



Trinity United Methodist Church
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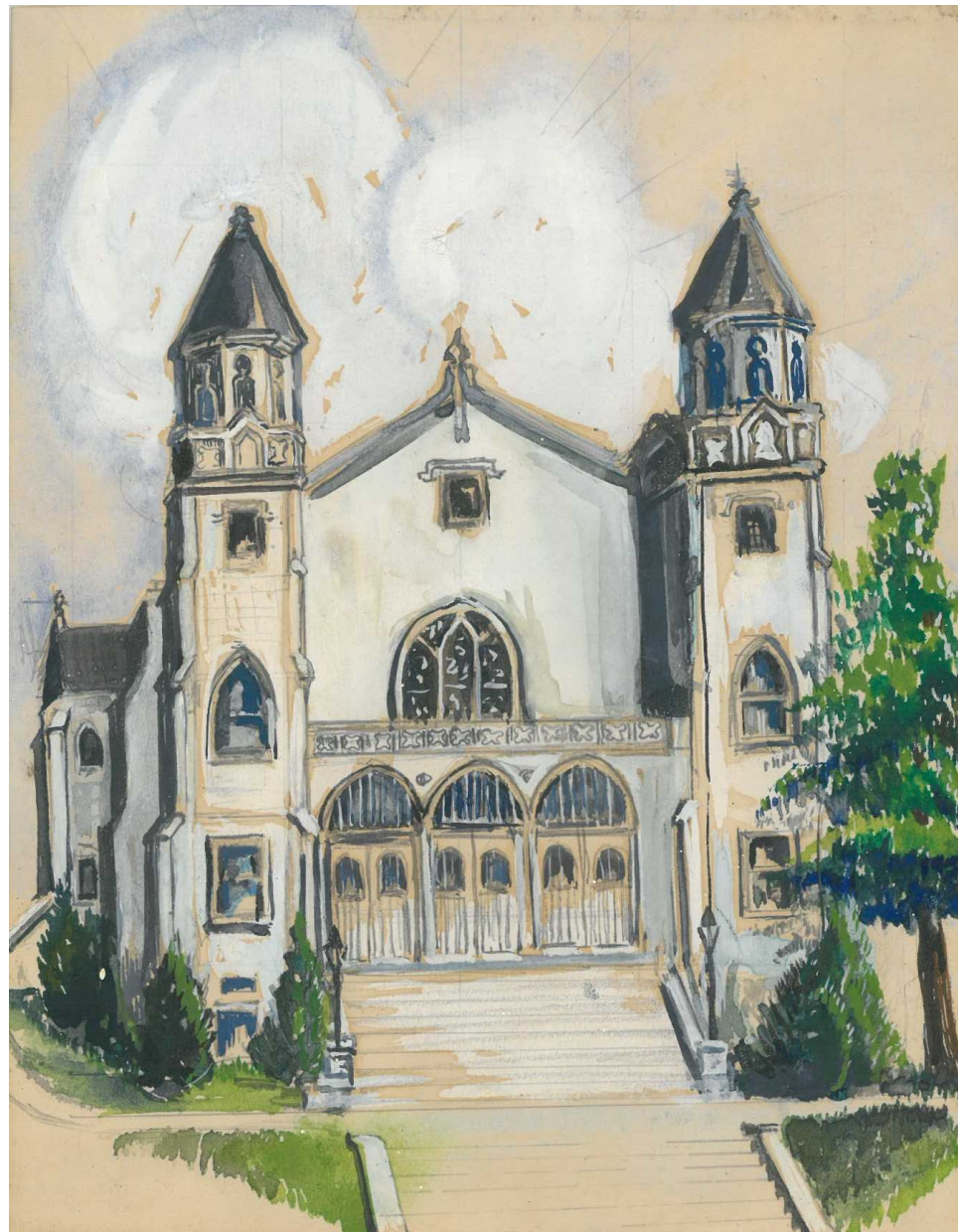
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Trinotes

February 28, 2018





Are You SAD?

And let us not grow weary of doing good, for in due season we will reap, if we do not give up. – Galatians 6:9

Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead. – 1 Peter 1:3

Did you know that as much as 20% of the population suffers from some variant of SAD? I'm not saying that nearly one fifth of the population IS sad, although that may, at times, be the case. SAD is the acronym for Seasonal Affective Disorder. It usually begins and ends the same time every year (though cases have been known to occur during the "off season"). SAD is a mild form of depression, often called the "Winter blues." It usually begins in the fall, as the leaves begin to lose their luster, die, and fall to the ground, and ends in mid-Spring, as those leaves are, for all intents and purposes, resurrected and new life begins. It's warmer and we head out to soak up the vitamin D we get from the sun. In fact, a treatment for SAD is light therapy.

A few weeks ago, I mentioned that I think I really suffer from some variant of SAD. In the winter I have less energy. I'm a bit more moody (my apologies). I don't have the drive that I do in the warmer months. After I mentioned this, one of you delivered me a "Happy Light" – specifically created to be light therapy. Admittedly, I've not had enough time to sit in front of the Happy Light. I can't tell you if it actually works. I hope to be able to give a review soon. But, I did notice the slump last week.

Last week rain was in the forecast every single day. It was dark, dank, and dreary. It was sad. I was sad. I needed, yearned for, sunlight. I needed to be reminded of life.

The winds are changing. At 6:30 am., when I wake up to make the boy's lunches, the sun is almost up already. A few weeks ago, that wasn't the case. The sun seems to set later as well. On the drive to St. Luke's UMC this morning (to bring Aiden to preschool), I noticed the cherry tree blossoms budding. Wait.....What month is it? I wore a light jacket because it isn't cold outside. I intend to walk to Snowden to pick Cooper
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PRAYER CONCERNS

Our country and the world - for the family and friends of those killed or injured in school shootings; for people of faith around the world who are experiencing persecution; for refugees seeking asylum from war and social unrest; for safe drinking water for those living in developing countries; prayers for our country, that truth and justice will prevail; for people around the world experiencing terrorist attacks; safety for children going to and from school and while at school; for the poor, homeless, and disenfranchised in our city; for the Dreamers, who seek to remain in the United States legally.

The United Methodist Church - for our Pastor, Rev. Sara Tate and her sons, Cooper and Aiden; for our Bishop, the Rev. Bill McAlilly; and for our District Superintendent, the Rev. Dr. Deborah Smith.

Trinity UMC - For homebound members in the congregation. For children and youth ministries. For new visitors to this congregation. For families who are grieving. For our congregation as we face transitions. Wisdom for our Trustees and Church Council facing difficult decisions.

Also, specific prayer requests by and for:

Joan Smith's granddaughter **Sean's** vision

Molly Rosson, newborn baby of Joan Smith's cousin Dianne, with serious pulmonary problems—hospitalized for undetermined period of time

Qahtan, Dalia Alnaaman's uncle with metastatic cancer

Charles Abraham, awaiting outcome of nerve block

Mary McConnell's niece **Laura Fellin**, cancer—pray for her family

Phil Phillips continues to battle leukemia at home.

Sue Taylor's brother-in-law, **Allen Helms**, receiving treatment for cancer

Chris Glover's friend **Joanne James** with multiple major problems; and Chris' sister **Carol Bruce**

Robert Lawson, son-in-law of **Elaine Amis** and husband of **Diane**, as he begins treatment for throat and tongue cancer

Sam Comes applying for a new position

Elizabeth Hopper requests prayer for the **White Family** as the father undergoes treatment for cancer

Vickie Hoffman, Edna Hoffman's daughter-in-law recovering from heart attack
From **Rev. Sara**: pray for **Pamela Baum**, as she works through a difficult time in her life

Maxine Guerry, friend of **Jim Schaeffer**, diagnosed with abdominal cancer

(Please submit your prayer requests to the church office: (901) 274-6895 or office@trinityumcmemphis.org)

Upcoming

EVENTS

Garden Seminar Saturday, March 3rd, Fellowship Hall 10:00 a.m. until Noon.

Trustees meet March 5th, in the Conference Room at 6:30 p.m.

Storytellers meet Wednesday, March 7th, in the Fellowship Hall at 1:00 p.m.

Visitation Team meets Tuesday, March 13th, in the Conference Room at 12 Noon.

Binghampton Food Pantry

Tuesdays & Fridays at 258 Merton 8:00-11:00 am. In case of emergency, food can be obtained by calling Michael Anderson at (901) 503-2748.

Room in the Inn

Tuesdays through March 31st: volunteers gather around 4:00 p.m. in Education Bldg., guests arrive 6:00 p.m. Departure Wednesday a.m. at 7:00 a.m.

SPPRC Meeting March 18th at 12:30 p.m., Conference Room.

Daytime UMW Meeting

First and third Tuesdays of each month. The next scheduled meeting is March 6th in the Fellowship Hall at 10:30 a.m.

Evening UMW Meetings

The fourth Monday of each month in the Fellowship Hall at 6:30 p.m. The next meeting will be held on March 26th in the Fellowship Hall.

Covenant Discipleship

Meets Saturday mornings at 9:00 a.m. for the next seven weeks. The group is studying *Covenant Discipleship: Christian Formation through Mutual Accountability*.

Scouts

Cub Scout pack meetings are held Sunday afternoons at 3:00 p.m. Boy Scouts meet Monday evenings at 7:00 p.m. There are no scout meetings when school is not in session.

Trinotes

The deadline for submissions for the next Trinotes is March 14, 2018. Please email or deliver any articles to Debby Marston, our administrative officer at: office@trinityumcmemphis.org. Trinotes is now available as an electronic file. Call Debby at 901-274-6895 if you prefer to receive the newsletter via e-mail. You may also access it on our website at www.trinityumcmemphis.org.

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up from school because out the window of my office is the most glorious sight – the sun is shining.

I think, maybe, that the groundhog got it wrong a few weeks ago. I think we've been given a glimpse of an early Spring. And perhaps we need it.

It's easy to get down – to get sluggish – when it's rainy, cold, and dark outside. It's hard to find joy as the world around us slowly dies in Winter. It's easier, even, to forget God's creative and restorative promises from the first moments of creation to the other side of the empty tomb. We lose hope, forget the key tenants of our faith, and slowly abandon our commitment to live each day with joy – to view each day as an opportunity to live into the promise of grace given to all of those who've come to the feet of Christ.

It's easy, perhaps too easy, to get sad and suffer from all of SAD's side-effects. But today, as I look out the window, and resurrection has begun on the earth, I am re-energized, and impress upon you to be so as well, in the promise of new life that is coming quickly – more and more – each day.

So get up. Get ready. Our hope is coming. It is, in fact, already here.

Grace and peace,

Rev. Sara





Lakeshore is a camp and retreat center on the shores of the Tennessee River, providing Christian hospitality, rest, and reflection for guests of all ages and backgrounds. The mission of Lakeshore UMA is to offer ways for all to experience life, love, and the God of Grace.

Summer Camp - Lakeshore's summer camp program is filled with dynamic leadership, meaningful worship, lots of outdoor play, and opportunities to build relationships that last throughout a lifetime. Elementary, Junior High, and Senior High camps are available along with several specialty camps. For additional information and for online registration, go to lakeshoreuma.com.

Trinity has a limited number of partial scholarships available for members. If you are interested in a camp scholarship, please contact the church office or Carol Miller.

We count on member donations for these camp scholarships. Will you please donate to this wonderful program for our children? You may contact the church office or place your donation in the offering plate on Sundays. Please mark your donation for Lakeshore.

Blessings,
Carol Miller

Memorials & Honorariums

Memorials have been received:

In memory of Jeanne Napoli from Myra Finch

In memory of Jeanne Napoli from Alyson & Caley Foreman



New Day Circle UMC Officers

Barbara Johnson, President

Jane Waldrup, Secretary

Elaine Amis, Circle Treasurer

Joan Foley, Circle Leader

Shirley Flint, Spiritual Growth

Marie Park, Social Action

Sally Ramsey, Unit Treasurer;

Membership Program and Nurture

Melba Abraham, Methodist Auxiliary

Mary McConnell, Program Resources

Safe Sanctuary Has Arrived!

The Staff Pastor/Parish Relations Committee has completed the work of the policies and procedures for protection of our children, youth, and vulnerable persons. This work has taken over 3 years and began with collaborations with Child Protective Services and Adult Protective Services.



The SPPRC believes that every member of Trinity will need to be educated in the policies as well as your responsibilities to report any abuse of children, youth, or vulnerable adults to the proper legal authorities. This is all covered in the Safe Sanctuaries document. We began with instruction of the members of the children's department and the Congregational Care committee. This group was able to give us critical feedback to improve upon the policies. The feedback was very positive, and I appreciate their willingness to offer both positive and critical feedback which helps the SPPRC ensure a policy that is high quality and consistent in protecting those in our care.

The SPPRC will be offering training throughout the coming months, but if you have a group that regularly meets, such as a Sunday School Class or a women's group, we can make arrangements for an SPPRC member to come to you and offer the training, which will take 1 hour. If you would like for an SPPRC member to provide training in your class or group, please call Jeri Ashley at 901-483-1860.

[You may download a copy of the Safe Sanctuaries Policy & Procedures from Trinity's website: www.trinityumcmemphis.org. Click on "About" at the top of the home page and scroll down to the bottom, where you will find a link: "Safe Sanctuary Policy."]

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noun

The ability to step into the shoes of another person, aiming to understand their feelings and perspectives, and to use that understanding to guide our actions.

A new call to action?

By Lois M. Young

After this week, we have only four more sessions in the Room in the Inn season. We provide this service to our unsheltered neighbors once a week from November 1 through March 31. I can't even count the number of times someone has asked, "What do they do the rest of the year?" Well, while we worry about our guests and pray for them, we don't have the resources, especially manpower, to provide this service year round. And I have to admit, it is always a relief for me to be finished with the RITI season. I can finally catch up on all the St. Jude work I haven't been able to finish; that's the work I get paid to do. It's seven months of not worrying about schedules and whether the meal and the volunteers will show up. While these are selfish thoughts, I think for an introvert they are fairly normal.

Today, Room in the Inn-Memphis Director Lisa Anderson asked all the city-wide coordinators if they would be willing to host women guests one night a month during the off season. There are literally no good shelter options for women in this city, and the RITI staff were trying to think creatively about how we might provide shelter for at least some of the women, since they are the most vulnerable homeless population.

I'm a big believer that there are signs all around us about the path we are supposed to take, but often we just don't want to see them. For me there were so many in the last week, they have been impossible to ignore. I'll share my two favorites.

I wrote a short Facebook post about being kind. I was thinking about all the political talk that is getting so heated and ugly these days. One of my California cousins replied, describing how my Grandma Sanchez (Mama) would always give food and drink to the hobos (as she called them). My grandparents were poor and lived near a railroad track, and the homeless people would come near the yard as they jumped off the train. She started feeding them during the Great Depression, but continued on until she was too old to live in that house alone.

Sunday in worship, the gospel message just happened to be that oh-so-uncomfortable message about how you have to put aside your own pleasures and shoulder your cross if you want to follow Jesus.

Yep, I'm still taking inventory of how many people might be willing to help with this and what dates we would have to avoid. And, of course, the Church Council would still have to vote on it, but it seems the writing is already on the wall – Get out of your comfort zone, Lois, it's time to follow Jesus.

LOVE & JUSTICE RETREAT

There are times we wonder if we are sharing our faith in a way that may help others find God and if we are living our faith the way the Bible instructs. Then we think of our youth, and we worry and wonder, are we doing enough? Will they have a faith that sticks with them? Will they be part of what we pray each week: Thy kingdom come!

This past weekend offered an amazing view into the heart and commitment our youth have for God and how they are striving to live their faith. What a blessing it was for me to go with five of our youth, who committed a weekend of their free time to attend the Love and Justice Retreat at Lakeshore. From uplifting worship, to youth led prayer, to small group discussion, to late night fellowship that was filled with love and laughter, it was a joy to see our youth dig into what it means to follow Christ and live a life of love and justice. And if this was not enough to fill one's heart with praise for the blessing that our youth are in our lives, they also embraced the challenge offered at the Retreat to figure out tangible ways to bring what they learned about God's calling for love and justice and put it into practice in our community. I can't wait to see what our youth will do to apply love and justice in Memphis and what we may all learn from them in the process!

(Special thanks to our youth, their parents, to Bertha and Jeri for helping support Safe Sanctuary by driving us to and from Lakeshore, and for the congregation that generously supported the Retreat thru the recent youth-led, fund-raising luncheon!)



Left to right: Brad Moritz, Jonathan Goff, Joey Hopper, Logan Guleff, Graham Brewer, and Lily Knox (in front)



Trinity's Children's Ministry needs your help!

Saturday, March 31st will be a big day at Trinity Church! We will have **Breakfast with the Easter Bunny** at 9 a.m., followed by the annual **Easter Egg Hunt** (rain or shine) at 10 a.m. We need lots of candy for this hunt, enough to fill two thousand plastic eggs. We are asking Trinity members

to **bring bags of Easter candy** for those eggs. Candy needs to be individually wrapped and small enough to fill into the regular-sized plastic eggs. We will also accept financial donations; send or bring your donations to the church office, place them in the offering plate, or give them to one of the adults at the Children's Table on Sunday morning. We also need lots of **volunteers to help at the breakfast and hunt**: greeters, egg hidiers, activity supervisors, and cleaner-uppers.

As always, one of the most important things we all can do is to invite neighboring children, family members, and friends to join in the fun. Voluntary cost of admission for all who attend the Saturday events is canned food or cash donations toward the Binghampton Food Pantry.

Our Children's Ministry will also be preparing 80 Easter baskets for children at New Directions Family Residence, a ministry of the Salvation Army's Purdue Center of Hope. We need **donations of candy or cash from individuals** to help provide the candy and fun items for these baskets. We are asking **Sunday school classes or other groups in the church to help provide money** to purchase the baskets, grass, and other items for the baskets. For instance, if your class will pledge \$75-80, that donation will purchase all the baskets needed.

We will have an **Egg Stuffing Party** at the church-wide breakfast on Sunday, March 11th. At that time we will be filling the eggs for the hunt and also preparing the baskets for the Salvation Army program.

We would greatly appreciate your help! Contact Irene Dycus (irenebdycus@hotmail.com or 652-1105) or Joan Smith if you have questions or wish to volunteer.

March Birthdays



March 1	Nelda Gray
March 3	Jonathan Bratt Carle
March 3	Heather Jacoby-Keller
March 6	Becky Waldon & Joe Spake
March 13	Leanne Wilson
March 16	Jane Waldrup
March 18	Alicia Butler & Patton Dycus
March 19	Charles Abraham
March 19	Benjamin Ashley
March 19	Alyson Foreman
March 20	Sandi McNeely
March 24	Carey Wright
March 27	Jack Bearup
March 31	Hadley Keller

Call us at (901) 274-6895 if your birthday is missing!



BENEVOLENCE GIVING UPDATE

Once again, "Thank You" for your generosity in donating to the grocery voucher fund so we can continue to help those who lack the basic needs for life. Although we had to curtail giving out vouchers for a time, we are happy to announce that the fund is growing!

Thanks to you, we will be able to start up the Grocery Voucher program again on March 7th. Fourteen individuals have called to request vouchers as of the time of this Trinotes' publication, and we expect to receive more calls later in the week. As before, we are limiting distribution of vouchers to the first and third Wednesdays of each month, and give out ten each time. When unable to fulfill a particular need, we refer folks to the Binghampton Food Pantry, where they can receive emergency help. Our partnership with Binghampton allows us to assist more families than we would be able to do otherwise.

The need for assistance in acquiring the essentials of life is ongoing among the poor in our community. We hope that you will continue your contributions to our grocery voucher fund so we can, in a small way, meet the needs of "the least of these."