

140 Brooke Street, Thornhill, ON L4J 1Y9
 Phone: 905 889 5931 • Fax: 905 889 5632
 www.holytrinity-thornhill.ca • info@holytrinity-thornhill.ca

"Something good is happening here!!"

LOONIES FOR LENT

We continue to observe the season of Lent, reading the passion as presented in The Gospel according to John and other portions of the gospel. As we read, be reminded 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
18	Mar. 01	16:29-33	30	Mar. 15	18:28-32
19	Mar. 02	17:1-5	31	Mar. 16	18:33-38a
20	Mar. 03	17:6-11	32	Mar. 17	18:38b-40
21	Mar. 04	17:12-19	33	Mar. 18	19:1-7
22	Mar. 05	17:20-23	34	Mar. 19	19:8-12
23	Mar. 07	17:24-26	35	Mar. 21	19:13-16a
24	Mar. 08	18:1-5	36	Mar. 22	19:16b-22
25	Mar. 09	18:6-11	37	Mar. 23	19:23-25a
26	Mar. 10	18:12-14	38	Mar. 24	19:25b-30
27	Mar. 11	18:15-18	39	Mar. 25	19:31-37
28	Mar. 12	18:19-24	40	Mar. 26	19:38-42
29	Mar. 14	18:25-27			

MINISTERIAL LENTEN SERIES

The theme for this year's series is **"Loving God, Loving Neighbour"**. The final two weeks are as follows

- March 06 Thornhill United Church
Preacher: Canon Stephen Fields
- March 13 St. Luke's R.C. Church
Preacher: Rev. Tom Vais

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

ENCOUNTERING ISLAM

March 2

Our final session with Imam Abdur Rashid Taylor and Canon Stephen will be on Wednesday, March 2. Join in the conversation as we explore some of the things our two faiths hold in common. It is our hope that this short series opened a few windows into Islam

SERVICES FOR HOLY WEEK & EASTER

Mar 20 Palm Sunday	8:00 & 10:00 am
Mar 24 Maundy Thursday	7:30 pm
Mar 25 Good Friday	12 :00 noon
Mar 27 Easter	8:00 & 10:00 am

WORLD DAY OF PRAYER

Friday March 4



You are invited to this Ecumenical Service at **1:30 pm** at the Christ the King - Dietrich Bonhoeffer Lutheran Church, 149 Bay Thorn Drive. Service was written by the Women of Cuba: **"Receive children. Receive me."**

Speaker: The Rev. Carey Meadows-Helmer.

LUNCH and LEARN

March 9

Come and learn about making the best food choices to improve our digestive system. View and sample variety of food items that you may have heard only. Our Cathy Pearson, Registered Dietitian, will present

PROMOTING BETTER DIGESTIVE HEALTH



10:30 am Wednesday March 9 in our Auditorium. Lunch is sponsored by Richview Manor Retirement Residence in Maple. Free admission but registering yourself (and friends) will help with logistics. Sign- up sheets just outside 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 jean@glionna.ca will email you the Registration Form. The **deadline** for registration & fee is **Friday April 1**.

PARISH HEALTH MINISTRY

As we head into March and spring, we concentrate on improving our nutrition. Sugar, particularly fructose and trans fats seem to be what the nutritionists tell us to avoid these days, as well as too much salt. Saturated fats are not always discouraged now. I've been reading about the benefits of coconut oil. Previously, I was taught all saturated fats were to be avoided. MSG, monosodium glutamate and HVP or hydrolyzed vegetable protein are additives to avoid. Studies show their flavour enhancing properties encourage overeating. Designating months to health issues helps us to catch up with the newest research and adapt accordingly. They say learning new things helps prevent dementia, so at this rate with new research coming out all the time, if we try and keep up, we'll also be protecting our brain!

Our coming **Lunch and Learn** topic **'Promoting Better Digestive Health'** will address some of the aspects of our diet that keep our digestive system healthy so that we can get the best nutrition from what we eat. It will be on Wednesday March 9, 2016 at 10:30 am. Cathy Pearson our registered dietitian will share her knowledge with us.

Saturday May 7, 2016 the Healing and Wellness ministry is planning another CPR/AED/First Aid session.

- 8:30 am—12:30 pm will be CPR/AED recertification, and
- 1:00—5:00 pm First Aid.

We have not held these training for the past 3 years, so it's time for people who have been trained previously, to have a refresher and for those who never took the course to consider taking it. This one day can possibly save the lives of family, friends and others in groups to which you belong. We are lucky to have an AED (Automated External Defibrillator) in this parish. It is mounted just outside the auditorium. Therefore, it is good to have as many parishioners as possible who know how to use it. In case of an emergency, the faster circulation can be established, the better.

Please contact me by email or phone and I can sign you up. Please also let friends and family know of this opportunity. It will be advertised in the Thornhill Ministerial as well.

Get out and enjoy the improving weather and keep up your physical activity. It is the best way to keep up your strength and maintain independence.

Susan Rodgers, Parish Nurse

SATURDAY BREAKFAST

April 2

The ACW invites everyone (men & women) to
"At a Distance/& Very Close"

with Robin Pacific and Mou Modhubontee

Hear Robin's work with garment/factory workers in Bangladesh.

Saturday April 2, 2016 at 8:30 am in our Auditorium. Sign-up sheets will be available soon.

EASTER CANTATA

Sunday April 3

Holy Trinity Choir will present **"The Passion and The Promise"** by Lloyd Larsen & Mark Hayes, a beautiful rendering of Christ Passion. Do not miss this **10:00 am** service.

SPRINGTIME MELODIES & MORE

April 8

This is a show you don't want to miss. Skylark Trio, a group based in the GTA with "a special affinity for the sumptuous style and sound of the big band era will be the main feature in a musical presentation, Springtime Melodies & More, on **Friday, April 8 at 7:30 pm** in our auditorium. Our own **Stephanie Birrell** will be the opening act. Admission to this cabaret is \$15. Tickets will soon be available.



Spring Rummage Sale

April 23

Please put away your gentle used items for this fundraise endeavour. We accept clothing, shoes & accessories, jewelries, books, CD/DVD, and linens. Toys and household items including small appliances. Watch for signs in the building.

ORGANIST/MUSIC DIRECTOR: Search Committee Update

Interviews to find our next Organist/Music Director will begin in April. In addition to an interview with the Search Committee, the candidates will conduct a rehearsal with the choir and lead the music on the Sunday following that rehearsal. Please continue to support the committee with your prayers.