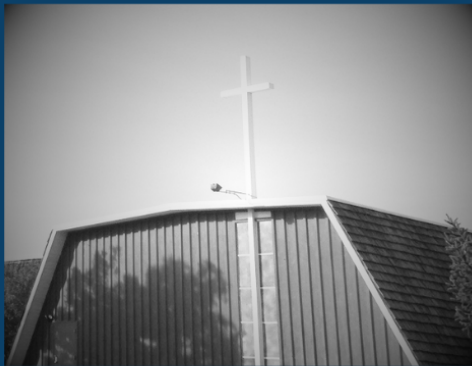


# TRINITY UMC & ST. PAUL'S UMC NEWSLETTER

October 10, 2024



## Sunday Morning

**October 13, 2024**

**Rev. Elizabeth**

**Scripture: Psalm 91**

**Sermon: "Psalms are Balms: Spiritual Healing"**

**Services are streamed on Facebook Live at 9am at Trinity UMC and 11am at St. Paul's UMC.**



## Elizabeth's Epiphanies

It was so good to be in worship with you last Sunday after a refreshing vacation. Our worship last Sunday was filled with a strong presence of the Holy Spirit as we engaged with the Psalms as Balms. This Sunday, I will speak about Spiritual Healing focused on Psalm 91. Prayer for healing and anointing with oil will be offered again. I hope to see you in worship, either online or in person!

*Rev. Elizabeth*



*"TO MAKE DISCIPLES OF JESUS CHRIST FOR THE TRANSFORMATION OF THE WORLD"*

**TRINITY UNITED METHODIST CHURCH-SUNDAY WORSHIP 9:00 AM**

237 N. WATER AVE. IDAHO FALLS, ID 83402 | 208-522-7921

**ST. PAUL'S UNITED METHODIST CHURCH- SUNDAY WORSHIP 11:00 AM**

1730 ST. CLAIR ROAD IDAHO FALLS, ID 83404 | 208-522-9076

# Idaho Falls United Methodists: Better Together



## IDAHO FALL UNITED METHODIST CHURCHES THIRD SUNDAY WORKSHOP

**Third Sunday Workshop: October 20 at 4 p.m.**

Join us at Trinity UMC on  
**Sunday, October 20 at 4 p.m.**

**for our Third Sunday Workshop.**

This month, we will hear an update from the Discernment Team, including a review of demographic data and results from the spiritual gifts survey that many of you completed a little over a month ago. This is a great opportunity to see how the information gathered will help guide our church community in our mission to connect, grow, and serve. We look forward to seeing you there!

## MARK YOUR CALENDAR : ANNUAL ALL-CHURCH CONFERENCE

St. Paul's and Trinity UMC Annual All-Church  
Conference will be held on

**Wednesday November 20 at 6:30 pm  
at St. Paul's UMC.**

This is an important time for both congregations to come together and look ahead to the future. All members and congregants are encouraged to attend as we celebrate our ministries and discuss plans for the year to come. Don't miss it!



## LAY SERVANT MINISTRIES COURSES

Lay Ministry is the work of mission or ministry to which each believer is called. As Christians we are all called to this ministry or priesthood – not just clergy. Each of us has a responsibility to proclaim the Good News and reach out to others in love.

- **October 28-** The Polity Course
- **January 6, 2025-** Lay Pastoral Care Giving

For more information contact  
Emilie Kroen, Director of Lay Servant  
Ministries, OR-ID Conference  
[ekroen@yahoo.com](mailto:ekroen@yahoo.com) 503-312-4138,  
[Facebook.com/UMCLaity](https://www.facebook.com/UMCLaity)

## WHERE THERE IS HELP THERE IS HOPE

- **Narcotics Anonymous** Tuesday's and Friday's 7pm at Trinity United Methodist Church.
- **Candlelight Narcotics Anonymous** 7pm at Trinity United Methodist Church
- **Women's AA** Thursdays 6:30pm at St. Paul's United Methodist Church
- **Trinity United Methodist Day Shelter and Homeless Services.**  
Open Monday-Thursday 9am-2pm.

## BREAKTHROUGH PRAYER

### DAILY PRAYER



Relax and breathe deeply for just 60 seconds!

Visualize the breathe of God filling every pore and all that is old, negative and stale being released.

Lord, give me an Open Heart.  
Lord, give me an Open Mind.

Lord, may our gathered fellowship always have an Open Door.

## SUNDAY MORNING FELLOWSHIP



Trinity has updated the Sunday morning fellowship schedule.

- Every 1st Sunday: Soup Brunch  
Bring your favorite Soup.
- Every 2nd Sunday: Potluck Brunch  
Bring your favorite dish to share.
- Every 3rd Sunday: Scout Brunch  
This is a fundraiser for Troop 6 and a wonderful meal to share as we visit.
- Every 4th Sunday: Potluck Brunch

Join St. Paul's UMC for at time of fellowship following the worship service every Sunday morning.



### 2024 Ministry Conference - October 11

The 2024 Ministry Conference is set for **Friday, October 11, from 9:00 to 10:30 a.m. at St. Paul's UMC**, followed by a brief SPR meeting. This annual event is open to the entire congregation, with church leaders especially encouraged to attend. Key topics include **Ministry that Matters, Itineration & Location, Lay Ministry, and Eliminating Racism.**

## FUNDRAISER FOR KRISTY CAMPBELL

There will be a fundraiser luncheon to help support Kristy Campbell in her cancer journey. Kristy and her mom Ruth Oar are long-time members of the Trinity congregation. Come and join us for pulled pork sliders, potato salad, green salad and dessert.

The luncheon will be held on  
**October 26th**  
**12:00 pm to 2 pm**  
**at Masonic Hall**  
**at 225 South Capital Ave.**

**Tickets are \$15 for adults,**  
**\$10 for children under 10,**  
**Children under 3 are free.**  
**A family ticket is available for \$50.**

For more information, please contact Ruth Oar 208-523-2976 or Lynn Howard 360-789-8802. If you wish to donate, please make checks out to **"Chapter 85 Order of the Eastern Star"**.



**Men's Coffee Group:**

Wednesdays at 8:30 am at Perkins. All men are invited.

**Women's Outreach and Fellowship Group:**

Wednesdays at 9:30 am at St. Paul's

**United Women of Faith**

The UMW meets at Trinity UMC at 1:00pm the second Thursday of each month.

**Ladies Luncheon:**

Second Tuesday of each month at 1:00pm. Location TBD. Talk to Sharon Evens for more info.

Our next unit meeting will be  
**October 10 at 1:00**  
 in the Trinity church parlor.  
 Marilyn Taylor will give the program for Spiritual Growth. A special thanks goes to all who attended the Sage District Fall celebration. Big hugs and thanks to Sherry Newey and Don Rohde manning our tech support all day. We couldn't have participated without your guidance!! See you all at the unit meeting.



**WOMEN'S OUTREACH & FELLOWSHIP GROUP**

Our Women's Fellowship group meets at **9:30 am every Wednesday at St. Paul's UMC**. All women are invited and welcome, there's no membership. This is a casual, friendly group of fine women.

Our October mission project is to gather items for the Center for Hope, who provide support for wellness and recovery in behavioral health challenges, and for Rise Up, a teen and child crisis center. We will collect:

- **underwear (sizes little kids to adult), sport bras,**
- **weighted blankets.**
- **individual toothbrushes & toothpaste**
- **single-serve cereals and boxes of milk**
- **freezer breakfast foods,**
- **snacks, and treats. (All food should be individually wrapped.)**

Everyone at St. Paul's UMC is invited to donate to this project. We are blessed to be a blessing!

***Community Progressive Dinner***

*Thursday, October 24, 2024  
 4:30 p.m. to 7:30 p.m.*

*Tickets ~ Adults \$10 / Children under 12 \$1*

St. Luke's Episcopal Church / New Day Lutheran Church  
 270 N. Placer Avenue  
 ~ Soup & Salad ~

The Church of Jesus Christ of Latter-day Saints  
 885 S. Boulevard  
 ~ Main Course ~ Spaghetti ~

Trinity United Methodist Church  
 237 N. Water Avenue  
 ~ Dessert ~

*Proceeds Benefit the  
 Community Food Basket*

***For Tickets Call:***

Trinity United Methodist  
 Church  
 208-522-7921



## BIBLE STUDIES

### ISAIAH: "STRIVING LESS AND TRUSTING GOD MORE"



This 7 week study, using Melisa Spoelstra's book, will focus of Isaiah's call to rely on the Lord. Everyone is invited to participate in the studies held at St. Paul's UMC.

Contact Connie Dobbins for questions or to let us know which study time you would like to attend.

#### Women's Bible Study Group

Thursday's at 1pm

Facilitated by Mary Bash

#### Co-ed Bible Study Group

All are welcome

Friday's at 2:30 pm

facilitated by

Connie Dobbins and Lori Wickham



### MONDAY MORNING BIBLE STUDY

Every Monday Morning via zoom. Contact Jeanie Hughes for more info. All are welcome.



### UPPER ROOM STUDY

Wednesday mornings at 10:00 am  
at Trinity UMC.  
All are welcome.



## Ring in the News...

The bells are back! Hello, my name is Janet Miller, I'm a life-long Methodist (my mom was a Methodist Minister in NM). I began ringing when I was 12, and began directing when I was 19. Off and on over the years I've rung with and/or directed multiple choirs, and upon moving to Idaho Falls in 2020, started directing the St. Luke's Episcopal bell choir. I was honored (and a little nervous) when Marilyn Taylor asked if I'd help get the Wesley Handbell Choir back as director. Love for bells will always win so I said "Yes", and Marilyn is a hard woman to say "no" to.

**There are actually two choirs ringing:**

**1) a beginning bell choir for those who have never rung bells before, or might be a bit rusty. We'd love to have you! It's a perfect, no pressure way to see what you think; and**

**2) the Wesley Handbell Choir, which is rebuilding with many faces you will recognize. We've had two rehearsals so far, and are preparing to ring in church soon, as well as planning a Christmas concert.**

Sunday afternoon is our rehearsal time. 3:00pm for the beginning choir and 4:00pm-5:30pm for Wesley. There is always room for more. I'd love to hear from you if you are interested in either choir. My phone number is: 575-430-1945 email is jehmiller48@gmail.com. I'm excited to be a part of such an incredible bell legacy.

## Family Celebrating Family



**We are overjoyed for the Meyer family as they are all finally home together. Big brother Kurt is thrilled to have his sisters, Rozalyn and Lilyan home!**



## GIVE TO NORTH CAROLINA AND FLORIDA THROUGH UMCOR

If you would like to support those impacted by the recent hurricanes, you can contribute to UMCOR (United Methodist Committee on Relief). Please make your check payable to Trinity UMC or St. Paul's UMC, with 'UMCOR Florida' or 'UMCOR North Carolina' noted in the memo line.

Hurricane Helene has devastated parts of the southeastern U.S., bringing catastrophic wind, rain and flash flooding to many states and communities.

In response, UMCOR is coordinating with affected annual conferences and supporting their local relief efforts. So far, UMCOR has awarded solidarity grants to the North Georgia, South Georgia, Western North Carolina and Holston annual conferences. Additionally, UMCOR-trained Early Response Teams (ERTs) are coordinating efforts to support the removal of debris, tarping of roofs, and cleaning out of homes in hard-hit areas. To support this and other U.S. disaster response efforts you can give through the QR code below.



**The official team photo for the St. Paul's and Trinity ALZ walk team. Marcia Lew, Kathy Gaskill, Denny Kemp, Sherry Newey, Don Rohde. The Idaho Falls ALZ Walk raised a total of \$43,209 to advancing the fight to end Alzheimer's. Thanks to all the people that made this possible.**

# 2024 CHURCH COUNCIL & STAFF

## Trinity UMC

**Pastor:** Rev. Elizabeth McVicker

**Chair of Admin Council:** Gene Summers

**Lay Leader:** Tommy Lew

**SPRC:** Sherry Newey

**Trustee:** Don Rohde

Connect with Trinity UMC

<http://tumcif.org/>

[trinityumcidahofalls@gmail.com](mailto:trinityumcidahofalls@gmail.com)

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

## ST. PAUL'S UMC

**Pastor:** Rev. Elizabeth McVicker

**Council Chair:** Chris Holden

**Member Delegate:** Cindy Mason  
Jim Mason

**Trustees:** Jim Mason  
Jeff Bell  
David Lively  
Cindy Mason

**Treasurer:** Lacey Moon

**Finance Secretary:** Lynda Fennern

**SPRC:** Tracy Gohr

**Missions Coordinator:** Jerry Cass

**Ministry Coordinator:** Melinda Ginosar

Connect with St. Paul's UMC

[www.umcstpauls.com](http://www.umcstpauls.com)

[StPaulsUMCoffice@gmail.com](mailto:StPaulsUMCoffice@gmail.com)

[facebook.com/umcstpauls](https://www.facebook.com/umcstpauls)

### Sunday, October 13th

8:30am Fellowship Coffee & Donuts at Trinity UMC

9:00am Worship at Trinity UMC

Choir Rehearsals at 10:30 am at St. Paul's UMC

Worship Service at 11:00 am at St. Paul's UMC

Fellowship time following the service

Choir practice at 12:30pm at St. Paul's UMC

### Monday, October 14th

Scouts BSA Female Troop at 6pm at St. Paul's UMC

### Tuesday, October 15th

N.A at 7:00 pm at Trinity UMC

### Wednesday, October 16th

Men's Coffee at 8:30 or 9am at Perkins

Women's Outreach & Fellowship 9:30 am at St. Paul's UMC

Upper Room Study at 10:00 am at Trinity UMC

Cub Scout Pack Meeting at 6:30 pm at Trinity UMC

Scouts BSA at 7:30 pm at Trinity UMC

### Thursday, October 17th

Women's Bible Study at 1pm at St. Paul's UMC

Women's AA Group Meeting at 6:30 pm at St. Paul's UMC

### Friday, October 18th

Bible Study at 2:30 pm at St. Paul's UMC

N.A. at 7:00pm at Trinity UMC

Candlelight N.A. at 7:00 pm at Trinity UMC

### Sunday, October 20th

8:30am Fellowship Coffee & Donuts at Trinity UMC

9:00am Worship at Trinity UMC

Choir Rehearsals at 10:30 am at St. Paul's UMC

Worship Service at 11:00 am at St. Paul's UMC

Fellowship time following the service

Choir Rehearsals at 12:30pm at St. Paul's UMC

**Third Sunday Workshop at 4pm at Trinity UMC**

**Whoever dwells in the shelter of the Most  
High will rest in the shadow of the  
Almighty. I will say of the Lord, "He is my  
refuge and my fortress, my God, in whom  
I trust."**

**Psalm 91:1-2**