

Holy Week In Slow Motion

A LOT CAN HAPPEN IN SEVEN DAYS...



Palm Sunday Service		3/29 at 10:00am - <i>Sanctuary</i>
Maundy Thursday		4/2 at 6:00pm - <i>MPR</i>
Good Friday		4/3 at 7:00pm - <i>Sanctuary</i>
Easter Sonrise	<i>Weather permitting</i>	4/5 at 6:30am - <i>Clustered Spires Cemetery</i>
Easter Service		4/5 at 10:00am - <i>Sanctuary</i>
Spring Fling	<i>Weather permitting</i>	4/18 from 4-6pm - <i>Trinity Parking Lot</i>

2026 Lenten Devotional

Central Frederick HUB of UMCs

Third Week

Wednesday, March 4 Peggy Hunter – Liberty Central UMC

“For you shall go out in joy, and be led back in peace; the mountains and the hills before you shall burst into song, and all the trees of the field shall clap their hands.” (Isaiah 55:12)

Isaiah wrote these beautiful words of God’s promise of deliverance and great joy to the Jewish people who had been taken captive in Babylon. The joy and peace promised was so great that even nature is poetically pictured to be rejoicing too!

Most of us during this time in history have not been held captive in the same way the Children of Israel were held, but many times in my life, in a sense, I’ve been held captive by trials and tests or just circumstances of life. Looking back at some of those times, one way I sought relief was in nature. Being a care-

giver for family members for several years, I found the stress and fatigue were overwhelming. But a short walk around my back yard with my dog would refresh me enough to keep going. Just listening to the birds, and seeing the trees, and looking at the clouds and sky were simple things, yet it was the refreshment of God’s creation that kept me going. More than once during that time, I would leave the back door in tears. God saw the tears, and heard the cries of my heart, and God never failed to lift my spirits with the sight of a flower blooming in my garden, or an Eastern Bluebird singing. On one particular sad day, I looked up to the sky and saw three Bald Eagles soaring on the air currents.

God’s magnificent Creation is testimony of His Power and Majesty. I was reminded of Romans 1:20 “For since the creation of the world God’s invisible qualities—his eternal power and divine nature—have been clearly seen, being understood from what has been made.....” And God’s Promises are true and sure.

PRAYER: Father in Heaven, thank you for the beautiful creation You gave us. Thank you for Your Promis-

es that are Yea and Amen in our Savior. Thank you for Your great love of Your children. Thank You for drawing us nearer to You during this Season of Lent. Amen.

Thursday, March 5 Susan Everhart – Brook Hill UMC
“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 6:38)

The Shoe Box

I have a shoe box in my closet. Inside it has an assortment of candles that are very special to me. I’d like to tell you about them.

One candle is brand new and tells me it has some time to burn. There is a tea light that has only about three hours to burn nothing more. I have a tall, very slender candle that burns out fast. There is a broken candle that no longer stands straight and must feel it is useless to light anymore. I have a large red pillar candle that is just waiting to get started again.

There is also a shiny gold candle that says, “look at me!” One candle is burned down to the end and probably worries it has nothing left to give.

I enjoy volunteering with various groups and organizations, and these candles remind me of those I have served alongside with. Maybe you recognize some of the candles. All organizations, volunteer or otherwise, are made up of a diverse group of individuals. Keep that thought in mind and if someone you know or meet shows an interest in serving others, introduce them to projects that work with what they have to give. Take the time to mentor the candles you meet.

I will sometimes take out all the candles in the shoe box and light them, and when I do every candle, large or small, burns with precisely the same sized flame. Give your light to others. Light the flames in the

people you meet, the measure you give will be the measure you get back.

Prayer: Lord, please give me a heart that longs to reach others with Your love. Amen

Saturday, March 7 Angela Dillon - Jackson Chapel UMC

“I lift up my eyes to the hills. From whence does my help come? My help comes from God, who made heaven and earth.” (Psalm 121:1-2)

On one occasion, I had a spill on my kitchen counter. It was the counter that held all the “important stuff”. Right away, I started picking up all the things that were in line of this raging water of a spill. It wasn’t really raging waters, it was controllable. Had I looked up, I would have seen the paper towels and used them to wipe up the spill before it spread. I overreacted and while I was picking up things that weren’t really that important, the spill grew bigger.

Life comes at us sometimes like raging waters. We try to pick up the pieces before being overcome by the flood. It can be very overwhelming. The good news is we don’t have to do it on our own. Today’s scripture gives us calm assurance of where our help comes from. The hills in this passage, “lift up my eyes to the hills”, symbolize strength and the sacred place where God dwells. Whatever we face, it is a reminder to look toward God and be in a posture of prayer and praise. Pray for God to help, trusting that He is our strength and refuge. Praise God for only He is all knowing, all powerful and ever present. Declare over your raging waters “my help comes from God, who made heaven and earth”, and believe that God is able to do immeasurably more than we could ever ask or imagine.

Prayer: Heavenly Father, lift up my eyes above my circumstances to look to you, trusting that all my help comes from you, the maker of heaven and earth. In Jesus’ name. Amen.

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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.

In Memory Of

In Honor Of

Please mark if you are including your payment by:
 CHECK CASH

_____ Lilies (6" pot) \$12 each \$ _____

_____ Tulips (6" pot) \$12 each \$ _____

Total \$ _____

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

<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/>	<input type="checkbox"/>	_____

Given by:

ORDERS MUST BE RECEIVED BY SUNDAY, MARCH 15.

Make checks payable to: TUMC
(memo Flower Fund)

Please place in the offering basket

or mail to the church office:
705 W. Patrick St., Frederick, MD 21701

Spring Hike

Saturday, March 21 @ 10am

Worthington
Farm at
Monocacy
Battlefield



LOOK FOR US ON SOCIAL MEDIA

FaceBook

tumcfrederick

Youtube

@trinityunitedmethodistchur585

Instagram

@trinityumcfrederick

Holy Week In Slow Motion



A LOT CAN HAPPEN IN SEVEN DAYS

Lenten Studies

SEE TRINITYFREDERICK.ORG/STUDIES+ FOR LINKS

AN INVITATION TO JOHN

TUESDAY NIGHTS AT 6:30 P.M. WITH PASTOR SHANNON
IN-PERSON AND ONLINE
THROUGH MARCH 17, 2026

MEN'S BIBLE STUDY

TUESDAY MORNINGS AT 8:30 A.M.
ONLINE ONLY

WOMEN'S BIBLE STUDY

MONDAY NIGHTS AT 6:30 P.M.
WEDNESDAY MORNINGS AT 9:30 A.M.
IN-PERSON AND ONLINE
THROUGH APRIL 1, 2026

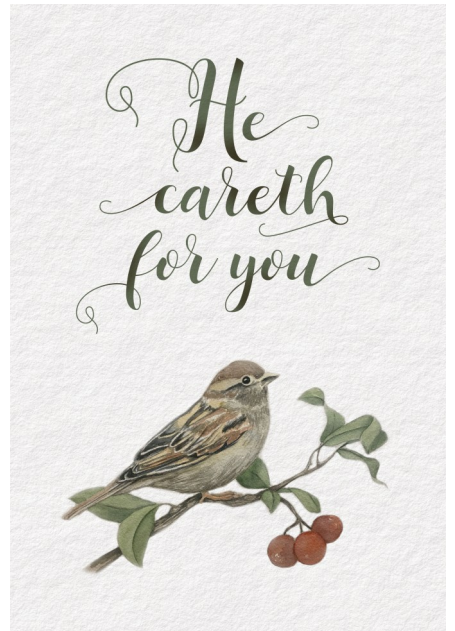


stephen MINISTRY.



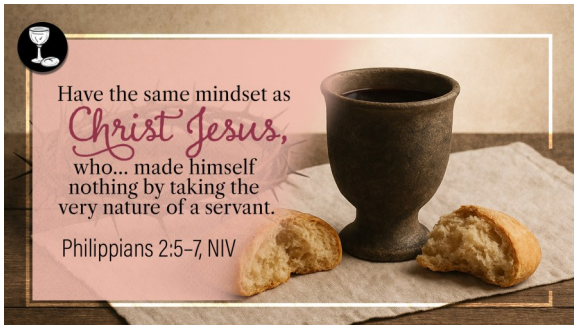

HELP *Hope*
Healing

To learn how Stephen Ministry could be of help to you or someone you know, contact Pastor Shannon or Heather in the church office at 301.662.2895



Help End Hunger

Pastor Mark of Lewistown UMC and many partners will come together again to help feed the hungry! 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 6:30am at the Trinity UMC Parking lot.



MAUNDY THURSDAY

**APRIL 2
6:00PM**

Join us for a fellowship meal of soup and bread during the Maundy Thursday Service in the Multipurpose Room on Thursday, April 2 at 6:00pm. 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 form and place in the offering basket.

FELLOWSHIP MEAL, COMMUNION, AND WORSHIP

Soup Volunteer Information

Name: _____

Type of Soup: _____

Type of Bread: _____



Fellowship Meal RSVP

Name: _____

of adults: _____

children (6-12): _____

children under 6: _____

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

TOTAL ATTENDING: _____

Property With a Purpose

(Part Two)

By Curtis A. Osborne

Like many other denominations and houses of faith, the United Methodist Church took notice of declining attendance and fiscal realities facing their churches and, in the fall of 2023, the Baltimore-Washington and Peninsula-Delaware Conferences created a new position to “assist churches in discovering new ways to use their property and create new expressions of ministry that are relevant and make a difference in their communities”. They hired a Property with Purpose Coordinator and they have been working with many churches to repurpose their land and/or buildings. The idea is to use the land for missional purposes but to also generate stable long-term revenue so that the churches will be around for years to come.

Due to our office fire, we now have a vacant building just sitting there. So, in late October, Pastor Shannon commissioned the 701/703 Visioning Team and tasked me with leading it and doing research on what other churches are doing. The goal was to figure out ways to repurpose that property and land. In January of 2026, the Trinity Church Board took over the process and have re-branded the team to the Exploration and Visioning Team. The idea is to get the whole church involved in the process and we are trying to see what the possibilities are.

The purpose of the team is twofold:

1. To explore all of our missional options for the office building and land including selling it, or looking at housing options that a developer will take on all costs, to building a bee sanctuary to doing absolutely nothing. We just want to explore what all our options are and to present them to the church.
2. To look at long term financial sustainability through missional ideas such as opening a Christian bookstore in our building, a coffee shop, a boutique, a resource center all the way to having an EV station on the grounds.

Many people have heard us discuss affordable housing and have made some judgments. Absolutely no decisions have been made at all. We are just in the beginning stages and have gathered information and data over the past several months. There are several options available to us. Just one of the many presented to us has been affordable housing and many people have a nega-

tive connotation about it. Let me talk about “affordable” housing for a second. What is affordable housing? A home is “affordable” when you can pay the rent and have money left over to pay for other needs. Housing costs should generally be about one-third of a household’s income. Seniors are especially impacted by the lack of affordable housing as well as important members of our community such as teachers, health care workers, police, fire and emergency personnel, etc. That is just one of many options available to us.

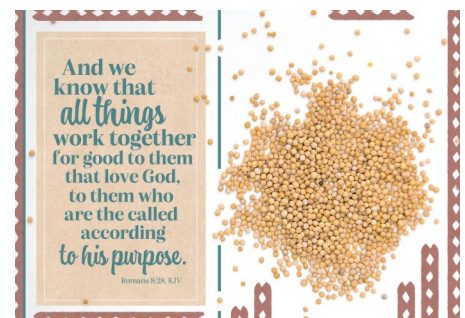
Many of our kids are graduating from college with degrees and landing good paying jobs, but the salaries are not keeping pace with housing costs, so with student loans and increased expenses, many can’t afford apartments or even have the ability to buy a home. They would benefit from affordable housing.

Another example is our own Jenna Cintron, who allowed me to share her story. She is a mother of 3 children living on a church admin salary and she can’t afford housing in Frederick county. The ones that she can afford have a 2-year waiting list. She has been forced to look into Washington and Carroll counties which would add to her commute but they too have a rather long waiting list. And because of the cost of living rising and food assistance being cut, housing would take up all of her income if she was able to find housing. She would benefit from affordable housing.

In Alignment with Paragraph 2541 of the UM Book of Discipline: Per Paragraph 2541, the church is authorized to develop and utilize real property for missional purposes, ensuring assets are used for community benefit. This initiative is in direct response to the biblical mandate to care for the vulnerable (Matthew 25:35- 40), demonstrating faithful stewardship by repurposing property to serve a critical social need.

If you would like to be a part of the team, please reach out to a member of the board and let them know of your interest. You don’t have to attend meetings but information will be presented over time that you may be interested in hearing or giving your input.

(Part One is in the January 2026 Cloverleaf)



Lenten Reflections and Prayers | March 1 & March 29 (Find more on FaceBook!)

Reflection: Where are we headed? To what or whom are moving toward? Who is moving with us? What forces are threatening our progress? What gives us the courage to keep moving?

Prayer: God who enters into the suffering of this world, we trust that you see and know the pains of the world and in our lives. We share your desire for a world that better reflects your reign, and we ask for new eyes to see your intention. As we follow Jesus into Jerusalem, upset our expectations and surprise us with hope for justice and new life. Amen. (by Alex Joyner, from Amy-Jill Levine’s Entering the Passion of Jesus, Leader Guide)

Reflection: When have you felt that you have failed, and how have you felt God’s redemption?

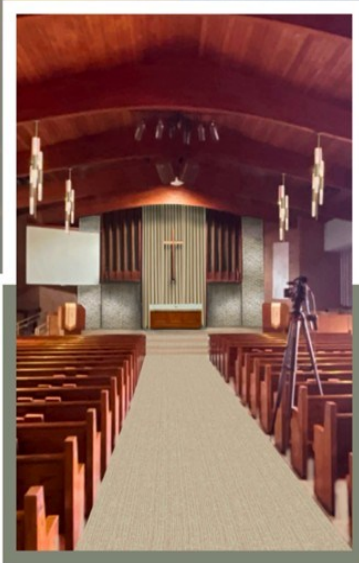
Prayer: God of darkened gardens were our worst fears collect, we have many things we would not do because they are hard. We know the path to the empty tomb travels through the cross. We pray to stay near you Lord, and claim the courage of the Christ. Amen. (by Alex Joyner, from Amy-Jill Levine’s Entering the Passion of Jesus, Leader Guide)

BE PART OF BEAUTIFYING OUR CHURCH!

We have been blessed by a gift to help make our sanctuary a peaceful and more beautiful place to worship and honor God. And we want you to have the opportunity to give towards this goal as well.

Pews \$900

Toward one pew to clean, touch up, and recover



Carpet \$300

Toward the overall carpeting, changing the blue carpet out for a warmer, neutral color

Altar \$250

Toward materials for members to build a new altar that fits better in the space



Dossal Curtain \$100

What is a dossal curtain? It is the curtain behind the cross! Give towards replacing it with a lighter color.

Tile \$50

Toward changing the tile under your pew! Goodbye asbestos!

All gifts will be remembered in the bulletin for the service when the work is complete and we rededicate the space. They will also be remembered on a plaque for the narthex.

Aesthetics Update

It was anticipated that the pews would be upholstered this past week but due to supply issues, that did not happen. A date has not yet been received as to when the manufacturing of the fabric will be completed, so we're in a holding pattern. However, carpeting is expected to be laid the 2nd or 3rd week of March so progress is still being made. We'll keep you posted as we progress.

Completed Dossal Curtain!



Stay in the Know!

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!*

SENIOR LUNCHEON

The J.O.Y. Club (Just Older Youth - Senior Citizens) meets monthly (except in November) for a luncheon on the 4th Mondays of the month (except in December for the Holiday Luncheon) at rotating locations! All 55 and over are welcome. Bring a friend! If you would like to be added to the monthly newsletter mailing for JOY Club, please contact Pastor John Morrill, tjcamelot@comcast.net. If you need a ride or additional information, please call Denny Shafer at 301-663-5043.

FILL-IT-FULL OF FOOD

Four times a year the Missions Ministry Team collects canned and non-perishable goods by asking the congregation to "fill the back pews" full of food to be collected for the Frederick Food Bank. Your efforts and generosity help feed hungry people in Frederick. The next food drive will be Sundays April 12 and 19, right after Easter. Please consider donating!

INCLEMENT WEATHER NOTICES

Let it Snow! Let it Snow! Oh No! When weather conditions are bad and church services and/or programs must be canceled, postponed, or moved to virtual only, the information will be posted at trinityfrederick.org, the church office phone voicemail, and on FaceBook. *Church events and the church office follow FCPS weather closings.* If you are questioning whether or not you should come, just stay home. We will have service online either way.

MISSIONS MINISTRY TEAM

Do you have a heart for Missions? Would you like to serve like the hands and feet of Jesus? Consider joining the Missions Ministry Team where there are year round events that you can donate your time and talents: Fill-it-full of Food, Heartly House Collection, Community Living Parties, Operation Christmas Child, ASP and disaster relief efforts. If you are interested in learning more or would like more information, please email the church office, tumc@trinityfrederick.org, and we will connect you to the right person!

LOST AND FOUND

If you have lost an item or found one and need to place it in the Lost and Found box, you can locate it in the Narthex Collection Center!

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 send your preferred e-mail address to the church office at tumc@trinityfrederick.org.

Text to Give

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.

E-NEWSLETTER

Go Green and get your monthly newsletter e-mailed to you! If you would like to receive an electronic version instead of a paper copy of the monthly newsletter, please e-mail Jenna at tumc@trinityfrederick.org.

GO PAPERLESS!

Are you already paying your tithes and offerings online? Do you receive offering envelopes that you aren't using? If so, or if you are interested in switching to paperless, please contact tumc@trinityfrederick.org to help keep Trinity green!



STEWARDED OUR BODIES

Physical Therapy Tips and Tricks to Stay Healthy

After Church Service, Sunday, March 15
Multipurpose Room

Get Ready For Vacation Bible School June 22-26

- ❑ Full Day Option
- ❑ Lunch Provided
- ❑ Easy Online Registration
- ❑ Volunteer Opportunities
- ❑ Learn, grow and make new friends!

Contact Chris for More Info!
vbs@trinityfrederick.org



July 5-11, 2026

HI ALL! IT IS TIME TO REGISTER FOR APPALACHIA SERVICE PROJECT!

We would love for you to bring friends.

Our week is July 5-11, 2026.

If you are interested, even if you aren't sure you can go yet, please fill out the medical form online, so we have good contacts for you moving forward and communicate with you earlier! Go online and fill it out:

<https://apps.skycog.com/reg/APPSERV/Join.asp>

Our group number is Trinity United Methodist Church - Frederick - #16943.

Cost is \$300 a person- we will fundraise, but we ask that when you know for sure you are coming, to give us a \$50 deposit to secure your seat.

March 2026

TRINITY UNITED METHODIST CHURCH

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	11:30 am Trinity Brass 5:00 pm Youth/Children Music	2 6:30 pm Women's Lenten Bible Study 7:00 pm Handbell Choir	3 8:30 am Men's Bible Study 6:30 pm Study of John	4 9:30 am Women's Lenten Bible Study 6:00 pm Cub Scouts/Boy Scouts	5	6	7
8	11:30 am Trinity Brass 5:00 pm Youth/Children Music	9 6:30 pm Women's Lenten Bible Study 7:00 pm Handbell Choir	10 8:30 am Men's Bible Study 6:30 pm Study of John	11 9:30 am Women's Lenten Bible Study 6:00 pm Cub Scouts/Boy Scouts	12 6:30 pm Stephen Ministry	13	14
15	11:15 am Stewarding our Bodies, 11:30 am Trinity Brass 5:00 pm Youth/Children Music	16 6:30 pm Women's Lenten Bible Study 7:00 pm Handbell Choir	17 8:30 am Men's Bible Study 6:30 pm Study of John	18 9:30 am Women's Lenten Bible Study	19 6:30 pm Missions MT	20	21 10:00 am Spring Hike
22	11:30 am Trinity Brass 5:00 pm Youth/Children Music	23 11:30 am Senior Luncheon 6:30 pm Women's Lenten Bible Study 6:30 pm Simplified Board 7:00 pm Handbell Choir	24 8:30 am Men's Bible Study 6:30 pm Study of John	25 9:30 am Women's Lenten Bible Study 6:00 pm Cub Scouts/Boy Scouts	26 6:00 pm Monthly Virtual Prayer Service 6:30 pm Stephen Ministry	27	28 9:00 am Potato Drop
29	11:30 am Trinity Brass 5:00 pm Youth/Children Music	30 6:30 pm Women's Lenten Bible Study	31 6:30 pm Study of John	SUNDAY SCHEDULE 8:45 am Grow Time "Open Door" 10:00 am Worship Service 11:30 am Youth Grow Time			WEDNESDAY MUSIC SCHEDULE 6:00 pm Chancel Choir 6:30 pm Praise Team

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*
 Administrative Assistant.....*Jenna Cintron*
 Director of Community Engagement.....*Curtis Osborne*
 Coordinator of Music & Arts.....*Denise Berry*
 Facilities Caretaker.....*Sandra Berry*

Director, Chancel Choir.....*Valerie Wittkamper*
 Director, Youth Choir.....*Denise Berry*
 Director, Trinity Brass.....*Matt Stegle*
 Director, Jacob’s Ladder Praise Band*Jim Chamblee*
 Director, Audio/Visual/Media Ministries.....*Guy Berry*
 Audio/Visual/Media Ministries technicians.....*Jim Clark*
Trevor Forman

SIMPLIFIED BOARD

Co-Chairpersons, Church Council.....*Don Fine, Dick Gessner*
 Lay Leader.....*Michele Pickens*
 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.

Even though it’s hard to feel like Spring is around the corner, don’t forget to change your clocks, one hour ahead, on **Sunday, March 8**



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 2026 newsletter will be due the second Sunday of March – March 8.



Monday 9am-4pm
Tuesday 9am-4pm
Wednesday 9am-4pm
Thursday 9am-4pm
Friday 9am-12pm*
 *phones available until 4pm
Office Closed for Lunch Daily 12-12:30pm

Your pastor is here for you! Rev. Shannon Sullivan (off on Fridays). Contact: 301-662-5165 (work) or 410-937-8835 (cell) or 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

Save the Date for this Summer's Vacation Bible School!



JUNE 22-26, 2026

*Stay tuned for more details and ways you can help
make this a GREAT summer!!*