



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

Trinity's Fourth Annual Health Screening Day

Beth F. Curry, ACSM-HFS, AFAA
Health Wellness Chair

Now that the New Year has arrived, it's a great time to focus on improving your health. And, what better way to improve your health than through prevention! Serious health issues such as diabetes, heart disease, obesity, high

cholesterol, high blood pressure, and stroke are rampant in our society today and early screening can often prevent or at least delay the onset of health issues like these.

While the **Health Screening Day** is open to all Trinity members and guests, our special focus this year is on encouraging our young

adults who don't see themselves as being at-risk yet. It is important for those in this age group to establish a baseline - and know their numbers for blood pressure, cholesterol, glucose and have a skin cancer check so that changes in the future may be more easily identified.

The free screenings will be offered from 9:00 a.m. until 1:30 p.m. so that everyone has an opportunity to attend. And, a wonderful bonus is to enjoy a healthy soup and salad lunch with your friends from 11:00 am - 1:00 pm offered by Trinity's Youth Group as one of their major fund raisers. In addition to screenings for blood pressure, glucose, cholesterol, triglycerides,

hearing, vision and skin cancer, we will also offer measurements for body fat, Body Mass Index (BMI), and spinal stress. For those with concerns about their screening or measurement numbers, the Doctor will be available to answer your questions and give you a cardiovascular risk assessment. And, new this year, we will offer bone density screening and a brand new "Ask the Registered Dietitian, Dentist or Pharmacist" section.

The bloodmobile will also be here, and please take time to read Trinity member, Sarah Watters', personal story about the gift of blood on page 8 of this Tidings.

We encourage all Trinity members and guests to "**Take the 95210 Challenge**" – and when you do (or if you recommit to the challenge), your name will be entered in a drawing to win some great healthy door prizes!

Mark your calendar now for **Sunday, February 10**. Come take advantage of all that is available at this free health screening event and begin taking steps to improve your health!

Trinity's Fourth Annual Health Screening Day

Sunday, February 10, 2013

is presented by

The Health Wellness Team



Take the Challenge!

cholesterol, high blood pressure, and stroke are rampant in our society today and early screening can often prevent or at least delay the onset of health issues like these.

Guess what? Trinity's **Health Wellness Ministry** through one of its major components, **Becoming Fit at Church (BFC)**, is offering the **Fourth Annual Health Screening Day** on **Sunday, February 10**. Come join many Trinity members and guests who take advantage of this free screening event. In past years through these preventative screenings we have been able to identify individuals with elevated blood pressure, elevated glucose and triglycerides, difficulty seeing and hearing, skin cancer, and even one individual with a melanoma. Many of these health issues have no symptoms, but early detection can make a huge difference in how serious these conditions may become over the course of time. Through our screenings we



Trinity members like health care professional, Deb Danforth, M.S., ARNP, FAANP (third from left), and heart specialist, Dr. Orson Smith (second from right), are available to assist you with any questions you may have.

Gifts to Trinity

Trinity received the following gifts from December 13, 2012 - January 15, 2013:

In memory of **Laurence Lee Benson** from Dix and Lynda Darnell, Thelma Bagwell and Women in Ministry Alpha Action Team.

In memory of **Dorothy "Carline" Moore** from Mr. and Mrs. James H. Blanchard, Mr. and Mrs. Ralph Smith, Jr. and Women in Ministry Alpha Action Team.

In memory of **McKenzie Ellen Conn** from Margaret Ausley Stalvey.

In memory of **Joshua Morse** from Women in Ministry Alpha Action Team.

In honor of **Rev. Barbara Hynes** from Ledley and Oberley Brown.

In honor of **Hillary Ryan** from Ledley and Oberley Brown.

In honor of **Jonathan Hehn** from Ledley and Oberley Brown.

In honor of **Rev. Wayne and Beth Curry** from Brooks and Almerna Pettit.

2013-14 Preschool Enrollment

Here are the dates for enrollment:

- Beginning **February 5, 2013**, all currently enrolled children may enroll
- Beginning **February 14, 2013**, all church members may enroll
- Beginning **February 19, 2013**, open enrollment begins

Please call or stop by for an application.

Kitchen Kids is ready

Judy Levy

After a short meeting on January 6, a group of Trinity kids voted to call their new cooking group, "Kitchen Kids." It was also decided by the group, that we should meet on Sundays, after the 11 o'clock service in the Moor Hall kitchen.

We'll get started on Sunday, February 3, by preparing brownies and making our own lunch. The food that will be produced will help feed families in need as determined by HEO (Helping Each Other).

Any third, fourth, or fifth grader can join the group at any time. So, please come join us for the fun!

Please contact Judy Levy for more information (judithlevy@embarqmail.com).

WAYNE'S WORDS

By E. Wayne Curry
Senior Pastor

Dear Friends,

The Season of Lent begins on Wednesday, February 13th. At the heart of this season is repentance — confessing our sin and turning back to God, turning away from all that keeps us from living as God calls us to. In that sense, Lent is about beginning again. And so, I want to pass along a prayer I came upon recently, written by Ted Loder, because it speaks powerfully of beginnings, and might help you in your thinking and praying throughout Lent. By the way, you might want to pay particular attention to what he says in the last few lines about growing older — perhaps it will speak to you as it did to me.



God of history and of my heart, so much has happened to me over the years:

I've known death and birth; I've been brave and scared;

I've hurt, I've helped; I've been honest, I've lied;

I've destroyed, I've created; I've been with people, I've been lonely;

I've been loyal, I've betrayed; I've decided, I've waffled;

I've laughed and I've cried.

You know my frail heart and my frayed history.

O God, help me to believe in beginnings and in my beginning again, no matter how often I've failed before.

Help me to make beginnings:

to begin going out of my weary mind into fresh dreams,

daring to make my own bold tracks in the land of now;

to begin forgiving that I may experience mercy;

to begin questioning the unquestionable

that I may know truth;

to begin disciplining that I may create beauty;

to begin sacrificing that I may accomplish justice;

to begin risking that I may make peace;

to begin loving that I may realize joy.

Help me to be a beginning for others,

to be a singer to the songless,

a storyteller to the aimless,

a befriender of the friendless

to become a beginning of hope for the despairing,

of assurance for the doubting,

of reconciliation for the divided;

to become a beginning of beauty for the forlorn,

of sweetness for the soured,

of gentleness for the angry,

of wholeness for the broken,

of peace for the frightened and violent of the earth.

Help me to believe in beginnings,

to make a beginning, to be a beginning,

so that I may not just grow old, but grow new

each day of this wild, amazing life

you call me to live

with the passion of Jesus Christ.

You are loved,

Wayne

Music News for February

Mark Repasky
Director of Music

Look All Around Us, Then Join the Glad Song

This is more than a heading for an article about music ministry at Trinity, it is the title of a song. And, the entire congregation will sing it at the end of the 11:00 a.m. service on **February 3, Music Ministry Sunday**.

How appropriate the words ... encouraging us all to "See the goodness that passes our way." Surrounded by numerous choirs and accompanied by a variety of instruments, we will end that glorious service with praise in our hearts as all together, God's people proclaim: "To God, the Great Wonder, give praise on this day."

We expect twelve music groups to participate in the service. They range in age from 3 to 80+. All have come to share the gift of sacred music with you! Children's Choirs, Youth Choir, Chancel Choir, handbell and handchime groups, steel pans and Circle of Friends Praise Band. Celebrate!



Short-term Offer

Are you interested in singing in a men's or women's ensemble? Joining one of these groups is easy and involves meeting for just two Wednesday night rehearsals, and then singing on Sunday morning. Both groups will meet 8:00-8:45 p.m. on Wednesday, February 6 and Wednesday, February 20, in the choir room and then go to different areas to practice. The women's ensemble will sing Sunday, February 24, and the men will sing Sunday, March 3. If you come at 8 p.m. to practice those nights, exterior doors of the church will be locked. So, please let me know you're coming (222-1120 or mrepasky@tumct.org), and I'll get you into the building and to the choir room.

Photos from 2012 Music Ministry Sunday



Betty Phifer Class Takes on Everything Must Change Project

Pam Crosby

Millions of low-income Americans must limit the cost of their daily meals to four dollars because their only source of food is the Supplemental Nutrition Assistance Program (SNAP). What is it like to live on an average daily food stamp benefit of four dollars per person?

This was just one of the many topics the Betty Phifer adult class members explored during their study this fall of **Everything Must Change** by Brian

With McLaren's book as a catalyst, class members took the SNAP Challenge and designated two days of their week to experience what life can be like for individuals on food stamps. Members discussed their experiences in class and examined the challenges that arise from poverty. They considered class projects that could be done in the spirit of McLaren's call for Christians to work for the greater good of fellow beings.

The result was donating money they saved on food during the SNAP challenge to fund a microfinance loan partnership. Members met two Sundays during class time in the computer lab to investigate possible loan recipients who participate in Kiva. Kiva is an organization that oversees microfinance institutions in five continents that

village of the Ararat region in Armenia. Besides her work as a doctor, Edmila seeks to renovate her greenhouse and purchase fertilizer and seeds in order to sell products to wholesalers and local market traders. Class members will continue to follow Edmila as she repays her loan and helps to feed others. With the repayment of Edmila's loan, the class will fund other microloan recipients. The project will also continue as members pledge to take the SNAP challenge monthly.

Another ongoing element of the class members' real-world application of Everything Must Change is pooling their efforts with HEO (Helping Each Other) coordinator Hillary Ryan to assemble personal care packs for HEO and the local community throughout the year. Packs include toothbrushes, soap, lotion, shampoo, and other items that fill bags donated to persons who rely on HEO's contribution to help meet their very basic needs.

As only a few individuals, the class acknowledges that its members cannot change the entire world; they also realize that two days' experience of living on four dollars per person is not very difficult, nor is taking a few moments to fill personal care bags for those who need them. However, they hope to continue to be mindful of their responsibility to others and to strive and support each other in doing their small part in applying the Christian meaning of love to their daily lives. They invite all persons interested in participating in their project to join them. For more information on the Everything Must Change project of the Betty Phifer class at Trinity, contact Pam Crosby at pcrosby@fsu.edu.

D. McLaren. McLaren asked the question: "How can the life and teachings of Jesus impact the most critical global problems in our world today?" His chapters addressed issues such as poverty, war, and environmental destruction. The author challenged his readers to apply Christian compassion and love to address the mounting crises in our world.

provide loans to people without access to traditional banking systems. One hundred percent of the funding of loans is sent to volunteer field partners, who administer the loans in the field.

Class members raised \$130 to help fund a microloan to Edmila who lives in the Sisavan

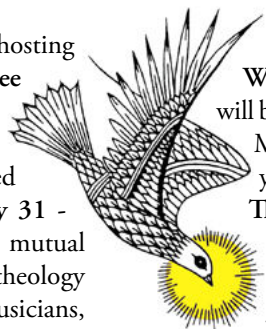


Members of the Betty Phifer Sunday School class prepare personal hygiene bags for Trinity's homeless visitors. From left, HEO Coordinator, Hillary Ryan, Bob Jones, Don Crosby, Janice Flake, Sarah Watters, 'Honest' Mike Watters, Blue Whitaker, Pam Crosby, Lisa Boyd, and Gloria Whitaker.

Tallahassee Church Music Conference

Jonathan Hehn, OSL, M.S.M, Ch.M.
Trinity Organist

Did you know that Trinity will be hosting events during the upcoming **Tallahassee Church Music Conference**? The conference is an ecumenical event held in Tallahassee in odd numbered years. The 2013 dates are **January 31 - February 2**. Its goal is to promote mutual understanding in the practice and theology of music in the church. It brings musicians, clergy, and congregants together from across the United States for workshops, discussion forums, and masterclasses devoted to church music. Concerts and worship services also expose the public to a broad and representative spectrum of music and worship. Trinity was the host church for this conference in 2009, and will be hosting a full day of events during the 2013 conference.



Keynote speaker **Dr. Paul Westermeyer** of Luther Seminary will be joined by several prominent Methodist clinicians at this year's conference. **Rev. John Thornburg**, current President of the Hymn Society, will lead a "Big Sing" on **Thursday, January 31, 7:00 p.m.** at First Presbyterian Church. **Rev. Joe Stobaugh**, OSL is the incoming president of the Fellowship of United Methodists in Music and the Worship Arts. Stobaugh will be giving a workshop on "leading congregational song with a praise band." **Dr. Christopher Anderson**, Associate Professor of Sacred Music at Southern Methodist University, will be

here as well to talk about a "theology of singing." The conference will also feature an organ concert by AGO National Competition winner **Daryl Robinson** on **Friday, February 1**, and the screening of the film *Dancing with God* on **Saturday, February 2**. In total there are over two dozen and worship services led by a body of internationally renowned clinicians.

Please help support this conference by attending the events and worship services, which are open to the general public. If you would like offer your further support by registering as a conferee, or if you just want more information about the conference, visit www.churchmusicconference.org, or find us on Facebook at /tallahasseechurchmusicconference.

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The Health Wellness Team



Take the Challenge!

Beth F. Curry, ACSM-HFS, AFAA

Mark your calendar for this very important **FREE** screening event! Cholesterol, glucose, blood pressure, BMI, body fat, skin cancer, spinal stress, bone density, hearing and vision screening will be available from **9:00 a.m. – 1:30 p.m.** Come "Ask the Registered Dietitian" or discuss the results of your screenings with the doctor in the "Cardiovascular Risk Assessment" area. Join your friends for lunch between **11:00 a.m.-1:00 p.m.** at the **Youth's Healthy Lunch** fundraiser – and enter your name to win some great health related door prizes. For more information contact Beth Curry at BFCSeries@yahoo.com.

Get Ready! - Trinity Runners/Walkers Club



This photo from last years Shamrock Scurry, shows some of the Trinity Runners/Walkers participants.

Dust off those running/walking shoes and start preparing. Trinity UM Runners/Walkers Club will participate in the Shamrock Scurry and Springtime Tally Races again this year. The **Shamrock Scurry 1 mile/5K is Saturday, March 9 at Killearn UMC**. Registration forms are available at www.shamrockscurry.com. The **Springtime Tally 10K/5K/1 mile Race is on Saturday, April 6th**. Registration forms are available at springtimetallahassee.com. Please contact Richard Parsons at rrptroy@gmail.com if you would like to be on our "Team" or if you would like to purchase a Trinity Running Club Team tee-shirt.

Health Wellness Calendar

Drop in any time!

Classes are in the Parlor.

BFC Series Exercise Classes

— Tuesdays and Thursdays —
• 9:15 - Staying Strong
• 11:00 - Variety Mix**

** Nursery by reservation only

— Wednesdays —

Better Balance

• 4:15 only

Power Hour

• 6:30 on Feb. 6 - then 5:30 rest of month

*\$3 suggested donation

Please note new times

Upcoming Events

Sunday, Feb. 10 – 9:00 a.m.-1:30 p.m.

4th Annual Health Screening Day

Wednesday, February 12 – 10:30 a.m.

Mats for the Homeless

Tuesday, February 26 - 1:00 p.m.

Diabetes Support Group

Saturday, March 9

Trinity Runners/Walkers Shamrock Scurry Race

Saturday, April 6

Trinity Runners/Walkers Springtime Tally Race

For more information: Beth Curry - BFCSeries@yahoo.com



Take the Challenge!

Stop by the 95210 table and "Take the Challenge!" at the upcoming **Trinity Fourth Annual Health Screening Day!**

When you sign up to "Take the Challenge" (or confirm that your name is on this list already) you will be entered into the drawing for some great health related door prizes!

BFC Series Wednesday Exercise Program Continues During Lent

The BFC Series Better Balance and Power Hour classes will continue to meet on **Wednesdays** during Lent on a drop-in donation basis. Suggested donation is \$3 per class and goes to the Health Wellness Fund. The "Power Hour" class will meet one hour earlier - from **5:30 p.m.- 6:20 p.m.** beginning Wednesday, February 13 until Easter. Please make note of this time change!



Give Blood - Save a Life!

As part of this year's **Health Screening Day**, the Bloodmobile from **Southeastern Community Blood Center (SCBC)** will be parked out in front of the church on Park Avenue. Whether you're a multi-gallon giver, or a first-timer, this is yet another chance for you to give the gift of life. Blood donated in the Tallahassee area stays in this area - so you know that the blood you give here, will be used here.

Make sure to read the article by Trinity member, Sarah Watters (page 8), to see the net effect of this local giving. You can make a difference - give blood!



Women in Ministry to meet after church Sunday, Feb. 17

Linda Yates
Women in Ministry Communications

Hoping to attract working women, young mothers and others who have not been able to participate in past weekday meetings, Trinity's **Women in Ministry** will have a luncheon meeting for the first time immediately following morning worship on February 17. All women of the church are invited whether they are members of the organization or not.

It's important to make reservations for the lunch so that the Women in Ministry officers, who will be preparing the meal, will know how much food to prepare. Please call Nancy Kerce (877-6546) by Thursday, Feb. 14 for reservations.

Paul Clements, Development Director of Second Harvest of the Big Bend, will speak about the large number of children and families in this region who have inadequate food and how Women in Ministry can help address the need. Women in Ministry has selected alleviating hunger as its ministry focus this year. Missions Coordinator, Mary Ann Moore, and her team have outlined a number of local projects in which Trinity women may serve.

One group from Trinity is already involved in a project to assemble backpacks with food from Second Harvest's warehouse. The bags of food are sent home with at risk children each Friday, and most likely will be the only food the family will have over the weekend. Trinity women will pack bags on the first and third Wednesdays of each month. They gather in the church parking lot at 9:30 a.m. to carpool to Second Harvest, usually returning about noon. Individuals may also drive to Second Harvest at 110 Four Points Way by 10 a.m.

Other food-related ministries Trinity women may participate in include a food pantry at Allen Outreach of Anderson AME Chapel on the second and fourth Saturdays at 8 a.m. Food is picked up from Second Harvest and distributed to needy families at the chapel on Alabama Street. Contact person is Trinity member Dot Hayward (893-3590).

Trinity's Women in Ministry may also assist with the church's on-going meals for The Shelter (contact Steve or Sabrina Denmark - 893-5635), and raise money with the Crop Walk in November (contact Phyllis McCranie - 671-4815).



Maxine Mantooth and Mary Ann Moore (foreground) start the assembly line as a group of Trinity women fill backpacks for at risk school children at Second Harvest of the Big Bend. The new ministry, **Women in Ministry**, started Jan. 9 and will continue twice a month.

Remember to wear red, white, or pink to our Feb. 5 monthly meeting.

Women in Ministry Action Team Meetings

Alpha Action Team (Circle 1) will meet at 10 a.m., Monday, February 11, with Willa Almlof as hostess (878-2728).

The Voice Action Team (Circle 5) will meet Thursday evening, February 21, 7 p.m., at the home of Phyllis Henderson, 905 Lothian Drive.

Aultie Foster Action Team (Circle 4) will meet in the church library at 10:30 a.m., Tuesday, February 12.

The Dorcus Action Team (Circle 2) will meet on the second Tuesday, February 12, at 1:30 p.m. in the church library.

Circle 6 will meet at 6 p.m. Tuesday, February 11, at the home of Julie Pararo, 2104 Randolph Circle.

For information about time and place of **Circle 8's** meeting, call Marti Chumbler at 893-6596.

Susanna Wesley Action Team (Circle 9) plans to meet at 10 a.m., Tuesday, February 19, at the home of Betty Ashlock, 3448 Mahoney Drive.

2013 Lenten Bible Study

Rev. Tony Fotsch
Associate Pastor

Trinity's lenten studies are a tradition that have helped members meet and connect with other members who they may not have met otherwise. Lenten study groups have also been springboards from which ideas within the groups, have become ministries - such as the **Clothing Connection** giving ministry.

Sharing knowledge and beliefs is also a Methodist tradition, dating back to the beginnings of Methodism, as John Wesley and his fellow "methodists" formed groups to help one another grow in their faith.



This year, the Trinity family will use the Lenten Study, "**Staying Grounded in a Shifting World: Rediscovering the Practices of Our Faith**," by Gabe Lyons and Norton Herbst. In our often-chaotic lives, where do we find our grounding, if at all? This study provides profound revelations into our present culture and responses to faithful living by rediscovering the importance and practicality of spiritual practices. The study

culminates in each group creating a culture-shaping project together. Small groups will be meeting at various times at Trinity and in private homes. Leader training will be held in the beginning of February.

If you've been looking for a way to grow in your faith, this is a great opportunity to meet others like yourself. Sign up now!

For more information, to sign up for a group, to be a small-group leader, or to host a group, please use the form which can be found on our website tumct.org, the Welcome Center, adult classrooms, or contact Rev. Barbara Hynes: barbarahynes@tumct.org or 850-222-1120.

Youth Happenings in February

Kelly Rains John Freeze
Youth Director Youth Intern

A Note from Kelly ...

So, right after New Year's, the youth headed to North Carolina to go skiing. It was a great trip (even though we didn't get to see real snow) and we had a great time together before school started. What you might not know is how hard each youth worked in the fall in order to go on this trip. This year's ski trip was called "Serve, Starve, Ski" and it had requirements that each youth had to meet before they could go. Not only did they participate in November's "Hunger Month" learning how to help those who are hungry and being challenged to eat less; they also served in many ways here at Trinity. This is in addition to all their school obligations and outside activities. Our youth served at Trinity's auction back in September, on Christmas Eve and Christmas Day, at the

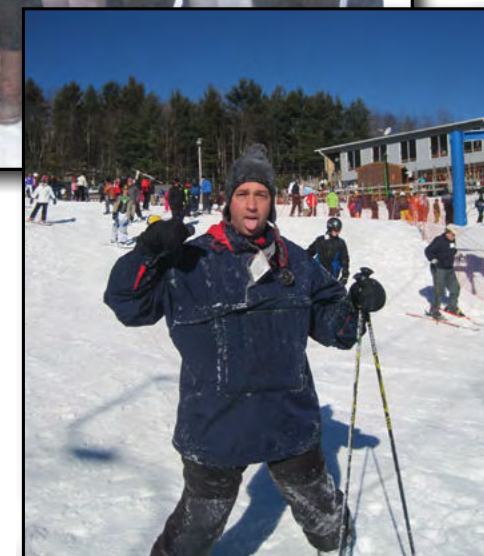


Youth ski-trip group at Lake Junaluska.



Looks like stormy weather - the group prepares to go skiing in their cool commemorative hoodies.

Thanksgiving service, by writing letters to our sister church in Cuba, cooking for our youth, caroling to shut-ins, working the Clothing Connection, volunteering to help with younger youth, and doing anything else I could come up with. They never cease to amaze me and they always rise to any challenge I set before them. We really do have a wonderful group of teenagers and I look forward to challenging them even more in 2013!



Adult volunteer, and the group's skiing guru, Ed Prasse, takes a break after another extreme downhill run.

UNDERGROUND
ministries
Trinity UMC

Upcoming Youth events for February

- Feb. 3 Music Ministry Sunday
Super Bowl Party @ Wesley Foundation (no Band, no Choir)
- Feb. 6 Middle School Bible Study
- Feb. 10 Health Fair (Soup & Salad Fundraiser)
- Praise Band 4pm, Choir 5pm,
- UMYF 6pm
- Feb. 13 Middle School Bible Study
- Feb. 16 Mid-High Madness (Bowling 10 am – 12pm)
- Feb. 17 Praise Band 4pm,
Choir 5pm, UMYF 6pm
High School Late Nite 8pm
- Feb. 20 Middle School Bible Study
- Feb. 24 Praise Band 4pm,
Choir 5pm, UMYF 6pm
- Feb. 27 Middle School Bible Study

Upcoming Events

- Jun. 3-7 VBS
- Jun. 9-14 Youth Week
- Jun. 24-29 Warren Willis Summer Camp
- Jul. 8-15 High School Mission Trip
- Aug. 6-9 Middle School Mission Trip

Sign Up Now for Camp!

Do you want to be part of the great fun at Warren Willis summer camp in Leesburg? Then you'd better sign up - **NOW!** Just go to tumct.org for the "camp sign-up checklist" - Trinity is going the week beginning June 24.



Making a difference

You see them every Sunday, but you might not notice them. They're tall, or short, they're boys and men, and they're girls and women. They're at the door to the sanctuary. They're handing out bulletins and telling you that it's great to see you. Then, later, you see them passing the offering plate. Yes, they're doing their job every Sunday, and you'll see them at most funerals, too. Who are they? Of course, "they" are the ushers.

Chip Huggins, Head Usher since 2000, has the responsibility of making sure that each of the services at Trinity is fully staffed with enough ushers. And sometimes Chip's job is harder than others - sometimes there just aren't enough ushers to get the job done.

So, if you feel a need to serve your church, this is a great way to help. Contact Chip through the church office (222-1120), and he'll call you back and get you started. And the next time you see an usher, thank them for their service to the church.



From left, Head Usher, Chip Huggins, Jim Ashlock, Brent Chumbler, and Jimmie Duncan

USHERS (HEAD USHER, CHIP HUGGINS)

Charlie Allen, Jr.	Jim Ashlock	Clayton Bailey, II	Don Bourassa
Eileen Bourassa	Dale Bradley	Marie Bradley	Tori Bradley
April Bradley	Buddy Byrd, Jr.	Jim Campbell, IV	Brent Chumbler
Franklin Darnell	Chip Darnell, Jr.	Beverly Douglas	Donna Dugger
Jimmie Duncan, Jr.	Nancy Duncan	John Elliott	Warren Goodwin
Judy Goodwin	Benson Green	Dennis Harmon	Marla Harmon
Bill Hilaman	Chuck Hinson, III	Wayne Hodges	Chip Huggins
Matthew Huggins	Meredith Huggins	Debara Jump	Diane Kite
Eddie Long, Sr.	Bob Lumsden, Sr.	Frank Mercer	Jay Merlau
Treva Merlau	Joe Miller	Betty Miller	Andrew Moore
Larry Pendleton	Amber Pendleton	Jordan Perry	Ernie Sanders
Phil Sellers	Kim Simpkins	Vereen Smith, Jr.	Barb Smith
Bill Smith	Luke Stevens	Cody Stevens	Bill Townsend
Tom Trunda	Nancy Trunda		

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Tony Fotsch, **Associate Pastor**
Barbara Hynes, **Associate Pastor of Discipleship**
Rex W. Adams, **Communications Director**

PERIODICALS
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Giving and receiving the best Gift

Sarah Watters

I never thought much about why I gave blood. There are lots of things that we do that are good things, but we do them almost mindlessly. Honestly, I really like those yummy peanut butter cookies they give you after you give blood. But as I lay in the hospital bed post-surgery, watching the life-saving blood weave its way into my arm, I saw that rejuvenating red fluid in a new light! My third child was delivered without complications, however after delivery they couldn't stop the bleeding. By the time the doctors discovered and fixed the culprit, I was in a critical state. No amount of money or high-tech medical advances could help. I needed the simple but amazing life-giving fluid that God so graciously gave to all of us.

Because someone took the time to give of themselves, I got to go home with my new

baby. That blood didn't just save my life, it saved my family. It meant that my children would continue to receive bed time kisses from two parents. It meant I would live to share another communion with my extended Trinity family.

I believe we often give without thinking. God wants our giving to be premeditated ... heartfelt. I can't think of a better way than to give a pint of blood pumped from your heart. After all, didn't God graciously spill his blood for us? **Consider giving blood at Trinity on Sunday, February 10.** And, accept my whole hearted thank you for your gracious gift of life.



Sarah with the new baby.



The Watters family.

Don't miss your chance to give blood during Health Screening Day - Sunday, February 10