

Holy Week Services

April 2 | Palm Sunday | 10am

Easter Egg Hunt following Worship Service

April 6 | Maundy Thursday | 6:30pm | Multipurpose Room

April 7 | Good Friday Service | 7pm | Sanctuary

April 9 | Easter Sunrise | 6am | Clustered Spires Cemetery

Easter Service | 10am | Sanctuary



FROM THE PASTOR

I have a lot of questions for Jesus. I imagine some of you do too! The problem with Jesus is, he has a lot of questions for us. One count I saw recently pointed out, "In the Gospels, Jesus is asked 187 questions. He answers (maybe) 8 of them. He himself asks 307."

At the end of February, Lent began. Lent is a time when we seek to draw closer to God. Often we do this by taking up a new spiritual discipline, or fasting from the things that get in the way of our relationship with God. This year in worship, we are using questions to guide us. We will be following A Sanctified Art's Lenten series called "Seeking: Honest Questions for Deeper Faith." We'll be asking questions with characters from Matthew and John's gospels, from the Israelites roaming in the wilderness, from the prophets. Some of those questions might be the same ones we have ourselves. Some of those questions won't necessarily be answered, but maybe they will help us draw nearer to God.

The creators of this series explain:

"Like the characters in our Lenten scriptures, we are also seeking many things: clarity, connection, wonder, justice, balance. We are seeking our calling, the sacred, and how to live as a disciple. Throughout the turbulence of the past few years, many of us are asking big questions about our lives and our faith. If you are returning to church, you are probably returning with more questions and a critical lens. We hope this series will help us unpack some of those big questions in ways that are honest and faithful. Throughout this season, we hope you will continually ask yourself: what am I seeking? What is God seeking? This Lent, we invite you to engage in the spiritual practice of seeking. ...continued on page 2



Please keep Pastor Shannon and her family in prayer!

Baby Sullivan-Harrington is due April 26, and so far, so good. Pastor Shannon's doctors think it is possible for the baby to go full-term. However, they have had such a roller coaster journey, they ask your continued prayers. Should Pastor Shannon go into labor early, folks at the office will let you know, and let you know what the plan is. We are blessed to have several retired pastors in the congregation- John Morrill, Jim Spiller, Kathy Kohl, and David Coakley, and all of them have offered to help with worship. Keep them and the staff in prayer as well!

**Pictured from left to right, Pastor Shannon, Aaron, and Zekie at 29 weeks pregnant in fancy clothes.*

...continued from front cover

We encourage you to stay curious, open, and nimble. We hope you will soften your assumptions and expand your perspectives. We pray that these questions will create a safe space to explore—to be drawn more deeply into the fullness of life, into the heart of God."

So think about what questions you have for God. Bring those questions to worship. Bring them to study (with scheduling, we did not try an all-church study this year, but we still have Grow Time on Sundays, and men's study and women's study during the week). Bring them with you in prayer. And don't seek answers. Seek to be honest with God. And seek to listen to the questions God is asking you.

-Rev. Shannon Sullivan

Breastplate of St. Patrick

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 down,
 Christ when I arise,
 Christ in the heart of every man 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.

 Seedbed.com

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Seeking: Honest Questions for Deeper Faith | *Lenten Series 2023*

Like the characters in our Lenten scriptures, we are also seeking many things: clarity, connection, wonder, justice, balance. We are seeking our calling, the sacred, and how to live as a disciple. Throughout the turbulence of the past few years, many of us are asking big questions about our lives and our faith. We

hope this series will help us unpack some of those big questions in ways that are honest and faithful. Throughout this season, we hope you will continually ask yourself: what am I seeking? What is God seeking?

-An excerpt of the synopsis from sanctifiedart.org



THE FIRST SUNDAY IN LENT

seeking: *Who will you listen to?*

Matthew 4:1-11 | Genesis 2:15-17, 3:1-7

Seeking the fruit of the garden, Adam and Eve allow the snake's manipulative voice to become louder than God's voice. In the wilderness, Jesus defies the deception of the tempter by listening intuitively—to God, to his inner moral compass, to the teachings of his faith. And so, who will you listen to? What sources do you seek for news, information, and media? Whose voices—and what messages—take up too much space in your head? Within the onslaught of messaging we



THE SECOND SUNDAY IN LENT

seeking: *How do we begin again?*

John 3:1-17 | Genesis 12:1-4a

Nicodemus comes to Jesus under the veil of night to ask him big faith questions. Jesus invites him to begin again, to learn a new way of knowing and living out his faith. In Genesis, God commands Abram and Sarai to leave everything—their home, their family, their land—to seek the land of Canaan and begin again. Like Nicodemus, what are the questions we ask in the dark? Like Abram and Sarai, how do we follow God's calling to begin again?



THE THIRD SUNDAY IN LENT

seeking: *Will you give me a drink?*

Exodus 17:1-7

In the wilderness, the Israelites essentially ask: "Will you give us a drink, God? Will you take care of us, even now?" This week, we might imagine ourselves in the wilderness. Are we willing to care for our neighbors, seeking to not just quench thirst, but to find living waters that sustain us all?



THE FOURTH SUNDAY IN LENT

seeking: *Who sinned?*

John 9:1-7 | John 9:8-41

When Jesus and the disciples encounter a blind man along the way, the disciples immediately ask, "Teacher, who sinned, this man or his parents, that he was born blind?" (John 9:2). They ask a really bad question, filled with assumptions and harmful theology. Unfortunately, the crowd continues to interrogate the man and dissect the miracle of his healing. This week, let us pay attention to the questions we ask. What assumptions do we carry? What is our intent? When seeking clarity or understanding, what are better questions we can ask?



100%
UMCOR Sunday donations cover operational cost so that 100% of EVERY dollar received in response to emergency appeals are spent on direct relief

STRENGTHEN
Your donation strengthens our global humanitarian response

SECURE
Together we secure UMCOR's response to those in need around the world

UMCOR SUNDAY
UNITED METHODIST SPECIAL SUNDAY

UMCOR SUNDAY – MARCH 19, 2023

The UMCOR Sunday offering underwrites UMCOR's administrative costs. This offering allows UMCOR to use 100% of all funds given to humanitarian response and recovery efforts directly to communities in need. These gifts ensure UMCOR can respond swiftly to disasters around the world and as a source of hope and healing for those left most vulnerable. *Please clearly indicate that your donation is for UMCOR and place it in the offering plate, send it to the church office, or add a note to your on-line donation. All donations are greatly appreciated.*

How can you apply the teachings and lessons spoken by Jesus to His disciples and the multitudes, today?

³⁷ "Do not judge, and you will not be judged; do not condemn, and you will not be condemned. Forgive, and you will be forgiven; ³⁸ give, and it will be given to you. A good measure, pressed down, shaken together, running over, will be put into your lap, for the measure you give will be the measure you get back." -Luke 6:37-38

First day of Spring is March 20!

5 TIPS

INDOOR SPRING PLANT CARE

CHECKING THE ROOTS

Slide your plant gently out of its pot. It asks for repotting when you see:

- more roots than soil
- winding roots
- roots are growing along the topsoil
- roots are creeping out the drainage holes

LIGHTING

Longer days mean several things for your indoor plants:

- longer stretches of sunlit through the day
- the change of direct sunlight pattern flooding through the window

Adjust their placement at different points throughout the day, ensuring they get the ideal amount of light.

WATERING

Growing plants use up water more quickly. It means you have to do frequent watering.

- make sure to water deeply and thoroughly, letting the liquid soak into the soil
- pick pots with drainage holes to avoid overwatering
- ensure to remove the excess water collected in the saucer to prevent root rot

SEASONAL CLEANING

Your plants need a fresh start for spring. Put the plants aside for a few hours. Deal with the debris, dust, or other mess piled on or over during the past winter.

- remove dead leaves and trim away yellow or brown leaves
- check carefully for any sign of disease or pest
- wipe the leaves with a wet cloth or dusting gloves

NURTURING

Once you notice new growth, it is time for fertilizing.

- you can try to apply a balanced, water-soluble indoor plant fertilizer
- carefully follow the instructions

EXHAUSTED BY THE PANDEMIC?

YOU DON'T HAVE TO FACE IT ALONE.

A Stephen Minister can walk alongside you or a loved one to offer support and care—and it's free and confidential.

To learn more, call 301-662-2895 and ask to speak to a Stephen Leader



Are you interested in learning Stephen Ministry skills (GREAT FOR EVERYONE) or serving as a Stephen Minister (simple application process required)?

It is not too late to join a new training class held on Sundays at Brook Hill UMC. Training will run from 2/19 through 7/6. If you want to learn to be a better friend, spouse, parent, coworker, or brother/sister in Christ, this is a great opportunity to learn super relevant, immediately applicable skills.

Contact Heather at 301.662.2895 or heatherthrockmorton@trinityfrederick.org

Ongoing Studies

Sundays at 8:45am | Grow Time: Open Door

Sundays at 11:30am | Youth Grow Time

Mondays at 6:30pm | Discipleship New Testament

Tuesdays at 8:30am | Men's Bible Study

Wednesdays at 9:30am & 7pm | Women's Bible Study

*Questions? Contact Heather at 301.662.2895 or heatherthrockmorton@trinityfrederick.org

*Want to join via zoom? Go to www.trinityfrederick.org, click on Studies+ then click on the corresponding zoom link.

You can always call the church office with any questions!



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.



**Saturday,
March 4**
5:30-7:30 pm
(auction bidding ends at 7pm)

Come support our youth ASP summer mission trip by eating some yummy
All-U-Can-Eat Spaghetti
and bidding on our **Silent Auction** items!

Adults \$12.00
Kids (10 and under) \$ 6.00

Name : _____

Adults _____

Phone : _____

Kids _____

Email: _____

Total Cost _____

Order ONLINE at www.trinityfrederick.org

Questions? Contact Wendy Huff at youth@trinityfrederick.org.



Can You Help Out?

Seeking front office phone coverage from March 30-April 14 (except for April 10 and April 14). If you can help cover the phones from 9am-12pm, Monday through Friday (one or two or more days) then please contact Jenna Cintron at 301.662.2895 or tumc@trinityfrederick.org.

Text to Give

Text-to-give is a new service by Easy Tithe (our online giving platform). For convenient giving on the go, text "GIVING" to 301-265-2895 and you will be sent a direct link to our online giving form to access right on your phone. If you have any questions, please contact Jenna at the Church office, 301-662-2895 or email tumc@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.

UPPER ROOM UPDATE

The Upper Room (March/April) is available for pickup in the black mailbox by the church office entrance. Feel free to stop by and pick up your copy! If you would like to have a mailed copy instead, please make a \$1 donation (payable by cash, check or EasyTithe on the church website) and email tumc@trinityfrederick.org, with your request and current mailing address. You can also call the church office at 301-662-2895. Contact the church office if you have any questions.

Upcoming Church Office Closings

The office will be closed on Monday, April 10 and Friday, April 14 after Holy Week. Thank you and God bless.

MONTHLY PRAYER SERVICE

Last Thursday of every month from 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: tumc@trinityfrederick.org or visit our website at www.trinityfrederick.org. *You can post your prayer requests online or on our Facebook page prior to the prayer service!*

Date:
March 25, 2023

Location:
Trinity United
Methodist Church

Pick-up Times:
9:00am – 10:30am

~~~~~  
*Feed the Hungry*



*Potatoes*  
~~~~~

Feed The Hungry Potato Drive

Hosted by: Lewistown UMC (Pastor Mark
Claiborne)

&

Trinity United Methodist Church

703 West Patrick St.
Frederick, MD 21701
(301) 662-2895



Help End Hunger

The United Methodist Men of the Frederick District will partner with Lewistown UMC and 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 25th 2023 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 (240) 367-9931 or by email at mclaib819@yahoo.com. You must reserve potatoes before picking them up. Reservations will close Tuesday, March 21st at 6pm. Please arrive between 9:00am-10:30am on Sat., March 25th 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 Lewistown UMC, at (240) 367-9931.

There are MANY opportunities to volunteer! We need baggers, stackers, loaders and more!!! Go to www.trinityfrederick.org, click on the banner for the Potato Drive to be directed to signup. There are also opportunities to help setup on Friday, May 24.



APRIL 6 | 6:30PM

**maundy
THURSDAY**

FELLOWSHIP MEAL & COMMUNION

Soup Volunteer Information

Name: _____

Type of Soup: _____

Type of Bread: _____

Join us for a fellowship meal of soup and bread during the Maundy Thursday Service in the Multi-purpose Room on Thursday, April 6 at 6:30pm. Please let us know if you are able to bring a pot or crockpot of soup and/or bread such as loaves or rolls to the meal. If you would like to volunteer to bring soup (and/or let us know you plan on coming to the meal & service), please complete this insert, go to the website www.trinityfrederick.org or stop by the church office.

Fellowship Meal RSVP

Name: _____

of adults: _____

children (6-12): _____

children under 6: _____

TOTAL ATTENDING: _____

***Don't worry if you forget to
RSVP, please join us anyway!!***

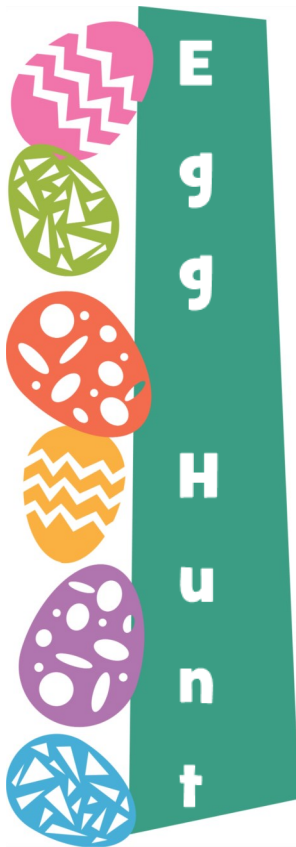
*Please either place in offering baskets or mail
to the church office by Sunday, April 2.*



Children's Ministry Update

We will be having Children's Church on the first Sunday of each month (except April, when we will be hosting the Easter Egg Hunt after worship on April 2). This will mean the order of worship on the first Sunday will be a bit different to give kids more time to explore the stories and still come back for communion. We welcome kids to stay in worship the whole time if families are more comfortable, but this is an option too!

The nursery is also open but unstaffed. Families are welcome to use the nursery at any time throughout the service if they need to stretch their legs, and they are welcome to borrow toys from the nursery and use them in the sanctuary during the service (the quieter ones please). On the Sundays we have two unrelated, background-checked volunteers, grown-ups may leave their kids in the nursery with the volunteers; otherwise please stay in the nursery with your child! We welcome fidgety and talkative kids (and grown-ups!) in worship, but we know sometimes families want other options as well.



**Palm
Sunday,
April 2**

Immediately
following the
10:00am service



***CALLING ALL HEROES!!
WE NEED YOU TO VOLUNTEER
FOR THIS YEAR'S VBS!***

**PLEASE CONTACT CHRIS AT VBS@TRINITYFREDERICK.ORG TO SIGN
UP FOR A HEROIC ADVENTURE OR IF YOU HAVE QUESTIONS.**

WHEN:

JUNE 26TH THROUGH 30TH

TIME:

PLEASE BE IN PRAYER AS WE CONSIDER A FULL DAY OPTION

HELP NEEDED:

***STATION LEADERS, HERO IN TRAINING
GUIDE LEADERS AND ASSISTANTS***

(MT=Ministry Team)

March 2023**TRINITY UNITED METHODIST CHURCH**

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
SUNDAY SCHEDULE 8:45 am - Grow Time "Open Door" 10:00 am - Worship Service 11:30 am - Youth Grow Time			1 9:30am Women's Bible Study 6:00pm Chancel Choir 6:30pm Praise Team 7:00 pm Women's Bible Study	2 6:00pm Missions MT	3	4 5:30pm Spaghetti Dinner
5 11:15am Music & Arts MT	6 6:30pm Disciple Fast Track 8:00pm Church Council	7 8:30am Men's Bible Study	8 9:30am Women's Bible Study 6:00pm Chancel Choir 6:30pm Praise Team 7:00 pm Women's Bible Study	9 6:30pm Stephen Ministry	10	11
12 Daylight Savings Time Ends 6:30pm Youth Group	13 6:30pm Disciple Fast Track	14 8:30am Men's Bible Study	15 9:30am Women's Bible Study 6:00pm Chancel Choir 6:30pm Praise Team 7:00 pm Women's Bible Study	16 7:00pm Stewardship & Finance MT	17 St. Patrick's Day	18
19 UMCOR SUNDAY	20 6:30pm Disciple Fast Track	21 8:30am Men's Bible Study	22 9:30am Women's Bible Study 6:00pm Chancel Choir 6:30pm Praise Team 7:00 pm Women's Bible Study	23 6:30pm Stephen Ministry	24 Potato Drop Setup	25 9:00am Potato Drop
26 6:30pm Youth Group	27 11:30am JOY Club Luncheon 6:30pm Disciple Fast Track	28 8:30am Men's Bible Study 7:00pm Trustees MT 7:00pm SPRC	29 9:30am Women's Bible Study 6:00pm Chancel Choir 6:30pm Praise Team 7:00 pm Women's Bible Study	30 6:00pm Prayer Service	31	SUNDAY MUSIC SCHEDULE 5:00 pm - Youth Choir 5:00 pm - Trinity Brass 6:30 pm - Joyful Ringers Handbell Choir

All baptized and confirmed Christians are the ministers of the church.

CHURCH STAFF

Senior Pastor.....*Shannon Sullivan*
Minister of Visitation.....*John Morrill*
Director of Program Ministries.....*Heather Throckmorton*
Director of Youth Ministries.....*Wendy Huff*
Administrative Assistant.....*Jenna Cintron*
Director of Community Engagement.....*Curtis Osborne*
Bookkeeper.....*Rosemary Bolino*
Coordinator of Music & Arts.....*Denise Berry*
Organist.....*Dominic Bechtel*

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>
	<i>Trevor Forman</i>
	<i>Vince Osborne</i>

CHURCH LEADERS & MINISTRY TEAM CHAIRS

Co-Chairpersons, Church Council.....*Don Fine, Dick Gessner*
Lay Leader.....*Michele Pickens*
Chairperson, Staff-Parish Relations MT*..... *Matt Stegle*
Chairperson, Stewardship & Finance Team.....*Wanda Osborne*
Treasurer.....*Gail Fitzgerald*
Financial Secretary..... *Sandy Wiles*
Chairperson, Board of Trustees.....*Guy Berry*

Missions Team.....*email tumc@trinityfrederick.org*
to be added to the list
 Chairperson, Women's MT*TBD*
 Co-Chairpersons, Altar Guild.....*Sue Rowland*
Pamela Lesperance
 Chairperson, Member Care & Nurture MT.....*Don Hott*
 Chairperson, Fellowship & Hospitality MT.....*Dick Gessner*

* Ministry Team



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.



Set your clocks
one hour ahead
on Sunday,
March 12.

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 2023 newsletter will be due the second Sunday of March – March 12.



The church office is open Monday through Thursday, from 9am-4pm and Friday from 9am-12pm, with the phone being available until 4pm.

Your pastor is here for you:
Rev. Shannon Sullivan
(off on Fridays):

301-662-2895 (work)
410-937-8835 (cell)

seniorpastor@trinityfrederick.org



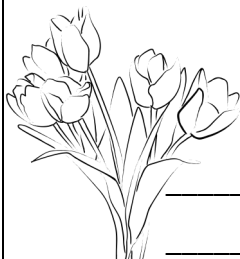
Trinity United Methodist Church
703 West Patrick Street
Frederick, MD 21701

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

Non-Profit Organization
U.S. Postage Paid
Frederick, MD 21701
Permit #12

CHANGE SERVICE REQUESTED

Easter Flowers



We invite you to order Easter lilies or tulips to honor or remember your loved ones. They will be available to take home after our Easter service.



_____ Lilies (6" pot)

\$12 each \$ _____

_____ Tulips (6" pot)

\$12 each \$ _____

Total \$ _____

**Please mark if you are
including your payment by:**

☐ CHECK

☐ CASH

please memo: Flower Fund

Check appropriate box:

In Honor of

In Memory of

Name: *(As you want it to appear on the list)*

☐☐☐☐☐☐☐☐

Given by: _____

Orders must be received by Sunday, March 19. You can call the office or go online to place your order!!

Make checks payable to: TUMC (memo Flower Fund) drop off at the office mailbox or mail to:
703 W. Patrick St., Frederick, MD 21701.