

Special Appeals Collection

There will be a Special Appeals collection on Thanksgiving Sunday, October 9th. The money collected will be used for special requests for assistance received by the ministers or the Outreach Division, as well as grocery cards which we distribute in case of emergencies. The Outreach Division thanks you for your support.

Volunteer Opportunities

SouperTime

One of the ways we help our neighbours is through our weekly soup and sandwich lunch program, SouperTime. This program runs every Wednesday from the beginning of October until the end of May. We need a few more volunteers to help with food preparation, serving our guests and clean up. You would be asked to work one Wednesday per month, so if you would like to help, please call the office, 905-372-7911 or email choffman@trinitycobourg.ca

Rose Delivery

Volunteers are needed to deliver birthday roses to people in the congregation who are celebrating their 85th birthday or over. If you are able to help, please call Barbara Williams at 905-372-9763.

Evening Greeter

Trinity tries to be a welcoming presence in Cobourg and to that end hosts many community functions as well as church activities during the evening. We wish our guests to feel at home, and thus, we have an evening greeter present whenever activities are ongoing. The prime role is to greet those using our facilities as well as being an "official presence" during the evening hours. We presently have four teams of greeters but some of the teams need an additional member. Each greeter is only asked to take two evenings every two months. If you can assist to help Trinity greet our evening guests, please call Lloyd Williams at 905-372-9763. Thanks for helping.

Body, Mind and Spirit Group

Rev. Anja Guignon will be leading a Body, Mind and Spirit Group once a month on Tuesdays from 2-4 pm in the Anson Green Chapel (Rm 220) starting on October 11. The purpose of the group is to explore how we experience our faith through our physical being. We will be doing some gentle physical exercise like Qi-gong or Tai Chi, etc. We will also be sharing our stories as to where and how we experience God in our lives. To join the group or for more information, please contact Anja at 613-475-9357 or revanja@gmail.com.

Fare Share Food Bank

With local produce so plentiful at this time of year, we should be mindful of those in our society who do not have the financial means to take advantage of this abundance. The Outreach Committee members, as well as volunteers, deliver your weekly contributions and purchase supplies as required for the Food Bank. Funding is also provided to Burnham Family Market to provide local fresh produce monthly when in season. Grocery gift cards are utilized to allow the Fare Share Food Bank to supplement supplies as needed. Annually, Trinity United Church donates up to 4000 pounds of food to the Food Bank. Please remember that we have donation boxes at the back of the church where you can leave your contributions. Currently, Fare Share is in need of the following: granola bars, juice boxes, canned fruit, jam, peanut butter or WOW butter, men's and women's deodorant, canned tomatoes and dry pasta (any kind but spaghetti). Gift cards are appreciated as well as monetary donations. Please keep any monetary donations to the food bank separate from your Trinity offering.

From Iris Bullock:

Thank you to everyone who made my 90th Birthday Party very special. Many friends came to the Randalls' for a visit and cake. I received many gifts and lovely cards. The special rose from the UCW was delivered on my Birthday. God bless all my friends!

Church School Trip to No Frills

Our annual Church School trip to No Frills will be on October 16th, World Food Sunday. The children are asked to bring a donation of \$5 each to purchase items for the Food Bank. The children will meet in Ryerson Hall before church and will walk as a group to the store. Please dress for the weather, as this is a rain or shine event. This event is a wonderful way for the children to learn the importance of giving, and the items collected will provide food and other basic necessities to individuals and families in need throughout our community. Extra shopping bags and donations are most welcome.

Drive to Church

For a drive to church in October please call Jane and Alisdair Gillespie at 905-372-8558

