



Mind, Body and Soul

Like the Trinity all are intertwined and dependent on one another and the health of one another.

*A shared Lenten program for the Parishes of
Trinity Canton - Saint John's, Sharon - Trinity, Stoughton*

Expanding the Mind

Thursday, February 15 – Conversations on Faith
Soup and Bread meal provided by Stoughton

Trinity, Stoughton

7pm

Exercising the Mind

Thursday, February 22 – Guided Meditation

Trinity, Stoughton

7pm

Learn to Meditate through simple techniques, includes some simple yoga seated stretching, and tea afterward.

Expanding the Body

Thursday, March 1 – Conversations on Faith

St. John's, Sharon

7pm

Soup and Bread meal provided by Sharon

Exercising the Body

Thursday, March 8 – Guided Meditation

St. John's, Sharon

7pm

Learn to Meditate through simple techniques, includes some simple yoga seated stretching, and tea afterward.

Expanding the Soul

Thursday, March 15 – Conversations on Faith

Trinity, Canton

7pm

Soup and Bread meal provided by Canton

Exercising the Soul

Thursday, March 22 – Guided Meditation

Trinity, Canton

7pm

Learn to Meditate through simple techniques, includes some simple yoga seated stretching, and tea afterward.

Gathering together to worship and give thanks

Maundy Thursday Service

Trinity, Stoughton

Agape Soup and Bread meal - 6pm

Service of Holy Eucharist with hand and foot washings - 7pm



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Sunday Wellness Series of Coffee Hour Conversations

Sunday, February 18 – Caring for the Mind

(HEW away 2/20 to 3/2)

Dr. Michael Rauch, Canton Health & Wellness Center
Natural Solutions for Headache Pain

Research has shown that headaches generate 80 million doctor visits, 157 million lost work days, over \$50 billion in medical bills and \$4 billion in over-the-counter medications. This program outlines solutions to headache pain.

March 4 - Caring for the Body

(DJS away 2/23 to 3/13)

Dr. Michael Rauch, Canton Health & Wellness Center
Pain Relief Screening

Free pain relief screenings courtesy of Dr. Rauch

March 11 - Caring for the Body

(DJS away 2/23 to 3/13)

Dr. Michael Rauch, Canton Health & Wellness Center
Secrets to a healthy Life

This presentations covers the three basic factors to have a healthy life:

- 1.) Proper Nutrition, 2.) Exercise, and 3.) Reducing stress.*
- 2.) This program will help educate attendees on the safe, natural alternatives to healthcare.*

March 18 - Caring for the Soul

Funeral Planning -Farley Funeral Home
Your Funeral Worship Service Planning – The do's and don'ts
Estate planning and planned giving