



HolyTrinityHammondRiver



*St. Augustine's Quisquamis*

Oct 14	9 am	Holy Communion, Holy Trinity Hammond River, Rev. Michael O'Hara
Oct 14	11 am	Holy Communion, St. Augustine's, Rev. Michael O'Hara

**Recurring Events**

Mondays	10 am	Calico Quilters, Holy Trinity
Mondays	10:30 am	ACW, St. Augustine's
Tuesdays	10 am	Choir rehearsal, Holy Trinity
Tuesdays	6 pm	TOPS, Holy Trinity
Wednesdays	11:15 am	Bible Study, Holy Trinity
Wednesdays	8 pm	AA, Holy Trinity
Thursdays	10 am	Choir rehearsal, St. Augustine's
Thursdays	10:30 am	ACW, St. Augustine's
Thursdays	6:00 pm	TOPS, St. Augustine's
Saturdays	6 pm	AA, St. Augustine's

**UPCOMING EVENTS AT HOLY TRINITY:** **Movie Night** Thurs Oct 18<sup>th</sup> (see below); **Brain Health and Aging workshop** Sat Oct 20<sup>th</sup> (see below); **Prayer shawl** meeting Mon Oct 22<sup>nd</sup> 7 pm; Romero House **Soup Day** Fri Oct 26<sup>th</sup>; **Holy Joe's** meeting Sat Oct 27<sup>th</sup> (speaker to be announced); **Food Bank** Sun Oct 28<sup>th</sup>.

**UPCOMING EVENTS AT ST. AUGUSTINE'S:** **Pork loin supper** Sat Nov 17<sup>th</sup> (see below).

**MOVIE NIGHT:** "Beauty and the Beast" will be screened on Thurs (not Friday!) Oct 18<sup>th</sup> at 7 pm at Holy Trinity. This PG movie features an all-star cast including Emma Watson, Dan Stevens, Luke Evans and Kevin Kline and is the classic fairy tale of breaking a curse and finding love. Admission, popcorn and a beverage are all free but a donation to the KV Food Bank or to mission projects at Holy Trinity would be greatly appreciated. See you at the movies!



**BRAIN HEALTH AND AGING:** Sat Oct 20<sup>th</sup> 10-11:30 at Holy Trinity. Guest speaker will be Lisa Guidry, Nurse Practitioner, who specializes in gerontology, aging and primary health care. Lisa will talk about how to keep our brains as healthy as our hearts while aging and how to recognize the difference between healthy and unhealthy symptoms. There is no cost for this session but a free will offering would be gratefully accepted. Lunch will be provided following the presentation. Please call 647-8170 to register.

**FALL PORK LOIN SUPPER:** Sat Nov 17<sup>th</sup> at St. Augustine's. There will be two sittings: 4:00 pm and 5:30 pm. More details will be given as the date approaches!



**LAYREADER TRAINING:** Sat Oct 27<sup>th</sup> at St. James the Less in Renforth. The topic will be *Leading Worship as a Layreader* with Rev. David Peer. Please visit: <http://anglican.nb.ca/ministries/layreaders> to register.

**ST. LUKE'S ANNUAL ROAST BEEF SUPPER:** Sat Oct 20<sup>th</sup> from 4 - 6 pm at St. Luke's Gondola Point Parish Hall. There are two sittings - 4:00 pm and 5:00 pm - and tickets are \$14 for adults and \$5 for children 12 years of age and under. Tickets are available for either eat in or take out and are limited, so please call Diane at 847-8410 soon to reserve yours! Enjoy delicious roast beef, mashed potatoes, gravy, veggies and roll, pies, tea, coffee and juice.



**EPIPEN NOTICE:** Do you know how to administer an EpiPen (epinephrine) if you are with someone who is having a severe allergic reaction? Would you like to know, or refresh your memory? Betty-Anne Waugh of Holy Trinity would be happy to help! She has two “trainers” - pens with no drugs or needles - to give you an opportunity to practice and become familiar with the pen. The training only takes a minute and if you have questions, Betty-Anne will answer them or find the answer for you. She will bring the trainers to church on Sundays so feel to ask her.



**LENDING LIBRARY - A HEALTH MINISTRY INITIATIVE:** Interested in exploring spirituality and faith-based books without the cost of buying them? Visit Holy Trinity's Lending Library located in the Nursery. Also available will be novels to borrow, keep or share. To donate or lend books, please drop them off in the parish office with a note to the Parish Nurse and include your name.



**PRAYER LISTS:** Sheila O'Hara is maintaining our prayers lists. If you wish to add someone to the list, you must first have their permission before contacting Sheila at **260-5014** or by emailing her at [sheila.a.ohara@gmail.com](mailto:sheila.a.ohara@gmail.com). Please note that after 4 or 5 weeks, if Sheila doesn't hear from you, the name will be removed from the list in an effort to keep the list current and relevant.