

PENGROWTH ENERGY TRUST

Form 6-K

September 23, 2004

Table of Contents

**SECURITIES AND EXCHANGE COMMISSION
WASHINGTON, D.C. 20549**

FORM 6-K

**Report of Foreign Private Issuer
Pursuant to Rule 13a-16 or 15d-16 of the
Securities Exchange Act of 1934**

For the period August 21, 2004 to September 22, 2004

PENGROWTH ENERGY TRUST

**Petro-Canada Centre East Tower
2900, 111 5th Avenue S.W.
Calgary, Alberta T2P 3Y6 Canada**

(address of principal executive offices)

[Indicate by check mark whether the registrant files or will file annual reports under cover Form 20-F or Form 40-F.]

Form 20-F

Form 40-F

[Indicate by check mark whether the registrant by furnishing the information contained in this Form is also thereby furnishing the information to the Commission pursuant to Rule 12g3-2(b) under the Security Exchange Act of 1934.]

Yes

No

[If Yes is marked, indicate below the file number assigned to the registrant in connection with Rule 12g3-2(b):
_____]

TABLE OF CONTENTS

DOCUMENTS FURNISHED HEREUNDER:

SIGNATURES

NEWS RELEASE

Table of Contents

DOCUMENTS FURNISHED HEREUNDER:

1. Press Release announcing the Cash Distribution for October 15, 2004
-

Table of Contents

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned, thereunto duly authorized.

PENGROWTH ENERGY TRUST
by its administrator PENGROWTH
CORPORATION

September 22, 2004

By: /s/ Charles V. Selby
Name: Charles V. Selby
Title: Corporate Secretary

Table of Contents

NEWS RELEASE

Attention: Financial Editors

**Stock Symbol: (PGF.A/PGF.B)
TSX;
(PGH) NYSE**

**PENGROWTH ENERGY TRUST ANNOUNCES CASH DISTRIBUTION FOR
OCTOBER 15, 2004**

(Calgary, September 21, 2004) /CNW/ Pengrowth Corporation (Pengrowth), administrator of Pengrowth Energy Trust (Trust), announced today that the cash distribution for October 15, 2004 will be Cdn \$0.22 per trust unit. The distribution is net of amounts withheld to finance capital expenditures. Continued strength in commodity prices and the additional production associated with the Murphy acquisition have also allowed Pengrowth to implement an additional holdback for the benefit of unitholders. The ex-distribution date is September 28, 2004. The distribution will be payable to all unitholders who hold Class A or Class B trust units on the record date of September 30, 2004.

The distribution of Cdn \$0.22 per trust unit is equivalent to approximately U.S. \$0.17 per trust unit using a U.S./Canadian dollar exchange ratio of 1.2878. The actual U.S. dollar equivalent distribution will be based upon the actual U.S./Canadian exchange rate applied on the payment date, net of applicable Canadian withholding taxes.

This distribution relates to the production month of August, 2004 which represents the third full month of net revenue and cash flow from the Murphy acquisition. Cash distributions paid over the past 12 months now total Cdn \$2.55 per trust unit or approximately U.S. \$1.92 per trust unit.

PENGROWTH CORPORATION
James S. Kinnear, President

For further information about Pengrowth, please visit our website www.pengrowth.com or contact:

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