



From the Desk of the Pastor

Once a month in Clergy Wellness Group, I meet with the Conference Counselor and other Holston Clergy for book studies and case studies. This helps us to become better leaders and we get continuing education credits for the class. This is not considered time off from work, this is work. This year one of the required books is *Dare to Lead: Brave Work. Tough Conversations. Whole Hearts*, by Brene Brown, pages 143-201. She is one of my favorite leadership authors. She works with a variety of businesses; she also works with the military to help them improve their leadership skills.

One of the chapters in the book is about “Shame and Empathy” and it is my favorite. Probably because my parents tended to shame us about everything. I suspect that all of us struggle with shame. Brene Brown says, “Shame, which is often referred to as “the Master emotion,” is the *never good enough* emotion. It can *stalk us* over time or wash over us in a second – either way, its power to make us *feel we’re not worthy of connection, belonging, or even love is unmatched in the realm of emotion.*” Shame is very powerful, and it can bring us down.

Brown teaches that we often get shame and guilt confused. Guilt she defines as, “I did something bad.” Shame she defines as, “I am bad.” I do not believe God want us to go around feeling we are bad all the time. Jesus bore our shame on the cross. If we are guilty of something, we need to confess it and ask God for forgiveness. “Current neuroscience research shows that the pain and feelings of rejection that shame inflicts are as real as physical pain. Shame corrodes the very part of us that believes we can change and do better.” Brown reminds us, “as long as we care about connection, the fear of disconnection will always be a powerful force in our lives, and the pain caused by shame will always be real.”



Brown's research shows, "Shame resilience is the ability to practice authenticity when we experience shame, to move through the experience without sacrificing our values, and to come out on the other side of the shame experience with more courage, compassion, and connection than we had going into it."

"Ultimately, shame resilience is about moving from shame to *empathy* – *the real antidote to shame*. . . If we share our story with someone who responds with empathy and understanding, shame can't survive. . . Self-compassion is key because when we're able to be gentle with ourselves in the midst of shame, we're more likely to reach out, connect, and experience empathy." To be good leaders we must be vulnerable enough to share our shame with those we can trust. We also need to know what empathy is and how to show empathy. Brown defines empathy, "Empathy is not connecting to an experience, its connecting to the emotions that underpin an experience." She gives an example, "Empathy isn't about fixing, it's the brave -choice to be with someone in their darkness – not to race to turn on the light so we feel better. . . Connection is what heals. Engage, stay curious, stay connected. Let go of the fear of saying the wrong thing, the need to fix it, and the desire to offer the perfect response that cures everything (that's not going to happen)."

She also reminds us to pay attention to our spiritual lives and she recalls she is never in a good place if she doesn't pay attention to her own spiritual life. Perhaps as a church we can offer more empathy to others rather than shame. We need to stay connected to Jesus and others. Jesus took our shame on himself so that we can be free and stay connected to God and humanity.



Upcoming Events

Yoga for Seniors

Trinity is offering a Yoga for Seniors class on Thursdays at 10:15 am in the Fellowship Hall. There is no charge to participate, and everyone is welcome! If you have a medical condition, please consult your physician before taking the class.

United Methodist Women

The Trinity UMW will meet on Friday, May 3rd, at 10:00 am to carpool to Wesley House to have lunch with the “Grannies” and play Bingo too. Terri is asking various members to make our lunch items, so come and enjoy. Please bring with you the items you've purchased for Bingo prizes: laundry detergent, dryer sheets, dish soap, Kleenex tissues, paper towels, and toilet paper. With the paper goods try and keep four to a package so the ladies can carry and manage. Thank you for participating in this outreach.

One Heart Community Closet

The One Heart Community Closet will open on Saturday, May 4th, from 10:00 am to noon. The community closet will be open on the first Saturday of each month during winter. The ministry will be accepting donations of coats, sweaters, and warm bedding. They are especially in need of men's clothing. A volunteer host is needed for each month, to be present and welcome visitors. A sign-up list will be provided, or contact Jane Whitaker if you want more information. (865) 986-8741 or jane Whitaker45@gmail.com .

Trinity Spring Clean Up Day

Please join us Saturday, May 4th, at 9:00 am to tidy up the gardens at Trinity. Those attending are encouraged to bring their own gardening tools.



Lunch for Habitat Volunteers

Trinity will provide lunch for the Habitat volunteers on Tuesday, May 7th, at 11:30 am in the Fellowship Hall.

Daughters of the American Revolution

The Gen. William Lenoir Chapter of the Daughters of the American Revolution will meet on Saturday, May 11th, at 9:00 am in the Fellowship Hall.

Letter Carriers Food Drive

The National Association of Letter Carriers Food Drive will take place on Saturday, May 11th, at two locations in Loudon County. The food drive will benefit the Good Samaritan Center of Loudon County.

Donations of nonperishable items may be dropped off at the Lenoir City City Hall parking lot from 10:00 am to 2:00 pm.

-OR-

Donations of nonperishable items may be dropped off at the Good Samaritan Center tent at the Tellico Village Fire Department parking lot from 8:00 am to 2:00 pm.

For more information, please call 865-986-1777.

Mother's Day Meet & Greet

Our monthly Meet and Greet luncheon will take place on Sunday, May 12th, following worship. The meal will be catered. The menu will feature ham, peas, corn pudding, slaw, pineapple casserole, hot rolls, German chocolate cake Everyone is welcome!



Admin. Council & Finance Committee Meeting

The Administrative Council and Finance Committee will meet on Monday, May 13th, at 5:30 pm in the New Visions classroom.

Trinity Scholarship Applications

Scholarship applications are now available in the church office. There are three different applications: High School Seniors, Current College Students, and Re-Entry Students. Applicants can call or come by the office for an application. The deadline for completed applications is Tuesday, May 14th.

Board of Trustees

The Trinity UMC Board of Trustees will meet on Tuesday, May 14th, at 6:00 pm in the New Visions classroom.

Trinity Scholarship Committee Meeting

The Trinity Scholarship Committee will meet on Thursday, May 16th, at 5:30 pm in the New Visions classroom.

Office Closed

The church office will be closed on Monday, May 27th, in observance of the Memorial Day holiday. We hope everyone has a safe and happy Memorial Day weekend!

Missions & Outreach Meeting

Missions & Outreach will meet on Wednesday, May 29th, at noon in the conference room.



Happy Birthday!

May 1	Charlie Ledbetter
May 5	Maxine Whistler
May 5	Anne Williams
May 8	John Brookshire
May 9	Wilma Bickers
May 16	Nancy Beaty
May 22	Sue Jane Hartsook

“May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.”

Romans 15:13



In Memory of Jack Hutchinson given by Jack Hammontree

In Memory of Dave Santi given by Jack Hammontree

In Memory of Hu-Ed Sharp given by Jack Hammontree

In Memory of Margaret VanWormer given by Jo Alison Cortez

In Memory of Margaret VanWormer given by Jean Griffith

In Memory of Margaret VanWormer given by Jack Hammontree

In Memory of Margaret VanWormer given by Bonnie Ledbetter

In Memory of Margaret VanWormer given by Ann & Bob Maroney

In Memory of Margaret VanWormer given by Mike & Terri Pearce

In Memory of Margaret VanWormer given by Phil & Lisa Reed

In Memory of Margaret VanWormer given by Sol Thomas

"Let not your hearts be troubled; believe in God, believe also in me. In my Father's house are many rooms; if it were not so, would I have told you that I go to prepare a place for you? And when I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also."

John 14:1-3



Our Church's Financial Journey: January to April Overview

As we step into the warmth of May, let us reflect on our financial journey from the start of the year. Your unwavering support and contributions have been the backbone of our church's activities. Here is a brief overview of our finances:

- **January's Challenge:** We began the year with a slight shortfall (and a snowfall), with expenses (\$16,256.00) slightly exceeding our revenue (\$15,246.92).
- **February's Test:** The gap widened in February, as our expenses (\$22,707.93) outpaced our revenue (\$15,472.57). This was due to essential annually billed expenses, an extended period of freezing weather, a brief Covid-19 closure and some but unforeseen church repairs.
- **March's Blessing:** By March, we saw a reversal, with revenue (\$24,191.95) surpassing expenses (\$16,907.37).
- **April's Growth:** Continuing the positive trend, April showed further growth with revenue (\$26,924.49 [which included Easter Sunday]), well above expenses (\$17,397.99). This is a testament to our congregation's strength and commitment.

All Conference and District tithes have been paid.

As we move forward, let us continue to give with joyful hearts, knowing that every contribution furthers our mission and helps us overcome any financial hurdles.

In gratitude,
Mike Pearce Church Treasurer



2024 Holston Conference Hands-On Mission Project: Again this year our Smoky Mountain District is asking our churches to provide 400 food buckets for the children attending the Ishe Anesu Project for Underprivileged Children in Zimbabwe. Our Outreach Committee has again set a goal of 15 Buckets. We filled that many last year and think Trinity can do it again this year.

- We will distribute the buckets on Sunday, May 19th and dedicate them on Sunday, June 2nd.
- Each 5-gallon bucket is to be filled with six specific food items (a list of these items accompanies each bucket) and returned by Sunday June 2nd for dedication.
- Food Buckets will be available in the Sanctuary Sunday, May 19th and each Sunday thereafter till all have gone home.
- If you would like, two or three people can take one bucket to fill together, or an individual can fill one alone. Last year a bucket cost approximately \$30, but this year there are three less items so confident the bucket will not cost more.

Thank you, Trinity, for participating in this yearly Holston Conference outreach to the children of the Ishe Anesu Project in Zimbabwe.

Hygiene Kits for our Lenoir City Schools Family Resource Center: Susan Fox, Director of our Lenoir City Schools FRC has asked Trinity to provide 10 to 15 Male Hygiene Kits. Our goal is 10 kits. These kits will be given to boys who are homeless, or from displaced families, or as Susan Fox said, “to those who have no opportunities for a toothbrush.”

In order to maintain consistency in the size of the items and the products included, we are asking you to please make a donation toward these kits. When we last purchased the hygiene kits in January of 2023 for both male and female students, a kit was approximately \$75.00. The kit consists of approximately 20 full-size items, no travel size. Our Outreach/Missions committee will shop for these items.

If this outreach is of interest to you, please write "Hygiene Kits" on the memo line of your check or offering envelope. And as always, we say Thank You, Trinity!!



Connection, Community, Commitment

Holston Conference has a rich history of supporting ministries through our annual Conference Mission Offerings. Each year our Conference members join together to make a difference in the lives of others through this offering. In 2024, we have that opportunity through the *New Voices Campaign*.

Our goal is to support **Holston's Conference Colleges** (Emory & Henry College, Tennessee Wesleyan University), **Wesley Foundations** (located at Radford University, The University of Virginia at Wise, East Tennessee State University, The University of Tennessee Knoxville and The University of Tennessee Chattanooga) and **Camps** (Camp Dickinson, Camp Bays Mountain, Camp Wesley Woods, Camp in the Community and Camp Lookout).

Through this campaign, the goals of increasing **Connection, Community and Commitment** of the **young Voices** will be achieved. For generations these ministries have had a huge impact on countless lives. We have seen a large percentage of our Holston clergy and laity shaped at these places. In a time of uncertainty, *We Are Investing in our Future*.

Trinity will participate in our Holston Conference Mission Offering, New Voices, on Sunday, June 2nd.

If you would like to participate, please write New Voices on the memo line of your check or offering envelope and know that you are making a difference by investing in our future! Thank You!

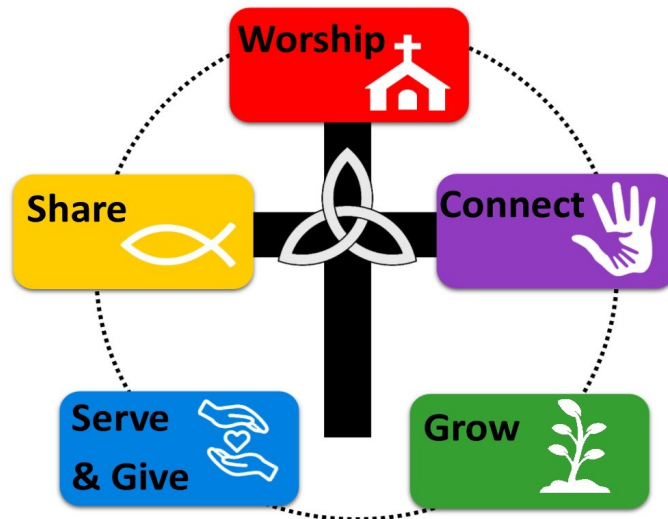


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 6:00 pm Choir Rehearsal	2 10:15 am Yoga for Seniors in Fellowship Hall	3	4 9:00 am Trinity Clean Up Day 10:00 am - Noon One Heart Community Closet
5 9:45 am Sunday School 11:00 am Worship & Holy Communion	6	7 11:30 am Lunch for Habitat volunteers in Fellowship Hall	8 6:00 pm Choir Rehearsal	9 10:15 am Yoga for Seniors in Fellowship Hall	10	11 9:00 am DAR Meeting in Fellowship Hall
12 9:45 am Sunday School 11:00 am Worship 12:00 Meet & Greet Mother's Day	13 5:30 pm Admin. Council & Finance Committee Meeting in New Visions Classroom	14 6:00 pm Board of Trustees Meeting in New Visions Classroom Trinity Scholarship Applications Due	15 6:00 pm Choir Rehearsal	16 10:15 am Yoga for Seniors in Fellowship Hall 5:30 pm Trinity Scholarship Committee Meeting in New Visions	17	18
19 9:45 am Sunday School 11:00 am Worship Pentecost	20	21	22 6:00 pm Choir Rehearsal	23 10:15 am Yoga for Seniors in Fellowship Hall	24	25
26 9:45 am Sunday School 11:00 am Worship	27 Memorial Day Church office closed	28	29 6:00 pm Choir Rehearsal	30 10:15 am Yoga for Seniors in Fellowship Hall	31	



Linda Bass, Pastor
Warren Clark, Music Director
office@trinityumclc.com
865-986-2325 Phone
300 West Second Avenue
P.O. Box 606
Lenoir City, TN 37771

Disciples making Disciples
to share the LOVE of Jesus Christ
with our community
and the world.



Our Mission:

Matthew 28:18-20 "And Jesus came and said to them, "All authority in heaven and on earth has been given to me. Go therefore and make Disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age."

Discipleship Keys: Worship, Connect, Grow, Serve, Share