


VERSE OF THE DAY	HERE TO SERVE YOU	
<p>"But I will sing of your might; I will sing aloud of your steadfast love in the morning. For you have been a fortress for me and a refuge in the day of my distress." -Psalm 59:16</p>	<p><i>Shannon Sullivan</i> <i>Mark Claiborne</i> <i>John Morrill</i> <i>Heather Throckmorton</i> <i>Jenna Cintron</i> <i>Curtis Osborne</i> <i>Wendy Huff</i> <i>Angela Spencer</i> <i>Guy Berry</i> <i>Tamara Cashour</i></p>	<p>Senior Pastor <i>Cell 410-937-8835</i> Associate Pastor Minister of Visitation <i>Cell 443-340-5110</i> Director of Program Ministries Administrative Assistant Director of Community Engagement Director of Youth Ministries Coordinator of Music & Arts Director of Audio & Media Ministries Organist</p>
GIVING		
<p>For your convenience in electronic giving.</p> 	<p>E-mail: tumc@trinityfrederick.org Phone: 301-662-2895</p>	
FOR OUR CHURCH AND OUR COMMUNITY		
<p>Trinity Pastoral Counseling Center 301-662-8908 or tpcc@trinityfrederick.org (Hours by Appointment)</p>		

"Satisfaction with God's Word"


2 Timothy 4:1-4

Spiritually, we've all had dry seasons, so you probably understand the desire for renewed vitality in your relationship with Christ. Perhaps you tried the latest devotional book people rave about, sought an emotional experience through worship music, tried to gain momentum by attending a conference, or looked online for a message that assured growth.

Although these methods all seem promising, they're not infallible. On their own, some might afford short-lived solutions, but others could actually be ear ticklers that lead away from genuine intimacy with Christ. To be strengthened spiritually, it's essential to start with the Bible—the only source of absolute truth. While other Christian resources can be helpful, they become far more valuable when used as building blocks on the trustworthy foundation of God's Word. All other avenues have potential for human slant. Even seeking the Lord in prayer is not foolproof without the Word, which provides the basis for our requests and fellowship with Him.

Some believers see the Bible as a big book that takes too much time and effort to understand, so they look elsewhere for answers. They want a shortcut to sanctification and intimacy with the Lord, but there really isn't one. God's Word is His love letter to you. As you spend time with this gift and lean on the Holy Spirit for guidance, your appreciation of it will grow.

-Daily Devotional from intouch.org

	<p>Sunday, July 18, 2021</p> <p>703 West Patrick Street Frederick, Maryland 21701 301-662-2895 www.trinityfrederick.org</p>						
<h3>Mission Statement</h3> <p><i>In obedience to Matthew 25 (v.31-41), Trinity's mission is to challenge both ourselves and our communities to share the Good News of the Kingdom of God through acts of mercy and justice, compassion and love, piety and intentional faith development.</i></p>	<h3>Sunday Schedule</h3> <table style="width: 100%;"> <tr> <td style="width: 15%;">8:45am</td> <td>Grow Time-Open Door</td> </tr> <tr> <td>10:00am</td> <td>Indoor/Live Stream Worship</td> </tr> <tr> <td>11:30am</td> <td>Grow Time-Youth</td> </tr> </table> <p><i>Grow Time classes are via Zoom.... If you would like the link to join the class or study, please email the church office at tumc@trinityfrederick.org.</i></p>	8:45am	Grow Time-Open Door	10:00am	Indoor/Live Stream Worship	11:30am	Grow Time-Youth
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<h3>Vision Statement</h3> <p><i>Make disciples for Jesus Christ, transform the community and world.</i></p>							

UPPER ROOM UPDATE

The Upper Room (July/August) is available for pickup in the black mailbox by the church office entrance. If you would like to have a mailed copy, please make a \$1 donation (payable by check or paypal on the church website) and email, tumc@trinityfrederick.org, or call the church office, 301-662-2895, with your request and current mailing address. The PDF version in English and Spanish are no longer available to download. Please contact the church office should you have any questions.

SENIOR LUNCHEON

The J.O.Y. Club (Just Older Youth - Senior Citizens) will hold their monthly luncheon on **Monday, July 26th at 11:30am at Red Lobster**. All 55 and over are welcome. Bring a friend! If you need a ride or additional information, please call Denny Shafer at 301-663-5043.

MONTHLY PRAYER SERVICE

Thursday, July 29, 6-6:30pm.
Come together for individual and collective prayer, hymns and scripture. This service will be offered on the last Thursday of every month from 6-6:30pm. If you have any questions, or would like the link for the service, please email Jenna at tumc@trinityfrederick.org or visit our website at www.trinityfrederick.org.

WEEKLY E-MAILS

Trinity sends out a weekly e-mail of upcoming events. If you are currently not receiving this fantastic email but would like to, please e-mail your preferred e-mail address to the church office at tumc@trinityfrederick.org.

Welcome Pastor Shannon!

Hello Trinity! I wanted to use the news letter 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

Since I was young, I community was a place dantly and help others

I am a life-long United generation clergywoman- love of God through in Vacation Bible trips to Bosnia and Her- I took over teaching schooler, and my mom



feels enveloped in love. thought the church where I could live abundantly and help others

Methodist and second an. I experienced the Sunday school teachers, School, and on mission zegovina as a teenager. parts of VBS as a middle 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 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!

This is an excerpt from Pastor Shannon's welcome letter; look for the whole article in the July Monthly Cloverleaf.

SEE WHAT'S HAPPENING AT TRINITY...

Sunday	July 18	8:45 am Grow Time-Open Door 10:00 am Sunday Service 11:30 am Youth Grow Time	ROOM 302/304 & ZOOM INDOOR/LIVESTREAM
Tuesday	July 20	8:30 am Men's Bible Study	
Thursday	July 22	6:30 pm Stephen Ministry	
Sunday	July 25	8:45 am Grow Time-Open Door 10:00 am Sunday Service 11:30 am Youth Grow Time	ROOM 302/304 & ZOOM INDOOR/LIVESTREAM
Tuesday	July 27	8:30 am Men's Bible Study 7:00 pm Trustees Meeting	
Thursday	July 29	6:00 pm Prayer Service	

All meetings, studies and classes are currently happening via zoom (unless otherwise noted). If you would like to request the link for any of the studies, please contact the church office at tumc@trinityfrederick.org or 301-662-2895. You can also sign up for the weekly email at www.trinityfrederick.org.



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

- Missions
- Stewardship
- Music
- Youth
- Women's
- Member Care
- Hospitality
- Altar Guild
- Children
- Young Adult
- Education
- Church & Society

For more info, contact Heather at 301-662-2895 or heatherthrockmorton@trinityfrederick.org.