



WEEKLY PARISH NEWS

Holy Trinity Parish News for the Second Sunday in Lent, March 16, 2025

Check out the website at <http://anglicanparishofhammondriver.ca/>

Please forward Facebook events to your contacts <https://www.facebook.com/holytrinityhammondriver>

Other parish contact information is located at the end of this newsletter. If you do not wish to receive these emails please reply to sender.

Readings for the Second Sunday in Lent, March 16, 2025

Genesis 15:1-12, 17-18; Psalm 27; Philippians 3:17-4:1; Luke 13:31-35 or Luke 9:28-36

Readings for Third Sunday in Lent, March 23, 2025

Isaiah 55:1-9; Psalm 63:1-8; 1 Corinthians 10:1-13; Luke 13:1-9

<https://lectionary.anglican.ca>

Pray for local businesses this week:

Hammond River Angling Association & My Dancing Needle

Happenings at Holy Trinity (2 Hammond River Rd Quispamsis) - For more information on all events call 506-343-1349

Monday, March 17

Essential Stretching Program

10:00 – 10:45

Tai Chi Chair Exercise

11:00-11:45

Tuesday, March 18

Choir Practice 10:15 am

Wednesday, March 19

Bible Discovery 10:30 am
Ballet Inspired Exercise Program 1–1:45 pm
Health You 6 pm
Vestry Meeting 7 pm
AA 8 pm

Thursday, March 20

Trinity Corner Café 1-3
Church Hall

Friday, March 21

Lenten study at Darlene's 2 pm

Saturday, March 22

Mystery Auction and Silent Auction 6 pm

Trinity Corner Café: The Next Seniors Drop in at the Trinity Corner Café is **March 20, 2025** from 1 pm to 3 pm. The seniors drop-in Café is open the 1st and 3rd Thursdays of the month from 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.

Knowledge Café Friday March 21 at 11:00 am at Hampton Resource Centre. This week: Aimee Foreman, Founder & Chair of Caregivers NB, Lisa Hrabluk & April McAlister - Caregivers NB is a new non-profit organization with a mission to validate, support and advocate for caregivers – people who support others because of relationships, not because of a job or career.

Mystery Auction Saturday March 22, 2025! Holy Trinity Hammond River will host another Mystery Auction fundraiser for Mission projects on Saturday March 22, 2025. Arrive by 6 pm for desserts and to view silent auction items! Bring a wrapped item for the mystery auction and join the fun! Auction starts at 7 pm with Mark Allaby and Pat Hanratty as auctioneers. Call 506-847-0850 for more information.

MYSTERY AUCTION DROP OFF TIMES FOR WRAPPED AUCTION ITEMS:

- Sunday March 16th 8:30 am to 11:30 am
- Monday March 17th 10 am to 12 pm
- Tuesday March 18th 1030 to 1130
- Wednesday March 19th 10:30 to 2 pm and 5:30 pm to 7 pm
- Thursday March 20th 1 pm to 3 pm

VILLA MADONA RETREAT

LENTEN RETREAT AT VILLA MADONNA RETREAT HOUSE IN ROTHESAY, NB:

Led by Kurt Schmidt, Diocesan Director of Young Adult Formation and Cathedral Director of Christian Formation. March 28th & 29th, 2025. Contact Shawn Branch for more information at 506-459-1801 ext 1008.

PARISH OFFICERS DAY FOR PARISH WARDENS, TREASURERS AND INCUMBENTS:

Saturday, April 5, 2025 10:00 am - 3:30 pm at St. John the Evangelist, 75 Main St., Fredericton. Registration and refreshments at 9:30 am. Lunch will be provided. Topics will include information on responsibilities of parish officers, the new cemetery policy, diocesan budget and funding, investments, Safe Church, insurance and the diocesan website. Deadline to register - March 25th . Register at <https://nb.anglican.ca/>

Registration is open for a NEW PROGRAM at Holy Trinity Hammond River:

GETUP STANDUP WORKSHOP led by Paulette Haines

Starts Wednesday April 2nd from 2 pm to 3 pm -Weekly 1 hour Sessions for 4 Weeks

The Getup Standup program provides coaching and awareness of fall risks and offers practical ways to assist if you do fall. The program will offer simple ways to ensure your home and environments are safe. Teaching you simple and effective ways for getting up if you do fall even if you have had knee or hip replacements and especially if you are using a cane or a walker.

Ask yourself these questions about What 'IF'?

- ✓ You fall?
- ✓ You break a bone?
- ✓ You pull muscles?
- ✓ You don't have your phone and can't get to it?
- ✓ You are outside and slipped on the ice?

Proactively learn simple practices to help in any situation. This program could help you keep your independence. **Cost:** \$40 for 4 Classes **Pre-Register** by calling 506-647-8170

Registration is open for the Spring 'TAI CHI CHAIR' EXERCISE at Holy Trinity Hammond River Mondays April 7th to June 9th, 2025 from 11 am to 11:30 am

This wonderful form of exercise enhances balance, stress management, health and healing and is great for any fitness level, from active seniors to those recovering from an injury. Led by Certified Personal Trainer Paulette Haines . To register or for more information call 506-647-8170.

Registration is open for the Spring ESSENTIAL STRETCHING CLASSES at Holy Trinity Hammond River Mondays April 7th to June 9th, 2025 from 10 am to 10:45 am with Paulette Haines. A dynamic and fluid full-body workout that focuses on rebalancing the body by stretching and strengthening every muscle group. Cost: \$40 for 8 Classes or \$5 drop in; **Pre-Register by calling 506-647-8170.**

Registration is open for the Spring Session of Ballet Inspired Chair Exercise with Ballet Instructor Kimberly Hall. This exercise program focuses on good posture, mobility,

core strength, balance and toning while bringing out musicality and artistry. This ten week program will be held on Wednesdays from 1 to 1:45 pm starting March 26th, 2025 n the Holy Trinity Church Hall 2 Hammond River Rd, Quispamsis, NB, **Cost:** \$50 for 10 Classes **Pre-Register** by calling 506-647-8170

Message from the Home Communion Team: If you, or someone you know, would like to receive home communion please contact Brenda Bowron at 506-849-2584.

Message from the Rector: If you know of anyone who is in the hospital, please let Rev. O'Hara know by contacting him at 506-424-0564 or revmikeohara@gmail.com. Clergy lists are no longer available at the hospital so he has no way of knowing when a parishioner is admitted.

Message from Margo: If you would like someone you know to receive a get well / thinking of you card, or a sympathy card from our parish family please notify Margo Mapplebeck at mappmemo@nbnet.nb.ca

Message from the Mission Committee: If you are interested in joining any of the mission activities (making prayers shawls and baby blankets, making soup for Romero House) call the mission leader at 506-647-8170.

Parish Contact Information:

Parish Office: (506)-847-0850

Rector: Rev. Michael O'Hara (506) 424-0564 or revmikeohara@gmail.com

Wardens: Mark Allaby (506)832-3759 or markallaby@hotmail.com and Rick Floyd (506) 943-1088 or Rickfloyd5@gmail.com

Parish Nurse: Cleo Cyr 506-647-8170 cleocyr1@gmail.com

Prayer Requests: Sheila O'Hara sheila.a.ohara@gmail.com

Parish News & New Member Information: Bonnie Murray (506) 343-1349 or murraybl@rogers.com

Address & Contact Information Updates: Margo Mapplebeck (506) 849-4415 or mappmemo@nbnet.nb.ca

Offering Envelopes / E-offering: Jean Magee (506) 847-5755 or jean27magee@gmail.com

"All this is for your benefit, so that the grace that is reaching more and more people may cause thanksgiving to overflow to the glory of God." 2 CORINTHIANS 4:15 (NIV)

The Anglican Fellowship of Prayer -

Newsletter <https://anglicanprayer.org/newsletters/AFP%20Newsletter%20Advent%202022%20final.pdf>

Surprise the World with B.E.L.L.S. by being a Blessing to someone, Eating with someone new, Listening to them, Learning from them, and Spending some time telling them about Jesus. <https://nb.anglican.ca/resources/discipleship-resources/pages/bells-surprise-the-world>

Great Talks! Check out Rev's Terence & Jasmine talks and teachings at <https://www.stonesj.org/sermons--teachings-online>

DIOCESAN NEWS: <https://nb.anglican.ca/newsletters/>

Archbishop David's video messages at <https://www.youtube.com/playlist?list=PLeDGdPUL2BV6Y46tkaTzcukRz3jM6BmWo> and the diocesan website for more news and events at <https://nb.anglican.ca/>

Holy Trinity Keeping Connected Prayer

Heavenly Father, we glorify your name and thank you for your many blessings. We humbly ask you to open our hearts and minds as we still ourselves to hear your word. In these difficult times help us to remember to focus on the positive not the negative and hold family, friends and neighbours close. Dear Lord, we ask you to hear the cry of those who yearn for love and help us to find ways to keep connected with them, especially the elderly, the lonely, and the marginalized within the church and the greater community, nourishing them through prayer and action as we ourselves continue to be nourished through your love. In Jesus' name we pray. Amen

The 5 Marks of Mission

To proclaim the Good News of the Kingdom

To teach, baptize, and nurture new believers

To respond to human need by loving service

To seek to transform unjust structures of society, to challenge violence of every kind and to pursue peace and reconciliation

To strive to safeguard the integrity of creation and sustain and renew the life of the earth.