

Greetings Beloved,

This month is considered Black History month. Some may wonder why do we have an entire month dedicated to Black History? Some may even wonder why the entire month of February is allocated for the celebration? And some may even think that this is something that is divisive, and some have mistakenly labeled it as being racist. Black History month or National African American month is an annual celebration to honor the achievements made by Black Americans who have shaped the course of American History. It's also a time of remembrance and reflection of where our African American culture started, where we've been, what we've been through, and where we are today. It helps to remind us of the discrimination African Americans have endured and the continuous struggle against the remnants of slavery, segregation, and racial legacy. So how did we get to this point of having a Black History celebration for the month of February? In 1915, Dr. Carter G. Woodson founded the Association for the Study of Negro Life and History mainly because of the dearth of information on the accomplishments of African Americans. About a decade later, Woodson's group sponsored a National Negro History week, and they selected the second week of February to coincide with the birthdays of Frederick Douglass and Abraham Lincoln. The event started to inspire schools and communities nationwide which also led to local celebrations, establishing history clubs, and host performances and lectures. In 1976, President Gerald R. Ford officially recognized the entire History Month. He called upon all Americans to take the opportunity to honor many of the too often neglected accomplishments of African throughout our history. Since then, every American President has endorsed a specific theme for Black History Month. In 2021, the theme for "The Black Family: Representation in Historical and Modern Art." This year's 2022 theme is "Black Health and Wellness." This theme acknowledges the legacy of not only Black Scholars and Medical Practitioners in Western medicine but also acknowledging the many contributions made by African American medical pioneers both past and present.



James McCune Smith (1813-1865) was the first Black American to receive a medical degree, the first black person to own and operate a pharmacy in the United States, and the first black physician to be published in U.S. Medical Journals. Charles Richard Drew (1904-1950) who is known as the "Father of blood banking" because he was the one who pioneered blood preservation techniques that led to thousands of lifesaving blood donations. He also led the first American Red Cross Blood Bank and created mobile blood donation stations that are now known as bloodmobiles. Patricia Era Bath (1942-2019) who was the first African American to complete an Ophthalmology Residency in the 1960's. She noticed that the rates of blindness and visual impairment were much higher at the Harlem Hospital's Eye Clinic. She then conducted a study that determined that the rate of blindness among African Americans was twice the amount compared to whites. She became the first African American Woman Doctor to receive a patent for a medical invention. She discovered a method for removing cataract lenses when she transformed eye surgery using a laser device making the procedure more accurate. This new technique is called the "Cataract Laserphaco Probe", many people refer to it as "Laser Cataract Surgery." These great African Americans are just a few of a long list of brilliant people who have made huge contributions throughout our history that many of us take for granted. Of course we know about great leaders like the Rev. Dr. Martin Luther King, Jr., W.E.B. DuBois, Rosa Parks, Frederick Douglass, Harriet Tubman, and Sojourner Truth. We admire great poets and authors like Langston Hughes and Maya Angelou.


We salute influential athletes like Jackie Robinson, Muhammed Ali, Althea Gibson, Jesse Owens, Wilma Rudolph, and Jim Brown who not only broke the color barricade but also stood against injustice. All of these people had something in common – they all wanted to abolish institutional racial segregation, discrimination, and disenfranchisement throughout the United States. In looking back at everything we've been through in comparison to where we are now, it's pretty obvious that there is still some mountains to climb, some roads to be traveled, and some bridges to cross. The leaders of the past have done all they can do, so the bigger question is left to be answered by us who are still here. What will you do to make a difference? Here are some quotes in "blue" from the Rev. Dr. Martin Luther King that can help us move forward:

As a Pastor I can't help but think about what we can do to make this world a better place? "Life's most persistent and urgent question is, 'What are you doing for others?'" There will be times in which I will have to stand up for what I know is right because "The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy." We must continue to work even when things don't seem to go our way and understand that our plan can be overridden by God's plan. "We must accept finite disappointment, but never lose infinite hope." Remember that love gives us the power to conquer all things. "Love is the only force capable of transforming an enemy into a friend." So keep the Faith understanding that "Faith is taking the first step even when you don't see the whole staircase." In everything that you do, make sure you do your best, to be your best, because that's who God created you to be. "If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward." And don't forget to give God all the Glory!!

Black History Month is an integral part of history and our Nation's tradition. Let us continue to promote positive examples of historical events, exemplary leaders, and continued steps towards societal change. The remembrance of great African Americans and their contributions is not only deeply meaningful for the African American community, but the celebration is imperative for the greater understanding of both United States history as well as World history.


The "Dreamer" lost his life, let's make sure that the "Dream" continues to live.

Respectfully submitted,
Pastor Mark R. Claiborne, Sr



Valentine's Treats for Healthcare Workers

Are you grateful for those working in healthcare in our community? Two years into a pandemic, everyone is exhausted, especially those who are faced with a much bigger load with COVID patients and with facing illness themselves. So let us help lift up those who are working in healthcare by putting together a bag of goodies for those working in the hospital on Valentine's Day! Please bring bags of candy or donate money earmarked "Valentines" by **February 6**. Stay tuned for information about putting the bags together!





The AFC Champions will be taking on the NFC Champions in the **Super Bowl**

on February 13, 2022. It's also an opportunity to help feed hungry people in Frederick.

If you're going to watch the game, please plan to donate at least \$1 to the Souper Bowl of Caring *during worship on Sunday, February 13th.*

IN THIS ISSUE...

Pastor's Letter	1, 2	TPCC News/Thank You	4	Church Staff, Leaders & MT Chairs	7
Valentine's Treats for Healthcare Workers	2	VBS Volunteers/President's Day	4	Happy Valentines Day!	7
Souper Bowl of Caring	2	Studies+/Lenten Series	5	Office info, E-giving, Newsletter	7
Disability Awareness Sunday	3	Monthly Calendar	6	Ash Wednesday Service	8



Disability Awareness Sunday, February 6

10 Steps for Healthy Aging

Living a healthy lifestyle becomes even more important for better aging. The things we do to keep body and heart healthy—nutritious diet, physical activity, and social connections—also can help promote brain health and wellness. Here are 10 steps for successful aging:

1. Eat Well

Adopt a low-fat diet high on fruits and veggies, like strawberries, blueberries and broccoli. Take daily vitamins. Limit intake of red meats, fried and processed foods, salt and sugar.

2. Stay Active

Brisk walking benefits brain health, while aerobics can boost your heart rate, and weight training builds strength and flexibility.

3. Learn New Things

Pick up a new hobby like playing tennis, learn to speak a foreign language, try a cooking class, or something you haven't done before.

4. Get Enough Sleep

At least 7 to 9 hours is a good night's rest. Insomnia or sleep apnea can have serious physical effects and negatively affect memory and thinking.

5. Mind Your Meds

Medication can affect everyone differently, especially as you age. A medication that didn't trigger side

effects in the past can suddenly cause an abnormal reaction. Talk to your doctor about all medications, whether over-the-counter or prescriptions.

6. Stop Smoking and Limit Alcohol

Smoking can increase the risk of other serious illnesses, while too much alcohol can impair judgment and cause accidents, including falls, broken bones, and car crashes.

7. Stay Connected

Invite friends and family over for a meal, board games, or just to hang out. Maintaining an active social life is important for mental health and keeping a positive attitude.

8. Know Your Blood Pressure

If your blood pressure is high, get it under control under the supervision of a healthcare professional.

9. See Your Doctor

Maintain checkups. Health screenings are key to managing chronic illnesses, such as diabetes, cardiovascular disease, and obesity. Speak with your physician about any concerns or questions you have about your health.

10. Get a Memory Screening

Our brains need regular checkups, just as other parts of our bodies do. A memory screening is a quick, easy, non-invasive exam for our brains. Talk to your doctor about getting a screening as part of your annual wellness exam or call the Alzheimer's Foundation of America at 866-232-8484.

Reference: <https://alzfdn.org/10-steps-for-healthy-aging/>



We are tentatively scheduled to return to in person worship the first Sunday of February, pending reevaluation at the end of this month.

When we are able to worship in person again, we will continue with contact tracing in order to inform our church family and visitors if they have been exposed to the COVID virus during a worship service.

We are looking for people to sit at the welcome table and greet people as they arrive, ask them to sign the contact tracing form (new, simpler form) and offer them a mask if they do not have one.

Volunteers should arrive not later than 9:30 AM and plan to stay at the table until about 10:10 AM.

We would like to create a list of people willing to do this on an occasional basis.

If you are willing to serve in this capacity, or have questions, please contact Heather Throckmorton (301 662-2895) or Laura Welker (301 788-0048). *Thank you!*

From the
TRINITY PASTORAL COUNSELING CENTER



The counseling center is excited to bring on board two pastoral counseling graduate students from Neumann University this spring. Denise Reccardi, RN, BS, is a retired military nurse with Medevac and psychiatric nursing experience. She is interested in eventually working in the

trauma counseling field. Paul Chmura brings a variety of life experiences including family caregiving across the life span. He is currently providing hospice counseling for families in the Berwyn, PA area.

We are continuing all counseling services virtually using doxy.me, a HIPAA and Hitech compliant program.

If you know of anyone 18 years or older seeking pastoral counseling services, let us know.

Blessings,
Diane Younkens



Thank you to all who donated gifts for the Holiday Hope Tree! We received this thank you note for the Holiday Hope Tree Christmas gifts from Community Living:

Dear Trinity:

Wow! I cannot thank you and the congregation enough for all the gifts. That was incredible! Everyone had a great time on Friday and it was nice to be able to send people home with a present.

Please extend my appreciation to everyone.

*Michael Planz
CEO Community Living, Inc.*

Blessings,
Laura Welker



We are **starting to build** our **awesome team** for this years' Vacation Bible School. There are jobs for all skill levels. *We need group leaders, activity directors, snack coordinators, and more.* We will also need decorators to

help out the weeks leading up to VBS. Students who are 6th grade and older can also help and receive volunteer hours for school. ***If you feel led to help out at our VBS in late June or the week of July 18th*** (final schedule TBD) or would like more info, please contact Chris at 301-662-2895 or children@trinityfrederick.org.



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.



Women's 4-week Bible Study on Wednesdays February 2-23 9:30am & 7pm (a virtual study)

"The Hope" by Amy Groeschel

How well do you currently know what you have been given in Christ Jesus?

Come strengthen yourself in fending off the despair and hopelessness that can tempt us all in these challenging times. Looking through the lens of what we have been given as a child of God, you can fortify your mind and spirit with a more alive and active hope.

Participants can order your book through the vendor of your choice or print out a download from this link <https://open.life.church/items/167636-week-1-4-for-print-pdf>

Men's Bible Study



Tuesdays at 8:30am

Contact Don Fine at
301-606-6353 for info.

QUESTION:

**How can I get the most out of the
10,080 minutes in my week?**



ANSWER:

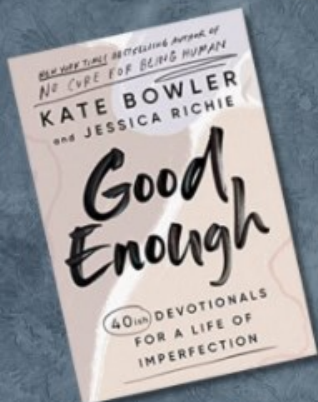
**Invest 50 minutes in
Trinity's current Grow
Time experiences**

***Sunday mornings at 8:45**

**see www.trinityfrederick.org for class link*

A Lenten Study for All coming in March . . .

Good Enough: Embracing the Imperfections of Life and Faith

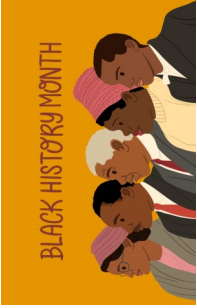





Come join Pastor Shannon, Pastor Mark
and Heather in a Lenten small
group experience...

Wed. March 9 through April 13
@ 9:30am & 7pm

Look for sign up Information soon



(MT=Ministry Team) (=Operation Christmas Child)		February 2022 TRINITY UNITED METHODIST CHURCH				
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
				Emergency Family Shelter		
		8:30 am Men's Bible Study	9:30 am Women's Bible Study 7:00 pm Women's Bible Study	6:00 pm Missions MT		
6 Disability Awareness Sunday 	7 7:00 pm Church Council MT	8 8:30 am Men's Bible Study 6:30pm OCC Meeting	9 9:30 am Women's Bible Study 7:00 pm Women's Bible Study	10 6:30 pm Stephen Ministry	11	12
13 Souper Bowl of Caring	14 Happy Valentines Day! 	15 8:30 am Men's Bible Study	16 9:30 am Women's Bible Study 7:00 pm Women's Bible Study	17 7:00 pm Stewardship & Finance MT	18	19 10:00 am Vaccination Clinic
20	21 	22 8:30 am Men's Bible Study 7:00 pm Trustees MT	23 9:30 am Women's Bible Study 7:00 pm Women's Bible Study	24 6:00 pm Prayer Service	25	26
27	28 11:30 am JOY Club Luncheon	SUNDAY SCHEDULE 8:45 am - Grow Time "Open Door" 10:00 am - Worship Service 11:30 am - Youth Grow Time		SUNDAY MUSIC & ARTS 5:00 pm Youth Choir Room 206 5:30 pm Trinity Brass Sanctuary		WEDNESDAY MUSIC & ARTS 6:30 pm Praise Team Sanctuary 7:00 pm Chancel Choir Room 206/207

CHURCH STAFF

[illegible]

CHURCH LEADERS & MINISTRY TEAM CHAIRS

Chairperson, Member Care & Nurture MT.....*Don Hott*
 Chairperson, Fellowship & Hospitality MT.....*Dick Gessner*
 TPCC (Counseling Center) MT.....*Dee Demich*
 Chairperson, Children's MT.....*TBD*
 Chairperson, Youth MT.....*Ella Fitzgerald*
 Chairperson, Church & Society MT.....*Dorothy Granberry*
 Chairperson, Missions Team.....*Kay Etzler*
 Chairperson, Women's MT*TBD*



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.



NEWSLETTER SUBMISSIONS

Information for the March 2022 newsletter will be due the second Sunday of February – February 13.



The church office is open Monday through Thursday, from 9am-4pm and Fridays 9am-12pm, but the phone is available until 4pm. (appointments preferred).



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CHANGE SERVICE REQUESTED

