

Tidings



A Monthly Publication from Trinity United Methodist Church, Tallahassee, FL

God's House, Our Home

by Rev. Dr. Matthew Williams, Lead Pastor

“Longing to leave her poor Brazilian neighborhood, Christina wanted to see the world. Discontent with a home having only a pallet on the floor, a washbasin, and a wood-burning stove, she dreamed of a better life in the city. One morning she slipped away, breaking her mother’s heart. Knowing what life on the streets would be like for her young, attractive daughter, Maria hurriedly packed to go find her. On her way to the bus stop, she entered a drugstore to get one last thing. Pictures. She sat in the photograph booth, closed the curtain, and spent all she could on pictures of herself.

With her purse full of small black-and-white photos, she boarded the next bus to Rio de Janeiro. Maria knew Christina had no way of earning money. She also knew that her daughter was too stubborn to give up. When pride meets hunger, a human will do things that were before unthinkable. Knowing this, Maria began her search. Bars, hotels, nightclubs, any place with the reputation for street walkers or prostitutes. She went to them all. And at each place she left her picture—taped on a bathroom mirror, tacked to a hotel bulletin board, fastened to a corner phone booth. And on the back of each photo, she wrote a note. It wasn’t too long before both the money and the pictures ran out, and Maria had to go home. The weary mother wept as the bus began its long journey back to her small village. (continued on page 2)

In This Issue

God’s House, Our Home, cont’d....	2
Blessing of the Animals	2
Church Playground Gets a Facelift	3
Trinity Shows Support for People of Ukraine	4-5
A Season of Change.....	5
Meet Ruth Ann High.....	6
Children’s Ministry Update	6
Peace & Justice Pilgrimage	7

Memorial Gifts

Trinity received the following gifts from August 15-September 10.

- In honor of **Mart Hill’s** birthday from her granddaughter, Rachel Bartlett.
- In memory of **Tbo Ott** from Yvette Lott.

It was a few weeks later that young Christina descended the hotel stairs. Her young face was tired. Her brown eyes no longer danced with youth but spoke of pain and fear. Her laughter was broken. Her dream had become a nightmare. A thousand times over she had longed to trade these countless beds for her secure pallet. Yet the little village was, in too many ways, too far away. As she reached the bottom of the stairs, her eyes noticed a familiar face. She looked again, and there on the lobby mirror was a small picture of her mother. Christina's eyes burned and her throat tightened as she walked across the room and removed the small photo. Written on the back was this compelling invitation. "Whatever you have done, whatever you have become, it doesn't matter. Please come home." She did.¹

This is what God's grace is like. It seeks us out, and it says whatever you have done, whatever you have become, it doesn't matter. Let me lead you home. God's grace seeks us out and finds us; God's grace is relentless. It is the kind of grace that we read about in I John 4: 10 & 19: *In this is love, not that we loved God but that he loved us... We love because he first loved us.*

I know a man named PK. He is an incredible bass player. He came and played with our church orchestra in Jacksonville a number of times. He was riding the fence on whether or not he

wanted to become a Christian. He kind of had it all—a great job, a beautiful fiancé—things were looking up. He was reading the Gospels and talking about God with other people. He also had a cocaine problem and didn't know what to do. I remember going to his house and seeing padlock bolts on his bedroom door. There was a part of his life he was going to keep everyone out of as he felt there was no way out. After a call one night where I helped some others pick him up off of his driveway from an overdose, he became sensitive. He couldn't understand why a few people from church would do that for him. He began to think about giving it all over to God—and he got to a place where he made that decision. God's grace had found him, and he began a new beginning.

Dana Hutton states: *"Beginnings are fragile things. They're made of gossamer threads of hope and shimmer with the faint light of potential grace. It's in the human heart that we begin weaving our designs and dreams of experience yet to come. We live our entire lives within chrysalises. As soon as we emerge from one, life sculpts another around us. Within manifest reality, everything is in a constant state of becoming."*²

PK knew he needed a higher power in his life. He entered a recovery program, began to serve others in the community, and became active in Bible study. God's love never quit loving PK. God found him and led him home.

God's love goes before us, God's love makes things right, God's love never quits. Aren't we glad that God's love never quits—never fails—but that it is always molding and making us! I love this quote from John Wesley: *"From the time of our being born again, the gradual work of sanctification takes place...we are more and more alive to God. We go on from grace to grace."*²

The love that just won't quit is a love that prompts us to commune with God with all of our heart, soul, mind, body, and strength. Why? Because we realize that God gets the big picture of our lives. Christina found her way home. Jesus found PK right where he was. The way of grace is that God seeks us out, finds us, and molds and makes us for the rest of our lives.

"Whatever you have done, whatever you have become, it doesn't matter. Please come home." Thanks be to God for Trinity United Methodist Church: God's house, our home.

1 Max Lucado, *No Wonder They Call Him the Savior*, Multnomah Press, 1986, pp. 158-9.

2 Dana Hutton, *The Art of Becoming*.

3 John Wesley, "The Scripture Way of Salvation" (sermon, May 22, 1758. Copyright 1999 by the Wesley Center for Applied Theology.)

Blessing of the Animals

Saturday, October 8 | 9 a.m. | Courtyard

You save humans and animals alike, O Lord. Psalm 36:6

God has blessed us with pets of all species, shapes, and sizes. These pets are our constant companions and they provide us with unconditional love. God created them. We invite you to join us as we celebrate, honor, and bless the wonderful pets we hold so dear.

The Blessing of the Animals is a religious tradition recognized across the world in honor of St. Francis of Assisi, who started the practice about 800 years ago. Our service

will be held in the courtyard and will include the singing of "All Things Bright and Beautiful," a litany, and individual blessings over animals and their families.

Pets who attend should be well-behaved around other animals and humans. We also ask that dogs be kept on a leash, cats in protective carriers, birds, and other small mammals in cages and various amphibians and reptiles in terrariums. All are encouraged to invite their friends and family to the blessing. The church staff will assist you with digital photos of your pet's blessing.

Church Playground Gets a Facelift

by Stacey Duggar, Preschool Director

We are so fortunate to have a beautiful outdoor play area at Trinity. This playground is used by many ministry areas in the church, including the preschool, children's ministry, and the youth program.

The surfacing underneath the main play-structure was first installed in 2009 and has definitely shown its age. Prior to 2009, we had mulch underneath the structure, and with every rainstorm, the mulch would wash away to the far corner of the playground. Our neighbor preschool's playground mulch would also run down into our playground causing a real mess! Thankfully they amended their playground, and we installed the rubber mats, thus alleviating the mulch mess that we had for many years.

After 13 years, it was time to replace the rubber mats. Our lead pastor thought it would be a fun team-building exercise if we removed the surfacing ourselves. The bonus was that this saved us \$4000 off the cost of the new installation! It was hard work, but after 4 ½ hours, we were victorious! (Exhausted, but victorious!)

After some rain delays, the new pour-in-place surface was installed, and we are looking forward to many years of safe fun on our beautiful playground!



The Trinity Demolition Crew! Bryant Manning, Wayne Curry, Candace Duclos, Stacey Duggar, Brett Ingram, Matthew Williams, Sofia Fernandez, Melanie Gonzalez, Dawn Adams



The playground during the 2009 renovation



2022 BEFORE the demolition. All of the color had long ago faded, and the tiles had melted and warped showing years of sun damage.



Demolition begins!



Almost done



Demolition finished- playground is prepped and ready for the professionals



Here is the finished product!

Trinity Shows Support for the People of Ukraine

by Gabriela Denton, Communications Coordinator, and Viktor Billa, Organist

Ukrainian Family Assistance

In August, we sponsored the safe travels of a Ukrainian family, friends of Viktor and Yuliia Billa, from Poland to Tallahassee. They reached Tallahassee on August 15th. Olga came with her two boys, but her husband is still in Ukraine. They came with nothing. We are looking to help them out as best we can. They are in special need of clothing (summer and winter). Olga is size S-M, and the boys are 8 and 11 years old, sizes M (8) and L (10/12). If you have anything in their sizes (used or new), please bring it to the church office. The boys are also in need of school supplies. Gift cards to stores like Target or Walmart for them to pick out necessary items would also be very helpful. Your help and support are much appreciated.



Patricia Beall presenting her original painting entitled "Rebuilding the Nest" on March 27, 2022.

Artistic Expression

After the Russian invasion of Ukraine, Trinity member and artist Patricia Beall was moved to create a painting, which she presented at Trinity UMC in honor of Viktor and Yuliia Billa and all Ukrainians. Here, she describes her process:

"I created the painting entitled 'Rebuilding the Nest,' using the acrylic pour method, along with hand-painting the trees and branches and using the leftover 'pour skins' that drip from the wet painting, peeling them off the plastic and designing the birds out of those in order to complete the collage. I started this painting before the invasion of Ukraine and wanted to use the bright and sunny colors that I love. After the invasion, I began to think about the undaunting task facing the Ukrainians when this war will be over (God willing, they WILL be victorious), and they must rebuild their country and restore their national treasures and artwork. As a former art restoration expert, I kept that in mind and added the branches in the birds' mouths as they fly towards the still standing trees in order to show the collaborative effort it will take for EVERYONE from EVERYWHERE to pitch in and accomplish this. The people of Ukraine are important. Their sovereignty is important. Their standard of living is important, and their culture is important and must not be lost.

"I have been painting since I was a child, but started painting with this method in earnest since my stage four cancer diagnosis five years ago. I was able to teach classes in my home studio for several years but had to go on hiatus when my medical condition worsened a few months ago.

"While living and working in Hendersonville, North Carolina, I owned an art gallery that featured art from Soviet Russia. Many of the paintings depict the wheat production and landscapes from Ukraine and the surrounding villages and locals, most all painted before the fall of the Soviet Union. I also began mentoring refugees from South Sudan in 2001 and helped them create an art business featuring their ceramic cows, so refugees and Eastern Europe have been near and dear to my heart for years. I still own quite a few of these Soviet era paintings, and many of my own acrylic

pour paintings are displayed at Kool Beanz Cafe today.”

Planting Seeds of Hope

Trinity Altar Guild members Dot Hayward and Mary Ann Moore had a creative idea for a beautiful way to show support for the people of Ukraine. Sunflowers are the national flower of Ukraine and grow very well there—they also grow well here in the Sunshine State! Dot donated 50 lbs. of sunflower seeds which were placed in the Narthex and Welcome Center. For several weeks, Trinity members took home small bags of seeds to plant in their gardens all over Tallahassee. These seeds and flowers became a tangible witness to the resilience of the Ukrainian people and a reminder to pray for them.

Giving Abundantly

Trinity members were deeply moved by the plight of Ukrainians, and since the invasion, have donated **\$22,635.25 directly to relief efforts in Ukraine through the United Methodist Committee on Relief (UMCOR)**. An update from UMCOR:

“Grants for immediate relief have been given to United Methodist partners to provide direct aid inside Ukraine as well as to support those who have fled the violence. UMCOR is working through Methodist churches in neighboring nations—Poland, Hungary, Romania, Slovakia, Estonia, Bulgaria and the Czech Republic. Grants provide transportation assistance, humanitarian supplies such as food, water, clothing, shelter and medication, as well as legal services and safe spaces for families, women, children and those with disabilities. In addition, UMCOR has funded the transport of more than \$1 million in medical supplies to hospitals in Kyiv, with more supplies scheduled in the coming months. UMCOR is in continuous dialogue with UMC entities and other partners throughout Europe to identify additional ways to assist. The situation in Eastern and Central Europe is constantly evolving and with Ukraine’s economic losses already estimated in the hundreds of millions of dollars, recovery efforts will take years. Global Ministries and UMCOR will continue to respond in the months and years ahead.” (taken from UMCOR’s web page on Ukraine relief, accessed September 20, 2022. <https://umcmmission.org/umcor/umcors-response-to-the-crisis-in-ukraine/>)



A Season of Change

by Nancy Bedford, United Women in Faith Communications Officer

United Women in Faith **welcomes all Trinity women and friends to the Fall Luncheon on Tuesday, October 11, at 11:30 in Moor Hall!** Our focus will be on bringing joy and friendship back into our lives after the pandemic. We are thrilled that our speaker will be Judy Micale LLC, a professionally credentialed life coach, corporate trainer, and motivational speaker. She will speak on “compassion fatigue” and how to find joy in each day. Please come and be part of a new pathway to joy with renewed and new friendships and a delicious lunch. Reservations for lunch must be made by Thursday, October 6. Call Nancy Kerce at 850-877-6546. The cost for lunch is \$8, payable at the door.

As seasonal changes happen in Tallahassee, changes are also occurring with the United Women in Faith at Trinity. Our new name addresses the different needs and life stages of women and **welcomes women of other faith traditions to participate** with us! As in the past, our focus continues to be nurturing women’s bodies, minds, and spirits. Through love for each other and faith in God, we continue to put our faith in action by supporting

women, youth, and children, locally and globally.

We are grateful for the leadership of past president, Becky Lachance, as she navigated our group successfully and with youthful passion through the difficult years of the pandemic. Pecan sales were successful in spite of unexpected delivery difficulties. She and past secretary, Nancy Lachance, led the hard work of overseeing the project with the help of other members. Through the many orders from the congregation, the profit from the sales enabled the annual budget to be met. Sandy Frazier, incoming president, convened the executive board meeting on August 30. Barbara Ware was elected secretary. It was confirmed that during this coming year, we will have three unit meetings. They will be held October 11, February 14, and May 9.

Circle meetings are starting again. If you would like to be part of a smaller group, all circles welcome new members. Information on the circles will be available at the unit meeting. We look forward to welcoming everyone October 11!

Meet Ruth Ann High, BFC Instructor

by Beth Curry, BFC Team Leader



M eet Ruth Ann High. Ruth Ann is one of the four great BFC Instructors. She's been teaching one of the **BFC Staying Strong** classes since 2016 and **BFC Flexibility** since 2021. She is AFAA and CPR certified and is a senior fitness specialist. She also specializes in foam rolling and flexibility exercise.

"I LOVE EXERCISING! Now before you moan and groan, hear me out. I am 63 years old and have found that exercising has helped me feel better. I enjoy the extra energy it gives me. I enjoy having stronger muscles. I enjoy knowing my heart is stronger and all my organs are benefiting."

So why don't we feel like exercising? "I'm too tired." "I don't want to hurt." "I will get sore." "It's no fun." "I just don't have time." WRONG! We at BFC strongly disagree with all of this. Even if you are a little tired, if you start exercising, chances are that you will find you have more energy than you think. At BFC, our workouts are not debilitating. While the programs are designed to challenge individuals, they are also designed not to intimidate you. There may be mild soreness the next day, but it will not keep you from

wanting to do more. It will inform you that you are doing great. Exercising at BFC is FUN! We encourage everyone to do their best, and the fellowship is as rewarding as the workouts. And we do have time to exercise because exercising brings great rewards that are worth the time you invest. Here are a few medically proven benefits of exercising: increased bone density, improved cardiorespiratory efficiency, increased metabolic efficiency, lowering of cholesterol, decreased body fat, increased lean body mass, increased tissue tensile strength, reduced risk of chronic disease, elevated mood, improved concentration and cognitive function, increased energy, reduced joint pain, improved sleep habits, and improved self-esteem.

We are never too old to start exercising. At BFC we have had many participants in their 80s and 90s. Please contact us at BFC, and let us help you get moving. Trust me, movement is the key to take care of your body so that you can enjoy life."

Fall 2022 BFC & BFO Class Schedule

Monday 9:30 a.m.	Flexibility for a Better You (Zoom only)
Tuesday 9:45 a.m.	Staying Strong
Tuesday 11:00 a.m.	Variety Mix
Thursday 11:00 a.m.	Variety Mix
Thursday 12:15 p.m.	Flexibility for a Better You
Thursday 1:30 p.m.	Staying Strong
Thursday 6:00 p.m.	BFO Walking/Hiking (meets at a Tally Park)

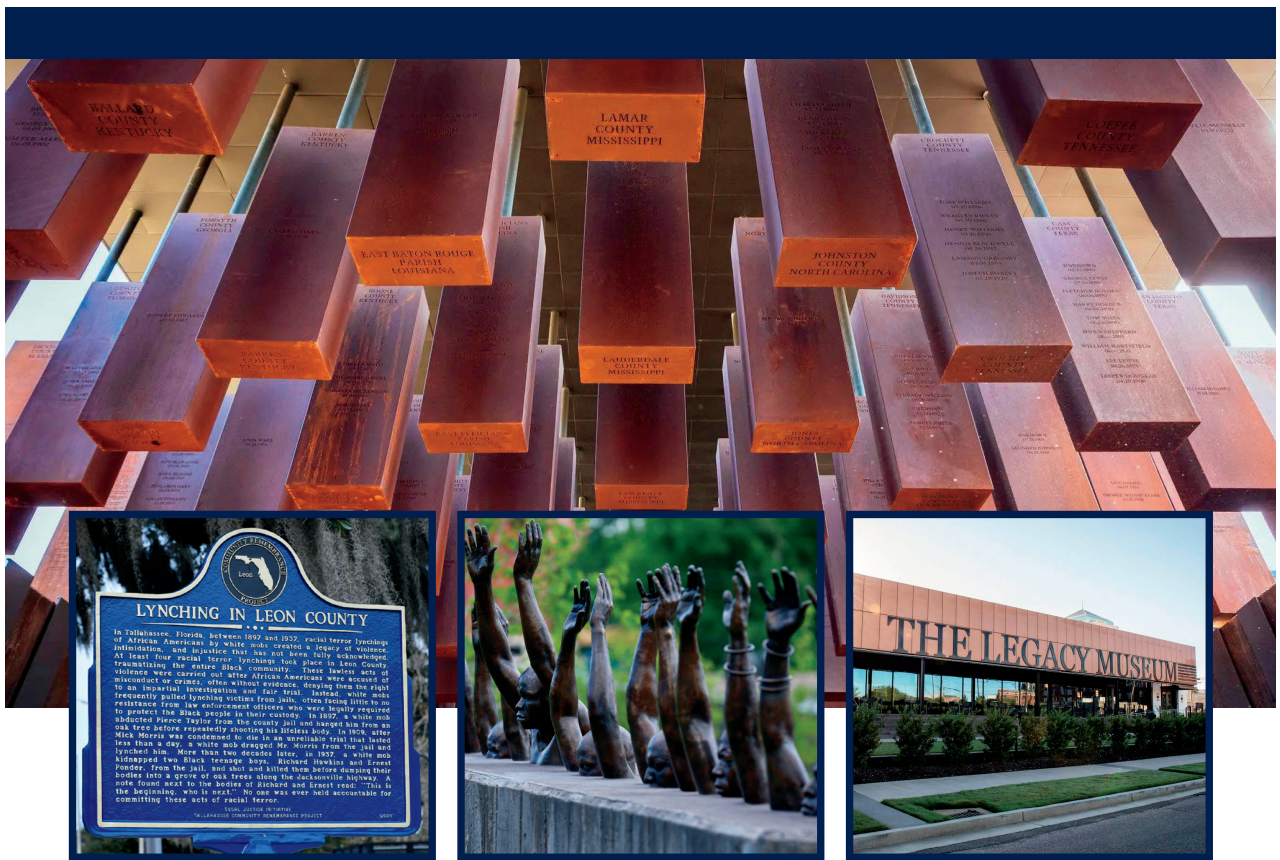
Classes meet in Moor Hall and are available on ZOOM except as noted. For more information about BFC (Becoming Fit at Church) Exercise and BFO (Becoming Fit Outdoors) Walking/Hiking, please email BFCSeries@yahoo.com. Advance registration is required.

Children's Ministry Update

by Candace Duclos, Director of Children's Ministries

The Children's Ministry is in full swing! Sunday School and NETKids programs are happening each week. Please pray for our children as we focus this month on trusting God. We are learning that this can often be challenging. When we trust God we sometimes must wait for Him and His timing; this can be hard! Students are hearing the stories of Abraham, Isaac, Jacob, and others as we learn to trust God. NETKids are enjoying choir time, woodworking, crafts, and cooking each Wednesday. If you would like for your child to participate in our Sunday School or NETKids, please contact Candace Duclos at cduclos@tumct.org. Come join the fun!





PEACE & JUSTICE PILGRIMAGE

TO MONTGOMERY, ALABAMA NOVEMBER 11-12, 2022

Join us on pilgrimage to deepen our faith in Christ and our desire to love one another.

The purpose of this journey is to engage the reality of systemic racism and injustice in our lives. We will learn the history of white racial violence from the Antebellum South, through Reconstruction, to Jim Crow, and all the way to mass incarceration today. It is our prayer that through our journey we will all know better how to love our neighbor more fully on our path of discipleship.

ON THIS JOURNEY WE WILL

- Tour the National Monument for Peace and Justice and the Legacy Museum
- Hear from leaders and engage in small group discussions and reflections
- Worship together and celebrate Holy Communion

Cost: around \$200-300 per person, with double and single room options. includes travel, hotel, materials, and meals other than Friday night. Limited spaces available.



Organized by Trinity UMC
and Saint Paul's UMC
in Tallahassee, FL

<https://tinyurl.com/UMCpeaceandjustice>



Monthly Publication from
Trinity United Methodist Church
P.O. Box 1086
Tallahassee, FL 32302
(850) 222-1120 www.tumct.org

WORSHIP SERVICES

Early Service: 8:30 a.m. in the sanctuary
SUN Service (contemporary worship): 9:45 a.m. in Moor Hall
Traditional Service: 11 a.m. in the sanctuary

SUN Service and 11 a.m. Service are live streamed
Please visit www.tumct.org for viewing links

PASTORAL STAFF

Rev. Dr. Matthew Williams, *Lead Pastor*
Rev. Bryant Manning, *Interim Associate Pastor*
Dr. Nick Quinton, *Director of Discipleship and Adult Ministries*
Rev. Wayne Curry, *Minister of Pastoral Care*

MINISTRY STAFF

Dawn Adams, *Congregational Administrator*
Laurie Atteberry, *Business Administrator*
Ben Armstead, *Sexton*
Viktor Billa, *Organist*
Zachary Cramer, *Technical Director*
Gabriela Denton, *Communications Coordinator*
Candace Duclos, *Director of Children's Ministries*
Stacey Duggar, *Preschool Director*
Sofia Fernandez, *Director of Youth Ministry & Modern Music*

Melanie Gonzalez, *Office Administrator*
Patti Groh, *Sexton*
Brett Ingram, *Facility Director*
Mike Kasper, *Live Stream Coordinator*
Amy Leach, *Programs Assistant*
Charlotte Mathews, *Sexton*
Katelin McLeod, *Sexton*
Chris Titko, *Director of Music*

TIDINGS TEAM

[Gabriela Denton](#), *Editor*

[Pamela C. Crosby](#), *Technical Editor*

Let's stay in touch!

- Sign up for our News & Notes weekly email newsletter on our website www.tumct.org
- Like us on [Facebook](#) @TrinityUMCTallahassee
- Follow us on [Instagram](#) @umctrinity
- Listen on [Spotify](#) Trinity United Methodist Church Tallahassee