



WEEKLY PARISH NEWS

Holy Trinity Hammond River Parish News for the 12th Sunday after Pentecost

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 12th Sunday after Pentecost August 31, 2025

Jeremiah 2:4-13; Psalm 81:1, 10-16; Hebrews 13:1-8, 15-16; Luke 14:1, 7-

Readings for the 13th Sunday after Pentecost September 7, 2025

Jeremiah 18:1-11; Psalm 139:1-5, 12-17; Philemon 1-21; Luke 14:25-33

<https://lectionary.anglican.ca>

Pray for local businesses this week:

Hammond River Angling Association and My Dancing Needle

August 31st - Joint service with St. Augustine's at Holy Trinity. Service time : 10:00am.

Regular service times for both parishes will recommence in September.

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

August 31

Food Bank Sunday

September 3

AA 8 pm

Church Hall

EVENT DESCRIPTIONS

FOR PARISH NEWS

REGISTRATION OPEN FOR FALL PROGRAMS AT HOLY TRINITY 2 HAMMOND RIVER RD, QUISPAMSIS:

ESSENTIAL STRETCHING CLASSES at Holy Trinity Mondays starting September 8th 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: \$60 for 12 Classes or \$5 drop in. Pre-Register by calling 506-609-9099

'TAI CHI CHAIR' EXERCISE at Holy Trinity Mondays starting September 8th 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. Cost: \$60 for 12 Classes or \$5 drop in. To register or for more information call 506-609-9099.

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 Wednesday September 10th, 2025 in the Holy Trinity Church Hall 2 Cost: \$50 for 10 Classes Pre-Register by calling 506-647-8170

THE HEALTHY YOU PROGRAM facilitated by Cleo Cyr Parish Nurse starts Wednesday September 17th from 6 pm to 7 pm at Holy. This group focuses on the 5 basics for leading a healthier life – Faith, Food, Fitness, Focus and Friends. The get-togethers are held weekly. Cost is \$2.00 per session. Call 506-647-8170 for more information. Everyone is welcome - bring a friend!

GRIEF, LOSS AND LIFE TRANSITIONS 7 WEEK PROGRAM with Grief Counselor Rick Benson will be held at Holy Trinity starting Tuesday September 23rd from 6:30 to 8:30 pm. Session will cover topics such as coping with grief and loss; how to care for yourself as a caregiver; the healing effects of nature; personal coping; living with life's transitions and much more. ***Call 506-647-8170 to Register. There is a \$50 fee to reserve a space.***

OTHER EVENTS OPEN TO ALL:

KV Quilt Show, Island View Lion's Club, 4 Market St., Quispamsis

Thursday Sept 18th 10 am – 6 pm

Friday Sept. 19th 10 am – 6 pm

Saturday Sept. 20th 10 am – 4 pm

Cemetery Committee Meeting Tuesday September 9th at 9 am.

Bible Discovery starts Wednesday September 10th in the Holy Trinity Multipurpose Room at 10:30 am. Held weekly. All are welcome - bring a friend! Current discussion is on the "Gospel of Luke".

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

Cemetery Administrator: Jim Eastwood (506) 333-6400 or mjimeast@nbnet.nb.ca

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.