



Trinity Connected

March 2021

For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God sent the Son into the world not to condemn the world, but that the world might be saved through him.

John 3:16-17

The Immune System and Vaccines

To understand how the COVID-19 vaccines work, it helps to first look at how our bodies fight illness. When germs, invade our bodies, they attack and multiply. This invasion, called an infection, is what causes illness. Our immune system uses several tools to fight infection. Our blood contains red cells, which carry oxygen to tissues and organs, and white or immune cells, which fight infection. Different types of white blood cells fight infection in different ways:

- **Macrophages** are white blood cells that swallow up and digest germs and dead or dying cells. The macrophages leave behind parts of the invading germs, called “antigens”. The body identifies antigens as dangerous and stimulates antibodies to attack them.
- **B-lymphocytes** are defensive white blood cells. They produce antibodies that attack the pieces of the virus left behind by the macrophages.
- **T-lymphocytes** are another type of defensive white blood cell. They attack cells in the body that have already been infected.

The first time a person is infected with the virus that causes COVID-19, it can take several days or weeks for their body to make and use all the germ-fighting tools needed to get over the infection. After the infection, the person’s immune system remembers what it learned about how to protect the body against that disease. The body keeps a few T-lymphocytes, (called “memory cells”) that go into action quickly if the body encounters the same virus again. When the familiar antigens are detected, B-lymphocytes produce antibodies to attack them. Experts are still learning how long these memory cells protect a person against the virus that causes COVID-19.

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Trinity's Reopening Status

The reopening committee met on Monday March 22nd and it was decided that we not have in-church services for the next couple months.

Rather, there will be video services on April 4th, 18th, and May 9th. These services will be pre-recorded in the church sanctuary and will include Rev. Catherine Oxenford-Grant, Rev. Ian Mackay, Sheila Anthony and Stan Stinchombe. These prerecorded services can be made available on a DVD and mailed to those who wish.

Audio messages will continue to be online, and will be available on April 11th 25th, and May 2nd.

Transcripts of ALL our services are available to be mailed to you at your request. Please phone the office at 613-374-2777 to request a transcript.

The reopening committee will meet again on May 10th to reevaluate our situation.



McMullen Manor Fire Relief Update

It has been over 2 months since the devastating fire that destroyed the McMullen Manor apartment complex leaving 29 families homeless. These families lost all their possessions and managed to escape with only the clothes they were wearing. Here is an update on the fire relief efforts.

Accommodation

The Kingston Housing Authority has managed to secure accommodation for all 29 families. Many have been resettled in Kingston and some as far away as Sharbot Lake. Many have expressed a desire to return to Verona after the facility has been rebuilt.

Clothing and Furniture

On the night of the fire, the Free Methodist Church was able to provide the immediate clothing needs for the victims from their Style Revival used clothing depot. Since that time there has been ample clothing that has been donated and distributed to the fire victims. Donated furniture was managed through the Southern Frontenac Community Services Corporation (SFCSC). Furniture was stored at the Sydenham Legion. Distribution was coordinated by Melissa Elliott from SFCSC.

Cash Donations

The community response has been incredible. Money has come in from many individuals, businesses, churches and service organizations with some donations coming from as far away as Ottawa and Toronto area. To date, about \$22,877 has been donated. Of this amount, **\$4,321 was donated by Trinity United Church and its members.**

All donations were forwarded to the Verona Community Association (VCA) for distribution among

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Church Finances

For January and February, our Local Expenses income was \$8,929.54 including a \$2,94.64 carryover from last year.

Our expenses for January and February were \$13,891.07 leaving a deficit of \$4,961.43.

Mission and Service givings for the same period were \$1,140.00.

We NEED your financial support right now. Donations can be mailed to the church address (Box 506 Verona ON K0H 2W0), or by etransfer to don@donaldcoleman.com



The Immune System and Vaccines

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COVID-19 vaccines help our bodies develop immunity to the virus that causes COVID-19 without us having to get the illness. Different types of vaccines work in different ways to offer protection, but with all types of vaccines, the body is left with a supply of “memory” T-lymphocytes as well as B-lymphocytes that will remember how to fight that virus in the future. It typically takes a few weeks after vaccination for the body to produce these lymphocytes. Therefore, it is possible that a person could be infected with the virus that causes COVID-19 just before or just after vaccination and then get sick because the vaccine did not have enough time to provide protection. Sometimes after vaccination, the process of building immunity can cause symptoms, such as fever. These symptoms are normal and are signs that the body is building immunity.

The bottom line is getting vaccinated is one of many steps you can take to protect yourself and others from COVID-19. Protection from COVID-19 is critically important because for some people, COVID-19 can cause severe illness or death. Stopping a pandemic requires using all the tools available. Vaccines work with your immune system so your body will be ready to fight the virus if you are exposed. After you are fully vaccinated against COVID-19, you may be able to start doing some things that you had stopped doing because of the pandemic. But we are still learning how vaccines will affect the spread of COVID-19. After you’ve been fully vaccinated against COVID-19, you should keep taking precautions in public places or when you are with unvaccinated people from more than one household.

Getting vaccinated against COVID-19 **and** following CDC’s recommendations to protect yourself and others will offer the best protection from COVID-19.

Trinity Says Farewell.....

The hearts of Trinity People were heavy with sadness as we learned of the passing of Trinity's own Barbara Jean Stewart. Barb died in Kingston General Hospital on February 7, 2021 with her daughter Lynda and her son Tom at her side.

Barb was born in 1936, grew up locally, and in 1954 married her sweetheart, Charlie Stewart. Charlie died in 2010. But the long-range outcome of their happy partnership is seventeen grandchildren and great grandchildren left to mourn and celebrate the life of "Gram/Great Gram".

Barb's interests and community activities ranged far and wide and have already been celebrated by various groups and organizations outside of Trinity. Four generations of the Stewart Clan have graced the pews of Trinity. Her daughter Lynda (Norman); grandson Jason Norman and wife Sarah; and great grandchildren Sophie and Brock are members of our congregation.

When asked how Barb Stewart touched or impacted the lives of Trinity friends, the following were some comments made by various members of Trinity United Church:

Firstly, from daughter Lynda, "Mom always loved going to church. She was really disappointed when her health kept her from attending any longer. She really missed her people".

From Millie Cuthill, "My daughter was helping me downsize somewhat, and accidentally threw out my cookbooks. When visiting Barb one day, I mentioned the lost cookbooks. Barb's reaction was "SHE WHAT ???". When Barb died, Millie said "Lynda passed on Barb's treasured United Church Cookbooks to me. I miss my good times with her".

Don Coleman remarked, "Whenever I had occasion to assist Barb with her taxes, she wanted to talk about her family, of whom she was so proud".

Irene Bauder says, "We were like sisters. We always sat together. Barb claimed the back middle row, aisle seat on the left, so she could hang her cane over the pew and get out of the pew easily. We often worked in the kitchen together for events involving food, like the Heritage Society Strawberry Social."

John McDougall was emphatic, having served on more than one committee with Barb. "She was a force to be reckoned with". Several others smilingly agreed with that statement.

Jane and Andy Adamson shared that, "Barb had a twinkle in her eye. She was a caring and compassionate person. You knew where you stood with Barb. Family was #1 to her".

From Rev. Patsy Henry, "Barb was such a kind person".



Think Foodbank!!

Sharing some wisdom from a food bank volunteer:

1. Everyone donates boxed Kraft dinner, but it NEEDS milk and butter, which is hard to get from food banks
2. Milk is a treasure. Kids need it for cereal, which they get a lot of
3. Everyone donates pasta sauce and spaghetti noodles
4. Canned foods should be pop tops or donate can openers
5. Cooking oil is a luxury needed for Rice a Roni, which they get a lot of
6. Spices, salt and pepper are a real gift
7. Tea bags and coffee are caring gifts
8. Sugar and flour are treats
9. Important are fresh produce donated by farmers and grocery stores
10. Seeds are great in spring and summer because growing can be easy for some
11. Rarely is there ever fresh meat
12. Tuna and crackers make a good lunch
13. Hamburger Helper goes nowhere without ground beef
14. They get lots of peanut butter and jam, but NEED sandwich bread
15. Butter and margarine are good
16. Eggs are a commodity
17. Cake mix and frosting makes it possible for a child to have a birthday cake
18. Dishwashing detergent is very expensive and is always appreciated
19. Feminine hygiene products are a luxury and women will cry over receiving them
20. Everyone loves Stove Top Stuffing



BONUS: Cash makes it possible for the food banks to buy what is missing, and can buy in bulk.

McMullen Fire Relief Update

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the fire victims. The VCA executive felt that the best approach would be to distribute most of the funds in gift cards rather than in cash. Gift cards have been purchased from Walmart and Foodland and are currently in the process of being distributed.



It would be impossible to name and thank all the individuals and organizations who have come together in response to this disaster. We are very fortunate to live in a very caring community.

*Condolences to the family of Linda Orser
who passed away on February 18th.*

Trinity Says Farewell.....

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Darlene Nicol relates "I'll miss Barb for her faith, for her soul. She was so involved in UCW. She loved the church music. She always stood by her ministers".

Our solace, as a church community comes in the form of a memorial gift. The blue quilt made by Barb, that has hung on loan in our Fellowship Hall, has now been donated by daughter Lynda. None of us will be surprised to learn that the name of the quilt is.....[MY BLUE HEAVEN](#)



A Prayer in Spring

By Robert Frost

*Oh, give us pleasure in the flowers today;
And give us not to think so far away
As the uncertain harvest; keep us here
All simply in the springing of the year.*

*Oh, give us pleasure in the orchard white,
Like nothing else by day, like ghosts by night;
And make us happy in the happy bees,
The swarm dilating round the perfect trees.*

*And make us happy in the darting bird
That suddenly above the bees is heard,
The meteor that thrusts with needle bill,
And off a blossom in mid-air stands still.*

*For this is love and nothing else is love,
The which it is reserved for God above
To sanctify to what far ends He will,
But which it only needs that we fulfill.*