



Thanksgiving 2022

Trinity Connected

The Road Ahead

Submitted by John McDougall

A meeting was held after service on September 11th. There were 28 people present for the meeting.

Reverend Catherine introduced the meeting by setting the stage for looking at “The Road Ahead” and John McDougall chaired the conversation. Feelings and reflections were invited – loneliness, soul-searching, missing fellowship.

Issues raised – outreach, opening our spaces, church as part of community life, aging membership, declining attendance, impact of the pandemic.

Don Coleman provided a brief review of our present financial situation.

Planning for future development in Verona – housing, rebuilding of McMullen Manor, township land purchase – all of which will require attention to water and septic requirements.

For I know the plans
I HAVE FOR YOU,
declares the LORD,
plans to prosper you
AND NOT TO HARM YOU,
plans to give you
hope and a future.
- Jeremiah 29:11

Inside this issue:

- The Spirit Sings
- Fall Birthdays
- New Choir in Town
- Harvest Prayer
- NFLD Travelogue
- Church Finances
- Fall Bible Study
- Ukrainian Relief
- Thanksgiving Greetings
- A Short Prayer
- Church Foodbank
- Masking Mandate
- Fall Soup Recipe
- Autumn Day Prayer

(Continued on page 10)

The Spirit Sings

Submitted by Linda Brown

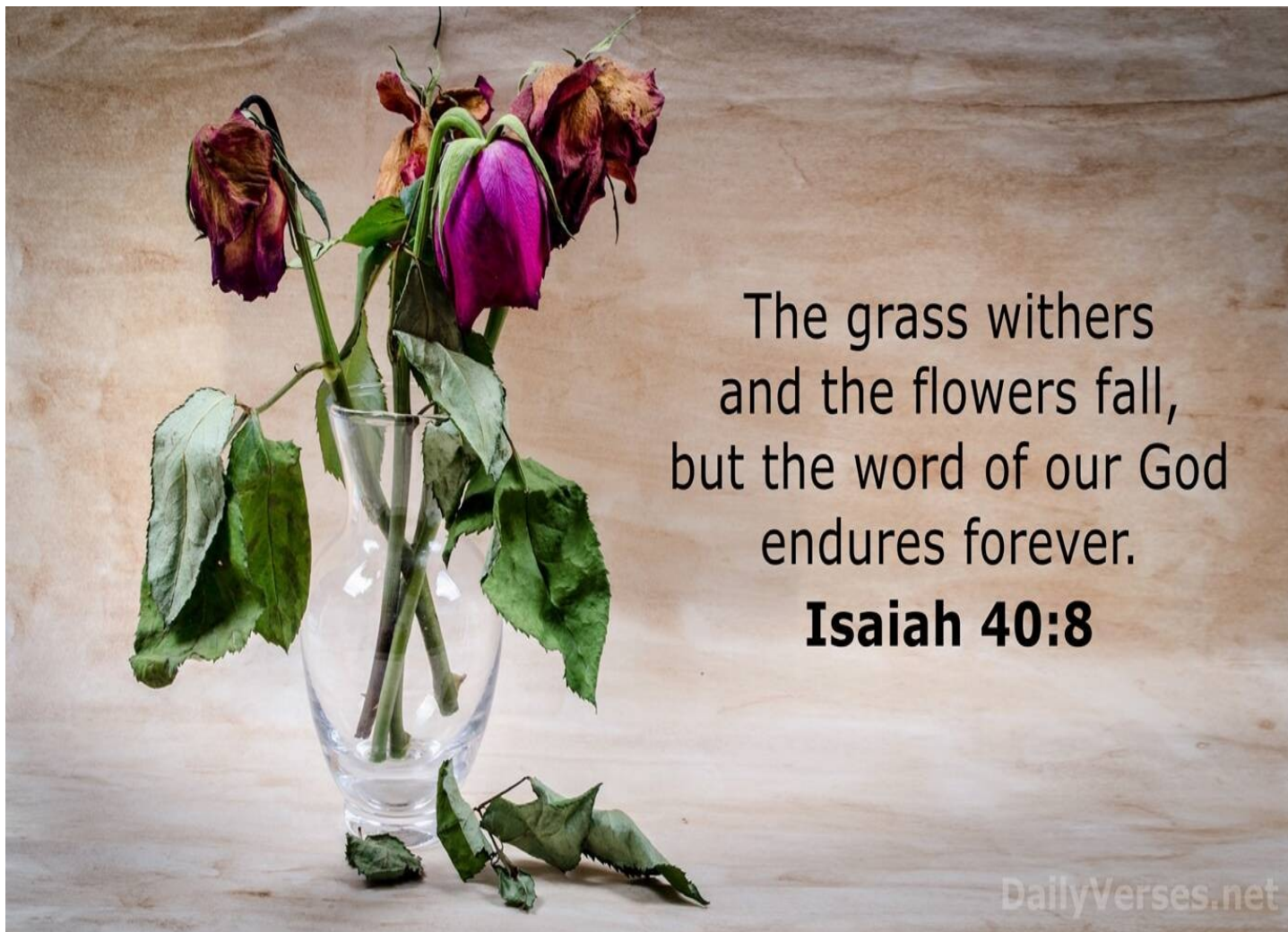
Millie (Drew) Cuthill may have come out of the womb humming a tune. Her origins, and life until the completion of high school were on a farm near Desmond Ontario. There through her years of Sunday School, Youth Group, and church involvement, Millie sang. Millie remembers being in three choirs at once for a period of time; one being a Glee Club with fellow singer Marg Smith. Millie and her sister both learned to play the pump organ, and Millie was on occasion asked to be “the organist” when no other was available. Millie laughs, “I learned early on that if you don’t pump, it won’t play.”



The nearest high school for Millie was Napanee H.S. She was a busy girl there - track & field, badminton, music; and this is where Bill Cuthill came into Millie’s life, and still is after 57 years of marriage! Millie has spent 30 years in her working life looking after all of us. She took her Nurse’s training in Kingston after high school and was on the Operating Room anaesthesiology team for much of her time at Kingston General Hospital. Millie mentioned that after her marriage to Bill in Desmond United Church, they lived in rentals in Kingston for a few years. They first attended Princess St. United where Bill was an elder and the Rev. Burry Wiseman baptised their second child Jamie. Very much later, this same Rev. Burry Wiseman officiated at the funeral service of both Bill’s dad, and later his mother. In the Summer, the Cuthills rented a cottage from Art and Clara Clow on Howe’s Lake and came to love the Verona area. Millie says, “In winter, we would snowmobile out there while Darlene Clow (Nicol) would baby sit for us. We didn’t want to raise our kids in a suburb so we built our house on Sand Road and out we came; same house now in 2022.”

Naturally Millie’s musical interests guided her toward choir work - but there was no choir. So a group of women took to singing - Alfreda Watson, Joan Steele, Dorothy Reynolds, Millie, Carolyn Barnes, and Ruth Pugh (Gord Ramer’s sister); from there to Gord’s wife Carol and Bob’s your uncle - a choir was born! Back to Millie, and Trinity involvement - just assume Bill was behind every one of her church endeavours - Millie taught an all boys Sunday school class, was Chair of Session for 12 years, worked on Trinity Breakfasts, Apple Pie Bees, Christmas Hampers with Bill doing the grunt work, quilter’s group and more. With Betty Findlay, she ran an area Junior Girl’s Golf Tournament. Maybe one of you was part of it? The thread for Millie through all of this was choir.

“Our choir is a family, it is my privilege, my Spiritual connection”, Millie softly states. And it is our privilege that Millie Cuthill still graces us with her presence both in the pew, and in our Trinity choir!!



Wishing **everyone** who has celebrated and will celebrate a birthday in the upcoming months a very happy birthday!

**Happy birthday to you, happy birthday to you.
May God's richest blessings fall upon you!**

Hilda Warren	September 6th
Ed Asselstine	September 25th
Jane Mackay	October 8th
Jean Clair	November 14th
Bill Spain	November 14th
Maryl Hughes	November 18th
Norm Kennedy	November 22nd
Eileen Manson	November 24th

New Choir in Town!

Submitted by Rachael Smith-Tryon

South Frontenac has a new choir in town!

A Youth Choir, welcoming any school age children from our community has opened its doors this fall.

Hosted by Trinity and conducted by Musical Director Kim Duca, this local Youth Choir is an opportunity for children to grow a love of music in a supportive environment close to home.



Opening night brought us 12 bright smiles, full of energy and sounding beautiful. Our doors are open and we have spaces available for any school age child who would like to join us in this new and exciting musical adventure.

The choir meets Tuesday evenings from 4:30 to 5:30 at the church. The selected music is fun, age appropriate and engaging. To support transportation, there are limited spots available for bussing from the Harrowsmith schools (thank you Triboard Transportation for your support of this initiative to support the arts for our local youth). Any child with an interest in music and singing is encouraged to come and join us. A wonderful, local, opportunity for our youth to experience a choir with old friends and new.

Plans for a winter concert are underway and the children are looking forward to sharing their beautiful harmony with the community. Thanks to the donation of the practice space at Trinity and the time of Musical Director Kim Duca, we are able to offer this wonderful opportunity to any child in our community that has an interest in joining us at a cost of \$2/week. Fees should not inhibit any child from participating and alternative payment arrangements will be made where needed.

Anyone with questions is encouraged to email Rachael Smith-Tryon (rachaelandshawn@gmail.com) for additional details.

Now he who supplies
seed to the sower and
bread for food will also
supply and increase your
store of seed and will
enlarge the harvest
of your righteousness.
2 Corinthians 9:10



A Harvest Prayer

From The Chinook Psalter

Submitted by Rebecca Peters

The garden is rich with diversity
With plants of a hundred families
In the space between the trees
With all the colours and fragrances.

Basil, mint and lavender,
God keep my remembrance pure.

Raspberry, apple, rose,
God fill my heart with love.

Dill, anise, tansy,
Holy winds blow in me.

Rhododendron, zinnia,
May my prayer be beautiful.



Newfoundland Travelogue

Written by Bill & Millie Cuthill

The trip across Newfoundland was probably the best vacation trip we both ever had. It was a guided trip by a retired RCMP who had been stationed at Newfoundland at one time. He was retired and was living in Fredericton N.B. We went to North Sydney and rode our ATV's on to the Ferry. When we arrived in NFLD, we started our trip with our guide, Dave and two retired Vietnam veterans.



The two couples from Michigan had called Dave and said they couldn't come as there was a death in their family. Dave gave us the option to not go as he was wondering if Millie was game to travel with just men on the trip; she didn't hesitate to say "let's go," so off we went. He had everything arranged: the gas, rooms, ferries were all paid in advance. The breakfast and lunch were also paid. We only purchased our suppers. The first night we had fried cod tongue (that was the first time ever and was it ever so good). We travelled 965 miles in seven days on the Old Silver Bullet railway trail. We went 54 miles on/off an old logging road, which was unbelievably great country. The people were so friendly as Dave would stop at the different villages to gas up the ATV's. We had a hard time getting away as the folks were so friendly. I kind of wondered why travel the small villages? I asked him and he said he wanted us to meet the people and he didn't give Irving Gas any more money - that they make enough. We came back to North Sydney and Dave insisted we stay at his home as he wanted his wife to meet us. He had called ahead and his wife was great. Dave has passed away, but we still keep in touch with Gail. Millie says it was the trip of a lifetime.

EDITORS. NOTE: Do you have a short but amazing travelogue you would like to share about? Send it in by email, or drop off a hand-written account if necessary.

Church Finances

Submitted by Don Coleman

Here are our church finances to date (September 28th, 2022):

Local Expenses - Our income for this period was \$50,272.06. Our expenses for the same period was \$72,461.13 leaving us with a shortfall of \$22,189.07.

We had a carryover of \$24,059.53 from 2021 leaving us with a balance of \$1,870.46.

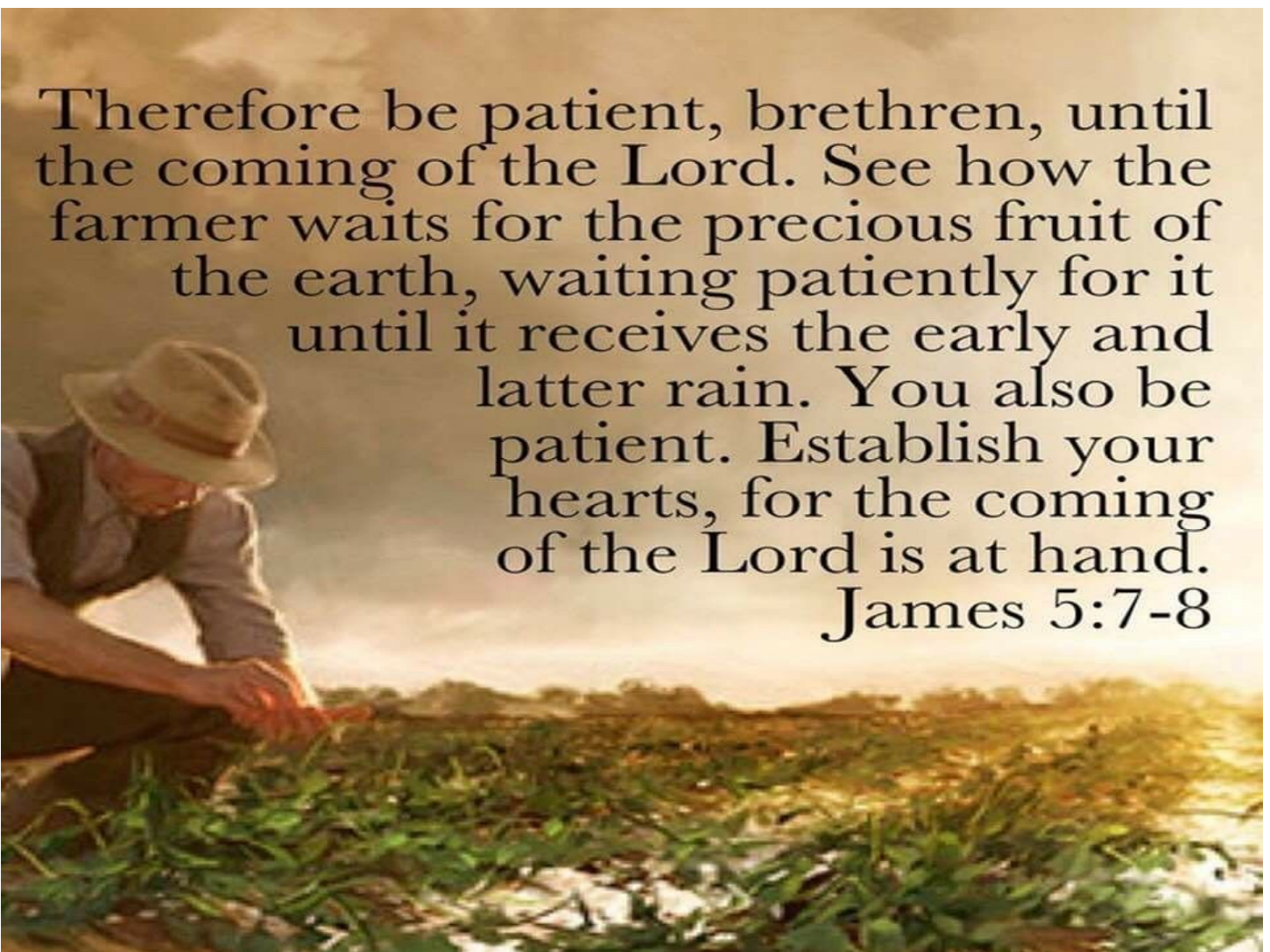
Mission & Service - Our givings to Mission and Service for the same period was \$6,245.50. We are currently at 52% of our projected target for 2022 at \$12,000.

With the improving attendance and increasing rental activity, we can look forward to an improvement to our financial situation over the remainder of the year.

We thank all those who have supported us over the past nine months and look forward to your continuing support.



Therefore be patient, brethren, until the coming of the Lord. See how the farmer waits for the precious fruit of the earth, waiting patiently for it until it receives the early and latter rain. You also be patient. Establish your hearts, for the coming of the Lord is at hand.
James 5:7-8



Bible Study for the Fall

Submitted by Rev. Catherine Oxenford-Grant

“When someone invites you to a wedding feast, do not take the place of honour [Luke 14: 8a]

How many of us have gone to a concert, a gathering or even a new church only to be told to move because we are in someone

else’s seat? I can see you smiling at those folks who insist on sitting in *their* seats every Sunday!! You may even be one of them.



It isn’t often in our culture that we encounter situations where we are moved up higher – perhaps to first class on an empty airplane? A treat, an unearned gift.

In Luke’s telling of this parable Jesus is instructing his host, a Pharisee, who he is to invite to his own dinner party and where those people might sit (well above their usual station). Jesus was not himself a polite dinner guest, what with healing a fellow with dropsy at the Pharisee’s door on the Sabbath and then coming in with instructions like some kind of heavenly drill sergeant. But this was like so much of Jesus’ teachings – a reversal of norms, that humility would be rewarded in heaven, not like this world at all.

It’s a metaphor, of course – for who is welcome at God’s banquet and in turn, who is welcome at our tables and into our worship space? How ought we to practice humility and generosity, ridding ourselves of pride?

I am fan of C.S. Lewis’ [The Screwtape Letters](#) – a series of letters from a senior demon to his nephew Wormwood, a junior tempter, about the ways in which he is to lure the human away from God.

All virtues are less formidable to us once the man is aware that he has them and this is especially true of humility. Catch him at the moment when he is really poor in spirit, smuggle into his mind the gratifying reflection, “I’m being humble” and almost immediately pride at his own humility will appear and turn the man’s attention towards himself rather than towards God and his neighbours...loving them as himself. (I have paraphrased for length)

Jesus preaches a positive message of love throughout all four Gospels and he tells us that the humble will inherit the earth and be made great. We aren’t to think badly of ourselves but to put all

(Continued on page 8)

Bible Study for the Fall

Submitted by Rev. Catherine Oxenford-Grant

(Continued from page 7)

others on the same level – loving and caring for them as ourselves.

In this parable the guests who raced to the best seats in the house are admonished to take a lower seat and give the good seats to others. We know that pushiness and arrogance reflect a corrosive attitude, a sense of personal privilege. Given enough light and fertilizer, pride grows into a pattern of truly selfish attitudes.

Jesus has asked his hosts to invite *“the poor, crippled, lame, and blind”* [14: 13] knowing that there is often no honour forthcoming in the here and now. Jesus has always asked awkward questions and his observations were likewise uncomfortable – the power-brokers of the day watched him closely for any misstep. Jesus wants to up-end the established social order; *“Indeed, some are last who will be first, and some are first who will be last.”* [13: 30]

We all need to feel like we matter, are wanted, valued and have some significance. Gate keeping, blocking and resisting change is simply the fear of losing our place at the table. However, in Jesus’ ideal world, status and privilege will fade and fall in our list of what really counts about life.

So, bottom line – in our churches, we have a banquet to offer people in need. There is no particular seating plan – and all of us are God’s extraordinary guests.

Ukrainian Relief

Submitted by Don Coleman

We have been receiving envelope donations earmarked for Ukrainian Relief. At this point, the Red Cross agency best positioned to respond to this crisis is the Canadian Red Cross. Monies donated through offering envelopes will be passed on directly to the Canadian Red Cross.

Donations can also be sent directly to the Canadian Red Cross. The

address is: **Canadian Red Cross Society, P.O. Box 39, St. John, NB E2L 3X3.** Money raised will enable the Red Cross and Red Crescent Movement to respond to humanitarian needs generated by almost eight years of conflict, as well as preparedness and response efforts due to heightened tensions in Ukraine. The support could include preparedness, immediate and ongoing relief efforts, long-term recovery, resiliency, and other critical humanitarian activities as needs arise, both in Ukraine and surrounding countries, including supporting populations displaced.



Thanksgiving Greetings from Brampton

Card Received from Shirley Ellison

To all worshippers at Trinity United, Verona

I am thrilled with the news of our new Moderator and look forward to news that she brings to us.

I am hoping to start up our UCW program again but many elderly women are still fearful of Covid.

I have had some more health problems so this determined my fewer days spent at Cragghead cottage. Hope to be there for Thanksgiving.

The days here are still warm and sunny but we know that autumn is not far away. I wish each of you many blessings as you see and feel the season change. I think of you often.

Keep well, happy and kind to all.

Blessings

Shirley Ellison



A Short Prayer

Submitted by Rev. Catherine Oxenford-Grant

Gracious God, may I live life with
a readiness to forgive.

May I combine strength and tenderness,
accepting what comes with your grace.

May gratitude be the pillow upon which I kneel
when I say my nightly prayers.

And let faith be the bridge I build to overcome
evil and welcome that which is good.
Amen.

Church Foodbank Needs

Please continue our long practice of contributions to the local food bank. Your items can be placed in the wagon at the back of the sanctuary. Thank you for supporting this important outreach!



- Pasta Sauce
- Applesauce
- Canned Fruit
- Laundry Soap
- Rice or Pasta Sides
- School Safe Snacks
- Cookies
- Pancake Mix & Syrup
- Macaroni
- Shampoo & Conditioner
- Salad Dressings
- Body Wash & Deodorant
- Dish Soap
- Family sized cereal

The Road Ahead

Submitted by John McDougall

(Continued from page 1)

Ian McKay provided the following notes in his absence:



The Realities

We are a church of a main line denomination set within a theological structure that is both traditional and progressive. We are situated in the centre of a small town which is both rural and recreational in nature. We have a well-maintained building with many upgraded features designed for corporate worship, for fellowship and community service, including the preparation and serving of refreshments and meals. Our sanctuary can also function well for the promoting and the building of the performing arts. Our lower level is spacious and can be used for all kinds of community events. We have a parking lot with easy parking available on side streets. We have upgraded accessibility. Church is no longer regarded as being a strong, effective part of community life. Worship and fellowship, which are central components of church life, are not high priorities in the minds of modern society. Regular attendance and church membership is not growing. It appears to be on the decline. Cost of operation and ongoing maintenance is a growing concern. Our membership is aging and church attendance shrinking. Covid has impacted us badly.

Meeting adjourned. ***Future meetings will be held monthly beginning after service on October 16th and November 20th.***

Masking Mandate

At the September 13th meetings of Session and Stewards, the decision was made that masks are now optional in the sanctuary during services.



Be assured that this decision will be reviewed monthly at both Session and Stewards. Also our policy would change immediately if indicated by Provincial Health authorities.

Fall Zucchini Soup

Submitted by Rebecca Peters

Ingredients:

- 2 tbsp butter
- 1 small yellow onion, *diced*
- 2 cloves garlic, *minced*
- 1/4 tsp dried rosemary
- 1/4 tsp dried thyme
- 1/4 tsp celery salt
- 1/4 tsp black pepper
- 1/4 tsp salt
- 1 pinch cayenne (*optional*)
- 5 cups zucchini, *chopped* (There is no need to peel the zucchini for this soup unless yours is jumbo sized, in which case it's possible that the skins are tough and slightly bitter)
- 3 cups chicken stock
- 1 tbsp Worcestershire sauce
- 2 russet potatoes (or equivalent to 1 pound), *diced*
- 1/2 cup half and half cream
- 1 cup cheddar cheese, *shredded*

Directions:

1. Melt butter in a soup pot over medium heat. Cook diced onion and garlic in melted butter until softened.
2. Add zucchini and seasonings, sauté for 5 minutes.
3. Add chicken broth, Worcestershire sauce and diced potatoes. Bring to a boil. Skim up any brown foam from the top if needed.
4. Let simmer, partially covered, until the vegetables are very fork tender. About 20 minutes.
5. Remove from heat. Use an immersion blender or transfer to a blender in batches to blend until smooth.
6. Transfer back to the soup pot on low heat setting. Stir in the half and half.
7. Stir in the shredded cheese. Remove from heat and serve.
8. Top with more cheese if desired. Enjoy!

A Prayer for Autumn Days

By Joyce Rupp

Submitted by Sheila Anthony

God of the seasons,
there is a time for everything;
there is a time for dying and a time for rising.
We need courage to enter into
the transformation process.

God of autumn,
the trees are saying goodbye to their green,
letting go of what has been.
We, too, have our moments of surrender,
with all their insecurity and risk.
Help us to let go when we need to do so.

God of fallen leaves
lying in coloured patterns on the ground.
our lives have their own patterns.
As we see the patterns of our own growth,
may we learn from them.

God of misty days and harvest moon nights,
there is always the dimension of mystery
and wonder in our lives.
We always need to recognize your power-filled presence.
May we gain strength from this.

God of harvest wagons and fields of ripened grain,
many gifts of growth lie within the season of our surrender.
We must wait for harvest in faith and hope.
Grant us patience when we do not see the blessings.

God of geese going south
for another season, your wisdom enables us
to know what needs to be left behind
and what needs to be carried into the future.
We yearn for insight and vision.

God of flowers
touched with frost and windows wearing white designs,
may your love keep our hearts
from growing cold in the empty seasons.

God of life,
you believe in us, you enrich us,
you entrust us with the freedom to choose life.
For all this, we are grateful.
Amen.