



TRINITY TIMES



1600 West Rollins 65203 573.445.4469 trinity@trinity-presbyterian.org

MAY 2023

Michael's Musings

Exercise is something I have always enjoyed. Although in the past I did a lot of running, these days I seldom run but try to walk three to five miles a day as well as lift weights three to six times a week. I find, however, that as I get older, keeping up any physical regimen becomes harder and harder. I must admit that most days, the part of exercising I like the most is when it's over!

After forty years of regular exercise, I have learned a few mental tricks that help me get to the end – especially on those days when I have no desire to move my body whatsoever. I never think about the final minute of pedaling, the end of the last mile, or the last set of repetitions. If I do, I am inclined to find an excuse to ditch the whole enterprise and do something (anything!) else. The trick is to focus only on finishing no more than a quarter of the workout at a time – as if that is all I am actually going to do. It never fails, in no time, the hour is gone; the ride is complete; my walk is over; the weights are stored away.

As a child, I applied the same principle to finishing the school year. Back then, we didn't begin school until after Labor Day and it didn't end until about the middle of June. I always enjoyed school but when May rolled around, I was pretty much finished with learning for the year. As the days got longer and warmer, my attention span got shorter. Like all the rest of the children I knew, I counted down the days to summer. But to an eight-year-old, six weeks is an eternity. The length of time until summer seemed unbearable. So, I started a secret ritual known only to me.

Every year, at the end of April, I would lock my bedroom door, take out a magic marker, take all of the clothes out of one of my dresser drawers and write down a date in the bottom of the drawer: May 8. Then I'd put my clothes back and all my energy into looking forward to that day. Then when May 8 arrived, I would celebrate by getting up early, taking out my magic marker and writing another date: May 18. And I would do this until around the 1st week of June. After that, the end of the year celebrations and field trips would take me to the end.

I believe our calling from God is like this. It can seem overwhelming at times. Getting to the end of what we know is a difficult task, conversation, or journey ahead of us can seem more than we can bear. It is all too easy to get discouraged, lose hope, fall into despair and give up. The trick is not to worry about the end but to stay focused on what God gives us the opportunity to do today. As recovering alcoholics put it, "Just take it one day at a time."

Michael

Pentecost Offering

When you give to the Pentecost Offering, you are helping to provide opportunities for young people to grow and share in their faith in Christ. A foundation of faith established during childhood through young adulthood helps ensure lifelong faith and service.

40% of your offering stays

with Trinity to support local ministries, with children, youth and young adults. 25% supports young adult volunteers serving in communities around the world, growing as leaders through transformative Christian service. 25% supports ministries with youth especially the Presbyterian Youth Triennium. 10% is devoted to children-at-risk and supports to improve education and provide safe havens.

PENTECOST SPECIAL OFFERINGS
CHILDREN AT RISK • YOUTH • YOUNG ADULTS

The Pentecost Offering supports our ministries with young people.

Join us!
WHEN WE ALL DO A LITTLE, IT ADDS UP TO A LOT!

MATTHEW 25

Special offering envelopes will be available on Sunday, May 28. Checks should be made payable to Trinity with "Pentecost" on the memo line. Online giving is also available through the church website.

Worship at Trinity

Late April/May Worship

*** Sunday, April 30, 2023 10:30 a.m.**

Old Testament: Psalm 100

New Testament: Acts 2:42-47

Sermon: "Tacit Norms"

Theme: There are things Christians know (or should know) that are not necessarily written down anywhere.

*** Sunday, May 7, 2023 10:30 a.m.**

NT Reading: John 14:1-7

OT Reading: Psalm 31:1-5; 15-16

Sermon: "God Times"

Theme: Determining the use of our time.

*** Sunday, May 14, 2023 10:30 a.m.**

Gospel Reading: John 14:1-21

Epistle Reading: I Peter 3:13-22

Sermon: "Peer Pressure"

Theme: Pressure to live by our culture's story of who we are and how we are valued is powerful but deadly.

*** Sunday, May 21, 2023 10:30 a.m.**

OT Reading: Joshua 4:4-7

NT Reading: Luke 22:19-20

Sermon: "Re-remembering"

Theme: To forget God is to be broken; to re-remember is to be whole.

*** Sunday, May 28, 2023 10:30 a.m.**

Pentecost Sunday

OT Reading: Psalms 104:24-34;35b

NT Reading: John 20:19-23

Sermon: "God-Breathed Second Chances"

Theme: Whether you are contemplating a major life change, or struggling with grief and loss, your first stab at what may be life-giving need not be your last.

***Services are in-person and live-streamed via Facebook Live.**

**TO READ OUR PASTOR'S
PREVIOUS WEEK'S SERMON,
go to:**

<https://www.trinity-presbyterian.org/archives>

Meet Our New Members



Donna Bechtold and Jess Newkirk are married and live right up the street and around the corner from Trinity. They each have two grown sons. Donna and her first husband, Bob, started Midway Truck Stop. Bob died of Alzheimer's and Jess lost his first wife, Linda, in 2016 to kidney cancer. Jess was a successful businessman in the food service industry, supplying food to universities and then Marriott Hotels. Jess is co-owner of B&B Bagels here in Columbia, with his son, Brad, who manages the bakery. Donna and Jess spend about 6 months of the year in Boca Raton, Florida. Jess is an ordained elder in the PCUSA. They are both eager to get more involved at Trinity.

Please add this information to your church directory:

Address: 509 Russell Blvd. Columbia, MO 65203

Phones: Donna – (573) 424-1267; Jess – (573) 808-3014

Emails: dbechtold1@aol.com; jessnewkirk@hotmail.com

Ann's association with Trinity began in the fall of 2015 when she started filling in for Lily Chan in the church office. In 2016 she became the Financial Secretary and then transitioned to the Administrative Assistant position when Lily retired. Ann spent 27 years on the staff at First Presbyterian, serving 18 of those years as the Director of Christian Education and the other 9 as the Financial Secretary. She and her family moved to Columbia in 1983 and purchased the former Thomas Paint and Decorating store. They also owned TJ Cinnamon's Bakery for a few years. Ann and Chris have two daughters and six granddaughters. Here's Ann's contact information:

Address: 1805 Emerald Ct. Columbia, MO 65203

Home phone: (573) 445-2773

Cell phone: (573) 268-0146 (preferred)

Email: abouchard@trinity-presbyterian.org



Trinity News

German Dinner and Band Saturday May 6th at 6pm



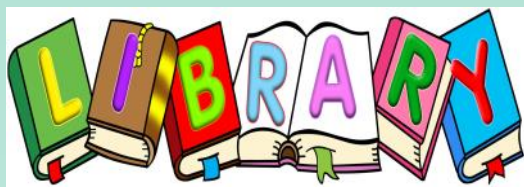
Meat and drinks will be provided; please bring your favorite German dish to share. If you have any German attire, you are invited to wear it. Die Deutschmeister Musik Makers (featuring Trinity's own Bill Kennedy) will entertain us, and there just might be a polka lesson or two! Please come, and join the fun!



All men of Trinity

are invited to meet for breakfast on **Wednesday, May 10, at 8:00 a.m.** at JJ's Café. 1712 N. Providence Rd.

Please call the church office if you'd like to be put on the reservation list.



Trinity Library - Book Highlight with Marianne Fues, Trinity Librarian

Blessings for a Mother's Day by Ruth Bell Graham. Graham's five children provided numerous adventures as they grew up. The two boys and three girls teased and supported each other as they played, went to school, got into and out of trouble along the road to adulthood. Read about their adventurous journeys and Graham's reflections on parenting.

God's Tender Promises for Mothers, another volume in the Moments for Your Life series.

"Mothers, teach your children to be quick in what they stand for and slow in what they fall for."

"Mother always said that the largest room in the world is the room for improvement."

"Faith is never graded on a curve – you simply pass or fail. Let your faith grow."

This paperback is filled with words of wisdom and gratitude for mothers followed by scripture from the New King James Version for each entry.

Feel free to **visit the Trinity Libraries** between 9:00 a.m. - 3:00 p.m. Monday to Friday. Materials can be checked out using the three ring binder on the desk in the main library and also in the Children's Library downstairs in Room 9.



Fiber Fellowship May 27



Fiber Fellowship will be meeting Saturday, May 27 from 10-12 in the Fellowship Hall. Bring your knitting, crocheting or other fiber creations to work on as we enjoy each other's company.

At our March 25th gathering, we began knitting scarves in honor of Joan Bay for the Assistance League® of Mid-Missouri's Operation School Bell® and it was a great success.

For more information about Fiber Fellowship contact Chris Sheriff, Susan Winkelmann or Karen Neely.

Trinity News



Highlights from the April Session Meeting

Session met on Tuesday evening, April 18 at 7:00 p.m. in the Fellowship Hall. Following are items of information from the meeting:

- Session joyfully welcomed three new members to Trinity: Donna Bechtold, Jess Newkirk, and Ann Bouchard. Donna was received by reaffirmation of faith; Jess and Ann by letter of transfer from First Presbyterian-Columbia.
- The Clerk shared thank you notes from the Food Bank for a donation of \$425 and Voluntary Action Center for a donation of \$400 for the FISH Fund.
- Session approved the use of money from Joan Bay's memorial fund to purchase refillable, oil burning candles for the Advent wreath and the candleholders on the communion table.
- Mission Chair Karen Neely reported that a representative from Heifer, International will be joining the committee by Zoom at their April 27 meeting.
- Chris Sheriff was approved as Trinity's elder-commissioner for the May 16 meeting of Missouri Union Presbytery at Broadway Presbyterian in Sedalia.
- Rev. Stanfield expressed great appreciation to the Christian Education Committee and others who helped with the "March into Mission" day the committee hosted for elementary age children on March 15 and for the youth activities that afternoon.

NEWS FOR PRESBYTERIAN WOMEN

Can you believe we've gone through another year of study and fellowship? My, my, where does the time go? Circle meetings will be a bit different for, this, our last meeting until fall.

Evening Circle will be going out to dinner on May 2; watch for your e-mail from Karen Neely as to place and time. The **Afternoon Circle will meet in the Fellowship Hall at 12 NOON on May 3** for our annual salad/finger food lunch. We all will finish up our study of *Celebrating Sabbath*, with discussion of Lesson 9, *Sabbath and Community*, based on Acts 2:42-47. We hope to see you all at our May gatherings.

At this point, I have no new "news" from Missouri Union Presbytery PW. I hope to receive an update on the spring gathering in Boonville that took place April 20. I'll keep you up to date.

I invite all Trinity women to try to join a circle and enjoy fun, fellowship and Bible study next fall. Questions? Please give me a call or e-mail. Charlotte Larrick 573-447-0552 or cdlarrick@gmail.com. Thanks. Have a safe and happy summer.



The Wardrobe: Columbia's all-volunteer, non-profit thrift store

A monthly sign up form for volunteers is on the kiosk in the church narthex, or volunteers can call Georgia Morehouse. **Trinity's day to work is Wednesday, May 17 and volunteers are needed for the 11:00 a.m. - 2:00 p.m. shift.**

Trinity Provides Food for the Hungry through Loaves and Fishes

Trinity will serve at Loaves and Fishes on **Thursday, May 11.** Please watch for an email regarding sign up requests for food donations and servers. More servers are needed now that dishes are being used again.

OUR PRAYERS

Short Term Prayer Requests

Lou Boka - father of Samantha George, who is under-going treatment for recently diagnosed cancer

Cheryl Gysbers - daughter-in-law of Norm Gysbers and Elinor Arendt, has an aggressive form of breast cancer

Steve Livingston— brother of Becky Livingston, recovering from successful surgery for a brain bleed.

Bill Lubbert - friend of Bob and June Young, recovering from aneurysm

Mark Moore—(Jan Storvick's friend): recovering from surgery last week

Steve Yates—will have neck surgery on May 11

Long Term Prayer Requests

Paul Conditt - Sarah's Humfeld's father who has health issues

Jane Cooper - Sharon Daly's sister, on dialysis and dealing with problems from diabetes

Jacob Fues – COVID long-hauler syndrome; showing marked improvement

Janet Ghio - friend of Kyle Groshong, treatment for multiple myeloma is going well

Esther Muench Plonk - Jim Muench's mother, who suffers from dementia

Norma Spurgeon—Prayers for continued healing and strength.

Hugh Williams— Sharon Daly's brother, who has bladder cancer

Please remember and pray for our Missionaries, Mission Causes, and Military Personnel.

GET CONNECTED - STAY CONNECTED

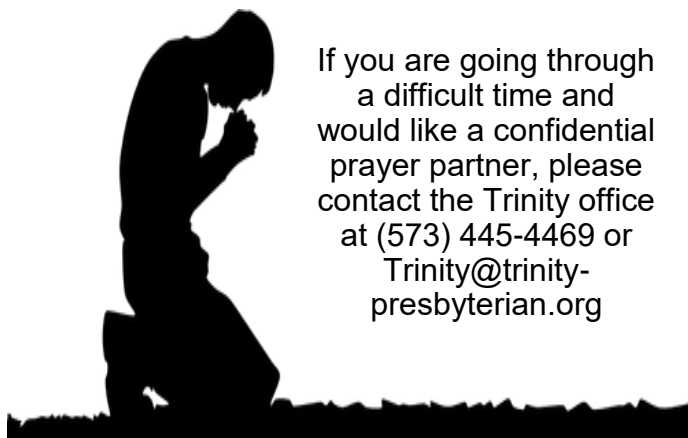
New to Trinity? Text the word "Welcome" to 573-284-8084 to get connected. We'll be in touch soon.

Already a member or a regular attendee? Text "Member" to 573-284-8084 so we can keep you up to date on what's happening at Trinity.

Do you have a prayer request? Text "pray" to 573-284-8084 and our pastor will contact you.

Submissions for Trinity Times?
Email: trinitytimeseditors@gmail.com

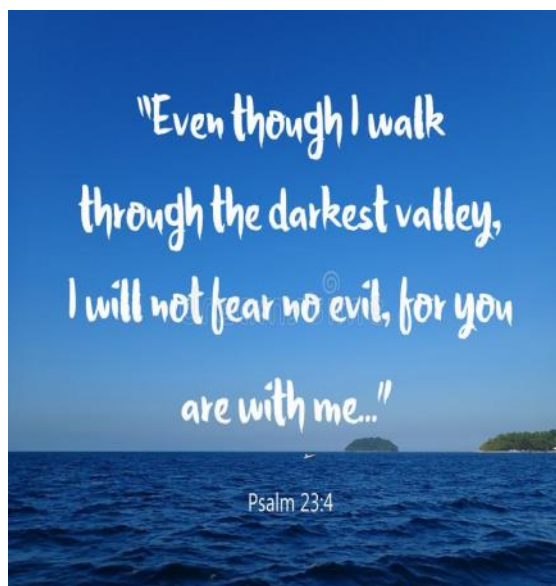
The deadline for June Trinity Times is Friday, May 26, 2023.
Kyle Groshong is our editor.



If you are going through a difficult time and would like a confidential prayer partner, please contact the Trinity office at (573) 445-4469 or Trinity@trinity-presbyterian.org



The church offices will be closed on Monday, May 29.



May 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>7</p> <p>9:15 AM—Children’s Class 9:30 AM—Adult Class 10:00 AM—Choir 10:30 AM—Worship 11:30 AM—Fellowship</p>	<p>1</p> <p>9:00-11:30 AM—PEO Chapter LM (FH) 11:00 AM—PEO (Lib.) 3:00 PM—Outreach 7:00 PM—Fellowship 7:00 PM—Boy Scouts</p>	<p>2</p> <p>6:00 PM—Evening Circle 7:00 PM—Girl Scouts</p>	<p>3</p> <p>12:00 PM—Afternoon Circle (FH) 7:00 PM—Choir Rehearsal (Choir Rm)</p>	<p>4</p> <p>7:00 PM—Worship Committee (Zoom)</p>	<p>5</p> <p>1:30 PM—Mah Jongg (FH) 5:30 PM—Women in Recovery (Rm. 12)</p>	<p>6</p> <p>6:00 PM—German Band/Dinner (FH)</p>
<p>14</p> <p>9:15 AM—Children’s Class 9:30 AM—Adult Class 10:00 AM—Choir 10:30 AM—Worship 11:30 AM—Fellowship</p>	<p>8</p> <p>1:00 PM—Garden Club 7:00 PM—Boy Scouts</p>	<p>9</p> <p>3:00-5:00 PM—PEO Chapter “JJ” (FH) 7:00 PM—Girl Scouts 7:00 PM—Sacred Singers (FH) 7:00 PM—Christian Ed</p>	<p>10</p> <p>8:00 AM—Men’s Breakfast (JJ’s Café) 6:00-8:30 PM—Caring Women of COMO 7:00 PM—Choir Rehearsal (Choir Rm)</p>	<p>11</p> <p>4:00 PM—Loaves & Fishes 6:30 PM—Cub Scouts</p>	<p>12</p> <p>1:30 PM—Mah Jongg (FH) 5:30 PM—Women in Recovery (Rm. 12)</p>	<p>13</p> <p>MO Symphony League Auction Pickup—lower level</p>
<p>21—Communion Sunday 9:15 AM—Children’s Class 9:30 AM—Adult Class 10:00 AM—Choir 10:30 AM—Worship 11:30 AM—Fellowship - Troop 4 Court of Honor/Reception</p>	<p>15</p> <p>7:00 PM—Boy Scouts 7:00 PM—Stewardship & Finance Committee</p>	<p>16</p> <p>7:00 PM—Session 7:00 PM—Girl Scouts</p>	<p>17</p> <p>11:00 AM—Wardrobe 10:00-1:00 PM—Garden Club Judges Council (FH) 3:00 PM—Ad Hoc Comm. (FH)</p>	<p>18</p> <p>7:00 PM—Mission Comm.</p>	<p>19</p> <p>1:30 PM—Mah Jongg (FH) 5:30 PM—Women in Recovery (Rm. 12)</p>	<p>20</p>
<p>28 Pentecost Sunday 9:15 AM—Children’s Class 9:30 AM—Adult Class 10:00 AM—Choir 10:30 AM—Worship 11:30 AM—Fellowship</p>	<p>22</p> <p>7:00 PM—Boy Scouts</p>	<p>23</p> <p>11:00 AM—MO Symphony League (FH) 6:30 PM—Humfeld Court of Honor (Sanct./FH) 7:00 PM—Girl Scouts</p>	<p>24</p> <p>10:00 AM—Cong. Care Committee (FH)</p>	<p>25</p> <p>2:00 PM—Property Committee (FH)</p>	<p>26</p> <p>1:30 PM—Mah Jongg (FH) 5:30 PM—Women in Recovery (Rm. 12)</p>	<p>27</p> <p>10:00 AM—Fiber Fellowship (FH)</p>
<p>29 Memorial Day Church Office closed</p>	<p>30</p> <p>7:00 PM—Sacred Harp Singers (FH) 7:00 PM—Technology Committee (Zoom)</p>	<p>31</p>				