



HOLY TRINITY HAMMOND RIVER



FALL NEWSLETTER 2023

NEW THIS FALL!

Holy Trinity
Anglican Church -
a community
gathering place
and seniors
resource centre.

Located at
2 Hammond River
Rd. in Quispamsis
at "the little
church by the
bridge."

For information on
all events call
506-647-8170



Healthy You Group! Starts September 13, 2023

Wednesdays from 6 pm to 7 pm. This group focuses on the 5 basics for leading a healthier life -
Faith, Food, Fitness, Focus and Friends.
There is a weekly weigh-in and lots of learning and sharing.
No fee to join. Enrollment is Limited.
Call 506-647-8170 to register.

Fall Speakers Series - Get all your questions answered!

Monday September 18th, 2023 from 7 pm - 8 pm

MANAGING STRESS

This session will provide practical techniques and tips to reduce the effects of both stress and anxiety and ultimately improve sleep.

*Please join us for an uplifting evening with special guest
Dawn O'Dell of CMHA*

Trinity Corner Café - Starting September 21st, 2023

Twice a Month Coffee & Chats

1st & 3rd Thursdays of each month 1 pm to 3 pm

A great opportunity to meet over coffee and snacks for card games, puzzles, explore the library or just sit and chat!

Ride For Refuge! 5 km Walk, Run or Bike

Saturday September 23rd, 2023 10 am - 1 pm Rain or Shine!
Proceeds for Threshold Ministries "Ripples of Us" Program assisting those just released from being incarcerated or in the justice system.

Call 506-647-8170 to join a team or for more information.

Fall Speakers Series - Get all your questions answered!

Monday October 16th, 2023 from 7 pm - 8 pm

MINDFULNESS FOR HEALTH

This great session will help us understand what mindfulness is, and more importantly how to become mindful by understanding what do when you can't stop your mind from thinking of too many things at once - especially as a way to improve memory and help with sleep.

Please join us for an uplifting evening with special guest Dawn O'Dell of CMHA

SPECIAL WORKSHOP!

CAN I HELP? THE ART OF VISITING PEOPLE WHO ARE LONELY, GRIEVING OR UNWELL

Saturday October 21st from 9 am - 2 pm

Whether you are a family member or friend, you can benefit from this workshop. More than ever people need to be comforted with a visit. This interactive workshop will help you learn to listen more effectively, refresh skills you already have and make your visit more fulfilling. There is no fee to attend. Lunch is provided.

Please join us for an uplifting day with special guest Rick Benson, *Grief Recovery Specialist Pre-Register by calling 506-647-8170.*

Community Lunch - Friday October 27th, 2023 11 am to 1 pm

A variety of soups and desserts. Free will offering. Everyone is welcome. Call 506-647-8170 for information.

Fall Speakers Series - Get all your questions answered!

Saturday October 28th, 2023 from 2 pm - 4 pm

DEATH & TAXES

Death and Taxes are part of life! What do you need to know? How do you plan for the future? Should you preplan funeral arrangements? Do you need a will? What are your options? *Please join us for a special afternoon with guests*

David Nickerson from Brenan's Funeral Home & lawyer Kelli Lester.

Guild of St. Joseph Men's Group - 1st or 2nd Saturday of each month 9 am

Are you looking for a Christian Men's Group to join for fellowship? Affectionately known as the 'Holy Joe's', the group hosts guest speakers and good companionship. Everyone is welcome. Call Pat at 506-654-0304 for information

Knitting Club

2nd Tuesday of each month 2 pm Everyone is welcome. Call 506-647-8170 for information

Book Club

3rd Tuesday of each month 3:30 pm Everyone is welcome. Call 506-647-8170

Check out the Holy Trinity Calendar of Events at <http://anglicanparishofhammondriver.ca/> or Facebook at <https://www.facebook.com/holytrinityhammondriver>