

Email Blast for Feb 28, 2018



Trinity Times

“Open Hearts, Open Minds,
Open Doors”

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Lent 3

**Guidelines for good
relationships**

Scripture Readings

Exodus 20:1-17

John 2:13-22



Liturgist: Mystery Guest

Counters: Scott Taylor & Denny Kemp

Palm Sunday worship (March 25)

*Maundy Thursday (March 29th) worship
at 7pm with open communion*

Good Friday (March 30) prayer vigil: noon to 3pm

*EASTER (April 1) Sunrise worship 6:45am-
7:30 at Snake River Landing*

Pot Luck breakfast at church 9am

10:15 worship followed by egg hunts for all ages

**Don't forget, the whole congregation is invited
to the after Church Lenten soup and bread lunch.**

Team



Meetings

Special Meetings for the Week

Wednesday, Feb 28, 6:30 p.m., Chronic Disease Self Mgt Class
Thursday, Mar 1, 9:30 a.m., UMW Executive Committee
Friday, Mar 2, 11:30 a.m., RCCM Lenten Lunch and Worship
Friday, Mar 2, 6:30 p.m., Dinner & Movie night
Sunday, Mar 4, 9:00 a.m., UMW Bake Sale
Sunday, Mar 4, 12:30 p.m., Lenten Study: "The Last Week"
Monday, Mar 5, 11:00 a.m., Soup Kitchen Mission
Tuesday, Mar 6, 7:00 p.m., Trustee Meeting

On Going Weekly Events

Monday, 6:00 p.m., Beginning Bells
Monday, 7:00 p.m., Wesley Handbells
Monday, 7:00 p.m., Theology On Tap at Tap-n-Fill
Wednesday, 9:00 a.m., Breakfast at O'Brady's
Wednesday, 11:00 a.m., Upper Room Meeting
Thursday, 6:30 p.m., Choir Rehearsal
Thursday, 7:15 p.m., Praise Band
Friday, 8:00 a.m., Friday Morning Service Club



The total for the pigs so far is \$1,367.97. This is from the loose change in your pockets. Don't forget to feed your pig and bring him to Church when he is full!



Information about Sunday School Classes

Sunday, March 4 at 9:00 am - Hubbell Bible Study - The Lord Will Provide

Don Rohde will lead the meeting in room 108

We will be studying Genesis 22: 1-3, 6-14

Purpose: To trust that, ultimately, God will provide



Rev Ruth's Class is titled "Grown-ups and Others." They meet in the Parlor.

*It is no use walking anywhere to preach
unless our walking is our preaching.*

St Francis of Assisi



Genevieve Clemens 3/1 Pat Dunzik 3/2

Josie Brown 3/4 Gregory Clemens 3/7

Art Jensen 3/7

**(Note: if your birthday was missed, contact
the Church office to update your file.)**

Kathy & John Harder 3/7

Weekly Treasurer's Report

For the General Fund

Month to Date: \$11,250

Monthly Budget: \$17,283

Around the Church

Needed for Lenten lunch March 11th: we need soups, breads, veggies or fruit.

And since we are asking for stuff, we also need contributions of candy for the plastic Easter eggs and aluminum foil (for the Mary Dawson Hall kitchen).



Pam will be attending the Northwest Leadership Institute and would like to have some people attending the office on March 7th and 8th (Wed. and Thurs.) from 9am to 3pm. Please call the Church office to volunteer, 208-522-7921.

The Lenten Lunch will be of soups (some dairy- and gluten-free), starches (breads, crackers) and fruit or fresh vegetables.

Please sign up with Pam (office@tumcif.org or 208-522-7921) to sign up to provide.

Thank you for your generosity!

Our day to host Regional Council for Christian Ministry's Lenten series is March 2. We will serve lunch from 11:30am to noon, and again at 12:30pm.

While we have a few volunteers, we are still in need of a few crock pots of soup, bread or crackers, and people to help set up, serve, and clean up.

Please let us know what you will be bringing by calling the office at 208-522-7921 or emailing office@tumcif.org.

Thank you for helping us be gracious hosts.

Lenten Lunch on March 4th will be hosted by the kids and their families.

Please sign up to provide for the March 11th lunch.

Kids Time – each Sunday at 10:15

We all gather for Worship and then the Kids are invited to gather in the Parlor for stories and activities of all kinds. We welcome all ages and want the older kids to assist the younger too. A nursery is available for kids under 3 years of age. The kids are taking turns assisting with various tasks during the worship and fellowship time and lunches that follow.

UMCOR Sunday coming March 11

A new year brings great potential for hope, generosity and compassion. UMCOR Sunday, one of the most popular churchwide special Sundays with an offering, is on the horizon.

Make sure it is on your calendar.

On March 11, 2018, people are invited to join with thousands of other congregations across the connection in a special offering to support the United Methodist Committee on Relief. When congregations participate in UMCOR Sunday, they help cover the operating budget of UMCOR.

Support on this day makes it possible for UMCOR to direct 100 percent of all other contributions to the projects our donors specify, instead of using this money on administrative or fundraising costs.

You can read more about UMCOR Sunday by visiting the following web site: www.umcgiving.org.

DAYS FOR GIRLS– March

Trinity's UMW is continuing our effort to help Days for Girls with their mission to provide high quality, washable feminine hygiene kits as well as sanitation and health training to girls who miss school for lack of these materials. There is a basket in the parlor labeled *Days for Girls*. Thank you so much for your generosity in collecting cotton underwear. They are greatly appreciated. In March, we will be continuing to collect cotton underwear in girl's sizes 10, 12, 14, 16 and women's sizes 5, 6, and 7. You are truly appreciated.

Correction in Directory: Email address for

**Les & Joanne McCray
ysguy@centurylink.net**

Regional Council for Christian Ministry

Lenten Series

Schedule for each Friday:

11:30 Lunch Noon to 12:30 Worship 12:30 Lunch

Date:	Location:	Preacher:
March 2	Trinity UMC	Jason Ginsburg
March 9	First Presbyterian	Susan Speir
March 16	St. Paul's UMC	Phil Hagen
March 23	St. Luke's Episcopal	Ruth Marsh



A Perspective from Wallowa Lake Camp

by Peggy Lovegren, Director of Wallowa Lake Camp

As Camp Directors, David and I take very seriously our call to be stewards of Wallowa Lake Camp, one of God's sacred spaces. Why is it necessary to have this space and how do we provide an "intentional place and experiences apart?"

Every day, each of us has lots of help getting in touch with WHY.

In our fast-paced, high-stakes culture, too many people suffer from stress, anxiety and depression; bad news and injustices are consistently in our face and at our fingertips. Suffering from the impact of a troubled world with little time to process any of it, a young woman recently said to me, "there are so many people making bad decisions in the world, it's hard to have hope anymore" Furthermore, many of our children are physically unhealthy and addicted to technology; many elders feel lonely and ignored; parents no longer feel safe letting their kids "play outside" in their neighborhood or go to school.

Indeed, there are many reasons WHY a sacred place apart is necessary and we are deeply in touch with what they are for us and for our guests.

So HOW do we provide an intentional place and experiences apart?

By asking participants in our youth camps to refrain using their cell phones! As one high school youth told us, "this is the first time I've had a "real conversation" with other youth not looking at their phones" And another youth said "it freed me up to play in the woods!"

By providing 65 acres of beauty for guests to be in! And quiet time at night! Camps are one of the last places families feel safe to let their children play freely. Research scientists have shown how important it is for humans to play outdoors and be in nature. At camp, God can constantly be seen and heard in creation.

By limiting light pollution around the camp: for many this visit may be the first time they've seen so many stars!

By offering set-apart sacred spaces for spiritual growth: experiencing the prayer garden, making prayer flags to take home, river and mountain outdoor chapels, campfire circles, facilities for deep, small group conversations... In other words, places people can relax, to refresh, and renew!

By providing nutritious, delicious, plentiful meals, enjoyed in community.

By offering spiritual support with "thoughts for the day", free bibles, staff prayers, a storytelling tepee, and opportunities for fellowship and worship.

By protecting nature: "No pets", so guests can be surrounded by abundant wildlife (including young ones born every season!)

By planting trees, removing invasive weeds, and keeping wild places.

By constantly making improvements to help guests to have their best experience possible; for example, we added more outlets in the rooms the quilters use so that they can experience better lighting.

By putting our hearts and souls into offering a deep and meaningful program experience!

Yes, we believe in providing intentional places and experiences apart! Come join us!

Friday Morning Service Club

The Friday Morning Service Club meets at 8:30am each Friday morning at the church. The next meeting will be March 2nd in room #108. We will provide coffee and snacks.

In the second meeting we increased the number of projects available to 48 and worked on filling out some of the project descriptions.

We then narrowed down the list to 11 projects that needed action in the next month and team members took action items to work on those projects.

The intent of this group is to support each other and to increase Trinity's presence in the community.

Please come and join us in service!

For information call Don Rohde 860-810-3227

donrohde@aol.com.

Friday Morning Service Club presents opportunities to serve:

You can be of service this week:

1. Serve at the soup Kitchen on Monday March 5th
2. Sign up to be the liturgist for worship on Sunday
3. Sign up for kitchen duty after fellowship time.
4. Help with cleanup around the church.
5. Sign up to cook a soup for the Lenten Lunch Series.
6. Apply for the Christian Education Position
7. Buy a Veterinary Gift Certificate for companion animals annual checkup.
8. Volunteer to do child care for children of people in recovery programs at the church.
9. Drive a fellow church goer to church
10. Signup to help dye Easter eggs on Palm Sunday
11. Signup to help fill Easter eggs with candy
12. Signup to hide Easter eggs on Easter.
13. Attend Upper Room prayer group Wed at 11am

For more information and to signup for these service opportunities please call Pam at 208-522-7921

Please come and join us in service!

For information on the Friday Morning Service Club call Don Rohde 860-810-3227

donrohde@aol.com.

UNITED METHODIST WOMEN "Sweets & Savories"



UMW Homemade Foods Sale

Come and Enjoy the Large Selection of
Cookies, Candies, Pies, Cakes, Breads, Soups,
Casseroles and Other Goodies.

This Sale Supports the UMW Missions.

Sunday, March 4th at 9:30 to Noon

Trinity United Methodist Church



DEPRESSION?

Chronic Disease Self-Management Education (CDSME)

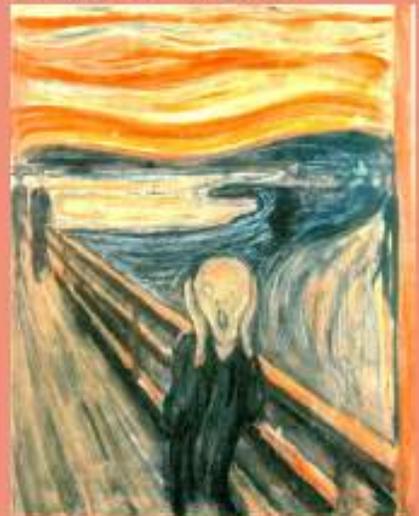
(Taught by Vonda Smith who was our instructor for “Living Well with Diabetes” and our ADAH speaker on Depression)

CDSME workshops are designed to help people gain self-confidence in their ability to control their symptoms and learn how their health problems affect their lives. Small-group, highly interactive workshops are six weeks long, meeting once a week for 2 hours, and are facilitated by a pair of leaders, one or both of whom are non-health professionals with chronic diseases themselves. For information call Don Rohde 860-810-3227.

The workshop topics include the following:

- How to deal with frustration, fatigue, pain, and isolation
- Ways to maintain and improve strength, flexibility, and endurance
- Managing medications
- How to communicate more effectively with family, friends, and health professionals
- Healthy eating

Wednesday Evenings at 6:30
February 21, 28 & March 7, 14, 21, 28
Trinity United Methodist Church
237 N Water Ave, Idaho Falls, ID 83402



Grief & Loss Support Group
at
Hospice of Eastern Idaho
1810 Moran Street
Idaho Falls, ID

Beginning on Tuesday (s), March 6th
Every week for ten sessions
5:30 ~ 7:00 p.m.

For further information & to register
please contact Kris at 529-0342

No person is ever truly alone,
Those who live no more,
Whom we loved,
Echo still within our hearts.
And what they did
And who they were
Becomes a part of all that we are,
Forever.

— Richard Fife

Living Well with Chronic Conditions

A Free Workshop

*This workshop is 6 sessions, 2.5 hours each
Open to anyone living with chronic health conditions*

WHEN

6 Wednesdays

February 21 - March 28, 2018

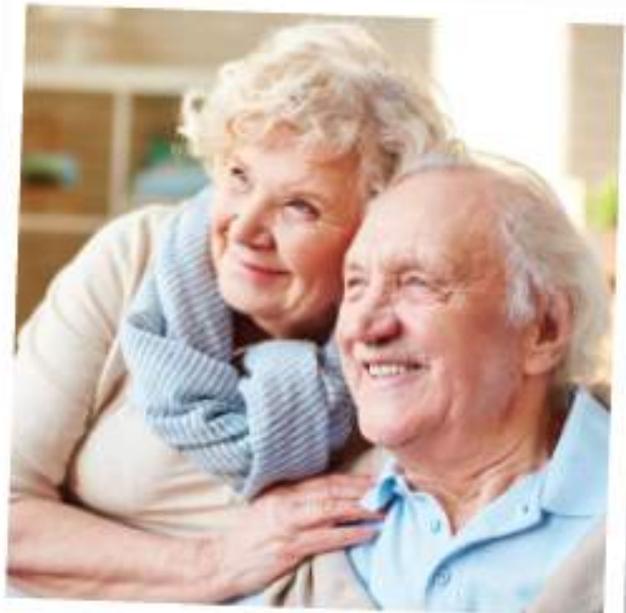
6:30pm - 8:30pm

WHERE

Trinity United Methodist Church

237 N. Water Avenue, Room 108

Idaho Falls, ID 83401



LEARN HOW TO BETTER MANAGE YOUR CHRONIC CONDITION

- Healthy eating
- Managing medications
- Dealing with depression & stress
- Safe exercise
- Communication skills
- Working with your healthcare team

Free workshop designed for individuals who are living with chronic health conditions. Each session focuses on problem-solving, decision-making and coping skills which help you confront the ever-changing challenges of living with chronic conditions like diabetes, high blood pressure and heart disease.

Please call Vonda Smith at 208-716-2593 to sign up for the workshop.



This material was prepared by Qualis Health, the Medicare Quality Innovation Network - Quality Improvement Organization (QIN-QIO) for Idaho and Washington, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy. ID-EDC-QH-3947-02-18

!!!Sign up sheet for March now available!!!

Do you like to be heard above the crowd?
Do you want people to listen to what you say?
If so, then be sure you sign up to be a Liturgist
on Sunday morning. By using our microphones,
you're assured to be heard by everyone.

**Pray as you ought, and you will live as you
pray. God will create a new spirit in you
and will revive your enthusiasm for living.**

**Do you carry your Bible with you everywhere you go? How about
carrying several different versions of the Bible? If you have a
smartphone or tablet, there are many different Bible programs
which you can download. They can include several different Bibles
and lots of other related items. The best part is that most of these
programs are free. Many can be synced to your home computer.**

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: And Finally:

: Please send any comments or suggestions to Blasttumcif@gmail.com. If you
: have an article or picture to share, please send them as well to the same
: address. If you would like to unsubscribe from this newsletter, please reply
: to this email with "Unsubscribe" in the text box.
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