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"Something good is happening here!!"

LOONIES FOR LENT

This year, as we observe the season of Lent, we will read the passion as presented in The Gospel according to John and other portions of the gospel. Once again, I invite members to put aside a "loonie or toonie" each day (40 days) to support our outreach work. This year, this Lenten fund is designated to support the Syrian refugee family that we are sponsoring.

Day	Date	Reading	Day	Date	Reading
1.	Feb. 10	14:1-7	21.	Mar. 08	22:24-27
2.	Feb. 11	14:8-14	22.	Mar. 09	22:28-30
3.	Feb. 12	14:15-17	23.	Mar. 11	22:31-34
4.	Feb. 13	14:18-24	24.	Mar. 12	22:35-38
5.	Feb. 15	14:25-31	25.	Mar. 13	22:39-42
6.	Feb. 16	15:1-6	26.	Mar. 14	22:43-46
7.	Feb. 17	15:7-11	27.	Mar. 15	22:47-51
8.	Feb. 18	15:12-17	28.	Mar. 16	22:52-53
9.	Feb. 19	15:18-20	29.	Mar. 18	22:54-57
10.	Feb. 20	15:21-25	30.	Mar. 19	22:58-62
11.	Feb. 22	15:26-27	31.	Mar. 20	22:63-65
12.	Feb. 23	16:1-4a	32.	Mar. 21	22:66-71
13.	Feb. 24	16:4b-11	33.	Mar. 22	23:1-5
14.	Feb. 25	16:12-15	34.	Mar. 23	23:6-12
15.	Feb. 26	16:16-19	35.	Mar. 25	23:13-25
16.	Feb. 27	16:20-24	36.	Mar. 26	23:26-31
17.	Feb. 29	16:25-28	37.	Mar. 27	23:32-38
18.	Mar. 01	16:29-33	38.	Mar. 28	23:39-43
19.	Mar. 02	17:1-5	39.	Mar. 29	23:44-49
20.	Mar. 03	17:6-11	40.	Mar. 30	23:50-56

MINISTERIAL LENTEN SERIES

The theme for this year's series is "Loving God, Loving Neighbour".

- February 14 Holy Trinity Anglican
Preacher: Pastor Dennis Jones
- February 21 Christ-the-King DB Lutheran
Preacher: Rev. Tim Dayfoot
- February 28 Thornhill Presbyterian
Preacher: Rev. Sebastian Meadows-Helmer
- March 06 Thornhill United
Preacher: Canon Stephen Fields
- March 13 St. Luke's R. Catholic
Preacher: Rev. Tom Vais

Offerings taken at these services will support the work of Evergreen Hospice, Yellow Brick House & Out of the Cold.



A LENTEN EXPERIENCE FOR CHRISTIANS

Three Nights at 7:30 p.m.

Holy Trinity Church, Thornhill

140 Brooke Street, (Yonge & Centre Sts.)

UNDERSTANDING ISLAM (Islam 101)

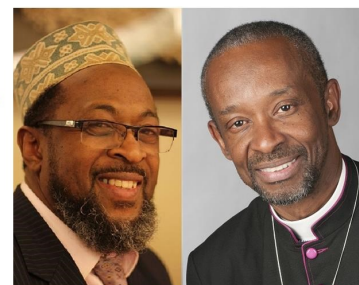
February 17

EXPERIENCING ISLAM (Stories of Islam)

February 24

ENGAGING ISLAM (A Conversation)

March 2



Imam Abdur Rashid Taylor
Canon Stephen Fields

PALM CROSSES TO ASHES

Your Palm Crosses make your ashes for Ash Wednesday. Please bring in last year's Palm Crosses and leave them in the box provided at the back of the church. Thank you!

ASH WEDNESDAY SERVICES

February 10

10:00 a.m. & 7:30 p.m.

VESTRY 2016

February 28

Annual Vestry Meeting is Sunday, February 28 at 11:00 am. Please note that there will be only **ONE SERVICE at 9:00 am on Vestry Sunday**. Light refreshments will be served following the service. Copies of the Vestry Report will be available for pickup for those who are unable to access electronic copies. Please plan to attend.

PARISH HEALTH MINISTRY

This time post-Christmas has gone by in a flash. Falls are always a concern at this time of year with icy patches and variable temperatures. I read recently that within 2 hours of dinner, our blood pressure can drop leading to dizziness or light-headedness and an increased risk for falls. This is a greater risk as we age and in people with high blood pressure, diabetes or Parkinson. If you notice this in yourself, let your doctor know and be extra cautious during post-dinner period.

On **Sunday February 21** there will be **blood pressure screening** after the 10:00 service. If you would like to see how your blood pressure is or monitor how a medication is working, come along and myself or my helper will test it for you.

Plan to attend our **Lunch and Learn on 'Promoting Better Digestive Health'** to be held on **Wednesday March 9 at 10:30 am**. Cathy Pearson will be presenting. Sign-up sheets will soon be posted to help us with our planning.

Visiting by phone or in person, is how I spend the majority of my time. I am trying to do more visits in person to those who are ill or shut-in, especially during this cold time of year. I appreciate calls letting me know of people who may need these visits. If you call anytime during my work days of Monday & Wednesday and don't find me in, please leave a message and I'll follow up. I may be out on a visit.

We have a nebulizer, a device to administer medication in the form of mist inhaled into the lungs. If you or someone you know could use this equipment, please contact me/Susan Rodgers at Ext 29.

OUT OF THE COLD Dinner & Shelter

The weekend program continues to run until March 11. We are accepting donations of new dark-colour socks and underwear, boxers preferred, sizes M through XL, during the month of February. Please contact Linda Gould if you have any questions.

LITTLE MERMAID

Stephanie Birrell, our choir member, will be playing "Ariel - the Little Mermaid" in this Broadway musical to be staged at Markham Theatre. If you'd like to see Stephanie in action, be sure you buy tickets on the following performances:

- Thursday February 18 at 7:30 pm
- Saturday February 20 at 7:30 pm and
- Sunday February 21 at 1:00 pm

Tickets are available from box office 905-305-7469(SHOW) or at markhamtheatre.ca. There are other dates & times that Stephanie will not be in.

WORLD DAY OF PRAYER

Friday March 4

Please join us for Ecumenical Service at **1:30 pm** at the Christ the King - Dietrich Bonhoeffer Lutheran Church, 149 Bay Thorn Drive. Service written by the Women of Cuba: "**Receive children. Receive me.**" You will find more info in the upcoming Trinity News.

LUNCH and LEARN

March 9

Your digestive system is rather like the engine in your car. When it's running smoothly, you tend to forget about it. Here is an opportunity to learn about making the best food choices. Our Cathy Pearson, Registered Dietician, will present

PROMOTING BETTER DIGESTIVE HEALTH



10:30 am Wednesday March 9 should be on your calendar. Registration sheets will be outside the auditorium.

A weekend for all Women.

AWARE Peterborough is happening **April 29 to May 1** (4:00 pm Friday to after lunch Sunday) at Elim Lodge, Lakehurst.

A – Anglican – By denomination

W – Women - By God's design

A – Alive - in Jesus Christ

R – Renewed – in the Holy Spirit

E – Enriched – For Service

Come and get enriched in the music, workshops, fellowship, in the Speaker, in Prayer and in the Eucharist on the last day. The fee is \$260 including accommodation & meals. Our Chaplain this year is a Priest of the Diocese – the Rev. Anne Moore, former Chaplain of the Diocesan ACW.

The website http://www.awarepeterborough.com/aware_registration.htm is still under construction. However, if you are interested, Jean Glionna will email you the Registration Form. The deadline for registration & fee is **Friday April 1**.

NEW EXECUTIVE FOR THE ACW

At the recently held Annual General Meeting of our Anglican Church Women, the following were elected to serve on the Executive Committee.

Co-Presidents: Vivienne Hansford, Dianne Rimmer (Interim)

Past President: Jane Winstanley

Treasurer: Enid Corbett assisted by Susan Hogeboom

Secretary: Anne Thomson & Jean Glionna

Hospitality: Robin Parravano & Kim Gordon

Publicity: Bari-Lynne Butters & Rowena Zealey

Auxiliary Positions

Housekeeping: Gladys Smith & Heather Rivett

Calendars: Jane Winstanley