

# A Child's View of the Soup Kitchen

## An interview with Olivia Lower

by Pastor Brenda



TRINITY UNITED METHODIST CHURCH—IDAHO FALLS

# The outreach

Olivia Lower is a ten year old girl who attends Trinity nearly every Sunday. She is a regular volunteer at the Soup Kitchen the fourth Sunday of every month. She attends worship, and then Sunday School, and then goes to the Soup Kitchen and works from 11:30 until 1:15.

*Brenda: Olivia, how do you feel when you help at the Soup Kitchen?*

Olivia: When I help it makes me feel happy because I like to see how happy the people get. It makes me feel good to help people in need.

*Brenda: What do you think when you see*

*people come in the doors?*

Olivia: It does surprise me that so many people come, and it makes me sad because nobody should have to go hungry.

*Brenda: Why do you volunteer?*

Olivia: I help because it makes me feel so good to help them and I love seeing them smile. But I just wish I could make them not go hungry.

*Brenda: What is your favorite food you have helped to serve?*

Olivia: My favorite food was the pizza because Gene Summers was so kind and bought it when we could not get in the building to make food

so the people wouldn't go hungry.

*Brenda: What is your favorite memory from the Soup Kitchen?*

Olivia: My favorite memory was when a lot of people came to help people in need!

Thank you Olivia, for this interview, and for caring so much for other people!



## Offerings

We have many children in our church and community who are grieving. The death of a parent is one of the most fundamental losses a child can face. The task work of grief is prolonged and re-experienced with every milestone reached in the child's life. Like adults,

children do not all grieve in the same way. Some want to talk, some don't want any mention of their parent's death, some have anger, some act out, some withdraw, some try to become "perfect" for their remaining parent...there are many reactions, and all of them are

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## Offerings... (cont.)

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"normal."

How can we help these children in our midst? According to a child psychologist, Robin Goodwin, Ph.D., there are things we can do to help.

- **Tell the truth.** The alternative - hiding information - causes children to feel confused, unable to turn to adults for help, and mistrustful of other information. Avoid any unnecessary information.
- **Be simple and direct.** Use correct words and language. Although this may be difficult for adults, saying someone has died is preferable to potentially confusing euphemisms such as "he went to sleep," "he passed on," and "we've lost him."
- **Reassure children they are not to blame.**
- **Model appropriate responses.** Do not hide emotions. Explain feelings as a way to help children understand their own, but keep expression of strong, dramatic feelings for private times with other adults.
- **Find ways for the child to be involved with family if at all possible.** Participating in hospital routines or funeral rituals in whatever way they feel most comfortable can demystify events for children and provides closure.
- **Encourage the child to talk and ask questions.** Find out what a child thinks and feels and correct any misconceptions or misinformation.
- **Become attuned to and re-**

**spond to the child's own pace for revealing feelings.** Offer opportunities for comfort by being available whenever the child/teen is ready or is experiencing some strong emotion.

- **Allow and encourage expression in private ways** (e.g. use of journals, art).
- **Acknowledge and affirm children's expressions.** Accept and normalize their response.
- **Have more than one conversation.** A child's familiarity, interest, and questions about difficult situations change over time. Be available and look for teachable moments or opportunities for further exploration.
- **Provide understanding, support, and extra guidance** or assistance with school assignments, social obligations, and home chores as necessary over time.
- **Explore their feelings about the situation or death.** Understand their beliefs and how being confronted with death can stimulate related personal feelings.
- **Realize children may make comparisons;** they may comment on and wish for things to be the way they used to be, compare times before and after events, compare the surviving parent to the one who has died, or their life to that of others.
- **Talk to and enlist the support of other adults** (such as teachers and coaches) who are in contact with the children.
- **Become familiar with cul-**

**tural and religious beliefs and practices.** Being sensitive to specific rituals and customs is important for understanding how to respond, how to tailor comfort, what is within the realm of expected behavior, and how to prepare and involve classmates.

- **Monitor a child's response over time and check out any concerns with a mental health professional.**

**Encourage and help the child to collect keepsakes and construct and maintain memories.**

How will we respond as a church? Children often work through grief with music, acting, and art. We are going to provide an opportunity for the children to gather every Sunday afternoon starting the first Sunday in February from 4:00 to 5:00 to rehearse a Jazz Cantata, "100% Chance of Rain." The children will perform this on the stage in Mary Dawson Hall on the afternoon of Palm Sunday, April 13. Your attendance and support of this endeavor will be very important for our children. We will accept donations at this performance to support our church camp scholarships, since all of our children will need to go to camp next summer.

Together we can make a difference for our children!

Grace and Peace,

*Brenda*

## January 12 is United Methodist Woman Sunday

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During worship on Sunday January 12, Trinity will celebrate the heritage and contributions of United Methodist Women. Members of Trinity's UMW Unit will serve as leaders in worship at both services and will be available to share the UMW story to any potential members and guests.

United Methodist Women inherits the vision and toil of women's missionary societies of eight denominations since 1869. Its 140-year legacy started when the Woman's Foreign Missionary Society first organized in Boston in response to a lack of women's health in India. Women at Trinity began serving dinners to raise money for mission in the early 1900's. Over the past 100 years, women at Trinity have organized to educate themselves about missions and to support individual missionaries and missions, both local and world-wide.

United Methodist Women is the largest denominational faith organization for women with approximately 800,000 members whose mission is fostering spiritual growth, developing leaders and advocating for justice. **All women, United Methodist or not, are invited to join.**

UMW members raise up to \$20 million each year for programs and projects related to women, children and youth in the United States and in more than 100 countries around the world. In 2013, Trinity's 64 UMW members

raised over \$3,000 for conference, national, and international mission concerns. In addition, \$100.00 each was given locally to the Haven GED program, the Soup Kitchen, FISH, the Hospice of Eastern Idaho, and CASA. We contributed funds and labor toward assembling school supply kits for UMCOR at both the Sage District and Oregon-Idaho Conference UMW meetings and we sponsored Trinity's "Undie Sunday" to collect donated underwear for Annual Conference in June.

Any woman is invited to join Trinity's Unit in any of our activities planned for 2014. Unit meetings are held in the Parlor at 1:00pm on the second Thursday of February, March, April, May, August, September, October, and November. The December Unit meeting will be held on Saturday, December 13 to allow employed members to attend. Unit meetings consist of a dessert, a business meeting, and an informative or fun program.

Circles are smaller groups within the Unit; Trinity has two. Ethel Clark Circle meets at 1:00pm in the Parlor on the 4<sup>th</sup> Thursday of every month, except in the summer. Call Mary Nagel at 522-9880 with questions. Susannah Circle meets at 7:30 pm in the Parlor on the 4<sup>th</sup> Wednesday of most months. January 22 is Dinner at Garcia's (no host), beginning at 6:00 pm. Call Lorraine Driskell at 524-0882 for informa-

tion. Circle meetings also consist of dessert, business, and a program.

Fund-raisers (and they are fun!) planned for 2014 are a bake sale and more on Sunday, March 9 after both worship services, a Fall Event with food, a mini-bazaar and a program on Saturday, October 18, and our Holiday Treat Sale with food for sale as well on Sunday 7 after both worship services.

United Methodist Women believe that we must be fully aware of the issues facing women, children, and youth at home and around the world. UMW provides several kinds of educational opportunities, including the program at most Unit and Circle meetings, a list of recommended books to read (Trinity's Unit buys five books each year), a yearly training – the Every Member Enrichment Event (EMEE) – which will be at Jason Lee UMC on Saturday, March 22 this year, and a 2 ½ day retreat for learning about missions at the Nazareth Retreat Center in Boise (this year, July 24 -26).

Trinity's UMW Unit thanks the congregation for your support of our efforts to minister with women, children and youth. We look forward to working together in the future!



United  
Methodist  
Women

# Wesley Handbell Choir

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The Big Sky Bell Festival will be right here in Idaho Falls next year. The Wesley Handbells of Trinity United Methodist Church are so excited to be one of the host choirs. Bell choirs from throughout the west will gather for a two day event to be held at Skyline High School on April 25 – 26, 2014. We are expecting over 300 ringers.

Following the two day workshop of ringing with our guest clinician, Cathy Moglebust from Iowa. We will top of the weekend with a concert for the community on Saturday evening at Skyline's gymnasium. The concert will be free to the community – and you won't want to miss it! Each ringing participant pays an entry fee to help defray

the costs of the clinician, food and the facility rental. We have received monetary gifts from some businesses in Idaho Falls and also private donations. If you would like to contribute to the festival please make your check payable to Trinity United Methodist Church and mark it "bell festival." Additional details will be forthcoming.

## Notes from Regional Council of Christian Ministries:

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Family Promise is a national program that provides temporary housing, meals, and job search assistance to families in need.

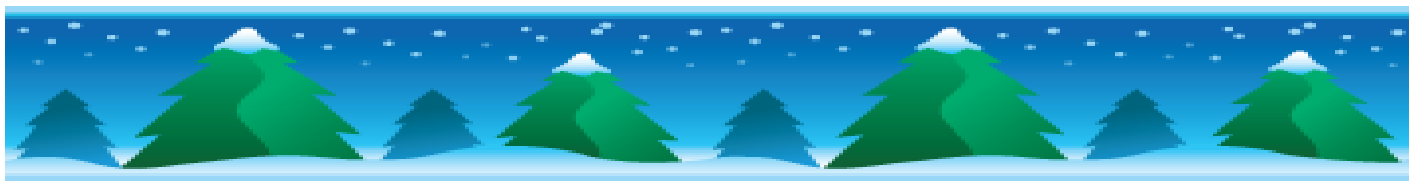
Currently in Idaho there are programs in Moscow, Coeur d'Alene, and Lewiston. The night-time and meal facilities are provided by churches, one week at a time with cots and other needed items provided by Family Promise (so if ten churches participate, their 'turn' would happen every 10 weeks). A separate day-time facility provides showers, laundry facilities, computer access for job searches and

personal assistance. Partner churches provide simple breakfasts and dinners as well as supplies to make sack lunches. Beginning on a Sunday, the families arrive each evening and leave by 7:30 next morning, through the following Sunday. The churches provide at least 2 volunteers who spend the night during their week.

In January, several representatives from the program will be in Idaho Falls to explain the program further; there will be an afternoon and an evening session so that church pastors and church board members, mission committee

members and others can attend and learn/ask questions.

The Family Promise organization works carefully to ensure there is no duplication of community programs, to avoid misunderstandings, and to avoid starting a program that cannot be sustained. There is no doubt that such a program would be well-used; the question is, do the pastors and churches want to make that kind of commitment? Hopefully, the meetings in January will begin to answer that question. More Details to come.



## Prayer Chain

Prayers for Joyce Ayers, Ruth Farkas, Mary Meyer, Jamie Dazey, Avery Mendoza, and Carol Bruinsma. Thanksgiving for the son of Amanda and Nathan McClure Prayers for the

family of Giovanni Castillo. Prayer is important in the life of a Christian. If you would like to be part of Trinity's prayer group, please call Dorothy Mandiloff at 523-8949, or Sue O'Steen at 552-0665.

## Prayer Group

This intercessory prayer group meets at the church the 2nd and 4th Tuesdays of each month at 1:00.

# Sponsor A Radio Broadcast!!

The 11:00 am radio broadcast of our Sunday worship service is valued by many people within our congregation and our community. It is an important ministry that Trinity has been honored to provide. The new year has come, and now is the time to look at your calendar and sign up to sponsor a radio broadcast in honor of a person or occasion, or in memory of a loved one. Due to rising costs this year, the cost of our broadcast will be \$90 each week. If you want to help sponsor a broadcast, but cannot afford the full \$90, it is fine to contribute toward the broadcast whatever amount that is within your budget. Get your sponsorships in soon, to make sure you can get the date you want. It will begin filling up soon!

\*\*\*\*Please make sure to clarify "Who" is sponsoring and in "Honor/Memory of who"....Thanks)\*\*\*\*

Jan. 5, 2014	Apr. 20, 2014	Aug. 3, 2014	Nov. 16, 2014
Jan. 12, 2014	Apr. 27, 2014	Aug. 10, 2014	Nov. 23, 2014
Jan. 19, 2014	May 4, 2014	Aug. 17, 2014	Nov. 30, 2014
Jan. 26, 2014	May 11, 2014	Aug. 24, 2014	Dec. 7, 2014
Feb. 2, 2014	May 18, 2014	Aug. 31, 2014	Dec. 14, 2014
Feb. 9, 2014	May 25, 2014	Sept. 7, 2014-	Dec. 21, 2014
Feb. 16, 2014	June 1, 2014	Sept. 14, 2014	Dec. 28, 2014
Feb. 23, 2014	June 8, 2014	Sept. 21, 2014	Dec. 30, 2014
Mar. 2, 2014	June 15, 2014	Sept. 28, 2014	
Mar. 9, 2014	June 22, 2014	Oct. 5, 2014	
Mar. 16, 2014	June 29, 2014	Oct. 12, 2014	
Mar. 23, 2014	July 6, 2014	Oct. 19, 2014	
Mar. 30, 2014	July 13, 2014	Oct. 26, 2014	
Apr. 6, 2014	July 20, 2014	Nov. 2, 2014	
Apr. 13, 2014	July 27, 2014	Nov. 9, 2014	



## Birthdays

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Cameron Sene	01/06	Donna Bailey	01/20	Laura Schaffer	01/28
Tom Burr	01/08	Keenan Bryan	01/20	Theo French	01/29
Marjorie Wheeler	01/08	Les Miller	01/20		
Charlene Danvers	01/11	Akeelah Gonzalez	01/21		
Kathy Harder	01/12	Kathy Miller	01/21		
Bethany Blank	01/13	Penny Tibbetts	01/21		
Angel Cole	01/14	Irene Brown	01/23		
Dean Mandiloff	01/14	Mary Nagel	01/24		
Jane Simmons	01/16	Cathy Rohrig	01/24		
Jeannine Beckman	01/18	Jeff Denning	01/26		
Kevin Carney	01/19	Trudy Denning	01/26		



## Sunday Volunteers

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5: Counters: Ted Watanabe & Scott Taylor

Sound/Radio Room: Dylann Rhys & Jared Sene

Radio Sponsor: None

12: Counters: Jeff Bryan & Bob Siedelmann

Sound/Radio Room: Jacob Robinson & Max Harrison

Radio Sponsor: None

19: Counters: Jim Anderson & Shirley Cowell

Sound/Radio Room: Dylann Rhys & Jared Sene

Radio Sponsor: None

26: Counters: Bob Siedelmann & Kathy Harder

Sound/Radio Room: Jacob Robinson & Max Harrison

Radio Sponsor: None

## January Potluck Invitation!

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You are invited to chase away the doldrums of midwinter by joining together in fellowship and food! On Wednesday, January 29 at noon, any and all are invited to a potluck lunch at

Trinity. The winter can become very long, and it is much more fun to talk our friends across a table, rather than over the phone or through the computer. Bring your best comfort food. Pastor Brenda

will provide chicken, so please call the church office to RSVP: 522-7921. When you call, please let us know if you will need a ride.

## Contact Information

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Pastor:  
Rev. Brenda Sene  
bsene@tumcif.org

Admin. Assistant:  
Shanda Walker  
office@tumcif.org

Church Phone:  
208-522-7921

Office Hours:  
Mon-Thurs: 9-noon, 1-3

Church Website:  
www.tumcif.org

Trinity UMC  
237 N Water Ave  
Idaho Falls, ID  
83402

Webmaster:  
Cheryl Siedelmann  
webmaster@tumcif.org



# January 2014



**1: Office Closed**

**2:** 930 UMW Ex Brd

700 Girl Scouts

730 Choir

**3:** 930 Community Partners

**4:** 530 AA Gathering

**5:** 900 Praise & Rejoice

1015 Sunday School

1130 Traditional

430 Youth Group

**6:** 1130 Soup Kitchen

615 TOPS

700 NA

700 Wesley Bells

**7:** 630 PEO

630 Cub Scouts

**8:** 900 Breakfast @ O'Bradys

1100 Upper Room Payer Group

130 NAMI

630 Made to Crave

730 Boy Scouts

730 Marnie Circle

**9:** 700 Girl Scouts

730 Choir

**10:** Troup 6 overnight activity

**12: UMW SUNDAY**

900 Praise & Rejoice

1015 Sunday School

1130 Traditional

430 Youth Group

**13:** 1000 FISH

100 RCCM

615 TOPS

700 NA

700 Wesley Bells

**14:** 1200 Olive Garden Lunch

630 Cub Scouts

700 Trustees Meeting

730 Church Council

**15:** 900 O'Bradys

130 NAMI

630 Made to Crave

730 Boy Scouts

730 Marnie Circle

**16:** 700 Wesley Bells Meeting

700 Girl Scouts

730 Choir

**18:** 800 UMM

600 NA Gathering

**19:** 900 Praise & Rejoice

1015 Sunday School

1130 Traditional

130 JACL

430 Youth Group

**20:** *Martin Luther King, Jr. Day*

Office Closed

**21:** 630 Cub Scouts

**22:** 900 Breakfast @ O'Bradys

1100 Upper Room Payer Group

130 NAMI

530 Endowment Committee

630 Made to Crave

730 Boy Scouts

730 Marnie Circle

**23:** 100 Ethel Clark

700 Girl Scouts

730 Choir

**26:** 900 Praise & Rejoice

1015 Sunday School

1130 Traditional

1130 Soup Kitchen

130 JACL Meeting

430 Youth Group

**27:** 615 TOPS

700 NA

700 Wesley Bells

**28:** Cub Scouts

**29:** 900 O'Bradys

1200 Potluck Lunch

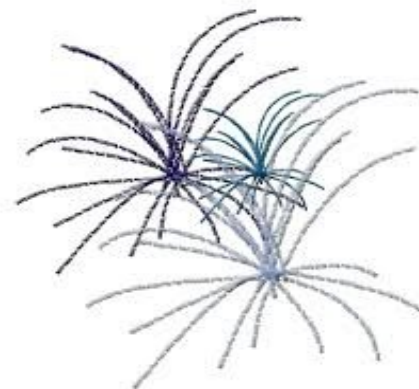
130 NAMI

630 Made to Crave

730 Boy Scouts

730 Marnie Circle

**30:** 700 Girl Scouts



Trinity United Methodist Church  
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Idaho Falls, ID 83402  
Phone 208-522-7921

Return Service Requested

Email: [office@tumcif.org](mailto:office@tumcif.org)

**Publication Deadline**  
**Articles for the Outreach**  
**are due no later than**  
**the 15th of each month.**

Expect the next Outreach to arrive  
around February , 2014.

Nonprofit Org.

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We're on the web!

[www.tumcif.org](http://www.tumcif.org)

[www.facebook.com/TUMCIF](http://www.facebook.com/TUMCIF)

## He is Born!

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Trinity United  
Methodist  
Church

The Vision of Trinity  
United Methodist Church  
is to humbly:

- \*Be safe and nurturing,
- \* Follow God's will,
- \* Reach out to the community,
- \* Break down walls within and  
outside of the church.

If you can't be with us in  
person, join us on the radio  
every Sunday at 11:00 am,  
KBLY 1260 AM  
or KBLI 690 AM.

Each Sunday's order of  
worship is available on our  
website, [tumcif.org](http://tumcif.org), as well as  
podcasts of portions of previous  
Sundays' worship services.