

# Trinotes

**The Mission of Trinity United Methodist Church is to proclaim God's love by building community and living by the example and teachings of Jesus Christ.**



## The Ruach Yahweh

*"A voice came from heaven, 'You are my Son, the Beloved; with you I am well pleased.' And the Spirit immediately drove him out into the wilderness. He was in the wilderness forty days." Mark 1:11-13a*

A few weeks ago at Church Council, and then again at Staff Parish Relations Committee, I discussed my upcoming sabbatical. I want to make sure that everyone knows it's coming. I'll be on sabbatical March 4th - April 1st (four weeks). Yesterday I made note of that on social media and polled my virtual community for resources that engage one in "mindfulness meditation." I have in my head that this is something I want to spend some of that time doing, along with painting and some recreational reading.

When I mentioned this, folks seemed to get concerned and after several hours, I realized, people were worried.

I am not broken. Or, well, I am no more broken than the average person parenting kids and pastoring a church during a history-making global pandemic. Maybe I should retract my previous statement, then. I am certainly broken.

A sabbatical isn't meant to 'fix' brokenness, however. As I have described it to others, it is simply a time for me to catch my breath. In the past 12 years I have moved six times. I've lost all four of my grandparents, my mother, and a child. I was married (twice) and went through a very painful divorce. Cooper and Aiden were born. Those are all major life events — each and every one of them — and I cannot say that I have retreated to the desert, as perhaps I should, to reflect and to breathe. I cannot imagine that gasping for breath and trying desperately to keep our heads above water, is really the life God wants for us, and yet I have experienced moments like that and watched you, from time-to-time, do the same.

After worship this Sunday, one of you sent me some reflections on the same lectionary text (Luke 1:1-21) I'd just preached from. The reflections were from Bishop Robert Barron and were overall many of the same thoughts I offered you, but one thing Bishop Barron did in his reflecting, that I did not do in mine, was home in on the Hebrew. When Jesus says "The Spirit of the Lord is upon me," it translates, "The Ruach Yahweh," the breath of God. The breath of God was upon him. The breath of God had been upon Isaiah. At Pentecost, the breath of God came upon the apostles and they were charged with "Going ye, therefore," to impart the breath of God upon others and after centuries the breath of God has made it to us.

In theory we would never be gasping for air. In practice, life is such that, from time-to-time, we are blue in the face. That's what desert places are for. They are spaces of ascetic quiet — self-imposed stillness — breathing deeply in the Ruach Yahweh, the Spirit of God, and appreciating all that it offers.

I pray every week in church with you that the Holy Spirit will fill us in all the places where we are empty. There is nothing healthier that I could ever do than to pray for the same breath of life to fill me in the caverns of my own heart. And so, I am approaching this time joyfully and hopefully. As I

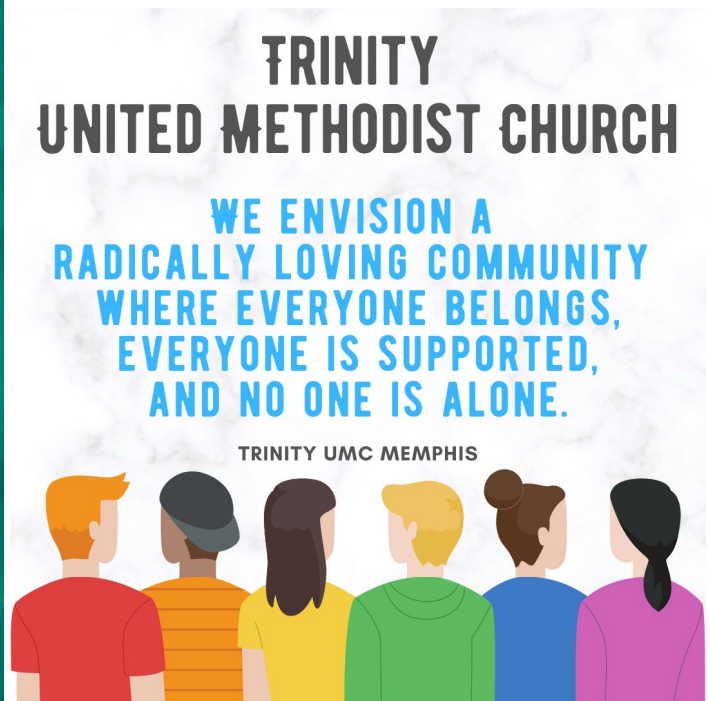
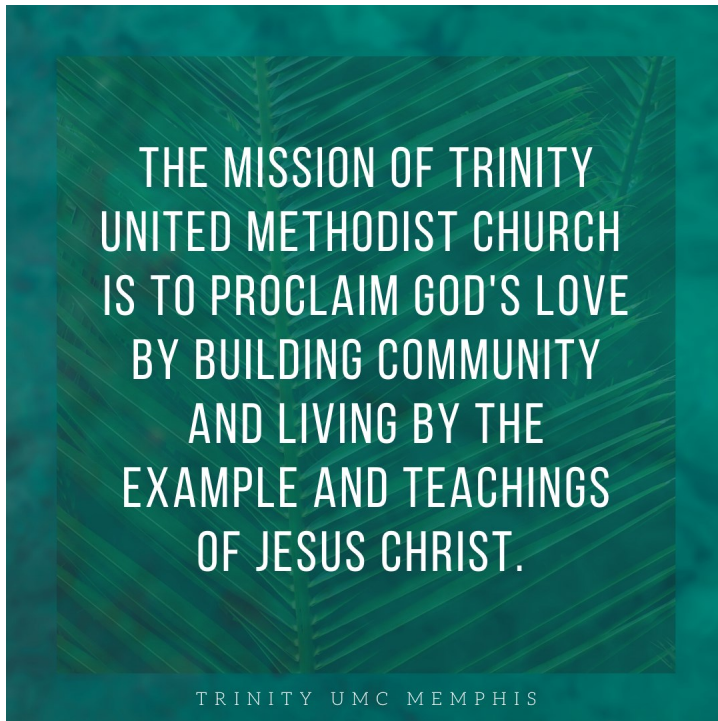
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also always tell you, where I am going, I have faith that God already is. Oh, what a journey, knowing that the Creator is waiting for me!

Know that you will be taken care of in my absence. Worship will still happen. Committees will take a break from meeting. You won't see writings from me, or responses to emails. But, you too, will be guided into a wilderness place, as my four weeks gone are the first in the season of Lent, and I know, that for you each, God is already there, ready to breathe the breath of life into you as well.

By God's Grace,  
*Rev. Sara*



**FEED THE HUNGRY**

## BINGHAMPTON FOOD PANTRY

**Fishes and Loaves Food Pantry** at Binghampton UMM, 258 N. Merton St., is open on Tuesdays and Fridays from 8:00 a.m. to 11:00 a.m. for distribution of fresh fruits and vegetables....people can come as often as they want for these.

Once a month, folks can request an emergency food bag (canned goods, peanut butter, cereal, rice, dried beans, soup, etc). Neither of these options require any proof of residency or need....you ask, you receive. Individuals and families who need an emergency food bag can call Michael Anderson at (901) 503-2748.

**Trinity members:** You can bring canned goods or other non-perishable items for BUMM's food pantry. A box for donated foodstuffs has been placed in the lobby in front of the reception desk. A donation in the form of a check written to Trinity UMC, with "Fishes & Loaves" on the memo line, will help keep the food pantry well stocked and will be very much appreciated. Hunger is an ongoing problem. Let's commit to feeding our neighbors in need!

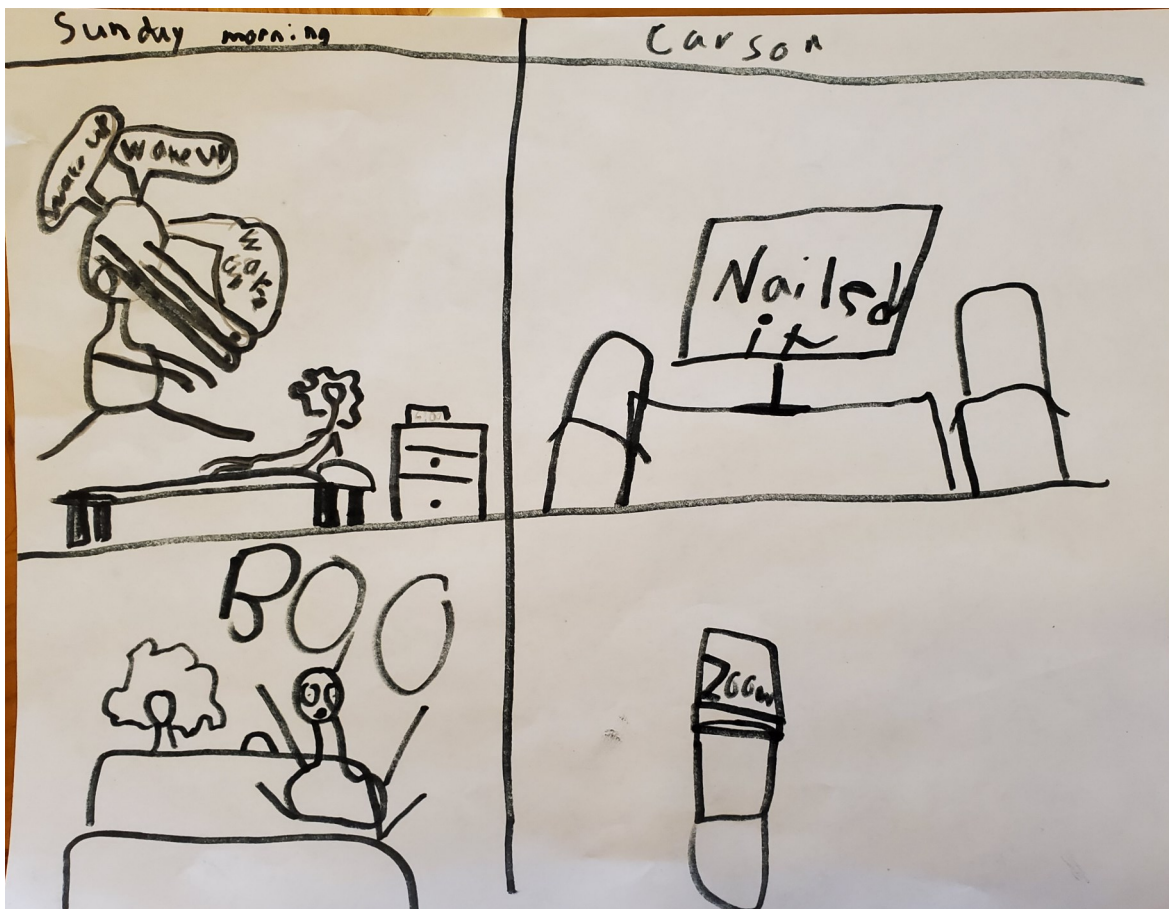


## Jesus' Hometown Synagogue

This past Sunday, our children's Sunday School study once again coincided with the lectionary reading, as we also studied about Jesus' visit to the synagogue in his hometown of Nazareth. We studied the serious part of the lesson, and then we had a lot of fun doing our art projects, as each child created a Sunday comic strip based on what he/she had done or was going to do that Sunday. (And, yes, this was a suggested activity in our lesson plan for the day.) Just as they usually do, everyone came up with such unique ideas. Our Trinity kids are so creative and have such wonderful senses of humor! Of course, doing Sunday school on Zoom has opened up the possibility of lots of new and different ideas, such as including family pets in our lessons and creating strange backgrounds and unusual virtual headgear. Where else can you go to class in your pajamas, when you are having a sort of lazy Sunday? There are also frequent opportunities for the kids to give the teachers technical support in using our computers and iPhones. And then there are occasional days (such as this past Sunday) when Ms. Irene fails to issue an e-invitation to our meeting and must be reminded to do so ten minutes before the meeting is to start. Zooming is never boring, but it can be most challenging at times!

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NOTE: Our Children's Sunday School Class will not meet this coming Sunday, January 30<sup>th</sup>. We will resume meeting on Zoom the following Sunday, February 6<sup>th</sup>.



Carson Witt's cartoon - Virtual Sunday School. (Carson's using "Boo" to awaken Nana.)



# Centering Prayer



## Experiencing God's Presence

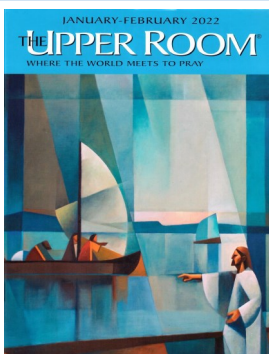
Centering Prayer is a receptive method of Christian silent prayer which deepens our relationship with God, the Indwelling Presence . . . a prayer in which we can experience God's presence within us, closer than breathing, closer than thinking, closer than consciousness itself.

Mike Potter is now hosting a time on Zoom for silent, non-verbal prayer from 8:30 to 9:00 AM. Mike will give brief instructions for those who need it. All are welcome. We will begin promptly at 8:30, so please plan to log in by 8:25 AM using the regular Sunday morning link you will find in the ENews.



January 1	John Curry
January 3	Kay Jordan
January 5	Eleanor Brooks
January 5	Roscoe Dodson
January 10	Tom Wilson
January 12	Doris Porter
January 15	Jeff Corbett
January 16	Joan Foley
January 18	Philip Brooks
January 25	Irene Dycus
January 25	Lila Ruth Dycus
January 29	Caley Foreman
January 30	Carol Miller

*(Let us know of any errors or omissions on this birthday list.)*



## Devotional Guides

The latest issue of *The Upper Room* can be picked up from the front desk of the Worship Center. Both large & regular print copies are available. We can also mail you a copy if you cannot get out.

E-mail [office@trinityumcmemphis.org](mailto:office@trinityumcmemphis.org) or leave a message on the church office voicemail (901-274-6895). Please be sure to specify the print size: regular or large print. Both can be mailed out right away.



John Holtzman	February 1
Beryl Willard	February 2
Sally Ramsey	February 7
Alex Allmon	February 11
Myra Finch	February 12
Jonas Pflaumer	February 16
Paul Skjoldager	February 19
Laura Gansman	February 20
Eli Reeves Witt	February 22
Sara Corum	February 27
Amy Moritz	February 27

## Interested in Making a Difference?

During the pandemic, we have had to give up some community outreach to protect the health and well-being of staff and volunteers. For the past several months, our custodian has been fogging all spaces where people gather with Purerox, a product that kills viruses, including the COVID-19 virus and variants. Purerox dries in 60 seconds and is safe thereafter for anyone using a fogged space.

We are in the process of preparing our reception area to keep volunteers sitting at the front desk safe and healthy. Sam Goff has installed a plexiglass barrier in front of the reception desk so folks visiting during office hours can be greeted safely. Volunteers will, for the present, wear masks, as well. We will continue to require social distancing and masks for members and visitors.

We have not been able to offer grocery vouchers to folks in our community since March of 2020. While we have referred people to Binghampton UMM's Fishes & Loaves Food Pantry\*\* (which we support with donations of non-perishable food) and try to keep the Tiny Pantry on our front lawn stocked with non-perishable foodstuffs, it has not been as helpful to our neighbors as we want to be. Don't be discouraged, however. Great news for our feeding ministry is coming soon. Once plans are finalized, we will make an announcement.

The plan for now is to have volunteers at the front desk from 9:00 a.m. to noon, Monday through Thursday, to answer the phone, take detailed messages and phone numbers to return calls, making sure the messages get to the right people. The front desk volunteer will also be able to buzz people in when they need access. We will have other tasks for reception volunteers when there are no calls coming in, such as labeling envelopes, helping with mailings throughout the year, folding *Trinotes* newsletters, changing out the message on the church sign, plus other duties as they may arise.

It is our hope that we can get a fresh start on reaching out to those in need and ask you to prayerfully consider how you might contribute to Trinity's volunteer ministry. If you have questions, you can e-mail [office@trinityumcmemphis.org](mailto:office@trinityumcmemphis.org) or call and leave a message on the church office voicemail (901-274-6895) if no one is available to answer the phone. From this point forward, Debby Marston's regular office hours will be 10:00 a.m. to noon, Monday through Friday, so, with volunteer help, we hope to return to a more "normal" office schedule.



*\*\*[FYI, we received a card last week from Michael Anderson, director of the Fishes & Loaves Food Pantry, that 621 emergency food bags were provided in 2021 to households in our area.]*

## PRAYER CONCERNS

**Our country and the world** - for all those in our country and around the world still impacted by the COVID-19 pandemic and now the omicron variant; for families, churches, and communities impacted by the recent tornados in West Tennessee and Kentucky, especially for those who lost loved ones in those violent storms; for Haiti in the aftermath of an earthquake and hurricane; 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; for people around the world experiencing terrorist attacks; for the poor, homeless, and disenfranchised in our city; for immigrants who are struggling due to lost jobs and lack of resources; for persons of color who are speaking out against racial profiling and injustice, and for families who have lost loved ones due to violence; for President Joe Biden and Vice President Kamala Harris—pray for their wisdom.

**The United Methodist Church** - for our Pastor, Rev. Sara Corum, her husband Josh McClurkan, and their five children; for our Bishop, the Rev. Bill McAlilly; and for our District Superintendent, the Rev. Autura Eason-Williams

**Trinity UMC** - for members of the congregation homebound due to chronic illness or age; for new visitors joining us as we worship online; for all families who are grieving; for our congregation as we deal with transitions. Wisdom for our Trustees and Church Council. Also, specific prayer requests by and for:

**Maggi Comes'** niece, **Katie Pendleton**, diagnosed with Tumefactive MS

**Bryce Sellers**, fighting Duchenne Muscular Dystrophy

**Kanyon Glover**, now 3 years old, can lift his left arm and giggles at his daddy when he gives him a high five.

**Donnie Glover**, Chris's brother, passed away recently. Pray for his wife, Sandra, and the family as they mourn.

**Sandra Glover**, Donnie's wife, has three crumbling vertebrae, causing much pain; she's primary caregiver for her elderly mother, as well as her brother-in-law Bobby

**Bobby Glover**, Chris' brother, who had moved to assisted living, is now back home in his tiny house.

**Jacob Foreman**, son of **Caley & Alyson**, hip/leg/back and nerve damage issues, doing PT & showing some slow improvement

**Gene & Irene Opel**, ongoing health concerns but in good spirits

**David Harrison**, Carol Miller's brother, recovered from broken hip; dialysis going well

**Don Culpepper**, Carol Miller's brother-in-law, has lung cancer, but doing better.

Joan Smith's cousin/mom, **Gigi**, aka **Kathryn Ellis**, receiving in-home care

**Peggy Kinney**, Charlotte Comes' 95 year old cousin, now residing permanently in rehab center

**Val Coates**, serious heart condition; still in constant pain and undergoing testing to discover the cause; grieving the loss of her mother, sister, and father this year

**George Marston**, still undergoing dialysis; congestive heart failure; COPD; improved mobility

**Jean Moss**, now in hospice care

**Margaret Rucker**, Irene Dycus' sister, has moved to nursing home care.

**Alyson Foreman's** father passed away; please pray for the family

**Charlotte Comes** has been battling pneumonia.

**Melba & Charles Abraham**, recovered from COVID-19, praise God!

*(Please contact the church office if you have additional prayer concerns, need a concern removed, or need to make a change or correction.)*