

MONTHLY

Foolings

TRINITY UNITED METHODIST CHURCH

TALLAHASSEE, FLORIDA

Volume 37, Number 10, November, 2010

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

2nd Annual Health Fair a Great Success!

If you were able to attend the recent Health Fair held October 24, you saw lots of enthusiastic health care professionals and many people who were curious to "learn their numbers." The "numbers" are the various measurements taken by healthcare professionals that can tell you if you need to alter your lifestyle - or not. There were over 40 booths with information and screening. And, the youth provided a delicious soup and salad lunch. Many thanks are due the Health Wellness Team and Beth Curry for organizing this excellent Health Fair.



Phyllis McCranie had an excellent booth devoted to promoting the Crop Walk (see page 2 for more details on this year's Crop Walk).



At left, Dr. Gregg Alexander speaks with Dr. Led and Oberly Brown as daughter, Lou, peruses materials in his booth.



Above, Debra Danforth displays the Health Fair program.



At right, FAMU students administer free eye tests.

Below, HEO coordinator, Hillary Ryan smiles about her BMI results.



At left, Marie and Dale Bradley stand outside Marie's booth, "Just One Look."



Trinity Runners, and Health Wellness Team member, Richard Parsons had good help from daughter, Maria, as they sold TUMC Runners t-shirts.



Moor Hall was a busy place during the Health Fair as nutritious lunches were served by the Trinity youth.

Gifts to Trinity

Trinity received the following gifts from September 11, 2010 through October 12, 2010:



In memory of June Armistead Dugger from Bill and Mary Lee Peebles, Virginia and John Bryant, and Gene and Martha Jane Rutland (Youth Missions).

In memory of James T. Perdue, Sr. from Bill and Mary Lee Peebles (Organ Fund).

In memory of R. G. "Jeff" Bradford, II from Bill and Mary Lee Peebles, Ron and Gail Hock, and UMW Circle 4 (Friends of Music).

In memory of Benson L. Skelton, Jr. from Jim and Kitty Ball (Friends of Music).

In memory of Jeff C. Crew from UMW Circle 4 (HEO).

Crop Walk 2010

Phyllis McCranie

The Tallahassee Crop Walk 2010 is Sunday, November 14th, 2:00, at E. Peck Green Park. It is not too early to get started. I have set a Trinity United Methodist team online at http://www.churchworldservice.org/site/TR/2010FallCROPHungerWalk/TeamRaiser-Fall2010?team_id=47773&pg=team&fr_id=6491. If you plan to walk you can join the team online by clicking "Join Team." Once you have registered you can email your friends and family and ask them to sponsor your walk. If you prefer to donate to a walker or the team as a whole, just click on the walker's name or team

and it will take you to the donation page. If you need assistance, let me know.

Thanks for your help with this Church World Services mission to help alleviate hunger locally and worldwide. Last year Trinity came in second with its contributions by raising over

\$2,400 and many pounds of non-perishable food. The city-wide initiative raised over \$19,000. Twenty-five per cent of the proceeds go locally to Echo, Catholic Charities and the Shelter. The rest goes to underdeveloped countries throughout the world.



CROP WALK

WAYNE'S WORDS

*By E. Wayne Curry
Senior Pastor*

Dear Friends,

Take a look at that picture to the right. There are many folks who inspire me here at Trinity (and I'm reluctant to single out just one) but I have to lift up Bob Yates as one of my heroes. Up until recently Bob ran in every foot race that came to town as well as a marathon or two. And, he was the winner of most of those races - in his age category. Bob is 85 years young and there aren't many who enter the races at his age.

Bob also inspires me because he's a man of fashion and is not afraid to try something new. Take bow ties for instance. For the last few weeks I've started a new 'thing' of wearing bow ties. The only time I've ever worn a bow tie was when I wore a tuxedo for formal occasions. But shoot, I've always liked the funky look of bow ties and I'm sixty years old now, so why not give it a try? Last Sunday, I looked down from the pulpit and there's my friend, Bob, wearing a bow tie! I'm thinking, well maybe I inspired him ... but later he told me he had gone to the back of his closet where he had stored his bow ties from days gone by and was excited that they had "come back in style."

Another way Bob inspires me is his love and commitment to Trinity United Methodist Church. He and his wife of 62 years, Linda (a person who also inspires me but doesn't wear bow ties), have been faithful, dedicated members of our church for over 50 years. They are just two of the many living saints that make Trinity the very special place that it is. They support our church with their regular prayers, their faithful presence, their generous gifts, their dedicated service and their living witness.



Reverend Wayne Curry and Bob Yates were recently spotted sporting bow ties.

They are one of the best examples I know of people who epitomize our stewardship theme this year:



You will be receiving a Pledge Card in the mail this month where you will have the opportunity to offer not only your financial gifts to support the ministry of our church in 2010 but a list of ways you can use ALL of the unique gifts God has blessed you with to His Glory. When you receive that card, I ask you to pray about it and offer back to God a generous portion of what He has given to you.

You are loved,

Wayne

PS: Bob and I will give free lessons to any men who want to learn how to tie a bow tie. Truly, it is an art form!

Where are the AEDs at Trinity?

*Beth Curry
Chair, Health and Wellness*

Trinity has two lifesaving AEDs (Automated External Defibrillators). One is located on the wall in the Welcome Center. The other is located in the second floor hallway, at the top of the stairs between the church office door and the staff break room door. Please make note of these two locations next time you walk by them. It could save a life one day!

Music News for November

Mark Repasky
Director of Music

November is a busy month for most of the music groups at Trinity. Preparing Advent and Christmas music occupies much of our time. Our handbell and handchime groups plus the NETkids Choirs began practicing Christmas music in October! Chancel Choir also begins preparing music for our February 20 Spirituals Concert with Andre Thomas during this month. Most of our music groups accept new members year-round. Don't be shy, come to one of our rehearsals or contact the church about your interest in joining. We'll be happy to plug you in!

Steel Band

Our new Steel Band ensemble has been practicing since September. We laughed a lot the first month; just trying to find the notes on each drum was a real challenge! Good news: We are nearly ready to take our place as music leaders in worship just like so many other music ensembles at Trinity. Finding an "open" date when other music groups are not



already scheduled has been a challenge, but November 28 was available so we took it. Steel Bands are best known for playing calypso and soca style music.....loud and fast -paced. Many people do not know they can also play very gentle and slow music equally well. Most steelbands have 2 to 3 time the number of instruments we have, so we will not be too loud for our sanctuary. Our selection is a beautiful arrangement of J.S. Bach's "Air on a G String".

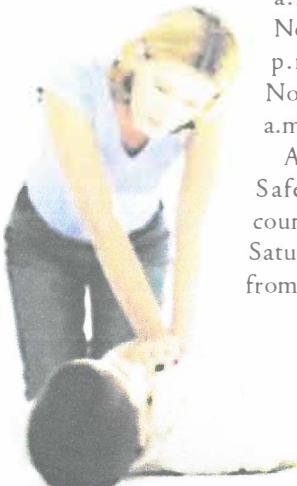
Do You Know CPR?

The Health Wellness Team is encouraging as many people as possible to become certified in life saving CPR skills. A two hour American Heart Association Heartsaver CPR Certification Course which includes adult, child and infant CPR and use of an AED will be offered: Tuesday, November 9 at 10:30 a.m., Thursday, November 11 at 6:30 p.m. or Saturday, November 13 at 9:30 a.m. Cost is \$15.00.

A six hour Babysitter Safety Certification course will be offered on Saturday, November 13 from 9:00 a.m. to 3:00 p.m. The six hour course includes American Heart Association Heartsaver

CPR, babysitter safety and skills, and lunch. Cost is \$50.00.

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. For questions, please contact Beth Curry at BFCSeries@yahoo.com.



Trinity Walkers Make 2nd "Walk to Bethlehem"

Last year a group of 26 Trinity walkers logged 14,800 miles over 39 weeks on the first Walk to Bethlehem. The group is ready to begin a second journey on November 3rd walking 6,551 miles there and then back again. Participants wear a pedometer each day and log all their steps. Steps are totaled each week and turned in so that a cumulative total may be calculated. The group also reads *The Upper Room* devotional each day and logs their inspirational thoughts. There are two ways to participate. One way is through the Lay Academy registration and class. This group also meets at the church on Wednesdays at 4:15 pm to walk outdoors together for thirty minutes. They finish with strength and/or flexibility training. The second way



to participate is on-line only. Walkers e-mail information in once a week rather than coming to the class.

Operation Christmas Child

Watch for inserts to be in the bulletin November 7 and November 14.



Fill a shoebox with gifts and make a child happy this Christmas!

Time to order Christmas Trees

Funds raised will go to youth mission trips. Inserts go in bulletins

November 7, 14, and 21.
Deadline for ordering will be Sunday November 21.

Pick up will be Wednesday, December 1 from 5:30 p.m. - 8:30 p.m.

Upcoming Lay Academy classes

Lay Academy is a series of adult education classes offered in five separate terms from September to May. Study topics are of general interest as well as for spiritual growth.

Classes are open to the general public in addition to the Trinity congregation. So, invite a friend!

We urge you to pre-register. Some classes are determined by, or limited in size. All class sessions meet in the Education wing of the church building.

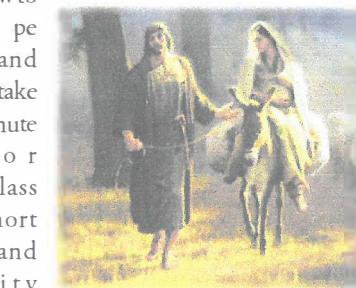


Garden Club *(4:15 session)*

Leaders: *Donna Legare and Jody Wathall*

This is really more of a service project than a "class." And, of course, it's free to participants.

Help keep the grounds of Trinity beautiful with Donna and Jody who own Native Nurseries. This is a wonderful chance to learn from experts as you serve your church in a special way while enjoying the chance to talk with these two master gardeners.

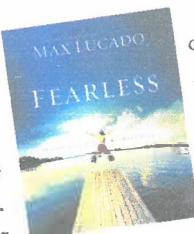


Men's Group *(6:30 session)*

Leader: *Bill Fritchman*

This group will use the book "Fearless" by Max Lucado.

Each sunrise seems to bring fresh reasons for fear. They're talking layoffs at work, slowdowns in the economy, turnovers at headquarters. But what if faith, not fear, was your



default reaction to threats? Envision a day, just one day, where you could trust more and fear less. This six week study will take an honest and hopeful look at what can happen when fear meets faith.

The BFC Series - Becoming Fit at Church - Power Hour

(6:30 session)

Leader: *Beth Curry, ACSM, AFAA*

Come for a combo hour of aerobics, and upper and lower body, and core training.

Exercise is good for you. Come join us!



The BFC Series:

Walk to Bethlehem *(4:15 session)*

Leader: *Beth Curry, ACSM, AFAA*

Learn how to wear a pedometer and log steps - take a 20-30 minute outdoor walking class with short strength and flexibility segments. Also share a daily devotion with class members. We're going 6,551 miles to Bethlehem.

What it Means to Be a

United Methodist *(6:30 session)*

Leader: *Rev. E. Wayne Curry*

Rev. Curry will provide a quick, five-session look at the basic beliefs and structure of the United Methodist Church: Who are we? Where did we come from? How are we different from other denominations? What do we believe? How are we organized? What is 'Itinerant' ministry? What does it mean to be a 'Connectional' church? These and other questions will be explored. This class is offered during the 6:30 session.



Salsa Dancing *(6:30 session)*

Leader: *Rev. Tony and Debbie Fotsch*

Come learn to dance salsa! "Rueda" or "Casino-style" salsa is a group dance where couples perform identical moves and switch partners regularly. Its communal, circular fluid movement balances the exciting, syncopated percussive rhythms of salsa music. It's a great way to meet new people (this is how Pastor Tony met his wife). And, the dance's Latin-style is great for the hips, legs and cardio!

The class will meet in the Mid-High room. Due to space limitations, this class will be limited to 20 people.



Sounds, Symbols and Sights of Advent and Christmas *(6:30 session)*

Coordinators: *Marti Chumler and Barbara Hynes*

Every week will begin with sound as we enjoy and learn about the music of Advent and Christmas.

November 3, 10, 17 - Craft Room

Begin to prepare for the holidays with an act of service. We will be creating a tree for the Habitat Festival of Trees which will begin Thursday, November 18. All materials will be provided.

December 1 - Sanctuary

We will visit the sanctuary and hear the stories of the various symbols that adorn the Chrismen trees.

December 8 - Library

We will share in some traditions, learn about the art and spirit of the crèche, and share personal stories.

Come hear Hillary Ryan, HEO Coordinator, and Come Share in our World Thank Offering!

Rita May

In November, the month of Thanksgiving, UMW has two special events on our luncheon calendar.

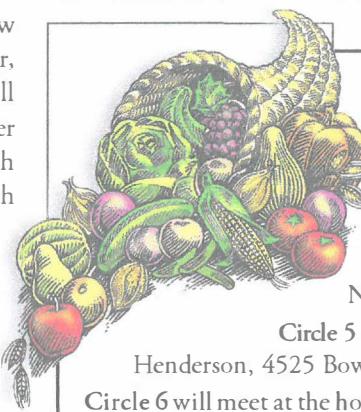
We celebrate our new HEO Coordinator, Hillary Ryan, who will talk about herself and her call to ministry with HEO (Helping Each Other), Trinity's congregational care ministry. She will speak about "Leaving a Legacy." Hillary is a vibrant and enthusiastic young woman, who has already "jumped in" to HEO ministry at Trinity.

We shall also celebrate the yearly World Thank offering, an opportunity for us each to respond to God's abundance and grace through individual offerings of gratitude. The offering collected at the luncheon will be used in UMW missions in the

United States and around the world.

If you've not yet come to the monthly United Methodist Women's luncheon, this would be a great month to "give it

a try!" Be sure to mark your calendar and call in your lunch reservation, by calling Nancy Kerce at 877-6546 before October 28.



UMW Circles to Meet

Circle 1 will meet Monday, November 8 at 10:00 a.m. with Cynthia Smith, 1530 Marion Avenue.

Circle 2 will meet in the church library immediately after the UMW luncheon meeting on Tuesday, November 2.

Circle 4 will meet in the church library on Tuesday, November 9, at 10:30 a.m.

Circle 5 meets Thursday, November 11 at 7:00 p.m. with Debbie Henderson, 4525 Bowfin Drive.

Circle 6 will meet at the home of Julie Pararo, 2104 Randolph Circle, at 6:00 p.m., Monday, November 8.

Circle 8 will meet at noon, Wednesday, November 3, at St. John's Cafe.

Circle 9 meets Tuesday, November 16 at 10:00 a.m. with Joyce Payne at Westminster Oaks, Azalea Gardens Apt. 206, call 877-0081.

Circle 10 meets Thursday, at 7:00 p.m., November 18 with Nancy Duncan, 3120 Briarwood Drive.

10 Trinity members recognized by UMW for service

Judy Levy

At the October Unit meeting of the Trinity United Methodist Women, we recognized 10 Trinity members for their life long service to Trinity. They each were presented with a special recognition pin from UMW, purchased by funds raised by the circle members.

The pin accompanies a monetary gift to the Trinity Missions committee in

their honor. Those unable to attend will receive their award at a later Unit meeting. Please join us in recognizing Mart Hill, Peggy Hughes, Cinda Hortin, Nell Morse, Julie Pararo, Peggy Parkey, Eleanor Smith, Paula Smith, Martha Tilden, John Willis, and Pat Willis for their leadership and service to Trinity.

UMW says "Thank You"

Judy Levy

The United Methodist Women would like to say thanks to you all for making the UMW pecan sales such a success. We ordered 1 more case than we ordered last year. And, we ordered a few extra bags of pecans to fill the case, so those of you who missed the ordering deadline will have one more chance to purchase pecans!

Those of you who ordered from us, will be happy to hear that the pecans will be delivered October 27, bagged on October 28 and ready for pick up in the Welcome Center Sunday, October 31 before and after church. You can also call Judy Levy (877-5442) or email her at judithlevy@embarqmail.com to purchase any of the extra pecans.

Interfaith Thanksgiving Service

*Rev. Sally Campbell-Evans
Pastor for Nurturing Ministries
Saint Paul's United Methodist Church*

Tuesday, November 23

7:00 p.m.

Ruby Diamond Auditorium

Join members from various faith communities as we worship and offer our thanks and praise to God. This year's theme is **Hope and Thanksgiving in the Midst of Troubled Times**. Celebrating together will no doubt lift our spirits and honor our Creator.

We hope you will join us for this meaningful service as **Voces Angelorum**, a Tallahassee Community Women's Chamber Choir, **Steve Fregger** will blow the shofar, an **African Drum and Dance Ensemble** from FSU, the **FSU Blues Band** and a one-time only **Interfaith Children's Community Choir** will help set a celebratory tone!

Youth Happenings in November

Kelly Rains
Youth Director

Jordan Perry
Youth Intern

A Note from Kelly...

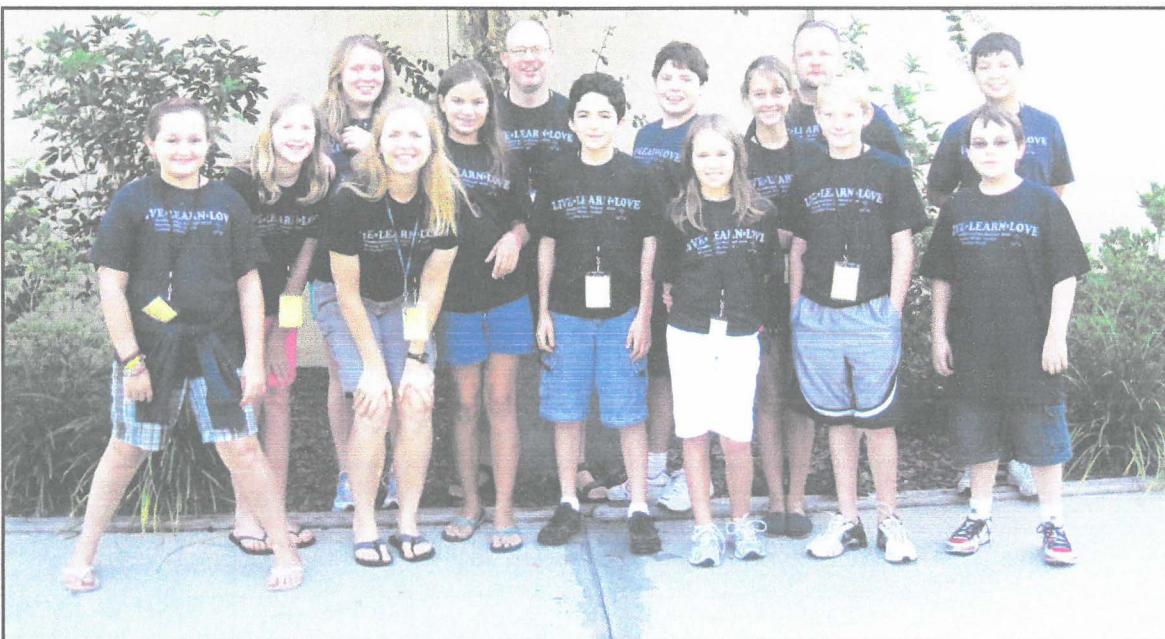
I am very excited about our new Confirmation Class this year. Each year as our new 6th graders join us I look forward to a full year of Sunday School with them studying many aspects of our faith and helping them on their journey. Our Children's Sunday School program and our Net Kids program really helps prepare these 6th graders as they learn what it means to become full adult member here at Trinity.

This year we have a large, energetic group of 17 who have been awesome to get to know. We have already had our Confirmation Retreat down in Leesburg at Warren Willis Camp and just a few weeks ago they received their new Wesley Study Bible. They are off to a great start and have learned so much already. Please keep them in your prayers as they grow in their faith and study God's word.



Receiving their confirmation Bibles are, back row from left: Nick Ihasz, Rafel Fortier, Andy Zippay, Scott Epting, Jarrod Russell, Meredith Huggins, Hannah Cummings, and Christopher Francis; front row: Anna Parsons, Emily Teal, Logan Tomko, Hannah Prasse, Toby Cherry, Hannah Duclos, Austin Boyd, Jett Sanderson, and Lindsay Cunningham.

Pictured in the photo to the right, the 6th grade confirmation class gets ready to go on retreat recently. They are, from left: Hannah Prasse, Meredith Huggins, Savannah Sterling, Youth Director, Kelly Rains, Lindsay Cunningham, Kevin Sterling, Rafel Fortier, Christopher Francis, Emily Teal, Hannah Cummings, John Sanderson, Jett Sanderson, Logan Tomko, and Andy Zippay.



Stay current! Visit the website often!

www.undergroundministries.org

UNDERGROUND
ministries
Trinity
UMC

Upcoming Youth events for November

- Nov. 3 Wednesday Bible Study (Mid-High 4:30pm)
- Nov. 7 Youth Council 12:00pm
- Nov. 7 Praise Band 4pm, Youth Choir 5pm, UMYF 6pm
- Nov. 7 Guatemala Meeting 8pm
- Nov. 10 Wednesday Bible Study (Mid-High 4:30pm)
- Nov. 13 Mid-High Madness (check website for details)
- Nov. 14 Crop Walk, Beans & Rice Lunch, yard work
- Nov. 17 Wednesday Bible Study (Mid-High 4:30pm)
- Nov. 21 Praise Band 4pm, Youth Choir 5pm, UMYF 6pm
- Nov. 28 Praise Band 4pm, Youth Choir 5pm, UMYF 6pm
- Nov. 28 High School Late Nite 8pm

Other Upcoming Events

- Dec. 1 Christmas Tree Pick Up
- Dec. 1 Enrollment begins for Warren Willis Summer Camp
- Dec. 4 Chili Fundraiser (Festival of Lights)
- Dec. 19 Youth Christmas Party



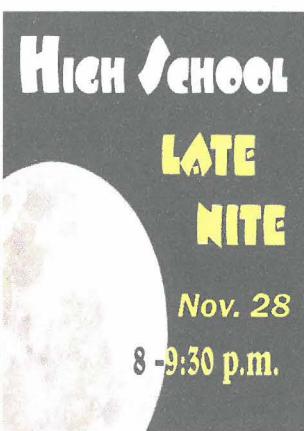
Middle School youth spent an evening at the theater at First Monticello UMC (former Executive Pastor, Wayne Cook's church). Pictured in the cushy theater seats are, back row from left: Kathryn Crotty, Jett Sanderson, Ella Smith, Joe Siliberto, and Christopher Francis; middle row: Chase Vaughn, Matthew Huggins, Meredith Huggins, Amelia Carroll, Cassie Lafajenesse, and Savannah Sterling; front row: Courtney Hamm, Colin McDuffie, Katie Watson, Toby Cherry, Elizabeth Vandervort, and Rachel Bielling.



Hanging out with Ronald, the Youth Guatemala Mission Team grab a little chow on their way to a work retreat.



Before heading over to Skate World, Middle School youth enjoy a little fast food for energy and sustenance.



High School youth recently hosted the CMA (Christian Motorcyclists Association) during a session of High School Late Nite in The Underground.



Pictured in the photo at right are the Youth Guatemala Mission Team. They put together a delicious and nutritious lunch of salad and soup for the Second Annual Health Fair. This fundraiser for their upcoming mission trip to Guatemala met their monetary goal. Pictured from left are, Kathleen Smith, Avery Smith, Youth Intern, Jordan Perry, Jonathan Danforth, Justice Merlau, Malinda Rains, Alex Ingram, Cody Johanson, John Rains, Jessica Danforth, and Youth Director, Kelly Rains.

News from the Children's Home

Gloria Colvin
Children's Home Representative

Ryan Frack was recently hired as Associate Chaplain and Director of Youth Services at the Florida United Methodist Children's Home. Many of you will remember Ryan, who attended Trinity and worked with the youth while a student at FSU. Since then, Ryan completed a Master of Divinity degree at Duke University and a Master of Social Work at the University of North Carolina at Chapel Hill and is a Certified Candidate for Ministry in the United Methodist Church.



Ryan Frack, former interim Youth Director.

church is host to a foster care office serving Hillsborough County, and an office in Port Orange serves the eastern part of Volusia County.

One of the ways in which the Children's Home ministers to the youth in its care is by offering them career development and life-skill opportunities. Residents can learn new skills in the Construction Technology and Automotive Technology programs, and they will soon have the

opportunity to participate in a Cosmetology program.

A new web site - www.allchildrenfirst.org - has updates on activities at the Children's Home.

The Fifth Sunday offering on October 31 is vital to the support of the Children's Home!

Over the past year, Children's Home services have expanded to three satellite locations. A program that aims to keep siblings together as they enter foster care is now located at Reeves Memorial United Methodist Church in Orlando. Temple Terrace United Methodist

Trinity's Change the City money helps Christmas Dinner

Gloria Whitaker

Trinity is planning to host The Community Christmas Dinner for the 23rd

year. This will be the 23rd year that Trinity has the wonderful privilege of

hosting the Annual Community Christmas dinner. This festive occasion is open to everyone, but is especially intended for people who don't want to cook, who would otherwise be eating alone, or who don't have the means to have a festive Christmas dinner. Each year's dinner is a true celebration of Christ's birth! There is wonderful music, great food, and incredible fellowship. This year the Hats for the Homeless Group will supply knitted and crocheted hats and scarves for the guests. I

don't know who receives the most blessings from the dinner, those who are served or those who do the serving. Volunteers come from all over our community to help with the dinner- single people, couples, families- and they come back year after year because it is such a blessing to be part of this festive celebration.

If you would like to be part of the efforts this year there are many ways to help. Volunteers are needed to help cook, serve, set up, and clean up.

Monetary donations are always welcome

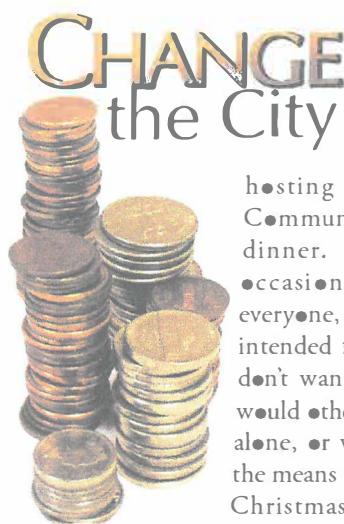
to help defray the cost of the dinner.

Donations of candies, packages of new socks (the work kind), toothbrushes and tooth paste, little juice boxes with straws are all examples of items that go into goodies bags that are given to our guests as they leave the dinner.

Please accept this invitation to come and be part of this much appreciated Trinity-sponsored community event. Call or email Blue or Gloria Whitaker at 878-6064 or gloria@talweb.com if you'd like more information or would like to volunteer to help.

As one of our youth said a few Christmas dinner's ago when asked why she came out to do volunteer work on Christmas day, "We want everyone to know that they are always welcome here, and we want them to know that there is always someone who cares about them here."

Come and have a Merry Christmas with us.



Blue and Gloria Whitaker coordinate the Community Christmas dinner each year.

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