

Sanctuary: Mental Health and Spirituality

Wednesday, February 16 @7pm, will be the final installment of *Sanctuary: Mental Health and Spirituality* being facilitated by Tim Lane and Jeffrey Tooke. The COVID-19 pandemic has significantly changed our lives. These changes don't affect us just physically; they affect us mentally, emotionally, and spiritually. Using *The Sanctuary Course* by Sanctuary Mental Health Ministries, we will be discussing topics to address the challenge of the pandemic, our recovery, and other mental health topics connected to our spirituality. The evening will run about 1-1½ hours, during which we will watch and discuss a short video. This final week we will explore the importance of self-care, boundaries, and self-compassion, especially for those who are caregivers, reflect on our experience of the program and discuss how our community can support mental health.

Join Tim and Jeff on Wednesdays @7pm using this zoom link:

<https://us02web.zoom.us/j/81668634672?pwd=eTVJZXFoNzVYdHZvSHZONGlNUUowZz09>

Meeting ID: 816-6863-4672

Passcode: trintalk

If you have questions about the group, email Jeffrey Tooke at jeffrey@bayharboradvisors.com.

Valentine's Day Poetry Reading

Love it or leave it, Valentine's Day is right around the corner. And US Americans will again spend billions of dollars this year (yes, that's billion with a B) to buy gifts, flowers, and, of course, candy to express their love to those most dear.

Let's celebrate Valentine's Day another way this year. Let's celebrate love in and through reading love poems together! Mark your calendar to join (details coming) a Zoom call on **Thursday, February 17**, beginning **@12noon**.

Bring your own brown bag lunch into the Zoom "room" where we can chat and catch up with one another.

At 12:30, let the poetry reading begin! Bring one of your favorite love poems (maybe one of your own?) to read and tell why you chose it. Ah, Love "it is an ever-fixed mark."

We will use the same Zoom link that we use for Trinity@7 and other regular events:

<https://zoom.us/j/2743663028?pwd=QTV4UmMvOFBYSHVkRS9oTmkyL3VvQT09>

If you need them:

Meeting ID: 274 366 3028

Password: trinbuff

Free Books, Please Take Some Home

Please browse the bookshelf in the red carpet area and take home any books of interest. A new batch of books has replaced the old, so be sure to check out the bookshelves again.

Bobby Militello Concert

Trinity's dear friend Bobby Militello is scheduled to play at PAUSA Art House on **Friday, March 18, @7PM**. So like this generous man, Bobby wants to celebrate his birthday and music with his friends by holding a BIRTHDAY BASH! at this marvelous music club. Why don't we go? Ticket reservations are now available for purchase. Here's a fun and loving way to honor Bobby by showing up on March 18th to wish him a Happy Birthday. For details about this event and to secure reservations (only), please go to the club's link <https://www.showclix.com/event/bobby-militello-quartet-jan-28|BYFYDL>.