

Trinity's Mission: We are a community of Christian disciples building pathways through which God's love is realized.

Trinity celebrates 185 years on Heritage Sunday

The sawing, sweeping, cleaning, renovating, and painting around the church was finished just in time for the celebration! On Sunday morning, around 200 members enjoyed an after service lunch, followed by a tour through the many newly refinished and refurbished rooms. The tours were followed by a beautiful organ and trumpet concert by Trinity organist, Rob Hlebinsky, and Trinity



Trinity organist, Rob Hlebinsky, and Trinity member, Randall Haynes, performed selected works for trumpet and organ after the tours of the church.



Talk about a wow factor! Two stained glass windows from the 1893 church, one of which is shown here, are mounted on the walls in custom-made lightboxes, built by Brett Ingram.

member, Randall Haynes, on trumpet.

Included in the church tour, and perhaps the biggest hit, was the new Heritage room. The quiet force behind this project was Preservation of Church History chair,



The great-grandson of former Trinity pastor, George W. Pratt (1850), attended the opening of the new Heritage Room during the celebration. Rubie Butterworth (left) talks with Joseph Pratt, and his wife, Dianne.

Linda Yates. Just a couple of months ago, the Heritage room was used as Trinity's computer lab. Linda saw the potential and made the room into an area that tells the story of Trinity's proud past. Many volunteers worked toward the completion of the room, including Chris Womack, who designed the visually pleasing timeline. Among the others who helped were Bill Grow, Rubie Butterworth, Carrol Dadisman, Nancy

Evans Tetley, left, and Bill Grow, who helped paint the Heritage Room, enjoy the timeline. The timeline, designed by Trinity member, Chris Womack, was a magnet in the Heritage Room.



Sally and Sean Huggins rehearse before the 11 o'clock service. "Don't tell Mr. Mark, but these mallet things taste pretty good!"

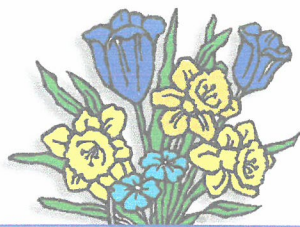
Waugh, Chip Huggins, Brett Ingram, Wayne Curry, Bob Yates, Judy Goodwin, Bill Fritchman, Lynn McLarty, Judy Levy, and Bob Jones. Many thanks to all!

The banner above the timeline reads "Faith of Our Fathers! Living Still." The many new and improved areas within the church will help Trinity keep that faith living into the next 185 years and beyond as Trinity continues as a growing and vital church.



Gifts to Trinity

Trinity received the following memorial gifts from Aug 10, 2009 - Sept. 10, 2009.



In memory of **Emma Parker** from Bill and Paula Smith.

In honor of **Linda Yates** and the Heritage Room from friends.



Please, let us know

With individual privacy laws and other liability issues, the rules have changed at hospitals and other care facilities. Now, if you don't

let the church know where you are, chances are the church won't find you

in your hospital room. The ministerial staff wants to be there for you and your family. But they can't if you don't let them know where you are.

So if you plan to be in the hospital, a rehabilitation facility, or a hospice, please let your church family know. Please don't leave your "other" family in the dark. Call the church office at 222-1120 and let them know where you are.

Nursery Volunteers

Anne Doonan

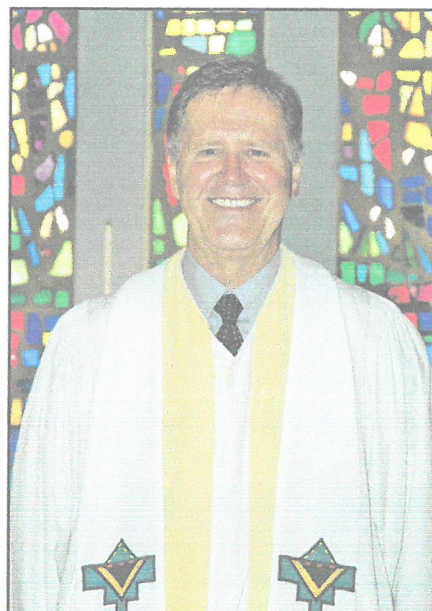
The BFC (Becoming Fit at Church) exercise class that meets on Tuesdays and Thursdays, from 11 - 12 noon, is in need of nursery volunteers. This is a very small nursery for children aged 3 and under, with a maximum capacity of 4 children.

If you are able to help with this ministry, please call Anne Doonan at 877-4931.

WAYNE'S WORDS

By Wayne Curry
Senior Pastor

Dear friends,
Heritage Sunday was a wonderful day of celebrating our past culminated by celebrating our future as we brought in 16 new members into our church family. Yes, we have a glorious past and a bright future! Last night (Tuesday, September 22) I met with a large group of our members who live at Westminster Retirement Village. As I looked around the room my heart, swelled with gratitude for these saints who have helped make Trinity the great church that it is today. This morning, I came in by way of the playground and watched our preschool children laughing and playing and my



heart swelled with hope for these little ones who will be a part of Trinity's future. From the wisdom of the aged to the innocence of the young, Trinity United Methodist Church spans the generations as we seek to serve the Lord here on this corner in downtown Tallahassee. God is good...all the time!

You are loved,

Wayne

Get the double effect

Claudia Burton

If you missed the ECHO (Emergency Health Care Organization) presentation, September 27 at Trinity, you

probably missed some important information - like how to get the double effect.

As you may already know, ECHO offers several important services for the community; in job assistance, safe shelter for families with children, emergency supplies, and so much more.

But did you know about the ECHO/Goodwill double effect? If you have a load of items ready to take to Goodwill, don't go there! Take those items to ECHO instead and you can double the effect! Here's how it works. ECHO donates to Goodwill the items you donate, and Goodwill gives ECHO

ECHO

Helping Others Help Themselves

purchase needed supplies. All it takes is for you to deliver your donation directly to ECHO, 702

West Madison, here in Tallahassee.

So put together that load of stuff that you would normally take to Goodwill, and take it to ECHO instead and get the double effect!

vouchers. These vouchers can then be given by ECHO to people in need who can use the vouchers at Goodwill to



Music News for September

Mark Repasky
Music Director

It's Never Too Late

Music groups at Trinity are always looking for additional members; it's a year-long process. If you have an interest in one of the groups, contact the director or come to one of the rehearsals. We give free tune-ups!

Steel Drums

Time for a little dreamin'... hope to add another opportunity for ministry through music here at Trinity! At the August 29 church-wide planning retreat, Mary Alice Mills, Chair of the Music Ministry Team, announced we are exploring the possibility of organizing a steel drum band. A number of issues need to be resolved, including a suitable storage and rehearsal space, but we are moving ahead.

Early next year, a few interested members of Trinity will attend a workshop to learn more about organizing and leading this fascinating music ensemble. If there is someone reading this article that would be interested in this training, contact me at the church. Turns out, there is a lot of expertise right here in Tallahassee, with steel drum bands at Leon High School and at FSU. This could be an exciting addition to the music

ministry here! Steel drum bands in churches are rare, but they do exist, including one in Fort Lauderdale that Rev. Tony Fotsch told me about. I recently discovered that a director/music arranger up north has been compiling hymn arrangements for steel drum bands and the collection may soon be published. This is exciting stuff!

Don't expect to see a steel drum band every Sunday morning....maybe once every 6 weeks. Certainly it would have a role in other activities besides Sunday morning worship services. It is an ideal group for outside performances. Perhaps it could play on the church steps during Springtime Tallahassee. Maybe after the 5:30 or 8 p.m. Christmas Eve services as people are exiting the building. When we occasionally have outdoor church-wide gatherings, this group would fit right in!



Trinity is truly blessed with musical talent. The Heritage Sunday concert featuring Trinity's organist, Rob Hlebinsky and Trinity member, Randall Haynes, was amazing. Sorry if you missed it.

Occasional use of these instruments would be feasible with children. Youth and adults would actually form the band or maybe two bands. You will likely hear our one new steel drum at an occasional church service in the next few months. It is bright blue. At the base of the stand holding the drum is a pair of blue "happy feet." You gotta come up to the front of the sanctuary and see the feet!

Sign up for CPR or Babysitter Safety Certifications

Beth Curry

Do you know what to do if a loved one suddenly collapses to the floor? We are urging as many Trinity members as possible to become certified in life-saving CPR (Cardiopulmonary Resuscitation) skills. Come on your own or invite members of your class or small group to attend together at one of these training sessions:

CPR Training Sessions

- Thursday, Oct. 29, 6:00 p.m. - 8:00 p.m.
- Saturday, Oct. 31, 9:30 a.m. - 11:30 a.m.
- Thursday, Nov. 19, 6:00 p.m. - 8:00 p.m.

The two hour course is appropriate for any non-medical person looking for basic certification and includes adult, child and infant CPR and use of an AED (Automated External Defibrillator). Participants receive an American Heart Association Heartsaver CPR certification card upon completion. Cost for book and card is \$15.00.

Calling all youth!

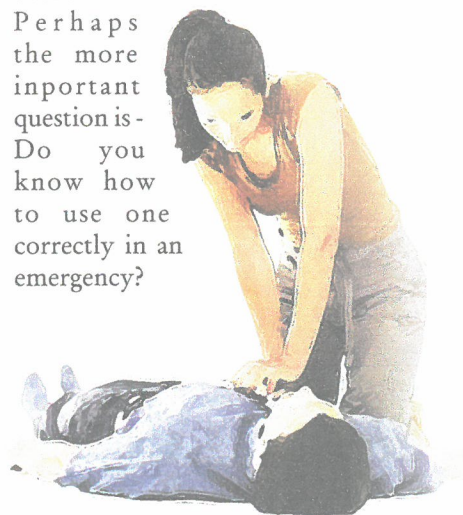
A Babysitter Safety Certification course will be offered on Saturday, November 14 from 9:00 a.m. - 3:00 pm (just in time for all the holiday babysitting!) The six hour course includes CPR, and babysitter safety and skills. Participants receive an American Heart Association Heartsaver CPR card and a Babysitter certification card. Cost is \$50.00 for class and materials, and includes lunch.

Both classes are suitable for ages 12 and up. To make your reservation, write your name, phone number and choice of class time on a slip of paper. Enclose it and your check made payable to Southeastern School of Health Sciences in an envelope and address it to them "in care of" Trinity UMC, P.O. Box 1086, Tallahassee, FL 32302. You may also register at the Health Fair on October 18th. For questions, please contact Beth Curry at BFCSeries@yahoo.com.

Did you know?

Did you know Trinity has two AEDs? One is in the Welcome Center on the first floor and the other is at the top of the stairs on the second floor outside the church offices.

Perhaps the more important question is - Do you know how to use one correctly in an emergency?



The Alzheimer's Project

Ron McCranie
Church and Society Co-chair

There is often a large gap between available, affordable care and the needs of some of those who suffer with Alzheimer's. As members of society, we are asked to care for one another and to share our spiritual lights with those in need.

The Alzheimer's Project (APT) is a non-profit organization funded by grants and private donations. APT is dedicated to providing relief to the caregivers of persons suffering from Alzheimer's Disease or other memory impairments. All services available to the caregivers are provided free of charge.

APT provides comfort, support, and assistance to persons with memory disorders and their caregivers. Some of the important services offered by APT include support groups, education and training, and respite for caregivers.

Support Groups

An opportunity for caregivers to gain important knowledge about Alzheimer's Disease from other caregivers.

Education and Training for Caregivers

A six-part educational program for family caregivers of adults. A major

Ministry of the month

objective of the curriculum is to empower caregivers to take good care of themselves.

Respite Services

Respite is offered on a weekly basis on-site and can also be provided in home by a trained volunteer. Respite provides caregivers time away from the patients.

During this time, caregivers can go grocery shopping, get a hair cut, or just sit back, relax and soak in a tub. On-site respite utilizes socialization and group activities to keep the clients

active throughout the day. Respite is now being provided on a first-come-first-served basis to the first 15 patients. Caregivers must call in to make a reservation by 5 p.m. on the Wednesday before the next respite day. On-site respite is provided in the Parlor at Saint Paul's United Methodist Church on the 1st, 2nd, 3rd and 4th Friday of each month from 9 a.m. - 3 p.m.

APT volunteers do a number of great things, including in-home respite, facility based respite, work in the office and changing Project Lifesaver batteries. If you are interested in volunteering or would like to learn more about the Alzheimer's Project, you can call 386-2778, or visit them at: www.alzheimersproject.org



Upcoming Winter Retreat Opportunities

Barbara Hynes
Associate Pastor of Discipleship

Trinity will be participating in two retreats that will be held early in 2010. Brochures and information are available online and at the Welcome Center. Look for the following:

January Adventure

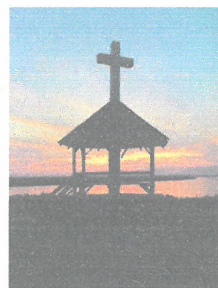
January 15-17, 2010

Location: Epworth-by-the-Sea, St Simon's Island, GA

Theme: The Social Gospel

Speakers: John Dominic Crossan, Paul Brandeis Raushenbush

www.januaryadventure.org



Tapestry III

February 26-28, 2010

Location: Life Enrichment Center, Fruitland Park, FL

Hosted by: The Florida Annual Conference

Beyond 50 Ministries

Theme: Maturing Spirituality

Speaker: Jane Marie Thibault

http://www.flumc2.org/events_list.asp
scroll to Tapestry III



We will be organizing transportation to both events so once you have registered contact Barbara Hynes if you want to carpool with the group going to the event.

Lake Juneluska trip 2009

photos by Bill Fritchman

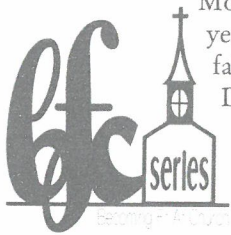


Pictured in the center photo, on their way to picturesque Lake Juneluska, are from left, Germain and Bill Fritchman, Myra Blanchard, Nancy Kerce, Janet Stainer, Rubie Butterworth, Sandra Genetin, Lillian and Buddy Byrd, and Mary Marchant.

BFC exercise classes

Beth Curry
Leader, BFC

New participants are always welcome to join the exercise fun and fellowship!



Morning classes run all year. Evening classes run fall, winter and spring. Drop-in to any class - any time, or register for evening classes through the Lay Academy. Suggested

donation for drop-in is \$3.00 per class and goes to Nim's Middle School.

Tues/Thurs 9:15 - 10:30 a.m.

- Staying Strong - a fun and easy class using both seated and standing exercise.

Tues/Thurs 11:00 a.m. - noon

(nursery available by reservation only)

- Variety Mix - a fast-paced strength and toning class with standing and floor exercise.

Wednesday 4:15 - 5:15 p.m.

- Exercise 101 - a lecture and active class which combines discussion on various aspects of exercise with both seated and standing exercise.

Wednesday 6:30 - 7:30 p.m.

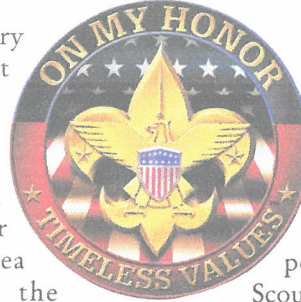
- Total Body Toning - a high energy class including aerobic warm-up, strength and endurance with standing and floor exercise.

BSA Scouting Celebrates 100 Years in 2010

David LaJeunesse

With the 100th anniversary now upon us, this is a perfect time for Trinity to reconnect with its Scouting roots! Some Trinity members recently met with a representative from our local Suwannee River Area Council to investigate the potential to bring Scouting back to Trinity. Several parents also expressed interest in Scouting programs at the recent Trinity visioning conference. To support our rich traditions, Trinity has begun planning some Scouting events throughout the coming year.

To kick things off, we will be registering Scouting alumni and gathering personal stories of Trinity members and families who have handed down a tradition of Scouting. Any members or volunteers of Scouting, past or present, are welcome to share stories of how Scouting has made their families stronger and better. We will have forms available in the Welcome Center on Sunday mornings and Wednesday evenings throughout October. Please join in this momentous



celebration by sharing your personal story.

Who doesn't love POPCORN? Trinity members can also show their support for local Scouting by ordering popcorn during the annual Scouting Popcorn Sale. This is the primary fundraiser for Scouts to defray expenses for major Scouting activities throughout the year. Scouts will be ready to take your orders in the Welcome Center on Sundays and Wednesdays during October.

For any Cub Scouts or Webelos interested in earning their Religious Emblem at Trinity, plan to come to a meeting at 10:30 on Sunday, October 11. That same day is Children's Sabbath at Trinity and we would love to have Scouts in uniform to help with greeting or ushering. If you are interested in Scouting at Trinity or have questions about these or other activities being planned, please contact David LaJeunesse at 942-5457 or dclajeunesse@embarqmail.com.

Motivational Speaker to Address UMW

June Sheehan Berlinger, local motivational speaker, will talk to United Methodist Women at their luncheon meeting, Tuesday, Oct. 6, in Moor Hall. Covering stressful issues of our time and how to deal with them as mature Christian women, her topic is entitled: "Lord, I'm Grateful, But When Do I Get to the Easy Part?"

UMW Program Coordinator, Sheila Merlau, said the well known motivational speaker is a member of Killearn United Methodist Church who has lived in the Tallahassee area and raised her two sons here. "She has experienced many interesting life lessons that contribute to her insightful and thought provoking presentations. From little league mother to Hospice volunteer, to the

classrooms of TCC, to the halls of TMH she has served our community often and you've probably met June somewhere. If not, you're in for a treat!"

The luncheon starts promptly at 11:45 a.m. All women of the church are invited whether they are members of UMW or not. Reservations should be made by calling Nancy Kerce at 877-6546 by Friday, Oct. 2.

UMW members are reminded to bring Christmas boxes for children who attend the Bethlehem Ministry school in Haiti described by Bill Grow at the September meeting of UMW. Circle chairs were given lists of items to put in a plastic box. Bill Grow will ship these boxes to the children there about the middle of October.

UMW Circles to Meet

Circle 1 plans to meet at 10 a.m., Monday, Oct. 12, at the home of Persis Rockwood, 4172 Covenant Lane.

Circle 2 meets in the church library immediately after the UMW luncheon meeting on Tuesday, Oct. 6.

Circle 4 will meet in the church library on Tuesday, Oct. 13 at 10:30.

Circle 5 meets Thursday, Oct. 8 at 7:00 p.m. with Esther Harrison, 2107 Rankin Avenue.

Circle 6 will meet on October 12 at 6:00 p.m. at the home of Sue Mills, 2603 Mayfield Avenue.

Circle 8 has plans to meet at noon Wednesday, Oct. 7, at St. John's Cafe.

Circle 9 meets Tuesday, Oct. 20 at 10:00 a.m. with Neddy Sumners, 650 East 6th Avenue.

Circle 10 meets Thursday, Oct. 15 at 7:00 p.m. with Donna Dugger, 1010 Shalimar Drive.

Youth news for October

Kelly Rains
Youth Director

A Note from Kelly ...

Renovations are complete and we couldn't be happier! If you haven't had a chance to come down to The Underground, we invite you to check out our newly renovated facilities next time you get a chance. Youth, parents, staff, and other church members have really worked hard to make our space colorful, warm and welcoming. We want to especially thank Brett Ingram for all the hard work and dedication he has put into our space; we couldn't have done it without you! In addition, all of the artwork on the walls was created by our own youth and they did a fantastic job as well. So thanks to everyone who came down to help; it really was a group effort. It's been an exhausting 6-month process but well worth it and much overdue. I love the fact that this church has invested in our youth in this way and we are working hard to keep it looking nice. In fact, the youth help clean up the space every Sunday night after their activities.

One of the new changes we have done in The Underground was to "Go Green" and be better stewards of our environment. April Bradley is our new Recycling Manager who will make sure we are recycling all that we can and ensuring we no longer use plastic or Styrofoam at our weekly Sunday night

dinners. During the renovations, we were even able to find homes for much of the old furniture, cabinets, and game tables that we no longer needed. Way to go youth!

Now that renovations are done and the fall semester has started we look toward our upcoming fundraisers and big events. The youth will be providing a healthy meal once a month for the church and community. In October, the youth will provide a Soup & Salad meal during our Wellness Event on the 18th so come out and join us. Then they will provide a Beans & Rice lunch for all those participating in the Crop Walk on Sunday, November 8. Finally in December they will be cooking up chili for the annual Festival of Lights on Dec. 19th, which is always a favorite. In addition to these events, we also have Operation Christmas Child shoeboxes being collected on Nov. 22nd and Christmas trees being delivered on Dec. 2nd. So pencil in these dates and join us in the fun.

I can't thank this congregation enough for all the ways they support our youth. We have some of the finest young adults anywhere and I firmly believe it is because of this great church. I am so proud to be part of Trinity and I love calling this place home.

Upcoming Youth events for October

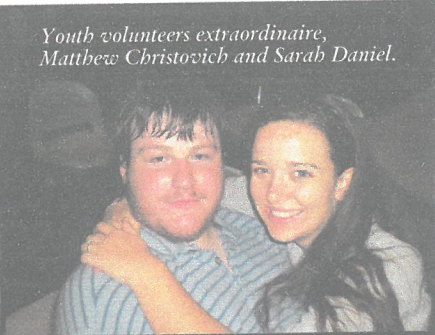
- Oct 2 - 4 Confirmation Retreat (Leesburg, FL)
- Oct 4 Youth Praise Band 4pm, Youth Choir 5pm, UMYF 6pm
- Oct 7 Wednesday Bible Study (4:30 Mid-High, 6:30 High School)
- Oct 11 Confirmation Class to receive Bibles at 11:00am service
- Oct 11 Youth Praise Band 4pm, Youth Choir 5pm, UMYF 6pm
- Oct 14 Wednesday Bible Study (4:30 Mid-High, 6:30 High School)
- Oct 17 High School Hang Out (see Kelly or Jordan for details)
- Oct 18 Youth Fundraiser, Wellness Day Lunch after 11:00am service
- Oct 18 Youth Praise Band 4pm, Youth Choir 5pm, UMYF 6pm
- Oct 21 Wednesday Bible Study (4:30 Mid-High, 6:30 High School)
- Oct 25 Youth Choir sings @ both services
- Oct 25 No Praise Band, No Choir Practice, UMYF 6pm (Halloween event)
- Oct 28 Wednesday Bible Study (4:30 Mid-High, 6:30 High School)

Other upcoming events

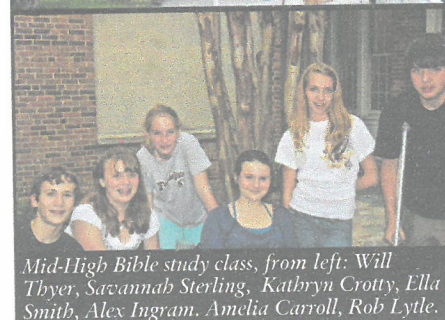
- Nov 8 Crop Walk (12- 3:30pm)
- Nov 14 Babysitting/CPR class (9am-3pm) \$50
- Nov 22 Operation Christmas Child shoebox collection
- Dec 2 Christmas Tree pick-up
- Dec 19 Chili Fundraiser (Festival of Lights)
- Dec 13 Youth Christmas Party



Stopping for some health food on the Rock the Universe trip.



Youth volunteers extraordinaire, Matthew Christovich and Sarah Daniel.



Mid-High Bible study class, from left: Will Thyer, Savannah Sterling, Kathryn Crotty, Ella Smith, Alex Ingram, Amelia Carroll, Rob Lytle.



Out on the town for some recreational bowling.



Photo opportunity on the steps of First Kissimmee UMC. This was the third year they have hosted the Trinity youth.



New members joining on Sunday, September 20 are pictured from left, Randy Spaulding, Fran Spaulding, Seth Swanson, Holly Swanson, Jon Turner, Angela Turner, Sylvia Henderson, Linda Campbell, Chris Mueblemann, Kathy Mueblemann, Sherry Schiller, Sheryl Hamm, Bob Hamm, Sarah Daniel, Joyce Payne, and Wayne Bradley.

Trinity gains new members on Heritage Sunday

A large group joined Trinity's family of friends on Heritage Sunday, September 20. This is another diverse group of individuals and families in various life stages. Please do your best to help these special people, who chose Trinity to be their new church home, feel welcomed.

Wayne Bradley is a former Special Investigator for the Florida Department of Insurance. Wayne currently is on staff at Trinity. He has lots of family at Trinity including his mother, Hazel, brother, Dale, sister-in-law, Marie, and nieces, Tori and April.

Linda Campbell transferred her membership from another denomination. She is married to Trinity member, Jim Campbell. She is also related, through marriage, to Trinity members, Jim and Cindy Campbell and their daughter Caroline. Linda works for Regional Investment Fund, Inc.

Sarah Daniel transferred her membership from another Methodist church. Sarah volunteers with the Trinity Youth and is also active in Wesley Foundation at FSU. She is engaged to Trinity member, Matthew Christovich, and is a student at FSU working on a degree in Social Work.

Bob and Sheryl Hamm transferred their membership from another Methodist

church. They have 2 daughters, Courtney, who is a sixth-grader at Montford Middle School, and Kristen, who is a third-grader at DeSoto Trail Elementary. They have lived in Tallahassee for 4 years, after moving here from Houston. Bob is a civil engineer for Wilber Smith Associates, and Sheryl works as a volunteer and substitute teacher. **Sylvia Henderson** joined through a profession of faith from another church. She has lived in Tallahassee all of her life, and is the sister of Trinity member, Wallace Henderson. She earned her undergraduate degree in Child Development from FSU and is a former preschool teacher. Sylvia is currently pursuing a masters degree in Library and Information Science. She enjoys volunteering, collecting nativity scenes, and doing research. **Chris and Kathy Mueblemann** joined through reaffirmation of faith. They learned about Trinity through Kathy's grandmother, Trinity member, Blanche Halley. They have three children, Brian, 20, Kristen, 18, and Sean, 9. Kathy is a native Tallahasseean and is self-employed. She loves being a mom and gardening. Chris has lived in Tallahassee for 23 years. He is an engineer and works for Leon County Public Works. He is a leader of his son's Cub Scout Pack.

Joyce Payne is a resident of Westminster Oaks. She is the mother of Trinity member, Gloria Colvin. She joined through

certificate of transfer from another Methodist church.

Sherry Schiller transferred her membership from another Methodist church. She is married to Jim Schiller and they are proud parents of one grown son, US marine veteran, James. Sherry is a practicing occupational therapist. She learned of Trinity from friend, Elinor Jackson.

Randy and Fran Spaulding joined through profession of faith. They have two grown children, Lee and Shannon. Originally from Dayton, Ohio, they recently moved to Tallahassee from Stuart, Florida. Fran works for TMH in their accounting department and Randy works in Perry.

Seth and Holly Swanson have a daughter, Mackenzie, who is 19 months old. They are new to Tallahassee after moving from Mount Dora. Holly is a stay at home mom and looks forward to getting involved at Trinity. Seth works for Avanti Company. He enjoys fishing, hunting, golf, and Auburn athletics.

John and Angela Turner joined from another denomination. They have two grown children, Michael and Jessica. They are both self-employed. John was a member of Trinity in the 1950s and his mother, Mary Turner, is still a member of Trinity.

Health Fair on Sunday, October 18

Beth Curry, ACSM, AFAA

The excitement is growing! Mark your calendar for Sunday, October 18th and come participate in Trinity's first Health Fair beginning at 11:00 a.m. in Moor Hall. Enjoy a healthy soup and salad lunch provided by our youth and explore the various displays and booths staffed by medical, health and wellness professionals. Learn about the latest in nutrition, weight loss, exercise, fitness, cancer, heart disease, stress management and so much more. Stop by one of our screening areas to have your blood pressure, body fat and BMI



checked. Sign up for CPR, Babysitter Safety, Crop Walk and more. Complete the church-wide health/wellness survey and help us determine what direction to take with this new ministry in 2010 - and let us help you connect with others who share your same interests and concerns. Watch for more details coming soon!

The list below is just a small sampling of some of the booths and displays. Come and plan to visit with these and many other of Trinity's and the community's health, wellness and fitness professionals.

- CARDIOVASCULAR DISEASE PREVENTION - *Dr. Orson Smith*
- FIVE WISHES - *Eleanor Smith and Big Bend Hospice*
- PROSTATE HEALTH - *Dr. Dan Rackley*
- BALANCE ISSUES - *Jen Rackley, MPT*
- NUTRITION FOR ALL AGES - *Jaqui Griffith, MSRD/LDN*
- EXERCISE IS MEDICINE - *Beth Curry, ACSM, AFAA*

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MONTHLY
Tidings
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Third-grade Bibles



Pictured above is the third grade class with their brand-new Bibles. From left: AlexRae Selvey; teacher, Tami Chandler; Corrina Carroll; Mark Ingram; Madi Sterling; Josh Bryan; Jerilyn Fortier; Jay McDuffie; Kristen Hamm; Joseph Clark; Carsyn Kenny; teacher, David Lajeunesse; and Katherine Resavage.

Third grade students in the Sunday School class taught by Tami Chandler and David Lajeunesse, recently received their very own Bibles from senior pastor, Wayne Curry, associate pastor, Tony Fotsch, and Wesley Fellowship representative, Bobby Howe. The Bibles are purchased and given with love and humble generosity each year by the Wesley Fellowship Sunday School class.

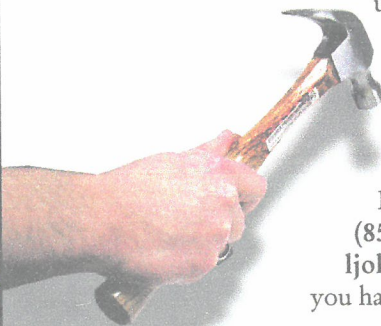
Household Repairs Ministry

Leah Johnston
HEO Coordinator

HEO has so much to offer to Trinity! But did you know that one of our many volunteer ministries involves help with minor household needs and repairs? If you didn't, well now you know!

When I have received calls regarding help with household repairs, people are always unsure if HEO will be able to help, so I knew that I needed to tell the church about this ministry. We have a couple in our church who are very handy and would love to help you out with your household needs! They are both eager and excited to help! The ministry offers help ranging from changing light bulbs to fixing doors that don't shut right to brightening up a room with a fresh coat of paint. Please, if you are in need or know of a friend who could

use some help, don't hesitate to call HEO! Let's Help Each Other out!



Please call Leah, HEO Coordinator, at (850) 222-1120, or email, ljohnston@tumct.org if you have any needs!