

Trinity Times

"Growing in Christ, Sharing in Love"

A publication of Trinity United Church

A joint congregation of the Presbyterian Church (USA) and the United Church of Christ

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Elsie Armstrong Rhodes, Pastor

Cyndy Reames, Editor

Volume 9 Issue 4

May 2006

A Member's Point of View:

By Carol Krueger

40-Day Prayer Vigil

May 14th begins the countdown of 40 days to the General Assembly Meeting of the Presbyterian Church USA. Those attending need to deal with unresolved issues which could, if we let them, divide our church.

It is the hope of the "Board of Presbyterian Elders in Prayer" that all of us, individuals and congregations alike, will seek God's guidance in resolving our differences in ways that heal rather than divide.

And so they have provided a 40-Day Prayer Calendar written by two different pastors. There is no bias in this document, only a call to God to reveal to us the Truth. There are morning prayers and evening prayers. The morning prayers focus on our spiritual roots through the history of the church up to today. The evening prayers are a cry for and from the hearts of God's people based on scripture.

There is a scripture reference for both morning and evening and then a short prayer written out for you. You may add to this prayer as you are so led by God's spirit.

Our TUC Transformation Team asks you to join us in this 40-day prayer vigil for the greater church. They say it takes 30 days to establish a habit. So an added benefit to the 40-day prayer vigil is that, if you aren't already doing so, you will now be in the habit of praying every morning and evening – a habit you can continue for the rest of your life!

Copies of the 40-Day Prayer Calendar will be available on the back table in the sanctuary.

Carol



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What is the National Day of Prayer? In 1775, the first Continental Congress called for a National Day of Prayer. In 1952, Congress established it as an annual event, and in 1988, President Ronald Regan signed it into law as the first Thursday in May. For 2006, that day – when people all over the country joined in prayer for our nation and its leaders – was officially May 4. Yet we can and should honor this important day by keeping our nation's leaders in our prayers.



Notes from the Covenant Board

Submitted by Gary Pratt, Clerk of Session

This year, the Covenant Board will meet every other month, alternating with All-Teams. Watch here for highlights from their next meeting, scheduled for May 9.

MEMBERS OF THE COVENANT BOARD – 2006

Kit Bebbington	('08)	732-356-3730
Phil Krieter	('07)	908-707-4031
Lynn Merrill	('09)	908-256-1346
Harry Morgan	('07)	732-469-5994
Gary Pratt	('09)	908-647-6094
Cyndy Reames	('09)	732-271-1885
Karen Van Manen	('08)	908-908-1979
Robert Willitts	('08)	732-564-1508

('xx) indicates when current term of office expires

OFFICERS OF THE CORPORATION – 2006

President:	To be determined
Vice President:	To be determined
Secretary:	Gary Pratt
Treasurer:	Carol Krueger

Members of the 2006 Pastoral Relations Committee

Harry Morgan	Kathy Pantalone
Phil Krieter	Gary Pratt
Linda Mobus	Karen Van Manen
Joyce Pratt	

2006 Covenant Board Goals –

The three major goals/priorities the Covenant Board set for themselves for 2006 are:

1. Explore the ministry of Deacons within 6 months - and then make a decision whether or not to ordain and install Deacons (ties into "nurturing the flock")
2. Explore resources for continuing a regular alternative worship service, by September 2006 (ties in with spiritual growth)
3. Take the responsibility and leadership role in evaluating TUC's current structure by January 2007

Each Elder will choose one of the goals to "work" on over the course of the next year – and they will be asking for *your* help as well.

In addition, each Elder will be choosing areas of need in the church to "tackle" in the coming year as part of the Administration, Outreach/Mission, or Ministry Teams. "Who's Who" (and responsible for what) will be printed in the June/July issue of Trinity Times.

One drop after another fills the pot

African Proverb

Financial Report:

Ralph Pratt, Financial Secretary; Carol Krueger, Treasurer

In April 2006, income received through pledges and offerings toward the operating budget was \$10,155.95. Included in that amount was \$253.00 received for building use (Healthy Bones and Yoga classes) and \$808.85 from the Easter Offering and Easter Flowers. Designated funds received included \$500 for the Memorial Fund, \$66 from the Lenten Worship Services and \$980 for the One Great Hour of Sharing Offering.

During the first quarter of 2006, total income toward the operating budget was \$38,524.20. Expenses for the same period were \$37,375.66.

Wealth, if you see it, comes to an end.
Learning, if you use it, increases.

A Christian Education Minute

Kit Bebbington and Lynn Merrill, Elders

Adult Education Opportunities

On Sunday, April 23 member and former pastoral assistant, **Elias Ortega-Aponte** led a discussion on "**A Faithful Consideration of Immigration Reform.**" "**Convicting the Innocent in America**" was the topic on Sunday, April 30, when **Jim McCloskey**, Executive Director of Centurion Ministries of Princeton, spoke to the Adult Ed class. More information about this ministry may be found online at www.centurionministries.org.

Beginning Sunday, May 7, Kathryn Mustaro, a senior Master of Divinity candidate at Princeton Theological Seminary, will be the facilitator for a three-week series called "Between realism and responsibility: Niebuhrian thought concerning moral decision." We'll be looking at questions such as: What are the implications of Reinhold and H. Richard's ethical thought for dealing with contemporary moral issues? How might we apply the salient characteristics of their methods to particular moral problems? Meet with us in the sanctuary, May 7, May 14, and May 21 from 9:30am – 10:15am for this meaningful, provocative discussion.

The Adult Education Class will be taking a break on **Sunday, May 28**, to allow time for the children and youth to "take over" the sanctuary during the Sunday school time period. The young people and their teachers will be using this time to prepare for...

YOUTH SUNDAY – JUNE 4, 2006

On Youth Sunday, you never quite know what to expect – except that the children and youth of TUC will be leading the worship service from start to finish. With the help and guidance of their teachers, they will remind us why Jesus encouraged "the little children to come unto me" and why the prophet Isaiah said "and a little child will lead them" (Isaiah x:xx)

This year, Youth Sunday is also **Pentecost Sunday** so in addition to honoring and celebrating our young, this year's confirmands, Scott Pantalone and Grant Negri, will also be recognized.

And, as the first Sunday in the June, Pastor Elsie will be presiding over Communion.

So mark your calendars now to attend this full, fun, encouraging Sunday worship service.

GODLY PLAY ~ Bible *study* for the very young
By Kit Bebbington
 Godly Play, which is a church school storytelling program for 3-7 year olds, will be in place when church school resumes in September. In the meantime, a lot of work for its preparation needs to be undertaken. KAREN KASLUSKY and PEG MARA will begin making simple wooden cut out characters (approx. 36 figures in all) and CAROL KRUEGER has volunteered to provide felt for the various stories as well.

- WISH LIST ITEMS (still needed for the Godly Play project):
- 25 Shallow, round baskets (approx. 6" or smaller in diameter)
 - 25 Shallow, rectangular baskets (approx. 12 x 18")
 - 1 9' round rug (or 9 x 12' rectangular)
- OR
- 12 carpet samples for children to sit upon
 - Gold foil wrapping paper
 - Shoe boxes with lids
- If you can help, please contact Lorraine Kimsey, Karen Van Manen, Kit Bebbington, or Lynn Merrill.

LOOKING AHEAD...
 Some consideration is being given to a TUC mini Vacation Bible School, but no definite plans have been made. If you are interested in planning and participating, contact Kit Bebbington at 732-356-3730.

"Come let us worship together"



Numbers that Matter: Worship Attendance

April 2	40 Adults	3 Children/Youth
April 9	35 Adults	7 Children/Youth
April 16 Easter	75 Adults	15 Children/Youth
April 23	37 Adults	12 Children/Youth
April 30	45 Adults	10 Children/Youth

COMMUNION was served to 43 people during morning worship service on Sunday, April 2, 2006.

Numbers that Matter: Special Lenten Worship

April 6	13 Adults	4 Children/Youth
April 13	31 Adults	5 Children/Youth

MOTHER'S DAY

Submitted by Merl Coslick
 For **Mother's Day** at TUC, there will be a Reader's Theatre presentation. You are invited to participate by contributing "Readings" around the topic of "Mom." They may be poems that reflect your feelings toward your mom, another's mom or all moms. They may be brief essays, simple statements, a song (or just its words), a picture, sign language, an instrumental selection—get creative. Just keep the focus on mom and your "mom" feelings. The contributor or other

volunteers from the congregation will present the readings.
 The date is **May 14**. Everyone should be able to participate in some way-- perhaps just a blown kiss will be your expression. Please contact coordinator, Merl Coslick, before May 10, with your contribution, so a schedule can be developed to provide some format for the service.

This promises to be a special day for our congregation. Thanks, in advance, to all.

TUC Women's Retreat
April 7 – 8, 2006
"Inward Journey"

Laughter, tears, music, conversation, and silence were all part of the mix during the 2006 Women's Retreat - Inward Journey. Despite the stormy weather outside, it was warm and dry inside as we exercised our bodies, minds, and spirits. Whether it was meeting new friends or reconnecting with long time companions, the hospitality offered by Lonnie and Roberta providing the perfect backdrop.

The date has already been reserved for our next retreat - April 13-14, 2007! If you would like to help coordinate this incredible opportunity for the women of TUC, contact Cyndy at 732-271-4553.

Lenten Season ~ A Journey of Prayer

Thursday nights at TUC were filled with candlelight and music as worshippers gathered for services. Planners Yvette Halpin, Kay Hurd, Cyndy Reames, and Karen Van Manen met early in February to determine how best to create a meaningful worship experience based on the scripture passages "chosen" by the lectionary for the season. In a brainstorming session that was as much fun as work, they decided on a theme – Journey of Prayer – and a way of bringing the scriptures to life by introducing a different artist each week. Guest artists included Kit Bebbington (pastel painter), Scott Van Manen (slide projectionist), Cyndy Reames (storyteller), Ursula Kaplowitz (potter), and Thom Rhodes (liturgical dancer). A variety of music, chosen specifically for each week, ranged from Jazz to Celtic, from Incan to Native American, from New Age to Gregorian chants. Candles, prayers, and communion were also part of each week.

Yvette, Kay, Cyndy, and Karen thank the artists who provided their gifts, to the readers and other participants who provided their voices, to Pastor Elsie who willingly supported their efforts and provided her gifts of leadership. And the planning team offer special thanks to all who came to worship, for being willing to explore with them new ways of seeking God and for providing their presence and spirit each and every week.

May the journey continue...



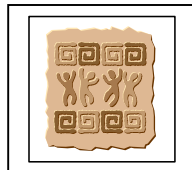
**Annual Maundy Thursday
Soup Supper and Worship Service
Thursday April 13, 2006**

In the style of a traditional Passover Seder, the annual TUC Soup Supper celebrating Maundy Thursday was a part of the total worship experience of the evening, not just a fellowship time before the “service” began. Incorporating music, candlelight, and prayer with a hand-washing ceremony, scripture reading, and moments of silence the entire evening was a blend of the familiar and the new, the known and the unexpected. The haunting strains of *Were You There* hung in the air as slowly the lights were lowered, the candles extinguished, and a hushed reverence fell over those gathered, creating the perfect ending to the Lenten season.

Dear Worship Planners, Readers, and Worship Leaders, Setter-uppers, Cleaner-uppers, and Soup Makers:

Thank you for all the up-front and behind-the-scenes time, talent, and energy you put into the Lenten mid-week services and the Maundy Thursday service. I appreciate your willingness to step in and step up time and time again. I feel blessed to be a part of this church and serve alongside of you.

With deep gratitude, I remain
Yours in Christ,



Pastor Elsie

Dear friends,
I am deeply grateful for this past year of field education at TUC. Thank you for the laughter, lunches, lessons, and love! This year as your Pastoral Assistant has been invaluable to me, and a joy for my whole family. Trinity is a blessed church with a wonderful pastor! Thank you, thank you! See you in September!

With fondness,
Rachel (Hackenberg)



May 16 – November 26 is called Ordinary Time in the church season calendar. This is the time focused on church growth and development, a time for “family” – both the one we are joined to at birth and the one of the spirit we choose. The color that represents this season is green.

**F a t h e r ' s D a y /
O u t d o o r W o r s h i p**

Spend Father's Day with the family of TUC as we move the Sunday morning worship service to 11 North Lane in Warren – Yvette's backyard! The focus of the service will be sharing our stories of faith with each other in words and music, topped off with a prayerful walk through the Labyrinth.

After the service we will share a potluck meal, games for the kids, and conversation for the adults. Invite your fathers and friends and join us on Sunday, June 18 at 10:30am.

Don't forget to bring your Food Bank contributions, since this is the 3rd Sunday of the month and time to take the Hunger Offering!



Looking to Summer ...

What is your definition of the “*perfect*” **summer worship time**? Is **9:30am** (the time we've traditionally adopted from July – August), **10:30am** (the time we meet September – June), or perhaps **10:00am** (a time in-between)? Let your voice be heard! Special “ballots” are available in the sanctuary. Simply circle the time that best fits your schedule and drop it in the marked basket by Sunday, May 28. The Worship Planning Team will compile the ballots and make their recommendation to the Covenant Board, based on *your* choices. Thank you for your participation.

Summer is a time for fun and new ideas. It's no different in the church! This year, Pastor Elsie is inviting ideas for topics and/or scripture texts you would like to hear “preached” on Sundays during July and August. She asks that you make your contributions by May 21. She will choose from the ideas she receives.

Then, join us on Sundays this summer to find out what you all came up with!

And speaking of summer at TUC, it's time to start thinking about how you can help provide music – by participating in the **Summer Music Program**. Whether you choose to sing a solo, duet, trio, or in another group or choose to play an instrument, your talent and love for this congregation will be appreciated as the choir takes their summer hiatus. The sign-up sheet will be in the PCN notebook by June 1, so that you can reserve your turn for a Sunday between July 2 and September 3.



Admin Team

Submitted by Carol Krueger

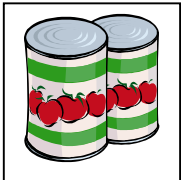
Many, many thanks go to Robert Willits for ordering a new computer for the TUC Church Office. Mary Teel kindly installed the computer, software and got us "up and running." Mary and Tom then graciously donated Quick Books to TUC and Mary single-handedly converted us from Quicken to Quick Books. She is a real whiz with computers. Thank you, Mary, Tom, and Robert!

By the time this issue of Trinity Times reaches the public, the **2006 SPRING CLEAN-UP DAY** at TUC will be underway. On Sunday, May 7, members and friends are scheduled to arrive in "grubby, work clothes" and following worship and a brief hospitality break, they will break up into work groups, focusing on projects inside and out the church building and manse. If this clean-up day is anything like clean-up days past, the eager beavers of TUC will be shining windows, pruning shrubs, raking rocks, and scrubbing bathrooms. The Administration Team says "Thank You" in advance to all who helped.

OUTWARD BOUND ~ mission at TUC

Karen Van Manen, Missions Chairperson

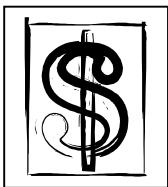
FOOD BANK NEWS



In April 2006, \$517.00 in cash contributions and many bags of non-perishable foods were collected for The **Hunger Offering** for the Food Bank Network of Somerset County. Special thanks go to the family, who "found" us through the Food Bank offices and brought 15 bags and boxes of groceries.



The next **Hunger Offering** will be received on **Sunday, May 21, 2006**. However, your contributions of cash and non-perishable food items can be brought into the church at any time. The basket is always kept in the narthex (the little entry way off the sanctuary). Staples such as stews, soups, tuna, pastas and sauces, rice, cereal, vegetables and fruit, peanut



butter, canned meat, and powdered milk fill the bags of those on low incomes.

And remember, your check, written to "Trinity United Church," earmarked "Hunger Offering" goes a long way.

Continued thanks go to Ernie and Joanna for delivering our donations to the Food Bank distribution center.

We were called to be witnesses, not lawyers or judges

Jail Chaplaincy

Coordinator Kay Hurd

The Jail Chaplaincy of Somerset County needs the following personal items in individual or regular (not family or hotel) size:

- Shampoo (two in one – shampoo and conditioner)
- Tooth paste
- Deodorant: (stick not spray)
- White T Shirts, briefs, sox

Please, no razors or toothbrushes. The county supplies these items.

Put your contributions in the collection box in the narthex.

Knits for Kids

Coordinator Carol Krueger

TUC finally, thanks to Doris Funk, mailed our sweaters (all 5 of them!) to Guideposts so that they can be distributed to needy children. Though small in number, we so inspired Cyndy's mom when she was here on a visit in 2004, that not only did she knit one of our five sweaters, but returned home to Oregon, and inspired her church and friends to knit, knit, knit! They have so far sent 16 sweaters to Guideposts. We never know where our mission ideas will wander. For more information on this simple, hands-on ministry, contact Carol Krueger at 908-647-.

TAPE MINISTRY

Coordinator Merl Coslick

Even if you missed Sunday morning worship, you don't have to miss the sermon. Tapes and CDs of each week are available on the tape table at the back of the sanctuary. You can also listen to them on the Internet through a link on the TUC website site!

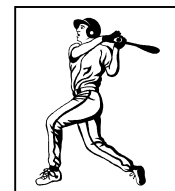
Your support is sincerely appreciated. To help in any way (financially, technically, or by tape distribution), contact Merl Coslick, Gary Pratt, Henry Coslick, Thom Rhodes, or Scott Van Manen. Won't you consider becoming part of this team?

TAKE ME OUT!

Submitted by Merl Coslick

It's time for the second annual **Somerset Patriots/TUC night of baseball**. We have been awarded the county box at the stadium, courtesy of the Somerset County Board of Chosen Freeholders. The date is **May 25**; the place is the Commerce Bank ball park. Along with the box come thirty free (**FREE!**) tickets to that night's game. (*Sorry, they are all gone*)

The fun starts at **7:00 PM** and lasts for nine exciting innings.



**Third Annual
Community ART SHOW**

Saturday, **May 20**, 2006

10am – 4pm

Lunch will be served from **11:30am - 2pm**

Sponsored by Trinity United Church

How can you help?

• **HELP SET UP:**

Friday night set-up May 19th from 7 to 9 - Set up tables and help artists with displays.

Saturday, Art Show Day, May 20 - Be there early (8:00 am) for artists who prefer morning setup.

• **BE A GREETER:**

On Saturday for 2 hour intervals. Welcome the public and generally assist the artists; keep a watch on their tables when they need a break.

• **WORK AT THE TUC CAFÉ.**

Please call Chef Judy Coslick, 908 719-9626, to help in the kitchen and/or serve.

• **PREPARE A DESSERT**

To be sold at the TUC Café.

• **BE THERE AT 4 PM SATURDAY:**

To remove tables and generally cleanup and set up for Sunday Worship

• **SUPPORT OUR EFFORTS:**

By attending the show. In the past, more strangers have come (which is good) than church members. Please make an effort to drop by.

Check the sign-up sheet in the PCN notebook on the sanctuary piano.



**WARREN BI-CENTENNIAL CALENDAR
FISHING DERBY**

MAY 6, 2006

(run by former member, Bruce Vitale)

**PARADE and ANTIQUE CAR SHOW
SEPTEMBER 10, 2006**

**CALLING EVERYONE INTERESTED
IN CREATING A T.U.C. FLOAT**

**BRING YOUR HAMMER, NAILS, AND
CREATIVITY!**

LET'S MARCH – and FLOAT!

For more information and/or to volunteer,
contact coordinator, YVETTE at 732-469-7858



If God is your Co-pilot -
Swap seats!



News from the Auction Committee

"What auction?" you might ask!

At the Congregational Meeting last January, Gary Pratt briefly described an ambitious growth plan that the Covenant Board was working on, for which the kick-off fund-raiser would be an elegant auction. The original idea was to hold the auction in the fall, so that it could coincide with Warren's Bicentennial Celebration, as well as connect with TUC's 160th anniversary. At its most recent meeting, however, the committee decided to postpone the auction until the **spring of 2007** based on the following:

- Having to work around vacations during the summer will cause less of a problem
- Separating the auction from Warren's Bicentennial will put less pressure on local businesses and services to choose between donating to that and donating to our auction
- There will be fewer conflicts with events already planned for TUC
- The committee will be able to plan more specifically what we need volunteers to do and when we need them to do it

The committee is still meeting regularly and will soon be able to report the date and location for the auction. The event will include both live and silent auctions, as well as a dessert buffet. Donated items and services have already started coming in.

Watch this space for suggestions for items and services you might contribute, and for regular updates from the Auction Committee (Kay Hurd, Ellen Kanarek, Gary Pratt, and Joyce Pratt).

PEOPLE CARE NETWORK (PCN)

Coordinator Joyce Pratt

Hospitality Time – Providers Needed

The spring into summer sign-up sheet is in the PCN notebook on the sanctuary piano. Providing snacks after worship service is an easy way to share hospitality and stewardship. Snacks can be as simple as popcorn and sliced apples or as elaborate as...well, as your own creative culinary talents will allow. Juice, milk, and coffee are provided by TUC. In the back of the notebook is a complete description of your "job" when signing your name.

WISH LIST

HIP HIP HORAAY
to

Joanna Marston & Ernie Cottrell

who answered our desire for a digital projector
right away!

How cool is that!!!

THANK YOU SO MUCH FOR YOUR LOVE AND
GENEROSITY.

NEW WISH:

To co-ordinate with the digital projector we need a
laptop computer with Windows and Microsoft
suites (software), if possible.

The approximate cost would be \$700-1,000
if you choose to contribute toward the purchase of
one instead.

We thank you in advance for your kindness.

WHAT A JOY FOR US ALL TO BE PART OF SUCH A
LOVING AND CARING COMMUNITY

5-Minutes with...Kathy Pantalone

By Scott Van Manen

SV: Can you tell me a little about yourself?

KP: I've been a member 14 years. Probably 11 of those years, off and on, I've been teaching Sunday school, as you know, with the elementary school children.

SV: How did you first start coming to the church?

KP: My husband and I had recently moved into town when I became pregnant. I had noticed this church when we were looking at houses. And then when we came to the Sunday service, I enjoyed the Sunday children's chat, and the people.

SV: You enjoyed the children's chat...

KP: and I didn't even have any children. That's what I was looking for, a place that my children would feel comfortable and welcomed.

SV: Are you a teacher outside the church too?

KP: I work in Woodland school. I'm a paraprofessional. I give help to children. Now I work with a child with Down syndrome. I've been doing that for 5 years. Before that I was director of Joyful Beginnings, which was the preschool that Trinity United Church was connected with. I did that for four years, until the school closed. I enjoyed that.

SV: So a lot of your life is around teaching children, I guess, or dealing with children, helping children. I still wonder, when did that start? Was there a point...

KP: It allows me to be home with my children during the summer, it allowed me to be home last week when they were home for Easter vacation. It allows me to be with them.

SV: I guess I feel there must have been a time when you decided, yes, that's what I want to do, aside from the flexibility.

KP: (Laughs) As director of the preschool, when the director left, I just felt that I could do that, I could work with my children. You're looking for something you can do with what else is happening.

SV: Are there particular parts of it that you found rewarding? Any good times?

KP: Well, should we talk about the preschool or...

SV: Anything that comes to mind.

KP: The Joyful Beginnings preschool is hard. It was tough for me because it was beyond my control. I felt like something was lost and taken away from me. The school was located in another church and was having financial trouble when I started. I got it built up so it was running well -- so well that the church that we were in felt like we were taking over. They didn't have a place to do their weekday activities because we were there. They couldn't be happy with us being there after a while. They just wanted their space back. We tried to make it a way that would work, where I had some space down stairs, but financially, I didn't know how to grow less and still survive, pay the teachers and do what we thought we should do.

SV: So you really built it up, and then...

KP: We had a full time kindergarten. We had an after school program. We had a summer camp. It was doing well!

SV: You built it up, and you didn't have any control over it ending...

KP: They let me go in mid-year. I was shocked! I didn't see it coming. Then in August they closed the school. They just sent out the letters and that was it. I said if I had been there to the end, if I had sent out those letters, then I would have not been able to walk around town feeling good about myself. I used to see people at my son's baseball game, and they would say, "I went on a tour of the school, and now I don't have a place to send my child!" So, because I was gone and didn't write that letter, I can still see these people and feel good about it. I didn't have to tell the parents, "It's August, and we have no place for your child in September."

So when I try to find positives, and years go by, I see these people that I developed a relationship with, and they know closing the school wasn't my doing.

**Editor's Note: Joyful Beginnings was a day school operated jointly by TUC and another church (using their facility) from 199x to 199x, while TUC was between permanent pastors. The school was a mission/outreach project in the community, with the Board of Directors being a mixture of members from each church.* Pg 7

Words of Wisdom
from the Healing and Wholeness Ministry

Nurse's Prescription

By Kay Hurd R.N., Parish Nurse

This is a piece on health but it's also a commercial for our new program **Body and Soul**. This group meets the second Thursday of each month, **beginning May 11**. Yvette Halpin and I have looked at what we see as the purpose of **Body and Soul** and we have come up with *connections*. We are beings of connections. Our body is connected to the mind, and our mind is connected to our spirit, and our spirit is connected to the body – just like the foot bone is connected to the leg bone and the leg bone is connected to the knee bone and so on. We are not only connected in mind, body and spirit but we are also connected to our environment and to each other through relationships. **Body and Soul** will be trying to strengthen these connections. We are all in a continual process of changing, growing, becoming and being created. What you will be like tomorrow is different from what you are today. Your attitude, behavior and lifestyle choices have a significant impact on who you are and what you will become.

Physically we obtain energy for life from food, clean water, fresh air exercise and sleep. These are things that we take for granted. Perhaps at the start of this summer season we can benefit from a program of self-renewal to bring our energy systems up to speed.

Mentally we obtain energy for life through our attitudes, our abilities to have healthy coping mechanisms and through learning to control that which stresses us from within or without.

Spiritually our energy comes from God. God gives us each day just what we need to get through the day. Praying, "Give us this day our daily bread," doesn't necessarily mean bread and we don't ask for bread for a year. Jesus knew that our daily needs would be recognized and that the energy we needed, God would provide. We tend to get too tired, too stressed, eat too many toxic foods, and don't get enough sleep - all of which deplete our energy and sometimes block God's energy.

Please join us in looking at our lives and how we can make them better. A disclaimer here: Yvette and I are not therapists in physiology, psychology or relationships. We can give some tips and techniques to help reduce stress, eat better, sleep better, get exercise, but most of all we hope **Body and Soul** will be a meeting of a community of people who, under God's guidance, care for one another. Join us on May 11. If you can not join us, pass along the flyers, available on the back table in the sanctuary,.



Movement for Everyday Living...

By Yvette Halpin

There is no greater wealth
than the health of the body.

The following exercise is great to do anytime during the day, it releases a great amount of stress. Feel the anxiety and then let it literally fall from your mind, body and soul.

CHEST EXPANSION:

Stand with your feet about 2-feet apart. Bring your arms behind you, interlocking your fingers. Straighten your arms, squeezing your shoulder blades and stretching into your wrists. Tighten your buttocks. Inhaling, stretch your body upward. Exhaling, lift your chin and let your head drop back gently, arching back and lifting your chest. Bending at the hips and leading with the chin, slowly lower your body forward until it forms a right angle with your leg (table position). Lengthen your spine as you slowly lift your arms overhead...to your capacity. Let your body drop forward, continuing to stretch into our arms. To come out, lead with your chin as you slowly lift your arms overhead and raise your body to **horizontal position**, and then upright, again bend back slightly before coming back to a starting position. Release your arms.

Note: do not raise your arms if you have a shoulder problem such as bursitis.



"Laugh Out Loud"

By Yvette Halpin

Celebrate

WORLD LAUGHTER DAY

Sunday, May 7

by joining a Laughter Class today

NEW CLASSES STARTING

MAY 1, 2006

MONDAYS 8PM ~ THURSDAYS 11AM

Only \$25 for 8 weeks

(All fees go to Trinity United Church)

We need your laughter

We need you to spread the joy

Mother's Day Tribute ~

A Long Overdue Thank You

By Heather Harris-Galgoci

It's been my impression that my mother has often felt underappreciated, and I don't think the usual Mother's Day candy or flowers has ever fully expressed my gratitude toward her. I love my mother, but I don't think I've ever been able to find a way to articulate it properly.

I consider my mother to be relatively unique because she is not what society deems a "typical" mother. In no way does she resemble Donna Reed or June Cleaver. She's never been outwardly emotional or overly affectionate. She's friendly and polite, but at times she can be stoic. Truth and honesty are extremely important to her, and she has never tolerated lying. One of the characteristics she respects most in other people is hard work. When I was growing up, my mother always paid all of the bills, made all the appointments, did 90% of the household chores, and still worked full-time. She knows how much she can handle, and she doesn't expect any less from anyone else.

Amazingly, despite her strong work ethic and all of her responsibilities, she has never been absent from my life, and I have never felt neglected in any way. Besides spending time with me, she always went without things so that my sister and I didn't have to know what that was like. My mother wore the same disintegrating pair of sneakers for years, and I never understood why she didn't just buy herself a new pair. After all, my sister and I got new clothes and shoes every year for school. Didn't she want new things too?

She may not say it often, but I also know that my mother loves me in return by how much she has encouraged me to improve myself. As a child, I always thought that she pushed me to work harder and do better simply because she wanted to brag about my accomplishments. I didn't understand until many years later that it actually was because she was proud of me and knew that I was capable of much more than I could conceive.

Of course, now that I have my own child, I have an even deeper appreciation for the Christian soul which is motherhood, and I have an enormous admiration for all that my mother went through in raising me. Nothing could be more Christ-like than one's complete self-sacrifice for the care of another human being. Since my son has been born, I have never felt such tremendous exhaustion, but I have also never felt such great joy. He is an incredible blessing from God, and my only hope is that I can be worthy of such a wonderful gift.

Although my mother and I are different in many ways, my sincere wish is that by emulating much of what she has taught me by her example, I will be a better mother to my own son.

Thank you, Mom. I love you. Happy Mother's Day! ♥

What's happening in and around TUC

"Project Healthy Bones"

This active, joyful, exercise and fitness group now meets **each Monday at 9:30am and Wednesday at 10am**. For more information on how you can become involved contact the leader for the group, Carole Juth, at (732) 469-5666,

Yoga: Stretching Into New Territory

The gentle exercise known as Yoga is at TUC. Certified Yoga Instructor, Yvette Halpin leads sessions on **Tuesday mornings at 9:30am and Tuesday evenings at 7:30pm**. For more information and/or to register, contact Yvette at 732-271-8786.

A CapPALS

Join voices with others seeking ways to turn their love of a cappella singing into outreach opportunities. In December, they entertained at the Dunellen Methodist Church and were well received. This fun loving, dedicated group is scheduled to meet at the church on the following **Saturdays: May 13 and 27, 10am-12pm**. For more information on becoming a member or if you have an opportunity for this group to perform, contact Harry Morgan at 732-469-5994.

PR for TUC

Submitted by Yvette Halpin

In the 21st century, word of mouth is not enough for the work of the church to become known. It takes advertising and planning and consistency. It takes teamwork. At TUC, **Yvette Halpin, Andrew Galgoci, Kay Hurd, Gary Pratt, and Joyce Pratt** are doing that teamwork. For more information on the team, to make them aware of something that needs to be publicized, or to offer suggestions on resources for publicizing, email them at publicity@trintyunitedchurch.org.

CineMinistry

The next CineMinistry viewing will be *The Chronicles of Narnia*, the first of CS Lewis' books to be made into a movie. Bring the entire family on **May 28, 2006** to see this beautiful, touching film. As always, the "show" begins at **4pm** and everyone is encouraged to bring his or her favorite movie munchies. Contact coordinator, Thom Rhodes at 732-748-3370 for further details. All CineMinistry events are open to the community.

Readers' Club

Sunday, June 4, is the next meeting of the Readers' Club, around **12noon** at the Cottrell/Marston home, 24 Berkshire Drive, in Warren. A collection of Mark Twain's short stories, *Letters from the Earth*, published post-humorously, will be the topic of discussion.

Readers' Club is open to everyone. Get your copy of the next book (available online at amazon.com or in your local library). For more information contact Gary Pratt at 908-647-6094 or Cyndy Reames at 732-271-1885.

Sunday Sermon Notes

Worship begins each week at 10:30am
Sunday School for all ages begins at 9:30am

Pastor Elsie Armstrong Rhodes can be reached at the church at 732-469-5044,
on her cell at 908-304-3605, or via email at thereverend@trinityunitedchurch.org

May 7: "We Know Love by This"

Scripture: Psalm 23; I John 3:16-24

The Rev. Elsie Armstrong Rhodes, preaching
Celebration of Communion

May 14: "Faith of Our Mothers"

Scripture: Isaiah 66:10-13; II Timothy 1:3-7

A celebration of Mothers and Motherhood
In verse, stories, music, and pictures



May 21: "The Vine Life"

Scripture: Psalm 98; John 15:1-17

The Rev. Elsie Armstrong Rhodes, preaching
Hunger Offering will be received

May 28: "Discerning Our Way"

Scripture: Psalm 1; Acts 1 – selected verses

The Rev. Elsie Armstrong Rhodes, preaching

June 4: YOUTH SUNDAY

Pentecost Sunday / Confirmation

Service led by TUC Youth and their Leaders

Scripture: Ezekiel 37:1-14; Acts 2:1-21

Celebration of Communion

Trinity United Church

118 King George Road

Warren, NJ 07059

"Growing in Christ, Sharing in Love"

May 2006