



THE measure OF love



¹What if I could speak all languages of humans and of angels? If I did not love others, I would be nothing more than a noisy gong or a clanging cymbal. ²What if I could prophesy and understand all secrets and all knowledge? And what if I had faith that moved mountains? I would be nothing, unless I loved others. ³What if I gave away all that I owned and let myself be burned alive? ⁴I would gain nothing, unless I loved others.

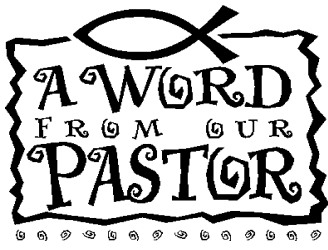
⁴Love is kind and patient, never jealous, boastful, proud, or ⁵rude. Love isn't selfish or quick tempered. It doesn't keep a record of wrongs that others do. ⁶Love rejoices in the truth, but not in evil. ⁷Love is always supportive, loyal, hopeful, and trusting.

⁸Love never fails! Everyone who prophesies will stop, and unknown languages will no longer be spoken. All that we know will be forgotten. ⁹We don't know everything, and our prophecies are not complete. ¹⁰But what is perfect will someday appear, and what isn't perfect will then disappear.

¹¹When we were children, we thought and reasoned as children do. But when we grew up, we quit our childish ways. ¹²Now all we can see of God is like a cloudy picture in a mirror. Later we will see him face to face. We don't know everything, but then we will, just as God completely understands us.

¹³For now there are faith, hope, and love. But of these three, the greatest is love.

PASTOR'S PAGE



In his book The First Circle, Alexander Solzhenitsyn, the famous Russian author who defected to America, makes an interesting observation about how

the Russian authorities handle the church. He writes: "No one stops them from ringing their bells; they can break communion bread anyway they please. They can have their processions with the cross. But they will in no way allow them to have any connection with social or civic affairs." The church, under Soviet rule, was allowed to go through the motions; it could have a presence, but it dare not have an influence.

What bothered the scribes and Pharisees was not that Jesus prayed and preached. It was the fact that his prayers and sermons were moving the people to action. I wonder if the church still has that concept of authority. So often our problem is NOT that we do not have authority, it is that we do not USE the authority we have. Maybe it's time we quit defining the problems of the world and start applying the power of the church to the problems.

We have been given authority by God, through Jesus Christ, to heal, to proclaim, to change, and to bring redemption. We are under an imperative from God and we need not fear either principalities or death for Christ has been given all authority over heaven and earth. Now we need to start applying that authority.

Donald Grey Barnhouse tells the story of something that happened to him many years ago during the Korean War. Barnhouse was aboard a flight from New York to Los Angeles. The flight attendant seated a young woman in her early twenties beside him.

Obviously the young woman had never flown before. Over the intercom, the flight attendant said, "Fasten your seatbelts." The young woman didn't even know what a seatbelt was!

Pastor Barnhouse helped her and asked, "You've never flown before?"

She said, "No, this is my first time." As he spoke to her, she opened her pocketbook, and there was a picture of a handsome young GI.

Barnhouse said, "You're going out to see him?"

"Yes" she said, "he's coming home. I'm going to see him."

She went on to explain that they had been married a year and a half before. They had a honeymoon of just a few days, then he had gone to the coast and left for Korea. Now he was coming back home and she was going to see him.

Barnhouse could tell that going to see her husband meant more to this young woman than anything else. He was her bridegroom; she was his bride and she was going to see him.

Then Donald Grey Barnhouse said something important. He said, "You wonder sometimes why Christians live as they do and make the choices they make. They are on their way to see their bridegroom, yet they go right out and live in the world as though it made no effect in their life at all."

One day we are going to see the Bridegroom, our Lord and Master and it SHOULD matter in how we live our lives. His influence and authority need to show in our lives.

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G R O W T I M E

The Adult Christian Development Ministry of Trinity Church

LENT is the perfect time to be intentional about learning and growing our walk with the Lord. Here is a list of the classes starting after Ash Wednesday. Never worry about missing a Sunday or dropping in to any class. Just come and allow God access to you in a fresh way.

The Last Days of Jesus - STARTING Feb. 26 - Do you ever feel dead - spiritually dead? Do you ever wonder, "If Christianity is supposed to be so great and Jesus' death was supposed to take care of everything, why is my life so messed up?" It is only when we drink deeply from the life and death of Jesus—understanding the main events of his death—that we can find a full life. This study (along with "The Life of Jesus") invite us to see the behind-the-scenes truth of the main events of Jesus' death—so that his death can affect our lives...today...right where we live...in the midst of our weaknesses and failures.

The Prayers of Jesus - STARTING March 4 - Take an inspiring and faith-building look at the prayers of Jesus. Taught and written by Bible professors, this unique study series explores the historical background of the Bible, its text, and its application for your life today.

Hope: Never Beyond Hope - STARTING March 4 - Ever feel like a hopeless sinner? Look at the lives of Samson, Peter, Martha and more. God used their imperfections, and he can certainly use ours, no matter how bad we think we are. The Bible was given to us to offer hope and encouragement through the testimonies of those that have gone before us. Through this guide, we discover that just as biblical characters failed, biblical characters were redeemed. And God wants to do the same for us.

Classes Available prior to 2/26 include:

- Faith Lessons Form The Promised Land in Room 109
- Ephesians in Room 302
- The Life of Jesus in Room 304
- The Open Door in Room 108

DAVE'S FINANCIAL PEACE UNIVERSITY
CLASSES START SOON!

Plan NOW to be there ...
 Sun. evenings at Trinity Church
 starting Sun., April 15

Financial Peace University is a program that teaches you how to beat debt, build wealth and keep your own economy thriving.

Join Our Women's Ministry as We Explore James With Beth Moore

JAMES MERCY TRIUMPHS BETH MOORE

8 weeks
 Wednesday Mornings Starting Feb. 8th
 9:30am-11:30am @ Trinity Church



CASSEROLLERS NEEDED

A "Casseroller" is someone willing to make and donate a casserole for Trinity's **Second Sunday Suppers**. On the second Sundays of February and March 2012, Women's Ministries will be selling casseroles after services. Why cook when you can pick up and take home a delicious lunch or supper? Casserollers need to:

- use a disposable 9x13 pan,
- include a copy of the recipe, and
- drop off the "uncooked" delish dish on Saturday, 2/11 from 11am-1pm or Sunday, 2/12 before 9:30am.

Please contact Patty @ 301-662-2895 or tumcsisters@yahoo.com to donate a casserole. **We need at least 30 casseroles for Sunday, February 12 to make Second Sunday Suppers a success.** Let's roll... Casserole that is!

UPCOMING EVENTS

Ball Room Dancing	Friday	Feb 10	6:30 pm
Loving Well Retreat	Weekend	Feb 24-26	
Go Green	Friday	Apr 20	6:30 pm
Baby Shower / Tea	Sunday	May 6	12:30 pm

to benefit Care Net Pregnancy

Look for more details in upcoming newsletters.

BALL ROOM DANCING

Just in time for Valentine's Day. Please join Mike and Nancy Boyd on Friday, February 10 at 6:30pm in the Multipurpose Room for a basic ballroom dance lesson on the "Cha-Cha". All ages welcome, no partners necessary. Please wear leather-soled shoes so they will move more easily on the floor - rubber-soled shoes can't glide on the carpet and may cause you to fall. The cost of this class is only \$3. For more information or to reserve your spot, contact Patty Drechsler at 301-662-2895 or at tumcsisters@yahoo.com.

HAVE FUN & GET IN SHAPE AT THE SAME TIME!

Join us on Tuesday and Thursday evenings at 5:30pm for some great exercise. We will continue our Zumba classes on Tuesdays and start a brand new class on Thursdays called the Body Gospel. Our own Christy DeFrance will be facilitating this DVD based class that begins with a prayer, then gets you moving to joyful gospel music. Zumba is only \$5 and the Body Gospel class is \$2. Just show up and join us! Bring a friend!

Join us for the
Loving Well
Retreat

Trinity Women's Retreat

Because we all deal with people who are a joy to love and those who are difficult to love...

Come join us for a fun-filled weekend as we learn how to love well. Through video sessions we will hear from best-selling author and teacher Beth Moore, enjoy some fun with other women, laugh our heads off, eat, stay up late, make new friends, and enjoy old friends. *It's a weekend you don't want to miss!*

- Friday to Sunday, February 24-26, 2012
- Middle Creek Bible Conference Center, Gettysburg, PA
Hotel-like accommodations with 2 twin beds & private bath
- \$180 gets you 2 nights, 6 meals, and retreat sessions
- \$60 non-refundable deposit due with registration
- "Gift" the retreat to a special woman in your life
gift card and wrapping available

For more information or to register, please contact Kathy Belcher at 301-788-1389 or kabelcher60@gmail.com

Yes, I want to attend the
"Loving Well" Women's Retreat!

Name: _____

Roommate Request: _____

Phone: _____

Email: _____

STEPHEN MINISTRY REFLECTIONS

Attitude and Behaviors of Assertive Christians



One of the parts of Stephen Ministry training is "How to Be an Assertive Christian". Last month I wrote about Assertive Affirmations. I plan to continue more articles about becoming more assertive.

"The Spirit that God has given us does not make us timid; instead, his Spirit fills us with power, love, and self-control".
2 Timothy 1:7

Speaking the Truth in Love by Ruth N. Koch & Kenneth C. Haug lists the following attitudes and behaviors that characterize Christians who live assertively.

- **Assertive Christians believe they have options.**
We have free will to examine options and make decisions that hopefully please God.
- **Assertive Christians are proactive.**
We want to anticipate needs and propose solutions to problems rather than simply reacting to situations.
- **Assertive Christians believe God values each person.**
"For God so loved the world that he gave his only son, so that everyone who believes in him may not perish but may have eternal life."
John 3:16
- **Assertive Christians are motivated by love.**
God first loved us so we want to live that love in our relationship with others.
- **Assertive Christians stand up for themselves without excessive anxiety.**
Treating others with respect, we ask for their respect in return.
- **Assertive Christians are people of integrity.**
Integrity (wholeness) means living out our faith, integrating what we believe and how we live.
- **Assertive Christians accept their own limitations and the limitations of others.**
We all have limits to our time, energy, and abilities and must respect those of others and of ourselves.
- **Assertive Christians practice self-revelation within appropriate personal boundaries.**
We need to maintain confidentiality of what others share with us and not gossip.
- **Assertive Christians can choose to behave assertively, aggressively, or passively.**
At appropriate times, Jesus chose to behave occasionally passively, sometimes aggressively, and most often assertively.
- **Assertive Christians believe that every person has certain basic human rights.**
We must honor these human rights for others and claim them for ourselves as well.

Nancy Boyd

**Second
Sunday
Suppers**

Sunday
February 12

No need to make supper on Sunday, February 12. Buy a yummy casserole from the Women's Ministry Team for only \$15! We will be selling a large variety of casseroles that morning for you to choose from. You just need to take it home, pop it in the oven and ENJOY!

ACTORS WANTED

Trinity will present a cantata for the Lenten season on Sunday, April 1. Five or six men are needed to help re-enact some of the events of Holy Week. No one will have to learn any lines... just help portray the characters. There are some really small parts and a couple of bigger ones. Please contact Valerie Wittkamper at 301-788-2147 or valwitt@gmail.com if you have any interest at all.

Trinity's 1st Annual "Parable of the Talents" Variety Show

**Saturday, March 3
7:00 pm**

**Come join us for a fun-filled evening of
Music, Dance, Comedy, Ventriloquists and more....**

You don't want to miss it! Admission is free. A free will offering will be taken.



SPRING BREAK BIBLE SCHOOL

**Monday, 4/2
to
Thursday, 4/5**

9am - 12pm Children
Preschool 3s* - 5th Grade
*Must have turned three by 9/1/11
Fee \$10.00 per child

Child's Name	Age	Grade in School 2011-2012	Allergies

Parent/Guardian: _____

Home: _____ Cell: _____ E-mail: _____

Address: _____

Total amount due: \$10 per child. Please make checks payable to TUMC

Payment enclosed? yes no

You can also register online at www.trinityfrederick.org. If you have any questions, please contact Rebecca Dean @ 301-662-2895 or children@trinityfrederick.org.



RESOLVE TO LIVE HEALTHIER



If you made a New Year's resolution to improve your well-being, bravo! It is a wonderful idea to make (and announce

aloud or write down) promises to your self to lose weight, exercise more, quit smoking or reduce stress.

If you did not make a midnight pledge on January 1st, resolve to live healthier now. We all have at least one aspect of our health that can be improved. Less than one-third of U.S. adults are at a healthy weight. One out of five adults smokes cigarettes. Creating a personally appropriate wellness goal is an important step toward managing and reducing risks of diseases, such as heart disease, diabetes and cancer.

As many of us know from past experience, it is easier to make a resolution than to keep it. With 360 or so days ahead of us, we will each face challenges. A few weeks into 2012, it is not too soon to review your goal and your strategy for achieving it. Having a plan, and being flexible, increases your chance for success.

The following are tips for keeping your healthy living goal:

Create mini goals. Many people begin their resolution with "This year, I will..." While that is a good starting point, a goal too big or too future-focused can be emotionally overwhelming. Break down your larger goal into smaller ones. Try to think in terms of three-week periods, and if you are tracking your progress, remember to count your interim success. For many people, accomplishing the first goal will help motivate you to work on the second.

Use your support system. Facing a challenge alone can be more difficult than if you are able to talk it through or experience it with someone you trust. If your weight loss goal means a new style of eating for your whole family, discuss what you want to accomplish and why it is important. If you are trying to quit smoking, see what resources are available through your work or community. If you want to reduce stress in your life, but you are not sure where to start, consider short-term counseling.

Visualize what you want. A lot of research has demonstrated the value of picturing what success means to you. How will you look and feel, and relate to others, when you achieve your goal?

Try new things to find what you enjoy. If your goal is to exercise at least three times per week for thirty minutes or more, remember that there are lots of ways of achieving it. A traditional gym may be a good option for some, yet a Jazzercise class or snowboarding may be more fun for someone else. You may have to try several types of activities before you know what you enjoy the most. Ask about trial periods or shorter contracts. The idea is that you are committed to your goal, not tied down to a specific program or method.

Blessings and a Healthy Life,

Kelley Smith, RN

TUMC Parish Nurse

Sources: Centers for Disease Control and Prevention, National Institutes of Health, LifeWork Strategies, and Washington and Shady Grove Adventist Hospitals.

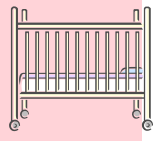


Wednesday, February 22

7:30 pm

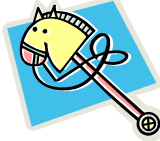
Sanctuary

CHILDREN'S MINISTRIES



Kid's Stuff Consignment Sale

April 14, 2012 8am-1pm
(12:30-1:00, ½ price)



1. Only clean, intact, clothing, toys, furniture, and accessories will be accepted for the sale. We reserve the right to refuse to sell any merchandise. We will not be accepting stuffed animals.
2. We are accepting children's clothes, maternity wear, furniture; cribs, high chairs, changing tables, toys and accessories; shoes, socks, belts, costumes, dress-up clothes, etc. **Anything to do with children!**
3. Merchandise will be accepted Friday, April 13, from 4:30- 7:30 in the Multipurpose Room. You will distribute your own merchandise to the appropriate tables after signing in. The sale starts Saturday at 8:00 and ends at 1:00. We will close from 12:00-12:30 to straighten up and reorganize, then from 12:30-1:00 all remaining items will be sold at half price. All items left at 1:00 will be donated to a local charity. **If you do not want them donated, please be there promptly at 1:00 or earlier to pick them up.**
4. All merchandise is to be clearly marked with blue or black ink on masking tape **ONLY**. We have found that this is the only method that works. Include on the tape your 3 initials used on the registration form, size and asking price. Items left at 12:30 will be sold at half price. If you **do not** want your items sold at half price, put a **RED X** on the masking tape. Please use increments of 25 cents to price your items. You may group some items together. For example, onesies can be securely taped together and offered for 25 cents for the set. Please price items to sell. Many nice items do not sell because they are priced too high.

Consignment Sale Registration Form

(Bring with you on Friday, April 13)

Initials used on merchandise (3 initials, please) _____

Name _____

Address _____

Telephone _____

_____ I have priced and distributed my own merchandise to the appropriate tables and expect a 30% commission to be deducted from my total sales. I will receive 70% of the sales price.

_____ I will be back to pick up any leftover merchandise. I will be there before 1:00 for pickup; all merchandise left at 1:00 will be donated.

We offer no guarantee on the quality of the merchandise sold and are not responsible for any items that are lost or damaged while on display. You should receive your check within one month. For more information call Rebecca Dean at 301-662-2895.

Job Opening!

We are looking to hire two more individuals to work in the nursery on Sunday mornings. It would require that you work one Sunday a month. You must be 18 years of age to apply.

Veggie Tale Movie Night: Friday, February 17



'Duke and the Great Pie War' - A lesson in loving your family. Join us at 6:30pm in room 308/310. We will share a snack, make a craft and have a fun time of fellowship and friends. We can't wait to see you!



Spring Break Bible School!

Ahoy Matey's! Join us on a Bible adventure as we sail the high seas Monday, April 2 thru Thursday, April 5 from 9am to 12pm. In order to make this event a success, **we need you!** We are searching for Captains to lead the following stations: Whipcrack Island Games, Clapping Rock Crafts, Rock Monster Science Lab, and Spyglass Bible Theater with Snack. We will also



need Shipmates to lead our groups around. So, come be a part of the Bible adventure that awaits!

As always, if you have any questions, please contact Rebecca Dean, Director of Children's Ministries at 301-662-2895 or children@trinityfrederick.org

YOUTH MINISTRY HAPPENINGS

SAVE THE DATE

February 2012

- 11 Spaghetti Dinner & Silent Auction
- 16 Youth Council 6:30-8:00
- 24 30 Hour Famine Lock-In

March 2012

- 12 Youth Council 6:30-8:00
- 23-25 IMPACT High School Retreat
- 25 EpiCenter

April 2012

- 10 Youth Council 6:30-8:00
- 29 Youth Sunday

May 2012

- 17 Youth Council 6:30-8:00
- 19 Youth & Children's Yard Sale
- 27 EpiCenter

June 2012

- 2 Convoy of Hope
- 3 Confirmation Sunday
- 29-7/3 Creation

July 2012

- 15-21 ASP High School Mission Trip
- TBA Middle School Mission Trip

Live Out Loud Youth Group
Sunday Nights 6:30 - 8:00pm



IMPACT 2012 CONNECT REGISTRATION FORM

High School Youth Conference in Ocean City, Maryland

Yes, I give my son/daughter permission to attend **IMPACT** with Trinity United Methodist Church on March 23-25, 2012 (note: you will also need to complete a medical release form)

\$75 deposit and registration form due by February 25. Total cost is \$125

Student Name: _____ Email: _____

Home Phone: _____ Cell : _____

I would like to chaperone: Yes No

 Parent Signature and Date

*Please make checks payable to Trinity United Methodist Church.. On the memo line put **IMPACT 2012.***

FEBRUARY VOLUNTEERS

Date	Drivers	Lay Readers	Ushers	Greeters
2/5	Lars DeSalvio 301-831-8171	Cheryl Anne Forster	8:45 - Beth Gura, Greg Awbrey 11:10 - Larry Boyer, Adrian Winpigler, Larry & Anna Marie Linton	8:45 - Tim & Dawn Ann Bambrick 11:10 - Mal Stickney, Linda Herrick
2/12	Leroy Daisey 443-623-2478	Chris Freel	8:45 - Evelyn Dwimoh-Smith, Tony Driebelbies 11:10 - Larry Boyer, Judy & Michele Pickens, Wayne Buckingham	8:45 - Cindy Mitchell, Pat Glass 11:10 - Ruth Donald, Mike Dean
2/19	Randy Carter 301-695-1159	Kristin Weschler	8:45 - Ernell Graham, Sue Rowland 11:10 - Larry Boyer, Barb Ellis, Mary Wallick, Dave Romer	8:45 - Bill & Lynn Martin 11:10 - Chris & Lisa Freel
2/26	Bill Etzler 301-865-6026	Joanne DeSalvio	8:45 - Patti Jordan, Chris Freel 11:10 - Jerry Ryan, Ida Vanaman, Bill & Kay Etzler	8:45 - Lars & Joanne DeSalvio 11:10 - Margery Wilson, Judy Maucione



We are trying to be better stewards of the church's resources and are offering an electronic version of the monthly newsletter for those interested. If you would like to receive an electronic version instead of a paper copy, please e-mail Patty in the church office at tumc@trinityfrederick.org.

NEWSLETTER COLLATING DATES

Thursday February 23 1 pm
Wednesday March 28 1 pm
Thursday April 26 1 pm

These dates are subject to change. We are always looking for more volunteers. If you can help, please call Ruby Fine @ 301-371-5617.

NEWSLETTER SUBMISSIONS

Please submit your information or article for the monthly Newsletter in one of the following ways :

- mail or deliver to the church office
- email to TUMC@trinityfrederick.org.

Information for the March 2012 Newsletter will be due the second Sunday of February - February 12.

OFFICE AND PASTOR HOURS

The church office hours are 9am - 4pm, Monday through Friday.

Pastor Lynn works part-time and is in the office Monday, Tuesday, and Wednesday. She usually makes her pastoral visits in the afternoon on these days.

Reverend Dameron's day off is Monday. He is usually in the office Tuesday afternoon, Wednesday morning, Thursday afternoon, and Friday morning - other times by appointment.

Your pastors are ALWAYS available by phone.

Glen: 301-467-5200(cell) and 301-869-9696(home)
 Lynn: 304-279-6800(cell) and 304-728-7530(home)

Trinity United Methodist Church
703 West Patrick Street
Frederick, MD 21701

301-662-2895
tumc@trinityfrederick.org
www.trinityfrederick.org

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All You Can Eat SPAGHETTI DINNER
and Silent Auction

Saturday, February 11, 2012

5:30-7:30pm Dinner and Auction (auction bidding ends at 7pm)

Come and Support our youth mission trips by eating some
fabulous homemade All-U-Can-Eat spaghetti!

Tickets will be on sale in the Main Lobby on January 29 and February 5!

Adults \$10 Children (10 & under) \$5
maximum \$30 per family

Contact Joanne DeSalvio @ 301-662-2895 or youth@trinityfrederick.org with questions or for tickets.

