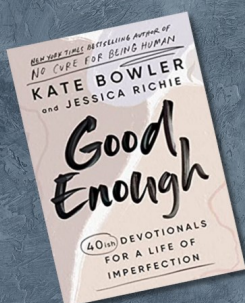


Good Enough:

Embracing the Imperfections of Life and Faith



Lent at Trinity

*begins with in-person & livestreamed
Ash Wednesday Service
March 2 at 7pm*



Dear friends,

Do you have a perfect life? I don't know about you, but until we started struggling with infertility and later miscarriage, and then losing my mother-in-law, and then Autumn - before all of that I thought I could work myself into a perfect life. I think, even if we aren't all perfectionists, many of us think that if we work hard enough, or pray hard enough, or believe deeply enough, we will have if not a perfect life than a pretty darn good one. Some of us think God requires this perfection of us. And when we feel like our lives have fallen short, or even have fallen apart, we sometimes think something is wrong with us. Maybe we even think God has abandoned us.

Kate Bowler (www.katebowler.com) is a seminary history professor at Duke and an author and podcaster, writes of her own struggle seeking perfection before she was diagnosed with stage 4 colon cancer. In a recent op-ed, she said:

Every year, billions of dollars are pumped into a wellness industry defined by the theory that we can be perfected. We can organize ourselves, heal ourselves, budget ourselves, love ourselves, track ourselves and eat well enough to make ourselves whole....Salvation is only a decision away.

But I cannot outwork or outpace or out-pray my cancer. I can't dispel it with a can-do attitude.

After a diagnosis. After a pandemic. That is the right time to question our popular theories about how to build a better life. We cannot "have it all" if we just learn how to conquer our limits. Infinity isn't at the bottom of your inbox or in the next level on the Peloton. The problem with our lives is that we cannot solve them. We can only live them.

(Kate Bowler, "We can't upgrade our lives. We can only live them" *The Washington Post* 11/1/21, <https://www.washingtonpost.com/opinions/2021/09/24/we-cant-upgrade-our-lives-we/>)

We can't solve our lives. We can only live them. This is, strangely enough, a message for Lent.

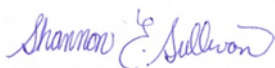
Now Lent is often overtaken by perfection. We proclaim: look at us fasting from candy so well! Look at us reading our Bible so diligently every day. Or, the opposite: we was trying to fast from sugar , but we couldn't do it. Not even for God. Why are we so awful? Stop. Lent has become a tool of perfection, but that's not what it is supposed to be. What if, this Lent, we stopped trying to be perfect, and instead were "Good Enough," embracing the imperfections of life and faith?

The Good News certainly is that God loves us deeply and is present to us powerfully, even and especially in the midst of the imperfect and down-right crappy moments of life.

We are still in the midst of great disturbance from "the way we imagined" life to be. In many cases, dreams have been thwarted by pandemic through loss of life, health, and economic security. And then there's all the other hard stuff, unrelated to pandemic, that just keeps rollin' along. My prayer is that this Lent will be salve for our frustrated selves, inviting us to embrace the imperfections of life and faith, knowing that we are never alone.

Join us on this Good Enough journey. You can buy the devotional by Kate Bowler and/or use the free devotional you can find online here <https://katebowler.com/lent/> or you received it in the Lenten packets we sent out (if you didn't get one, pick one up from the office or Welcome Desk). You can join us on Wednesdays or Sundays at Grow Time to reflect together in small groups. And, of course, we will be embracing the imperfections of life and faith in worship too.

Peace,



Shannon



It's finally time for the NEW Church Directory!!

We are excited to announce the upcoming launch of a new church directory! On Easter Sunday, April 17, between 9-10am or 11:30-12:30pm (directly after Easter Service), church volunteers have offered to take family and/or individual photos for the new Church Directory. *If you would prefer, you may submit your photos directly to the church office by emailing Jenna at tumc@trinityfrederick.org.* Don't forget to update your contact info!! This is a great opportunity to update address, phone, or email changes. When submitting photos via email or in person, please indicate any contact information

change/update by utilizing the form found on the church website: www.trinityfrederick.org. Once the directories are finished and printed (sometime in late Spring/early Summer) please come to the church office to pick up a copy, request to have it emailed to you, or if you are out of area, and do not have an email address, request to have a copy directly mailed to you. If you have any questions, please contact Jenna at tumc@trinityfrederick.org.

IN THIS ISSUE...

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A Prayer of St. Patrick:

*"As I arise today,
 may the strength of God pilot me,
 the power of God uphold me,
 the wisdom of God guide me.
 May the eye of God look before me,
 the ear of God hear me,
 the word of God speak for me.
 May the hand of God protect me,
 the way of God lie before me,
 the shield of God defend me,
 the host of God save me.
 May Christ shield me today.
 Christ with me, Christ before me,
 Christ behind me,
 Christ in me, Christ beneath me,
 Christ above me,
 Christ on my right, Christ on my left,
 Christ when I lie down,
 Christ when I sit,
 Christ when I stand,
 Christ in the heart of everyone who
 thinks of me,
 Christ in the mouth of everyone
 who speaks of me,
 Christ in every eye that sees me,
 Christ in every ear that hears me.
 Amen."*



This prayer was found on the following website: <https://www.crosswalk.com/blogs/debbie-mcdaniel/10-things-you-may-not-know-about-st-patrick.html>

Feed the Hungry

**Help End Hunger**

The United Methodist Men of the Frederick District will partner with Trinity United Methodist Church to host a Potato Drive with the help of the Frederick and Hagerstown/Cumberland District to help feed the hungry. Volunteers (men, women, youth, and scouts) are welcome to help with this potato project on Sat. March 12th 2022 from 8am – 1pm. Volunteers will prepare 10-pound bags of potatoes which will be delivered to families who are in need. Volunteers will also be needed to help distribute 50lb. bags to local non-profit organizations such as food banks, rescue missions, homeless shelters and churches with outreach ministries coming for pick-up. If you can help, please contact Mark Claiborne to be added to our volunteers list and join us at 8am at the Trinity United Methodist Church parking lot, 703 West Patrick St., Frederick, MD 21701. If your church or non-profit organization would

like to deliver potatoes to their communities, 50-pound bags are available for free. Please reserve the number bags by calling Mark Claiborne at (301) 524-6000 or by email at mclaib819@yahoo.com. You must reserve potatoes before picking them up. Reservations will close Tuesday, March 8th at 6pm. Please arrive between 9:00am-10:30am on Sat., March 12th at the church parking lot to pick up your potatoes. The 40,000 pounds of potatoes are provided by the Society of St Andrew. For additional information call Mark Claiborne of Trinity United Methodist Church, at (301) 524-6000.

Date:**March 12, 2022****Location:****Trinity United Methodist Church****Pick-up Times:****9:00am – 10:30am**

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***Feed the Hungry******Potatoes*****Hosted by: Trinity United Methodist Church*****Pastor Mark Claiborne***

703 West Patrick St.

Frederick, MD. 21701

(301) 662-2895



Open hearts. Open minds. Open doors.

**The people of The United Methodist Church™**

From the  
**TRINITY PASTORAL COUNSELING CENTER**



At the time of this writing, we know that the counseling center ended the year in positive territory financially. Thank you for your time, talent and sharing of gifts. **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. Highlighting the center's service in 2021, we saw 86 people, of those 22 people were couples. We provided 1108 counseling session hours. Eighteen people were new clients this past year.

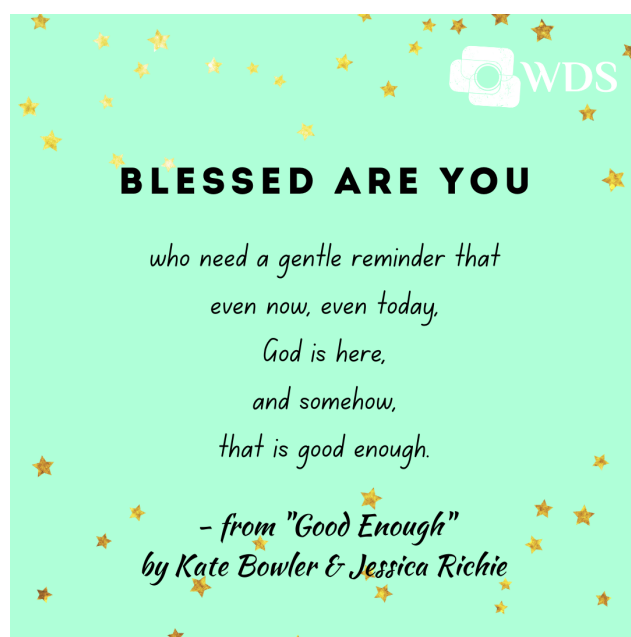
We are continuing all counseling services virtually using doxy.me, a HIPAA and Hitech compliant program. If you know of anyone 18 years or older seeking pastoral counseling services, let us know.

*The counseling center is honored to receive a G. F. Thomas grant 2022.* This grant goes a long way in supporting the center's work. These funds directly support clients those who need the financial assistance. Last year, more than half of our scholarship funds came from this grant.

Thirty people were eligible for scholarship funds. Of those unable to pay the base rate, 469.5 sessions were provided. The difference in income from the base rate and what people were actually able to pay was \$15,547. Of this we were able to use the G.F. Thomas grant for 2021, funds from the United Way's Combined Charities Campaign, donations from the church and individuals in the community. A total of \$5535.00 was used from the scholarship fund. We are excited to add interns to our staff in 2022, which allows us to train new pastoral counselors and to enhance services in the community. Our interns bring a wealth of knowledge with them. Please refer people so that these talented folks can grow in pastoral counseling.

If you are interested in joining the Counseling Center ministry team or would like more information on serving on the team, please let me, Sylvia Brown, Ernell Graham, or the pastor know.

Blessings,  
Diane Younkins, LCPC, LPC, NCC  
Director and Pastoral Counselor



# A Lenten Study for All coming in March . . .

Based on

**Good Enough:**  
Embracing the Imperfections  
of Life and Faith



*A Lenten small  
group experience...*

1) Grow Time on  
Sundays at 8:45am  
starting Sun. March 6

OR

2) Wed. at 9:30am or 7pm  
March 9 through April 13  
Come join Pastor Shannon,  
Pastor Mark and Heather



## 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](http://www.trinityfrederick.org) for class link*



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).

| (MT=Ministry Team)<br>(=Operation Christmas Child)<br><b>March 2022</b><br><b>TRINITY UNITED METHODIST CHURCH</b>     |                                         |                                                               |                                                                                                           |                                                          |                                                                                                   |                                          |
|-----------------------------------------------------------------------------------------------------------------------|-----------------------------------------|---------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|----------------------------------------------------------|---------------------------------------------------------------------------------------------------|------------------------------------------|
| <i>Sunday</i>                                                                                                         | <i>Monday</i>                           | <i>Tuesday</i>                                                | <i>Wednesday</i>                                                                                          | <i>Thursday</i>                                          | <i>Friday</i>                                                                                     | <i>Saturday</i>                          |
| <b>SUNDAY SCHEDULE</b><br>8:45 am - Grow Time "Open Door"<br>10:00 am - Worship Service<br>11:30 am - Youth Grow Time |                                         | <b>1</b><br>8:30 am Men's Bible Study                         | <b>2</b> Lent Begins<br><b>7:00 pm Ash Wednesday Service</b><br>NO Praise Band or Chancel Choir Practice  | <b>3</b><br>6:00 pm Missions MT<br>7:00 pm Chancel Choir | <b>4</b>                                                                                          | <b>5</b>                                 |
| <b>6</b><br>4:00 pm Youth Group<br>Snow Tubing<br>NO Youth Choir                                                      | <b>7</b><br>7:00 pm Church Council MT   | <b>8</b><br>8:30 am Men's Bible Study                         | <b>9</b><br>9:30 am Lenten Study<br>6:30 pm Praise Team<br>7:00 pm Chancel Choir<br>7:00 pm Lenten Study  | <b>10</b><br>6:30 pm Stephen Ministry                    | <b>11</b>                                                                                         | <b>12</b><br>9:00 am Potato Drop         |
| <b>13</b> Daylight Savings Time Begins<br>6:30 pm Youth Group                                                         | <b>14</b>                               | <b>15</b><br>8:30 am Men's Bible Study                        | <b>16</b><br>9:30 am Lenten Study<br>6:30 pm Praise Team<br>7:00 pm Chancel Choir<br>7:00 pm Lenten Study | <b>17</b><br>7:00 pm Stewardship & Finance MT            | <b>18</b>                                                                                         | <b>19</b><br>10:00 am Vaccination Clinic |
| <b>20</b><br>NO Youth Group                                                                                           | <b>21</b>                               | <b>22</b><br>8:30 am Men's Bible Study<br>7:00 pm Trustees MT | <b>23</b><br>9:30 am Lenten Study<br>6:30 pm Praise Team<br>7:00 pm Chancel Choir<br>7:00 pm Lenten Study | <b>24</b><br>6:30 pm Stephen Ministry                    | <b>25</b>                                                                                         | <b>26</b>                                |
| <b>27</b><br>6:30 pm Youth Group                                                                                      | <b>28</b><br>11:30 am JOY Club Luncheon | <b>29</b><br>8:30 am Men's Bible Study                        | <b>30</b><br>9:30 am Lenten Study<br>6:30 pm Praise Team<br>7:00 pm Chancel Choir<br>7:00 pm Lenten Study | <b>31</b><br>6:00 pm Prayer Service                      | <b>SUNDAY MUSIC &amp; ARTS</b><br>5:00 pm Youth Choir Room 206<br>5:30 pm Trinity Brass Sanctuary |                                          |



## CHURCH STAFF

|                                                |                                              |
|------------------------------------------------|----------------------------------------------|
| Guest Accompanist.....                         | <i>Jason Sellers</i>                         |
| Director, Chancel Choir.....                   | <i>Valerie Wittkamper</i>                    |
| Director, Youth Choir.....                     | <i>Denise Berry</i>                          |
| Director, Trinity Brass.....                   | <i>Matt Stegle</i>                           |
| Director, Jacob's Ladder Praise Band .....     | <i>Jim Chamblee</i>                          |
| Director, Audio/Visual/Media Ministries .....  | <i>Guy Berry</i>                             |
| Audio/Visual/Media Ministries technicians..... | <i>Jim Clark</i><br><i>Trevor Forman</i>     |
| Trinity Pastoral Counseling Center.....        | <i>Diane Younkins</i><br><i>Pam Hewetson</i> |

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



**Sunday, March 13,  
set your clocks  
one hour forward**

## 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 April 2022 newsletter will be due the second Sunday of March – March 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).



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

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

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Permit #12

## CHANGE SERVICE REQUESTED

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### Lenten & Holy Week Services & Studies

March 2, *Ash Wednesday*, Beginning of Lent 7pm, Sanctuary/Livestream

March 9-April 13, *Lenten Study for all*, Wednesdays 9:30 & 7pm, Virtual

March 6-April 10, *Grow Time*, Sundays 8:45am, Room 302/304 & Zoom

April 10, *Palm Sunday* 10am, Sanctuary/Livestream

April 14, *Maundy Thursday* 6pm, Multipurpose Room

April 15, *Good Friday* 7pm, Sanctuary

April 17, *Easter Sunrise Service* 6am, Clustered Spires Cemetery

April 17, *Easter Service* 10am, Sanctuary/Livestream

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**Go to [www.trinityfrederick.org](http://www.trinityfrederick.org) to access additional Lenten Information.**

**Click on the "Worship" tab to access Trinity UMC's YouTube Page  
for our livestream services. If you need additional assistance connecting,  
please email [tumc@trinityfrederick.org](mailto:tumc@trinityfrederick.org) or call the Church office at 301-662-2895.**