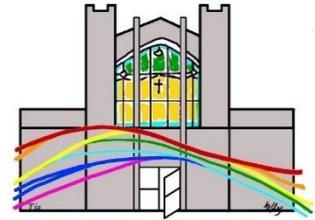


Trinity Times



“Open Hearts, Open Minds, Open Doors”

News Update for February 8, 2021

COVID-19 Vaccine Now Available to Persons 65 Or Older.
See COVID-19 Vaccine Scheduling Update on page 3

Contents

- Thoughts from Rev. Ruth 1
- EIPH COVID-19 Vaccine Scheduling Update(2) 4
- A Thought from Don 5
- Church News..... 6
- Finance & Giving..... 7
- Sunday’s Worship (2/7) 7
- Staying Connected 8
- How to Watch on Facebook..... 10
- This Week at Trinity 11
- Trinity Leadership(P)..... 11
- Church Calendar 12

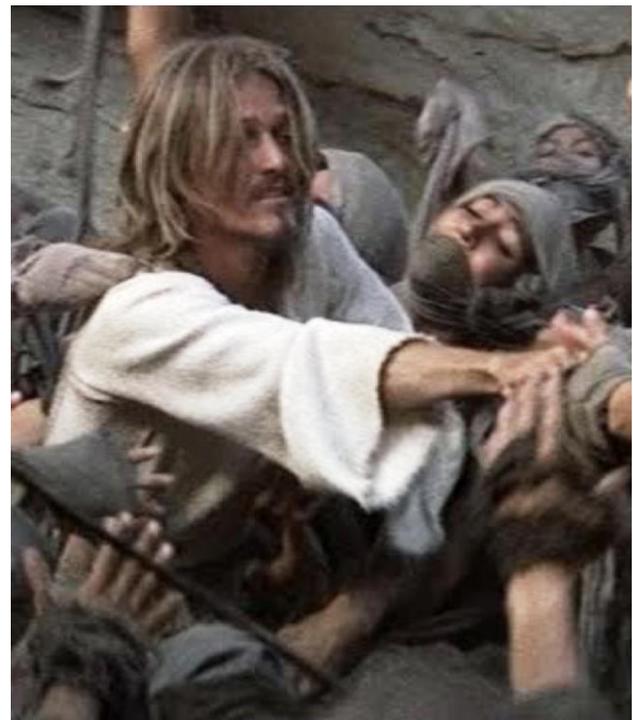
More format changes to enjoy. Each article now has a small number next to the title indicating how many times it has run. (2), (3), (P) The (p) indicates it is permanently included for reference. We run important articles twice to be sure everyone has a chance to see them.

Thoughts from Rev. Ruth

One sign of the radical love practiced by Jesus was that he touched people considered to be unclean in order to heal

sickness, mend brokenness, and cast out demons. The Gospel writer of Mark makes it clear that this “hands on” ministry takes a personal toll on even the son of God. Jesus chooses to slip away to a quiet place to pray and evaluate his call.

There is a great scene in the 1971 movie version of “Jesus Christ Superstar” with hordes of people stretching their hands towards an overwhelmed Jesus begging to be healed. I’m certainly not the Christ, but there *were* days that felt just like that scene depicted.



Last September at Lectionary boot camp as I read this Gospel lesson, we were already months into the pandemic. Already, I was weary from trying to re-create new ways of preaching, doing pastoral care, administering the life of the church, and accepting a new understanding of what the needs of our neighborhood were and how Trinity could meet those needs.

Being up at Sawtooth Camp with a few of my colleagues seemed like stepping away, like Jesus did in today's Gospel lesson, to pray about my call. I needed time to plead with God to help me understand how I could do all that was being asked of me. How could I meet the needs of a congregation used to receiving solace by gathering together in this beautiful building – when they couldn't? How could I hold my own fears about COVID-19 at bay long enough to calm others' anxieties? How could I quell my insecurities about not being enough when a couple of loud voices reinforced those self-doubts? In short, I was struggling with my call to serve God and the church. I was struggling with whether being a pastor looked the same as it had for the last 20 years, or if God had a whole new gig in mind for me.

You see, these past months have felt for me, a little bit like Jesus having to touch the people in order to heal them. Jesus was in very close proximity of the demons. I typically do my work in the relational way that is a natural fit for me. Love is really the only tool I have, but it is a powerful tool that can I wield in many ways! Yet love works best in close quarters (for good or for bad) allowing me to soak up the emotions of people around me.

For the last year I have spent so much time near the demons of mental illness, depression and addiction that each day seemed to present another opportunity for those demons to call me out, to expose and name my personal weaknesses... because there are indeed plenty of them to be uncovered - and then be addressed. I realized that I had been harboring a fear that one day I could wake up mentally ill like my father. This fear is mostly unfounded, being bi-polar doesn't usually work that way, but scientific facts hadn't changed my anxiety about it.



I have needed to face the fact that I am human and therefore have a finite amount of patience, energy, and time available. These are not weaknesses, they are facts. Getting into counseling has been a godsend. It has meant that I have a safe place to process my feelings, frustrations, and insecurities. I now have a newfound, and profound, understanding of what it's like to be prescribed the wrong medication. Ask me later about that adventure, it's quite a doozie!

Where I had struggled to discern if God was asking me to choose a new call, to choose between loving Trinity or loving our neighbors without adequate shelter or resources, the answer was “you can do it all, you just can’t do it all *alone*.” So, I have been working on more effectively reaching out to the awesome team around me with clearer information about how I need help in particular situations.

When the disciples found Jesus, after he had been in prayer, he told them that it was time to get to work. Time to share the good news about God. Together they went to the next village and the next...

Lord, please help us to find balance in our lives. Help us to prepare to fulfill our calling by spending time in prayer with You. (Did you hear how similar those two words sound? Pre-*pare* and prayer.) Help us to prepare to fulfill our calling by spending time in prayer with You. Amen.

Blessings,

Rev Ruth

Ash Wednesday Schedule⁽³⁾

Ruth will be giving out ashes on Feb. 17th:

Ashes to Go for
Everybody
12:00 to 2:30 on
Broadway Bridge

Ashes and Meditation
3:00 to 6:00
Trinity Sanctuary.



(Ash Wednesday 2020, before masks)

In Memoriam

Mary E. Jenkins

July 25, 1924 - January 29, 2021

Mary “Betty” Jenkins, surviving spouse of pastor James Jenkins, died on January 29, 2021. She is survived by her daughters, Mary Stephenson Scott and Carolee “Kelly” Brickner and two grandsons: J. Scott Stephenson and Ian J. Brickner.

Reverend Jenkins served at Portland: First, Roseburg, Eugene: First, Idaho Falls: Trinity, Mackay, and Portland: Rose City Park UMCs in the Oregon-Idaho Conference. Rev. Jenkins also served as the District Superintendent for the Forest Grove District. He retired in 1987.

A memorial service has not been scheduled at this time.

Memorial contributions may be made to the United Methodists Ministers’ Retirement Fund (UMMRF) and sent to the Oregon-Idaho Conference office at 1505 SW 18th Ave, Portland, OR 97201. (503) 226-7931

Friends may contact the Jenkins family, c/o Kelly Brickner at 1021 North Holland Street, Portland, OR 97217 to offer condolences.

Elaine Stanovsky, Bishop
Dan Wilson-Fey, Conference Treasurer and Benefits Officer

EIPH COVID-19 Vaccine Scheduling Update⁽²⁾

Eastern Idaho Public Health update

Wednesday, February 3, 2021:

On February 1, individuals aged 65 and older became eligible to receive COVID-19 vaccine in Idaho. There are over 30,000 people in the 65 and older age group in Eastern Idaho Public Health’s (EIPH) eight-county region (Bonneville, Clark, Custer, Fremont, Jefferson, Lemhi, Madison, and Teton Counties). At the present time, there are approximately 2,500 doses of vaccine allocated to nearly [40 provider locations](#) throughout the region weekly; and unfortunately, the demand for the vaccine far exceeds our current supply of vaccine.

In an effort to make the process for obtaining an appointment as simple as possible and to provide equitable distribution of vaccine to all individuals desiring it in Idaho’s current [priority groups](#), EIPH will assign available vaccination appointments randomly to all individuals who register on our waiting list **BEFORE** Thursday, February 11, 2021 at 8:00 a.m. Over the course of the following 10 days, appointments will be assigned to individuals and **EIPH WILL CALL OR TEXT TO INFORM INDIVIDUALS OF THEIR APPOINTMENT**, which could range from February 15 through the end of March. *To allow us time to make all these notifications, we would ask that you NOT call our office before February 22 to check on your appointment.* Thank you for your patience with this process.

If you register on the waiting list **AFTER** February 11 at 8:00 a.m., you can expect a call or text from EIPH between February 22-26 to notify you of your assigned appointment. Again, please do not call our office before this time, as we will have not yet made your appointment.

Please [click here](#) to read the all of the details for this new scheduling process.

HOW TO REGISTER FOR THE COVID-19 VACCINE WAITING LIST

If you previously signed up for our notification list, **THERE IS NOTHING ELSE YOU HAVE TO DO.** On Wednesday, February 3, a call or text will be sent to everyone already signed up on the list to confirm your previous registration.

If you need to sign up, please click the appropriate link below OR call 208-533-3223 for assistance.



← Coming Soon

Geri Rackow, Director

Eastern Idaho Public Health

A Thought from Don

I know what you are thinking: We are in a pandemic with everything shut down and Don is on a low carb diet. He has nothing left to give up. Right?

There seem to be three main approaches to Lenten discipline or effort. First there is the **Sacrifice** - "I will use my power of faith to give up something that appears to be controlling my life". Next is the **Distraction** - "I will identify something in my life that distracts me from God".

And lastly the

Addition - "I will add something to my life that will bring me closer to God".

Sacrifice - This is a wonderful chance, several times a day, to exercise our faith and commitment. This is somewhat diabolical because most of the things we choose to give up are loosely considered a type of "drug" that can carry with it an addiction. Not only is this a tribute to God but it also gives us a chance to demonstrate that with God's help, we are able to overcome things that we may have just accepted as inevitable part of our lifestyle.

You can give up chocolate, caffeine, red meat, sweets, alcohol, or whatever is the biggest thing in your life that will cause you to have to make the decision each day.

Please don't exclude considering emotional challenges to give up, such as swearing, anger, judging, or other things that have become your emotional addiction.

Distractions - This is more of a resource-based approach. Identify the major thing in your life that is distracting you from God. Stop doing it, and invite God to fill the void with new, more productive activities. For example, you can focus on time. What wastes your time each day?

You could give up binge watching Netflix, you could stop viewing social media for hours, or any other activity that is distracting you from God. The trick here is to find what to do with that time that will draw you closer to God.

Remember that money, intellect, and skills are also God-given resources that can be redirected.

Addition - This is the best one for type A people. Identify something fabulous that you can do from Ash Wednesday to Easter to improve your relationship with God. Get rid of enough distractions in your life to make room for this new effort. Make the sacrifices of time and money to make it happen. I love this approach because it is so Methodist. Get lined up with God's will and take action!

Don't over think this. Base it on Loving God and Loving Others.

Examples here include:

- Start doing daily Bible reading such as Upper Room, online studies, our just pick your own. (learning more of God)
- Find a safe way to volunteer such as making cookies or casseroles for the homeless shelter. (service to others)
- Start a daily meditation with quiet time and candles. (spending quality time with God.)
- Write letters or cards to other people stuck at home during the pandemic. (create connection)
- Do a random act of kindness each day. (focus on the needs of others)
- Take up a daily walk on the green belt. (wonderful self-care)

Let a friend know what you choose so you can encourage each other.

Church News

United Methodist Women – Mary Nagel

The February Unit meeting would have been membership recognition. Two new members joined our unit last year, Jan Karinen and Deb Smith. We welcome you and new member packets will be given.



- Our yearbooks are printed and being distributed by members of the Executive Board.
- New reading materials are in the UMW library.
- Kelly Carney is preparing the Prayer and Self Denial Program which will appear in future Trinity Times articles.

Until we can meet again as a unit and a circle, please know you all are in our thoughts and prayers.

February Birthdays

Gary Rose	2/2	Leroy Meyer	2/17
Trudy Esparza	2/3	Nancy O'Brien	2/21
Steve Holaday	2/8	Ruth Oar	2/22
Diane Croson	2/11	Tim French	2/23
Roger Haga	2/13	Savon Mower	2/25
Savannah Jensen	2/14	Logan Pickens	2/25
Kristy Campbell	2/15	Josh Borland	2/25
Ruth Byron	2/16	Kathy Borland	2/28

John Wesley Quote

“Pray, whether you can or not; when you are cheerful, when you are heavy, pray – with many or few words, or none at all. You will surely find an answer of peace.” Letter to J. Valton 1764



Stained Glass Restoration



Our stained-glass shipping crate has been completed. We are now working on finding a shipping company for our precious 103-year-old windows. We are considering a museum/artwork transport company where we know they will take particularly good care of the package.

It is likely that the windows came to us in 1916 by rail from the Midwest. The metal window frames were made by the National Metallic Sash Company in Chicago. Shipping by train is no longer an option for Idaho Falls.

Finance & Giving

Do you have plans for your stimulus money?

^(P) – Ruth Marsh
The second round of stimulus money from the federal government is beginning to arrive. I would ask you to prayerfully consider if you can afford to give this "found money" to the church. Clearly your loved ones are a first level priority but supporting Trinity's ministries and building is a way for you and your money to make a difference in this community.



You can get cash out of your stimulus card at Common Cents ATMs after activating online.

Thank you for your continued financial support of Trinity by:

- a. delivering your regular giving personally
- b. calling the office and give via credit card
- c. using US Postal Service to send a check
- d. going to Trinity's website and give via credit card or PayPal
- e. or, signing up for bill-pay at your bank so they can send a check



⁽³⁾Our church's financial status for year-to-date January 30, 2021:

Income = \$9,535
Expenses = \$14,517
Difference = (\$ 4,982)

Thank you for your continued generosity. More than ever, the world needs what our church offers!

Sunday's Worship (2/7)

Sunday was the 5th Sunday after Epiphany and the Lord is still being revealed to us. Our theme will be: "Help Me to Pray." It's about how Jesus needed time away in prayer periodically as he healed a broken world.



We studied Mark 1:29-39. You may read the scripture lesson below before you watch the livestream on Trinity's Facebook page. Use this link for the worship video:

<https://www.facebook.com/TUMCIF/>

A LESSON FROM THE CHRISTIAN SCRIPTURES (Mark 1:29-39)

Right after they left the synagogue, Jesus went with James and John to the home of Simon and Andrew. They told Him about Simon's mother-in-law who was there in bed, sick and feverish. Jesus went to her side, took her hand, and lifted her up. As soon as He touched her, the fever left her and she felt well again – strong enough to bustle around the house taking care of her visitors.

Just before night fell, others had gathered all the sick, diseased, and demon-infested people they could find. It seemed as if the whole town had gathered at Simon and Andrew's door. Jesus was kept busy healing people of every sort of ailment and casting out unclean spirits. He was very careful not to let the demons speak because

they knew Him and could reveal to the people who He really was.

Early in the morning, Jesus got up, left the house while it was still dark outside, and went to a deserted place to pray. Simon and the others traveling with Jesus looked for Him. They finally tracked Him down.

Everybody wants to know where You are!

It's time we went somewhere else – the next village, maybe – so I can tell more people the good news about the kingdom of God. After all, that's the reason I'm here.

So, He traveled to the next village and the one after that, throughout the region of Galilee, teaching in the synagogues and casting out unclean spirits.

© The Voice

Staying Connected

Gather at the Table for February! ^(P)

Join us to reconnect during this time of COVID isolation. It would be wonderful see you on screen, and socialize with you, as we continue our faith journey. A brief deep-thought question and time for prayers will be available. Looking forward to seeing and visiting with everyone **Wednesday, February 17th at 6:30.**



New guests, please call the office if you would like an invitation to this zoom.

COVID-19 Vaccine CAUTION: (4)

Remember there are 2 shots required, spaced 3 to 4 weeks apart. You will start to have some immunity seven days after your first dose. Your immunity will continue to build and will reach a peak about two weeks after the second dose (total of 5-6 weeks). Don't be lured into a false sense of safety. Wear your masks, wash your hands and keep your physical distance.

Checkout all the Worship Videos ^(P)

Each Sunday Worship videos will get posted on Trinity's Facebook page (<https://www.facebook.com/TUMCIF/>). If you go to Trinity's web page (www.TUMCIF.org) you can find a link to the Facebook page. Be sure to "like" and "follow" Trinity's Facebook page if you want our content to show up in your personal Facebook feed. Please call Ruth at 208-419-7870 if you have difficulties finding the videos.

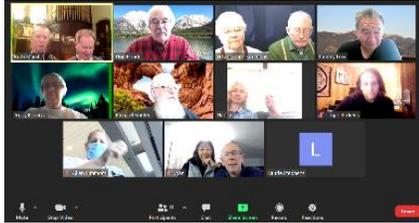
Check Trinity's YouTube channel for videos of weekly worship at:

<https://www.youtube.com/channel/UCZz1YGrdRCH6HIND2LpVCgg>

After-Church Virtual Zoom Coffee Hour^(P)

Have you been missing potlucks and coffee hour after church?

If you have, then show up at Virtual



Coffee Hour” on Sunday morning at 11:30 on zoom. Stay in touch with your church family. The zoom invite will be posted on the Trinity Facebook page.

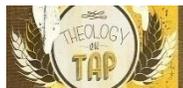
[\(https://www.facebook.com/TUMCIF/\)](https://www.facebook.com/TUMCIF/)

<https://us02web.zoom.us/j/4609079844?pwd=OGxNaTNpRFdhNHhRUVJjczNtaE83UT09>

Meeting ID: 460 907 9844

Passcode: Jesus

Theology on Tap - The Home Edition^(P)



Theology on Tap is going strong with the weekly Zoom calls. On Monday afternoons check the Facebook page for the Zoom meeting number and password. At 7pm pour your favorite beverage, warm up an appetizer and be prepared to think deep thoughts with your Monday night community. Call or email the office if you want to be added to the Theology on Tap Facebook group.

<https://us02web.zoom.us/j/4609079844?pwd=OGxNaTNpRFdhNHhRUVJjczNtaE83UT09>

Meeting ID: 460 907 9844

Passcode: Jesus

You are welcome to visit the church^(P)

You can **always** drop by the church from 9 - 3 to visit with Ruth or just sit in the sanctuary to soak in the beauty and the good spirit.

If you would like to have a small meeting or worship in the sanctuary, that can be arranged by calling Pam in the office (208-522-7921).

Some of the guidelines for groups include:

1. Up to 10 persons may meet in the sanctuary at the same time.
2. Your group needs to call ahead to schedule a time when it is not being used by other groups, or Rob is not in the middle of ripping down the ceiling, and so we can turn the heat on for you.
3. You will need to sign the contact tracing log when you arrive.
4. Masks must be worn inside the church.

We are in Phase 2

1. Face masks are required in the building.
2. Sign the Contact Tracing Log.
3. 6-foot physical distancing is required.
4. High risk population please stay home.
5. Small groups allowed in the Sanctuary
6. Meetings limited to 10 people.

Updated 10/10/2020 Don Rohde

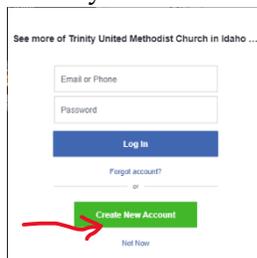
How to Watch on Facebook

Watching Trinity Worship Video Without a F.B. Account. ^(P)

Yes, you can watch Trinity Sunday morning worship video without a Facebook account.

ON THE LAPTOP:

1. go to GOOGLE CHROME web browser and type in:
2. <https://www.facebook.com/TUMCIF/>
3. The Trinity Facebook page comes up and you can see the video.
4. Then a Facebook "sign on" window comes up
5. At the bottom of the Sign on Window there was a "NOT NOW" button
6. Push that button and you are free to watch the live stream on a laptop without a Facebook account.



ON THE CELL PHONE: ^(P)

1. go to web browser and type in:
2. <https://www.facebook.com/TUMCIF/>
3. The Trinity Facebook page comes up and you can see the video.
4. Then a Facebook sign on window came up
5. Using your finger scroll down the screen
6. A second Facebook sign on window comes up
7. Close that 2nd window by pressing the "X" box up in the top right corner

8. You can see the video on the screen and play it by pressing the play triangle
9. It only shows the latest videos.
10. If you press SHOW ALL you can see all the videos back to March.
11. You are free to watch the live stream on an iPhone without a Facebook account.

Prayer Board for Everyone ⁽²⁾

The bulletin board outside of the sanctuary doors has been dedicated to the prayer life of the community. Paper and pencils are available for making your request.

Thanks to Betty Anderson for the graphics. Drop in and have a look!



Meet the Congregation ⁽²⁾



We have started a series of videos interviewing members of the worshipping community. Please make sure you take time to watch the video of Rev. Ruth interviewing Vince Esparza! Here are the links:

<https://www.facebook.com/TUMCIF/>

<https://www.youtube.com/channel/UCZz1YGrdRCH6HIND2LpVCgg>

If you would like to participate please give Ruth a call (208-419-7870) or send her an email RevRuthMarsh@gmail.com.

This Week at Trinity

Monday (Feb. 8)

- **Newsletter Input** due every Monday by 10 am
- **Theology on Tap** 7pm (Zoom) meet with your church buddies and think heavy thoughts while partaking of your favorite spirits.

Tuesday (Feb. 9)

Wednesday (Feb. 10)

- **Upper Room** 10:00 am (Zoom - Contact Kathy Harder for an invitation)
- **Finance Committee** 6:30 (Zoom)

Thursday (Feb 11)

- **ReOpening Committee** 6:30 (Zoom)

Friday (Feb. 12)

Saturday (Feb. 13)

Sunday (Feb. 14) **Transfiguration Sunday, Scout Sunday & Valentine's Day**

- **Video Worship** on Facebook Page 10:15 am Do church from the comfort of your couch!
(<https://www.facebook.com/TUMCIF/>)
- **Virtual Coffee Hour** - 11:30 am to meet with Ruth and your church friends on Zoom.

Upcoming:

February 16th - **Admin Council Meeting**
6:30 (Zoom)

February 16th - **Shrove Tuesday**

February 17th - **Ash Wednesday (start of Lent)**

Ashes to Go for Everybody
12:00 to 2:30 on Broadway Bridge

Ashes and Meditation 3:00 to 6:00
Trinity Sanctuary.

February 17th - **Gather at the Table** 6:30
(Zoom)

March 2nd - **Trustees Meeting** 6:30 (Zoom)



Trinity Leadership^(P)

Below are listed the names and contacts for the leadership positions for the next year. Please let the appropriate leader know how you are willing to serve.

- **Bev Kemp** - Chair of Staff/Parish Relations
208-569-6149
bevmkemp@gmail.com
- **Don Rohde** - Chair of Trustees
860-810-3227 donrohde@aol.com
- **Robin Stewart** - Chair of Administrative Council
208-521-6358
robin.s.stewart@gmail.com
- **Scott Taylor**, Chair of Finance
208-201-5593
auditpatroller@yahoo.com

Church Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February	1	2	3	4	5	6
	7:00 Theology on Tap (Zoom)	6:30 <u>Trustee Meeting</u> (Zoom)	10:00 Upper Room (Zoom) 6:30 Gather at the Table (Zoom)		Office Closed	
7 <u>Epiphany 5</u> 10:15 - Live stream on Facebook 11:30 Virtual Coffee Hr.	8	9	10	11	12	13
	7:00 Theology on Tap (Zoom)		10:00 Upper Room (Zoom) 6:30 Finance Meeting (Zoom)	6:30 ReOpening Mtg (Zoom)	Office Closed	
14 <u>Transfiguration</u> 10:15 - Live stream on Facebook 11:30 Virtual Coffee Hr.	15 <u>Presidents' Day</u> Office Closed	16 <u>Shrove Tuesday</u> 6:30 Admin Meeting (Zoom)	17 <u>Ash Wednesday</u> 10:00 Upper Room (Zoom) 6:30 Gather at the Table (Zoom)	18	19	20
	7:00 Theology on Tap (Zoom)			6:30 ReOpening Mtg (Zoom)	Office Closed	
21	22	23	24	25	26	27
10:15 - Live stream on Facebook 11:30 Virtual Coffee Hr.	7:00 Theology on Tap (Zoom)		10:00 Upper Room (Zoom)	6:30 ReOpening Mtg (Zoom)	Office Closed	
28						
10:15 - Live stream on Facebook 11:30 Virtual Coffee Hr.						
March	1	2	3	4	5	6
	7:00 Theology on Tap (Zoom)	6:30 <u>Trustee Meeting</u> (Zoom)	10:00 Upper Room (Zoom) 6:30 Gather at the Table (Zoom)	6:30 ReOpening Mtg (Zoom)	Office Closed	