

Trinity Times

September 2024



When I was young, Sundays were special: they were Sabbath. My father would go to the bakery on the corner (the only retail establishment open) and then we would all linger over a leisurely breakfast of warm rolls, butter, and strawberry jam. The rest of the morning was spent in worship and Sunday School. Afternoons were quiet, lazy, and free for reading the Sunday papers, visiting friends and family, simply relaxing, or doing absolutely nothing. I cherish the memory of those peace-filled Sabbath Sundays in the presence of God and in the company of those I loved most in the world.

That was a long time ago. Sundays are busier now – businesses and stores are open, and there is little one cannot do. But the need for a quality of time different from the frantic pace of modern, everyday life remains. In a 24/7 world, we desperately need permission to rest. Jesus was not always available. Sometimes he just disappeared. He practiced Sabbath time. Our culture seems driven far more by goals of achievement and production than goals of knowledge of God and self.

The Sabbath command is rooted in God's own rest on the seventh day of creation. "Remember the sabbath day, and keep it holy. Six days you shall labor and do all your work. But the seventh day is a sabbath to the Lord your God" (Exodus 20:8-10a.) It's time to rethink, reimagine, and recharge Sabbath keeping.

Sabbath is not just another thing to add to the ever-growing list of things to get done. Sabbath is something very different: it is a rendezvous with God, an act of soul repair and joy. Sabbath is about the rest that every one of us needs and the joy that comes from it. Sabbath is when there's no distraction, no worry, no anxiety about yesterday or tomorrow; it is being present in the moment, God's moment. Sabbath is the essential pause that allows us to know again the all-embracing grace of God that grounds our journey every week, every day, every moment. And it's doable.

Summer's leisurely pace always offers more opportunities for Sabbath, but as that season ends, how do we create space in our frenetic lives for Sabbath?

- Give yourself permission to take it. It's a command, not a suggestion!
- Set boundaries to your work, and learn to say, "No."
- Ask yourself: What do I most enjoy? When do I feel most at ease? When am I most aware of God's presence? Let your responses guide your Sabbath practice.
- Use time that is "given" to you (illness, traffic, airline delays, waiting in line) to practice awareness of God, to pray for those around you, to praise and trust God.
- Season your days with Sabbath moments of relaxation and delight in small graces. Start small. Take a Sabbath afternoon, or a Sabbath hour or half an hour. Spend part of the day in silence. Take a slow walk to nowhere in particular. Take a guilt-free nap. Light a Sabbath candle and say a prayer or reflect on an inspirational reading.

Sabbath keeping is both a discipline and a blessing. The culture demands a 24/7 life. But God, for everyone's good, invites us to live 24/6.

Pastor Eileen

SEPTEMBER WORSHIP

September 1 Fifteenth Sunday after Pentecost
Holy Communion

Scriptures James 1:17-27
Mark 7:1-8, 14-15, 21-23

Sermon Lost in Translation



September 8 Sixteenth Sunday after Pentecost
Scriptures Proverbs 22:1-2, 8-9. 22-23
Psalm 125
James 2:1-10, 14-17
Sermon What a World This Would Be If . . .

September 15 Seventeenth Sunday after Pentecost
Scriptures Psalm 19
James 3:1-12
Sermon Taming the Tongue



September 22 Eighteenth Sunday after Pentecost
Scriptures Psalm 1
James 3:13 – 4:3, 7-8a
Mark 9:30-37
Sermon Owl or Crow?

September 29 Nineteenth Sunday after Pentecost
Scriptures James 5:13-20
Mark 9:38-50
Sermon Walls





An Invitation to Become a Member of Trinity United Methodist Church Participation in a United Methodist church does not require one to officially join the church, but many people desire to make the vows of membership.

When a person officially joins with a congregation, he or she makes a commitment to participate in the ministries, financial support, and decision-making of the church. Therefore, the church not only counts members, it counts on them to be a formal part of the body of Christ and to accept and exercise their responsibilities in that role. People who join a United Methodist Church commit to "uphold the church by their prayers, their presence, their gifts, their service and their witness." Honoring this membership commitment through a lifetime builds a strong community of believers who are disciples of Jesus Christ.

If you would like to join Trinity United Methodist Church at this time, or if you have questions about the meaning of membership or the process of becoming a member, please speak to Pastor Eileen.



An Invitation to Confirmation for Our Youth

All youth who are age 13 or older and feel ready to profess their faith in the Triune God are invited to begin the process of confirmation. The form and timing of instruction will be determined at a meeting with confirmands and parents. To participate, please speak to Pastor Eileen.

Book Corner

From Leslie Battistoni

The Soul of an Octopus by Sy Montgomery -This is a Non-fiction book that captures how the author is able to learn about the octopus and convey their different personalities.

Plus ***Remarkably Bright Creatures*** by Shelby VanPelt - a contemporary fiction about a giant Pacific octopus as told from his point of view.

I would also encourage you to explore our own Trinity Library created by Vivian Tucker and located in the church office. You can find church member favorites by authors Louise Penny (***Chief Inspector Armand Gamache*** series) and Jan Karon (the ***Mitford Years*** series), or discover a new favorite like Dewey – ***The Small-town Library Cat***.

Thanks to Karin Riley for her recommendation in the last newsletter of ***The Book of Lost Names*** by Kristin Harmel - this WWII historical fiction was very good – and may I add to the discussions with more recommendations by this author like ***The Sweetness of Forgetting***. Please feel free to write a recommendation for the next newsletter's Book Corner, or share your review or feedback.

Trustee Corner

Trustee Members:

Mike Tucci - Co-Chair

Royal Ricci - Co-chair

Mike Bangert - Treasurer

Bob Boisvert - Secretary

Chris Freeman

Ann Sherer

Ralph La Casio

Stan Brown

Ron Lemar

Next meeting: Sept 8th following worship in the Lutke room.

Current Projects:

Exterior steps to back door of Church – work in progress

Church Grounds – several trees removed/trimmed around the church, Fellowship Hall and Parsonage.

Cameras being installed in parking lot.

ADA ramp to sanctuary – done

Parsonage - Furnace repair - done

September Food Pantry

Food Pantry Dates

For September:

Bagging: Tuesday, September 24 at 10 am in the Parish Hall

Distribution: Thursday, September 26 from 7 – 8 pm

For October:

Bagging: Tuesday, October 29 at 10 am

Distribution: Halloween - Thursday, October 31.

(We're sorry the October distribution is scheduled on Halloween, but believe the distribution needs to fall on the last Thursday of the month as consistently as possible.)

If you are typically available on Tuesday mornings at the end of the month and would like to help us bag food for the distribution, please let Marcia Grant know, and we'll add your name to our list of potential helpers. 845-223-5489. Typically, no one has more than six sets of bags to fill. We now have this down to a science. It takes no more than an hour to fill all the bags for distribution.

Please give Marcia Grant a call if you think you could help. 845-223-5489

Fill The Truck!

Love INC Donation Drive



Saturday, September 7, 2024
2-4 pm rain or shine
at Poughkeepsie United Methodist Church Parking Lot

2381 New Hackensack Road, Poughkeepsie, NY

Stop by and help us "Fill The Truck" by donating these much needed ministry class incentive items for Mid-Hudson Love INC

Paper Goods

- Paper Towels
- Toilet Paper

Household Items

- Liquid Laundry Detergent (48-64 oz)
- Liquid Dish Detergent (14-16 oz)
- Disinfectant Cleaner (32 oz)
- White Tall Kitchen Garbage bags (13 gallon, 20-30 pack)
- Pair of Rubber Cleaning Gloves (REUSABLE only, size Large)

Misc.

- Blue or Black Ball Point Pens
- Hard cover 1 inch 3-ring binder with clear insert-sleeve over the cover

Hygiene Items

- Body Lotion
- Body Wash
- Deodorant
- Band-Aids
- Q-Tips
- Lip Balm
- **Alcohol-Free** Mouthwash

Shopping Cards

- \$10 and \$20 Grocery Store Cards with activation slips (**Stop N Shop & ShopRite**)
- Re-usable Shopping Bags

Bed Pillows

- Standard-sized Bed Pillows, only new in original packaging

Grocery Items

- Can (12 oz) of chicken meat
- Can (10 oz) of Rotel diced tomatoes
- Can (15 oz) of corn kernels
- Boxed Mac & Cheese meal
- Jar (24 oz) pasta sauce
- Can (19 oz) **Low Sodium** Soup
- Can (5 oz) Tuna
- Box (12-18 oz) Cheerio-type breakfast cereal
- Granola/Breakfast snack bars
- Snack size (8 oz) bottled water
- Individually wrapped snack bags of popcorn, pretzels, nuts, fig bars, veggie sticks



Contact Mid-Hudson Love INC at 845-471-0102 with questions

Love INC helps people in the community.
Want to learn how it works?

Discover Love INC

- **Tour the office**
- **Get to know the ministry**
- **Meet staff, hear stories**
- **Learn how partnering churches are making a difference**
- **No donations requested**



DATE/TIME:
Thurs., Sept. 12, 5:30–6:30 pm

LOCATION:
748 Freedom Plains Road, POK

UNTIL THEN:
www.mid-hudsonloveinc.org

RSVP to:
communications@mhinc.org
or 607-423-0488

Fifteenth Annual Benefit



Fundraiser for Mid-Hudson Love INC

Building Relationships. Restoring Hope. Transforming Lives.

Thursday, October 17, 2024 • 6:30 - 9:30 pm

Freedom Plains United Presbyterian Church
1168 Route 55, Lagrangeville

Not your typical SCRABBLE game. Unique, fast-paced team play!

Register individually or as a team.

\$40 per person entry fee includes:

Prizes for top three teams • Snacks • Beverages • Raffles

Pre-registration required

Entry forms and more information available at:

www.mid-hudsonloveinc.org

or call Ellen Beckwith at 845-204-5172

**Hurry!
Space
Limited**



Mid-Hudson

Mid-Hudson Love In the Name of Christ
748 Freedom Plains Rd, Pok, NY 12603
845-471-0102

Mid-Hudson Love INC is a non-profit corporation with 501(c)(3) tax exempt status.

Thank You to our Corporate Partners

Pagones
INSURANCE Agency Inc.

TAG
Tax Alternative Group

Trinity United Methodist Church's 35th Annual Auction -- November 16th

We hope you've given at least passing thought to our Auction over the summer

.....attic and garage cleaning,

....baskets to make,

....services you could perform, and....

most important and necessary for success –

EVERYONE SHOULD BE A SOLICITOR

Many businesses are pleased to help us and receive new clients and free advertising, so don't be afraid to ask them -- they don't bite.

We would **really** appreciate your soliciting professionals (dentists, doctors, & veterinarians), service providers (beauty salons, pet groomers and care givers, car care) and all kinds of local merchants that you use.

Please contact Craig Grant for materials. You still have plenty of time to help.

Our Auction depends on great "stuff" -- No Junk Please!

**Please, all Auction items are to be clean and in working order!
(except antiques)**

Please contact Craig Grant (at cmlgrant@optimum.net or 845-223-5489) with any questions.

Leslie Battistoni (797-7165 or lbattist@gmail.com) has again agreed to coordinate the gift baskets this year. We have saved a number of good baskets that will be available in Fellowship Hall for your expert filling.

Again - Those of you who are soliciting, PLEASE don't leave us hanging. September and October are crunch time.

So GO GET 'EM!

Trinity United Methodist Church

Webpage: <https://trinityumclagrange.org>

Worship Recordings

This is our link for the Trinity YouTube channel for people who want to see our worship recordings.

<https://www.youtube.com/channel/UCeNePmj0UUjXh3c0aXixbVQ>

Adult Bible Studies

Please join us - all are welcome

Adult Bible Studies Weekly Adult Bible Studies with a time of prayer and praise via Zoom on Tuesday evenings at 7:15pm. Contact Clay Beattie, 223-5584



**Trinity
Piecemakers**

The Trinity Piecemakers will meet in the Fellowship Hall on the first Thursday of each month. Meeting dates will be posted during church. Please contact Debbie Beattie at: 845-223-5584 for more information.

Yoga

Beginner/All Levels "Align & Refine" RajaHatha Yoga



Trinity United Methodist Church

Tuesday Class 5:30 - 6:45 PM

Thursday Class 6:00 - 7:15 PM

Saturday Class 9:00 - 10:15 AM

*please arrive 10 minutes prior to start of class.

*class cost: \$5 (20% donated to church)

Roundtable Discussions

2nd & 4th Tuesdays of the month at 8 pm on ZOOM. Topics each month will be announced the Sunday before it's held.

Call Karen Jenkins for any questions, 845-242-5590, Patsy Boisvert for the ZOOM link, 845-298-0454

Trinity United Methodist Church
6 South Cross Road
LaGrangeville, NY 12540

DATES TO REMEMBER

- Sept 1 15th Sunday after Pentecost
Worship Committee meeting after worship
- Sept 2nd  16th Sunday after Pentecost
Sunday School kick off
Trustees meeting following worship
- Sept 8th 16th Sunday after Pentecost
Sunday School kick off
Trustees meeting following worship
- Sept 15th 17th Sunday after Pentecost
SPRC meeting following worship
- Sept 22nd 18th Sunday after Pentecost
- Sept 29th 19th Sunday after Pentecost
Administrative Council meeting following
worship
- Oct 27 Fall Festival at the church
- Nov 16th Annual Auction

The Trinity Times

Editor: Bob Boisvert

Send articles to:

рабоisvert47@gmail.com

Church email:

trinitylagrange@aol.com

Church Website:

www.trinityumclagrange.org

Church Facebook:

Trinity UMC LaGrange

Church phone: 845-223-3152

Pastor: Rev Eileen Freeman

Pastor's email:

eileenfmfreeman@gmail.com

Choir Director: Craig Grant

Organist: Heidi Tucci

Secretary: Eileen Hartney

Secretary's email:

eghartney@gmail.com