

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

Clothing Connection works for the community

Rex Adams Communications Director

Early Monday morning - the bags and boxes of clothes, shoes and books were stacked on the floor. There were so many donations, that by weeks end, there would be over 6,000 pieces of clothing! And, even though people had, for the most part, followed the request from the Clothing Connection committee to

It's hard to believe that all of these clothes arrived in paper bags and cardboard boxes. Look at them now!

label the bags and mark the sizes, it would still look daunting to the volunteers. They would soon be coming into Moor Hall to begin the work of organizing it.

By Thursday, most of the difficult work had been done. It's amazing to think of how much work must have been done to get to that point. Tables were marked with the appropriate age groups (boy's, girl's, men's, or women's) and sizes (from itty-bitty kiddie sizes to adult 5X). Clothes racks were filled with dressier clothes. Some of the men's dress jackets had been tailored, so a member who was experienced in men's clothing, measured and sized them.

The children's books were stacked neatly on a table and several books looked brand new. The others had obviously been read and loved - but not too much - as they still had lots of stories to tell their young readers.

The Clothing Connection came about from a Lenten study group and a discussion on how to make the lesson come alive. What could they do to make a difference? Now the whole church is involved. Faith in action.

At 1 p.m. on Friday, the day before the big give-away, it was pretty quiet in Moor Hall. The only sound was the air conditioning cycling off and on. And it was all ready to go!

Then came Saturday morning. When Brett Ingram came in at 5:45, there were already a couple of customers waiting by the Welcome Center entrance. When Wayne Curry came in at 6:15, people were lining the sidewalks along Duval - up and down the street. The

doors wouldn't open until 7:00 a.m., but these folks knew all about the Clothing Connection. They knew that just inside was the promise of finding some clothes for their children, or a sharp-looking suit for that job interview,

or maybe just find a coat to keep them warm on a cold winter's night. They all held the hope that something would be there for them. And for most there



The last piece of clothing was given to this young boy. Look at those smiles!

would be something. For the next three and a half hours, people came and left with bags full of great selections.

By 10:45, it was all over: the last of the fixtures were loaded into a pickup truck just outside the door. Inside, Moor Hall was being prepared for the Sunday morning SUN Service, where thanks would be given for the many blessings that were given the day before.



These fearless volunteers, and many others listed below, transform hope into dreams every year. From left, they are, Patti Oakley, Liz Smith, Gayle Webb, Beverly Burleson, Mary Ann Moore, Almena Pettit, and Judy Levy. Others who served but are not pictured here were, Bob and Brad Burleson, Wayne Curry, Duncan Moore, Dale and Prissy Elrod, Spider Webb, Jimmy Richerson, Pat Gosen, Kim Simpkins, John Lucas, Jacqui Sisto, Bill and Sandy Kappes, Ruth Ann High, Tony Fotsch, Dot Hayward, Jenna Lockwood, Earline Adkison, Barbara Hynes, John and Susan Thomas, Stephen, Paige and Laurie Shiver, Robbie Kinney, Linda Campbell, Nan Ritchie, Jimmy Henderson, Garrett, Britton and Kenley Robinson.



Gifts to Trinity

Trinity received the following gifts from Aug. 10 - Sept. 19, 2013:



In memory of L. Ralph "Bubba" Smith from Carl Pennington.

In memory of Richard R. Jackson from Bill and Cynthia Smith.

In memory of **Bernard Schiell** from Mary and Clarence Elebash and Kay Ansley.

In memory of **Hollis O. Pemberton, Jr.** from Joochan Her and Ron and Gail Hock.

In memory of Mary Blackburn from the Susanna Wesley Action Team.

Mark Your Calendars for fun Olde English music

Madrigal Dinners return to Trinity on Friday, Dec. 13 at 7 p.m and Saturday, Dec. 14 at 6:30 p.m.

Come see and hear some of Trinity's best musicians. Enjoy a magical night of "pomp and circumstance" as we celebrate the coming of the Christ Child, with a "merrie olde England" flavor.



WAYNE'S WORDS

By E. Wayne Curry Senior Pastor

Dear Friends,

Happy Birthday! Last month was our 189th Birthday. Established in 1824, Trinity United Methodist Church continues to be in ministry here on this strategic corner in Tallahassee. The other day I was looking over the list of the saints of Trinity who have died this past year. What a remarkable group of people! I said a prayer of gratitude for the legacy each one has left us. A church like ours was not built without a lot of blood, sweat, tears, sacrifice, prayer and faith.

When I think of what holds a church like ours together, I go immediately to the Apostle Paul and his message to the Corinthian Church many years ago...a message that still speaks to us today. He writes about how we are the Body of Christ, each bringing our own special God-given parts to the Body. And the thing that holds the Body together, in all its diversity, is found in the 13th chapter of his first letter, often called the "Love Chapter".

I share parts of this chapter at many of the weddings I officiate. As appropriate as the words are for a newly married couple, Paul was not writing about the love between two people. Rather, he was writing about the love that should exist within the Christian community. Love is what holds the church together. Not 'pie-in-the-sky' love that disregards reality and not romantic or sexual love that can fade. But agape love; the kind of love that keeps on giving and giving and giving. The kind of love we know through Jesus Christ who loved us enough to give His life for us.

It's tough love...it's demanding love... it's exhausting love. And to read through chapter 13 again is to understand just how demanding this kind of love can be. Eugene Peterson in "The Message", says it like this:

"Love never gives up. Love does not want what it does not have. Love doesn't strut. Doesn't have a swelled head. Doesn't force itself on others. Isn't always 'me first'. Love doesn't fly off the handle. Or keep score



of the sins of others. It doesn't revel when others grovel. Instead it takes pleasure in the flowering of truth. It puts up with anything. Trusts God completely. Always looks for the best. Love keeps giving to the end."

Quite a list, isn't it? And Paul's words ring just as clearly and truthfully for us today as it has for those who have loved this church throughout her wonderful history. Paul does not say that one day we will be the Body of Christ. "You ARE the Body of Christ!" We are here together whether we like each other or not, whether we agree or disagree. We are here because we have been baptized into the life, death and resurrection of Jesus Christ. The only choice we have is whether we live out that incredible love or not.

So with Paul, I pray that we, as this part of the Body of Christ called Trinity United Methodist Church of Tallahassee, will continue to strive for the greater gift. And with him, I thank God for each of you... you who have been here for years and you who have just joined our church family... praying that the grace and peace of the Lord Jesus be with us always.

You are loved,

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Music News for October

Director of Music

Good News Music Festival Saturday, Oct. 12

Trinity has been very supportive of the Madison Youth Ranch being built in Madison Florida. This is the new United Methodist Children's Home for North



The Trinity Youth were the first youth group to help at the Youth Ranch.

Florida. Our church has already gotten involved in this project. About 25 members of our Youth Group went there on Apr. 27, and spent the day painting the fence that surrounds the welcome center and doing yard work.

> Members of Methodist churches in the Northwest Florida District are encouraged to come to Madison on Saturday, Oct. 12, for a full day (10 am to 7 pm) of Christian music, food booths, a general store, arts and crafts and special children's events. This is a fund raiser for the Youth Ranch. Admission is \$10 per person, \$15 per couple. Children 12 and under are free. The event is being held at the Madison Co-op Ministry, 135 North

Dill Avenue, Madison. From Highway 90 in Madison, take highway 145 north towards Pinetta. The festival will be on your right and approximately 2 miles north.

Our musicians at Trinity are getting in on the action! Our own Pans of Praise will perform for about 30 minutes at 11 a.m. We have been hard at work preparing the music for this fun event since our Sept. 8 rehearsal.

We hope to see a good number of Trinity folks there!

Join Us!

All the music groups at Trinity welcome new members year-round. See and hear something you like? Join the group. Unsure how to do that? Contact me at the church, mrepasky@ tumct.org or 222-1120. We give free tune-ups!

Trinity Kitchen Kids create cool cuisine







The Trinity Kitchen Kids, sponsored by Women in Ministry, got off to a great start on Sept. 15. They had a nice group of enthusiastic volunteers as they prepared food for Trinity families in need. They meet once each quarter and the next meeting will be Jan. 12. So, save the date!

Join the CROP Hunger Walk!



Gloria Colvin

Each fall, Tallahassee congregations walk together to raise funds to help alleviate hunger in our community and around the world CROP Walk Coordinator by participating in

the CROP Hunger Walk. Under Trinity's leadership, this year's goals are collectively to raise over \$23,000 and to collect more than 2200 pounds of food donations.

This year's walk takes place at Lake Ella on Sunday, October 20, at 2:00 pm. What a great opportunity to get some exercise in one of Tallahassee's prettiest parks, enjoy the companionship of other walkers, and raise money for an important cause! If you aren't able to participate in the walk, there are still ways in which you can contribute.

- 1. Walk We need lots of walkers! Five laps around Lake Ella is approximately 3 miles - the distance people have to walk to get water in parts of the world. Walkers can adjust their goals to their ability.
- 2. Donate or sponsor a walker. The citywide goal is \$23,826. We hope to exceed

our goal of raising \$2,500.

3. Contribute nonperishable food. The city-wide goal is to collect 2,000 pounds of food. Donations of canned meat & fish, boxed macaroni and cheese, peanut butter, canned vegetables, and canned fruit can be dropped off at the Welcome Center.

To join the Trinity team or to donate to Trinity walkers, go to http://www.churchworldservice. org/goto/tumctally or contact Gloria Colvin at gpcolvin@yahoo.com or 894-3625. Forms and information will be available at the Welcome Center on the Sundays preceding the walk.



Women in Ministry's Fellowship Luncheon is Oct. 1

Linda Yates, WinM Communications

Trinity's Women in Ministry (WinM) invites the 65 plus people who attended their Fabulous Four luncheon meeting after church on Sept. 8 (photos below), to come back for fellowship and learning at the first Tuesday luncheon on Oct. 1. The meeting will begin at 11:45 in Moor Hall and is expected to end by 1 p.m. in time for working women to get back to their jobs.

Reservations may be made by telephoning Nancy Kerce at 877-6546 by Friday, Sept. 27. The action teams listed adjacent to this article also welcome newcomers to their meetings during which programs from Bible study to book reviews and social service topics are given.

WinM Action Team Meetings

The Aultie Foster Action Team will meet Tuesday, Oct. 8, in the Church Library at 10:30 a.m.

The Alpha Action Team (Circle 1) will meet Monday, Oct. 7, at 10 a.m. at the home of Nell Morse, Room 323 Oak South, Westminster Oaks.

The Dorcas Action Team will meet in the Church Library at 1 p.m., Tuesday, Oct. 1.

The Mary Martha Action Team will meet at 6 p.m., Monday, Oct. 14, at the home of Julie Pararo, 2104 West Randolph Circle.

The Sojourners Action Team will meet for lunch at noon on Wednesday, Oct. 2 at a downtown restaurant. Call Marti Chumbler at 893-6596 for directions.

Susanna Wesley Action Team will meet Tuesday, Oct. 15, 10 a.m., at the home of Kitty Ball, 1366 Hollow Oak Circle.

The Voice Action Team will meet at 7 p.m., Tuesday, Oct. 8, at the home of Joni Cheatham, 7139 Atascadero.



More than 65 people heard the presentation at the Sept. 8 luncheon; guest speaker, Kristine Knab enjoys lunch and listens to the other speakers; Women in Ministry president, Judy Levy, talks about how the group is growing; preparing food for the luncheon were, Linda Yates, Mary Ann Moore, Julie Pararo, Liz Smith, and Judy Levy.

Trinity Preschool looks forward to a great school year!

Stacey Duggar
Preschool Director

The classrooms have been cleaned and reorganized, new crayons and markers purchased, blocks and toys set in place and 75 children and their families are ready for the start of another wonderful year at Trinity Preschool!

In addition to the traditional preschool





activities such as circle time, outside play, craft projects and classroom music, we are excited to add a new theme to our weekly language enrichment program held each Friday. Our new curriculum is titled "Super Heroes of the Bible". Many journeys and adventures will be taken with David, Esther, Noah, the Disciples and more!

We will teach the children through songs, stories and puppet play.



Trinity teachers pause for a photo after another successful back to school orientation. Kneeling: Jennifer Hopgood, PK 2 teacher, Jenna Bell, PK 3 teacher. Standing L-R; Ryane Egler, VPK teacher, Linzee Buck, PK2 teacher, Stacey Duggar, director, Kristin Power, PK3 teacher and Veronica Stewart, toddler teacher.

Health Wellness news for October

Health Wellness Team

What You Should Know About the Flu

It can be deadly. Influenza is a respiratory infection that can cause serious complications. The CDC estimates that 200,000 people are hospitalized each year with flu complications such as pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions, resulting in about 36,000 deaths annually. The following groups are at high risk for flu complications:

- Young children
- Older adults
- Pregnant women
- Those with chronic medical conditions such as heart disease, asthma, cancer or cancer treatment, chronic obstructive pulmonary disease(COPD), cystic fibrosis, diabetes, HIV/AIDS, kidney or liver disease, obesity.

Best Means of Flu Prevention

Get a Flu shot. Anyone over 6 months, and especially people at high risk of flu complications, (see above) should get a shot as soon as it is available, ideally by October. Lowering your risk of getting the flu will lower the risk of those around you.

A flu shot can't give you the flu. You may have flu-like symptoms - despite getting a flu shot - for a variety of reasons, including:

• Reaction to the vaccine. Some people experience muscle aches and fever for a day or two after receiving a flu shot. This may be a side effect of your body's production of protective antibodies. The nasal vaccine can cause runny nose, headache and sore throat.

- The 2-week window. It takes about two weeks for the flu shot to take full effect. If you're exposed to the influenza virus shortly before or during that time period, you might catch the flu.
- Mismatched flu viruses. In some years, the influenza viruses used for the vaccine don't match the viruses circulating during the flu season. If this occurs, your flu shot will be less effective, but may still offer some protection.
- Other illnesses. Many other diseases, such as the common cold, also produce flu-like symptoms. So you may think you have the flu when you actually don't.

Sources: www.mayoclinic.com, www.cdc. gov, www.webmd.com

Color Me Rad™ 5k -**Tallahassee**

Trinity Runners and Walkers take note - Color Me Rad™ 5k is on its way to Tallahassee! The event will take place on October 12 at 4:30 p.m. at Tom Brown Park.

Color Me Rad, is a unique paint race that celebrates healthiness, happiness, individuality, and giving back to the community. Participants are required to wear white (or off-white) clothes which become colorful during the race. "Color Me Rad" is the best time you'll have all year - plain and simple. It's like a food fight without food! It's a race with no glory for the victor and no shame for the loser - only large slops of color plastered all over you and your friends' smiling faces." This should be a hilarious event and fun for the entire family. For more details about the race, see http://www. colormerad.com/race.i?raceid=190

Adult registration cost varies by date registered – the sooner the cheaper. Children 7 and under run free. A portion of the proceeds goes to Florida State University's Habitat for Humanity Campus Chapter.

If you want to participate, contact Marie Bradley (mbradley1716@comcast.net or call 850-728-5383).

Mats for the Homeless

These mats provide a water-resistant, surprisingly cushiony sleeping mat for the homeless who don't have a bed and must sleep outside. They are also good for providing warmth on a cold day/night when there is no inside shelter available.

We have given 24 mats to The Shelter so far and they would really love to have more. They are crocheted from yarn made of recycled plastic grocery bags. Most of the work is done at home. We use a simple crochet stitch - anyone can learn and we'll be the ball of "yarn", a crochet olad to show you how. glad to show you how.

"Yarn" for the mats



In this photo - shopping bags, Warm and comfy!

is available in the Welcome Center and you can learn how to make the yarn out of plastic bags in Moor Hall on Wednesdays following dinner during Lay Academy. Watch the website and bulletin for additional yarnmaking sessions. We'd appreciate your help in any aspect of this effort. Contact Beth Curry at BFCSeries@yahoo.com for more information.

ealth Wellness Calendar

Drop in any time!

Exercise Classes

- Tuesdays and Thursdays
 - 9:15 ~ Staying Strong
 - 11:00 ~ Variety Mix*3

*\$3 suggested donation ** Nursery by reservation only

- Wednesdays
 - 4:15-5:30 p.m.

*Walk to Bethlehem

- 6:30-7:30 p.m.
- Power Hour * Registration through Lay Academy

Upcoming Events

Flu Shots Sunday, Oct. 6

Hats for the Homeless

Oct. 15 Conference Rm. - 10:30 a.m.

Health Fair

Feb 16, 2014 (Save the Date!)

Trinity Runners and Walkers

- Color Me Rad run Oct. 12
 - Crop Walk Oct. 20
 - Turkey Trot Nov. 28
 - Jingle Bell Dec.
- Shamrock Scurry Spring 2014

For more information:

Beth Curry - BFCSeries@yahoo.com Marie Bradley- mbradley1716@comcast.net

Hats for the Homeless

If you like to knit or crochet, join us on Tuesday, Oct. 15 at 10:30 a.m. in the Conference Room for our monthly Hats for Homeless meeting. The knitting/crochet work is done at home and then we meet once a month to match up sets and sew in special labels.

All sets are given to our guests at the annual Christmas Day Community Dinner hosted by Trinity. About 1,000 sets have been given away so far and our stock is very low, so we need helpers. Free yarn is available in the Welcome Center bin. Contact Beth Curry at BFCSeries@yahoo.com for more information or patterns. The group meets on the second Tuesdays of Sept. - Dec.



Youth Happenings in October

A Note from Kelly ...

So, as I write this, I am patiently waiting to find out who will be serving with me in Guatemala next March during Spring Break.

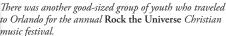
> My Youth Assistant, John Freeze, and I are very excited to be taking the youth to Panajachel in Guatemala. We will be

working with Solomon's Porch like other adult teams here at Trinity have done

and we will be building a house. In preparation for this trip, we have been working very hard to understand what life is like for someone in Guatemala. This past summer we slept on dirt floors, cooked less than adequate meals over a fire, and worked in fields picking squash, tomatoes, corn, and watermelon. We have also slept in a barn, gone without food

for 30 hours, and learned about hunger on a global scale. But that is just the beginning! Our youth will also put in hours and hours of service, lots of time and energy into raising funds, and participate regularly in our youth program in order to go. This is no small task I know, but I know our youth can do it and I also know they will get so much more out of the trip and be that much more prepared for an experience of a lifetime. So when one of our high school youth tells you they are going to Guatemala tell them how proud you are of them and support them in any way you can.







<u>Undergro</u>

Upcoming Youth events

Oct. 2..... Bible Study (Middle School 4:30pm, High School 6:30pm)

Oct. 4-6 Confirmation Retreat in Leesburg

Oct. 6...... Youth Choir sings 11am

Oct. 6..... Praise Band 4pm, No Choir, UMYF 6pm

Oct. 6..... High School Late Nite

Oct. 9..... Bible Study (Middle School 4:30pm, High School 6:30pm)

Oct. 13...... Praise Band 4pm, Choir 5pm, UMYF 6pm

Oct. 13...... High School Late Nite 8pm, Vespers Service 8pm

Oct. 16...... Bible Study (Middle School 4:30pm, High School 6:30pm)

Oct. 20...... Youth Choir 12:30pm at St. Paul's

Oct. 20...... Crop Walk (Lake Ella)

Oct. 20...... No Praise Band, No

UMYF, No Late Nite

Oct. 23...... Bible Study (Middle School 4:30pm, High School 6:30pm)

Oct. 25...... Mid-High Madness

Oct. 26...... Guatemala Team Service

Oct. 27...... Confirmation Bibles 11am

Oct. 27...... Youth Council 4pm

Oct. 27...... Praise Band 4pm, Choir 5pm, UMYF 6pm

Oct. 27...... High School Late Nite

Oct. 30..... Bible Study (Middle School 4:30pm, High School 6:30pm)

Nov. 9 Stop Hunger Now Event

Nov. 20 Last day to order Christmas

Trees & Wreaths

Dec. 4 Christmas Trees & Wreaths

Dec. 7 Chili Fundraiser

Dec. 15 Youth Christmas Party



Trinity's new members

Another great group of new members joined in September! Please read these brief biographical sketches to learn more about them.

Cat Alexander came to Trinity from another denomination and joined with her mother, Nancy Yauger (see her information below). Cat learned of Trinity from various people and had driven past the church on the way to the library. She works for the Florida Department of Health.

Jerry and Helen Conger transferred their membership from another Methodist church. Together, they have 6 grown children - 4 sons and 2 daughters - and "abundant" grandchildren. Helen retired from the State of Florida Agency for Health Care Administration as a budget analyst. She enjoyed music, golf, sewing, and reading, but now plays bridge. She also enjoys her grandchildren and greatgrandchildren. Jerry, who was born in Miami, is a retired State of Florida employee, after thirty-plus years in public health. He has volunteered with Meals on Wheels and has served as a volunteer long-term care ombudsman. Since his retirement, he enjoys part-time arts and crafts.

Pat Gosen came to Trinity while attending FSU and also attended services at the Wesley Foundation when Austin Hollady was serving there. She and Chris, her husband, were married in the Trinity chapel in 1971. She is retired after teaching for 35 years in Leon County schools. Pat has been an active member of the Friday morning study group for the last 3 years, and volunteers with Second

Harvest and the Clothing Connection. She loves reading and music, and sings with the Tallahassee Community Chorus.

Danny Grosenbaugh joined by profession of Faith. He is originally from Tampa and works for Enterprise Rent-A-Car on Mahan Drive. Danny learned about Trinity through a friend. Mark and Nan Hillis are former members of Trinity (2002-2006), and Nan even served on the Finance Committee. They recently returned to Tallahassee from Winter Park. They have one grown daughter, Kimberly. Nan is an FSU graduate and is retired after thirty-seven years in banking, including ten years as the regional president for BB&T in central Florida. She has served on many prominent boards including the FSU Alumni Assn., FSU College of Business, FSU Foundation, and the National Board of Girl Scouts. Mark is retired from SunTrust Bank and the Marine Corps. He is also an FSU graduate, and serves on several boards including the FSU Board of Trustees. His hobbies include running, exercising and fishing. Anya Owens transferred her membership from another Methodist church. She saw Trinity, attended and is now joining. Anya is originally from Crestview and graduated from FSU with a Master's degree in Library Science. She works for the Florida Department of State as an archivist in the State Archives.

Cassie Pont joined by Profession of Faith. She works for the FSU Wellness Center as a Physical Therapy Technician. Cassie recently graduated from FSU and

Trinity United Methodist Church
P.O. Box 1086
Tallahassee, Florida 32302
(850) 222-1120 www.tumct.org
E. Wayne Curry, Senior Pastor
Tony Fotsch, Associate Pastor of Discipleship
Barbara Hynes, Associate Pastor of Discipleship
Rex W. Adams, Communications Director

The Morthly Tidings (USPS 01 3-030) is published monthly but for a combined June/July issue published in June by Trinity United Methodist Church, 120 W. Park Ave., Tallahassee, FL 32301. Psyriodical possage public at Tallahassee, FL 32301. Psyriodical public at Tallahassee, FL 32301. Psyriodical

would like to become a Physician's Assistant. Originally from Miami, she enjoys tennis, yoga, and working out. She is looking forward to becoming a part of the Trinity family. Charles and Anna Vickery have three grown children, Jason, Chad, and Caitlin. Charles joined by transfer from another Methodist church and Anna joined from another denomination. Charles works for Refreshment Services Pepsi and Anna is a homemaker.

Nancy Yauger transferred her membership from Gulf Breeze UMC. She has five grown children, Robert, John, Catherine, Ralph, and Joanna. She is new to Tallahassee and is looking for a fun game of bridge and new friends.



Trinity's new members pictured from left: Jerry and Helen Conger, Cat Alexander, Nancy Yauger, Cassie Pont, Nan and Mark Hillis, and Pat Gosen. Not pictured are Danny Grosenbaugh, Anya Owens, and Charles and Anna Vickery.