

# 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.**



From  
the desk  
of...  
The Rev.

## Toothbrush Problems, Labor Pains, and the Holy Spirit

“...then the Lord God formed man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being.” — Genesis 2:7

This morning I was brushing my teeth, as I always do, and brushing my teeth ended, as it always does, with me gagging on my toothbrush. I know.... that’s an odd way to begin a newsletter article. Stay with me, though. I gagged. It’s normal for me. I don’t enjoy doing it, especially first thing in the morning and before I’ve had anything to eat, because it often makes me nauseated. A few years ago, I was frustrated enough that I started looking for ways to NOT gag while brushing my teeth, and couldn’t find much, so I asked my dentist at my check-up and he said, “All you have to do is keep breathing. You won’t gag if you are breathing.”

Well, it never occurred to me that I stop breathing when I brush my teeth, but apparently I cannot have my mouth open and breathe through my nose unless I instruct myself to do so, but when I remember to tell myself to breathe, sure enough, it doesn’t happen. Again, just hang with me.

When I was in labor with Cooper, almost 13 years ago to this day (his birthday is the 14th), I remember a similar thing happening. My labor progressed very quickly after a bit of encouragement, and that took me by surprise. He was my first to be born, and so I had little understanding of all that was taking place. Nearing the finish line I can remember my nurse saying, “Sara, your oxygen is low. His oxygen is low. I’m going to put an oxygen mask on you and I need you to BREATHE. You have stopped breathing.” I don’t guess I realized I’d stopped breathing, but, sure enough, the machines measuring my every (voluntary and involuntary) move were measuring low oxygen. I’d been inadvertently holding my breath to ward off the pain of the next contraction (as though holding my breath would do that), and I was hurting myself and baby Cooper.

For the last week, I’ve been holding my breath, again, and sometimes gasping for air. There have been moments where it has been painful to let the crisp Autumn air outside enter my lungs. Some of that is my annual fall sinus infection wiggling its way into my existence. Some of it is my (also annual) adverse reaction to the covid vaccine I received a week ago. Some of it is the consumption of my mind with other ‘things’ causing me to forget to breathe. Some of it is fear for the next painful moment and the misconception my body has that not breathing — not taking in that which gives me life — will ward off the pain caused by that for which I am afraid.

I don’t necessarily think I am alone in that. Whether you’ve been holding your breath for the last four years, or are anticipating doing just that for the next four years, we are all standing in the wake of this election season processing where we are — where we are individually and where we are as a country. I’m not sure anyone on any side of what’s been and what is ahead would say that we have reached perfection in love or that we are moving toward that as humanity and in our feelings (good, bad, indifferent, unsure, scared, excited, confused) we don’t exactly know how to ‘be.’ In the chaos that all of those feelings creates, because we have reasons to be conflicted (each and every one of us), we gasp for the air we can breathe hoping that in the next breath, we’ll have what we need to survive and/or thrive.

We cannot forget to breathe. God created by breathing life into what was lifeless and in breathing in, we have the capacity to invite the Holy Spirit into our being, and no matter where we sit, in the wake of November 5th, we need God’s Spirit in us, around us, and with us. It is life-giving. It is FOR us so, beloved, just breathe.

With Sighs Too Deep for Words,  
Rev. Sara

## Bake Sale a Rousing Success!



## BAKE SALE

Yet again, when the call went out the Trinity Bakers showed up and showed out. The youngest bakers, ages 8 and 10, baked cookies that spelled “vote”, and the most senior baker, aged 97, brought apple butter, muscadine jelly and jams, pear jam, and pearadise marmalade. Others brought their specialties, including savory snacks and sweet desserts. Sam started at 4:00 a.m. baking muffins and scones and continued all day. Irene’s organizational skills kept everything running smoothly. The sales table was fully staffed. The

election officials, as usual, had nothing but the highest praise for Trinity’s help in supporting the largest voter turnout in Memphis. This community effort for our fall project, Neighbors Feeding Neighbors, earned \$2,500.00 to purchase grocery cards for our neighbors in need this holiday season. Great job, Trinity!

Our next UWF meeting is a potluck on November 22nd at noon in the Worship Center. Remember your dollar for Tiny Pantry and come with suggestions for what personal care items you want to include in our winter project, Christmas bags for Sista2Sista. We have purchased 24 pair of fleece-lined touchscreen gloves and 24 thick ear-warmer head bands. We will pack the bags and arrange delivery at our December 20th meeting, which will also be our Christmas party.

Also, if you have not already done so, please bring your pledge to Sandy. The deadline for submitting pledge funds to District is December 1st for “Missions Abroad” with the complete financial report due December 15th.

Remember, you need not be a member of Trinity, you need not even be a Methodist. You need only be a woman of faith. Come and be welcome.



## [Editor’s notes...and miscellany]

by Debby Marston

- I miss Shirley. She was a delightful curmudgeon (a seeming contradiction) and was curious about just about everything and everyone and always full of questions. She was blunt, opinionated, and generous to a fault. Joan Foley nicknamed her “Columbo,” after the TV detective who always had “one more question.” Monday mornings will never be the same without Shirley Flint at the front desk at Trinity. The visitation last Saturday included family, friends, friends of family, and lots of Trinitarians. I missed the Celebration of Life, but I’m sure it included lots of stories about the life and times of Shirley Flint. (Sorry you couldn’t be there in person, Shirley. It was supposed to be a celebration of your 90<sup>th</sup> birthday.)
- Recommended reading: Brant Hansen’s *Unoffendable* and *Life is Hard, God is Good, Let’s Dance*. The first is about anger, the second about joy. Read them in that order. I’m willing to lend my copies, as soon as George finishes reading them.
- Carol Miller has a great idea: a catalog of various mobility aids owned by Trinity folks who are willing to lend or give them to anyone in the congregation (or possibly beyond) in need of such equipment. Carol is using a transport chair that was given to your editor’s husband George by a home health nurse. We, in turn, gave it to Rosemary Potter to help her get to and from doctors’ appointments. Her husband Mike still had it in the attic, and when Carol fell and broke her leg, Mike happily passed it on to her. At our house, we have two sets of crutches, two “boots” for damaged feet, and two conventional walkers. If you have any such stuff stuck away in closets or attics, let me know. I think Carol is on to something.

## God's Provision



*"And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work." (2 Corinthians 9:8)*

This month in our Children's Sunday School Class, the theme for our study is **"Harvest,"** and our Faith Focus is **"God Provides for our Needs."** In this Sunday's lesson, which is titled **"God Provides More Than You Can Imagine,"** we will study the story found in

2 Kings 4:1-7. A poverty-stricken widow approaches the prophet Elisha, asking him to help her survive a financial crisis that threatens to put her sons into slavery. The woman has just one thing of value in her home: a small jar of olive oil. Elisha tells her that she must reach out to her neighbors for as many empty jars as they can collect. From that original small jar, through a miracle of God, the many empty jars are filled with oil. The woman is then able to sell the oil to pay off her debts, and she also has enough for her family to live on.

Our leaders' guide to our Sunday School curriculum tells us:

It kind of feels like gratitude seeps out of the Scripture. There seems to be a sense of hopeful urgency in the demands, anticipation in the collection of jars, and great enthusiasm for the final results. When we are experiencing God's provision and protection, we might not always notice. But if you can pause for just a moment to feel God's goodness, these moments might become even greater.

As I read these words in preparation for Sunday's lesson, I realized they could be used to describe our recent Election Day Bake Sale at Trinity. The sale was a beautiful team effort, involving 30 bakers and sales table workers, ranging in age from 8 to 97 years old. Even our children participated in the gracious hospitality of the bake sale. My own grandchildren had a baking party at a sleepover with friends at their house; they spelled out V-O-T-E in the icing on some of their cookies. On Election Day, we brought in over \$2,500 in sales! In addition to supporting our food pantries and the food voucher program, these funds also subsidize the costs of large Children's Ministry events, such as the Easter Egg Hunt & Breakfast with the Easter Bunny, Vacation Bible School, and the recent Trunk or Treat.

When we mentioned Trunk or Treat during Sunday School last week, our young friend Paige observed that we build community in such events, which was an exceptionally perceptive observation by a second grader. Once again, the Lord provided a teachable moment in which a child reminded me of what we are all about in all our ministry efforts. We are building an understanding of Kingdom community, a growing sense of belonging and being loved - through worship services and Sunday School classes, our bake sales, the Community Coffee time, our food pantries, our food voucher program, our children's events, and all other ministries. On and on it goes. We are blessed so that we can be a blessing to others. The blessings flow in and out and all about and come back to us once again, so that we can continue to provide loving care for our neighbors, whoever they might be. Praise God, from Whom all blessings flow!

With a thankful heart,  
*Irene*

## December Birthdays

Lori Brown	December 1
Kate Ostenrude	December 5
Alexis Weatherly	December 12
Sara Jane Goodman	December 13
Sue Taylor	December 16
Debby Marston	December 19
Melba Abraham	December 21
Carey Miller	December 25

## November Birthdays

Joan Smith	November 7
Katy Spake	November 12
Cooper Tate	November 14
Mary McConnell	November 17
Martha Ostenrude	November 18
Lucas Smith	November 22
Carson Witt	November 25
Venoma Newhart	November 26
Shirley Flint	November 27
Raquel Norton	November 27
John Allmon	November 29

## MEMORIALS & HONORARIUMS

A DONATION HAS BEEN RECEIVED  
**IN MEMORY OF**  
**SHIRLEY FLINT** FROM DORIS PORTER  
**SHIRLEY FLINT**  
 FROM CAROL & CAREY MILLER  
**SHIRLEY FLINT**  
 FROM DAVID & ELIZABETH HOPPER  
**SHIRLEY FLINT**  
 FROM CHARLES & MELBA ABRAHAM  
**SHIRLEY FLINT**  
 FROM MARC & SUE TAYLOR  
**SHIRLEY FLINT**  
 FROM BARBARA FISHER  
**RONALD RAYBUCK**  
 FROM PAUL HANSON

Trinity United Methodist Church

# CHARGE CONFERENCE 2024



November 24th, 3:00 p.m.



## Golden Paws Project

*Many seniors rely on their pets for love and emotional support, but providing for a pet's needs can get expensive. They need veterinary care, pet food, and other essentials. Golden Cross Senior Ministries' Golden Paws Project is a campaign dedicated to ensuring that our seniors and their pets receive the support they need.*

*Your contribution will help cover the costs of food, vet care, medications, and other essential pet supplies, ensuring that no senior has to choose between their own needs and the well being of their furry (or feathered) friend.*

*Here's a link you can use to check out the project and make a donation:*  
<https://goldencross.org/golden-paws-project/>





## Advent is upon us!

The first Sunday in Advent is December 1, so it's time to start thinking about ordering poinsettias for the beautification of our worship space. Order forms will be available as inserts in your worship bulletins for the next two Sundays. If you want to place an order by phone or email, call the church office at 901-274-6895 or send an email to [office@trinityumcmemphis.org](mailto:office@trinityumcmemphis.org). The cost should be in the neighborhood of \$15.00/pot. Please specify if the poinsettia is being purchased in memory or in honor of a loved one and include the name of that individual in your order.

The poinsettias purchased will be displayed in the Worship Center during Advent. You may pick up your poinsettia(s) after Christmas. If you are giving a plant in honor of a friend or loved one, please let them know when they can pick up their poinsettia.

Wishing you a blessed Advent and Christmas!



### Stewardship/Finance Committee

The Stewardship/Finance Committee will meet in the Conference Room Sunday, November 17th, following worship.



Watch our new tree grow!

### Oak Tree

In case you didn't notice, the oak tree on the front lawn had to be removed. Pieces of it were falling, some of which fell onto Marc Taylor's car, causing quite a bit of damage. Thanks to an anonymous donor, another oak has been donated in memory of Joe Dycus. Bill Bullock planted the young oak (under the supervision of Trustee Sam Goff) between the old tree and the church sign on the northwest corner of the church property. Check it out as you drive by.

## PRAYER CONCERNS

**Our country and the world** - for all those endangered by the war between Israel and Hamas and for families on both sides who have lost loved ones; for victims of natural disasters; for those families and communities who have fallen victim to the horror of gun violence in our country; for the people of Ukraine who are imperiled by the invasion of Russian troops, shelling of residential areas, and the terror being experienced by the civilian population; for all those in our country and around the world still impacted by the COVID-19 pandemic and variants; 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 still struggle 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 race related violence; for President Joe Biden and Vice President Kamala Harris—pray for their wisdom and that of all political leaders; pray for civility during the Presidential campaigns & election.

**The United Methodist Church** - for our Pastor, Rev. Sara Corum, her husband, Rev. Josh McClurkan, and their five children; for our Bishop, the Rev. David Graves, whose father died recently; for our interim District Superintendent, the Rev. Dr. Deborah Smith

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

The family and friends of **Shirley Flint**, who passed away October 27th

**Ila McDonald**, knee surgery this week: pray for the skill of the surgeon and a speedy recovery.

**Sharman Murley & Frank Cantell** have been at home with covid. Pray for their full recovery.

Sharman's brother, **Chuck Murley**, on radiation/chemo for throat cancer

**Carol Miller** and **Alyson Foreman**'s continued healing

Myra Finch's sisters-in-law **Margaret Beasley & Jo Ann Sumpter**

Kate Ostenrude asks for prayers for **Marshall**'s health concerns.

**Seth Norton**, Raquel's son, waiting for results of biopsy performed recently; further testing pending

**Adam Hill**, serious vein ruptures in legs, much pain (friend of Joan Smith)

From Heather Jacoby-Keller: friend's husband **Eddie** diagnosed with cancer. Heather's sister **Faith** also fighting cancer (for the past year). Please pray for healing!

Joan Foley's daughter-in-law, **Marilynn Hawkins**

**Gwen Dodson**, bladder cancer, COPD, osteoporosis; cancer treatment

Joan Smith's cousin, **Doug Robbins**, aggressive kidney cancer, facing 5th surgery; high medical bills, selling Texas home and moving to Arkansas

**Kaelyn Wright**, wife and mother of two young children, has aggressive thyroid cancer. (Friend of Joan Smith)

**Gene Archer**, diagnosed with stomach cancer; his wife **Julia** has MS; **Lauren Crews**, diagnosed with ALS

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

**Kanyon Glover** has had issues with his heart & continues physical therapy.

**Jacob Foreman**, ongoing health problems & job search

**David Harrison**, Carol Miller's brother, on dialysis; paralyzed on one side after stroke; asthma; COPD; now has pneumonia. Carol's step-mother, **Barbara Womack**, in rehab for hip replacement; fell & broke femur.

**Don Culpepper**, Carol Miller's brother-in-law, liver cancer returned, receiving radiation and chemotherapy

**Val Coates** to receive information on her medical problems from doctor

**Eddie Ramsey**, in hospice care at home; **Sally**, macular degeneration; son **Rusty Ramsey**, torn kneecap tendon

**Jonathan Goff**, lost half of right index finger due to injury and resulting infection

**Lyle Klein**, family member of Amelia Strickland, diagnosed with Parkinson's, cancer, and heart disease

For **Living Word Christian Church**; for **The Lab School**; for all our Scouts and leaders of **Pack 13, Troop 13G, and Troop 13B**; and for those in the **NA** groups who meet at Trinity

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