

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

## Preschool kids on a Mission!

Stacey Duggar Preschool Director

During the month of April, preschool children and families gathered the supplies necessary to assemble snack packs that are given out by HEO. Donations made by the families were enough to assemble 117 snack packs! The children learned about

the importance of giving to others. Here, the kids are busy putting together each of the snack packs. Thank you to all of the preschool kids and families that participated!



In the top photo, a snack pack goes through the quality control process. Above, the children went down the table to fill the packs with the goodies.

11mmm, ata 1 pui a cracker package in inere yei: 1 a betier check ims again

## Trinity Preschool Class of 2011 (high school class of 2024!)

Stacey Duggar Preschool Director

Another wonder-filled year comes to a close at the preschool. It's time again to say goodbye and good luck to a sweet group of 5 year olds! Congratulations and best of luck graduates! We will miss you!

Showing a completed snack pack. Nothing like a job well done!

Names have been intentionally removed.



## Voice for Life

A new opportunity at Trinity

Jonathan Helm

This Fall, Trinity will offer a Lay Academy class called **Voice for Life**. Voice for Life is a training scheme designed to help singers of all levels improve their singing voice, their musical skills, and their understanding of what it means to sing in a group - in a choir or in a congregation.

The class will meet from 6:30-7:15 Wednesday evenings, for a pressure-free time of singing and instruction. Each singer will receive a workbook which he or she can work through at his/her own pace.

#### - Voice for Life is:-

- A structured guide to voice training
- Designed for singers of all ages
- Designed for both beginning and more skilled amateur singers
- Low pressure and easy to use
- Self-paced by each individual

This class will be especially beneficial to: young singers who are just learning to sing but who can read at a 3rd grade level; older singers who feel their voice is losing vitality or control; and adolescents and adults who never learned how the voice works and how to use it well. Those who consider themselves "tone-deaf" should especially come; research shows us that so-called "tone-deafness" is often nothing more than a lack of basic training in how to sing.

If you are interested in improving your voice and your musical skills, consider joining us in the Fall. For more information, contact Jonathan Hehn at 850-980-2812 or jhehn@tumct.org.



2011 Confirmation Class

Another large class joined the Trinity congregation. (Names have been intentionally removed)

# WAYNE'S WORDS

By E. Wayne Curry Senior Pastor

Dear Friends,

Summer is upon us and I hope you have the chance to get away and get some needed rest and relaxation. I imagine you are like me ... much too busy sometimes ... too busy for my own good. It's not good for my body or my soul. Every once in a while when I get like this I turn to a wonderful prayer by David Hisler. The prayer helps me put things back in perspective. I suspect that you, too, may sometimes need this prayer:

Slow me down, Lord! Slow me down!

Ease the pounding of my heart

by the quieting of my mind.

Steady my hurried pace with a vision of
the eternal reaches of time.

Slow me down, Lord!

Give me, amidst the confusion of my day, the calmness of everlasting hills.

Break the tension of my nerves and muscles with the soothing music of the singing streams that live in my memory. Slow me down, Lord!

Help me know the restoring power of sleep and faith in God.

Teach me the art of taking minute vacations ... of slowing down to look at a flower, chat with a friend, pat a dog, read a few lines of the Good Book.

Slow me down, Lord!





Remind me each day of the fable of the hare and the tortoise that I may know that the race is not always to the swift; that there is more to life than increasing speed.

Slow me down, Lord!

And inspire me to send my roots deep into the soil of life's enduring values, that I may grow toward the stars of a greater destiny.

Slow me down, Lord!

My prayer is that God will slow all of us down and allow us to appreciate the wonder and joy of life.

Have a wonderful summer! Remember we still have three worship services every Sunday morning even in the summer and the church needs your support ... prayerful and financial ... even when you're not able to be here.

You are loved.

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## Music News for June/July

Mark Repasky Director of Music

## Special Music Planned For the Summer

Even though most of our music groups take the summer off, we will still have lots of music at our 8:30 and 11:00 a.m. services. This includes some really unique offerings that occur only during the summer months.

It started already, with the beautiful Trinity Flutes and Friends, organized by Sue Parsons for our May 29 services. On June 19 at the 11:00 a.m. service, our Vacation Bible School children will sing. Trinity Ringers will return briefly from their summer break to ring on June 26. Likewise, one of our steel bands returns to provide special music on July 17.

July 24 will feature our Adult Orff Ensemble, including a vocal soloist and flute. Youth Sunday, July 31 will include lots of music led by the Youth of our church. Our Men's Ensemble will sing August 21. Our Chancel Choir will continue singing through

Zacchaeus was the star in the recent Children's musical.

July 3 and will return to the choir loft August 28.

### Something Different

Sunday School children of elementary school age meet for 15 minutes of music each week except during the summers. They sing a lot of music, and really enjoy the whimsical song "Arky"

Arky", which some of you probably know. The song tells the story of Noah and the flood. It starts with "The Lord told Noah there's gonna be a floody floody". Well, the children have been practicing and will present their 10-minute, uniquely staged version of the song as part of the SUN Service on June 5. It is a humorous retelling of a favorite Bible story starring our children!



Our two NETkids Choirs which practice on Wednesday afternoons September through early May, joined forces for a delightful presentation of "Hurry on Down" at all three morning services at Trinity on May 1. They also presented the 40-minute musical at Westminster Oaks on May 4. This was the culmination of a great year for our NETkids ministry.



Parents, if you are not involved, please consider enrolling your elementary age children in this wonderful program. If transportation is a problem, we can sometimes work around it with car pools and picking up the children with our church minibus. Watch for announcements in our August and September Tidings about starting up NETkids for the fall of 2011.

## Stained Glass series and concert

Sunday, July 17, Reverend Tony Fotsch's sermon will be about the images on the right-side stained glass window in our sanctuary. Our Organist Jonathan Hehn will be at a workshop that day, and Trinity's former organist, Rob Hlebinsky, will return for the day. A trumpet solo celebrating this stained glass window will be provided by Randall Haynes who recently moved with his family to Panama City. That afternoon at 3 p.m., Rob and Randall will present a recital of trumpet and organ music in our sanctuary. This type of music sounds glorious in our sanctuary! All are invited to attend!

Flutes of Praise

The Bible, in **Psalm 87:7** says, "The people will play flutes and sing, "The source of my life springs from Jerusalem!" and in **I Kings 1:40**, "And all the people came up after him and the people piped with pipes and rejoiced with great joy."

Those of you who were at the Memorial Day Services were able to experience some "flutes-a-piping." We were blessed with a group of musicians who donated their time and talents and brought most of the flute "family" with them, including the contrabass flute that looks like a silver cross! It plays notes that go down in the cello range. Janet Reinholz came

Contrabass flute

from Knoxville, Tenn. to worship with her contrabass. She loves to spread her musical and spiritual testimony and can be reached at flutistforchrist@hotmail.com. We met a few years back at a flute master class called "Flutes for Inspiration and Praise" in Greenville, SC. My first visit there inspired me to start 'Trinity Flutes."

We were also treated to the bass flute (me), alto flute, C Flute, and piccolo. The other flutists were from the Tallahassee area. **Barbie Townsend** is currently the Band Director at Raa Middle School. **Candalee Jones** has been attending Trinity and teaches

private music lessons. Amanda Starr has a degree in flute and performs with other flute choirs and the Tallahassee Winds. Vivianne Asturizaga is a recent FSU graduate with her masters in Flute Performance and Arts Administration. We were blessed to rehearse together and bring music to Trinity.

We hope that our playing spreads some joy! Trinity Flutes is for flutists who are looking for flute fellowship and praise in the Tallahassee area. Our goal is to help flutists of all playing levels find a place in music ministry with their flutes. If you are interested, please contact me (850-322-0164). It's never too late to pull out your flute, dust it off, and sing your praises. Blessings, Sue Parsons.

## Lee's Place receives June change

Sahrina Denmark Church and Society Co-chair

Lee's Place is a nonprofit grief and loss counseling center providing professional mental health counseling and training

services for all grief or loss issues in the Tallahassee area. including Leon, Gadsden, Wakulla, Jefferson and Franklin Counties.

The life changing events we can help with include divorce or break-up, victims of crime, trauma or abuse of any kind, abandonment, life transitions (moves, change in finances/ job, away from home for the first time), and illness, as well as death. Our

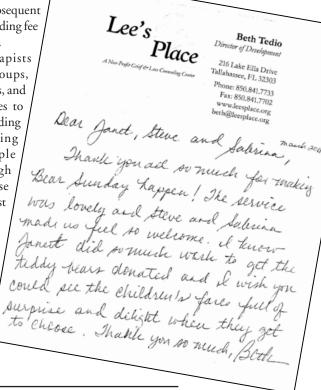
first session is free and subsequent session fees are based on a sliding fee scale, by appointment only.

Our therapists speak to groups, schools, clubs, and in workplaces to assist in building understanding of what people are going through following any of these life challenges and how best

Please contact us at (850) 841-7733

to help.

To the right is a thank-you note for the bears that were collected on Bear Sunday and given to Lee's Place Counseling Center.



## July Change goes to Florida Guardian ad Litem

Sahrina Denmark Church and Society Co-chair

### Change a Child's Life

The Florida Guardian ad Litem Program is a partnership of community advocates and professional staff providing a powerful voice on behalf of Florida's abused and neglected children.

They believe we can all work to pave a positive path to a child's future of hope and emotional security. Making a positive difference in the life of a child is one definition of legacy.

# Trinity Runners news

Richard Parsons

I would like to thank you for your support at the recent Tulip Trot. We had a good turnout despite the heat and threatening weather, and I know the people from the North Florida Parkinson's Awareness Group appreciated our participation as well.

Also, a big congratulations to our very own Austin Stevens for a second place overall finish in a time of 17:36. That's an average of 5:36 per mile! Way to go, Austin!

As an added bonus, we were treated to beautiful music by the Parkinson's Awareness Choir led by Olivia Swedberg. Olivia wanted me to thank you all as well and tell you that she really appreciated the support from Trinity.

You can access results and pictures from the race at www.gulfwinds.org. Herb Wills wrote a blog about the event that has links to three different photo albums from the race, all of

which have pics of Trinity Runners: http://troubleafoot.blogspot. com/2011/05/tulip-2011.html.

Although we don't have any upcoming events planned as a group, there are usually one or more 5K races on any given Saturday. Specifically, I've been asked by one of our members to mention to you the School, this Saturday at 8 a.m.

Guardian ad Litem

On a personal note, one of my favorite races is the annual Melon Run in Monticello held on the third Saturday of June. It's a flat course and there's always plenty of watermelon at the finish line!



Trinity member, Olivia Swedberg (far left), organized and led the PRIDE STRIDE 5K at Leon High Parkinson's Awareness Choir that performed at the Tulip Trot.

## Health Wellness news for June/July

Beth Curry

#### Did you know that ...

- BFC (Becoming Fit at Church) Series Exercise classes continue to meet during the daytime on Tuesdays and Thursdays during the summer (see calendar below).
- One hundred percent of donations received during the BFC Series classes goes to either community service or the Health Wellness Ministry Fund.
- Since classes began in September 2008, more than \$8,600 has been raised for community service and \$1,700 for the Health Wellness Ministry.

#### **BFC Series**:

- has provided all equipment for a new teacher's lounge at Nims Middle School;
- has put the new community garden in at Trinity;
- has sent pillows to Refuge House;



- has provided funds for home improvements to a family in need;
- will be sending a Medical Mission Team to Guatemala in October 2011;

• has provided most of the equipment that is used in the exercise classes which includes hand weights, resistance bands, stability balls, medicine balls, balance pads and more ...



Contact Beth Curry at BFCSeries@ yahoo.com for more information about summer classes.

#### Trinity UM Runners Club

Back in April, the Trinity Runners and Walkers hosted a group from Saint Paul United Methodist for a pre-race prayer breakfast before the annual Springtime Tallahassee 10K/5K/1m run (picture above right). The Trinity 5K team led by Rev. Tony Fotsch placed 6th overall and the 10K team placed 7th. Together, the two teams fielded over 50 runners and walkers for this year's event.

For information about Trinity Runners and Walkers group, please contact Richard Parsons at rrptroy@gmail.com.

### Medical Mission Team Collecting Supplies for Guatemala Trip

Trinity will send an adult group to Guatemala in October 2011 and as part of that group, the Health Wellness Ministry will send a Medical Mission Team. Over the next several months we will be collecting supplies to take. Please place items in the bins marked "Medical Mission" in the Narthex or Welcome Center.

For the months of June and July the team is collecting the following items: sunscreen (at least 15 SPF), anti-fungal creams, antibiotic creams, anti-itch creams, small bars of mild soap (not anti-bacterial), and moisturizing lotion.

# WELLNESS corner

## Tips from the experts The truth about sunscreens

In addition to buying sunscreen with "broad spectrum" protection against both UVA and UVB rays, the *Skin Cancer Foundation* recommends choosing a sunscreen with "some combination" of these ingredients, which block UVA rays: *avobenzone* (also known as Parsol 1789), *ecamsule* (also known as Mexoryl), *titanium dioxide* and *zinc oxide*.

#### So how much SPF do you really need?

The American Academy of Dermatology recommends both adults and children use a sunscreen with an SPF of at least 30 (babies under 6 months shouldn't get any direct sunlight, according to the American Academy of Pediatrics).

It's especially important to use enough sunscreen - most people get much less sunburn protection than they might think, simply because they don't use enough of the product.

The average person needs about 1 ounce of sunscreen - enough to fill a shot glass - to cover the body. Most people use only one-quarter to one-half that amount. Jayne Mittan, PA-C



Drop in any timel

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\*

\* Nursery by reservation only

## Summer break

### Trinity UMC Runners Club

The Trinity UM Runners club is taking a break for the summer, but contact Richard Parsons at rrptroy@gmail.com if you would like to be added to the list to receive fall information.



### Church Veggies

Crops from the Trinity garden will be given to the homeless or those in need. Be sure to look as you come up the Duval Street sidewalk to see what's growing! If you would like to help maintain the garden or contribute towards its care, please contact Jaqui Griffith.



# 2011 High School Graduates



William T. Baldock, Jr. Maclay School University of Florida



Tori Rae Bradley Leon High School Florida State University



James Austin Campbell Lawton Chiles High School Florida State University



AnnaLee Drake Lincoln High School Florida State University



Brooke Michelle Eubanks Leon High School University of Florida



Karen Michelle Garner Lincoln High School Tallahassee Community College



Savannah Fenn Hughes Leon High School Tallahassee Community College



Kerry David Ingram Lawton Chiles High School Tallahassee Community College



Ashley Elizabeth Jenkins Florida Youth Challenge Academy



Bradford John Olson Leon High School University of Florida



Jeffery Scott Olson Leon High School University of Flroida



Austin Eugene Stevens Maclay School University of Florida

## Youth Happenings in June/July

Kelly Rains Youth Director Jordan Perry AssistantY outh Directo

## A Note from Jordan ...

Dear all youth, parents, and families, I can't even begin to tell you how much all of you mean to me and how



Jordan Perry

much I have enjoyed working with you over the past three years. It has been an honor to be part of this youth group, and I cherish the memories I have made with each and every one of you. To the parents, it has been an absolute privilege to work with each of your children and to be able to watch them

mature into outstanding young adults. Thank you for allowing me to be part of their lives. I also sincerely appreciate your generous love offering. It really feels amazing to have such love and support. Thank you! To the youth, please know that I love you very much, and I will miss you all more than you know. Thank you for putting up with all of my quirky habits and for all of the great times we have shared. It has been an amazing experience to learn and grow with you all. I hope you all have a wonderful summer! Thanks again for everything including the awesome notes and video messages! You guys rock!

Love, Jordan

#### Welcome John Freeze!

Trinity would like to welcome our new

Summer Youth Intern, John Freeze. John is currently a student at TCC and attends the FSU Wesley Foundation. He is a United Methodist PK (pastor's kid) and is from Tampa, Florida. He is very excited about working with our youth this summer and can't wait to get started. He has lots



John Freez

of talents and energy to bring to our youth program starting June 1. So come out to Youth Week (starting June 5) and welcome John to our staff.



# Upcoming Youth events for June/July

<u>Undergro</u>

Jun. 5 - 11.... Youth Week (see schedule)

Jun. 12 ...... VBS Training 6:00pm

Jun. 13-17.... VBS (8:30am-12:00pm)

Jun. 17 ...... Lunch for VBS Team 12:30pm

Jun. 19 ....... Commission both Mission Teams 11:00am

Jun. 19 ...... Movie Night 6:00pm

Jun. 23 - 29.. Miami Mission Trip

Jun. 26 ...... No UMYF

Jul. 3 ...... No UMYF

Jul. 6-9..... Ocala Mission Trip

Jul. 10 ...... UMYF

Jul. 17 ..... UMYF

Jul. 18-23..... Warren Willis Camp in Leesburg

Jul. 24 ..... UMYF

Jul. 27-29 ..... Youth Sunday practice 6:30-9:00pm

Jul. 30 ......... Youth Sunday Rehearsal 2:00-5:00pm

Jul. 31 .......... Youth Sunday (all 3

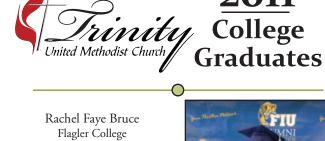
Jul. 31 ...... UMYF (Game Night)

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 undergroundministries.org



Tallahassee Community College



Flagler College
Communications
Daughter of Dottie Roberts
and Doug Bruce

Elizabeth Lindsay Flagg Florida International University B.A. Chemistry Daughter of Diana and Tom



2011



"I know all the things you do, that you are neither hot nor cold. I wish that you were one or the other! But since you are like lukewarm water, neither hot nor cold, I will spit you out of my mouth!"

Revelation 3:15-16

## Another large class joins Trinity!

Another fine group of new members joined Trinity recently. Please take the time to acquaint yourself with their information below, and welcome them into the church.

Jessica Bahorski joined Trinity by reaffirmation of faith. She is an advanced practice pediatric nurse at Tallahassee Memorial Hospital. She was born and raised in Tallahassee, but has also lived in Birmingham, Nashville, and Jacksonville. She enjoys playing soccer and tennis, as well as gardening, cooking, kayaking, and outdoor activities.

Ben and Jessica LaBelle learned of Trinity from the Trinity website. Ben joined from another denomination and Jessica came to Trinity by transfer of membership. They moved to Tallahassee from Galveston in 2010 so Ben could work on his Master's at FSU. They are expecting their first child in June. Ben works for the Earth, Ocean and Atmospheric Science Department at FSU. Jessica works remotely for Sand 'N Sea Properties which is located in Galveston. She enjoys anything artsy - sewing, making jewelry, singing in groups, and baking.

John Lucas joined by transfer of membership. John learned of Trinity by attending the Good Friday service and has been coming ever since. He works for the National Federation of Independent Business Association. He is a 30-year broadcast journalist. He moved to Tallahassee from Morgantown, WV in 1984, then moved to Gainesville in 1988, and then moved back to Tallahassee in 1993.

**David and Nancy Morgan** joined by reaffirmation of faith. They spotted Trinity and wanted to visit. They moved to Tallahassee

in 2009 for David's job as an archeologist with the National Park Service - Southeastern Archeological Center. Nancy works with Point Heritage Development Counsulting, doing consulting on projects involving historic preservation and heritage tourism. They have two sons, Alex, who is finishing 1st grade at WT Moore, and John who is a preschooler at Temple Israel Preschool.

Tina Sherman joined from another denomination. She learned of Trinity from the Trinity website. She is a native of Canada, but has lived in Tallahassee for the past 5 years. Tina is a graduate student in philosophy at FSU, and is also employed by FSU. She and her husband, Jacob, are expecting their first child at the end of May.

Tom and Nancy Trunda joined by reaffirmation of faith. Tom and Nancy moved to Tallahassee in 2006 after tiring of the cold and snow in Chicago. Nancy is an office assistant for a property management company. She enjoys gardening,

golf, visiting friends and attending craft shows. Tom is a technology manager for DOT and enjoys playing golf, as well as reading and watching baseball. They have two grown children and two grandchildren.

**Timothy Yinger** joined by transfer of membership. He is a physical therapist and works for Gentiva Home Health Services.

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He has lived in Tallahassee for about 3 years. He enjoys outdoor activities and is engaged to Trinity member, Olivia Swedberg.

**Julia Young** joined by transfer of membership. Julia is a computer programmer and works for ACS. She is also a software developer. She visited Trinity as a Wesley Foundation student.



New members pictured from left, John Lucas, Nancy Trunda, Tom Trunda, Julia Young, Jessica LaBelle, Ben LaBelle, Tina Sherman, Nancy Morgan (holding son, Alex), Jessica Bahorski, David Morgan, and John Morgan. Not pictured, Timothy Yinger.