



**Cloverleaf**  
Trinity United Methodist Church

**September 2021**

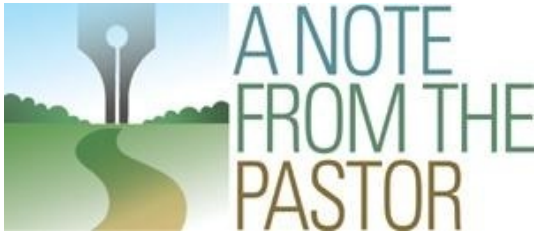
Volume 33 ♦ Number 9

# HOPE IS HERE!



NATIONAL  
**BACK TO  
CHURCH**  
SUNDAY™ 9.12.21





Back to school, back to church, back to...normal? I think I hoped that would be the case when we started planning this fall.

But nope. I know that Aaron and I had to cancel our original plans to travel to Utah this month for Zeke to finally meet his great-grandmother, but we can't go now as the pandemic surges around us. My dad works for a school system in another county, and they have been sent home early from work because people protesting the school's mask policy have been

aggressive toward employees. Even some people who have been vaccinated are coming up positive. And now here I am, your pastor, telling you to come back to church and go about life as normal? No! That's not what I mean. When we are talking about getting back to church September 12, I mean let's get back to living faithfully, however that looks for us.

Getting back to living faithfully doesn't mean going back to "normal." It does not even mean encouraging people to join us to worship in person, especially if you are high risk because you are unvaccinated or have autoimmune issues. Our Re-Entering Well Task Force has reinstated masking in the building and are continuing to monitor best practices living in this pandemic.

Getting back to living faithfully means reorienting ourselves. Here we are, in a new school year, with a new program schedule for church, and we can make a new schedule for our own lives. Maybe you have slipped away from regular worship, study, prayer, and service because of the pandemic or summer activities. Maybe you are just kind of stuck in spiritual practices that aren't connecting you anymore, or in study that isn't challenging anymore. So now we can get back to church to dive deeper into a life of faith.

Let's come back to church for regular worship, online or in person. Let's come back to church for Bible study- most of our options there are hybrid too! You can always start your own small group, even with the people in your home. Mission and service opportunities are still happening, even if they look different than they did before the pandemic. Youth group is gearing up and we would love to have more young people and even some older volunteers! Come back and connect with the One who provides peace in the chaos. Come back and experience community with others trying to live differently. Come back and find hope- not hope that everything will go back to normal but hope that God will show us the way forward.

In the book of Jeremiah, the people are struggling with exile. Their whole world came crashing down around them. But Jeremiah still gave them a word of hope in chapter 31:

*Thus says the Lord: Keep your voice from weeping, and your eyes from tears; for there is a reward for your work, says the Lord: they shall come back from the land of the enemy;<sup>17</sup> there is hope for your future, says the Lord: your children shall come back to their own country.*

The exile came to an end, as God promised, though the world was totally different. But still, there was hope for the future- is hope for the future.

There is reward for this work of coming back, my friends. We might not see it at first, but there is hope for the future. Let us live into it, and come back to church.

## IN THIS ISSUE...

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# CHRISTIAN MATURITY

## *Journey of Faith*

By Wanda Osborne

QUOTE OF THE MONTH: Regarding wisdom and humility "...knowing that there is a God and you're not it."  
"Our behavior needs to be consistent with our beliefs."

-Anonymous Grow Time Class Members

### BIBLE VERSES:

**"Do not judge, so that you may not be judged...."** *Matthew 7:1-4*

**"There is one lawgiver and judge who is able to save and to destroy. So who, then, are you to judge your neighbor?"** *James 4:12*

**"...Therefore you have no excuse, whoever you are, when you judge others; for in passing judgement on an other you condemn yourself, because you, the judge are doing the very same things."** *Romans 2:1*

Since the fall of 2017, my family and I have had the privilege of facilitating the Contemporary Issues Grow Time class which has morphed into a Journey of Faith class. As members of the class discussed their faith, several of them often made statements that resonated with all of us. We started documenting the quotes and often would cite the quotes during a later class, usually putting them up on the board. I wanted to share some of these quotes with other members of Trinity to spark conversation.

Recently, my husband was involved in a conversation with another Christian from his job at a faith-based nonprofit organization outside of Trinity. The conversation started because my husband chose to wear a mask to work. The other Christian individual questioned this decision and by default, questioned my husband's faith. He said *"As a Christian, you shouldn't be afraid of Covid. You don't need to wear a mask or get the vaccine because you're covered by the blood of Jesus. If you get sick it's because your faith isn't strong enough or you're not really a true Christian."* This belief (and similar beliefs) is not unique among other Christians.

The purpose of this article is not to address one's decision on whether or not to wear a mask or to obtain the vaccine. Rather, the focus of my article deals with our rush to judge others who do not necessarily hold the same doctrinal view as them. In Romans 14:1-12, Paul reminds us that we should not judge others. In Matthew 7:1, Jesus tells us **"Do not judge or you too will be judged..."** We read the verses and understand them, but sometimes as Christians we have difficulty following these words. What makes one Christian qualified to judge another individual's fitness as a Christian? What makes another Christian qualified to determine the fate of another fellow Christian?

Many years ago, during a conversation with another Christian (from a different denomination), I was informed that I was going to hell because they thought that I was not a "true" Christian based on my own Southern Baptist beliefs at the time. The former church that my family attended prior to joining Trinity, prided itself on being a true "bible believing" church. Last time I checked, all protestant denominations such as Methodists, Baptists, Presbyterians, etc., as well as Catholics, believed in the bible, but had different interpretations or understanding of scripture. It is so easy to look at others and judge them, but how often do we look in the mirror to take a pulse on our own walk with Christ? How often do we take a look at our own personal growth over time as a Christian? Where are we on our own individual faith journey?

In a recent sermon, Pastor Shannon talked about returning to who God intends for us to be. Perhaps, instead of focusing so much on judging others, we should focus on our own faith journey. Instead of judging or condemning others, shouldn't we as followers of Jesus focus on showing love and uplifting others, especially during these trying times? Maybe we should focus more on praying for our brothers and sisters and praying for God to fix our own brokenness. From Ephesians 4:29 we are reminded **"Let no evil talk come out of your mouths but only what is useful for building up, as there is need, so that your words may give grace to those who hear."**

*continued on page 7...*

*From the*  
**TRINITY PASTORAL COUNSELING CENTER**



**September is National Pain Awareness month.** People experience chronic pain at a rate that is more than diabetes, cancer and heart disease combined in the US. Chronic pain is persistent pain that lasts three months or long. Pain can range from mild to severe and may

change depending on many factors.

Take a moment to assess your own body. How does it feel? Think about those around you who may be living with pain. The truth is that pain is a part of life and considered a warning sign that something is wrong in the body. Pain impacts people differently. There are those who may have severe or chronic pain, for a variety of reasons, that impacts daily life.

People with chronic pain may also experience depression. Coping with pain can be challenging. When it is difficult to

manage daily activities of life, due to pain, the burden of managing emotions becomes more difficult.

In one study, people were asked if pain impacted their ability to do things. 78% said it was difficult to carry groceries, 75% said yard work was more difficult, 65% found housework to be challenging and 66% found home maintenance harder. This can impact mood.

One survey tells of the burden pain has on individuals and their loved ones. Four out of five people rely on friends and family for help, with half relying on spouses. However, nine out of ten people living with chronic pain don't ask for help because they don't want to be a burden.

Chronic pain can be a challenging problem. It is okay to ask for help.

May God's Peace be with you,

Diane Younkins, LCPC, NCC  
Director and Pastoral Counselor

**SOLES OF LOVE: A SPECIAL THANK YOU**



Dear Trinity Family, a sincere Thank You for all of your donations of shoes and money for Soles of Love a 501 c (3) a local organization run by Julie Gaver, Myersville motivational speaker, who

gathers and delivers NEW shoes for Frederick and Washington County children in Elementary, Middle and High School.

Thanks to your help Kaia was able to deliver almost 100 pairs of NEW tennis shoes and some boots for Frederick and Washington County children in Elementary, Middle and High School. We did a lot of shopping during Tax Free Week and at discount shoe stores. The shoes were distributed last week to service organizations in both counties. In Frederick organizations such as SHIP (Student Homelessness Initiative Project) and Backpack and other groups received shoes and are getting them out to the students.

Trinity through the JOY Club Lunch group donated shoes and nearly \$500.00 for this effort. Other individuals at Trinity donated shoes and over \$400.00 to buy shoes. We truly "shopped till we dropped" (remember the heat wave?). Shop as hard as we did, we still have about \$168.00 remaining and we will be buying boots (both sturdy and rain boots) and getting them to Soles of Love for their Fall Boot Drive.

With everything that Trinity members do in our community we are especially grateful that you found love in your hearts for these students in need and a bit extra in your purse to help them. This was a great experience for us and we never missed a chance to tell our donors that Trinity has been the mainstay of our effort.

*THANK YOU ALL SO, MUCH!*

-Kaia and Nancy Wynne

**TAKE A LOOK AT  
WHAT'S HAPPENING  
FOR  
TUMC YOUTH!**

*Upcoming Events*

**September 12th:** Back to Church Sunday Youth

Group meeting 6:30pm in the MPR

**October 2nd:** Fall Yard Sale to Benefit Youth Missions

**December 18:** Youth Christmas Party

**January 7-9:** WAVE (formerly ROCK retreat) in Ocean City MD.

Have any questions? Would you like to volunteer? Please contact Director of Youth Ministries,

**Wendy Huff: [huff.wendy@gmail.com](mailto:huff.wendy@gmail.com)**



Our guest preacher to celebrate Hispanic Heritage Month and World Communion Sunday on October 3 will be a familiar face: Rev. Dr. Giovanni Arroyo. Trinity supported him as a candidate for ministry and now welcomes him back as the new General Secretary of the denomination's General Commission on Religion and Race. Check out this press release that announces his new ministry:

WASHINGTON, D.C. — The Rev. Dr. Giovanni Arroyo, an ordained elder and member of the Baltimore-Washington Annual Conference, has been elected as the General Secretary (chief executive) for The United Methodist Church's General Commission on Religion and Race, effective August 31, 2021.



**Rev. Dr. Giovanni Arroyo**

Bishop Cynthia Moore-Koikoi, president of the Commission's board of directors, made the announcement July 6.

"The board cannot wait to see how God is going to use the tremendous gifts God has given Dr. Arroyo as he takes the lead chair of the agency. His experience, talent, and lifelong commitment to the work of dismantling racism is invaluable at this critical juncture in the life of the church and the world," the bishop said.

With his election, the Rev. Dr. Arroyo will be the first-ever Latinx person to head a denomination-wide agency. "I am humbled, honored and excited for the opportunity to lead The General Commission on Religion and Race in its ongoing innovative work," said Arroyo. *"Le doy gracias a Dios por los líderes que han sido parte de mi formación para que hoy puede dirigir GCORR hacia la próxima etapa del trabajo de justicia racial alrededor del mundo. Les pido sus oraciones para que Dios sea manifestado en todo lo que hagamos."*

*(English translation: "I give thanks to God for the leaders that have been part of my formation so that today I can lead GCORR to its next phase of racial justice work globally. I ask for your prayers so God can be manifested in all that we do.")*

The Rev. Dr. Arroyo has worked for the Commission as Team Leader for Monitoring and Advocacy, and since 2013 as Team Leader for Program Ministries. Born in Puerto Rico and raised in New York City, he started professional ministry in 2001 as pastor of Iglesia Metodista Unida El Camino and served as one of three chaplains caring for families, victims, and survivors of the 9/11 terrorist attack on the World Trade Center. He was at Bellevue Hospital where 287 survivors received medical care following the attack, and also comforted family members at the city morgue.

The Rev. Dr. Arroyo previously served cross-racial/cross-cultural pastorates in both New York and Baltimore-Washington conferences, while also leading Religion and Race and Hispanic-Latinx ministries. Before becoming ordained, he was a researcher at The City College of New York in language acquisition and experimental psychology. He did further research at the New York State Psychiatric Institute on exposure to violence and child abuse and at the National Development and Research Institute with young adult drug users. He also served as adjunct faculty, teaching English as a second language and world religions.

Deaconess M. Garlinda Burton, who has been serving as interim executive during the GCORR board search process, also applauded Dr. Arroyo's election.

"Giovanni is one of the most potent United Methodist voices for racial justice, not just for the church in the United States, but across our worldwide communion," Ms. Burton said. "To elect him Religion and Race's General Secretary in this moment gives me assurance that this Commission's work of helping build God's just and peaceable kin-dom will move to its next great level."





# THE RELIGIOUS COALITION

Family Shelter

Here at Trinity  
**September 4-18**

*contact Dick Gessner 301-788-6447 for more info or to volunteer*

## COVID INFO FORUM

A presentation by  
Dr. Rachael Mandel

**Wednesday,  
September 15**

**Sanctuary & Zoom  
At 7pm**



DAVE RAMSEY'S  
**FINANCIAL** *Peace*  
UNIVERSITY

**Starting September 19 @ TUMC**  
**9 weeks on Sundays 5-6:30pm**  
**Register at [fpu.com/1139235](https://fpu.com/1139235)**

**SPECIAL EVENTS AT TRINITY**

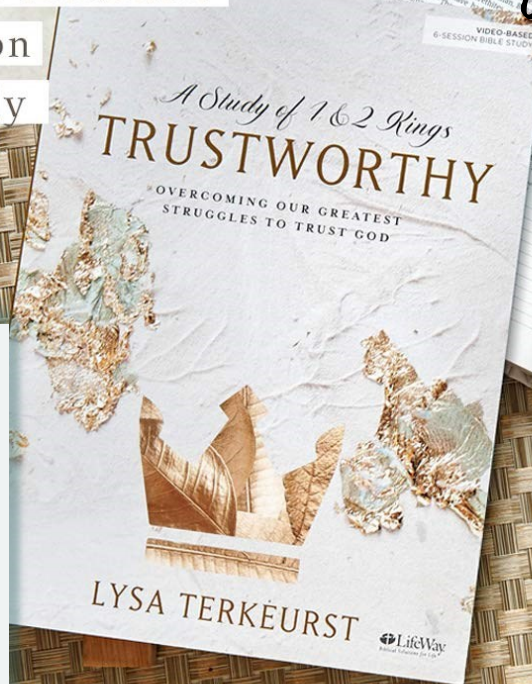


# New TUMC Women's Bible Study (via zoom)

From Lysa TerKeurst

A 6-Session  
Bible Study

Starting  
Wed..  
Sept. 29  
@ 9:30am  
or 7pm



Are you  
more apt  
to try to  
TAME God  
Or  
TRUST  
Him?

Trustworthy Bible study books  
can be ordered from your  
online vendor of choice  
Class Zoom link will be  
available at  
[trinityfrederick.org](http://trinityfrederick.org) on 9/29



## DISCIPLESHIP

giving others  
permission to  
help us grow

**Grow Your Faith  
Resource of the Month**

Visit  
[www.bibleproject.com](http://www.bibleproject.com)

**Tuesday Mornings @ 8:30 via zoom**

# MEN'S BIBLE STUDY

**Call Don Fine for more info 301.606.6353**



[This Photo](#) by Un-

## Operation Christmas Child

Whether you are packing your own boxes or donating items to be used at our Trinity packing “party”, here are some gift ideas for you to consider:

**A WOW item:** doll, soccer ball with pump, stuffed animal, an outfit of clothing

**Hygiene items:** soap and washcloth, toothbrush, comb, brush

**Clothing and accessories:** shirt, pants, socks, flip flops, hat, sunglasses, scarf, mittens

**Toys:** doll, car/truck/boat, puzzle, ball, slinky, etch-a-sketch, finger puppets, yoyo, blocks, play dough, crayons, coloring book, game

**School supplies:** pens, pencils, sharpener, eraser, notebook, glue stick (no liquid), markers, solar calculator

**Other:** flashlight with batteries, hair accessories, bandana, harmonica, woodwind recorder

If you have donations, we have people willing to come by your home and pick them up. If you prefer, you can make a monetary donation (clearly marked for OCC) that will go towards purchasing needed items in bulk. Our “packing party” will look different this year as we carefully plan safe ways to fill the shoeboxes with your donated items and send them to children all over the world.

For more information, questions, or to have donated items picked up, please call Laura Welker, 301 788-0048

## Yard Sale to Benefit Youth Missions!

**Saturday, October 2, 2021 8:00am - 1:00pm**



**We're Back!! It's that time of year again! Let us help you clean out those closets!**

To rent a space, please complete the form below (Note: No selling of food, drinks or guns in spaces)

Donations for the sale may be dropped off Friday, October 1st between 6pm and 7:30pm

*No donations of clothing or computer equipment please.*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

*Each space will be approximately 15' X 15'. There are a limited number of tables available for rent at \$5 each.*

# of Spaces \_\_\_\_\_ x \$25 = \$ \_\_\_\_\_

# of Tables \_\_\_\_\_ x \$ 5 = \$ \_\_\_\_\_

**Total amount Due:**

\$ \_\_\_\_\_

*Payment must be received within 48 hours of us receiving your registration to confirm your spot*

**Questions? Please contact Wendy Huff at [yardsale@trinityfrederick.org](mailto:yardsale@trinityfrederick.org)**

Trinity United Methodist Church, 705 West Patrick Street, Frederick, MD 21701

Please mark if you are including your payment by: ☐ CASH ☐ CHECK # \_\_\_\_\_ please memo “yard sale”



# PRAYER, POWER, PRAISE IN THE MIDST OF A PANDEMIC

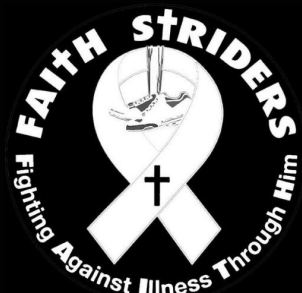
## Praise and Worship Community Celebration

This Celebration will feature local churches, praise bands, dance teams and soloists rendering praise and worship to our Savior!

This event will include non profit organizations providing information about community resources and programs.

**COVID VACCINATIONS AND TESTING AVAILABLE**

**\*We will follow CDC and health department safety guidelines\***



FAITH STRIDERS



[www.health.maryland.gov/mhhd](http://www.health.maryland.gov/mhhd)



[WWW.AACFMD.ORG](http://WWW.AACFMD.ORG)

**SATURDAY, SEPTEMBER 25, 2021**

**12 NOON – 4 PM**

**BAKER PARK FREDERICK MD**

**RAIN OR SUNSHINE**

**FEEL FREE TO SHARE  
WITH OTHERS**

FOR MORE INFO  
301-682-4511 OR 301-694-3355  
[ASPENCER@AACFMD.ORG](mailto:ASPENCER@AACFMD.ORG)

# SEPTEMBER 2021

## TRINITY UNITED METHODIST CHURCH

(MT=Ministry Team)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>SUNDAY SCHEDULE</b> 8:45 am - Grow Time "Open Door" 10:00 am - Worship Service 11:30 am - Youth Grow Time	5:00 pm Trinity Brass Sanctuary	1 <b>SUNDAY CHOIRS</b> Trinity Brass Sanctuary	2	3	4	Family Shelter
5	6 Happy Labor Day!	7	8	9	10	11
Emergency Family Shelter						
	7 pm Church Council MT	8:30 am Men's Bible Study 7 pm SPRC MT		6:30 pm Stephen Ministry		
12 Back to Church Sunday!	13	14	15	16	17	18
Emergency Family Shelter						
6:30 pm Youth Group		8:30 am Men's Bible Study	7 pm COVID Community Event	7 pm Stewardship & Finance MT		
19	20	21 8:30 am Men's Bible Study	22	23 6:30 pm Stephen Ministry	24	25
26	27 11:30 am JOY Club Luncheon	28 8:30 am Men's Bible Study 7 pm Trustees MT	29 9:30 am Women's Bible Study 7:00 pm Women's Bible Study	30 6 pm Monthly Prayer Service	31	



... Christian Maturity continued from page 2

From Thessalonians 5:11 **"...encourage one another and build up each other..."**

The recent pandemic has caused so many Christians to become separated from the Church. In order for us to return to who God intends for us to be, this requires work on our part. As Christians, we must continue to study the word, attend church (live or virtual), read books on faith, attend Grow Time classes or bible studies or take the opportunity to fellowship with others, even over the phone, and through prayer. There are plenty of other ways to grow one's faith.

Is there a true litmus test as to who is considered a true Christian? I would say that in the end, only God can be that judge.

#### ADDITIONAL BIBLE VERSES:

Deuteronomy 6:4; Matthew 22:35-40; Romans 14:1-13; Ephesians 4:29; James 4:11-12; Luke 6:37



# NATIONAL HISPANIC Heritage Month

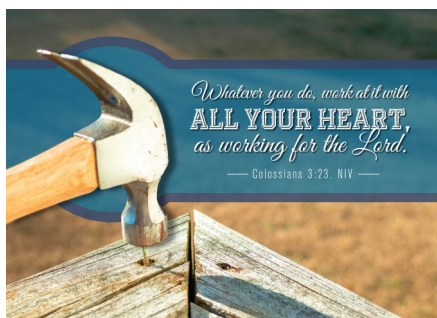
S E P T E M B E R 1 5 — O c t o b e r 1 5



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).

#### HAPPY LABOR DAY!

The church office will be closed on Monday, September 6th in observance of the holiday.



#### 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](mailto:TUMC@trinityfrederick.org).

Information for the October 2021 newsletter will be due the second Sunday of September— September 12.



The church office is open Monday through Thursday, from 9am-4pm (appointments preferred) and closed on Fridays for the duration of the summer.

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



Trinity United Methodist Church  
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Frederick, MD 21701

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

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Permit #12

## CHANGE SERVICE REQUESTED

# MONTHLY PRAYER SERVICE

*Celebrate and live into the power of prayer through  
scripture, hymns, individual & collective prayer.*

Trinity's online,  
monthly prayer  
service, available  
via Zoom, will  
happen on the last  
Thursday of every  
month from  
6-6:30pm.

To request the link for  
the service, please email  
Pastor Shannon at  
seniorpastor  
@trinityfrederick.org  
or visit  
www.trinityfrederick.org

THIS MONTH:  
September 30