



# TRINITY TIMES



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FEBRUARY 2023

## Michael's Musings

How does one conceive of a life that is "spiritual?"

Unfortunately, the Presbyterian mind often goes either to activities that are overly pious and restrained conjuring up joyless images of somber faces that quickly turn to scowls at laughter and loud noises or too new agey "woo woo" dilettantes who talk about the power of certain crystals and the reading of Astro-plane auras. However, when I actually recall my own experiences with meditation, scriptural study and prayer, I immediately feel grateful and uplifted. I have received so much grace, insight, joy and peace as a result of participating in various spiritual disciplines from the Christian Tradition – I suppose in the same way, that I have often felt more alive during or after a good physical work-out.

The Kingdom of God is presented in the Gospels as God's eternal loving rule coming near to us in Christ. John preached that we should participate in spiritual disciplines as a way to *prepare* for God's coming kingdom which was not yet here. On the other hand, Jesus advocated a life of spiritual discipline as a *response* to one's actual experience of God's presence – a reality already present in him. Hence, participation in spiritual disciplines can be viewed both as *preparation* for God's grace and as a *response* to it. The point is not to view attempts to be more spiritual begrudgingly – as requirements of an angry, vindictive God, nor as magical rituals which will automatically make us healthy, wealthy and wise. The point of doing them is so that we might pave the way for us to become more and more aware of God's grace and presence in our lives so that God's grace might more powerfully have an avenue to work through us. I invite you to be more disciplined in your spiritual life during the upcoming Lenten Season beginning with the Ash Wednesday Service on February 15. And may God bless you in whatever ways you may endeavor to make yourself more open to God's will.

*Michael*

## Ash Wednesday Service Wednesday, February 22, 2023 7:00 p.m.



Ash Wednesday is a solemn reminder of human mortality and the need for reconciliation with God and marks the beginning of the penitential Lenten season which continues, this year, through April 8, the Saturday before Easter. Trinity's service will include the imposition of ashes, a Christian symbol of death, repentance of sins and purification.

If you will be worshiping with us at home - rather than in the sanctuary - please procure your own ashes as best you can and at the appropriate time in the service impose the ashes on yourself or have another family member do it.

## Trinity News

### Late January/February Worship

**\*Sunday, January 29, 2023 10:30 a.m.**

#### Congregational Meeting

**OT:** Isaiah 9:1-4

**NT:** Matthew 4:12-23

**Sermon:** "Your Call"

**Theme:** God's calling may require us to reside in unfamiliar territory.

**\*Sunday February 5, 2023 10:30 a.m.**

**OT:** Micah 6:6-8

**NT:** Matthew 5:1-12

**Sermon:** "I'm Not O.K. You're Not O.K and That's O.K."

**Theme:** Faithfulness involves living in that "sweet spot" between one's vertical relationship with God and one's horizontal relationship with others.

**\*Sunday, February 12, 2023 10:30 a.m.**

**OT:** Deuteronomy 30:15-20

**NT:** Matthew 5:21-26

**Sermon:** "Getting Your Goat Back"

**Theme:** Losing our temper and finding it again.

**\*Sunday, February 19, 2023 10:30 a.m.**

#### Transfiguration Sunday

**OT:** Exodus 24:12-18

**NT:** Matthew 17:1-9

**Sermon:** "The Veil Is Lifted"

**Theme:** Things that get in the way of seeing God's Glory.

**\*Wednesday, February 22, 2023 7:00p.m.**

#### Ash Wednesday

**OT:** Isaiah 58:1-12

**NT:** Matthew 6:1-6; 16-21

#### Meditation and Invitation

**Theme:** the meaning of the Lenten Season and an invitation to spiritual discipline

**\*Sunday, February 26, 2023 10:30 a.m.**

#### Communion Sunday

**OT:** Genesis 2:15-17; 3:1-7

**NT:** Matthew 4:1-11

**Sermon:** "The Temptations that Define Us"

**Theme:** What tempts us says a lot about who we are called to be.

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

## Shrove Tuesday Dinner

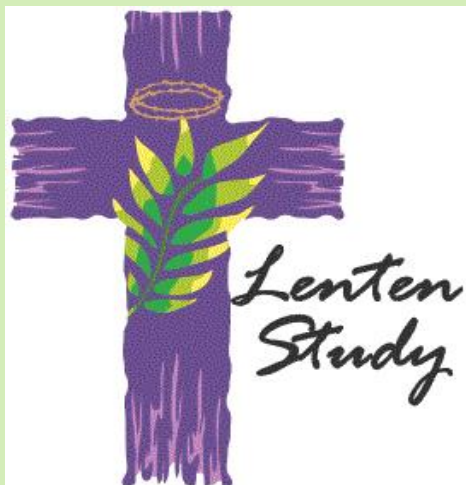
As we enter into the season of Lent, please join us for a come-and-go

### Pancake and Sausage Dinner

hosted by the Fellowship Committee

**5:00 – 6:30p.m. Tuesday, February 21**

.A free-will donation to cover the meal will be accepted.



## Lenten Study Mondays at 7:00 pm February 27 to April 3

This year during Lent, our pastor will lead a study based on the previous Sunday's sermon. Each Friday in the churchwide e-mail a list of questions will be included to help guide individual members in their approach to the week's sermon. Then the next Monday evening at 7:00 p.m. using those same questions, Michael will lead a discussion about the previous day's sermon in the Fellowship Hall. Those interested are asked to commit to the whole series. However, each Monday night discussion will be relatively self-contained so that members can feel free to join in on any given Monday. Those who can't or prefer not to attend are encouraged to use the questions for their own devotion time during the week.

## Trinity News

### Awe

*“Awe is the feeling of being in the presence of something vast that transcends your understanding of the world,” said Dacher Keltner, a psychologist at the University of California, Berkeley.*

*It’s vast, yes. But awe is also simpler than we think — and accessible to everyone, he writes in his book “Awe: The New Science of Everyday Wonder and How It Can Transform Your Life.”*

*While many of us associate awe with dramatic, life-changing events, the truth is that awe can be part of everyday life. Experiencing awe comes from what Dr. Keltner has called a “perceived vastness,” as well as something that challenges us to rethink our previously held ideas. Awe can be triggered from moments like seeing the Grand Canyon or witnessing an act of kindness.*

--Hope Reese, New York Times, Jan. 3, 2003

~To perceive and cultivate... Ed Coe



The 57<sup>th</sup> Super Bowl Sunday is on February 12<sup>th</sup> this year! In celebration of this annual tradition, the Holders will host a “Small Groups” party at their home complete with a pot of chili and large screen TV! Please come in time for kick-off at 5:30, bring a snack and wear your favorite team colors (hopefully the Chiefs)! RSVP by e-mailing the Holders at: [ljholder@yahoo.com](mailto:ljholder@yahoo.com). Go Chiefs!

### February 5 – February 15



It’s becoming a Trinity Presbyterian Church tradition to use the buzz around February football to bring attention to the folks in our community who are struggling with food insecurity. They’re often making a choice between buying food or paying for medications. Buying food or paying rent.

From February 5-February 15 you’ll find 2 Food Bank barrels in the Church narthex. Let’s fill them to the brim!

Please bring non-perishable items in non-breakable containers. (Homemade or home-canned items cannot be accepted.)

Checks can be written, if you’d like the Food Bank to purchase fresh items (or if it is much easier to write a check rather than shop). Make the checks payable to Trinity Presbyterian Church with Food Bank written in the memo line.

Much needed items are: canned meat, fruits, beans, rice, cereal, peanut butter, pasta and of course, SOUP!

## HIGHLIGHTS

*from the January Session Meeting*

*Session met on Tuesday, January 17 at 7:00 p.m. in the Fellowship Hall. Here are the actions taken and some additional information.*

- ◆ approved a change in the docket for the Annual Congregational Meeting scheduled for January 29, 2023 following worship;
- ◆ approved moving the funding for the church website from the Outreach Committee budget to the Church Administration budget;
- ◆ approved the “Policy for Use of Fellowship Hall Technology for Non-Trinity Functions”;
- ◆ approved hanging the Threads of Grace Tapestry in the narthex above the credenza and moving the wooden PCUSA symbol to the lobby area.
- ◆ Rev. Stanfield reported that he was serving as Co-Chair of Missouri Union Presbytery’s Commission on Ministry for 2023.
- ◆ Rev. Woody Berry will preach at Trinity on Sundays, March 19 and June 11; Rev. Dr. Wallis Landrum will preach on Sunday, June 4.
- ◆ Elders Don Bay, Odell Newkirk, and Carol Virkler volunteered to participate in “Vision 2023: Hope for the Future,” a Zoom gathering organized by Missouri Union Presbytery for January 31.

## TRINITY NEWS



### All men of Trinity

are invited to meet for breakfast on **Wednesday, February 8, 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.**

### New email address:

[anne.seymour1@icloud.com](mailto:anne.seymour1@icloud.com)

### New addresses:

Carol and Richard Fitzpatrick  
16 South St., Apt. 3  
Bethel, CT 06801



### Norma Spurgeon

The Bluffs  
3105 Bluff Creek Dr.  
Attn: Norma Spurgeon  
Room 313B  
Columbia, MO 65201

### Trinity Library - Book Highlight with Marianne Fues, Trinity Librarian



### Grace Looks Amazing on You : 100 Days of Reflecting God's Love by Amy Seiffert

Amy Seiffert relates examples and stories of grace. One hundred stories of how grace looks like confidence, soul care, contentment, practice, strength, community, refinement, overcoming faithfulness and trust. What grace do we need each day? Through personal stories, reflection and scripture, Seiffert gives examples with humor, wisdom and encouragement which we may use to see the gift of grace which is before us.

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.

### Annual Congregational Meeting and Luncheon

The congregation is called to meet **Sunday, January 29** following worship for the purposes of acting on changes in Rev. Stanfield's terms of call (salary), electing the 2023 Nominating Committee, receiving the year-end financial reports and hearing reports from session committees.

Following worship a potluck luncheon will be held in the Fellowship Hall hosted by the Fellowship Committee. Attendees are asked to bring a side dish to share—meat and drinks will be provided. The Annual Meeting will begin following the meal.

## OPPORTUNITIES FOR SERVICE - God's Work, Our Hands



### 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, February 15, 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, February 9th.** Please watch for an email about what will be needed and volunteer signup. *Your donations of money, food and time are greatly appreciated.*





## OUR PRAYERS

### Short Term Prayer Requests

**Ed Coe** - recovered from COVID. From Ed: "I am doing fine now. I appreciate everyone's concern and thoughtfulness while I was ill."

**Norma Spurgeon**—Recent hospitalization. Prayers for continued healing and strength. Receiving oxygen & physical therapy. She would enjoy receiving cards or notes. No phone calls right now. Please note her updated address on page 4.

**Mark Virkler** - recuperating at home after severe spinal injuries and broken ribs following a fall from a ladder

**Susan Winkelmann**—recovering from COVID.

### 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

**Doug Cornelison** - dealing with potassium imbalance

**Jacob Fues** – COVID long-hauler syndrome

**Janet Ghio** - friend of Kyle Groshong, recently diagnosed with multiple myeloma

**Esther Muench Plonk**, Jim Muench's mother, suffering from dementia

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

TO READ OUR PASTOR'S  
PREVIOUS WEEK'S SERMON,

go to:

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

**Submissions for Trinity Times?**  
Email: [trinitytimeseditors@gmail.com](mailto:trinitytimeseditors@gmail.com)

The deadline for the March Trinity Times is Friday, February 17, 2023.  
Kyle Groshong is our editor.

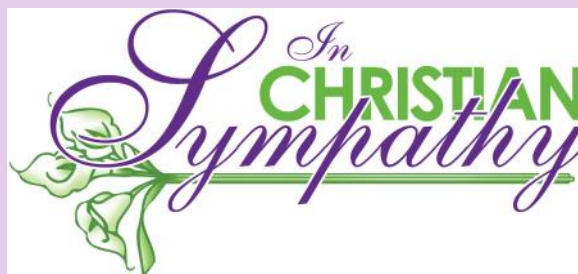
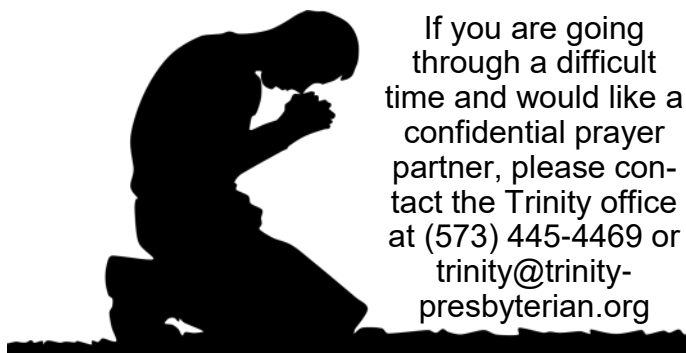
Please remember and pray for our Missionaries, Mission Causes, and Military Personnel.

### GET CONNECTED - STAY CONNECTED

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

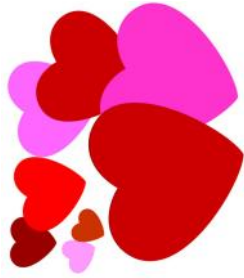
**Already a member or a regular attendee?** Text "Member" to 573-284-8084 so we can keep you up to date on what's happening at Trinity.

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



**to The Baldwin Family** - Jean Baldwin's memorial service was held on Saturday, January 21, 2023 at 4:00 p.m. in the sanctuary. Her ashes were interred in Trinity's Memorial Garden.

**to Don Bay and Family** - Visitation for Joan Bay, who died on January 14, 2023 will be Friday, January 27, 2023 from 3:00 - 5:00 p.m. at Trinity. A service of witness to the Resurrection and in celebration of Joan's life will be held on Saturday, January 28, 2023 at 11:00 a.m. in the sanctuary with a reception following in the Fellowship Hall.



# February 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>5</p> <p>9:15 AM—Youth Class 9:30 AM—Adult Class 10:00 AM—Choir 10:30 AM—Worship 11:30 AM—Fellowship</p>	<p>6</p> <p>9:00-11:30 AM—PEO Chapter LM (FH) 11:00 AM—PEO (Rm 12) 1:00 PM—Garden Club 7:00 PM—Fellowship (Zoom) 7:00 PM—Boy Scouts</p>	<p>7</p> <p>7:00 PM—Evening Circle 7:00 PM—Girl Scouts</p>	<p>1</p> <p>1:00 PM—Afternoon Circle (Rm 12) 7:00 PM—Choir Rehearsal (Choir Rm)</p>	<p>2</p> <p>7:00 PM—Worship Committee (Zoom)</p>	<p>3</p> <p>1:30 PM—Mah Jongg (FH) 5:30 PM—Women in Recovery</p>	<p>4</p>
<p>12</p> <p>9:15 AM—Children/Youth Classes 9:30 AM—Adult Class 10:00—Choir 10:30 AM—Worship 11:30 AM—Fellowship</p>	<p>13</p> <p>7:00 PM—Boy Scouts</p>	<p>14</p> <p>3:00-5:00 PM—PEO Chapter “JJ” (FH) 6:30 PM—Girl Scouts 7:00 PM—Sacred Harp Singers (FH)</p>	<p>8</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>9</p> <p>4:00 PM—Loaves &amp; Fishes 4:15 PM—Outreach Committee</p>	<p>10</p> <p>1:30 PM—Mah Jongg (FH) 5:30 PM—Women in Recovery</p>	<p>11</p> <p>12:30-3:30 PM—Cub Scout Pack 2 (FH)</p>
<p>19</p> <p>9:15 AM—Children/Youth Classes 9:30 AM—Adult Class 10:00—Choir 10:30 AM—Worship 11:30 AM—Fellowship</p>	<p>20</p> <p>President’s Day</p>	<p>21</p> <p>Shrove Tuesday 5:00-6:30 PM—Pancake Supper (FH) 7:00 PM—Session 7:00 PM—Girl Scouts</p>	<p>15</p> <p>11:00 AM—Wardrobe 3:00 PM—Ad Hoc Capital Campaign Comm. (FH) 7:00 PM—Choir Rehearsal (Choir Rm)</p>	<p>16</p> <p>2:00 PM—Property Committee</p>	<p>17</p> <p>1:30 PM—Mah Jongg (FH) 5:30 PM—Women in Recovery</p>	<p>18</p> <p>Boy Scout campout day and overnight</p>
<p>26—<b>First Sunday in Lent</b> Communion 9:15 AM—Children/Youth Classes 9:30 AM—Adult Class 10:00—Choir 10:30 AM—Worship 11:30 AM—Fellowship</p>	<p>27</p> <p>7:00 PM—Boy Scouts 7:00 PM—Stewardship and (Zoom)</p>	<p>28</p> <p>11:00—MO Symphony League (FH) 6:30 PM—Girl Scouts 7:00 PM—Sacred Harp Singers 7:00 PM—Tech Committee (Zoom)</p>	<p>22</p> <p><b>Ash Wednesday</b> 10:00 AM—Congregational Care Committee 7:00 PM—Ash Wednesday Worship</p>	<p>23</p> <p>11:00 MUP PW Coord. Team (FH) 7:00 PM—Mission Committee (Zoom)</p>	<p>24</p> <p>1:30 PM—Mah Jongg (FH) 5:30 PM—Women in Recovery</p>	<p>25</p>