



NATIONAL DAY OF PRAYER  
THURSDAY, MAY 5, 2022

EXALT <sup>THE</sup> LORD  
WHO HAS  
ESTABLISHED US

COLOSSIANS 2:6-7

*Walk Trinity's Prayer Labyrinth 6am-8pm*



## A letter from the Pastor:

Lent is a season of 40 days, not including Sundays, but Easter is a season too...it's Eastertide! Which means we get to eat Peanut Butter Chocolate Eggs for 50 days! Yay! Er...and also that we are in the midst a season of celebration and courage. Those first disciples had no idea what was going to happen after Good Friday (even though Jesus had told them a few times). Once they witnessed the resurrection, they had to live into a brand-new world. It was a beautiful new world, that is certain, but it was so different it required courage and resilience and creativity to live into. They had to treat one another differently than they had been taught to by their cultures. If you read through the book Acts of the Apostles in the Bible, you will see that sometimes the disciples embodied that new world themselves so well...and other times they struggled. This Easter season, we are looking to revive at least a bit of those early Christians' courage in ourselves through a worship series and study called Brave Church.

Our culture is at odds with the new world Jesus proclaimed in the resurrection, just as ancient cultures were in the ancient church. We don't have to look very far to see that- how about our political infighting? Our compassion fatigue? Our denomination splitting? Often we avoid bringing up hard conversations in order to keep church a "nice place." But church isn't supposed to be nice: church is supposed to be real- and have a real impact on our lives. Church is where we can learn to live differently just as the first disciples were to live differently. Church was and is about deepening our relationship with God and with our community as we share what God can do among us. If we don't learn how to talk about hard things, how can we really talk about what God is doing in our hearts, lives, families and communities? Brave Church is about teaching us how to live out a consistent, tender courage, teaching us how to communicate in a real and grace-filled way about the hurts we ALL carry.

Now, in many ways, Trinity UMC is a congregation that has real conversations. Our Stephen Ministry, study groups, and our support of the Trinity Pastoral Counseling Center have been instrumental in teaching us to be honest about our feelings and present for one another in difficult times. But we can always do more. Jesus embraced people - all people - even in the messy, painful parts of their lives. We also want to embrace one another and our community like Jesus did. Like those original disciples we can choose to be brave, following the Holy Spirit's calling to do hard things with Christ-like hearts!

Brave Church guides us through looking at just a sampling of topics that can be challenging to look at together, even at times emotional. These topics, and so many more, are often ones that we, or the person sitting beside us on Sunday, have been secretly, painfully grappling with for a long time. Can we learn to better listen to one another, especially about the heavy weights we carry? And in that listening, can we learn to open our hearts to being part of what God is doing in and among us? In God's grace, yes. Please join in upcoming worship and small groups as together we work on becoming evermore loving and a little braver.

Rev. Shannon Sullivan

## mother's DAY

collection for  
heartly house

### 2022 Mission's Team Mother's Day Drive

Heartly House serves Frederick County residents who have been impacted by domestic violence, sexual assault, and child abuse. Trinity UMC will be collecting donations of needed household items on May 1st and 8<sup>th</sup> to make Mother's Day a little brighter for these families. All donations can be placed in the Heartly House box located in the narthex. Items needed include (**new**):

- Disinfecting Wipes
- Gas gift cards
- Grocery store gift cards
- Baby powder
- Deodorizing trash bags for diaper disposal
- Children's shampoo/body wash
- Children's toothbrushes/toothpaste
- Feminine hygiene (pads/tampons)
- Crib sheets
- Pillows
- Twin-size sheets
- Women's pajamas
- Women's sweatshirt/pants
- Children's pajamas
- Children's sweatshirt/pants
- Batteries (AAA, AA, C, D, 9v)
- Towels and wash cloths
- Paper plates and cups
- Ziploc bags
- Dishwasher detergent pods
- Kitchen towels
- Mouthwash
- Dish cloths, sponges
- Aluminum foil and plastic wrap
- Toilet paper
- Tissues
- Paper towels
- Coffee – Instant & K-cups
- Tea bags & K-cups

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## • Remember and Honor •

### A Prayer for Memorial Day

Dear God, We thank you for the freedom you have given to us, and for the price that was paid by Christ so that we could live free. We remember today. The cost of it all.

The great sacrifice for freedom.

We thank you for the brave men and women who have fought, and continue to fight, so courageously for our nation. We ask for your covering and blessing over them and their families. We pray that you would be gracious and encircle them with your peace. We pray for your great favor and goodness to be evident in their lives.

Please be with all those who wear the uniform, who serve our communities and nation every single day. We ask that you provide your protection, that you would be their guiding force who leads the way, and their rear guard who keeps them safe from behind. We ask that you would draw them to yourself amidst the dangers they face in a dark world, for you are the Truth, you are the Way, you are the Light. (by Debbie McDaniel)

### A Prayer For Military Families

Bless their families. Bless those they love. Give them your great favor, this day, and every day. Help them to walk wisely. To stay covered in your armor. Give them godly discernment. Make them constantly aware of what lurks close by whether on

the battlefield or at home. Help them to be men and women of prayer, realizing that this is where their greatest help comes from. Help them to stay united and strong, bold and resolute, determined and unwavering.

### A Prayer for Military Families Who Have Lost Loved Ones

O Lord, We weep with those who weep and mourn with those who mourn. Comfort these moms and dads, children and spouses as only You can. You have collected all their tears in a bottle. Help them feel Your strong presence, see Your tender hand all around them and hear Your voice directing them in these dark circumstances. Draw them daily to Your Word to process their pain and grieve with hope. Spur the body of Christ around them to be Your hands and feet and to meet their practical needs.

Thank you, Lord, that You are the defender of widows and father to the fatherless. Bind up their wounds and heal their broken hearts. You are good and You do good and we pray that even in their pain they will see Your goodness sustaining them through pain. Restore to them the joy of your salvation and sing over them a new song. Amen. (by Lisa Appelo)

Prayers from the following website:

<https://www.christianity.com/wiki/holidays/5-inspiring-memorial-day-prayers-for-honor-and-remembrance.html>

### SPECIAL MISSION'S COLLECTION DATES: NEXT UPCOMING DATE IS MAY 29

The Mission Ministry Team is excited to announce that on the fifth Sunday of any month for which there are five Sundays, a special offering will be collected to support local and national disaster recovery projects. These monies will enhance our ability to serve and meet the needs of many in our community and those in states which have been affected by natural disasters. For 2022, these dates will be May 29, July 31, and October 30. Your support is greatly appreciated, but please keep in mind that these offerings will be in addition to your regular church givings, and not in place of them. Contact Kay Etzler (301-514-8293) for more information.

From the  
**TRINITY PASTORAL COUNSELING CENTER**



**May is Mental Health Awareness**

**Month.** This awareness month started in 1949 by what is now the Mental Health Association. This year the theme is **"Back to the Basics."**

Mental illness continues to struggle with issues of stigma. To overcome this problem and address the real needs of people with mental health challenges, core suggestions are outlined:

1. Take care of yourself. Tend to your needs that support wellness. If you are struggling, seek help and follow your treatment plan. The sooner the treatment, the better. There is only one of you.

2. Take care of loved ones. Listen. Be supportive. Encourage treatment if it becomes necessary.
3. Talk about mental health. Destigmatize mental illness. Share your challenges and successes. No more shame.

One other thought. It has been said that Jesus provides an amazing model of emotionally intelligent responses based on each person he encountered. His form of agape love was the deepest kind of healing. We live in an age where people can still view mental illness as a personal failing. This is not helpful. Consider treatment and care in all the forms God offers as helpful possibilities.

Many Blessings,

Diane Younkens, LCPC, LPC, NCC  
Director and Pastoral Counselor

## Vacation Bible School



**When:** June 20-June 25, 2022  
**Time:** 2:00 pm to 5:00 pm  
**Where:** Trinity United Methodist Church

Check out our Facebook Page, or our website,  
[www.trinityfrederick.org/childrens-ministry](http://www.trinityfrederick.org/childrens-ministry)  
for more information **and to register!**

**Questions?** Please contact Chris  
Kenny at 301-662-2895  
or [children@trinityfrederick.org](mailto:children@trinityfrederick.org).



### Graduate Recognition

**Sunday**

**Sunday, June 12 2022**

If you have a student graduating from high school or college, please send their name, school they are graduating from, degree earned, and future plans along with their picture to Jenna Cintron:  
[tumc@trinityfrederick.org](mailto:tumc@trinityfrederick.org)  
Tuesday, May 23.



- Sunday, May 1: Youth Sunday (No Youth Group this night)
- Saturday, May 7: Spaghetti Dinner & Silent Auction Fundraiser for ASP Mission Trip
- Sunday, May 8: Mother's Day - No Youth Group
- Saturday, May 14: ASP Spring Yard Sale
- Sunday, July 10 - 17 ASP Mission Trip



**NATIONAL  
DAY OF  
PRAYER**  
**May 5, 2022**



**Bring a friend &  
Walk the  
Prayer Labyrinth  
Multipurpose Room  
6am-8pm**

*In May...*

**BRAVE  
CHURCH**

TACKLING TOUGH TOPICS  
TOGETHER



Learning & Caring Together  
Grow Time on Sunday Morning  
**ONLINE & IN PERSON**  
@ 8:45 Room 302-304  
Find link at [www.trinityfrederick.org](http://www.trinityfrederick.org)

**Men's Bible Study**

**Tuesdays at 8:30am**

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

A Part of Trinity Women's Ministry...

women's  
bible study

growing deeper, together

Watch for new study details soon

***In·ten·tion·al***  
***deliberate, done on purpose,  
not by accident***

**Are You Interested in being part of  
the Intentional Faith Development  
Ministry Team?**


If so, contact the church office at 301-662-2895 or email  
Heather at [Heatherthrockmorton@trinityfrederick.org](mailto:Heatherthrockmorton@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](mailto:heatherthrockmorton@trinityfrederick.org).

<div> <div>(MT=Ministry Team) (OCC=Operation Christmas Child)</div> <div> <b>May 2022</b>  <b>TRINITY UNITED METHODIST CHURCH</b> </div> </div>						
<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<b>1</b> 6:30 pm Youth Group	<b>2</b> 7:00 pm Church Council	<b>3</b> 8:30 am Men's Bible Study 7:00 pm Re-entering Well Task Force	<b>4</b> 6:30 pm Praise Team 7:00 pm Chancel Choir	<b>5</b> 6:00 am Prayer Labyrinth 6:00 pm Mission's MT	<b>6</b>	<b>7</b> 5:30 pm Spaghetti Dinner & Silent Auction
<b>8</b> 	<b>9</b>	<b>10</b> 8:30 am Men's Bible Study	<b>11</b> 6:30 pm Praise Team 7:00 pm Chancel Choir	<b>12</b> 6:30 pm Stephen Ministry	<b>13</b> 5:30 pm Yard Sale Drop Off	<b>14</b> 8:00 am Yard Sale
<b>15</b> 5:00 pm Youth Choir, final practice before summer break 6:30 pm Youth Group	<b>16</b>	<b>17</b> 8:30 am Men's Bible Study	<b>18</b> 6:30 pm Praise Team 7:00 pm Chancel Choir	<b>19</b> 7:00 pm Stewardship & Finance MT	<b>20</b>	<b>21</b>
<b>22</b> 6:30 pm Youth Group	<b>23</b> 11:30 am JOY Club Luncheon	<b>24</b> 8:30 am Men's Bible Study 7:00 pm Trustees MT	<b>25</b> 6:30 pm Praise Team 7:00 pm Chancel Choir	<b>26</b> 6:00 pm Prayer Service 6:30 pm Stephen Ministry	<b>27</b>	<b>28</b>
<b>29</b> 5th Sunday Collections 6:30 pm Youth Group	<b>30</b> HAPPY <b>MEMORIAL DAY</b> <i>Remember and Honor</i>	<b>31</b> 8:30 am Men's Bible Study	<div> <b>SUNDAY SCHEDULE</b>            8:45 am - Grow Time "Open Door"            10:00 am - Worship Service            11:30 am - Youth Grow Time         </div>			
				<div> <b>SUNDAY MUSIC &amp; ARTS</b>            5:00 pm Youth Choir Room 207            5:30 pm Trinity Brass Sanctuary         </div>		

## CHURCH STAFF

Senior Pastor.....	<i>Shannon Sullivan</i>	Director, Chancel Choir.....	<i>Valerie Wittkamper</i>
Associate Pastor.....	<i>Mark Claiborne</i>	Director, Youth Choir.....	<i>Denise Berry</i>
Minister of Visitation.....	<i>John Morrill</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 Youth Ministries.....	<i>Wendy Huff</i>	Director, Audio/Visual/Media Ministries .....	<i>Guy Berry</i>
Administrative Assistant.....	<i>Jenna Cintron</i>	Audio/Visual/Media Ministries technicians.....	<i>Jim Clark</i>
Director of Community Engagement.....	<i>Curtis Osborne</i>		<i>Trevor Forman</i>
Bookkeeper.....	<i>Rosemary Bolino</i>	Trinity Pastoral Counseling Center.....	<i>Diane Younkins</i>
Coordinator of Music & Arts.....	<i>Angela Spencer</i>		<i>Pam Hewetson</i>

Co-Chairpersons, Church Council.....	<i>Don Fine, Dick Gessner</i>	Co-Chairpersons, Altar Guild.....	<i>Sue Rowland</i>
Chairperson, Staff-Parish Relations MT* .....	<i>TBD</i>		<i>Pamela Lesperance</i>
Lay Members, Annual Conference.....	<i>Laura Welker</i>	Chairperson, Member Care & Nurture MT.....	<i>Don Hott</i>
Chairperson, Stewardship & Finance Team.....	<i>Wanda Osborne</i>	Chairperson, Fellowship & Hospitality MT.....	<i>Dick Gessner</i>
Treasurer.....	<i>Bob Kripowicz</i>	TPCC (Counseling Center) MT.....	<i>Dee Demich</i>
Financial Secretary.....	<i>Sandy Wiles</i>	Chairperson, Children's MT.....	<i>TBD</i>
Chairperson, Board of Trustees.....	<i>Guy Berry</i>	Chairperson, Youth MT.....	<i>TBD</i>
Chairperson, Missions Team.....	<i>Kay Etzler</i>	Chairperson, Church & Society MT.....	<i>Dorothy Granberry</i>
Chairperson, Women's MT .....	<i>TBD</i>		<i>* Ministry Team</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).



On **Monday, May 30**  
in observance of  
Memorial Day.

Information for the June 2022 newsletter will be due the second Sunday of May – May 8.



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

# Yard Sale to Benefit Youth Missions!

**Saturday, May 14, 2022 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, May 13 between 5:30 pm and 7:00pm

*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"