

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.

In The Now

A few months ago I took up running. I'm not sure if you realize this or not, but I am not an athlete. My family is largely creative or musical. We aren't sporty. But I've been on a journey, since October, to better appreciate this vessel I've been given. I've written a little bit about our healthier eating habits, but not about this.

Back in April I decided that I wanted to strengthen my heart and build up some better energy, which can do nothing but make every aspect of my life better. I knew I'd sleep better at night and that exerting energy only begets more energy. We also live very near the Volentine Evergreen Green Line, and I feel very safe running here.

And running.....I use that word very loosely. Back in April, when I began, it was more walking than anything else. I would run in intervals with small goals. I found myself pushing to run to 'that car,' or to run to, 'that tree.' Every time I'd run I'd push a little further and a little harder and, inevitably, make my small goals.

But it was hard. Every step has been hard. At first it was chilly outside. That was hard. From the beginning I've suffered from shin-splints. That's been hard. I don't know enough about running to know anything about my stride, or my footfall, or the right pair of running shoes. I've had to learn. At the end of a pandemic period marked by daily change, adding another learning-curve has been hard. Three days a week, pushing through the heat and humidity now — it's hard.

Last week something changed, though. Last week I discovered something that shifted things in an interesting direction and, since discovering this neat thing, I've begun to see where this journey might be more of a spiritual one that I realized.

Last week I pushed myself to my small goals that, over time, have become much bigger goals. Where in the beginning I was running 1/4 of the distance with long intervals of walking, I am now running 3/4 of the distance with long intervals of running. And, for the most part, my practice hasn't changed. Pick a tree. Run to that tree. Pick a car. Run to that car. Pick a street sign. Well, you get the idea. But last week, lost in thought, I caught myself running while looking down at the path, instead of at my target. And I ran. And I ran some more. By the time I looked up, I realized that I was far past my target, less winded, and more appreciative of my breaths, of my heart pounding, and (essentially) of what my body could do.

I continued this practice for the rest of the run, looking up only to make sure I wasn't about to run into anything or anyone. Instead of my target, I would think about the sounds of the birds, the crunching of the gravel under my feet, or the rustling of the leaves on the trees. I found myself much more in the moment and the space that was 'now,' and less consumed with anticipation (which often turns to anxiety) about the moments ahead, about how tired I'd be at the end, or about the rest of my day.

I've reflected over the weekend on some words from Matthew, chapter 6:25-26 that read:

Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?

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I love these words. As someone with a generally anxious heart, it's good to be reminded that I am worth more to God than I will ever know and worrying about what's next — what the next step is, what's ahead and out of reach, where it's natural and, I think, a part of our culture— helps us forget that there is something better for us than getting lost in the next step, rather than living in the present.

There is a motto on the Walk to Emmaus (a 72 hour, interdenominational faith walk for adults), that is, "Do not anticipate but participate." When we anticipate what's next, it's easy to miss what's happening now. Our anticipation often makes the present smaller. It means that we miss the moment. It lessens the work of God in the 'now.' For me, when I was running and pressing ahead to that next marker, I was exerting energy needed to run, and exerting pressure on myself to get to that spot.

I want to offer encouragement to you today to not anticipate but participate. God is working today and now in your life, and wants you to experience that goodness — to not miss it. Pause. Breathe. Try to not calculate your next steps and enter into each moment knowing that the peace of Christ goes before you and that the love of God is now and always.

Peace,
Rev. Sara

IMPORTANT ANNOUNCEMENT

If you plan to attend in-person worship on any Sunday, please be sure and call the church office at 901-274-6895 and leave a message or e-mail your RSVP to office@trinityumcmemphis.org. For the present, please also wear a mask and maintain social distancing from anyone other than your household members. Knowing how many will attend helps us know how to set up chairs in the Worship Center.



The Children's Sunday School Class will take a two-week break from meeting. We will not meet June 27 and July 4. Our class is scheduled to resume meeting on Sunday, July 11.



Thanks to the Nowlin Sunday School Class and the choir, materials were purchased for construction of a new ramp at the Abraham home. Sam Goff was in charge of construction, and the ramp was completed in time for Charles to use it after hospital discharge. Now, that's how the church family takes care of its own! Welcome Home, Charles!!

...a little child shall lead them.



One of my most meaningful children's Sunday School lessons took place on a Sunday when I had only one child in my class. This was during the time that I taught the 1st and 2nd Grade Class. I remember that our lesson was on Jesus' washing his disciples' feet. I had prepared a tray with paint in it so the children could make footprints on a welcome mat for the doorway of each of the classrooms in the Children's

Department. Afterwards, I was to wash and dry their feet, as a concrete example of what Jesus did with his disciples on that last night that he spent with them. I was somewhat disappointed that there was only one child there for that day's session because it promised to be such a good hands-on (or feet-on) learning experience.

The single child there with me was Kuunemuebari Mini, who was one of the most serious-minded children I have ever taught, and on that Sunday, this young child taught me so very much about prayer. I asked him if he would like to pray at some point during the lesson, and he shared the most profound and meaningful prayer I have ever heard a child pray. Afterwards, we talked about his family, and he told me how they prayed together every day. His family had come from an African country. (I think it was Nigeria, but I am not sure). Kuunemuebari told me they communicated regularly with family and friends back in their home country. By communicating, I mean that they talked frequently on the phone. They did not just talk; they prayed on the phone together for extended periods of time. And Kuunemuebari, this second grader, said that he participated right along with the adults.



The Mini family moved not long after that, and I have no idea where they might be now. The children who were in that class are all young adults now. I think about Kuunemuebari on occasion. I wonder where he is and what he is doing. I do not know, of course, but I suspect that he is still a praying person. I think of the apostle Paul's second letter to the young pastor Timothy, in which he says, "I am reminded of your sincere faith, a faith that lived first in your grandmother Lois and your mother Eunice, and now, I am sure, lives in you." (2 Timothy 1:5) Kuunemuebari's faith lived first in his father, Barisi, who was a man who was passionate about his faith and about expressing it. I discovered that day that this child also had an extended family of faith that reached far beyond Trinity Church.

When we Sunday School teachers say that we learn so much from our children, we really mean it. Even young children come out with such deep expressions of faith that are both inspiring and humbling to those of us who are supposed to be the "experts," reminders that we are all children of God, and as such, we all continue to be learners, no matter old we may be.

Peace and love,

Irene

"Angel Soup"



Carson

Love, Share, Remember, Believe

JOIN THE CHILDREN'S SUNDAY SCHOOL CLASS IN A **CANNED FOOD DRIVE** FOR THE **FISHES AND LOAVES FOOD PANTRY**. BRING YOUR FOOD ITEMS TO WORSHIP DURING THE MONTH OF JUNE. **PROTEINS NEEDED:** CANNED CHICKEN, TUNA, VIENNA SAUSAGES, PEANUT BUTTER. **OTHER ITEMS:** BOXED MACARONI & CHEESE, CANNED FRUIT, DRIED OR CANNED BEANS. NO GLASS CONTAINERS, PLEASE!

Come to our Can Drive



Sean

Sunday, June 27th, will end the Children's Sunday School Class CANNED FOOD DRIVE. Be sure and bring your canned and boxed staple items when you come to worship on the 27th. Proteins are particularly needed.

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.

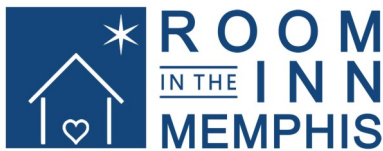
Once a month, persons can request an emergency food bag (canned goods, peanut butter, cereal, rice, dried beans, soup, etc). Neither of these options require any proof of residency or need....you ask, you receive. Individuals and families who need an emergency food bag can call Michael Anderson at (901)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

Trinity members: Once the children's Can Drive is over at the end of June, please contact Debby at office@trinityumcmemphis.org or leave a message at (901) 274-6895 to ask about the next opportunity to bring staple items for Binghampton UMM's food pantry. A donation in the form of a check written to Trinity UMC, with "Fishes & Loaves" on the memo line, will also 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!

Remember those in our community who need help

Please donate canned goods, including proteins such as tuna & chicken, beans, beef ravioli, etc., as well as boxed staple items and granola or protein bars. When shopping, think about foods that don't need refrigeration & won't spoil if carried around in a back pack. Canned foods with pop-tops are ideal. Keep our **Tiny Pantry** well-stocked!





We received a letter recently from Rev. Lisa Anderson, the Executive Director of Room in the Inn-Memphis and want to share it with the Trinity congregation:

“From all of us here at Room in the Inn-Memphis, we would like to thank you for your generous and impactful gift. What an exciting time it

has been here at our new home! In the first month of our opening, our Family Inn program has welcomed new guests, assisting them as they transition into permanent housing. We have had the opportunity to provide shelter to 12 families with over 30 children through our Family Inn programming. Of course, this would not have been possible without the support of volunteers who donated over 400 hours of their time in the month of May. As we move forward into Memphis summer months, we look forward to all the twists and turns that lie ahead in our new home and sharing the same holy hospitality we dreamed of creating eleven years ago.” Monday, June 21, marked the first day of CITI Camp 2021, a children’s camp that originated 14 years ago with the same congregation that started the first Room in the Inn overnight shelter in Memphis. CITI Camp at the new RITI-Memphis campus will provide summer activities for both RITI children and those housed at the Dorothy Day House. (CITI is an acronym for Children in the Inn.)

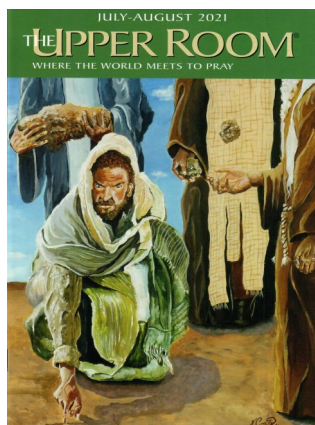


ENews@TrinityUMCMemphis

[Editor’s Note: If you wish to receive Trinity’s ENews electronic newsletter, please send your request to office@trinityumcmemphis.org so your e-mail address can be added to the list of ENews subscribers. ENews is published each Thursday, and a link to the *Trinotes* is included in the ENews the week the print newsletter is mailed out.]

Celebrate June Birthdays!

June 8	Nancy Maddox
June 9	Gene Opel
June 12	Marc Taylor
June 18	Audrey Webster
June 19	Sam Comes
June 21	Sandy Guntharp
June 30	Eddie Ramsey



JULY/AUGUST

The large and regular print versions of the July/August issue of *The Upper Room* can be picked up from the front porch of the church building or from the counter in front of the reception desk. We can also mail

you a copy if you cannot get out.

E-mail office@trinityumcmemphis.org or call and 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.



SUMMER CAMP 2021

3rd - 8th Grade




July 12th - 16th

July 19th - 23rd

Monday - Friday / 9 am - 5 pm

www.newspark901.org

PRAYER CONCERNS

Our country and the world - for all those in our country and around the world still impacted by the COVID-19 pandemic; 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 in their early months in office—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 children and youth as they attend school, whether virtually or in person; 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

Gary Owens, Alyson Foreman's father, experiencing much pain in knees; having difficulty walking
Alyson's aunt, **Judy Chapman**, multiple injuries following auto accident

Kanyon Glover, now 3 years old and doing well: a happy little boy, according to Chris

Donnie Glover, now on oral medication, as well as chemotherapy; needs blood & platelets weekly, but
back to driving a truck. (You can't keep a good man down!)

Bobby Glover, Chris' brother, moving to assisted living: pray for his adjustment.

Jacob Foreman, son of **Caley & Alyson**, hip/leg/back and nerve damage issues

Gene & Irene Opel, ongoing medical concerns

Jeri Ashley, tired and weak, but still able to go to meals, visit with sons Benjamin & Richard & their wives

David Harrison, Carol Miller's brother, is suffering from a broken hip, many other critical health issues.

Don Culpepper, Carol Miller's brother-in-law, has lung cancer.

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

Peggy Kinney, Charlotte Comes' 95 year old cousin in Georgia with broken hip, in rehab

A PRAISE!! **Charles Abraham** has returned home! (See page 2 for photos.)

Val Coates, recovering at home from shoulder surgery

George Marston, undergoing dialysis for Stage V kidney disease; congestive heart failure; COPD

The friends and family of **Pat Lovington**, who passed away peacefully in her sleep

Nancy Rankin, pancreatic cancer, on chemotherapy at home; for **Nelda Gray** as she cares for her

Fred Martin, lung cancer; broken rib and punctured lung from a fall; now at Baptist Hospice House in
Collierville, Room 5707

John Stuart, very weak and frail, now living with son William

Jean Moss, now at Alan Morgan Health Center in Trezevant View Place on Highland, Room 339

Margaret Rucker, Irene Dycus' sister, as she deals with serious health problems, and Irene as she helps
care for her.

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