



Trinity Times

Summer 2022



*Join us for Summer Vespers
Food, faith, fellowship...
on Sunday June 12th and
September 11th at 5:35pm*

Join us for Worship!

Sundays at 10:00 am
In-person and Live Stream at
trinitypalmcoast.org

Office Hours

Monday-Thursday
9:00am - 12:00 noon

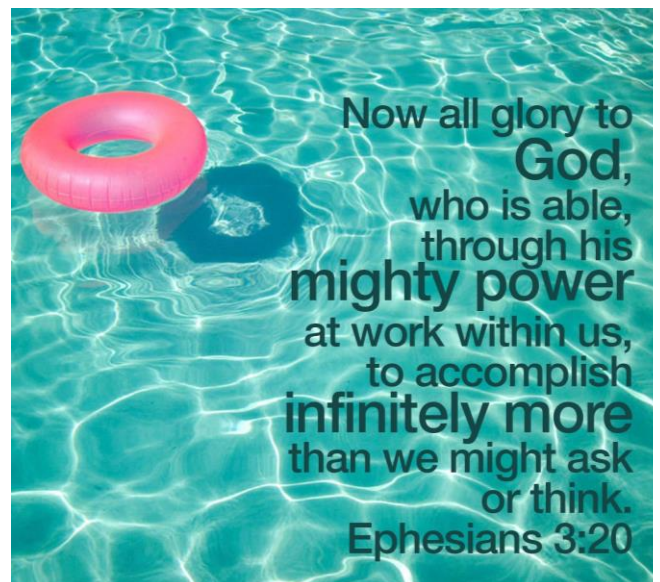
***Sunday, August 28th
Youth Led Worship 10am***



You may not be traveling to the mountains of North Carolina this summer to spend a week with God, but our young people are! They will be bringing their mountain top worship experience back to you! Join our youth as they share with you what God showed them this summer!



**Fellowship Lunch and Ice
Cream Social following
worship.
All are invited and
welcome!**



*Have you filled out the **BLUE**
information card yet?*

*We ask that each family complete one,
so we can update and check our
database.*

*Forms are located in the Narthex and can
be returned in the dropbox or to the
Church Office.*

The Dog Days of Summer!



What is meant by the dog days of summer?

[According to a quick Google search](#) - To the Greeks and Romans, the “dog days” occurred **around the time Sirius appears to rise alongside the sun, in late July in the Northern Hemisphere**. They believed the heat from the two stars combined is what made these days the hottest of the year, a period that could bring fever or even catastrophe. The phrase “Dog Days” conjures up the hottest, most sultry days of summer. The Old Farmer's Almanac lists the traditional timing of the Dog Days: the **40 days** beginning July 3 and ending August 11, coinciding with the heliacal (at sunrise) rising of the Dog Star, Sirius.

Well, seeing that we here in the Sunshine State tend to handle the heat most of the year, with an occasional cool blast from the north and steady southeast breezes coming off the Atlantic, we, who are many, and growing, have found Florida as the place to dwell.

These Summer months, with often hot scorching days, can provide great opportunities for spiritual growth. By the Liturgical Calendar, we find ourselves in Ordinary Time, the season of green. Wait! What? Florida is green (for the most part)

all the entire year. That’s perhaps why we’re here. These Summer months are times our children and youth (and equally those who are committed to guiding and nurturing them) so much look forward to. Here at Trinity, there’s no slowing down - Montreat, Vacation Bible School, Mission Trips, Worship and Fellowship will stretch these green months of growth.

And that’s for the young, but what about those of us who are young at heart? As for me, yes I take the Baptismal Vows seriously when I make my promise to guide and nurture those entrusted to my care so that that they may experience the Grace of our Lord and Savior Jesus Christ, the love of God, and communion, the fellowship of the Holy Spirit. I make every effort to journey alongside of those for whom I have made my vow. As for me, yes, I set aside time for myself and my family. Early this summer I will spend time with thousands of Special Olympics athletes at USA Games. I plan to spend time (I encourage you to sometime do likewise) with Trinity’s young people and adults engaged in mission by way of Beth-El Farmworker Ministry and VBS. At Summer’s end, I will help lead a conference for middle schoolers at Young Life’s Southwind. And with family I blocked out time in the Rocky Mountains as well as the Appalachian Mountains. Countless opportunities for spiritual growth!

My commitment to you, the members and friends of Trinity Palm Coast, is this, as is my vow, my promise – *to serve the people with energy, intelligence, imagination, and love?*

-Rev. Dr. Jeff Beebe



Faith Formation

“When the Feast of Pentecost came, they were all together in one place. Without warning there was a sound like a strong wind, gale force—no one could tell where it came from. It filled the whole building. Then, like a wildfire, the Holy Spirit spread through their ranks...” (Acts2: 1-4)

“It filled the whole building.” Can you imagine being in that room, feeling, seeing, hearing, the Holy Spirit for the first time? Excitement, fear, and energy; I am sure it was exhilarating.

We are coming off the high of Lent, where we were “Filled to the Brim” with God’s love, grace, and mercy and may be left with a “now what” feeling?

As we find ourselves moving into yet another season in the life of the church, let us not forget that we get to experience this same Holy Spirit that swept into the room that first Pentecost, every day of our lives.

But what does it look like to live a spirit filled life?

I think it’s finding a moment each day to breathe deep, to close your eyes and to feel God’s presence within you.

We just finished our “Spring Forward” stretching and movement class. In the class, I reminded everyone that in yoga (much like life), we first breathe and then we move. We find a posture that is comfortable, and we breathe. We are then able to move forward, to push ourselves past what is comfortable by breathing. We then return to our comfortable posture and breathe before moving again.

Make sure this season that you are returning to God daily to breathe.

In this issue, you will find information about our Vacation Bible School Programs (yes you read that right, multiple vbs this summer). The Spirit led us to to host a second vbs in partnership with the First United Methodist Church of Bunnell. We are excited to be able to reach more youth with God’s

word and presence this summer! Help spread the word and let’s fill these two churches with youth!

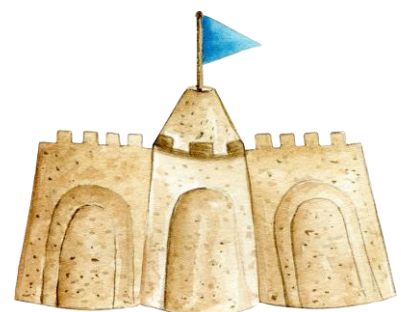
We ask for prayers for our youth and adults as we travel once again to Montreat June 4th-11th and for the youth and adults on our Annual Summer Mission Trip June 19th-24th. We look forward to sharing what we experienced during our Youth Led Montreat Service on Sunday, August 28th and celebrating with a church wide lunch and ice cream party after worship.

I pray that wherever the Spirit leads you this summer, you take time to breathe, relax and trust in God.

My prayer for you today comes from the lyrics of “Oceans” by Hillsong United:

*You call me out upon the waters
The great unknown where feet may fail
And there I find You in the mystery
In oceans deep my faith will stand
And I will call upon Your Name
And keep my eyes above the waves
When oceans rise
My soul will rest in Your embrace
For I am Yours and You are mine
Your grace abounds in deepest waters
Your sovereign hand will be my guide
Where feet may fail and fear surrounds me
You've never failed and You won't start now
Spirit lead me where my trust is without borders
Let me walk upon the waters
Wherever You would call me
Take me deeper than my feet could ever wander
And my faith will be made stronger
In the presence of my Savior.*

Blessings,
Brooke Tucker
Director of Faith Formation



Behind the Stage of the Music Director /Organist

Now that summer is around the corner, I give abundant thanks to the choir dedicating and sharing their talent, passion, and time for years. They have been accomplished as a congregational hymn leader and I am looking forward to their continuing efforts. Especially thanks to Ms. Lillian and the handbell ladies for their endless hard work and talent sharing every time service occurs. Thanks to those who play both handbell and choir. I'm thankful for their strength both spiritually and physically. They have been a gift to Trinity.

I thank the instrumentalists and soloists as well. Jack Jeffe, violist, has been playing his favorite hymns ceaselessly. Jillian Koenig, flutist, shows her passion yearlong. Madelyn Mays, youth soloist, has been sharing her talent despite her young age and I think she is a musician of the future.

Gail Vendevinter recently joined the choir and will share her talent soon.

Welcome back Mr. Bob Sanders as our only male member who holds his position as a base. Our efforts as musicians will be continuing during the summer. All are Trinity's huge assets for enhancing to glorify God in each service.

I would like to encourage continuing prayers for Mr. Bob Pearson to recover from his health issues and Julie for strength as she cares for her husband. Also, Janet Pegg recently updated her condition and future treatment plan that will hopefully go smoothly.

Thanks to all who support our music department.

Heasuk Che
Director of Music



Worship

Has anyone ever told you, "I can worship as well at the beach or on the golf course as I can in church."? I've always had doubts about that. Yes, I've often heard God's name mentioned on the golf course, but I was never too sure about the worshipful nature of that mention. It seems to me that the proper setting for worship is in a group. Something about, "Where two or three are gathered, I am in the midst", suggests that a group, however small, is the proper setting for worship; and what better group than the congregation of Christians gathered on a Sunday morning?

-Del Smith

Praise

First of all, it is important to know the difference between clapping and applause in church. Clapping is what we do when keeping time with some lively music or activity, i.e. warm-ups by the youth or a gospel song by the choir who has invited you to clap along. Applause is used to welcome the newly baptized, new church members, a newly married couple, or the installation of new deacons and/or elders or a new pastor.

When the choir sings, there is special instrumental music or a solo, or the youth choir sings, this is their way of offering to God thanksgiving for the talents that He has blessed them with. Instead of applause, a "job well done" at the conclusion of the service to those individuals would mean more because it is personal and heartfelt.

Having said all this, maybe we should only respond with applause after giving our thanks to the Lord and receiving His okay.

-Kay James

Trinity Finance News

Financial Update (As of 4/30/22)

	Annual Budget	Budget YTD	Actual YTD	Variance YTD	
Total Revenue / Income	\$333,706	\$137,101	\$137,536	\$435	over plan 😊
Total Expenses	\$333,706	\$113,555	\$110,904	(\$2,651)	under plan 😊

Trinity revenue and expenses continue to track to our budget. Thank you very much for your faithful giving and for the continued effort of Session and all members to spend wisely.

Your support of Trinity's contributions to the Presbyterian Church (USA) has also been very strong. You have contributed over \$1100 (\$8.98 per member) toward Trinity's payment of \$3,062.18 for "per capita" and for additional "Unified Giving" support to our denomination.

If you have any questions about Trinity finances, please contact one of the elders on Finance Committee: Martha Gioielli or Kathy Cooke.

Offering of our Gifts

Please continue to give your offering. Offerings can be received in the Church, by mail, or you may utilize online banking options at www.trinitypalmcoast.org or by scanning the QR code here:



Water Intrusion/Roof Update

We are obtaining expert opinions and estimates to address water issues in our church facility. Our ceiling shows evidence of leaks in several areas of the Narthex and hallways. The most significant area of concern is the side wall of the sanctuary which contains the stained-glass windows (closest to Mehaffey Hall). We have had several contractors inspect the roof and portions of our exterior walls. The good news is that the roof areas over Mehaffey Hall, classrooms and offices appear to be in good shape. At least a portion of the Sanctuary roof will need to be repaired or replaced as it shows signs that the roof tiles have degraded. In addition, several sections of our stucco and the area around several windows need to be repaired, and the exterior of the sanctuary needs to be sealed and painted.

We do not yet have an estimate for all of the work that is needed. However, we do know that it will be significant and that we will need financial help from the congregation. We will be formulating a plan and presenting it to Session and the congregation when we have all of the pieces. In the meantime, please prayerfully consider how you can help support repair and restoration of the space we use to worship God and to do His work in our community and our world.

Service and Outreach

Watch for our new brochure: A new brochure will soon be on “hot off the press” and available for you to enjoy. It details where your donations are being used from the Birthday Fund and from the Family Food Program. We thank Tracy Martin (S & O Committee member) for her **time** and **talents** in creating this brochure. The S & O committee had a table at the Rummage sale. The purpose was to alert members and visitors to the mission work at Trinity. The new brochure was available then. Now you can grab a copy for gifting to someone in your surroundings who might be interested in the ministries through Trinity Palm Coast. You will find them in the narthex or outside the church office.

The brochure also alerts you to the committee’s latest mission addition through the Family Food Program: support of the *Grace Community Food Pantry Backpack Program*. Each week during the school year, volunteers fill backpacks with food for the weekend. The backpacks are delivered to the schools in Flagler County. Each school identifies students experiencing food insecurity. Backpacks are then given to these students each Friday to provide food for the weekend. Trinity volunteers will begin packing backpacks on Mondays in September. Watch for announcements in August on how you can help. Registry and attending a training session will need to be done prior to the day packing backpacks. Your **time** in this ministry is very much needed.

Service and Outreach Committee visits each local agency supported by Trinity in the fall. We learn how our donations help them. We later decide if our support should continue with the current agencies or if we should choose new agencies. In September, S & O members will visit current agencies as well as new ones being considered for 2023.

It would be very helpful if S & O Committee knew what agencies members of our congregation support either financially or with their time and talents. A questionnaire is in this newsletter. Copies will also be available both in the narthex and on the credenza outside the church office for

you to fill out. Please turn these in to the church office or put in the Mission mailbox. We do not want to know how much you give, just which agencies you choose to support with donations. Also, it would be helpful to know which agencies or programs you help by volunteering with either your **time** or your **talents**.

Service and Outreach will again provide funding from the Family Food Program for our youth for their summer activities. S & O provides food for the students attending Montreat, snacks at Vacation Bible School, and food for the Middle School students while on their Beth El Mission trip.

It is time to prepare. Hurricane season begins June 1st. S & O committee wants to remind each family to prepare. Buy new batteries. Restock your hurricane kit, your supply of nonperishable food as well as your supply of hand sanitizer, wipes, bleach, and face coverings. More information will be coming on how the church can help you or your neighbors should you lose power, water, etc.

S & O committee will take a break from meeting during July and August. However, our work will continue. We invite any of you who would enjoy helping with the mission work at Trinity to join our committee. We meet the 2nd Monday of each month at 10:00 am in Kepler conference center. We welcome you to join us for our June meeting June 13, 10:00 am.

In Christ,
Carol Corson, Kelli Jebbia, Co-Moderators

BE A STAR!

When you shop on Amazon, Click on Smile. Select the Family Life Center, or another charity you support.

The agency will receive a percentage of the price of your Amazon purchase.

Help your favorite agency when you shop.

Nominations

Congregational Leadership is one important area of service in the Church. Each year, members of Trinity Presbyterian Church are called through the congregation to exercise a ministry of leadership within the Church as Elders and Deacons. These are distinctive leadership roles, calling for particular gifts and commitment.

The **Congregation Nominating Committee (CNC)** is now seeking names to consider for nomination for service as Elders and Deacons. The committee asks the congregation to suggest the names of persons who have been regular in worship, active in the life of Trinity Presbyterian Church, generous in support of our ministry and faithful on their life and witness to the gospel. The Nominating Committee consists of: Brandi Alred, Uma Bannerjee, Kelli Jebbia, Jennifer Kaczmarek, Gwen Levene, Tracy Martin, Jane Pellmann and Shirley Wilson.

Elders

The Session is the governing body of the congregation. It currently consists of 12 Elders who serve staggered 2-year terms. The Presbyterian Church (U.S.A.)'s Book of Order describes the office as follows:

Elders should be persons of faith, dedication and good judgement. Their manner of life should be a demonstration of the Christian gospel, both within the church and in the world. It is the duty of elders, individually and jointly, to strengthen and nurture the faith and life of the congregation committed to their charge. Together with the pastor, they should encourage the people in the worship and service of God, equip and renew them for their tasks within the church and for their mission in the world, visit and comfort and care for the people, with special attention to the poor, the sick, the lonely and those who are oppressed.

Deacons

The Board of Deacons consists of 21 members who serve staggered 2-year terms. Deacons undertake ministries of care and compassion within and beyond the congregation. Some of the

responsibilities of this office are to care for a flock of members throughout the year.

The Presbyterian Church (U.S.A.)'s Book of Order describes the office as follows:

The office of deacon as set forth in Scripture is one of sympathy, witness, and service after the example of Jesus Christ. Persons of spiritual character, honest repute, of exemplary lives, brotherly and sisterly love, warm sympathies, and sound judgement should be chosen for this office. It is the duty of deacons, first of all, to minister to those who are in need, to the sick, to the friendless, and to any who may be in distress both within and beyond the community of faith. They shall assume such other duties as may be delegated to them, from time to time, by the session, such as leading the people in worship through prayers of intercession, reading the Scriptures, presenting the gifts of the people and assisting with the Lord's Supper.



Elders & Deacons

SESSION

Class of 2022:

Carol Corson
Martha Gioielli
Kelli Jebbia
Ken Mettler
Leslie Russo
Shelley Wheeler

Class of 2023:

Kathleen Cooke
Evelyn Clickard
Ginny Elgin
Carol Graff
Gwen Levene
Judy Murgitroyde

BOARD OF DEACONS

Class of 2022:

Bill Butler
Brenda Digby
Leisa Gardner
Cyndy McCormick
Maudie Parker
Joyce Peters
Alison Reid
Jan Roberts
Marlene Williams
Donna Decina
Zoe Alred

Class of 2023:

Colleen Connors
Nancy Cumming
Patty Edwards
Muriel Fallon
Sandy Glasner
Susan Kopyar
Jan Markiewicz
Tracy Martin
Millicent Peart
Michael Peters

Session Briefs

At recent Stated and Called meetings, your Session

- Received the following new members:
 - *Steve and Vicki Shear*, by Reaffirmation of Faith
 - *Brian Guerin*, by Reaffirmation of Faith
 - *Thad Lang*, by Reaffirmation of Faith
 - *Cathie Huff*, by Transfer from United Presbyterian Church in Romeoville, IL. Cathie has been an Affiliate Member at Trinity for several years.
- Noted the deaths of Active members:
 - *Mary Batailo*
 - *Bonny Milich*
 - *Elder Robert Aitken*
- Discussed the idea of the Deacons working with Congregational Care and Service & Outreach to supply those members receiving Home Communion prayer shawls.
- Noted that, financially, revenue is above budget for the period; expenses are below budget. Everyone is watching expenses.
- Approved funds to replace two lights on our driveway near the Narthex.
- Discussed options for repairing or replacing the roof.
- Determined that the Nominating Committee will meet soon to put together slates of elders and deacons to be elected in the fall to new classes.
- Discussed the need for more ways to put Trinity's presence and programs out in the community.



Jane Pellmann
Clerk of Session

Congratulations to Our 2022 Graduates!

"May the Lord bless you and keep you;
the Lord make his face to shine on you
and be gracious to you; the Lord turn his
face towards you and give you peace."

Numbers 6:24-26

Theodore Winternheimer Flagler Palm Coast High School

Teddy is going into the United States
Marines, Amphibious Assault Vehicle
Crewman



Matthew Goff, Mainland High School

Matthew is going to HVAC school to
hopefully enter the Heating and Air
conditioning business.





Trinity Presbyterian Women Happenings

What an exciting year we are having with much more to come!!!!

For the first time in 2 years we held our Quarterly Gathering with a lovely lunch provided by Rebecca Circle. Our own **Brooke Tucker** was our guest speaker who shared her Faith Formation ministry and offered a time of reflection, prayer and a very creative meaningful sharing time with our sisters in Christ. Brooke -we are truly blessed by your Love of our Lord and your ministry with our youth.

Our next Gathering will be held September 21, 2022 at 12 noon in Mehaffey Hall...Guest Speaker will be a representative from Grace Community Food Pantry in Bunnell, with special emphasis on our new Ministry, Toiletry Totes provided to school children in need...this ministry is being supported by Mary and Martha Circle...for more information see Tracy Martin.

New Bible Study for Sept., 2022 to June, 2023 is entitled "Celebrating Sabbath: Accepting God's Gift of Rest and Delight"....**ALL** women are invited to any of our 5 Circles...See the **PW Bulletin Board** across from the Church office for details or speak to any PW member

Circles...meet monthly...We now have a Zoom Circle "Naomi & Ruth" for those who are unable to attend in person-See Martha Gioielli for details. The next **Study Leaders'** meeting with Dr. J. Beebe will be held Mon. June 13th at 1 pm in Kepler.

Ice Cream Social, sponsored by PW Team will be held Montreat Sunday as part of the Luncheon after Church...August 28th, 2022.

News from Presbytery

Updates from Presbytery are posted on the PW Bulletin Board

**SAVE THE DATE-Sat. Oct 8th, 2022
8:30 a.m.-2:15 p.m**

**Trinity PC Sanctuary and Mehaffey
Hall**

Women's Day Retreat

**"Get Fired Up About the Next
Chapter of Your Life"**

**Special Guest Speaker-Snowden
McFall,
Nationally renowned Motivational
Speaker and Author**

**There will be a Worship service led
by Brooke Tucker followed by our
Guest Speaker**

**Continental Breakfast and
Luncheon included**

**Registration information/fee will be
available in June**

Synod of South Atlantic(SOSA) Presbyterian Women

Triennial Gathering
October 21-23, 2022
Epworth by the Sea
St. Simon's Island, GA

See PW Bulletin Board for Details and
Registration Information

Church Women United

The first quarterly meeting was held Friday May 6th, 2022 at St. Elizabeth Ann Seton Catholic Church...several area Churches were represented...6 Trinity PW members were present...it was a very meaningful gathering and time of sharing.

Respectfully submitted,
Peace and Blessings to All,
Judy Spurrell
TPW Moderator



Trinity Presbyterian Women May 2022 Luncheon



Food Donations

"Truly I say to you, whatever you do to the least of these my brothers, you did it to me. Matthew 25:40.

Service and Outreach committee has moved the box for food to the narthex. When you come to church each Sunday, please bring a can of vegetables, fruit, or tuna ; a jar of peanut butter, or a box to cereal to add to the box. Let's each bring one item and fill the donation box **OVER THE BRIM** with food to help feed the hungry. Thank you.





JOY IN JUNE 2022

Joy Every Day

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 A family member who brings me joy	2 A color that brings me joy	3 Something in nature that brings me joy	4 A song that brings me joy	5 A taste that brings me joy
6 A stranger who brings me joy	7 A flower that brings me joy	8 An animal who brings me joy	9 A memory that brings me joy	10 A hope that brings me joy	11 A time of day that brings me joy	12 A piece of clothing that brings me joy
13 A book that brings me joy	14 An achievement that brings me joy	15 A personal quality that brings me joy	16 A hobby that brings me joy	17 Something from last year that brought me joy	18 A game that brings me joy	19 A tree that brings me joy
20 A place that brings me joy	21 A sound or sight that brings me joy	22 A dream that brings me joy	23 A body of water that brings me joy	24 A possession that brings me joy	25 The type of weather that brings me joy	26 Something from yesterday that brings me joy
27 Something from a long time ago that brings me joy	28 A friend who brings me joy	29 A number that brings me joy	30 A word that brings me joy			

Take a moment to reflect on joy every day in June and notice how you are more in tune with joy by the end of the month.

Here are some of the ways you can use the prompts:

1. Think about them
2. Write them down
3. Talk about them with a friend or family member
4. Use them as a prompt for journaling or art
5. Post about them on social media with the hashtag #joyfuljune

"When joy is a habit, love is a reflex." Bob Goff



Board of Deacons

The Board consists of 18 Deacons. We also have a Youth Deacon and a Flower Deacon. The Deacons have a "flock" list that they are in charge of. The flock list is a list of members (and some non-members) of our church. The Deacon will contact each person in their flock list regularly, whether it be by a phone call, an email, a text, a visit, send a card, or a visit to them. The Deacons send birthday cards, thinking of you cards, get well cards and special occasion cards to their flock members. The Deacons keep track of all of their contacts to their flock members by completing and turning in a Response Sheet at their monthly meeting for each month. There is a Deacon Fund that is managed by our Treasurer. This fund is used to assist members of the church and people in our community with hardships. The Deacon Fund may be donated to at any time by ear-marking your donation to the Deacon Fund. The Board of Deacons meets monthly to discuss any issues or hurdles that we encounter with our flock. We pray for those that are sick, grieving, or in need of support, and also share in any joyous occasions. The Deacon term is 2 years. Being a Deacon is a very rewarding experience that everyone should have the opportunity to share in.

-Brenda Digby, Deacon Moderator



TOGETHER, WE #SHINE AS ONE

June 5-12, 2022, the 2022 Special Olympics USA Games will unite more than 5,500 athletes and coaches from all 50 states and the Caribbean, 20,000 volunteers and 125,000 spectators during one of the country's most cherished sporting events. We all have reasons to shine. For Special Olympics athletes, one of those reasons is the love of sport. Special Olympics athletes display remarkable abilities not only on the field, but in all areas of life. By celebrating their dedication and perseverance, we become champions for a more inclusive world. A world where we all Shine As One.

BE A FAN!

SHOW YOUR SUPPORT FOR

TEAM FLORIDA

ATHLETES
395



UNIFIED PARTNERS
131

COACHES & SUPPORT STAFF
174

TOTAL PARTICIPANTS
700

SPORTS REPRESENTED
19

UNIFORMS NEEDED
1,052



#ShineAsOne



Rev. Dr. "Coach" Jeff Beebe will help guide 20 athletes and they navigate and negotiate travel, lodging, meals, training and competition, activities and entertainment June 3-12, 2022. Thank You Trinity Palm Coast!



Stand Up Paddle Boarding or SUP is a relatively new sport for Special Olympics but has seen extraordinary growth over the past few years. Athletes compete at this sport, mix between Kayaking and Surfing, at all levels and is much tougher than it looks!

Montreat Conference Center

A Few Things To Know

Montreat Conference Center hosts over 30,000 guests in Montreat each year. Montreat Conference Center, strives to demonstrate intentional hospitality to all who enter the Montreat gate and to be good neighbors to everyone in the valley.

- Okay, first things first. What is Montreat? Montreat is a Conference Center. You may sometimes hear it referred to as the “Mountain Retreat Association,” Montreats corporate/legal name (and the origin of the word “Montreat.”) The conference center often is referred to simply as “Montreat” by the more than 30,000 guests, conferees, and cottagers who pass through the Gate each year.

- But Montreat is also a college, right? What is Montreat College? Montreat College is a private Christian college located in the town of Montreat.

- And Montreat is also a town? Right, Montreat is also a town. The North Carolina General Assembly established the Town of Montreat, North Carolina, as a township in 1967 and Mountain Retreat Association gave up its municipal authority at that time. The Town has a mayor, a board of commissioners, and a staff responsible for the provision of essential services in Montreat, including water and sewer, roads, and public safety.

- Wow, what a complicated valley! How do the three entities intertwine in terms of policy, governing, boards, and anything else? Both Montreat Conference Center and Montreat College have distinct missions and are financially independent. Each institution has its own independent governing board. The Town of Montreat interacts with both institutions to govern and carry out its responsibilities. The three institutions in Montreat exist in close proximity. Just as you and your neighbors cooperate and work

to foster a positive relationship, the three institutions work together when interests are aligned to build community in Montreat and carry out their respective missions.

- But isn't everything in Montreat Presbyterian? Montreat Conference Center is affiliated with the Presbyterian Church (U.S.A.), though we also readily welcome groups and individuals outside the Presbyterian church to experience Montreat. The Town of Montreat has no religious affiliations. Montreat College is related to the Presbyterian Church (U.S.A.).

- So can anyone come to Montreat Conference Center? Absolutely. As part of a missional commitment to follow the example of Jesus Christ, the Montreat Conference Center strives to demonstrate intentional hospitality to all. Importantly, we must always be mindful that Montreat Conference Center is one of the places where our church for decades practiced segregation, a practice contrary to the will of God and to the unity of God's people. We still have much to learn, and have much work to do. So it is imperative that the conference center invites and encourages the virtues of open inquiry, diversity, and vigorous debate – virtues fully embraced by our Reformed tradition. We welcome everyone to our events and to come explore this beautiful valley. All are welcome here!

For More Information: Montreat.org



What is Pentecost?



On the Day of Pentecost we celebrate the gift of the Holy Spirit descending in a mighty rush of wind and flame to inspire the church's proclamation of Christ's rising and to empower its mission and ministry to the world. (See Acts 2:1-13; see also Joel 2:28-32.) The notion of Easter as a season of 50 days ending at Pentecost is patterned after the ancient Jewish festival of seven weeks that extended from the beginning of the barley harvest (on the second day after the beginning of Passover) to the end of the wheat harvest at the Festival of Weeks or *Shavuot* (see Deuteronomy 16:9-12). The Festival of Weeks later came to be called Pentecost ("50th day") by Greek speaking Jews. In Jewish tradition, Shavuot also marks the giving of the law to Moses at Sinai; this liturgical link may inform Paul's discussions of the law and the Spirit (see Romans 8, 2 Corinthians 3 and Galatians 3).

Pentecost is new creation

An excerpt from the *Companion to the Book of Common Worship* (Geneva Press, 2003, 117-119): According to the Day of Pentecost story in Acts 2:1-13, God gave the gift of the Holy Spirit to empower witnesses to the resurrection. Sounds from heaven, cosmic language, the rush of a mighty *ruach* (wind, spirit, breath) invaded the house in which the apostles gathered, and appeared to them as a burning fire. Tongues of fire touched their nerve centers. A power — the unseen power of God — moved among them and gripped them. The Holy Spirit is unseen, like the wind, which is why the Old Testament calls it *ruach* YHWH, "the wind, or breath, of God" (cf. John 3:8). The Spirit is the "unseenness of God" working among us....

The book of Acts tells the story of the outcome of Pentecost's new creation: people witness in word and in deed to the risen Christ. At the outset, the newborn church immediately tumbled out into the streets to witness to God's mighty works in the languages of people all over the world. By the end of the story, a tiny, Spirit-filled community of faith that broke from its present order has spread across the continents with incredible power to bring new things into being. With the gift of the Spirit, all things are possible. ...

Therefore, on the Day of Pentecost, we celebrate God's gift of Holy Spirit which draws us together as one people, helps us to comprehend what God is doing in the world, and empowers us to proclaim, in word and in deed, God's plan of reconciling all people in the name of Christ (Ephesians 1:10).

Without the gift of the Spirit, Christ's church dries up and withers away, and we are left with only our broken selves. With the gift of the Spirit, all things are possible. A spirit-filled community of faith opens eyes to needs in the world and sees its missing as God's new people. The Day of Pentecost is the climax of the Great Fifty Days of Easter, celebrating as it does the gift of the Spirit to the body of Christ — the church.

Chancel Flowers for Sunday Morning Worship

**There are still spaces available for
2022!**

**This is a wonderful way to honor and
remember loved ones or celebrate
special occasions. Sign-up cards are
located on the flower board in the
Narthex.**

**Cost is \$35 per
arrangement and
flowers will be ordered
when payment is
received. Thank you!**



Trinity Sunday

On Trinity Sunday, June 12, 2022 we will proclaim the mystery of our faith in the triune God: Father, Son and Holy Spirit, One-in-Three and Three-in-One.

The celebration of Trinity Sunday began among Western Christians in the 10th century and developed slowly until it was formally established on the Sunday after Pentecost by Pope John XXII (1316-1334).

Unfathomable mystery

An excerpt from the *Companion to the Book of Common Worship* (Geneva Press, 2003, 149-150)

Unlike other festivals in the church's liturgical calendar, Trinity Sunday centers on a *doctrine* of the church, rather than an *event*. It celebrates the unfathomable mystery of God's being as Holy Trinity. It is a day of adoration and praise of the one, eternal, incomprehensible God.

Trinity Sunday, in a sense, synthesizes all we have celebrated over the past months which have centered on God's mighty acts: Christmas-Epiphany celebrating God's taking flesh and dwelling among us in Jesus Christ; Easter celebrating Christ's death and resurrection for us; Pentecost celebrating God the Holy Spirit becoming our Sanctifier, Guide, and Teacher. It is, therefore, a fitting transition to that part of the year when Sunday by Sunday the work of God among us is unfolded in a more general way.

The triune God is the basis of all we are and do as Christians. In the name of this triune God we are baptized. As the baptized ones we bear the name of the triune God in our being. We are of the family of the triune God. We affirm this parentage when, in reciting the creeds, we say what we believe. Our discipleship is rooted in the mighty acts of this triune God who is active in redeeming the world. The triune God is the basis of all our prayers — we pray *to* God the Father, *through* Jesus Christ, *by* the

Holy Spirit. The Trinity holds central place in our faith. ...

In celebrating Trinity Sunday, remember that every Lord's Day is consecrated to the triune God. On the first day of the week, God began creation. On the first day of the week, God raised Jesus from the grave. On the first day of the week, the Holy Spirit descended on the newly born church. Every Sunday is special. Every Sunday is a day of the Holy Trinity.

Living in Ordinary Time

Go green. The liturgical color for Ordinary Time is green, a symbol of growth. We are more cognizant these days of the need to "go green," to preserve our natural resources and cut back on useless waste. What is one thing you or your church can do to trim your carbon footprint in these "ordinary time" days?

Honor your daily routines. Kathleen Long Bostrom says she begins her day with a cup of tea and a book, and her faithful dog snuggled by her side. "This launches me into the day in a good mindset, and if I miss it, I feel unbalanced," she said. What "ordinary" routines give shape to your day? Write down one of your daily routines that brings you balance.

Pray without ceasing. Use life's ordinary moments to pray. Pray at a stoplight for the other drivers around you. Pray while standing in a long line and getting impatient. Pray when sitting in a doctor's office and the staff is way behind schedule.



The Mission Feeding the Mind, Spirit, and Body of the farm-working community and our neighbors in need, through opportunities for hunger relief, education, healthcare, and spiritual growth.

Our Heritage Beth-El Farmworker Ministry began in 1976 when a small group of Cumberland Presbyterians rented a tiny house in Ruskin, Florida and began holding Spanish-language church services for migrant farmworkers. When the families came to worship, their many other needs were obvious: they were usually hungry, often cold in winter, some slept in cars or trucks, many could neither read nor write, and most lived in fear of deportation. In its effort to meet some of those needs, Beth-El grew.

Now legally a nonprofit corporation, Beth-El Farmworker Ministry, Inc. has a 27 acre site on U.S. Highway 301 about 20 miles south of Tampa. The Ministry serves the nearby rural population. It operates under a covenant among its governing bodies, the Cumberland Presbyterian Church and the Tampa Bay and Peace River Presbyteries of the Presbyterian Church (USA).

The Plight of the Farm Working

Community Migrant farmworkers are the poorest of the working poor. They brave the Florida heat to labor in extremely adverse conditions. Ninety percent are from Mexico and Central America. Some remain in one location year round (seasonal farmworkers), while others follow the crops (migrating farmworkers).

Workers generally outnumber the available jobs. Many are only able to find work an average of 30 hours per week for only 30 weeks per year, they struggle to feed themselves and their families. Most farmworkers are plagued by nutrition-related health problems: low birth-weight babies, anemia in children and diabetes and high blood pressure in adults. Housing is so scarce that it often consumes half of a family's income. In order to survive, farmworkers crowd together in dilapidated trailers and rental units, creating adverse living conditions. Frequent moves hinder the education of migrant children in public schools. It is also common for children, whose families remain year-round in town, to miss school to care for younger siblings so that both parents can work. Cultural and language differences make it hard to belong in North American institutions. Frustration takes its toll, many students drop out of school, limiting their chances to prosper economically.

How Do We Help? Food Pantry supporting 80,000 individuals annually. Weekly Farm Visits on Thursdays around lunch time – We bring non-perishable food, paper goods, personal hygiene kits, and clothing to farm workers. Lunch at the Farms – Seasonal – Partner organizations coordinate, sponsor, and serve warm lunch to farmworkers at the fields. Mentorship program offered to the Beth-El community to provide support, coaching, mentoring, and scholarship opportunities to students, High School age and above, to set and achieve their personal, academic, and professional goals. On-campus partners: Redlands Christian Migrant Association (RCMA) providing migrant Head Start, and public K-8th grade public charter school. Back to School programs providing: Backpacks (approximately 500 given out each year), School Supplies, and New Shoes. Bilingual Crisis Hotline – 813-773-7597. Financial assistance for rent and utilities; Emergency groceries; Gas Cards; Gift Cards for special needs; Clothing Closet; Farmworker Support; Referrals; On Campus Free Dental Clinic. Spanish Worship Services. Scholarships for children and teens to attend Cedarkirk & Summer VBS.

Morning Message

Trinity's Dr. Jeff Beebe delivers the morning message during worship to over 120 participants at the Spring Stated meeting of the Presbytery of St. Augustine at the Montgomery Presbyterian Conference Center on May 3, 2022.

His message title was "In-N-Out" inspired by the 23rd Psalm and John 10:22-30.

Attending from Trinity, Clerk of Session, Jane Pellmann and Commissioner Ken Mettler



Adopt-a-Road clean-up was performed by some folks from our facility Care Team.

Thank you Paul Parker, Jr., Ed Peart, Ed Ayers, Don McCormick, Bill Butler and Marc Hitchins (not pictured).



Easter Service, what a beautiful morning for us to Worship together...



Did You Know the Presbyterian Counseling Center (PCC) ...

Started over 36 years ago in our community by First Presbyterian Church of Daytona Beach in Volusia County and now has counseling services at Trinity PC. PCC also provides counseling services at Ormond Beach PC, Lighthouse Christ PC (Ormond), Westminster-by-the-Sea (Daytona Beach Shores) PC, Port Orange PC, New Smyrna PC, and coming soon First PC of Deland. For over 36 years, PCC has provided affordable and quality behavioral health services to individuals, children, couples, families, and groups in our community.

Recently PCC received a grant from United Way of Volusia-Flagler Counties to serve children and families in our area in an effort to improve resilience and heal relationships. PCC provides a parenting program designed for caregivers of children 4 months – 6 years called Circle of Security Parenting. This is a specialized and unique 8-week program for parents to improve their ability to meet their children's social and emotional needs along with strengthening their relationship.

Since the start of the pandemic, more and more people are talking about mental health. An increasing number of folks are starting to see it for what it is: one important component of your overall health and well-being, just like your physical health. But mental health conditions, resources, and conversations can still feel complicated and out of reach. Many people are learning about mental health topics for the first time. Having a widespread understanding of the topic can help you be more informed if you or someone you know is experiencing a mental health condition or crisis.

Everyone should have the support needed to thrive. Of course, understanding the risk factors for a mental health condition can be more difficult when it's your own mental health. Take time to ask yourself about your thoughts, feelings, and

behaviors to see if this is part of a pattern that may be caused by a mental health condition. Here are some questions to get you started:

- Have things that used to feel easy started feeling difficult?
- Does the idea of doing daily tasks like making your bed now feel really, really hard?
- Have you lost interest in activities and hobbies you used to enjoy?
- Do you feel irritated, possibly to the point of lashing out at people you care about?

Our society focuses much more on physical health than mental health, but both are equally important. If you are concerned about your mental health, there are several options available. You are not alone – help is out there, and recovery is possible. It may be hard to talk about your concerns, but simply acknowledging to yourself that you're struggling is a really big step.

Taking a screening at mhascreening.org can help you to better understand what you are experiencing and get helpful resources. After that, consider talking to someone you trust about your results, and seek out a professional to find the support you need. While you may not need this information today, knowing the basics about mental health and that PCC is available in our community will mean you're prepared if you ever need it.





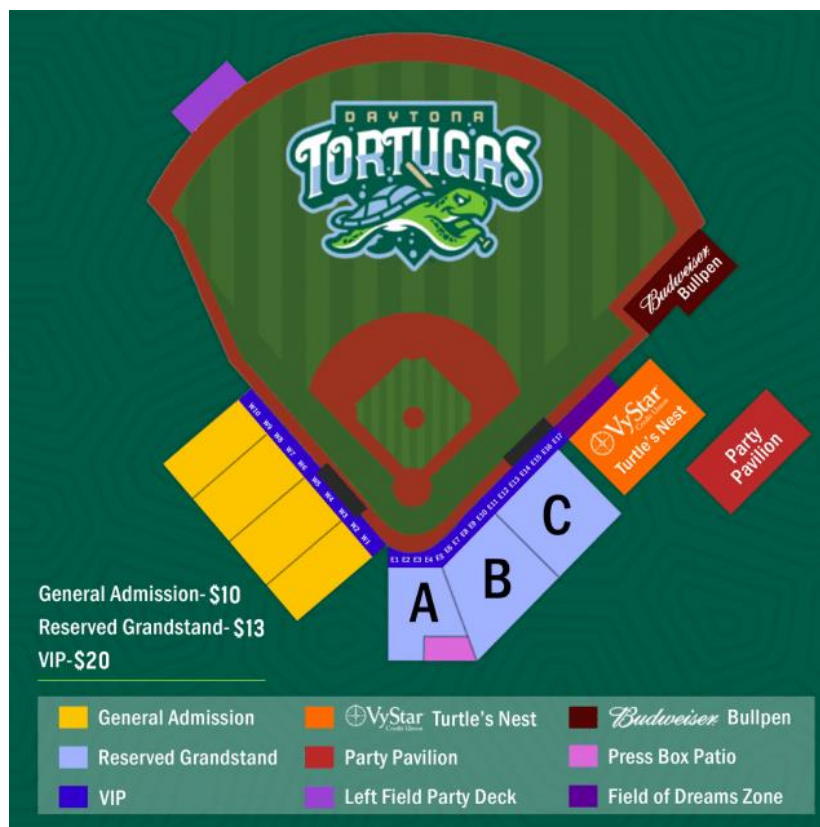
Food Truck Sunday

Sunday, July 10, 2022

Join us after worship for a pre-VBS congregational kick-off fellowship meal. Lunch options will include traditional “food truck” fare. Proceeds will help support Trinity’s VBS here and Trinity’s VBS there as we seek to provide the Good News of the Gospel to those who are young and young at heart.

Take Me Out to the Ball Game

Sunday, August 14, 2022



Mark Your Calendars Now!

Trinity is headed for the ole ball game on Sunday, August 14th – Game Time 5:35 PM

Tickets and more information will be made available as the game approaches!

Stay connected for more details on tickets, food, and transportation to the game.



This summer Trinity Presbyterian Church is excited to offer two weeks of Vacation Bible School!

July 11th-July 15th 10am-12:30pm at Trinity Presbyterian Church 156 Florida Park Drive

Register online: www.tpc.mycokesburyvbs.com

**July 25th, 26th, 28th and 29th 5pm-7pm at First United Methodist Church of Bunnell
205 N Pine Street Bunnell**

Register online: www.umcbunnell.mycokesburyvbs.com

(the program is the same both weeks, so sign up for the one that best works with your schedule)

Are you ready to cook up some fun? Our VBS invites children to pray as Jesus teaches us in Matthew 6:11; "Give us this day our daily bread." These words serve as a reminder that everything we have comes from God — and that it's by turning to God in prayer that all of our daily needs are met. At the center of the Food Truck Party is a special food truck called "On a Roll." Here, Kids (or "Chefs") will learn from the food truck's Top Chef, along with DJ Cupcake (an adorable cupcake puppet), about the Daily Specials (Daily Learnings), which are lines from the well-loved prayer that teaches us to turn to God to meet our needs.

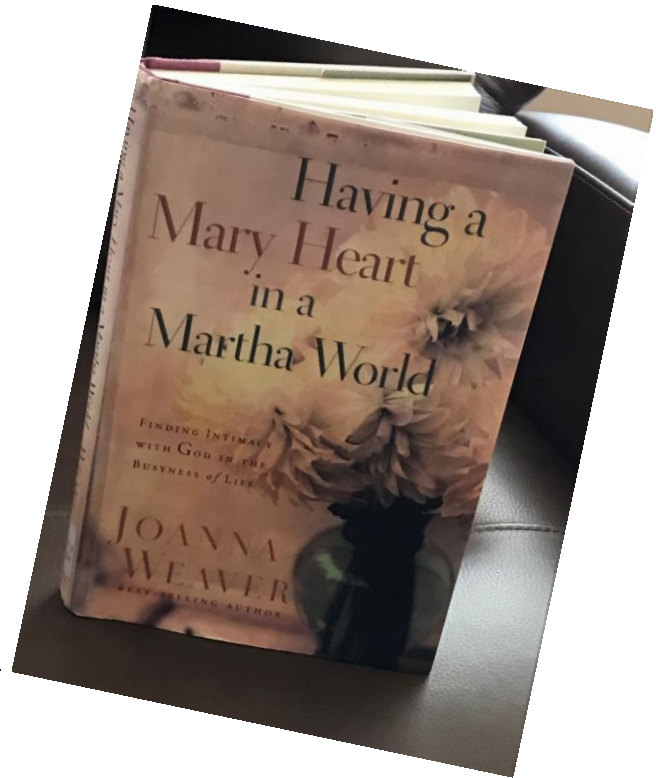
We will discover God through song/dance, crafts, science and fun!
We will share a meal together each day! We welcome youth who are entering into kindergarten-youth who are entering into 5th grade.

Trinity practices safe ministry and all adult volunteers are background checked.

Library News

Check out this book!
*Having a Mary Heart in a
Martha World*
by Joanna Weaver

With candor, humor and
passion Joanna Weaver invites
us to cultivate a "Mary Heart"
that delights in time with God
and assigns him top priority.



Bible Trivia: Book Titles

The Bible has been an inspiration to many authors who have chosen biblical personalities or phrases as topics or titles for their books. Can you match author and title in the lists given below? Take extra credit if you can also identify the verse or passage being cited. [Answers found on page 25]



1. Pearl Buck
2. William Faulkner
3. Marcus Goodrich
4. Mary Gordon
5. Graham Greene
6. Sofia Kossuk
7. Par Lagerkvist
8. Thomas Mann
9. Flannery O'Connor
10. Peter De Vries

- A. Joseph and His Brothers (1933-44)
- B. Absalom, Absalom (1936)
- C. Men and Angels (1985)
- D. Barabbas (1951)
- E. Blessed Are the Meek (1944)
- F. Delilah (1941)
- G. The Violent Bear It Away (1955)
- H. The Blood of the Lamb (1961)
- I. The Power and the Glory (1940)
- J. A House Divided (1935)

Faith Formation Foundations: Calming Breath Exercises



You may have missed our “Spring Forward” stretching, moving, and breathing class, but here are some of the Calming Breathing Exercises that we practiced. When we allow the body and the mind to be at peace, we are better able to hear, see, and feel God’s presence and direction in our life.

From Yoga Ed: “Restoring peace is essential for Christians. When we cultivate peace, we allow the body to come back into **balance** and we make space for compassionate thought and action. We invite you to think of peace as an opportunity to restore harmony between the body and the mind. Follow along as we focus on **restoring peace** by connecting to our breath, meeting our bodies where they are, and encouraging our minds to find some ease.

Left Right Breathing

- Balances the sympathetic and parasympathetic nervous systems
- Decreases stress levels • Generates a sense of well-being
- Improves brain function by oxygenating the left and right hemispheres equally

INSTRUCTIONS

1. Begin by sitting up tall.
2. Raise your right hand into the air.
3. Put down your pointer, middle, ring finger, leaving your pinky and thumb up “like a shaka.”
4. Place the pad of your thumb over your right nostril, closing it gently, Breath in through your left nostril.
5. Place the pad of your pinky finger over your left nostril, closing it gently, release your thumb and exhale out of your right nostril.
6. Inhale through right nostril, place thumb over your right nostril, closing it gently, release your pinky and breathe out your left nostril. Repeat as many times as you would like.

Rainbow Breath

- Integrates the mind, body, and breath
- Warms up the spine

INSTRUCTIONS

1. Begin by sitting up tall.
2. Place your hands on your knees. Inhale and rock forward, pressing your knees against your hands and arching your back like a rainbow. Gaze comes up to the sky.
3. Exhale and rock backward, pressing your hands into your knees and rounding your back. Gaze comes towards the belly button.
4. Repeat as many rounds of this breath as you like.

Sunshine Arms with Ocean Breath

- Strengthens and stretches the shoulders
- Calms the mind

GAZE POINT

- Down the nose

INSTRUCTIONS

1. Begin seated in Easy Pose on the floor or sit comfortably in a chair.
2. Inhale, reach your arms up and overhead. Bring your palms to touch.
3. Exhale through your mouth, making the sound “haaa” as you bring your hands to center.
4. Repeat as many times as you’d like.

Swaying Self Love Hug

- Stretches shoulders
- Releases tension
- Grounds the mind
- Self-soothing

GAZE POINT

- Forward or downwards

MODIFICATIONS

- Option to switch the crossing of the arms.
- Twist side to side if it’s comfortable.

INSTRUCTIONS

1. Begin seated in your chair with your feet flat on the floor.
2. Inhale.
3. Exhale. Reach right hand to left tricep.
4. Inhale.
5. Exhale. Reach left hand to right tricep.
6. With arms crossed, gently begin to sway side to side.
7. Breathe.
8. Pause facing forward with arms crossed still.
9. Inhale.
10. Exhale. Uncross the arms.
11. Let hands rest on the top of the thighs, palms facing up.
12. Repeat as many times as you would like.



For more exercises go to yogaed.com

For more information on the above exercises, contact Brooke Tucker.

Sustaining Their Calling

W.4.0404 h.—Will you pray for and seek to serve the people with energy, intelligence, imagination, and love?

One of the most inviting and empowering tenets of our tradition is the understanding that we are each—all of us—called to ministry. In responding to the call to ordained leadership, ruling elders and deacons have already done some important discernment. But the art of vocational discernment doesn't end with ordination. This is just the beginning!

Theologian Frederick Buechner describes our vocation in this way: "The place God calls you to is the place where your deep gladness and the world's deep hunger meet." [1] The question of how we will meet the world's hunger and the needs of our people with energy, intelligence, imagination, and love is a way of asking, "what is our deep gladness?" What sustains us? What brings us joy in this *good* and *hard* work?

Questions of energy, intelligence, imagination, love, and even gladness are counterintuitive to many of us. Many leaders work and live in spaces that don't leave a great deal of room for this type of reflection and discernment. These kinds of questions emphasize health, sustainability, curiosity, and joy rather than productivity, efficiency, and certainty. Most of us need practice asking and answering such questions.

The PC(USA) *Book of Order* reminds us, "As there were in Old Testament times elders for the government of the people, so the New Testament church provided persons with particular gifts to share in discernment of God's Spirit and governance of God's people" (BOO, G-2.0301). **Discerning the Spirit of God and leading God's people accordingly requires energy, intelligence, imagination, and love.** However, when faced with the everyday challenges of keeping an organization alive and well...

- our **energy** can be easily depleted when there are more tasks to do than hours with which to complete them;
- we can begin to question our **intelligence** when our areas of expertise may not prepare us for leading an organization made up of diverse and, at times, competing needs;
- our **imagination**s can be dampened by the realities of diminishing resources, human and financial;
- and our **love** can be tested when our lives together are marked by anxiety and fear of an unknown future.

1. Buechner, Frederick. *Wishful Thinking: A Theological ABC*. 1993 by HarperOne, 119.

Text Source: <https://equip.pcusa.org>

Announcing an Ecumenical and Thanksgiving Service of Celebration for 60th Anniversary of Jamaican Independence

Sunday, August 7, 2022 at
Trinity Presbyterian Church

3:15 pm A Presentation of
Jamaican culture

4:00pm Worship Service

Preaching: The Rev. Dr. Winston Lawson
Retired from Hillside Presbyterian Church
Decatur, GA

Organist: The Rev. Dr. Barry Davies
Retired from Memorial Drive
Presbyterian Church
Stone Mountain, GA

All are Invited

The Community Chorus of Palm Coast
presents their



10th Anniversary
SPRING
CONCERT

Sunday, June 5 at 4 p.m.
at the
1st Baptist Church,
2301 Commerce Pkwy, Bunnell

The chorus will sing favorites from each of our 10 years singing together.

Contributions accepted by CCPC
For more information visit www.communitychorusofpalmcoast.com



Answers to Bible Trivia

1. J, Mark 3:25
2. B, 2 Samuel 19:4
3. F, Judges 16
4. C, 1 Corinthians 13:1
5. I, Matthew 24:30
6. E, Matthew 5:5
7. D, Matthew 27:20
8. A, Genesis 37-50
9. G, Matthew 11:12
10. H, Revelation 7:14

Service & Outreach Volunteerism Questionnaire

- Do you donate to any local agencies or projects? _____ Yes _____ No
- If yes, please list them by name only. *(We do not need the amount of money you donate)*
- 1.
 - 2.
 - 3.
 - 4.
- If you donate your time or talents to any agencies, please list name, how often you volunteer (weekly, monthly, just for special events, seasonal, etc.) Add main tasks performed.
- | Name of Agency | Frequency | Tasks |
|----------------|-----------|-------|
| 1. | | |
| 2. | | |
| 3. | | |
| 4. | | |
- Are there any agencies you would suggest Service and Outreach Committee consider for your Time, Talent or Treasures?
- 1.
 - 2.
- Please complete the questionnaire and return it to the Church Office.
- Thank you, Service & Outreach Committee

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The church works hard to keep us all up-to-date with all the goings-on here at Trinity Presbyterian Church. If you have any difficulty, the church office can help, call the office at (386) 445-4757. They can even arrange for the Times to be mailed to your home!

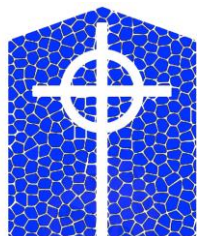


A Note from the Editor

I hope you enjoyed this issue of the Trinity Times. Please note: the deadline for content submission for the Fall Edition is August 9, 2022. The Fall Edition will cover all of our Autumn Church happenings, including the months of September, October and November.

Please send submissions to trinityoffice@cfl.rr.com. Thank you!

-Judy Grady



Church Staff

Rev. Dr. Jeffrey W. Beebe, Pastor
Brooke Tucker, Director of Faith Formation
Heasuk Che, Director of Music/Organist
Lillian Warner, Director of Handbell Choir
Judy Grady, Financial and Administrative Assistant
Thomas Buonocore, Sexton
Jeff Cooke & Ken Mettler, Visual/Audio

*Trinity Presbyterian Church is called by God, through our Lord Jesus Christ, and empowered by the Holy Spirit, to be a **worshipping, nurturing and serving** community.*

Trinity Presbyterian Church

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