

# Welcome Pastor Shannon

## From the Pastor's Desk

Hello Trinity! I wanted to use the newsletter to introduce myself and invite you to meet with me!

One of my favorite scripture verses and the way I understand what it means to be a Christian is John 10:10b when Jesus explains, "*I came that they may have life, and have it abundantly.*" I strive to live abundantly and to help others live abundantly through our generosity and advocacy and service, through our hospitality and kindness and prayer. Abundance, for me, happens through imagining and living into a world where everyone has enough to eat and no one lives in fear of violence and everyone feels enveloped in love. Since I was young, I thought the church community was a place where I could live abundantly and help others live abundantly.



I am a life-long United Methodist and second generation clergywoman. I experienced the love of God through Sunday school teachers, in Vacation Bible School, and on mission trips to Bosnia and Herzegovina as a teenager. I took over teaching parts of VBS as a middle schooler, and my mom said she knew I had a call to ministry then but I didn't! I went to college thinking I would become a missionary, that I would serve God in some way working for social justice or in caring or teaching ministries. I wanted a job like my mom's, but I never wanted to be a pastor! I had my first faith crisis in college when life did not go as planned, and emerging from that hurt is when I first heard my call to ministry.

I was twenty when I heard the call in Washington, DC, at a worship service curated by the Methodist Students for an All-Inclusive Church (MoSAIC). A pastor friend was serving communion, and, when she took the bread and broke it, it was rainbow challah bread. After a season of feeling adrift, like God had left me to fend for myself, in that moment I felt as though God was pointing and saying, 'Here. This is where you are supposed to be.'



This is what you are supposed to be doing." At that moment I felt like I belonged; I felt that this was home. It was a feeling of completeness that I wish for everyone. And it is a feeling that is not accessible to everyone in the church. I knew in that moment God was calling me to preside over the table to invite ALL people to the feast. A table abundantly full of God's nourishment and chairs filled with hungry people of all shapes and sizes, all backgrounds. A table of abundant love.

A call is not a once and done thing, just as discipleship is not something that happens at one point and you never have to work for it again. My call continues to evolve and change but that abundance remains. I am coming to you after being an associate for four years, but I was a solo pastor five years before that and a student chaplain in a behavioral health unit before that. At Calvary, I feel like much of what I have done has been survive the pandemic and learn how to edit videos and run Zoom studies, but in the years before the pandemic I focused on ministry with young people from running Vacation Bible Schools to leading youth groups to working with the young adult group Pastor Suzanne started when she was here. I led Bible studies and co-led retreats, which were also great blessings to me in my time at Calvary. I served at Presbury United Methodist Church in Edgewood, Maryland, for four years before that. There, I expanded the church's programming with children and youth and strengthened the church's mission participation through local and national partnerships. I also served on the steering committee that re-established the Emergency Rotating Shelter (ERS) in Harford County to provide shelter for those experiencing homelessness, and Presbury was the first host congregation of this effort. My first appointment was for only a year after I graduated from seminary: Deer Creek and Mt. Tabor United Methodist Churches, two small rural congregations in Forest Hill and Bel Air. There I focused mainly on pastoral care and ministry with children. As a seminarian, I served in a variety of settings, including as chaplain in the behavioral health unit of a New Jersey hospital, an experience I built upon as a volunteer hospital chaplain in Harford County as well.

I also have experience in community organizing, creative worship design, international missions, and non-profit work in communications and mentoring. I have traveled extensively through educational and research opportunities in Bosnia, France, Venezuela, Mexico, and Ghana, and have done mission work in Appalachia, Bosnia, South Africa, and Haiti.

Where I find abundance in my life most now, though, is in raising children. I do a little of that as a pastor and an aunt (I have three nephews), but a lot as a mom. We have one living child after three losses and many failed fertility treatments. His name is James Ezekiel- we call him Zeke. He is nineteen months old and always on the move. He doesn't talk much, but he loves making noise by playing instruments! He loves animals. He brings us so much joy! Now, motherhood is hard and frustrating- I don't want to overly glorify it! But seeing the world through the eyes of a child day in and out is such a blessing.

... Pastor's Page continued on page 6



Are you actively involved in the ministry of your church? If not, we have many ministries that might be the perfect fit for you! Here are just a few ways you can serve:

- Missions
- Trustees
- Youth
- Church & Society
- Hospitality
- Music
- Women's
- Member Care
- Worship
- Children
- Education
- Stewardship & Finance

For more information, please contact Heather Throckmorton at 301-662-2895 or [heatherthrockmorton@trinityfrederick.org](mailto:heatherthrockmorton@trinityfrederick.org).

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# Pastor Eliezer's Celebration

A special thank you to the dedicated volunteers who made this luncheon celebration possible. Thank you to all of those who donated their time, tents, and hands to make this beautiful event possible. What a great send off for Pastor Eliezer! Best wishes and many blessings for his next journey. Thank you again to the volunteers and members of Trinity United Methodist Church.



## June 6, 2021

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### “Legacy of Kindness”

*All the widows stood around him, crying and showing him the robes and other clothing that Dorcas had made while she was still with them.*

-Acts 9:39

Martha served as a teacher’s aide at an elementary school for over thirty years. Every year, she saved money to buy new coats, scarves, and gloves for students in need. After she lost her fight with leukemia, we held a celebration of life service. In lieu of flowers, people donated hundreds of brand-new winter coats to the students she loved and served for decades. Many people shared stories about the countless ways Martha encouraged others with kind words and thoughtful deeds. Her fellow teachers honored her memory with an annual coat drive for three years after her life ended on this side of eternity. Her legacy of kindness still inspires others to generously serve those in need.

In Acts 9, the apostle Luke shares a story about Dorcas, a woman who was “always doing good and helping the poor” (v. 36). After she got sick and died, the grieving community urged Peter to visit. All the widows showed Peter how Dorcas had lived to serve (v. 39). In a miraculous act of compassion, Peter brought Dorcas back to life. The news of Dorcas’ resurrection spread, and “many people believed in the Lord” (v. 42). But it was Dorcas’ commitment to serving others in practical ways that touched the hearts in her community and revealed the power of loving generosity.

By: **Xochitl Dixon**

*-Daily devotional taken from odb.org*



# CELEBRATE



## CONGRATULATIONS!

Take a moment to recognize the following high school and college/university graduates. Congratulations on all of your hard work! God bless you all on your next step in your journey.

Jordan Brown



Tuscarora High School

Erin Driebelbies



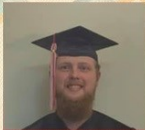
Frederick  
Community College  
Associate's Degree in  
Arts and Humanities

Ella Fitzgerald



Brunswick High School

Trevor Forman



Frostburg  
State University

Bachelors Degree in  
Earth Science

Amy Gregoire



Duquesne University

Dual Degree in International  
Business and Supply Chain  
Management

Jordan Hastie



Governor Thomas  
Johnson  
High School

Jasmine Osborne



Tuscarora High School

Kenzie Sichelstiel



University of North Carolina Greensboro

Double Major in Women's, Gender,  
and Sexuality Studies and History  
with a Minor in Political Science



*A Stephen Ministry Story*

## A STEADY REMINDER OF GOD'S PRESENCE

Mark and I had been married 26 years. Our sons were 18 and 20. We loved being parents, but with our younger son graduating high school, we were eagerly anticipating the empty nest and having more time for each other.

In the fall, when our younger son started college, Mark began having stomach issues and back pain, which would linger for a few days and then disappear, only to reappear later. He also developed a cough. When his doctor ordered an MRI, the results were devastating—Stage IV pancreatic cancer, already in his liver and both lungs. Mark was only 53.

Our lives were turned upside down. I suddenly found myself trying to provide emotional support to Mark and our sons during the worst experience any of us had ever endured. I wanted and needed to keep myself together to focus on caring for Mark, but I was emotionally drained—full of sadness and terrified of what the future held. I had always been a “take responsibility for everything myself” kind of person. However, I knew I couldn’t do this alone.

I talked to my pastor about it, and she suggested matching me with a Stephen Minister. I agreed, and less than two weeks after Mark was diagnosed, my Stephen Minister came for the first of her weekly visits.

It’s difficult to convey how important this Stephen Ministry relationship was for me. Our pastor was wonderful, and we had an amazing amount of support from many other people, but the time I spent with my Stephen Minister was the only time in the week when I could truly focus on my own needs. She was there just for me.

My Stephen Minister let me know that, while she was very concerned for Mark, her role was to be my support—to listen and help me process what I was feeling and going through, without giving advice or telling me what to do. The consistency of our Stephen Ministry relationship was crucial in helping me cope. Her weekly visits became an anchor in my life—something I could rely on when everything else was so uncertain. She was a steady reminder of God’s presence, helping me know I was never alone.

Although Mark and I chose to talk publicly about his condition, my Stephen Ministry relationship was completely confidential. I knew I could share anything with her, and that’s where it would stay.

Mark’s illness progressed rapidly—ten weeks of treatment, followed by six weeks of hospice, and then his passing. My needs changed as I went from being a wife to being a caregiver to being a grieving widow and dealing with everything that the loss of a spouse entails. Through it all, my Stephen Minister’s love and support continued. She was there for me at every stage of my journey. It was never easy, but my Stephen Minister helped me through the most difficult moments of my life.

I really can’t say enough about how much I appreciate my church’s Stephen Ministry. The compassionate, consistent, and confidential support of my Stephen Minister was so important in helping me cope - and then begin to heal.

*Trinity Stephen Ministry has been serving confidential care receivers since 2007. Stephen Ministry is a lay caring ministry being used in over 12,000 congregations across the United States, Canada, and 29 other countries. With Stephen Ministry, congregations can equip a team of lay caregivers—called Stephen Ministers—to provide one-to-one, Christ-centered care to people experiencing grief, divorce, major illness, loneliness, financial stress, and other life difficulties.*

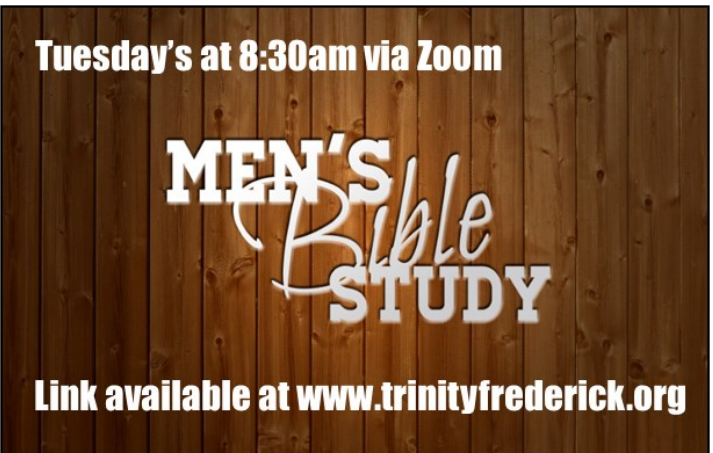
*To learn more about Stephen Ministry at TUMC, call Heather at 301-662-2895. To watch videos about the difference Stephen Ministers are making in people’s lives, visit [stephenministries.org/stories](http://stephenministries.org/stories).*



**Women's**  
SUMMER  
BIBLE STUDIES

New Session Wed., July 28 Sept. 1

at 9:30am & 7pm  
each week a stand along lesson from  
The Bible Project's *Reflections Bible Studies*

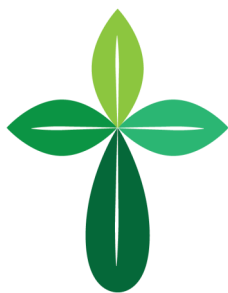


Tuesday's at 8:30am via Zoom

**MEN'S**  
Bible  
STUDY

Link available at [www.trinityfrederick.org](http://www.trinityfrederick.org)

TRINITY PASTORAL  
COUNSELING CENTER



Trinity Pastoral Counseling Center celebrates with all of our brothers and sisters in lifting up National Minority Mental Health Awareness Month in July. Julanda Ming Blackson is a Maryland resident in a family of pastors where faith is important. She speaks about seeking mental health care as a person of faith and as an expression of God's loving abundance in her life. To watch this brief video, go to [https://youtu.be/\\_yBFqVsP-r0](https://youtu.be/_yBFqVsP-r0)

We encourage people of all walks of life to seek mental health care as a loving gesture, honoring the life God has given them.

In Peace,  
Diane Younkins, LCPC, NCC

... *Pastor's Page continued from page 2*

I parent with my wonderful spouse Aaron Harrington. We have been together since high school and still kinda like each other! He is a pilot for a charter jet company, and he loves all things airplanes. He used to be an aerospace engineer, he is restoring a 1940s airplane (I helped ribstitch!), and he has his helicopter license too. He is also the chief flight instructor at Frederick Flight Center. He is currently teaching himself to play the banjo to prove he has other interests besides airplanes. We love traveling together, whether or not Aaron is flying us there, and exploring Frederick. He fills my life with abundant love and has abundant patience with me when I am weird. Which happens on occasion (or maybe all the time, but I'll let you find that out). We have a dog named Stella, two cats, and six chickens, all of whom feature prominently in our adventures as well.

I hope you sign up for one of my meet-and-greets later this summer or email me about another time to meet up in person or virtually. I want to hear your faith stories and find out your hopes and dreams for our ministry together. May we all live into the abundant life Jesus came to give us!

### **"Drawing From the Source"**

*-daily devotional from intouch.org*

True contentment is determined by our attitude and responses rather than by our circumstances. And because Paul had learned this secret, he was able to experience joy and peace in any kind of situation.

The apostle understood what it meant to live in Christ and to have Christ living in him (John 15:1-9; Gal. 5:22-23). He knew that the treasure he possessed within could never be stolen. And that gave Paul confidence in his identity as a child of God, with full access to the abundant life Jesus offers.

I want to challenge you: This week, when something threatens to steal your contentment, choose to lean on God. When you find yourself becoming anxious or angry, stop and say, "Lord, You are my source. Provide me with the capacity to be kind, the forgiveness I need to extend, and the love I need to express."

Watch and see how God will quiet your spirit and provide confidence when you draw from Him as your source. You'll be surprised at your own attitude: When you respond from within—rather than from the flesh—Jesus will lead you to genuine contentment.

All baptized and confirmed Christians are the ministers of the church.

**CHURCH STAFF**

Senior Pastor.....	<i>Shannon Sullivan</i>	Director, Youth Choir.....	<i>Denise Berry</i>
Associate Pastor.....	<i>Mark Claiborne</i>	Director, Trinity Brass.....	<i>Matt Stegle</i>
Director of Program Ministries.....	<i>Heather Throckmorton</i>	Director, Jacob's Ladder Praise Band.....	<i>Jim Chamblee</i>
Director of Children's Ministries.....	<i>TBD</i>	Director, Audio/Visual/Media Ministries.....	<i>Guy Berry</i>
Director of Youth Ministries.....	<i>Wendy Huff</i>	Audio/Visual/Media Ministries technicians.....	<i>Jim Clark</i>
Administrative Assistant.....	<i>Jenna Cintron</i>		<i>Trevor Forman</i>
Bookkeeper.....	<i>Curtis Osborne</i>	Trinity Pastoral Counseling Center.....	<i>Diane Younkins</i>
Coordinator of Music and the Arts.....	<i>Angela Spencer</i>		<i>Pam Hewetson</i>
Organist.....	<i>Tamara Cashour</i>		
Director, Chancel Choir.....	<i>Valerie Wittkamper</i>		

**CHURCH LEADERS & MINISTRY TEAM CHAIRS**

Co-Chairpersons, Church Council.....	<i>Don Fine, Dick Gessner</i>	Chairperson, Member Care & Nurture MT.....	<i>Don Hott</i>
Chairperson, Staff-Parish Relations MT.....	<i>Aaron Hastie</i>	Chairperson, Fellowship & Hospitality MT.....	<i>Dick Gessner</i>
Lay Members, Annual Conference.....	<i>Laura Welker</i>	TPCC (Counseling Center) MT.....	<i>Dee Demich</i>
Chairperson, Stewardship & Finance Team.....	<i>Michele Pickens</i>	Chairperson, Children's MT.....	<i>TBD</i>
Treasurer.....	<i>Bob Kripowicz</i>	Chairperson, Youth MT.....	<i>Ella Fitzgerald</i>
Financial Secretary.....	<i>Sandy Wiles</i>	Chairperson, Church & Society MT.....	<i>Dorothy Granberry</i>
Chairperson, Board of Trustees.....	<i>Guy Berry</i>	Chairperson, Mission & Service Team.....	<i>Laura Welker</i>
Chairperson, Altar Guild.....	<i>Gene Runkle</i>	Chairperson, Women's MT.....	<i>Carol Romer</i>



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 the church office at [tumc@trinityfrederick.org](mailto:tumc@trinityfrederick.org).



**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 August 2021 newsletter will be due the second Sunday of July— July 11.



The church office is operating on an as needed basis Monday through Thursday, and closed on Fridays through the duration of the summer.

Pastor Shannon:  
301-662-2895(work) and  
410-937-8835(cell)



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## **CHANGE SERVICE REQUESTED**

