet they were blind because they failed to see what was actually in front of them – the healing gifts of God. All because they, the pharisees first – has placed themselves superior to all human form and secondly, by holding on to the very literal word of Moses and not showing any flexibility for the work of God which was alive and working in their midst.

We are reminded of what we will lose if we dismiss the gifts of those around us that in our minds, through our lens we see life, don't hold up to our expectations. The Pharisees rejected this man who had his sight restored by God (Jesus), Who won / who lost? The man, being driven out (not asked to leave) but driven out of the synagogue would soon be face to face with Jesus, talked with Jesus and became a disciple of Jesus. While the pharisees continued on their hollow journey of upholding the literal words of the law. Who won – Who lost?

Shifting our thoughts ever-so-slightly, I wish to make reference to the other distinguished event this Sunday memorializes that being Mothering Sunday.

This was never in my Christian background all the years I lived here in Saint John, attending St. Lukes, later Holy Trinity Hamond River or St. Augustine's Quispamsis or even parishes in Ontario. It was not until I arrived in Winnipeg MB did Mothering Sunday appear on my radar. For in the Diocese of Rupert's Land MB, Mothering Sunday was when the Bishop, Priests, Deacons and Lay members of the church would attend a Sunday evening service on Mothering Sunday to renew our vows as servants of Christ. We would partake in a service of Holy Communion and the Blessing / Healing Oils would be consecrated for the Diocese.

Mothering Sunday is not held the same way here in the Diocese of Fredericton and I expect it is for the most part similar to the way it was prior to my leave back in 1994. However, the service of renewing of Ordination Vows and the blessings of the oils does take place – not on this Sunday.

So, what is Mothering Sunday really all about?

Mothering Sunday dates back to the Middle Ages as the custom developed for allowing those who had moved away for domestic work or apprenticeships to return home to visit their home parishes and their mothers on Laetare Sunday, the fourth Sunday in Lent. It was the only assured day the domestics would be given off annually with certainty. The actual colors for this Sunday would be Rose (pink).

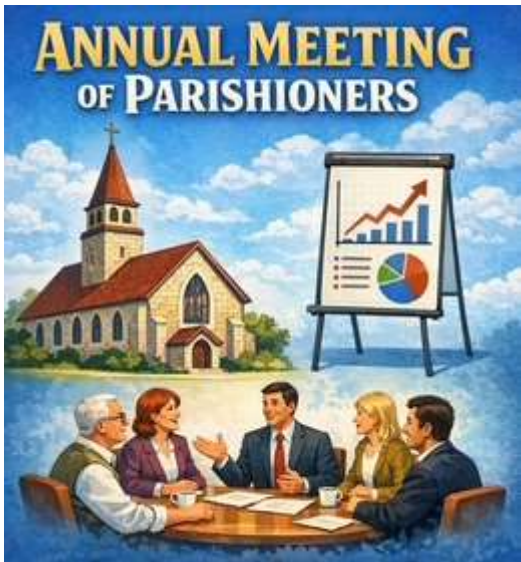
They would set out early in the morning and as they walked, would pick bunches of violets and wild flowers – white violets were considered very special. It was customary to have drinks and cakes placed in the church porches for those who traveled which may lead to the alternate name for this Sunday being 'Refreshment' Sunday. If we go to the 1662 Book of Common Prayer, the Gospel for this morning would be the story of ***"The Feeding of the Five-Thousand"*** and the Epistle refers to ***"Jerusalem"*** which is the mother of us all. Hence the name Refreshment Sunday or equally Mothering Sunday.

The family as a whole would attend their village church and would break their Lenten fast for a meal of roast meat, lentils and simnel cake. Why simnel cake? No one really knows. There is a legend that Simon and his wife Nell had discussions on the baking of this cake, and they used both of their opinions hence the cake is called Simnel (half of both their names). Legend – would not bet the farm on this. Another and more probable source would come from the Latin word meaning a fine wheat flour used for a cake – called 'simila'.

The making of this cake is quite involved, just ask Margaret McCully or Linda Webb sometime. The traditional cake can be either boiled or baked, has a layer of almond paste in the middle and another on top and decorated with twelve balls of marzipan representing the twelve apostles.

Today, it is customary to have this cake following the service on Mothering Sunday and is representative that our Church family is made up of all kinds of different people – we are all different and that is how God created us – each and every one of us a blessing to His Church.

In the UK this is Mothering Sunday and for us, hear at Trinity we honor our British roots and honor our it as well as Mothering Sunday.



Thanks for all who attended Trinity's 239th Annual General Meeting (AGM) this past Sunday.

We had thirty-four attending and with the review of 2025 from both an operational and spiritual basis, Trinity remains very solid in its' place in this uptown peninsula.

Trinity's Wardens for 2026 are Louise Dodge-Hall and Marie Goguen – thank you for continuing your great work.

Trinity is blessed by having a very supportive vestry comprising; Catherine McIntyre, Judy Harvey-Isaac, David Goss, John Logan, Stephen Mott, Lynda Lomax, Catherine Bishop, Kyle Wells, Gordon Homer, Jennifer Waldshutz and Jim McKenna. Welcoming Jim back to vestry.

Motion was made to honor Jim Brittain as Trinity's honorary Vestry member with full rights of vestry ongoing acknowledging his faithful service on vestry and as warden over the years.



Synod Delegates being Judi Harvey-Isaac and John Logan with Synod Alternates should any of the Synod Delegates not able to attend being Kyle Wells and Marie Goguen.

There are a number opportunities and equally always a number of challenges as we continue to navigate 2026 however there is also great news on many fronts. I will share more next week in this Newsletter on all fronts.

Suffice to say near the close of the AGM, I was able to share the wonderful news that the Great East Window Project had attained full funding – enabling the project schedule to be

advanced to May 4th for a starting date. By having the funding in place, the weight of future fundraising for both the project and for operations has been simplified to future initiatives to support the ongoing Trinity Ministries.

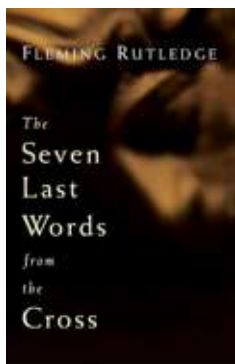
TRINITY's SERVICE CALENDAR

Date	Sunday	Service	Readings	Presider
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.

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	
Trinity Spring Yard Sale - May 2nd – Set up April 30th & May 1st			
Diocesan Layreaders Day – May 2nd – Christ Church Cathedral - Fredericton			
East Indies Evening Supper – May 9th		Kids Mission Program 3:30-5pm, Supper 5:15pm	
8th Annual Speaker / Dinner – May 19th Gen (Ret'd) Michael Day – Union Club			

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 funding is now in place and plans are underway to have this work commence on May 4th with an anticipated construction duration of two months. The committee is very thankful for all the support over these past two years in order to make this project a reality. I will have much more to share on this project over the upcoming weeks, as there will be a pre-construction meeting held on March 25th with all the various contractors on site.

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.



How Garden Design Relaxes Us



In a study of how garden design affects viewers, 16 students spent time at the Murin-an garden in Kyoto, Japan, pictured here, and at a garden at Kyoto University, which has one central focal point. Researchers recorded the students' eye movements while viewing, heart rates before and during observation, and mood before and after viewing the gardens.

Researchers found that the design of the Murin-an garden, which has more than one focal point containing evocative, abstract but detailed elements, prompted viewers to let their gaze wander to take in all the design elements, rather than focusing on one central area. And it was found that these frequent, rapid shifts in their gaze resulted in stress reduction, lower heart rates and improved mood in the viewers.

In the university garden, by contrast, students' gazes were guided to one central area, resulting in less eye movement and a less relaxing experience. All participants expressed a strong preference for the Murin-an garden.

The difference is in the positioning of design elements: while both gardens incorporated water features, stones, trees, and a bridge, in the Murin-an garden, the viewer's gaze is guided through horizontally arranged elements. But in the university garden, the objects of greatest interest are in the

centre of the visual field. It is the eye movement throughout the design that creates the beneficial effects.

Apparently, there are other therapies that use eye movement as a means of reducing stress, and the findings of this study could lead to garden-viewing being used to complement those. Prof. Seiko Goto, a co-author of the study, believes their work might help people affected by neurodegenerative diseases, saying it could be used as a form of therapy outside of hospitals, senior homes or women's shelters. "I think it would be good if Japanese gardens are built not just as a luxury but as a means of mental care in our aging society," she concluded.

Now he's working on something a little more practical: he has developed precision fiberglass molding that can create small, insulated shelters to support the 1,800 homeless residents in his native London, Ontario. The fiberglass panels, molded with utility cavities, can be quickly duplicated to form modular structures of larger or smaller area. The ceiling uses insulated cores of special plastic that support the roof structure and should resist all weather all year.

Beginning in May, Zebian will attempt to live in one of these modular home for 12 months so that he can see every defect and flaw, and experience the shelter in every kind of climate to understand exactly how it can be perfected.

But he isn't only focused on the present: "I'm concerned about the people in the future that will end up facing that problem, right, because house prices are increasing and increasing and increasing."

Though he recognizes that tiny homes aren't the entire solution to the issue of homelessness, he hopes that his invention will be a tiny step forward in alleviating the problem.



After this past week we really need some Humor

End of winter blessings,

Rev. Steven Scribner