

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

Fall in full swing at FSU Wesley Foundation

Diana Flagg FSU Wesley Board of Directors

Another busy Fall Semester has begun at FSU. Even the football season is keeping dedicated Seminole Fans busy with four home games in September. The FSU Wesley Foundation, a United Methodist Campus Ministry, located at 705 W. Jefferson Street, is also abuzz with activity. Even Hurricane Isaac couldn't diminish the excitement of a new school year with over 800 students attending Wesley's annual "Welcome Back BBQ." Services have been enthusiastically attended as well with over 500 students at Wesley's Sunday morning services. Also, a second service on Monday evening has close to 150 attending those services. Wednesday Night is Community Night at Wesley where dinner is served and then small family group meetings are held with over 200 students participating in group Bible study. Wesley is open from 8 a.m. until midnight. Throughout the day you'll find students hanging out or studying in the Wesley Fellowship Hall. Also, at Wesley, there's a small chapel open 24/7 for students to spend time in prayer.

On October 5-7, students will have the opportunity to spend a weekend at the Laguna Beach Christian Retreat Center for a few days of fun, fellowship and spiritual growth. Last year, over 270 students attended. A lot is going on at Wesley and this is just the beginning of the Fall Semester. Soon the leadership at Wesley will begin planning for the first of several mission trips many of the students will take during the school year. The students and staff at Wesley are actively carrying out The Great Commission and making disciples for Christ. These young adults are the seeds for the continued growth of the United Methodist Church. The FSU Wesley Foundation needs your prayers and your support. Wesley has a budget of about \$360,000 with over 2/3 of its budget dependent upon gifts and donations.

Here's where you can help. A special Wesley Dessert Fundraising Event will be held in Moor Hall, on November 3 at 7 p.m. There will be a program about Wesley,



some professionally prepared desserts and beverages, a silent auction and a live auction. If you would like to attend this event and/ or donate an item for the auction, please contact Diana Flagg at diflagg@centurylink. net or 850-566-2253 by Monday, October 29. Suggested auction items are: themed gift baskets, gift certificates, sporting event tickets, theatre tickets, artwork, services, hotel stays for two or more, beach house weeks/ weekends, hunting trips, fishing trips, etc.

If you can't attend but would like to help support the FSU Wesley Foundation, you can make a donation online at www. FSUWESLEY.com or contact Wesley's office at 222-0251. In addition, if your employer participates in the United Way Campaign, please consider designating your contributions to the FSU Wesley Foundation. Thank you in advance for your support. Not only will you be investing in the continued growth and sustainability of the FSU Wesley Foundation but you will be investing in the future leaders of the United Methodist Church!



Gifts to Trinity

Trinity received the following gifts from July 6 – August 22, 2012:



In memory of Frances Proctor Roesch from Clara Jane and Bill Smith, Leslie and Palmer Williams, Maggie Flynn Black and Ledley and Oberley Brown.

In memory of **David V. Kerns**, **Sr.** from Ledley and Oberley Brown.

In memory of Mary Dell Brasington Pararo from Meryl Warren, Colin and Phyllis English, Joyce B. Fuller, Otis and Jimmie Beck, Florence Ashby, Tola Thompson and Mary Barley.

In memory of Marjorie Knowlton Peterson from Gail and Ron Hock and Mary R. Branan.

In memory of Eleanor Pederson Hale from Boo and Kyung Lee, Bill and Judy Levy, Lorna Morton, Duane Clark, Amy Clark, Nick and Ollie Dawirs and the Wymond Family.

In memory of Edith Virginia Porter Rounds from the Williamson family.

In honor of Bill Grow from Michele Irvin.



At the recent G.I.F.T. (Giving In Faith Together) Sunday, Elen Parham was honored as the member who has belonged to Trinity the longest. Ms. Parham has been a member since 1927!

WAYNE'S WORDS

By E. Wayne Curry Senior Pastor

Dear Friends,

I love this church!

Six months ago a couple of members felt a passion in their hearts to do something to help the homeless. After much prayer and research, inspired by their enthusiasm, we adopted the Hope Community transitional housing and renovated 15 rooms, purchased and installed new commercial washers and dryers, and painted and repaired six bathrooms.

I love this church!

On September 15th, we held our second annual Clothing Connection give-away. Started last year by a women's Lenten Study group who felt compelled to do something to tangibly exhibit "extravagant generosity", in this year's event, 9,000 items of clothing were given away to our friends in need.

I love this church!

On September 23rd, we celebrated Trinity's 188th Birthday! And what a wonderful day it was! We came together in one glorious service of worship to praise God for His blessings through all these years. We recognized and honored 117 members of our church who have been members for 50 years or more. Elen Parham (pictured at left), Mart Hill, Led Brown and Vernon Parramore, all who joined over 80 years ago, were with us. We welcomed new members into our church family. We heard heavenly music from our chancel choir and bell choir. And at the end of the service people came to the altar to share the commitment of their time and talent to one or more of the many outreach ministries of our church. After worship we gathered as a church family down in Moor Hall and did what we Methodists do so well...eat and fellowship together! The day culminated with a successful silent auction that raised nearly \$5,000 for missions.



I love this church!

On October 3rd, the pastor of our sister church in Cuba, Pastor Dioselvis Sanchez, and his wife, Yamile, arrive and will be with us for a couple of weeks. We will have the chance to hear what God is doing in Cuba and explore ways we can renew our covenant together.

I love this church!

On October 20th, we send our mission team to Panajachel, Guatemala. The 25 member team will divide into a construction team, two medical teams, a dental team and a Vacation Bible School team.

I love this church! Why? Because you ARE the Church in all its fullness... worshiping, praying, studying, reaching in and reaching out, putting your faith into action in so many ways...all in the name of Jesus Christ and for the sake of His Kingdom.

I love being the pastor of this church!

You are loved,

abyre

Music News for October

Mark Repasky Director of Music

Perhaps you know someone who fits one these descriptions. Maybe it's you!

- "I participated in an excellent choral program in high school, became a pretty good singer and really loved it."
- "I have a music degree but have not used my music training recently."
- "I rang bells in my high school church bell choir and it was fun."
- "I really enjoyed music activities at my church as a child and youth. Now I have children of my own."
- "I played in my own rock band while in high school and still play my guitar."
- "I played clarinet during middle school and high school and read music very well. The steel pans at Trinity look really fun to play."
- "Now that I am retired, I have more time to try something new."
- "I have no formal training in music but love to sing."

Yes, this is an incomplete list, but you get the picture. Here at Trinity, our music leaders are always on the lookout for people to join our groups. Trinity offers a wide variety of musical experiences for singers and instrumentalists.

Music Groups at Trinity

• Chancel Choir,

Wednesdays at 7:30 p.m.

- Circle of Friends (adult praise band), Wednesdays at 7:00 p.m.
 - Youth Choir, Sundays at 5:00 p.m.
 - Youth Praise Band, Sundays at 4:00 p.m.
 - Trinity Ringers, Wednesdays at 6:15 p.m.
 - Senior Handchimes, Thursdays at 1:45 p.m.
 - College/Career Handbells, Sundays at 6:15 p.m.
 - Steel pans (2 groups), Sundays 3:45 p.m. and 5 p.m.
 - NETkids (K-5) Wednesdays at 3 p.m.

Welcoming new members into our music groups is a privilege and a necessity for the present and future well-being of our music ministry. So, no need to halt your "musical pursuits" after finishing high school or college, or after the first child is born, or when retirement starts. Look over our musical offerings on the church website (tumct.org), or call me (222-1120) for more information. Then, pick a group and join up!

There are no music skill requirements or try-outs for NETkids Choirs, Youth Choir, or Chancel Choir....if you like to sing, come join us! If you are interested in the handbell/handchimes groups, or the steel pans, you must be able to read music. Contact Mark Repasky for more information.

Check out our website www.tumct.org for more information on the music groups here at Trinity!



The Cherib Choirs are always a crowd pleaser.



The Senior Handchimes ring for worship several times each year.

On a Mission: Carol Moore Will Speak Oct. 2

Linda Yates

While Trinity's United Methodist Women Ministry discusses ways each woman may be involved in mission alone or as part of a small mission team, Carol Hair Moore shows just how diverse missional outreach can be.

She will speak at the UMW luncheon meeting Tuesday, Oct. 2, in Moor Hall. She grew up in rural Live Oak where the antics of farm animals delighted her. Carol later learned a lot about children as a second grade school teacher, then as a mother and now a grandmother. These experiences were put to use as she wrote and published three children's books and is working on a fourth.

She will share her children's books and how the Lord is using her to teach children meaningful life lessons through writing and music. She will bring her books to sell, with the proceeds going to UMW mission programs. For more information, go to her website: iwishyouicecreamandcake.com.

The luncheon begins at 11:45 a.m. and is expected to end at 1. All women of the church are invited to share the fellowship and learn more about how they can become a part of the ministry. Reservations for lunch should be called to Nancy Kerce at 877-6546 by Sept. 28.

 $\label{eq:committee} Executive Committee of UMW will meet at 10:30 that day in the Library.$

Members of the UMW Executive Committee meet in the church library before the monthly luncheon. Members include, from left, ??????? ???????, Miriam Peirce, Sandra Genetin, Sheila Merlau, Hillary Ryan, Kitty Ball, Kim Simpkins, Eloise Harbison, Liz Smith, Linda Yates, Patti Oakley, and Esther Harrison.



UMW Circles to Meet

Circle 1 for October - first Monday meeting, call Eloise Harbeson (385-1546).

Circle 2 meets 1st Tuesday, Oct 2 at 12:45 in the Parlor.

Circle 4 meets 2nd Tuesday, Oct 9 at 10:30 in the Parlor.

Circle 5 meets Oct 18 at Debbie Henderson's, 4525 Bowfin Dr (570-7818).

Circle 6 meets Oct. 18 at 6 p.m. at Julie Pararo's, house 2104 Randolph Cir. (385-9791).

Circle 8 meets 1st Wednesday at noon at a downtown restaurant.

Circle 9 Call Liz Smith (576-1533) for your meeting at 10 a.m. on Oct. 17.

Rob Hlebinsky Recital - Oct. 19



Don't miss this chance to hear former Trinity organist, Rob Hlebinsky, as he comes back to Trinity for a special recital on Friday, October 19 at 7 p.m.

He'll have something for everyone as he plays works from Mendelssohn, Bach, Rheinberger, John Knowles Paine, and Charles-Marie Widor. This is a free concert.

UMW Pecan Fundraiser

Judy Levy

I can finally answer your queries "is it time for pecans yet. I want to order." YES!

You have until **Sunday, October 14** to make your order (and pay for it). I have to fax the order on October 15 to insure delivery in early November. SO BUY EARLY, BUY LOTS!

The prices are the same as the adjusted prices of 2011—mammoth halves and medium pieces are \$11 per one pound bag; specialties (chocolate, dark chocolate, cinnamon and clusters) are \$9 per 12 ounce bag. You will be able to place (and pay) your order on Sundays after each church service. You will also be able to do so on Wednesdays at Lay Academy dinners. Your support of this sale allows Trinity United Methodist Women to assist several local and world wide missions. We

appreciate the congregation's purchases of these tasty treats and you get great pecans for your effort. They are wonderful for cooking, snacking, and gift giving. If you have any concerns or questions please contact Judy Levy (877-5442 or judithtlevy@embarqmail.com).



Health Wellness news for October

Beth Curry

Blood Mobile returns Sunday, Oct.7

Did you know that the blood that is donated through our blood drives at Trinity goes directly to patients in Tallahassee and



that it is used within 48 hours of being collected? That is why there is always such an urgent need in our area. Since February 2012, when the blood mobile started coming to Trinity again on a regular basis, over 68 pints of blood have been collected.



Here is little Bella (photo above), who has Diamond Blackfan Anemia. She is one of the youngest Tallahassee blood recipients and requires regular blood transfusions. Pictured with her is twin sister Emma (at left) who does not have anemia.

Thanks to all who have given the gift of life! The blood mobile will be at Trinity again on Sunday, October 7 from 8:45 a.m. – 1:30 p.m. Appointments may be made in advance by going to https://www.scbcdonor.org/index.cfm?group=op&hlc=G5261, by signing up in the Welcome Center, or by emailing Beth Curry. Walk-ins are always welcome as well. Be a hero! Save a life! Donate blood!

Will You Take the 95210 Challenge?



Beginning in October, Trinity's Health Wellness Team will be featuring one of these healthy habits each week at Wednesday night dinner. You will find a different focus each week with tips for how to reach each goal. You'll also have the chance to talk with members of the Health Wellness Team about this initiative and join our preschool, Whole Child Leon and Leon County by taking the 95210 Challenge! Let's be one of the first churches in Tallahassee to take the 95210 Challenge and adopt these daily healthy habits as part of our own lifestyle!

Oct. 3Getting 9 hours of sleep Oct. 10 ...Eating 5 fruits/veggies per day, and having 0 sugary drinks or tobacco Oct. 17 ...Limiting (recreational) screen time to 2 hours

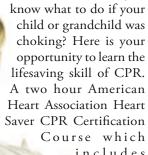
Oct. 24 ...Getting 1 hour of Physical Activity per day

Trinity UM Running/ Walking Club Starts Up

It's time to get out your running/ walking shoes and enjoy the great weather! Please make plans to join the Trinity Runner's and Walker's on October 6th, for the FSU Habitat for Humanity 5K run/walk. The event will be held at Tully Gym on the FSU campus. The race starts at 9:00 with registration starting at 8:00. Registration forms are available at www. fsuhabitat.org or www.gulfwinds.org. Please contact Richard Parsons at rrptroy@gmail. com or Beth Curry for more details.

Are You Certified in CPR?

Would you know what to do if you walked into a room a found a loved one unconscious on the floor? Or would you



includes adult, child and infant CPR and use

of an AED will be

offered: on Thursday, October 25 at 6:30 p.m. or on Saturday, October 27 at 9:30 a.m. Payment of \$20 must be made in advance to reserve your spot. Please email Beth Curry for further information.

Flu Shots at Trinity

Did you know that in addition to washing your hands frequently one of the best ways to prevent the flu is to get a flu shot? On Sunday, October 14th CVS will be at Trinity

from 9:00 a.m. – 12:30 p.m. offering flu shots. The shot is free to those who have the following insurance: Aetna, BCBS, CHP, Coventry, Tricare, UHC and Medicare Part B. For State of Florida employees who have MEDCO, payment must be made at the time of the shot,



however 100% reimbursement will be made. For all others the cost is \$31.99. Cash or checks will be accepted. A valid insurance card MUST be presented in order to receive the shot. Those receiving the flu shot at Trinity will receive a 20% savings pass to be used at any local CVS pharmacy.

Health Wellness Calendar

Drop in any time!

Wellness

Classes are in the Parlor.

BFC Series Exercise Classes

— Tuesdays and Thursdays —

- 9:15 ~ Staying Strong
- 11:00 ~ Variety Mix**

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

- Wednesdays —4:15-5:30 p.m.
 - Better Balance
 - 6:30-7:30 p.m. Power Hour

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

Upcoming Events

All of October

Take the 95210 Challenge!

<u>Sat., Oct. 6 – 9 a.m.</u> Trinity Runners/Walkers - FSU/Habitat 5k

Sun., Oct. 7 – 8:45 a.m. - 1:30 p.m.

Blood Mobile

Tues., Oct. 9 –10:30 a.m.

Mats for the Homeless - Conference Rm.

Tues., Oct. 9 – 12:30 p.m.

Hats for the Homeless - Conference Rm.

Thurs. – Oct. 25 – 6:30 p.m.

American Heart Saver CPR

<u>Sat., Oct. 27 – 9:30 a.m.</u> American Heart Saver CPR

CROP Walk - Ending Hunger One Step at a Time

Gloria Colvin

We Have it Good

At one time or another, most of us have probably said that we're starving or have heard our stomachs rumble. Fortunately,



when our bodies or our clocks tell us that it's time to eat we have options. We're able to go to the grocery

store, or fix a meal, or pull out some snacks, or stop to get fast-food, or even dine at an elegant restaurant.

Others in the World Suffer

In this country of plenty, with its well-stocked grocery stores and abundant restaurants, real hunger is something we don't often think about. Yet according to figures provided by Church World Service, the number of people who don't have enough to eat is staggering. In the U.S., more than 43 million Americans lack enough to eat. Worldwide, over 1 billion people—one out of every seven people—are hungry. Each day almost 16,000 children die from hunger-related causes — one every

five seconds. In our own community, people who are homeless or who have lost jobs during the recession or who are barely surviving on subsistence-level wages experience hunger.

We're Called to Help

Helping to alleviate hunger is something that we are called to do. In these familiar verses from Matthew, Jesus tells us "for I was hungry and you gave me food. I was thirsty and you gave me drink...As you did it to one of the least of these my brethren, you did it to me."

What You Can Do

Each year, members of Trinity join people other churches in Tallahassee in the CROP Walk that raises funds to combat hunger locally and around the world. Your participation in the CROP Walk or as a sponsor of a walker will help in the efforts to feed the hungry and to address the causes of hunger. This year's CROP walk will take place on November 11th at Lake Ella. If you'd like to be a part of this mission project, please pick up forms at the Welcome Center or contact Gloria Colvin (gpcolvin@yahoo.com) or Phyllis McCranie (pamccranie@embarqmail.com).



Trinity has been an ardent supporter of CROP Walk for many years. This is a photo from the CROP walk in 2010.



Youth Happenings in October

Kelly Rains Youth Director

John Freeze Youth Intern

A Note from Kelly ...

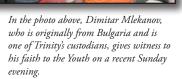
So, I am heading to the doctor right now. It's not my favorite thing to do; in fact I actually hate it for many reasons. It's something I have to do every 6 months whether I like it or not. Over 10 years ago I was diagnosed with melanoma (skin cancer) and I have been seeing a dermatologist regularly ever since. Luckily, they caught mine early but now it is very important for me to keep my appointments no matter how inconvenient that might be. There are plenty of other things I need to do this morning than spend hours at the doctor's office. But I go because it's important and it keeps me healthy!

It's the same way with other things in life, right? Who ever really enjoys the dentist? Who likes taking their car in for maintenance? Who likes doing taxes? Who likes doing yard work? (OK, there may be a few of you who actually

enjoy it but most of us would rather be at the beach.) Unfortunately, I think there are a few people who think this way about coming to church. For most of us, we love it here at Trinity; we can't imagine being anywhere else, or not having this family to go through life with. The idea of having our children grow up here, get baptized and confirmed here, even married here goes without question. We can't imagine calling any other church home. But for others, they see church as something they should do or have to do, rather than something they want to do or get to do. I know it has made all the difference with my family and probably yours too. I just wish we could convince others of the same thing. Church is important and it keeps us healthy! Aren't we lucky to call Trinity home?



In the photo at left, over 40 youth and adults travelled to Orlando for "Rock the Universe," which is an annual Christian rock concert featuring some of the finest performers. The Trinity Youth have been regular attenders to this event for several years.



At left, four Trinity Youth enjoy a night of bowling with possibly the largest green olive in the world (okay, it's really a bowling ball, but seriously).

UNDERGROUND ministries

Upcoming Youth events for October

Oct. 3 Middle School Bible Study 4:30pm

Oct. 5-7 Confirmation Retreat

Oct. 7...... Band 4pm, No Choir, UMYF 6pm

Oct. 10...... Middle School Bible Study 4:30pm

Oct. 14...... Confirmation Class receives Bibles 11:00am

Oct. 14...... Band 4pm, Choir 5pm, UMYF 6pm

Oct. 14...... High School Late Nite 8pm

Oct. 17...... Middle School Bible Study 4:30pm

Oct. 19...... Mid-High Madness (check website for details)

Oct. 21...... Band 4pm, Choir 5pm, UMYF 6pm

Oct. 24...... Middle School Bible Study 4:30pm

Oct. 28...... Band 4pm, Choir 5pm, UMYF 6pm

Oct. 28...... High School Late Nite 8pm

Oct. 31...... No Bible Study or pickup

Upcoming Events

Nov. 11 Crop Walk at Lake Ella

Nov. 14 Last day to order Christmas Trees & Wreaths

Nov. 28 Christmas Trees arrive!

Dec. 1 Chili Fundraiser (Festival

of Lights)

Dec. 16 Youth Christmas Party



New members join in September

Another fine group of interesting people have joined Trinity and they would love to meet you. Please read these brief biographical sketches so that you may learn more about your fellow members.

Chuck Hall joined Trinity by transfer of membership from another Methodist church. Chuck has two daughters, Hannah and Katie. He is originally from Thomasville and is Senior Vice President for HCA. His hobbies are farming and photography.

Dewey and Caroline Hudson have been married since 2010. Caroline grew up at Trinity. She works at Capital Peridontal Association as their Patient Care Coordinator. Dewey is in technology sales and is an avid runner.

Emma Jonas was baptized at Trinity as a baby and has attended for 21 years. She considers Trinity her second family and is currently working her dream job at the Trinity Preschool. She enjoys reading, writing and singing.

Catherine Lockhart joined from another denomination after learning about Trinity on the internet. She is an honors student at FSU majoring in Political Science and Religion, with plans to go to law school after graduation. She likes reading, watching Netflix, shooting, surfing, and

playing softball on the Trinity softball team. Dave and Beth Overholt joined Trinity by transfer of membership from another Methodist church. They have 3 daughters, Allison, Claire, and Grace. Dave and Beth are active in the SUN Service, and the girls are active in the Trinity Youth.

Mark and Kathy Peterson joined Trinity by transfer of membership from another Methodist church. They have a 2-yearold daughter, Marybeth. Mark is looking forward to running in his first Triathlon.

Carolyn Sanders is from Tallahassee and grew up at Trinity. She recently moved back after being gone for 20 years. Carolyn is the daughter of member, Ernie Sanders, and has two teenage sons, Chase, and Ty. She works for the Florida School Boards Association. Micky Schiele is back in Tallahassee for the third time. She was introduced to Trinity by

third time. She was introduced to Trinity by her sister, Vicky Land, a few years ago. She enjoys the fellowship she finds at Prayers and Squares and it's a great outlet for her passions for sewing and being creative.

Fran Smith joined by Reaffirmation of Faith. Fran has attended Trinity for over 20 years. For fun, she enjoys painting, gardening, and cooking. She has two daughters, Julianna, and Caroline (who joined Trinity along with her husband, Dewey Hudson).

E. Wayne Curry, Senior Pastor
Tony Fotsch, Associate Pastor
Barbara Hynes, Associate Pastor of Discipleship
Rex W. Adams, Communications Director

PERIODICALS
POSTAGE PAID
USPS 01 3-030
TALLAHASSEE FL



New members joining in September are, from left, Micky Schele, Carolyn Sanders, Mark Peterson, Kathy Peterson, Emma Jonas, Dewey Hudson, Caroline Hudson, Fran Smith, Chuck Hall, Grace Overholt, Claire Overholt, Dave Overholt, Beth Overholt, and Allison Overholt.