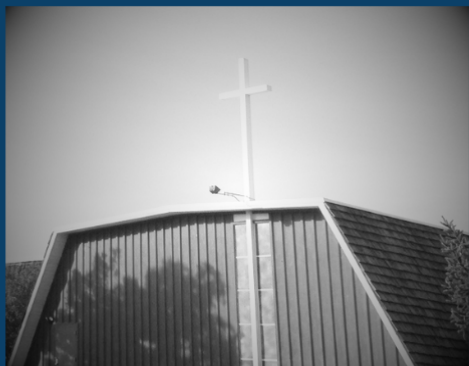


# TRINITY UMC & ST. PAUL'S UMC NEWSLETTER

October 3, 2024



## Sunday Morning

October 6, 2024

Rev. Elizabeth

Scripture: Psalm 30

Sermon: "Psalms are Balms: Physical  
Healing"

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



## Elizabeth's Epiphanies

This Sunday we will celebrate World Communion Sunday! I look forward to gathering around the Lord's Table with you as we join Christians all over the world. Last October, on a trip to follow the footsteps of the Apostle Paul, I vividly recall entering the Greek Orthodox Church in Thessalonica. Mass was just finished and people were exiting the church. I will never forget the large, fist-sized hunks of bread the people held as they left the church. The large piece of bread conveyed to me the idea that they were truly fed by the body of Christ, not just given a small morsel as is our custom. In lean times, which I am sure they must have experienced at some point in history, this might have been their only source of food. Daily bread. What would it mean if the communion bread were truly our daily bread. We would crave it. We would treasure it. Perhaps for some receiving communion this Sunday, it will be their only source of sustenance for the day. As we approach the Lord's table this Sunday, let us treasure it, because it really is our source of sustenance.

See in worship in person or online!

*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



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

IDAHO FALLS UNITED METHODIST  
MISSIONS OUTREACH

SOUP FOR THE SOUL

WEDNESDAY

OCTOBER 9, 2024 AT 12:00 PM

NOURISHING YOUR BODY AND  
SPIRIT TOGETHER

St. Paul's United Methodist Church  
1730 St. Clair, Idaho Falls



FREE CHILI AND DESSERT

Everyone is welcome, especially  
those in need of a warm meal and  
community.

### WHERE THERE IS HELP THERE IS HOPE

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

**"October 6, 1774 I met those of our society who had votes in the ensuing election, and advised them 1. To vote, without fee or reward, for the person they judged most worthy 2. To speak no evil of the person they voted against, and 3. To take care their spirits were not sharpened against those that voted on the other side."**

**-John Wesley**

## 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 updating 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.**



## CHRISTMAS ADOPT-A-FAMILY

It is time to start making plans for the Christmas Adopt-A-Family project.

If you would like to help with this project, please attend our organizational meeting on

**Tuesday, October 8th**

**at 1:00 pm at St. Paul's UMC.**

This is a great project to step outside of ourselves and be of service to the community. If you would like to help with this project, but are unable to attend the organizational meeting, please get in touch with Mary Bash. Thank you in advance for your help.



## CHOIR REHERSALS

Choir rehearsals will be at 10:30am and 12:30 pm on Sundays at St. Paul's UMC.

All singers are welcome.

Contact Ann Shively for more information.

**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.



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.



**UNITED METHODIST WOMEN'S LUNCHEON**

All women are invited

**Tuesday October 8th at 1pm**

for a Luncheon at Longhorn Steakhouse.

A headcount is needed

**SO PLEASE SIGN UP BY OCTOBER 3RD.**

Sign up at the church information table or contact Sharon Evans.

**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.

## A BIG THANK YOU!

We want to extend a heartfelt thank you to everyone who came out and helped clean up around St. Paul's UMC this past week. Your hard work is greatly appreciated!

Thanks to your efforts, the ADA handicap parking signs have been put back up, the flower beds look beautiful and refreshed, the church siding has been washed down, and we are thrilled to have the St. Paul's Dog Park sign up as well.

Your dedication to keeping our church property looking its best truly embodies the spirit of service and care in our community. Thank you again to all who lent a hand!



## MAKING A DIFFERENCE IN OUR COMMUNITY!

A big thank you to everyone who contributed to recent outreach efforts! Thanks to your generosity:

- The Habitat for Humanity Appliance Drive raised \$1,650, with an additional \$500 donated by Women's Outreach, for a total of \$2,150.
- The Pocatello United Methodist Church roof drive brought in \$1,400.
- The Community Food Bank received \$90 in cash donations.

Your support is truly making a positive impact in our community. Thank you for helping make a difference!

# GIVING FROM Your IRA MAY SAVE YOU MONEY

If you have an **Individual Retirement Account (IRA)** and are age seventy (or getting close), you should know about a way you can give to your local church that will strengthen the church's ministry and produce tax savings for you! Here are some important facts you should know.

## 1. Individual Retirement Accounts Have Come of Age (Middle-Age).

IRAs have been around since 1974, though in the beginning, they were only for folks who didn't have any other pension coverage. A bill in 1981 made all workers and their spouses eligible for these accounts. That's a solid forty-plus years that people have been putting money away without having to pay federal taxes on it. (That part is important.)

## 2. You Can't Take It With You or Leave Your Money There Forever.

The understanding was that those folks could access that money without a penalty as early as when they turned fifty-nine and a half, but when they reached seventy and a half, they were required to start taking at least a minimum amount out each year—"required minimum distributions" or RMDs. In response to the coronavirus pandemic, the age for these RMDs was gradually raised: now it is seventy-three. Since participants didn't pay tax on the money when they put it in their IRAs, they are required to pay tax on it when money comes out. RMDs can push some people into a higher tax bracket. That can be avoided...

## 3. Give It to the Church; Avoid Paying the Taxes.

In 2006, pension protection legislation allowed for tax-free use of RMDs for charitable contributions, saving the tax that people would have had to pay when they took this money out of their IRA accounts. These are called "qualified charitable distributions" or QCDs. Here's an important distinction: these are NOT tax deductions. They do not provide a charitable deduction regardless of whether you itemize deductions. The tax benefit We encourage everyone to discuss this with a financial planner, tax consultant, or attorney—and be sure to let your family know!

It could be a savings for you and a blessing to your local church! is the ability to exclude the donated distribution from taxable income! Here's an example: If you were planning to give \$1000 per month to your church, you don't qualify for more than the standard deduction amount, and you are at the 12% tax bracket—giving that amount from your IRA (as a QCD) will save you \$1,440 in taxes! If you are in the 22% tax bracket, the savings will be \$2,640.

## 4. From Ira to "My UMC"—Never In My Pocket!

With a qualified charitable distribution (QCD), a check goes directly from your IRA to your church or the charity you select. Many people who are facing RMDs that will have tax implications could pay all their annual tithe or offering at one time, hopefully early in the year, through their QCD and never have to show it as income.

## 5. You Don't Have to Wait For 73 to Do the QCD!

While Congress recently raised the age for RMDs to seventy-three, QCDs can happen for anyone who has reached the age of seventy and a half. Retirees who are over that age and want to continue to be generous to their local church should consider a qualified charitable distribution.

## 6. Most Taxpayers No Longer Get a Tax Break for Charitable Giving.

The Tax Cuts and Jobs Act that went into effect in 2019 and 2020 included an increase in the standard deduction—it nearly doubled. That standard deduction is the threshold that your itemized deductions have to exceed to make itemizing worthwhile. It left many people better off, but with 90% of taxpayers taking the standard deduction (which does not require any evidence of charitable giving), it eliminated a tax-incentive regarding charitable donations for most of us (not to say that this is the main reason people give to the church). Inviting retirees in the seventy-plus group (who use the standard deduction) to consider using the qualifying charitable distribution may reduce or eliminate the tax that they might have to pay on RMDs. Yet many will not know of this option unless your church makes the invitation!

**We encourage everyone to discuss this with a financial planner, tax consultant, or attorney—and be sure to let your family know! It could be a savings for you and a blessing to your local church!**

# 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 6th

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 7th

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

### Tuesday, October 8th

**Women's Luncheon at 1pm at Texas Longhorn**

N.A at 7:00 pm at Trinity UMC

### Wednesday, October 9th

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

**Soup for the Soul at 12pm at St. Paul's UMC**

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

Scouts BSA at 7:30 pm at Trinity UMC

### Thursday, October 10th

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 11th

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

**I keep my eyes always on the LORD. With him at my right hand, I will not be shaken.**

**PSALM 16:8**