

Because of God's love for us through Jesus Christ, we exist to worship, grow and serve.

# Glimpses of Guatemala

Jayne Mittan Guatemala Mission member

As our international mission team prepares for the October 17-24 trip to Guatemala, I ask for your prayers for the team. Pray that we will have enough funding and medicine to help the people who come to the medical clinics while we are there. Pray that we will remain healthy during our trip so that we can complete our goals of home-building, medical clinics, and VBS. Pray that no one will be turned away due to lack of resources to help them. Pray that, through our actions, we can introduce the Guatemalan people to the awesome God we believe in and serve, according to the example set forth by His son, Jesus Christ. Let our work be pleasing to Him for the sake of all of His people. Amen.

I have recently returned from another trip to Guatemala. Each trip is an opportunity to follow up on some patients and to meet new ones. Each time I go, the experience is similar, but different. It is the same in that there are always people in need of medical care and it is different because each of those people has a unique story. I'd like to introduce you to a couple of new ones, and give you some follow-up on an old one.

**Meet Juana** - Juana is 90 years old and was brought to our medical clinic on a blanket, carried like a stretcher. Her family said she was very weak and unable to get out of bed. She also was short of breath and having some chest pain. She had one of the biggest skin cancers I have ever seen on her lip. It was obvious from first glance that Juana was very sick. Her eyes were dull, and she made no attempt to lift her head or make eye contact. My first impression was that she

needed to be in the hospital. When I asked if the family had taken her to the hospital, they replied that they had taken her to the hospital, but the doctors there refused to see her. They were told, "she is too old, take her home and let her die."

I was shocked to hear that response. How can one in a health care turn someone away who is obviously in distress, with no offer of help or hope? I think I muttered under my breath, "that's not how we roll!"

Examination showed us that Juana was in congestive heart failure, with fluid on her lungs. Together, with our Guatemalan doctor, were able to get her some medicine to help her heart and to relieve her shortness of breath. Her family was most grateful—not that we gave her medicine, but that we took



the time to listen, examine her, and offer something to relieve her distress. In short, we gave them hope. They fully understood that Juana was close to the end of her life, but they did not want her to suffer unnecessarily. There were tears all around as we said our good-byes—even from the village leader.

**Meet Hilda** - Hilda is 4 years old and weighs 16 pounds. The first thing anyone notices about Hilda is that she is blue from the top of her head to the soles of her feet. It is called cyanosis and it is from severe lack of oxygen. She had changes of her fingernails and toenails, called clubbing, that told us her cyanosis had been going on a long time. According to her mother, she developed the cyanosis when she was a year old. They took her to the hospital when she was 2. An echocardiogram (heart ultrasound) showed a tumor in her heart. The incidence of primary heart tumors in children, especially infants, is extremely rare worldwide. The doctors told her parents that Hilda was too weak to withstand the surgery necessary to remove the tumor, and she was sent home with no treatment.

We were in the clinic seeing Hilda 2 years later: she had lost weight, mainly because she is too short of breath to eat. Her body was emaciated for a child her age. Her cry was very weak and shrill. It was all I could do to maintain my composure as we got the medical team together to see what we could do. The consensus was that she needed to be hospitalized to get her stabilized. Then she needed a pediatric cardiovascular surgeon to evaluate her for possible surgery when

(continue reading "Glimpses" on page 6)

# Gifts to Trinity

Trinity received the following gifts from August 25—September 23, 2015:



In memory of **Kitty Funderburk** from Donie Ann Henderson, Bill and Alice Grow In memory of **Elizabeth Hill** from UMW Alpha Action Team

In memory of **Gifford Hale** from Diane Hale

In memory of **Scott Willis** from Donie Ann Henderson



# Celebration!

The road has been long, full of hard work AND great accomplishment. Let us all join together to celebrate!

#### What:

- The completion of Visioning... for Tomorrow's Harvest. Come see our plans for the future!
- Charge Conference the beginning of new appointments and new plans for Trinity
- The beginning of our season of Stewardship

#### When:

Thursday, October 29, 6:00 p.m., for dinner

#### Where:

Moor Hall

Please call the church office **TODAY** (222-1120) and make your reservation!

# WAYNES



By E. Wayne Curry Senior Pastor

Dear Friends,

Sometimes I have to learn to slow down and just take a day at a time. As I write this Tidings article there are less than three months (90 days) until Christmas. The stores already have Christmas toys and decorations on display mixed in with the Halloween costumes! Our culture keeps pushing us to tomorrow when we've hardly had time to enjoy today. Why are we always in such a hurry?

Pierre Teilhard de Chardin was a French Jesuit priest, biologist, geologist, and philosopher who lived until 1955. At times, his ideas were at odds with the church. I recently read one of his quotes



that touched me deeply. I spent some time with it this morning in prayer and want to share it with you. I believe that we rush God's slow, abiding work in us so often and pass by or gloss over the deep work God wants to do in us. Healing takes time and grace pours out abundantly like a meandering stream that we must come back to time and time again for refreshing water.

Above all, trust in the slow work of God. We are quite naturally impatient in everything to reach the end without delay. We should like to skip the intermediate stages. We are impatient of being on the way to something unknown, something new. Yet it is the law of all progress that is made by passing through some stages of instability and that may take a very long time.

And so I think it is with you.
Your ideas mature gradually. Let them grow.
Let them shape themselves without undue haste.
Do not try to force them on
as though you could be today what time
— that is to say, grace —
and circumstances
acting on your own good will
will make you tomorrow.
Only God could say what this new Spirit
gradually forming in you will be.

Give our Lord the benefit of believing that his hand is leading you, and accept the anxiety of feeling yourself in suspense and incomplete.

Above all, trust in the slow work of God, our loving vine-dresser.

Slow down, dear friends, and enjoy today for "this is the day the Lord has made, let us rejoice and be glad in it!"

You are loved,



# Music News for October

Mark Repasky Music Director

## Music the Universal Language

Musicians often enjoy working together with others from different nationalities and traditions. Our Chancel Choir will be doing just that on October 15. The Nairobi (Kenya) Chamber Chorus will present a concert in our sanctuary at 7:30 p.m. that night. This group, all in their twenties, will present much of the program on their own. They will be joined by our Chancel Choir, FSU University Singers for a few selections. Leon High School Capital Singers will also perform that night.....such fun! So, an African chorus joins forces with a U.S. university chorus, church choir and high school chorus....music, the universal language. See you at the concert!



## On the Road Again

A good part of Trinity's Steel Pans ministry is focused outward. True to our calling, we load the church minibus and drive over to Lloyd First Baptist Church for 40-minutes of music making at their evening worship service on Sunday, October 4 at 6 p.m.

## **Organ or Piano Lessons?**

Viktor Billa, our new organist, has announced he will be available to teach a few piano and organ students at the

church. Ability to read music and some piano playing experience are needed before taking up the organ. Interested? Contact Viktor at billaviktor@gmail.com

#### **Never Too Late**

Most music groups at the church can receive new members year round. And we have lots of music opportunities from which you



may choose! The church bulletin section "This Week," is a great source of information about music groups at Trinity. Our church website has detailed information about each group.



# Wesley Foundation at FSU update

Christina Pacelle Wesley Foundation at FSU

At the end of September, the Wesley Foundation at FSU celebrated and said

farewell to our beloved Chapel of the Upper Room (CUR). Hundreds of alumni, family, friends, and current students joined to fellowship, pray, and worship together one final time in the Chapel of the Upper Room. We are grateful for everyone who was able to attend and participate in this historic event with us from Trinity UMC. We had an alumna from every decade from 1960 -2015, including Rev. Jonathan Brewster, sharing about their time as students at FSU Wesley.

Our Board of Directors and leadership have been praying and dreaming for years about what our campus ministry could look like in a newer space. The new multipurpose building will have space for 600 students in one worship service,

be able to serve hundreds of meals easily, host overnight mission teams, have

more office space for a growing ministry staff, have a coffee space, and a prayer chapel. This new multi-purpose building will allow Wesley to not only continue its current ministry, but also to have bigger dreams and expand its reach even further!

Hundreds of leaders have emerged from FSU Wesley – leaders for the church and for the world. Will you partner with FSU Wesley for the next year or two and continue building a legacy of leaders? Will you prayerfully consider making a special gift? Visit www.fsuwesley.com or contact Christina Pacelle at christina@fsuwesley.com or (850) 222-0251 for more information.

# Elder Care Services

Melanie Quinton Local Missions Committee

Another awesome mission the Local Missions Team supports is Elder Care Services, Inc. For over 43 years, this wonderful organization has served our community and the seniors within.

The mission of Elder Care Services is to ensure seniors within our community are able to live as independently as possible while giving them and their family access to the services needed while providing information on all available community resources that may be beneficial to improving their quality of life.

Here are a few things that Elder Care Services provides:

#### **Care Management:**

- · Adult Day Care Services
- Homemaking and Companionship Services
- Nutritional Services
- · Personal Care Services
- Respite Services
- Transportation Services

#### **Community Outreach**

- Emergency Food Pantry
- Transpiration Services
- · Energy Assistance

## **Elder Day Stay**

- Socialization with staff, Senior Companion volunteers, fellow Elder Day Stay clients, and community volunteers.
- Intellectual stimulation and orientation activities using current events, music,



# — Trinity's Local Missions Team — Trinity Cares Spotlight

reminiscing, games and cooking.

- Nutritious lunches and snacks planned by Elder Care Services Registered Dietician.
- Exercise seated stretching, movement, balance and weight bearing exercises.
- Mobility Assistance as needed with transferring, toileting, along with activities that encourage and maintain independence.
- Medication management by an R.N. or L.P.N.

#### **In-Home Services**

- Companionship Services Provide light housekeeping, meal preparation, companionship and socialization.
- Homemaking Services- Light housekeeping, laundry assistance, and other necessary tasks.
- Personal Care Services Bathing and grooming assistance.
- Respite Care Services Ability to assist caregivers with a break from their daily caregiving responsibilities.
- Transportation Services Assistance getting to the doctor, pharmacy or grocery store.

#### Meals on Wheels

This is an outreach that Trinity has supported for years, including our annual volunteer event on Martin Luther King Jr. Day when our membership is solely responsible for the preparation and delivery of meals.

CROP Hunaer Walk Liaison

Meals on Wheels fills the most basic necessity by providing a hot, nutritious meal, along with a safety check to homebound seniors through coordination of 30 daily routes.

# Additional Volunteer Opportunities

Opportunities to serve include becoming a Foster Grandparent and mentor to school-aged children, offering socialization to seniors through their Senior Companion Program - transporting seniors to their doctor's appointments, or volunteering for an arts and crafts activity at the Elder Day Stay.

## **Fund Raising - Oktoberfest**

Elder Care Services is excited to host its **17th Annual Oktoberfest at Mission San Luis**. This year's event will be held on Friday, October 23 and will feature a VIP reception for an hour prior to general admission which will begin at 7:00 p.m. As always, guests will experience the traditional German cuisine, festive and fun entertainment, silent auction, photo fun booth, and more! The money raised from the event goes directly back into the Tallahassee community to help more seniors in need.

#### **Location and Contact Information:**

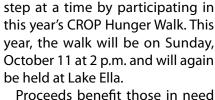
Elder Care Services, Inc. 2518 W. Tennessee St. Tallahassee, FL 32304 (850) 921-5554 | info@ecsbigbend.org

# Blessing of the Animals

Continuing a tradition that dates back to St. Francis of Assisi, Rev. Curry will bless animals on **Saturday**, **Oct. 3 at 9 a.m.** The blessing will take place in the exterior courtyard that faces Duval St.

St. Francis believed that animals are a valued part of God's kingdom and thus worthy of blessings. So, bring in "Biscuit" the cat or "Taco" the guppy or your choice

of transportable pet. But please, no elephants or blue whales!



Trinity is helping end hunger one

CROP Walk October 11 @ 2 p.m.

locally as well as across the globe.

You can help with a donation or by participating in the walk. Sign up to join Trinity's team at http://bit. ly/1NqBeSA or call 850-228-3646. If you cannot walk, but would like to donate food or money, please look for the CROP Walk display in the Welcome Center.



## Health Wellness News for October

## TUFF - Trinity United in Fitness and Fellowship –

"Building healthy bodies ready to serve" (formerly Trinity Runners and Walkers)



Our next TUFF Event is Saturday, October 24 at Tom Brown park from 10 - noon. Meet by the new playground. This time we'll do some trail walking, maybe some running or Frisbee golf. The kids can play on the playground. Come meet a new friend and enjoy the wonderful fall fresh air. Bring a snack and we'll provide water and ice. T-shirt orders will be taken.



Contact Marie Bradley mbradley1716@ comcast.net or Beth Perry BethEllenPerry@ gmail.com for more information.

#### Flu Vaccines

Trinity will not be offering flu vaccines at church this year. However, the vaccine is readily available from most healthcare providers, pharmacies, and other venues in the area. The flu season runs from October to March, it takes 2 weeks for the vaccine to begin protecting you, so now is the time to



get vaccinated!

If you are a healthy person and question whether you need the vaccine, think cdc.gov/flu about this. Each

DON'T GET THE FLU. DON'T SPREAD THE FLU. GET VACCINATED.



year from the flu (influenza):

- 40% of the population will develop the
- 200,000 people will be hospitalized
- 36,000 people will die

Those at greatest risk for complications from flu include: infants and young children less than 2 years of age, adults over the age of 65 years, pregnant women, and those in nursing care facilities. Also, anyone with a chronic medication condition such as asthma, heart disease, or a weakened immune system. If you're around anyone with these conditions, protect yourself and your loved one: get vaccinated.

Check out the Centers for Disease Control and Prevention for more information: http://www.cdc.gov/flu/.

#### Hats for the Homeless

We will meet every third Tuesday of the month through January 2016. Please come to our meeting on Tuesday, October 20 at 10:30 a.m. in the Conference room and find out how you can help us meet our goal this year for at least 150 hat/scarf sets. We'll teach you how to knit or crochet if you'd like to learn, but we also need people to sew in "You are Loved" labels and attach our special prayer card. Over 1000 hat sets have

been given out at The Christmas Day Community Dinner and to those in the community. The hats are gratefully received and provide some warmth for those who are in need during the cold weather.



## October is Breast Cancer Awareness Month

Ladies of all ages, are you doing vour breast self-exam each month? While mammograms can help you detect cancer before you can feel a lump, breast self-exams help you to be familiar with how your breasts look and feel so you can alert your healthcare professional if there are any changes.

For more information about the Health Wellness Ministry, please ask any team member: Jessica Bahorski, Marie Bradley; Beth Curry, Deb Danforth, Jaqui Griffith, Amy Leach, Colleen McConnell, Miriam McLarty, Jayne Mittan, Beth Perry, Nan Ritchie, Sandy Skidell or Gloria Whitaker or visit our website at www.tumct.org/serve/healthwellness-ministry/ or email bfcseries@ yahoo.com.

# The in any time! Classes are Upcoming Even in the Parlor Thurs. Oct. 8 at 10:30 a.m. - Conference

# **Exercise Classes**

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

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

#### — Wednesdays —

4:15 p.m. ~ Strength & Fitness 6:30 p.m. ~ Power Hour

## **Upcoming Events**

- Mats for the Homeless meetings resume on Thurs., Oct. 8 at 10:30 a.m. - Conference room
- Hats for the Homeless meetings resume on Tues., Oct. 15 at 10:30 a.m. - Conference room
- TUFF event Sat., Oct. 19 at 10:30 a.m. Tom
- Guatemala trip Oct. 17-24. Donations of needed supplies and funds are greatly appreciated and will be collected May-Sep. Supply boxes are in the Narthex and Welcome Center.

For more information about the Health Wellness ministry contact: Beth Curry - BFCSeries@yahoo.com

she had been "tuned up." In the back of my mind I kept thinking, "it's too late." I didn't know if there was a pediatric cardiovascular surgeon in Guatemala, and if there was one, how much would it cost?

We were unable to put together an immediate plan as her parents didn't want to take her to the hospital, only to be turned away again. With the help of our Guatemalan physician, we decided to see if we could transport her to Guatemala City (4 hours away) for a better chance of finding a physician to help her. As of this writing, that hasn't happened, and I am worried that little Hilda may not live long enough to get help. I have to say that God and I have had many conversations about Hilda. Most of my dialogue starts with, "Why God? Why here in Guatemala, where there is little or no hope,

instead of in the U.S. where every possible resource is available?" God's response usually starts with, "Stop asking 'why' questions."

These patients are at opposite ends of the age spectrum, but both are in the same place in the circle of life. One has lived a long and productive life, the other has never had a chance to live her life. Both are blessed to have a loving family. It serves as a constant reminder of how much we take for granted every day.

I also had the opportunity to see Samuel on this trip. As you may recall, Samuel is the 26 year old man with schizophrenia that we found naked, lying on the ground, uncommunicative. I am happy to report that his situation has improved. Porch de Salomon built a secure shelter so he is out of the elements and has a bed. His medication

has helped and he is now wearing clothes, feeding himself, and allowing his family to bathe him. He has not had any further episodes of violence, and his family is no longer afraid of him. Unthinkably, they have been approached by neighbors and told to, "just poison him and be done with it" as he is too much of a burden on them. Thankfully they have not listened and are continuing to follow our advice. He is still not able to engage in meaningful conversation.

I increased the dose of Samuel's antipsychotic medication in hopes that he will continue to improve. Time will tell.

lask that you pray for each of these people and please give generously to support this mission. They are God's children and deserve our love and compassion. Thank you for all of your support.

# Love Your Neighbor!

Lynette Halter President

The October fellowship luncheon program of UMW in Ministry (October 6th in Moor Hall at 11:45 a.m.) will be "Getting to Know Your Neighbor," based on Mark 12:31 (KJV): "Love thy neighbor as thyself." Building on our opportunity as a downtown church, UMW will present a relevant and rousing program in the spirit of learning about and serving the needs of our community and our neighbors. Trinity UMW Missions Coordinator Kim

Simpkins will host an interactive panel of local social service directors and leaders who will address problems and offer some possible solutions relating to homelessness and poverty affecting

Methodist Vomen FAITH · HOPE · LOVE IN ACTION FAITH · HOPE · LOVE IN ACTION Refuge House; Lou Ernesto,

Volunteer Coordinator from Grace Mission Episcopal Church; and Marie Vandenburg, Executive Director

of HOPE Community.

The luncheon will be enjoyed in an autumn setting decorated by Linda Phillips. Everyone is welcome to attend, even if you aren't a member of UMW in Ministry. So join us and invite your neighbors! Please call Nancy Kerce at 877-6546 for reservations. Hope to see you there.

## **Baby Blanket Ministry**

UMW member Doris Maige holds one of the baby blankets that have been an ongoing project of UMW for many years. Multiple hands touch the blankets before the final product is ready to be given away. Martha Tilden is always on the lookout for 100% cotton flannel for sale prices at the fabric stores. From there it

goes to women who cut out the blankets (large enough for swaddling) and then hemmed and passed along to members who crochet the edges of the blankets. No one has crocheted more blankets than Doris Maige (pictured to the right). Doris is willing to teach anyone who wants to learn how to crochet the edges. The finished blankets are given women as mission projects and also to women with new babies in our church family through the H.E.O. ministry.



## **UMW Action Team Meetings**

**Alpha Action Team** (Circle 1): will be meeting Mon., Oct. 12th at 10:00 AM at Shirley Benson's house.

**Dorcas Foster Action Team**: Tue., Oct. 6 at 1:00 pm in Church library. Nancy Waugh, chair.

**Mary Martha Action Team**: Mon., Oct. 12 at 6:00 p.m. 2104 W Randolph Cir, Julie Pararo, hostess & chair.

**Sojourners Action Team**: Wed., Oct. 7 at noon, Café at St. Johns. Marti Chumbler, chair.

**Susanna Wesley Action Team** (SWAT): Tue., Oct. 20 at 10:00 a.m., Liz Smith, hostess, 3930 Meandering Lane (576-1533).

**The Voice Action Team**: Thu., Oct. 15 at 7:00 p.m., 4525 Bowfin, Debbie Henderson, hostess.

The Pecans are COMING!

# Youth Happenings in October

# A Note from Blake ...

With the school year in full swing, the regular rhythm of the youth program has begun to fall back into place. There are so many great opportunities for students ranging from grades 6-12. Many of you are very familiar with what goes on with the youth, but if you are new to Trinity and are curious about the youth program, I would encourage you to give us a try as a place to plug in.

Our main time together is Sunday nights from 6-8 p.m., when we gather for food, fellowship and learning together. We have started something called Family Groups this semester, which is a way to grow together in community. Sunday nights are a great way to interact with lots of different people.

We also have our Wednesday night

meeting from 4:30-5:30 p.m. and High School from 6:30-8 p.m. These studies offer a great opportunity to go a little deeper into the Bible in a smaller group. Also, we are always looking for volunteers who might be able to assist in shuttling students from school to the church for the Middle School Bible study in particular. If this is an area where you could help, I would love to talk with you!

In addition to regular events, we also have all sorts of other special things

going on ranging from service projects, to trips out of town. We recently came back from Disney World's Night of Joy, which is a large Christian music festival (pictures below). In November, we are all really excited for **IMPRINT**, at Warren Willis Camp.



It's a full weekend retreat and the cost is only \$40. If you are looking to see more about what youth is about, this is a great trip to start!

As always, if you have any questions, please don't hesitate to contact me at bswanson@tumct.org. Also, if you are not receiving weekly updates about all our upcoming events, send me an email and I will make sure you get on our list. Thanks for all that you do to support our youth here at Trinity!



(who are not pictured) who accompanied the youth to Orlando!

# New members join in August

Trinity increased its membership as a new group joined in late August. Please read the following biographical sketches to learn more of these newest members of the church.

**Lasandra Barnhill** joined by transfer of membership from another United Methodist church. She learned of Trinity by walking by one day and decided to attend. She has two boys, Elijah (12) and Ben (7). Lasandra works for Auto-Owners Insurance as an underwriter. She likes to knit/crochet and would like to help with Mats for the Homeless.

Joan Edenfield joined by transfer of membership from another United Methodist church and is a former Tallahassee resident - having attended both Leon H.S. and FSU. She has three adult children, and four grandchildren attending FSU and one at Tennessee Tech. She likes cooking, and has previously worked in her church's "Clothes Closet" and in the parsonage.

Bob and Melanie Flowers joined by transfer of membership from another United Methodist church. They have two grown children, Buck (30) and Claire (27), and Lucie (15) who attends Maclay H.S. Bob is a contractor working for C.W. Roberts Contracting and Melanie is a designer working with a local designer. Melanie has volunteered on Altar Guild, Worship, and Staff Parish Relations committees and Bob has served on the Board

of Trustees and was able to assist with building and grounds issues. Lucie is already involved with the Youth group at Trinity.

Rod, Christine, and Abigail Hansen joined as a family after moving to Tallahassee from Idaho. Rod is a museum curator, Christine is pursuing a Ph.D in Theatrical Direction, and Abigail is in the ninth grade.

Jimm and Sara Patterson joined from other denominations. They have two children, Reagan (4) and Wyatt (5 mos.). They have lived in Tallahassee for fifteen years and have attended Trinity for five years. Jimm works in phamaceutical sales for Novartis Phamaceuticals and Sara is a self-employed consultant.

Princess Palmer joined by transfer of membership from another United Methodist church. She came to Tallahassee in 1970 from Brooksville to attend FSU. She earned her Ph.D while working for Leon County Schools. She has co-authored books on Islamic Extremism after spending nearly ten years in the Middle East.

**Karalee Poschman** joined by transfer of membership from another United

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Jonathan Brewster, Associate Pastor of Discipleship
Rex Adams, Director of Communications

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Methodist church. She is a member of the choir and is an Epidemiologist with the CDC.



Pictured here from left to right are new members and family: Jimm and Sara Patterson (with Reagan hiding behind Sara); Lasandra Barnhill and Elijah Nash; Bob, Lucie and Melanie Flowers; Christine Hansen, Karalee Poschman; Joan Edenfield; and Rev. Curry. Not pictured, Rod and Abigail Hansen, and Princess Palmer.