



HolyTrinityHammondRiver



St. Augustine's Quispamsis

Jan 9 th	9:00 am	Holy Communion, Holy Trinity Hammond River, Rev. Michael O'Hara
Jan 9 th	11:00 am	Holy Communion, St. Augustine's, Rev. Michael O'Hara

Recurring Events

Mondays	10:00 am	Calico Quilters, Holy Trinity - to be announced
Mondays	10:30 am	ACW and Quilting, St. Augustine's - resumed Jan 6 th
Mondays	2:00 pm	ACW, Holy Trinity
Tuesdays	10:00 am	Choir rehearsal, Holy Trinity - to be announced
Wednesdays	11:00 am	Bible Study, Holy Trinity - resumed Jan 5 th
Wednesdays	6:00 pm	Food For Life and More program, Holy Trinity - resumed Jan 5 th
Wednesdays	8:00 pm	AA, Holy Trinity
Thursdays	10:00 am	Choir rehearsal, St. Augustine's - to be announced
Thursdays	10:30 am	ACW and Quilting, St. Augustine's - resumed Jan 6 th
Thursdays	6:00 pm	TOPS, St. Augustine's - resumed Jan 6 th

UPCOMING EVENTS AT HOLY TRINITY: Food For Life and More program Wednesdays at 6 pm starting Jan 5th (see page 2); Sandwich Brigade Sun Jan 16th (see below); ACW Mon Jan 17th; Food Bank Sun Jan 23rd (see below); Book Club Tues Jan 25th (see page 2); Romero House soup mission Fri Jan 28th (see below); Prayer Shawl meeting Jan 31st (see below). For more information on Holy Trinity's programs and events please visit: <http://anglicanparishofhammondriver.ca>

UPCOMING EVENTS AT ST. AUGUSTINE'S: Woodworking Group (see page 2).

BIBLE STUDY: Holy Trinity's Bible Study on "The Sermon on the Mount" takes place on Wednesdays at 11 am starting on Jan 5th. Everyone is invited to join them in the multi-purpose room for a time of fellowship and discussion. As with church services, face masks and proof of vaccination are mandatory.



SANDWICH BRIGADE: Holy Trinity's sandwich mission for Outflow Ministry takes place on the third Sunday of each month. Please contact Cleo Cyr for more information.



ROMERO HOUSE SOUP MISSION: This mission takes place on the fourth Friday of each month. Please contact Cleo Cyr for more information.



FOOD BANK SUNDAY: Holy Trinity collects non-perishable food items for the KV Food Bank on the fourth Sunday of every month. Please leave your donations in the Narthex.



PRAYER SHAWL GROUP: The Holy Trinity prayer shawl group meets on the last Monday of the month at 7 pm. For more information, please contact Cleo Cyr.



BOOK CLUB: Holy Trinity's book club meets in the hall on the last Tuesday of each month. Their next meeting will take place on Tues Jan 25th at 3:30 pm.



FOOD FOR LIFE ... AND MORE: Are you struggling with holiday or COVID weight gain? Join us for weekly group meetings that will help you reach the healthiest weight “for you” by practicing hunger prevention and living a healthy lifestyle, starting Wed Jan 5th at Holy Trinity Church Hall from 6-6:45 pm. **Due to the recent uptake of COVID cases we will be meeting with each person individually for private consultations starting at 6 pm. We will start group sessions as soon as we safely can.** To register or for more information about fees call Cleo Cyr, Parish Nurse, at 506-647-8170 or email: cleocyr1@gmail.com **The following Covid precautions will be in place:** you must show proof of two-dose vaccination, wear a face mask at all times, practice social distancing, and sign in and sanitize hands on entry to each meeting.

MEMORY STARS: Holy Trinity will be removing the Christmas decorations after the service on Sun Jan 9th and would appreciate help from anyone who is able and would like to. As well, the memory stars that were on the Memory Tree in the sanctuary during the holiday period will be given out to anyone who would like to have one.



HOLY TRINITY SERVICES: A reminder for parishioners going forward - don't forget to **register** for the 9 am services at Holy Trinity. By registering you are helping us ensure that we can keep everyone safe. Please contact Mark or Kathy Allaby at 832-3759 or by email at: kathyallaby@outlook.com or markallaby@hotmail.com to register.



WOODWORKING GROUP: The woodworking group at St. Augustine's is on-going most days of the week. They welcome new ideas for seasonal craft projects. Please contact Kevin Tupper for more information or if you are interested in joining.

