



Remember to hold
each other tightly in
your heart.

News Update for March 23, 2020

We always give thanks to God for all of you and mention you in our prayers, constantly remembering before our Creator, your work of faith and labor of love and steadfastness of hope in our Lord Jesus Christ. For we know, sblings in Christ who are beloved by God, that God has chosen you.

1 Thessalonians 1:2-4 (NRSV)

These are words from the Apostle Paul, Silvanus and Timothy to the church of the Thessalonians. It seemed appropriate today coming from Pam, Don and myself.

Even if things feel more and more out of control in the world today, there are still a few things that you can depend on. You can depend on your worshipping community at Trinity to be holding you in prayer. You can depend of the church to be the glue that sticks us together. You can depend on God's deep love for you.

Blessings,

Reverend Ruth

As a congregation WE CAN:

1. Keep Trinity's office open for regular hours Monday - Thursday 9am to 3pm. You are welcome to call or drop by. Our ministry with those who need showers, food, and a compassionate ear will continue.
2. Check in with each other. I'll be forming the entire congregation into groups of 5 to 7 people so you can call, text, or email the folks in your group to make sure they are "OK," not in need of supplies, and that you know what their prayer concerns are.

*Please do not wait to be assigned to a list. You can take action now by calling the people who are in your hearts and on your minds.

3. View Worship and Sunday School videos that will get posted on Trinity's Facebook page ([Trinity United Methodist Church in Idaho Falls](#)). If you go to Trinity's web page (www.TUMCIF.org) you can find a link to the Facebook page. This link (<https://youtu.be/jR0SSnNyD9s>) will take you to the worship video in YouTube. 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.
4. Check Trinity's YouTube Channel for Videos of the weekly services <https://www.youtube.com/channel/UCZz1YGrdRCH6HIND2LpVCgg>
5. Continue to support Trinity financially. You could:
 - a. deliver your regular giving personally
 - b. go to Trinity's website and give via credit card or PayPal
 - c. call the office and give via credit card
 - d. sign up for bill-pay at your bank so they can send a check
 - e. or, use US Postal Service to send a check (rec'd \$370 today)

Please know that I am holding you and the entire Trinity community in my daily prayers.

Reverend Ruth Marsh

Trinity United Methodist Church - www.tumcif.org

You Can Help

- Promise Ridge can use toilet paper and cleaning supplies. Put your donations in the pink bin on the front porch.
- Soup Kitchen Needs volunteers to prepare to go meals, and monetary donations.
- Idaho Falls Food Basket needs food and monetary donations.
- Consider buying gift cards from your favorite restaurants to keep them from going bankrupt.
- Leave large tips to support servers and staff who may be losing hours or their jobs.

Things You Can Do

- Go outside and walk around the block. Just maintain a physical distance of 6 feet from other people.
- Pick up an old hobby.
- Call a friend and talk for hours.
- Call someone you haven't talked to for a long time.
- Limit your exposure to news programs.
- Bake something new.
- Sign up for an online class.
- Play that instrument that has been sitting in the closet.