



Cloverleaf

Trinity United

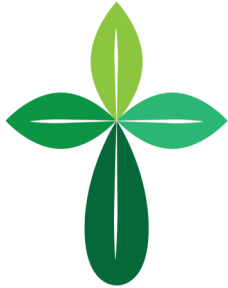
June 2021

Volume 33 ♦ Number 6

Thank you, Pastor Eliezer



**TRINITY PASTORAL
COUNSELING CENTER**



June is National PTSD Awareness Month. Historically, Post-Traumatic Stress Disorder (PTSD) symptoms were documented as far back as the Civil War in the United States, but goes back millennia in the world. During WW I, WW II and the Korean War, some soldiers experienced what was called in the past shell shock, soldier's heart, combat fatigue or war neurosis. After the Vietnam War, PTSD came to be named and recognized formally in the mental health diagnostic manual in 1980.

Trauma work has extended beyond military trauma and now includes anything that causes symptoms from one or more events that are disturbing to the person. Symptoms can include poor sleep, nightmares, emotionally numb, hypervigilant, poor concentration, jumpy, irritable, loss of interest in things that used to be fun, flashbacks, increased substance use, heart racing when triggered by a memory or situation reminiscent of the bad memory.

Our center specializes in trauma-informed treatments. Ideally, the sooner the treatment, the sooner healing can take place to reduce symptoms. We encourage anyone who suspects PTSD-like disruptions to seek help. Newer therapies exist that help people get symptom relief.

If you have any question about treatment, contact us at 301-662-8908.

In Peace,

Diane Younkins, LCPC, NCC
Director and Pastoral Counselor



Y'all Come!
Trinity Worship 10am Sundays
NO RSVP necessary!
No capacity restrictions

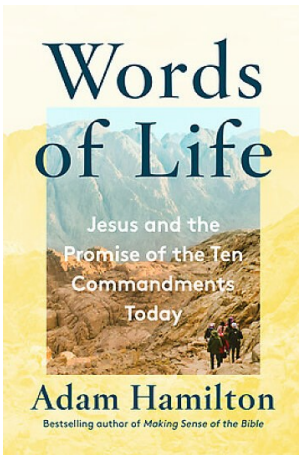
WHAT TO KNOW...
Park in spot of choice
Enter & Exit through any lobby door
Kindly wear your mask upon entering
Simplified health form takes just a second to complete

³And not only that, but we also boast in our sufferings, knowing that suffering produces endurance,⁴ and endurance produces character, and character produces hope,⁵ and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.*

-Romans 5:3-5

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**So what do the 10 Commandments have to do with me today?
Zoom-based Bible Study ♦ Mondays ♦ 7-8pm**

Join Pastor Mark as he leads the study, *Words of Life: Jesus and the Promise of the Ten Commandments Today*. Come explore the commandments in their historical context, unpacking the meaning of each commandment in Hebrew, how Jesus reinterpreted them, and how Jews and Christians have understood them over the millennia. Learn how the latest research in science and psychology illuminates these commandments, rightly understood as a way of ordering one's life beautifully in the present day. In a culture marked by workaholicism, materialism, and social media-driven envy, God has given us a time-tested path that leads to gratitude, confidence, and peace.

Trinity has a long history of serving through Appalachia Service Project. With no trip last year, we are eager to get back on the road to our ASP site July 4-10, 2021. Youth and adult volunteers will give their time and energy to help those in need. If you are interested in serving on this team, please contact Wendy Huff: huff.wendy@gmail.com, or 301-602-0950.



**This "Re-entry" time
Can Be Hard, Different,
Even Scary...**

ARE YOU HURTING?
You are not alone.

STEPHEN MINISTRY

One completely confidential call can help. Ask for a Trinity Stephen Leader at 301 662 2895

GROW TIME... helping you send your roots to the stream

LIKE A TREE PLANTED BY WATER

THAT SENDS OUT ITS ROOTS BY THE STREAM. IT DOES NOT FEAR WHEN HEAT COMES. ITS LEAVES ARE **ALWAYS GREEN**

JEREMIAH 17:8

Watch for summer study details at www.trinityfrederick.org, in the weekly email Newsletter and the weekly newsletter at worship.

Tuesday's at 8:30am via Zoom

MEN'S Bible STUDY

Link available at www.trinityfrederick.org

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

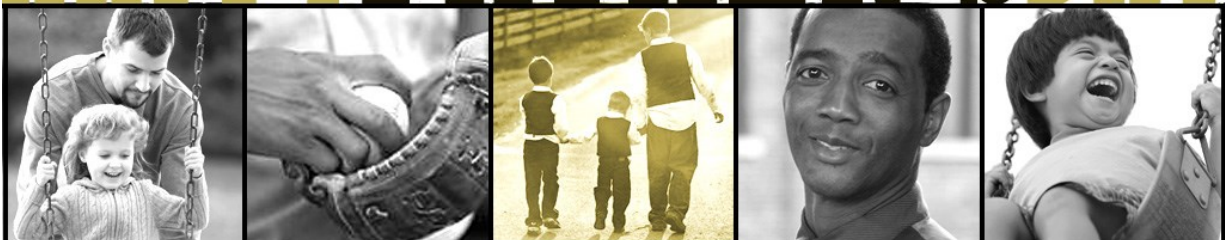
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www.trinityfrederick.org

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CHANGE SERVICE REQUESTED

Sunday, June 20th

HAPPY FATHER'S DAY



BEHOLD WHAT MANNER
OF LOVE THE FATHER
HAS BESTOWED ON US,
THAT WE SHOULD BE
CALLED CHILDREN OF
GOD! **1JOHN3:1NKJV**