

Tidings



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

Remembering with Gratitude

by Rev. Dr. Matthew Williams, Lead Pastor

Glory to God and praise and love
be now and ever given
by saints below and saints above,
the Church in earth and heaven.¹

So concludes Charles Wesley's venerable hymn, "O for a Thousand Tongues to Sing." The hallowed vision of saints robed in white, genuflecting, and joining together in a chorus of praise around a resplendent heavenly throne is as powerful as it is alluring. It is a vision of those who have gone before us. It is a song of praise to a God who is faithful. It connects us with those who have departed, yet live eternally.

Trinity will be celebrating the Feast of All Saints on Sunday, November 6. The All Saints celebration is for all of us—for the church, for remembering the people we loved and who were important to us. It is those people who made an impact in our lives and who now reside in the presence of The Holy Trinity in the Church triumphant. *(continued on page 2)*

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Memorial Gifts

Trinity received the following gifts from September 11-October 10.

- In memory of **Marilyn Williams** from her Circle 1 group, the Altar Guild, Bill Smith, James Brewster, Joel Kramer, Anne Vinson, Cynthia Smith, Nancy Waugh, Carl and Lolly Wier, Bettie Bedell, Nora Nell Jackson, Lynne Barrera, Foy Winsor, Judy Teal Parker, and Gail and Joe McGlothlin.
- In memory of **Ron Baker** from Mike and Dianne Ruff.

1 "O For a Thousand Tongues to Sing," Charles Wesley, 1749.

You are invited to bring those people into your memory for this special service of worship. To date, we will be celebrating 33 people who have gone on before us to the church triumphant over this past year. We will read their names, ring bells, and illumine the altar with candles to commemorate their lives and our memories of them. All of their families have been invited to attend this sacred service and resident clergy of Trinity who are able will participate. In our hearts, we will remember all those loved ones that reside in the depths of who we are. In addition, you will be invited to speak their names aloud during the Liturgy of the Holy Eucharist.

Remembering others always bring tender moments. For some, these are moments of great joy as we recall and rest in the eternal promises of God. Though there is death, there is no sting. That though there is the grave, it has no victory.

Grief is one of life's most powerful human experiences. It is often a very lonely and long process. Many of us have awakened on the morning after the death of a loved one and simply marveled at how the sun can rise another day and the Earth can continue to turn after our world has been abruptly destroyed. These times of grief mark dim chapters in the human experience. Over time, the grief process leads us to remember stories—stories of people, stories of life, and stories of faith. All Saints Sunday is a day to recall not just the image of the departed but their stories.

Dietrich Bonhoeffer wrote these words to his niece, Renate Bethge, and her husband, who was Bonhoeffer's close friend, Eberhard, on Christmas Eve, 1943, from his prison cell: "Nothing can make up for the absence of someone whom we love.... It is nonsense to say that God fills the gap; he doesn't fill it,

but on the contrary, he keeps it empty and so helps us to keep alive our former communion with each other, even at the cost of pain.... the dearer and richer our memories, the more difficult the separation. But gratitude changes the pangs of memory into a tranquil joy. The beauties of the past are borne, not as a thorn in the flesh, but as a precious gift in themselves."²



Altar in Trinity's Sanctuary on All Saints Sunday

Gratitude changes the pangs of memory. All Saints Sunday comes to us each year as we begin a season of gratitude. Living a life of gratitude is a work in progress, not a one-time event. Gratitude is one of the marks of humility, ever moving our hearts to truly search ourselves and know ourselves, and to be part of the *thankful people that come and raise the song of harvest home.*³

This is where All Saints' Day comes to our aid. We remember and are grateful for those who have gone before us. There is no chaos but rather blessedness. The ones we are remembering are long settled in their resting places. Yet, it changes us. The celebration of all the Saints is the chance

to be present in our grief, reflecting on our memories in the quietness of our hearts, turning them over one by one, taking our time to remember and reflect, and doing so in the presence of Almighty God.

The death of someone close changes something deep inside. When his dear friend Charles Williams died, C. S. Lewis wrote, "No event has so corroborated my faith in the next world as Williams did simply by dying. When the idea of death and the idea of Williams thus met in my mind, it was the idea of death that changed."⁴

The magnificent Trinity sanctuary on All Saints Sunday is the place where we all will enter that sheltered and quiet heart space of our own, at the same time, in the same place. As you recall the faces and recollections of your dearest departed before your mind's eye, cherishing the chance to do so peacefully and uninterrupted, your neighbor will be more than likely doing the same. We will enter the valley of the shadow of death together, and walk through it in solidarity with one another. As we partake of the Holy Eucharist, we will remember that death does not have the final say. As the Psalmist states: "Yea though I walk through the valley of the shadow of death, I will not fear, for thou are with me, thy rod and thy staff comfort me."

*Praise to the Spirit of life,
all praise to the fount of our being,
light that now lightens all,
life that in all now abides.
Hail, glad festival day!
Blest day to be hallowed forever,
day wherein Christ arose,
breaking the kingdom of death.*⁵

God does not leave us in the valley of the shadow of death. God walks with us through it. As we enter into this season of gratitude, let us thank God for God's Divine Presence that is always with us.

2 *Letters and Papers from Prison*, Dietrich Bonhoeffer, (2011), Touchstone, 176-177.

3 "Come Ye Thankful People Come," Henry Alford, 1844.

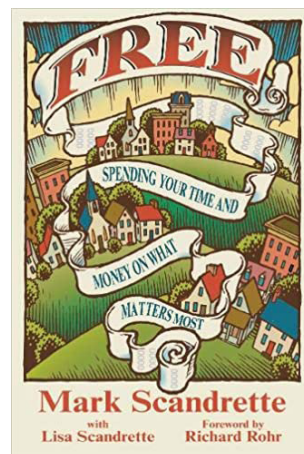
4 Robert McAfee Brown, "Meditation on a Particular Death," *The Pseudonyms of God*, p. 159

5 Hail Thee Festival Day!, Venantius Honorius Clementianus Fortunatus, translated from *The English Hymnal*, 1906.

For Where Your Treasure Is, There Your Heart Will Be Also

by Gloria Colvin, Church Librarian

- Jesus had a lot to say about money and giving that still resonates today. Several books in Trinity's library explore his teachings about giving and provide guidance on giving in a way that aligns with our values.
- Author Julie Salamon explores different motivations for and ways of giving in *Rambam's Ladder: A Meditation on Generosity and Why It Is Necessary to Give*. Throughout the book she reminds us that we're measured not by what we have, but by what we give.
 - In *The Walk: Five Essential Practices of the Christian Life*, Adam Hamilton identifies giving as one of those essential practices. Reminding us of God's generosity to us, he writes that one of the "keys to finding meaning, happiness, and fulfillment is generosity toward God and others."
 - For those who like to read daily devotions, Robert Schnase has compiled four weeks of thoughtful readings in *Practicing Extravagant Generosity: Daily Readings on the Grace of Giving*. "Generosity," he writes, "is a fruit of the spirit, a sign of our spiritual growth. God uses our giving to change the world for God's purposes, and God uses our giving to reconfigure our interior lives and to change us!"
 - In the book *Free: Spending Your Time and Money on What Matters Most*, authors Mark and Lisa Scandrette provide a guide to "clarify your life vision and values; cultivate practices of gratitude, trust, contentment, and generosity; and develop practical skills to align your money and time with the deeper values you've identified."



Trinity Shows Love to a Mom in Need

by Jess Cloud, Trinity Church Member

A few weeks ago, my dear friend Aaronetta Clausell Frison reached out to me about needing clothing, shoes, beds, bedding, towels—anything we had to spare for a young mother with four children who needed our help. Aaronetta is the daughter of the late Rev. Dr. Bernyce Clausell, who spent her lifetime reaching out to people in need in her community and beyond—and the apple doesn't fall far from the tree. A longtime civil rights activist, Rev. Dr. Clausell participated in the 1956 Tallahassee bus boycott. She was renowned for her work with the poor, spearheading food and clothing drives in the Big Bend for decades. She conducted prison ministries at Florida State Prison and worked on behalf of homeless issues in Leon and Gadsden counties. Clausell, a thin woman who stood barely five feet tall, earned the tag of the "Black Mother Teresa" in 1984. Her daughter Aaronetta carries out many of the same missions here in Tallahassee, following in the footsteps of her late mother.



Dr. Nick Quinton, Jess Cloud, and Aaronetta Clausell Frison delivering new beds

So I made a social media post on my personal Facebook account, asking moms in the area to gather any extra items that they could donate to this family in need. Although I had many people reach out to me and I had several generous moms help me fill the back of my van with items for Aaronetta to take to the young mother in need, we could not seem to find any beds for the family. So I reached out to Sleep in Heavenly Peace.

Sleep in Heavenly Peace (SHP) is an American nonprofit 501(c)(3) organization that builds and delivers beds to children who don't have beds to sleep in. Luke and Heidi Mickelson founded SHP in 2012 in Twin Falls, Idaho. As of February 2022, the organization has 200 chapters around the United States and has built over 100,000 beds.[1] There is a chapter here in Tallahassee who has worked with numerous organizations around town to host "builds" where the organizations meet with supervision from members of the local chapter to build the beds for delivery to folks in our community who have a need. Their motto is "No kid sleeps on the floor in our town."

The young mother had been living in a housing project here in town that was not really a safe place for small children. Because she did not have any family in Tallahassee, she relocated to Troy, Alabama, to be closer to the father of her children and his family. She reached out to the Sleep in Heavenly Peace in Montgomery, and they replied to her that they could not help her because she was not in the counties they served. So I reached out to Melanie Quinton because she is a very resourceful person with local community outreach programs. She contacted someone within the Sleep in Heavenly Peace chapter here in Tallahassee, and that person said we could take beds to the young mother on behalf of Trinity United Methodist Church. So that's just what we did! On Monday, October 10, 2022, Dr. Nick drove the van, and Aaronetta and I met with volunteers from Sleep in Heavenly Peace to obtain beds and bedding and we took it to the young mother in Troy.

The beds are made up of a matching headboard and footboard, two rails and slats for the mattress, and if the beds will be stacked, there is also a safety guardrail that goes on

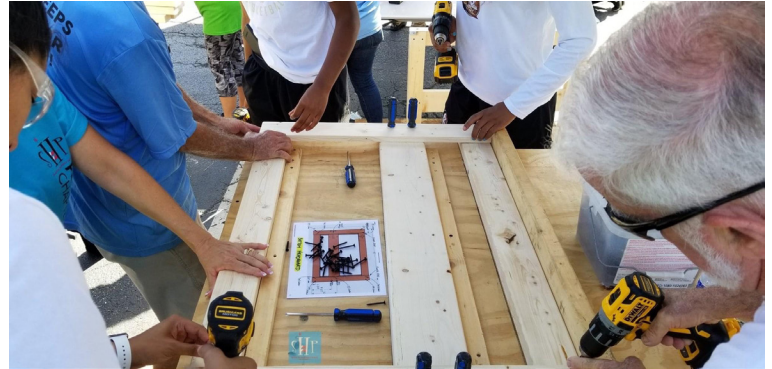


Wood headboards ready for assembly

the top bunk. Made of solid wood, the beds are assembled at scheduled gatherings where volunteers use templates to make the various components of the beds. The chapter sends the people volunteering to deliver beds with a bag of lag screws with washers, round pegs to bunk the beds, a brand new mattress for each bed needed, bedding, and pillows. In total, our church delivered four beds to the mother in need.

Jesus obviously had a mission guided by love in His time on earth. He was on earth precisely because "For God so loved the world, that he gave his only begotten Son, that whosoever

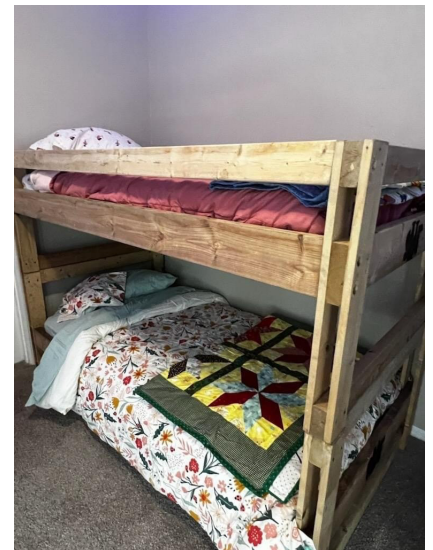
believeth in him should not perish, but have everlasting life" (John 3:16). Time and time again, He shows love through action. He also says things like "as the Father loved me, I also have loved you; abide in My love" (John 15:9). He humbled Himself and loved through action. He didn't stand off from afar and tell people, "Hey, I love you." He got close and personal with people in His time on earth. He broke bread with sinners. He stayed in their homes, washed their feet, and ate meals with the people He loved.



SHP volunteers building a bed

Everything we have is from the Lord, and our resources are not ours to hoard for our own personal benefit, but they're from the Lord and for the Lord's use. We should use the resources we have to actively love people and provide for our brothers and sisters in Christ. This means giving our time to others as well. This means serving with the hands and feet God has given us. This means loving people hands on, rolling up our sleeves, and getting our hands dirty. This means spending time with the broken, the outcast, and the rejected. This means humbling ourselves to the point of servitude. Christ humbled himself to the point of death on a cross, and yet we are so comfortable never even getting close to that level of humility.

I am so thankful that my friend reached out to me—to us—to be the hands and feet of Jesus. With gratitude I extend thanks to the many hands that not only reached out to this young mom in a time of need but also showed her love in a world where it can seem like there is so little love. I pray that perhaps some of you reading this may feel called to reach out to our local chapter of Sleep in Heavenly Peace to make a charitable financial donation, help with a bed build, or help deliver and assemble a bed to those in need here in town.



Finished bunk beds!

Preschoolers and Pets!

by Stacey Duggar, Preschool Director

Way to go, Preschool families! Last month, the PK3 classes learned about pets, how to take care of them, what makes a good pet, and how to help pets in need. We decided to collect supplies for Leon County Animal Services. Did you know that this organization helps with adoptions, lost and found pets, and have many educational programs? They are a wonderful resource for the city of Tallahassee, and we are delighted to help them out with food, kitty litter, food bowls, potty-pads, cat toys, and more!



Lisa Prasse brings our donations to a grateful Leon County Animal Services employee.



Lisa Prasse and Jennifer Hopgood with their three-year-old classes show off some of the many donations for our Pet Supply Drive.

Trinity Kids: Learning, Playing, and Worshipping

by Candace Duclos, Director of Children's Ministries

We are actively learning, playing and worshipping together in our Children's Ministry. For the month of November, our Biblical focus will be on courage—doing what is right, even if it is hard. We will delve into the stories of David, Daniel, and Esther to learn how trusting God gives us courage. This theme will also be carried into our NETKids program as we look at these stories of faith to see how to make it applicable to our lives. We are also expressing our thankfulness through songs and art. Please come check out the second floor children's hallway to see what we are up to. If you are looking for ways to volunteer in our growing Children's Ministry, please contact Candace Duclos at cduclos@tumct.org.



Meet Jaqui Griffith



by Beth Curry, BFC Team Leader



Jaqui is one of the great BFC Ministry Team instructors. Jaqui has been part of BFC Ministry since 2016 and now leads the BFO (Becoming Fit Outdoors) Walking/Hiking group, which meets on Thursdays at 6:00 p.m. at a local Tallahassee park. Jaqui has an MS in Nutrition, is an RD/LDN, a Senior Fitness Specialist, a swim coach, and holds fitness certifications from ACSM, CAFS, and Exercise is Medicine® along with other nutrition certifications. She loves to swim, run, and cycle.

Jaqui shares, "Being outside is my happy space and I love to talk. Put those two together and you have BFO. I was struck by how little I knew about people I had been around for many years until I hiked with them. It is also a way to be close to nature and reap the rewards of a lower blood pressure, healthier immune system, and just plain old fun. I do try to insert some random nutrition tips. We want to expand our times to possibly including some weekend events and

some biking and kayaking. Stay tuned. For now, just come to meet some amazing people, get healthier, and have a laugh or three."



BFO group at a local park

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.

New Session of Lay Academy with Ukraine Focus

by Gloria Colvin, Chair of Lay Academy Committee

Lay Academy will launch its second fall session on Wednesday, November 2, with a new class on Ukraine that will be offered both in-person and online. Trinity has had a special interest in Ukraine since organist Viktor Billa and his wife, Yuliia, joined us in 2015. In recent months the Russian invasion and the arrival of Ukrainian refugees in Tallahassee have sparked renewed interest in this war-torn country and concern about its people. The Lay Academy class will explore some of the country's history and its conflicts with Russia, delve into its culture and arts, and help us better understand the current situation.

Alternatively, you can learn to play guitar, participate in Parenting Village, or join the Men's Group discussion through Lay Academy. All these groups will meet in-person on Wednesday evenings November 2, 9, 16, 30, and December 7. Becoming Fit Outdoors will meet on Thursday evenings during those same weeks to walk at Cascades Park. Sign up for a class and dinner [here](#).

Update from the Underground

by Sofia Fernandez, Director of Youth Ministries and Modern Worship

We are halfway through an exciting semester in the Underground! Between boba tea late nights, fun weekend retreats, and endless games of 9 Square and Bodies, the youth have kept busy.

In September, the youth went on their annual Fall Youth Retreat at Warren Willis. The theme of the retreat this year was Koinonia, focusing on the importance of Christian community. With faces both new and old, youth were able to grow in their faith individually and together.



Youth Retreat at Warren Willis Camp



Youth Retreat at Warren Willis Camp

This month, we had the opportunity to participate in two community service projects. First, we partnered with Neighborly to provide essential supplies for refugees in Tallahassee. Second, the youth helped Trinity by making 300 snack packs for people experiencing homelessness in downtown (not to brag, but we did it in the min).

We are looking forward to an action-packed winter full of Christmas trees, chili, and Hanging of the Greens. We just finished up a series learning about the Holy Spirit: who it is, what it is, and how we engage with the Holy Spirit in our everyday lives. Next, we will begin a series on the power of the Gospel. If you have someone in your family who is of youth age, we would love to welcome them at any of our weekly meetings.

Youth Schedule

UMYF (Youth Group):
Sunday 6-8 p.m. (dinner provided)

Youth Bible Study:
Wednesday 6:30-7:30 p.m.

Youth Praise Band:
Wednesday 7:30-8:30 p.m.



Snack Pack assembly line



Shopping for supplies for community outreach projects



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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

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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*
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