Children’s Home needs your help

Gloria Calvin
Children’s Home liaison

One of the missions that we support as a church is the Florida United Methodist Children’s Home in Enterprise, Florida. You’re probably familiar with the offering that’s taken for the Children’s Home whenever there’s a fifth Sunday in a month. This offering, which is collected at all United Methodist churches in Florida, provides a substantial amount of the funding needed to operate the Children’s Home and its programs.

What you may not realize is that each church is asked to contribute $12 per member each year. While many Trinity members contribute more than this “share,” there are many active members who do not. When you include the inactive members who are on the church’s membership rolls and who don’t contribute, Trinity invariably comes up short on its commitment. Last year, we reached 51.05% of our commitment. As of the end of June 2011, we were only at 10.4% of our goal for the year.

The Children’s Home has been serving children for more than 100 years. It had its beginnings as an orphanage, but its ministry now includes residential care, emergency shelter care, therapeutic group care, independent living, foster care and adoption services and community child care center. Children who come to live at the Children’s Home often come because of sexual abuse, other physical abuse, abandonment or because of family breakdown due to divorce, drug abuse, illness or death of a parent.

On October 30, we will have another opportunity to give to this important service provided by Florida United Methodist churches. As one of the largest churches in the conference, Trinity should take a leading role in supporting the ministry of the Children’s Home. Will you be a part of making that happen?

Friends

Friends are there through thick and thin.
They are still there when you think that everything is coming to an end.

Friends are there for you when everything is going wrong.
They are there to tell you to hold your head up high and to be strong.

Friends are there if you win or lose.
When you are with your true friends you can be just you and only you.

resident - age 14

A new contemplative service of Evening Prayer is being held Sunday evenings at 7 p.m in the Chapel. It is open to all and will be offered from now until Christmas. Please join us.

In the nineteenth century, there arose a liturgical renewal movement among all the Western churches. Although this renewal movement focused primarily on the sacraments of Baptism and the Eucharist, the leaders of the movement also recognized a pressing need to regain a discipline of congregational daily prayer. Daily prayer is a part of the Christian tradition, and is something that is fundamentally different from “daily devotions,” which are by their nature individual. From early times, Christians set aside specific times of day for prayer, so that they might heed Paul’s injunction to “pray without ceasing.”

During the twentieth century, many denominations thus published new liturgical books in an effort to restore a “Divine Office” of daily prayer to the life of their congregations. Both the 1989

Contemplative Prayer continued on page 4
Gifts to Trinity

Trinity received the following gifts from Aug. 8 - Sept. 13, 2011:

In memory of Elinor Gertrude Lutz Hynes from Franklin and Cookie Darnell and Michael and Christine McClure.

In memory of Sylvia Jopes Sanders from Franklin and Cookie Darnell, Bill and Marylee Peebles, Michael and Christine McClure, the Hill Family, Larry and Shirley Benson, Gail Croy, John and Mary Leslie Olson, DeWitt and Neddy Sumners, Frank and Sarah Shaw, Shirley and Harry Hall, Don and Eileen Bourassa, Bill and Cynthia Smith, Harry Mullikin, Colin and Phyllis English, Wayne and Margie Mixson, Bill and Alice Grow, Marcos and Lynn Barrera, Cathy and Bobby Cameron, Leila McClure, Dix and Lynda Darnell, Fran Ferenchick, Benson and Betty Ann Skelton, Tim and Marli Strickland, Carolyn Moody and Dick and Pat Winchester.

In memory of Mary Baggett Mullikin from Michael and Christine McClure.

In memory of Foster Gilmore Davis, Sr. from Bill and Marylee Peebles, Edie Goding and Angelyn Bagwell.

In memory of Sue S. Walthall from Bill and Marylee Peebles, Vereen and Leslie Smith, Ledley and Oberley Brown and the Walthall Family.

In memory of Ed and Delano Fenn from Janet Fenn.

In memory of Albert Lee Bennett from Leslie and Palmer Williams.

By E. Wayne Curry
Senior Pastor

Dear Friends,

As of this writing, there are only 93 days until Christmas! 93 days!

I knew you would want to know that so you can start getting ready. Of course, department and big box stores have been ready since the end of August. Yes, before the month even turned to September, Costco had their Christmas gifts and supplies available for your purchase. I’m guessing fresh Christmas trees should arrive next week.

Come on! Can’t we at least get through Halloween?

I invite you to join me in avoiding the rush to Christmas and enjoy the day at hand. The beautiful fall season is here; temperatures, for the most part, have been below 90; and even with the losses to Oklahoma and Clemson, hope remains high for the Noles!

So let’s enjoy the days ahead. Breathe. Look for the good and praise it! Reflect with me on these words from Frederick Buechner:

“All moments are key moments. Taking your children to school and kissing your wife goodbye. Eating lunch with a friend. Trying to do decent day’s work. Hearing the rain patter against the window. There is no event so commonplace but that God is present within, always hiddenly, always leaving you room to recognize him.”

I’m going to try to remember those words in the busy days and weeks ahead, listen more closely to my life and see where God is working. I invite you to do the same.

See you in church!

You are loved,
Music News for October

Mark Repasky
Director of Music

Musicians Needed

We welcome new members to most of our music groups year-round. At the present, we are looking especially for additional ringers for College/Career Handbells. If you are adept at the FSU “tomahawk chop”, you are ready for the next step! If you read music well, we can teach you everything else you will need to know. Contact me for additional information. We are serious about our music ministry here at Trinity, but we also know how to have fun!

Christmas Special

It seems early to discuss the Christmas season, but Trinity is doing something really special and we want to get the word out. It is our Christmas Potpourri set for Friday night, December 9 and Saturday night, December 10. Many will remember Trinity’s October 2010 Broadway Sampler, a gala dinner theater event. If you didn’t attend, you missed a lot! It was wildly successful, and our Christmas Potpourri promises to be even better.

The Christmas season has been a favorite of musicians through the centuries and there is a wealth of music for this type of event. Trinity’s musicians have the rare opportunity to present some music that would not be suitable for our worship services.

What an excellent way to celebrate our Christmas season! This will be a bit like the annual FSU Prism concert; we are throwing lots of Trinity’s music groups into the fray, along with solos and small ensemble numbers. Rumor has it the church staff will make a special presentation! It will be fast action with lots of variety from old favorites like “White Christmas” and “I’ll Be Home for Christmas,” “All I Want for Christmas Is My Two Front Teeth,” to recent offerings like a tongue-in-cheek rendition of “The Twelve Days of Christmas” and Amy Grant’s “Breath of Heaven.” About half of the program will consist of sacred music appropriate for Advent and Christmas. We will include many carol favorites. Groups planning to participate are NETkids Choirs, Youth Choir, Circle of Friends Praise Band, Chancel Choir, handbells, and even some Madrigal singers.

We are inviting anyone interested in singing a solo or singing in a small ensemble at this event to contact me by November 1.

Parkinson Awareness Choir to Sing at luncheon

Linda Yates

Trinity United Methodist Women will host a performance by the North Florida Parkinson Awareness Choir at their luncheon meeting at 11:45 a.m. Tuesday, October 4, in Moor Hall. All women of the church and other guests are invited to attend.

Directed by Trinity member Olivia Swedberg Yinger since 2007, the choir was formed in 2002 as a collaboration between the Tallahassee HealthCare Neuroscience Department and the Florida State University/TMH Music Therapy Department. It is a way for members of the community who live with Parkinson Disease to keep their voices strong through singing. When she became director, Olivia was coordinator of music therapy at TMH.

She is now in her third year as a full-time doctoral student in the music education/music therapy program at FSU. She has attended Trinity since 2009, joined the church in May 2010, and frequently is featured as a soloist with the Chancel Choir. She and Tim Yinger were married at Trinity in August.

Reservations for the luncheon must be made by Friday, Sept. 30, by telephoning Nancy Kerce at 877-6546.

UMW’s executive committee meets at 10:30 a.m. Oct. 4 in the church library before the luncheon.

<table>
<thead>
<tr>
<th>UMW Circles to Meet</th>
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<tr>
<td>Circle 1 - Monday, Oct. 10 at 10.00 a.m. at the home of Nell Morse.</td>
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<tr>
<td>Circle 2 - Tuesday, Oct. 4 in the Church Library at 1 p.m.</td>
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<td>Circle 4 - Tuesday, Oct. 11 at 10:30 a.m. in the Church Library.</td>
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<td>Circle 5 - Thursday, Oct. 13 at the home of Esther Harrison at 7 p.m.</td>
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<td>Circle 6 - Will not meet in October.</td>
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<td>Circle 8 - Will meet at Lively Cafe at St. John’s, on Wednesday, Oct. 5 at noon.</td>
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<tr>
<td>Circle 9 - Tuesday, Oct. 18 at 10:00 a.m. at the home of Neddie Sumners.</td>
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— All Circles welcome visitors! —
Trinity’s service members bulletin board

Hillary Ryan
HEO Coordinator

We would like to honor and pray for currently deployed military personnel who have special ties to the Trinity family. Plans include a bulletin board in the welcome center and special mention at our Sunday services Veteran’s Day weekend.

If you have a relative or close friend who is in the service and on assignment, please let us know!

To participate, simply include:
• your full name,
• the service member’s full name, and
• your relationship to this service member (i.e. cousin, niece, close friend) in an email to: hryan@tumct.org.

If you so choose, you may also include:
• any other information (such as location of deployment, rank, specific prayer concerns, etc.) you would like us to have,
• a digital photograph of the service member in uniform and/or on assignment for display at church as an attachment to the email.

Please note that all information provided will be shared with the congregation at large.

For questions or concerns about these efforts, please feel free to contact Hillary Ryan at hryan@tumct.org or 222-1120 x107.

Meals on Wheels gets change

Sabrina Denmark
Church and Society Co-chair

Meals on Wheels fills the most basic need for food by providing a well-balanced, diet-appropriate meal to homebound seniors, five days a week. Our kitchen staff prepares the meals on site. A hot lunch is delivered around noon by caring volunteers. Isolated seniors depend on the daily safety check and socialization. Volunteers are able to relay any concerns or needs to appropriate Care Managers as they arise.

Call Meals on Wheels at (850) 921-5554 to speak with one of our counselors about your individual situation and needs.

The Meals on Wheels program would not be possible without a corps of over 400 volunteers. Last year alone, our volunteers generously delivered 169,366 meals to over 500 homebound seniors in Leon County. If you are interested in volunteering with Meals on Wheels, please contact ECS at (850) 921-5554 or apply online:

Elder Care Services, Inc. is a local non-profit dedicated to helping seniors live at home with dignity. Our extensive experience helps us understand your concerns and difficulties. While respecting your privacy and personal situation, we can help you assess your needs in a comprehensive way. We can then jointly develop a short or longer term care management plan and identify all the resources that might be available to you. Ability to pay is no barrier to our caring connection.

Contemplative Prayer continued from page 1

United Methodist Hymnal and the 1992 Book of Worship have liturgies intended for this purpose. These liturgies stand now only to be recovered in actual practice, so that from the “rising of the sun to the lighting of the evening lamps Christians may celebrate daily the life, death, and resurrection of Jesus Christ.”

In addition to the need to recover a Divine Office of daily prayer, there is also a need for today’s Christians to recover the use of silence in worship. Our lives are full of noise, yet God says to us, “be still, and know that I am God.” (Psalm 46:10). We work constantly, yet we are called to “be still before the the Lord and wait patiently for him.” (Psalm 37:7). 1


Wellness corner

Tips from the experts

Annual Flu vaccine time is October and November!

An annual seasonal flu vaccine is the best way to reduce the chances that you will get seasonal flu and lessen the chance that you will spread it to others. When more people get vaccinated against the flu each year, less flu can spread through that community.

The flu shot is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions.

CDC recommends that people get their seasonal flu vaccine as soon as vaccine becomes available in their community - usually October and November. Vaccination before December is best since this timing ensures that protective antibodies are in place before flu activity is typically at its highest.

http://www.cdc.gov/flu/about/qa/flu vaccine.htm
Health Wellness news for October

Beth Curry

BFC (Becoming Fit at Church) Celebrates 3rd Year!

On Thursday, September 8, the BFC Series Exercise - Staying Strong class (9:15 a.m. Tues/Thurs) celebrated their third anniversary!! Not only has class attendance increased by leaps and bounds, but participants’ strength, endurance and balance have too. And some have even noticed other healthy changes like reduced blood pressure! And, what started as just an exercise class has turned into a time of fun and fellowship. Ask any one of the participants about their experience! Consider trying a class sometime.

Celebrating 3 years of BFC exercise (top photo), the (now) healthier individuals above, enjoy carrot cake. As noted in the article, results were measurable!

Health Fair 2012 - Falling in Love with Your Healthy Self Again and Springing Forward!

Mark your calendar for a very special date! Feb. 12, 2012 the Health Wellness Team will host our third Health Fair and Screening Day. Important health screenings will be available for free, and health professionals will staff related educational booths to help you interpret your results. There will also be many opportunities to volunteer. Watch for more information.

Serving God Through – Self, Church and Community

It’s that simple! After much discussion, that is what the Health Wellness Team has prayerfully set as the mission statement for this growing ministry. Serving God Through – Self, Church and Community.

Just how does that mission statement become real? Here are some of the ways:

Serving God Through Self – By maintaining one’s body, one is better able to physically serve. Try of the six BFC Series exercise classes, or the Trinity Runners/Walkers Club to increase your fitness level.

Serving God Through Church – By finding ways to be involved at church, we can serve God by helping one another. Attend the Health Fair where members and friends of Trinity serve by sharing their special gifts from the health profession with church members. Attend a CPR class, and learn how to use this life saving skill if ever needed.

Serving God Through Community – By reaching outside the walls of our church, we can serve our community and world. Help knit or crochet a hat or scarf, or learn how to make a mat from recycled shopping bags for the homeless. Plant and tend to the community garden, where harvest is shared at both Trinity and the community beyond. Pray for our Health Wellness team and donate needed items for the Becoming Fit Veterans project at Veteran’s Village, or the medical mission team going to Guatemala on October 22 as both groups take their gifts out into the city and world.

Trinity Runners/Walkers Club

Are you interested in joining the Trinity Runners/Walkers Club? Trinity runners and walkers participate in several local races and charity walks throughout the year. Please contact Richard Parsons (rrptroy@gmail.com) or Beth Curry (BFCSeries@yahoo.com) for more details or to be added to the e-mail list.

The Trinity Runners/Walkers group welcomes new runners and walkers of all fitness levels. This is an excellent opportunity to meet other members of Trinity. Maybe it’s time to drop the remote, get off the couch, and enjoy some sunshine and fresh air!!

Health Wellness Calendar

Drop in any time! Classes are in the Parlor.

BFC Series Exercise Classes

— Tuesdays and Thursdays —
• 9:15-10:30 a.m. - Staying Strong
• 11:00-12 noon - Variety Mix**
*Suggested donation **Nursery by reservation only
— Wednesdays —
• 4:15-5:30 p.m. - BFC 30/30 Balance Flexibility Class
• 6:30-7:30 p.m. - Power Hour

For more information:
Beth Curry - BFCSeries@yahoo.com, Richard Parsons - rrptroy@gmail.com, Jaqui Griffith - jaqui-griffith@comcast.net

Upcoming Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>Oct. 6</td>
<td>6:30 p.m.</td>
<td>CPR class</td>
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<tr>
<td>Oct. 8</td>
<td>9:30 a.m.</td>
<td>CPR class</td>
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<tr>
<td>Oct. 11</td>
<td>10:30 a.m.</td>
<td>Mats for the Homeless</td>
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<tr>
<td>Oct. 11</td>
<td>12:30 p.m.</td>
<td>Hats for the Homeless</td>
</tr>
<tr>
<td>Oct. 13</td>
<td>10:30 a.m.</td>
<td>Mats for the Homeless</td>
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Take a minute to look at these smiling faces. These are the youth of Trinity. Dressed in red and representing the church, this group of 45 (youth and adults) went to the Christian music event, “Rock the Universe” and “Night of Joy” in Orlando.

In the photos below, a group of 50 youth and 12 adults, went to Capital Lanes for a night of bowling. Does it look like they’re having fun?
Youth Happenings in October

Kelly Rains
Youth Director
John Freeze
Youth Intern

A Note from Kelly...

Food, Fun and Fellowship! They are so crucial to our youth ministry and make all the difference. Just last week I asked our youth why they actually come on Sunday nights. Their answers didn’t exactly surprise me; rather they confirmed what I already knew. They said they feel welcomed, accepted, cared for, and loved here. They also said it’s a great place to get away from everything else, a safe place where they are not judged, and a place where they can have fun. It’s a place where they can think about stuff, grow closer to God, and get direction for their life. It’s a place where they can learn from each other, learn from the adult volunteers, hang out, eat food, and be uplifted every week without “it being shoved down my throat”.

I would have to agree with everything our youth said. They said it perfectly and what they don’t even realize is that I (along with our other adult volunteers) learn so much from them too. It’s a win-win situation where everyone benefits and gets something out of it. We can’t be the church without each other. We can’t be a community without love and acceptance. We can’t grow closer to God without friends helping us along the way. And we certainly can’t be youth group without Food, Fun and Fellowship! So I invite all youth to come join us; you are part of our group, and it won’t be complete without you.

A Comedy Event featuring Dan Kulp!

Join us for a time of laughter and inspiration

A rock singer and comedian Dan Kulp shares his humorous and profound stories of growing up with four brothers and sisters who have Down syndrome, and the miraculous adventures of his own two children from China, who also have special needs!

Laugh (out loud)! he describes changing diapers for the first time, why his wife is “the way better parent” and what it is like to walk in his own Father’s footsteps.

Oct. 15 from 6:00 - 8:00 p.m.
Doors open 5:45pm.
Free - all youth invited

Operation Christmas Child

Watch for inserts to be in the bulletin October 30 and November 6. Boxes need to be in the narthex on or before Sunday, November 13.

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

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Stay current at undergroundministries.org

Watch for inserts to be in the bulletin October 30 and November 6. Boxes need to be in the narthex on or before Sunday, November 13.

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

Other Upcoming Events

Upcoming Youth events for October

Oct. 2..........Youth Praise Band, UMYF
Oct. 2..........High School Late Nite
Oct. 5..........Middle School Bible Study
Oct. 7-9 ......Confirmation Retreat
Oct. 9..........Youth Praise Band,
Youth Choir, UMYF
Oct. 12........Middle School Bible Study
Oct. 15........Comedy Night
(all youth invited)
Oct. 16........Confirmation Class
receives Bibles @ 11am
Oct. 16........Youth Praise Band, Youth
Choir, UMYF
Oct. 16........High School Late Nite
Oct. 19..........Middle School Bible Study
Oct. 23.........No Praise Band, Youth Choir,
Neighborhood Scavenger Hunt $6
Oct. 26.........Middle School Bible Study
Oct. 30.........Youth Praise Band,
Youth Choir, UMYF

Time to order Christmas Trees

Funds raised will go to youth mission trips. Look for the inserts in bulletins Oct. 30, Nov. 6 & 13.
Deadline for ordering will be Sunday, November 13.

Pick up will be Wednesday, November 30 from 5:30 p.m. - 8:30 p.m.
CROP WALK 2011

Phyllis McCranie
Trinity CROPWALK coordinator

CROP WALK is a national annual event coordinated by the Church World Services to help alleviate hunger locally and in undeveloped countries. Trinity supports and is a major participant in this ministry every year. The Tallahassee 2010 CROP WALK is scheduled for Sunday, November 13, at E. Peck Green Park.

Twenty-five per cent of the monetary contributions are given to local non-profit food distribution agencies. Remaining contributions are for state, national and international emergencies as well as long-term food and clean water development in 80 developing nations. All food donated during the event go to local food distribution agencies including ECHO, Catholic Charities and the lunch program at the Shelter.

How Crop Walk Works

Each church or organization recruits members to walk. The walkers then obtain donations from sponsors before the walk. Last year we had over 50 walkers including our dedicated Youth Group, Reverends Curry, Fotsch, and Hynes. Our donations were over $1800. It is a great way to get a little exercise and enjoy camaraderie with your fellow Trinity members.

How Can You Get Involved

There are several ways to get involved. 1) You can sign up to walk and recruit donations prior to the event to support your efforts. The walk distances are only 1 and 3 miles. 2) You can make a donation by check to Crop Walk or Crop/CWS and give it to Trinity's Crop Walk liaison Phyllis McCranie or other Trinity walkers.

Non-perishable food donations should be delivered to the Trinity portion of the library parking lot from 12:30 to 2:00 on the day of the event. For walkers, registration and a “Beans Lunch” will begin about 12:00. The walk actually starts at 2:00.

You can sign up to participate in, or donate to, Crop Walk 2011 at the Welcome Center on Sunday, Oct. 30 and Nov. 6. T-shirts will also be available for purchase. You can also sign up for Crop Walk online at: churchworldservice.org/site/TR/2011FallCROPHungerWalk/TR-Fall2011?team_id=59792&pg=team&fr_id=13363.

NETkids still open for enrollment!

It’s not too late to enroll your child in NETkids for this school year. NETkids meets each Wednesday afternoon at 3:15 on the playground and continues until 5:30.

Activities include: after school snacks and playtime, video and song time with a Christian message, craft room and train activities, Alpha & Omega choirs, and Hand Bells.

This is a great time for kids to build friendships and have fun while growing into their faith. Sign up by coming to the playground between 3:15-4 p.m. or call the church office (222-1120). NETkids welcomes all, including your kids’ friends!