

### **MAY you feel encouraged by these notes, verses, tools and love from your Trinity staff.**

May used to be a very busy month for many people, people with many projects and events, as a matter of fact many people get married in May. All this because, of course people want to take advantage of the full summer (for many summer starts in May, just saying), people want to bring their issues and concerns to the whole community as a way to raise awareness on so many concerns and issues that they have a passion for. Indeed, May is Foster Care Month, National Barbecue Month, National Bike Month, National Blood Pressure Month, National Photograph Month, National Recommitment Month, and Older Americans Month. And if you are one of those who love meat well May is the National Hamburger Month (and this goes perfect with the National Barbecue Month, right?). But this month is so great that if you rather eat salad, well May is the National Salad Month.

In May, we have weekly celebrations like Nurse's Week, and several others. We have over 80 special days that are celebrated in May (which only has 31 days, go figure) like Cinco de Mayo (the 5<sup>th</sup> of May), a celebration of our Mexican brothers and sisters. Also, on the silly side, No Socks Day! Of all the days, and weeks to celebrate something in the month of May, is amazing to think that one of those days tops the chart in our national psychic: Mother's Day.

Yet, this month's celebration of this amazing day will be marred by the bleak reality of COVID-19. This was an unexpected surprise that has thrown a monkey wrench on every celebration, every event planned. Funeral services and memorial services have been postponed or delayed indefinitely as a consequence of this pandemic. Weddings scheduled for the month of May have been canceled or postponed due to this new reality. Social distancing has made it so difficult to bring any type of normalcy into our lives. Even to the point that many of us, many of our friends cannot even visit their mothers who are in the hospital or in adult care facilities. This month does not look like a time for celebration at all.

And, yet, as we come to celebrate our mothers, and those who have been mothers to so many of us, we realize that Mother's Day is a day when we celebrate love, unconditional love,

sacrificial love. As a matter of fact, on this day we are reminded of God's love, a love that is unconditional and sacrificial. Indeed, women who have shown love, care and compassion to us; even

when our own mothers could not. They are a witness to God's love for our lives and the world. So, we are grateful to God for all the women in the world who in one way or the other have been a mother to someone, for we all know that mothers come in different forms, just as God does.



This month, in the midst of the devastating COVID-19 pandemic, we are reminded that most mothers' love know no bounds, that most mothers' around the world continue to love and live given their best to their children and their families. They are not just a reminder of how amazing women are, they are a reminder of the best humanity has to offer. They are examples of tenacity,

creativity, intelligence, perseverance, intellectual curiosity, and a deep sense of the divine presence in the world.

So, you might say, "Well, pastor, it seems as if you like women." Indeed, I do! That is why I married one; that is also the reason why my mother's last name is with me wherever I go. I did not want to miss the blessings that come from God's special gift to the world. Even if the blessings arrive with many bumps on the journey! (LOL!).

To all the women of Trinity United Methodist Church who have been a mother to someone... to you who helped that young person to go to school when no one thought they could, to you who helped that young person achieve their dreams when no one else believed they could. To you who have loved unconditionally to make someone else's life a better one, to you who wiped away the tears on that child's face, in the face of the person you love, when everyone had turned their back on them; may you have a blessed celebration with all your children, with all the people you love; even if it is over Zoom, WebEx, Skipe, or whatever new platform is available when your day come.

As we celebrate mother's day, we celebrate life, the life that comes from God, the life that God has granted us so that we may live in God's amazing abundance. A life we share in

solidarity with all of God's children around our communities and the world. Regardless of the circumstances around the world we celebrate life, we celebrate resurrection, because our God is the God of the living (Mark 12:27) even of those who have gone ahead to be with the Lord.

Happy Mother's Day to all the mothers, and to all the women who have been like mothers to so many! During this time of a world pandemic and social distancing remember the word of God for those who put their trust in the Lord:

*"God is our refuge and strength an ever present help in trouble. Therefore, I will not fear, though the earth gives way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging." "The Almighty is with us; the God of Jacob is our fortress." (46:1-4, 7). Amen!*

Pastor Eliezer

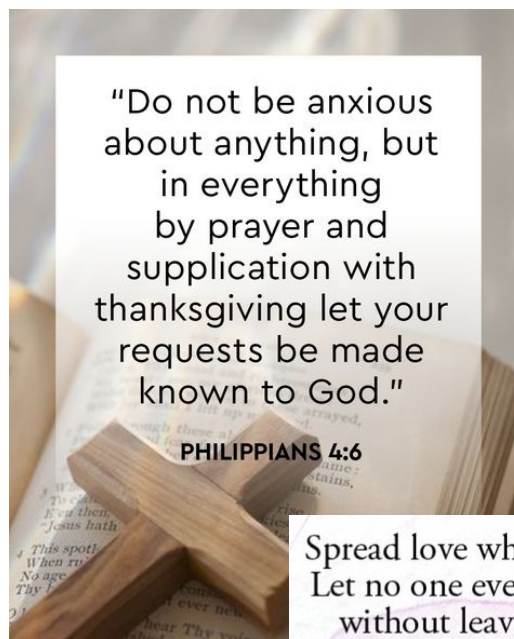
## a letter from our STEWARDSHIP & FINANCE TEAM

Dear Brothers and Sisters in Christ,

Thank you for your generosity during these challenging times in our community and the world. While we have not been able to gather face to face for worship and study; we have found many ways to continue our work and support our ministries. Your financial gifts allow us to continue paying our staff and expenses. We have received your financial gifts through online giving on the church webpage, direct bank checks, and personal checks sent directly to the church office. All these gifts contribute to support our church and are much appreciated. We do not have to be physically present to give and support the work of the church in our community.

The Stewardship & Finance team continues to look into grants and other resources that may help us continue to do our work. As we continue to practice social distancing, hygienic precautions, and follow the CDC guidelines, I pray that all of our church families stay safe and healthy. I look forward to the Sunday when we can gather in the sanctuary at Trinity to worship face to face. Until that time, I hope you enjoy the online worship services, bible studies, and other resources we look forward to provide. We must stay connected to each other and pray for each other. Again, thank you for your continued financial support of our church and for your constant prayers.

In Gratitude,  
Michele Pickens  
Chairperson, Stewardship & Finance Team

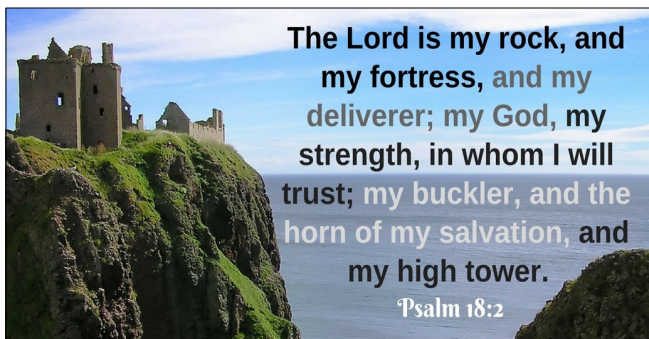


Mother Theresa

look for the  
HELPERS  
you will always  
FIND PEOPLE  
WHO ARE  
helping  
- FRED ROGERS

Love,  
Wendy

for more information about TUMC youth activities, contact Wendy at [huff.wendy@gmail.com](mailto:huff.wendy@gmail.com)



I chose this to be my favorite Bible verse when I was 13 years old. In times of doubt, uncertainty, confusion or fear, this verse has been a source of comfort and promise. To those who are experiencing unsure footing, uncertain futures, or emotional struggles, I hope this verse can remind you about just how mighty is our Lord no matter what we face. As His children, without reserve, we can fully put our trust in the source of our hope, Christ the Lord. Always remember nothing happens out of His control. God bless you dear Trinity family.

Yours in Christ,  
Jenna

### TRINITY PASTORAL COUNSELING CENTER



**May is Mental Health Awareness Month.** During this time of COVID-19, it is especially important to remember to take care of oneself and connect in new ways that respect physical distancing but encourages connection. The Counseling Center staff have transitioned to telemental health in order to provide services.

We are living in an era of great technological advances, which include ways to connect from a distance. While it does not substitute for the wonderful feelings we can get from touch or the warmth of closeness to another person, we can take advantage of other ways to connect. Phone calls are still a moderately low-tech way most of us know how to access. Many of us use or can learn Facetime, Zoom or other services that allow us to see and hear others who aren't able to be in our personal space. Some people are continuing their social groups by taking them on-line. Many people connect through texting and might add a picture of themselves or something important in their lives right now. Maybe we would like to share images of our family, spring flowers in the yard or a pet doing something cute. What ways are you and your friends and family using to connect?

During this unique time in our history, we can take this time to slow down. Maybe we are finding time to devote to prayers for healing, care for the ill, the healthcare workers, and other community service people who put themselves at risk for the benefit of the larger community good. We might use this time to catch up on those books or movies that we have been intending to look at. Gardening, taking a walk, or enjoying nature might be something we can do. Maybe we can savor the meal that we are eating. Fill your body, mind and heart with good things that our nourishing and wholesome.

If you are working in the medical field, first responders, grocery store staff or delivery drivers who are feeling pushed to the limits, self-care is crucial. Sleep, hydration, exercise of some sort, healthy foods are core self-care strategies. The counseling center is part of a pro bono team of mental health clinicians providing short-term mental health crisis care for medical staff. However, contact the center if you or someone you know in anyone needing extra support during this challenging time as they try to balance work life with the hazards of possible virus exposure, we will do what we can.

One major challenge that households may be experiencing is increased financial stress. Please reach out for help during this time. If you know of someone struggling, please check on them. Community resource information can be accessed by calling 211 any day or night - 24/7, everyday of the year.

While we might be tempted to look at news feeds often, it might not always serve our best needs for good self-care. Find out what is a good balance for you. Perhaps, you might want to check your news source(s) in the morning and let it go until the next morning. Or, if you really are getting ramped up, it really is okay to stop taking in news. If you are worried that you will miss something, tell someone you trust with your mental

health about your plan and ask them to tell you if or when something especially newsworthy is important to know.

For couples and households with children/teens, this is a time when forced togetherness with limited outlets can really add to the tension. As hard as it may seem, this is an opportunity to practice more grace in your lives. Be aware that everyone is picking up on each other's agitation and make every effort to lovingly de-escalate. Keep to a schedule. Don't expect your kids to be doing school work over the same amount of time they spent in school. Check with your child's teacher on suggestions for what is needed and helpful that is age appropriate.

Putting this in perspective may be helpful. Our community has weathered other epidemics before. Some of us remember polio epidemics and tuberculosis quarantines. At dinner the other night, my husband and I were talking about whether the Great Frederick Fair would be taking place this year and if there was ever a time when it was closed due to a health concern. Looking at the Fair's history, we learned that during the 1918 Flu, the Fair was not held. As you can see, it didn't keep it down. It reopened the next year and has been operating except when WWII used the grounds for war activities. Our families have lived through difficult times before this time. However, we are resilient; our communities are resilient. Praise God!

While we don't know what the future holds, we can weather this better together (from a 6' distance) through old and new ways of connecting. If there is emotional or mental distress that goes beyond what feels tolerable, please seek help. For emergencies, call 911. Contact your doctor to see if medical treatment is needed. The Counseling Center (301-662-8908) is here for you and is a ministry of the church in the community.

*"God is our shelter and strength; always ready to help in times of trouble."* Psalms 46:1

Blessings, Diane Younkings, LCPC, NCC  
Director and Pastoral Counselor



Greetings TUMC Family,

Psalms 34 teaches us to Bless the Lord at All Times! Summer is just around the corner and it is time for you to showcase your gifts and talents during worship.

If you are interested in providing "special music or dance" for one of our summer worship services, you are invited and welcomed to do so.

Please contact Sister Angela Spencer at [angelahspencer@gmail.com](mailto:angelahspencer@gmail.com) or at 301-514-1071 by June 1, 2020 if you have any questions or concerns.



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

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

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Greetings Beautiful Children of God,

Technology has become so advance in our lives that we receive things in an instant. It seems like we live in a micro-wave world in which we want everything to be ours with a snap of the finger. The thing that we have to remember is that we cannot open the microwave and put our problems, our trials and tribulations in there, set it to one minute and

think that God will deliver us when the microwave beeps.

Listen Adored One, God will deliver, God will provide and God will solve our problems – we just have to give God time to be God and do what God specializes in. Put your Trust and Faith in God and don't worry because God is with you every step of the way. 1 Peter 5:6-7 says: *"Humble yourselves therefore under the mighty hand of God, so that he may exalt you in due time. Cast all your anxiety on him, because he cares for you."* Today I want to encourage you to remember that no matter how big your problems may seem to be – Your God is much Bigger and He can do ALL THINGS except fail. God is with you and will never leave you nor forsake you.

Have a Blessed Week and remember to: Live Life with Purpose, Put into Practice What You Read & Heard in the Word and don't forget to always "Activate Your Faith!!"

Shalom & Blessings, Pastor Mark

#### ***Some encouragement...***

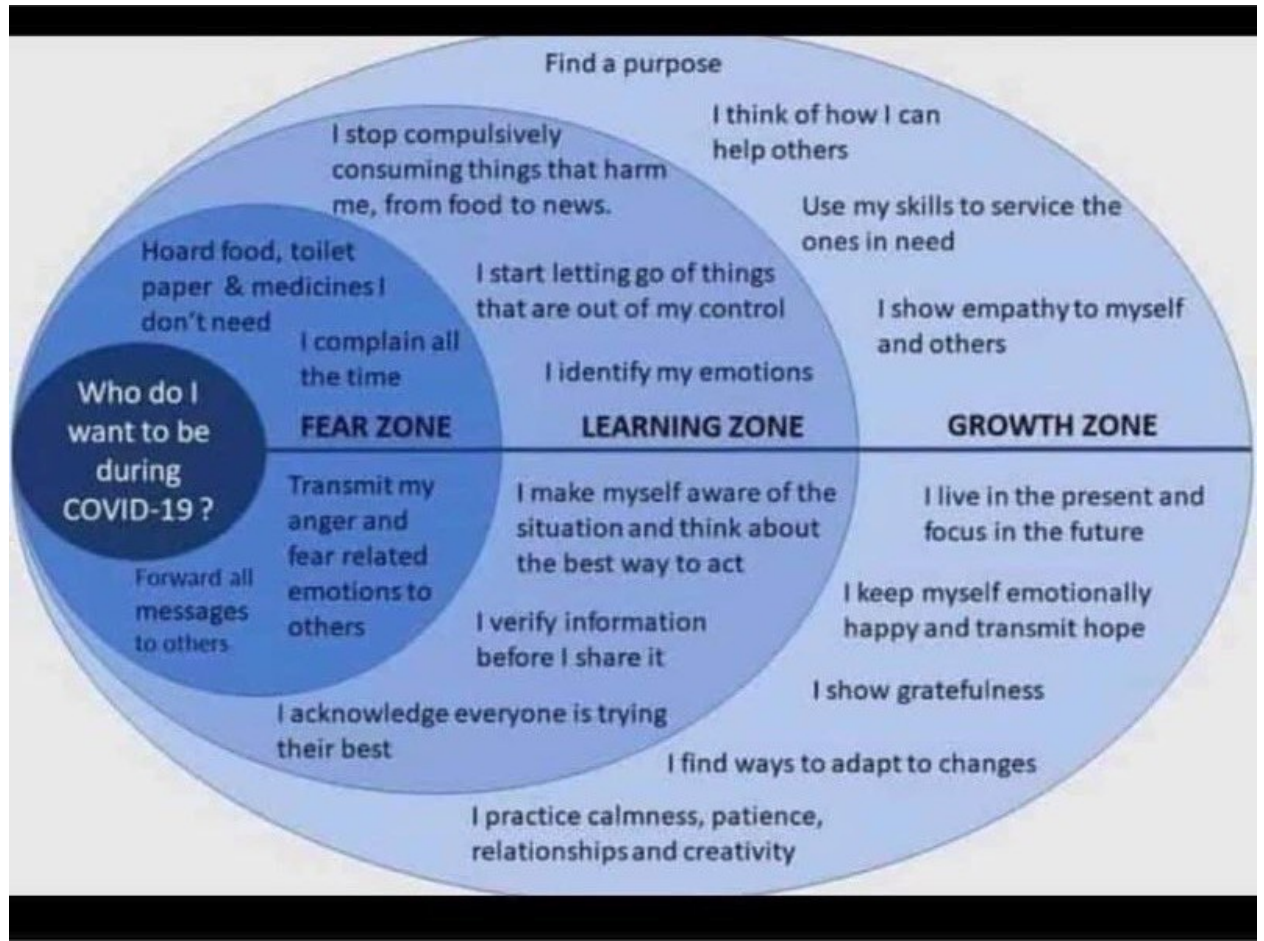
We are living in so me interesting times right now. This COVID-19 coronavirus has changed all our routines. We are not used to being cooped up in the house with limited ability to travel. Even our pets our looking at us with suspicion wondering why we are there so much. We are invading their space. We are suffering from Zoom fatigue and on top of that, we look in the mirror and wonder where that extra 100 pounds came from that was not there a month ago. This virus will affect all of us in some way in that we will know of someone who contracted it. My best friend and his wife both have it and have battled it for over a month, but they are both doing fine now. Others have not been as fortunate. Though this disease has changed the trajectory of our future, I see a lot of positives to embrace. Prior to this pandemic, we often complained that we do not spend enough time with our families and now we are forced to and we are bonding and loving on one another.

We also get to love on our family and friends more since we have time to communicate with them. I have seen so much genuine love, compassion and concern in the world lately with coworkers, congregants, family members, friends, neighbors, long lost friends all checking in with one another to see how they are doing and if they need anything, looking for ways to help if possible. People are spending time talking to friends who suffer from isolation and anxiety. I have seen people recommit themselves to God, the Bible and other spiritual pursuits. Many others are working on getting their mind, body and spirit in order. Some spend their time trying to figure out how to safely help the less fortunate. Though these times are tough, it has bought out the best in many of us towards one another. This is an opportunity to center ourselves and refocus. Use the time wisely. When this is over and we get back to a new normal, let us continue to love on one another and invest in each other's lives like we are doing now. - Curtis Osborne

Post wherever you put important things to remember... With so much love in our God who Grows us, Heather

God invites and enables us to grow, even when, maybe especially when, things are hard. Take him up on this invitation in this season that unique to everyone. Who is He calling us each to be?

"Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ,<sup>16</sup> from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love." Eph. 4:15-16



**PRAY**  
**GOD'S GLORY**  
*Across the Earth*

"FOR THE EARTH WILL BE FILLED WITH  
THE KNOWLEDGE OF THE GLORY OF THE LORD  
AS THE WATERS COVER THE SEA."

HABBAKUK 2:14 NIV

MAY 7, 2020

NATIONAL DAY OF PRAYER  
NATIONALDAYOFPRAAYER.ORG