



THE RIDER

Trinity United Methodist Church

PASTOR'S CORNER:

May 2017

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"You are blessed when you can show people how to cooperate instead of compete or fight." Matthew 5:9

FORGIVENESS: THE SPIRITUAL DISCIPLINE

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Forgiveness is not for the weak.

Forgiveness requires strength.

To be able to say: "You hurt me; but I will let go of the hurt." Means that you can master yourself and stop being the victim. When we live with each other, we get hurt. Things happen. Sometimes they happen by accident; sometimes they happen by intent; sometimes people just see life differently. But things happen to us and they can hurt us very deeply! The pain can pierce; it can stun and sting; it can leave us afraid; It can make us draw in.

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May Calendar

To work through the pain takes the ability to throw off the brokenness and break free. Part of the Messiah's promise is that he will "set the captives free and to set at liberty those who are oppressed." When people hurt us, both of these things happen to us. We feel like something has happened to us that should NOT have happened and we can become captive and bound by our anger, our pain, and the offense. Jesus comes to set us free and to lift us up.

We do this first by acknowledging that something was done to us.

YARD SALE

Yard sale will take place on Saturday, May 6th.

FOOD FOCUS

The Food Focus for May is Granola bars, Nutri-grain bars, peanut butters crackers and cheese crackers.

NEWSLETTER DEADLINE

Please have all news, pictures and articles to the office no later than Sunday, May 21st for inclusion in the June newsletter. You can send items by email to trinity@trinity-umc.com or drop off in the "Church Secretary" hallway mailbox.



Then we have to decide if we are going to let it continue to happen to us. Do we hold onto it? Do we relive it day after day? Or do we figure out how to let it go.

"Forgive us as we forgive those who trespass against us." We all have different perspectives; we all say or do thoughtless things; we all have short comings. I agree that some people are just mean and selfish. Some people are not self-aware. But are we going to let them control us?

The Discipline of forgiveness says: NO! "No!" I will not let you bind me or scare me or defeat me! I will break free... Part of forgiveness is the step of acknowledging that we all are human. As the Disciple Bible Study reminds us: The Human Condition! We are forced to accept that all of us fall short. We accept ourselves; we accept our loved ones and we accept the other.

Do you want to stay bound by brokenness and anger? Do you want to be set free? What do you need to forgive? Are you willing to let the Messiah reign in your heart?

ANOTHER YEAR

So the Cabinet has met and the list is out. I will be returning for another year. We continue to search for how to love God and how to love each other. We continue to equip new people...who do not always do things the way we do. We continue to ask experienced people to not give up but to try something new.

Thank you for loving each other; thank you for loving me; thank you for loving God.

The journey continues.....



Trinity Softball Team

Trinity officially has a full softball team! Games will be every Friday night through August. Each Friday we will play a double header (2 games back to back). If we have “early” games they will start at 7:00 and play until a little after 9. If we have “late” games we will start at 8:30 and play until a little after 10. Each individual game is scheduled to last 50 minutes.

WEDDING

All are invited to attend the wedding of Jane Kellerman and Ed Cole at 2:00 pm on Friday, May 19th. The location is Beulah United Methodist Church, 6930 Hopkins Rd. If you would like to attend, please RSVP your name, number of guests attending and your phone number, to the box located in the Narthex by May 12th. Congratulation Jane and Ed!

2017 Flower Calendar

The new Flower Calendar for 2017 is posted on the bulletin board for sign up of Sunday flower arrangements in memory or honor of someone special in your life. The arrangements are \$35 each and can be taken home after the 11:00 service. Please check the calendar early so you can sign up for your preferred date. If possible we would rather not have more than two arrangements per Sunday. Contact Lucy Shields if you have questions.



WE NEED HELP FOR MAY 14TH & JUNE 4TH, 11TH AND 18TH.



MUSIC NEWS – May

A big thanks to the Chancel Choir, Cindy Shelton, Paul Brown, Anne Wright, Ron Gray, Ed Cole, and Betty Kennedy for their presentation of “The Canticle of the Cross”. This was a wonderful way to start Holy Week.

As you probably know, the Chancel Choir meets during the summer months unlike some other church choirs. This is a perfect time to join us on Wednesday evenings at 7:00 (men only) and 7:30 (everyone). With people taking vacations it would be nice to have some new singers to join us during the summer months and help us continue to serve our congregation with music. Remember singing is good for the body as well as the soul! Come and join us!

We only have 6 more weeks of Cherubs and Angels. We have had a wonderful year with our boys and girls. Please plan to attend the 11:00 a.m. service on June 4th to support these children as they present, “A Not So Terrible Parable”. They will do a fantastic job of answering the question, “Who is my Neighbor?” A picnic on the grounds will follow the service. Looking forward to a day of worship and fellowship on June 4th. Please come and bring a friend!

I must have registration forms in this week for those going into grades 3-6 that are planning to go to Kaleidoscope Camp on August 7-10! Please see me if you need a form. LET’S GO TO CAMP!!!!!!!!!!!! All information has to be in by May 10th or we might not get in!

We will be taking our Odyssey Choir, Angel Choir, and Cherub Choir to Lucy Corr on Sunday, May 21st at 2:30 p.m. Please put this date on your calendar so that our children may brighten the day for some very special people! I will need a driver for the church van. Please let me know if you are available to help on that afternoon. Thanks!

Blessings,

Pat

Electrical Safety 101: Overloaded Circuits

This week at Trinity United Church I had to replace another burned out outlet.

A short time ago we had a faulty outlet set a banner on fire outside the office. Luckily it was found and put out and damage was minimal. It could have been much worse. On Easter morning, a second outlet burned because three coffee pots were plugged in using a power strip. This overloaded the circuit.

An overloaded electrical outlet is more common than not. It's easy and inexpensive to find quick electrical solutions when your facility is in a pinch. However, often these practices become commonplace and puts our church at risk.

An electrical circuit overload occurs when more electrical demand is placed on a circuit than it can handle. In our facility, this can happen for several reasons, but is primarily related to not having enough electrical outlets available for use. For example, the use of slow cookers, coffee makers or roasters are needed for pot lucks or holiday meals. These generally are plugged into outlets in the hall area outside the classrooms or in the kitchen, and even more dangerous power strips are being used. Most likely all on the same branch circuit. These overload the circuit and cause nuisance tripping of the breakers. Frequent tripping of breakers may be an indicator of other more serious electrical issues. These include loose or crossed wires and connections, short circuits or a ground fault. All these issues can lead to a serious fire.

The danger of a slow burning fire inside a wall could cause great damage to our church. Please remember to never plug in too many items that generate heat into an outlet. Never use power strips to hook up two or more coffee pots. These can quickly overload the circuit and cause the wiring to burn.

Update:

First my great thanks to Turner for his great help this morning. We repaired all the chairs in both classrooms so they are safe to set in. Kovburn Cleaning service came in this morning and waxed all the new tile areas. Karen rinsed off the plastic toys and placed them back on the shelves. I have set up both rooms so they can be used tomorrow. The persons who use those rooms need to go through the items still in the outer area and sort out what goes where. I have set up to have the carpet in the sanctuary cleaned on May 22nd at 9:00 am. Kovburn says he will do the main area for \$ 240.00. He stated spot cleaning will not do it. We will need volunteers to move the chairs into the hall area on Sunday the 21st. Hope I have done enough to make the classrooms available for use. Coat racks and other small items still need to be done. Calling it a day.

George Kingsley (Building and Grounds)



TUMC Children's Ministry

BY: STEPHANYE FUINA AND AMANDA KELLY



Thank you to everyone who donated candy and prizes for the Annual Easter Egg Hunt! The treats were enjoyed by all. A special thank you to the youth group and their leaders for helping to stuff the eggs and treat bags and for helping with the event. A round of applause for Angie Rasmussen and Mary Palmer for planning the day off fun. It was a huge success and your efforts are greatly appreciated.



Vacation Bible School

YES!!! It is that time of year! As school ends for the children VBS planning begins to ensure a week of fun and growing together in love and faith. This year's theme is:



WE NEED YOU!

Volunteers make VBS a success. Volunteers are needed, there is a job for everyone! Can't help every night, NO PROBLEM!!! Any amount of time you can give is greatly appreciated. Help is needed cutting, organizing, decorating, leading children, lessons, and MORE! If you are interested in volunteering, please email childrensministry@trinity-umc.com or contact Emilee Bailey or Amanda Kelly. A minimum of 35 volunteers is needed. Please pray for VBS and the children that will come. Please pray for the leaders and volunteers that we all may be blessed as we reach out to the children in our church family and our community.

Donations and Sponsors Needed



Each year the VBS Director and VBS volunteers work to make Vacation Bible School a week of fun learning and fellowship. Food, crafts, lessons, games and music make for a joyous time. Without the support of our loving congregation and community VBS is not possible. This year with the closing of Martin's VBS is losing one of its biggest sponsors. Martin's generous community VBS Program financial support has ended. Thus, we are seeking sponsors to help supplement the needs of VBS. If you would like to sponsor a VBS need please donate and label it VBS. Sponsored donations will be used to purchase perishable food items for each night's dinner, supplement craft purchases and any other VBS needs that may arise. Below is a list of non-perishable items that are needed for VBS, please consider adding an item or two to your shopping cart!

VBS Food Donation Request

Box Mac & Cheese – Regular
Box Mac & Cheese – Gluten Free
Yellow Lemonade Mix
Bush's Baked Beans
Applesauce – Economy Size
Pasta Sauce
Spaghetti Noodles- Regular
Spaghetti Noodles- Gluten Free
Canned Fruit – Economy Size

VBS Menu

*Gluten Free/Nut Free options will be available each night for those with food allergies.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hotdogs Chips Baked Beans Applesauce Cookies Lemonade/Water	Pasta with Sauce Buttered Noodles Carrots/Celery Cookies Lemonade/Water	Chicken Nuggets Tator Tots Fruit Cookies Lemonade/Water	Pancakes Sausage Fruit Cookies Lemonade/Water	Mac & Cheese Fruit Cookies Lemonade/Water	Family Potluck & VBS Performance *Guest bring a dish to share*

VBS Registration

On the back page is the 2017 VBS Registration Form. Please print this form and complete for each child that will be attending. Forms can also be found at the VBS promo table located in the Narthex. Completed forms can be left in the Children's Ministry mailbox.



Hello All!

By: Krystal Cofer

Here is our May News about our mission trip this June 18-24! We are going to Golden Isle, Ga, which is a coastal site. Beautiful beach nearby and John Wesley Museum at Christ Church.

We have 5 upcoming 6th graders to my knowledge are: Lilly M, James M, Lucas C, Hailey D, Ellie S.

We leave Sunday June 18th and return evening of Saturday June 24th. We typically collect deposit of \$100 for the week and then fundraiser through mulch, yard sale (May 6th) and this year will be selling discount cards. I'm looking at holding an interest meeting within the next 4 weeks but would like to gauge who is interested, definitely unavailable, or on the fence. Please respond to this email or text/call at 804-909-3624.

Below is what team effort sent for this month's update for the trip. You can also visit Team Efforts website at www.teameffort.org

This month I want to let you know about the mission sites.

Our mission sites will consist of a couple of different areas in the Golden Isles. Last summer, we worked in a little community where we will continue this summer building porches, wheelchair ramps & painting houses. We were able to spend some quality time there with the people because there was a connection with the church we are housed in for the summer. Additionally, we will be working in a couple of surrounding neighborhoods doing construction projects for them. Your Camp Director will give your group's specific mission site when you arrive at camp Sunday evening. Since we do not know how much work will get done by groups on a week-to-week basis, we cannot tell you ahead of time what your project will be. Please let me know if you have any specific needs or concerns regarding mission sites or housing.

This year, we are fortunate enough to offer a VBS children's outreach. For this ministry, we provide the daily lesson content, crafts, snacks, and activity ideas. A TEAMeffort staff member will be with groups to help facilitate the time with the children, but we definitely encourage groups to bring their own creativity. Please feel free to bring along more crafts, coloring sheets, songs or game ideas of your own. You can see our weekly Bible stories outline on our website under your camp location.

We value our children's outreach programs as much as we value the work projects at camp, and we are in need of volunteers. Please let me know if VBS is something your group or a portion of your group would like to participate in.

LIFELINE SCREENINGS

Trinity United Methodist Church is pleased to offer a preventive health event. Life Line Screening, a leading provider of community-based preventive health screenings, will host their affordable, non-invasive and painless health screenings on 5/19/2017. Five screenings will be offered that scan for potential health problems related to: blocked arteries which is a leading cause of stroke; abdominal aortic aneurysms which can lead to a ruptured aorta; hardening of the arteries in the legs which is a strong predictor of heart disease; atrial fibrillation or irregular heart beat which is closely tied to stroke risk; and a bone density screening, for men and women, used to assess the risk of osteoporosis. Register for a Wellness Package which includes 4 vascular tests and osteoporosis screening from \$149 (\$139 with our member discount). All five screenings take 60-90 minutes to complete. **There are three ways to register for this event and to receive a \$10 discount off any package priced above \$129, please call 1-888-653-6441 or visit www.lifelinescreening.com/communitycircle or text the word circle to 797979. (Flyer located on the next-to-last page of newsletter).**



UMCOR Kits for Annual Conference

Every year the Trinity United Methodist Women (UMW) participate in the kits for conference drive for Annual Conference. The Kits will go to Conference from Trinity United Methodist Church. The UMW is taking the lead in this project as we have for many years. The kits are basic items gathered for the United Methodist Committee on Relief (UMCOR) for world-wide distribution. There are five types of kits: birthing kit, school kit, baby/layette kit, sewing kit and health kit. Trinity UMW will be putting together two types of kits for collection at Annual Conference in June.

The items needed for the Health Kit are as follows: 1 Hand Towel (15x25 inches to 17x27 inches). Kitchen, cleaning and micro fiber towels are unacceptable. 1 washcloth, 1 comb (Comb needs to be sturdy and longer than 6 inches, no pocket combs or picks please. 1 metal nail file or nail clippers. No emery boards please. 1 bath size soap 3 oz or more. No Ivory or Jergens soap due to moisture content. Do not remove from original wrapping. 1 toothbrush (adult size only). Do not remove from original packing. 6 adhesive bandages (¾ to 1 inch size). Common household Band-Aids. 1 plastic re-sealable gallon bag.
TOOTHPASTE IS ADDED BY UMCOR TO MAINTAIN FRESHNESS.

The items needed for the School Kit are as follows: 1 pair blunt scissors (rounded tip only/no plastic scissors), 3 pads of paper (spiral or top bound pads; 150 sheets or less of loose-leaf paper can be substituted for 1 pad; a combination of spiral, top-bound, side-bound, or loose-leaf is acceptable), 1 hand-held pencil sharpener (must be at least one inch long; remove from packaging). 1 30-centimeter ruler (hard or flexible, cartoon characters are acceptable, no advertisements please) 6 unsharpened pencils, (no advertisements, religious, patriotic, military, or camouflage symbols please; cartoon characters are acceptable.) 1 2- inch or larger size eraser (No advertisements, religious, patriotic, military or camouflage symbols, please: Cartoon characters are acceptable.) 1 24-count box of crayons (no more/no less). 1 14 x 16 inch cloth bag (homemade or purchased bags are both acceptable; heavy duty fabric only, such as denim, corduroy, drapery fabric etc.; No advertisements, religious, patriotic, military,

or camouflage symbols please; closures are optional, but must be buttons, snaps, or Velcro sewn in middle of opening if used.) We could definitely use some help sewing the school bags. Minerva Walters made them all last year!! We could fill more bags if we had more people sewing. There is a tutorial at the UMCOR website. Just google UMCOR school kits and click on school bag instructions.

The UMW would like to again invite everyone to participate in this year's kits for conference drive. Items will be due on Sunday, May 14, 2017("MOTHER'S DAY"). You may want to collect a few of the listed items or complete an entire kit. All items must be new. Any monetary donations will be used to complete the kits or to pay for processing and shipping. The average cost of a health kit is \$12 and the school kit, \$11. Because of the strict rules in other countries, please do not add items not listed or put more than the listed quantity. Personal notes or cards are also not allowed. Please place items in designated boxes in the hall. The UMW will inventory donations and add any items needed to complete the kits. Thank you for prayerfully considering this project. The full list of UMCOR kits can be found at umcor/kits. For further information or questions contact helensawyern2@yahoo.com (Betty Sawyer)

Thanks to everyone who participated in the soup sale! We are grateful for all the lovely compliments we received and very happy to donate soups as a part of member care efforts. Please remember to sign up for or renew annually your Kroger Community Rewards Program @ www.krogercommunityrewards.com . The Kroger rewards greatly benefit Trinity UMW and the Youth group. Our group number is 93203. If you need help, please contact Krystal Cofer @ coferkr@vcu.edu .

Cambodia: The Stone Rejected

When I was a kid, I was very poor. I'm not now, but I was then. The only way I had any spending money was picking up Coke bottles off the side of the road. We would start walking toward the store a mile away, and hope that there were enough bottles in the ditch to buy a Coke and a candy bar. As I remember, each empty bottle (that wasn't broken) was worth 2¢. A Coke was 10¢ (up from 5¢), and a candy bar was a nickel. (My favorite was the Babe Ruth bar.) You could still buy big peppermint balls 2 for a penny.

When we lived in Quinton, my brother (Boog) and his friend Kim Isgett had a real scam going. Kim's father owned a country store. He would take Charlie with him around to the back of the store. And they would gather up used bottles that had been turned in. Then they would take them around to the front of the store and turn them in for money to buy candy. They ate a lot of candy in those days!

There was a time, during my childhood, when we lived near the county dump. Sometimes, when we went to drop off our garbage, we would find some-thing that we thought was valuable, and we brought it home. It's like we always say at our church rummage sale: "Your trash may be someone else's treasure!"

I remember that, one time, my father found an old bicycle frame. He took it home, painted it, and put on new wheels. And voila! my sister had a new bike!

My experience collecting Coke bottles as a kid taught me that sometimes things which had been discarded can turn out to be valuable. Maybe that's why I grew up to study archeology. After all,... archeology is the field of learning about ancient peoples by studying their garbage. Did you ever think about that? Archeology is the study of garbage. You should have seen me trying to explain this word to my translator back when I was in Cambodia. They did not understand the word archeologist. How do you explain that to somebody?

So, archeology is the study of garbage. Now occasionally, when you dig through that garbage, you find something valuable. Maybe you find an artifact that tells you something new about the people's lives. Maybe you find a buried object made out of gold or jewels. Sometimes you find a buried house, or even a buried city. When I was on the archeology dig in the Holy Land, back in 1973, we found an object of gold and a whole buried section of the city. You can go to Caesarea Maritima today and walk through it.

I thought about these things during the time back I was in Cambodia, when I took toured the ancient ruins of Angkor Wat. Angkor Wat is hundreds of acres of ruins of Buddhist temples. Some of them have been restored. But some of them are just piles of stones. When I saw these great mounds of stones, and the beautiful temples that had been reconstructed, I thought about our scripture from Psalm 118: "The stone which was rejected, had become the chief cornerstone." []

Of course, this was one of the most popular scriptures to Jesus' disciples, because it is a prophecy of the Messiah. It is a symbol of the fact that Jesus was rejected. He was crucified. He was buried in the ground like garbage! (The early Apostles' Creed said that Jesus "descended to Hell." [] In the New Testament, the word for Hell is Gehenna, derived from the name of the garbage dump.) Jesus was buried like trash in Hell. But God raised him up and made him Lord of All.

Sometimes that which we, and the rest of the world, think is garbage is actually something very precious in the eyes of God. Just like the archeologist who takes the buried garbage of ancient worlds and reconstructs precious monuments: God is the archeologist of the human soul. God, in Jesus Christ, takes people who are lost and rejected, people who are thrown away like garbage, and molds them into his own precious family.

Are you that person who has been rejected? Are you that person who is lost? Oh my, there is good news for you! All those who will come to Jesus Christ, even the lost and rejected, he makes them his own precious children.

I learned in my travels that Cambodia is a whole nation of people who have been lost and rejected. They have been conquered and tossed around like a football among the powers of Southeast Asia. They have been conquered by the Chin-ese, the Vietnamese, the French. But their most hated adversary is Thailand.

The name of the city where Angkor Wat is located is called Siam Reap. This name means, "the place where we defeated Siam (Thailand)." The name is very ironic, because the Khmer people of Cambodia very seldom defeated Thailand. This city was named after one of the few times. (This reminds me of Virginia Tech and U.Va. people talking about Duke basketball: "Yea, we beat Duke in basketball one time. I can still remember it!")

Some of the worst suffering of the Cambodian people came during the Pol Pot regime of the late 1970's. Approximately 2 million people died, in a population of 7 millions. Hundreds of thousands were killed instantly including women and children, even infants. They were shot, bludgeoned, hatcheted, even thrown against trees. Others were tortured, starved or simply died in prison. It was a terrible genocide. It was the subject of the 1984 film "The Killing Fields." []

Today, the lowest people in Phnom Penh Cambodia are the people who live at the dump. They scrounge through the city garbage hoping to find something that can be sold for a few cents: Bottles, aluminum cans, occasionally some-thing more valuable. When I was at the dump, I took a picture of a pair of rubber sandals. They were filthy, but they were still intact. This is a treasure. Those sandals could be washed and sold for a couple of bucks. That could feed a whole family for a day!

I have another picture of people digging through the garbage: men, women, children! Barefoot children! Sometimes naked. Can you imagine children living like this? Having to pick through rancid garbage at the dump, to keep their family from starving.

The United Methodist Church is at work in Cambodia. That's where our missionary friend Clara Biswas is located. One of our most important churches is located next to the garbage dump in Phnom Penh. The people who live in this neighborhood believe that things of value can be found in the garbage. We United Methodists believe that these people themselves are valuable. Just as Jesus, who was crucified and buried,... was raised up by God, so Jesus Christ means to lift up these people, buried in garbage, and give them hope, and new life, by the grace of God.

Not only is there one big new church in Phnom Penh, but we have lots of schools all around the neighborhoods, with courses to train people, especially the children, and give them a better life. We have small churches, even in the poorest streets, where people are learning about the grace and love of God, and the salvation of Jesus Christ.

These people were rejected, like the stone in our scripture today. But they have been reclaimed by Christ, and they have been made a precious jewel in his kingdom. I preached this same sermon at the church in Phnom Penh. Afterwards, I asked our teachers, who were hosting me, if the people in the worship service could relate to this scripture and message. They answered, "Yes, Mike, more than half of the people in the congregation, even our leaders(!), started out as children picking through the garbage in the dump. They could really identify with what you are saying. And God has turned their lives around." The stone, which was rejected, has become the most precious stone in the house.

Today we continue to be in the season of Easter. The cross and the resurrection are valuable symbols of the things we have talked about today. It is a message about Jesus' suffering and rejection, but it is also about his salvation and victory. Jesus died for all the rejected. He died for all the broken-hearted. He died for you, and he died for me. But he died to give us hope. He died to give us salvation. He died to give us a new life. It was true for our psalmist. It was true in the Gospel. It is true for our brothers and sisters in Cambodia. And it is true in our midst today.

Lord Jesus, we remember how you were despised and rejected. How you were thrown away and buried like garbage. But God raised you up. And now you live and reign in victory. You died in love. And your love goes out to each of us who is lost and rejected. Dear Savior, we know that your heart is touched to reach out to the most rejected people of this world, including the children scavenging the dump in Cambodia. Lord, let us be co-workers with you in lifting them up and giving them a better day. Like our Savior Jesus, let the least of these, who have been so brutally rejected, become precious cornerstones in the Kingdom of God. Amen.

Trinity UMC People Page

BIRTHDAYS

Help us update our information; if your birthday is this month and you are not listed, please notify the office so we won't miss you again!

May 1 Susanne Brown

May 2 Jennifer Johnson
Wesley Carl

May 3 Neil Moran

May 6 Branden Beck

May 7 Joan Foster
Rosa Lee Coleburn

May 8 Brenda Contreras

May 9 Ann Pettigrew
Harold Harvey

May 11 John Schneider

May 13 Troy Potvin

May 14 Brandon Hatcher

May 17 John Thomas
Tyler Leinberger

May 20 Terry Lefferts

May 21 Cole Leinberger

May 22 Hunter Watson
Marshall Dunn

May 24 Glennice Carney

May 25 Ava Walker Robert Napolitano III

May 28 Mike Parrish Robert Napolitano

MAY SERVANTS OF WORSHIP

MONEY COUNTERS:

May 1 & 29

Dana Potter & Aubrey Tarkington

May 8

Dana Potter & Linda Lewis

MAY 15 & 22

Dana Potter & Ed Cole

USHERS:

May 7, & 21

Jeff Raynor, Jane K., Faye Cormier

May 14 & 28

Duane White, James Benfield, Brenda Shepherd

Sunday Schedule

8:30 am Contemporary Service • 9:45 am Sunday School
 11 am Traditional Service • 4 pm Odyssey & Chimes
 • 5 pm Treble Clefs • 5 pm Youth Group

May 2017

If you have items to add to the calendar,
 please let the office know

by email to trinity@trinity-umc.com or phone at 748-2439.

Wednesday Schedule

5:45 pm Children's Choirs
 7 pm Men's Chorus • 7:30 pm Choir

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 7 pm Cub Scouts 7 pm Boy Scouts 7 pm Trinity Belles	2 7 pm Cub Scouts 7 pm Praise Team	3 <i>Regular Wed. Schedule</i>	4 7 pm AA	5 8:30 pm Softball	6 8 am UMM 10 am Yard Sale 1 pm Young at Heart (van use)
7 <i>Regular Sunday Schedule</i>	8 6 pm Girl Scouts 7 pm Cub Scouts 7 pm Boy Scouts 7 pm Trinity Belles	9 7 pm Cub Scouts 7 pm Praise Team	10 <i>Regular Wed. Schedule</i> 10:30 am Young at Heart	11 7 pm UMW 7 pm AA	12 Softball	13
14 <i>Regular Sunday Schedule</i>	15 7 pm Cub Scouts 7 pm Boy Scouts 7 pm Trinity Belles	16 Mission Trip (Van Use) 7 pm Cub Scouts 7 pm Praise Team	17 <i>Regular Wed. Schedule</i> 6:30 pm Boy Scouts District Meeting	18 7 pm AA	19 Softball Lifeline Screening 8:30 am to 5:30 pm 2pm Wedding at Beulah UMC for Ed Cole and Jane Kellerman	20
21 <i>Regular Sunday Schedule</i> NEWSLETTER DEADLINE 2:30 pm Lucy Corr visit by Children's choirs 5 pm SPR	22 6 pm Girl Scouts 7 pm Cub Scouts 7 pm Boy Scouts 7 pm Trinity Belles	23 7 pm Praise Team 7 pm Cub Scouts	24 <i>Regular Wed. Schedule</i>	25 7 pm AA	26 Softball	27
28 <i>Regular Sunday Schedule</i>	29 <u>OFFICE CLOSED</u>	30 7 pm Praise Team 7 pm Cub Scouts	31 <i>Regular Wed. Schedule</i>			

Preparations on the day of your screening

All ultrasound and heart rhythm screenings:

- Wear a short sleeved shirt that is open at the collar – no turtlenecks
- Wear a comfortable two-piece outfit consisting of loose clothing
- Do not wear pantyhose

Additional preparations:

Abdominal aortic aneurysm

- Fast for 4 hours prior to your screening.
- Make sure the meal you eat 4 hours prior to your screening is a light one (less than 1/2 of what you normally eat of non-gassy food).
- If you are thirsty during your fasting period, you may have 1/2 cup of coffee or tea and a moderate amount of water.
- If you take medication, take it as prescribed.
- If you are diabetic and are not comfortable fasting for 4 hours, limit yourself to a "diabetic meal" (piece of toast, 1 cup of any juice and 1/2 cup coffee or tea). If you are in doubt, please follow your diabetic care plan.

Complete lipid panel (cholesterol)

- Fast for 8 hours prior to your screening.

Atrial fibrillation (stroke)

- Do not wear pantyhose.
- Do not wear a watch.
- Keep your cell phone turned off.
- Do not wear lotion or oil.

Glucose (type 2 diabetes)

- Fast for 8 hours prior to your screening.



Friends and Family Savings – Tell a friend we will be in their area soon.

L15-1699

\$10 Off
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Registration Form

(One Per Child)

Child's name: _____ Child's gender: _____

Child's age: _____ Date of birth: _____ Last school grade completed: _____

Name of parent(s): _____

Street address: _____

City: _____ State: _____ ZIP: _____

Home telephone: (_____) _____

Parent/caregiver's cell phone: (_____) _____

Home email address: _____

Home church: _____

Crew number or name (for church use only): _____

Allergies or other medical conditions: _____



In case of emergency, contact: _____

Phone: _____

Relationship to child: _____

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