

Trinity Times

September 2026



Turtle By Kay Ryan

Who would be a turtle who could help it?
A barely mobile hard roll, a four-oared helmet,
she can ill afford the chances she must take
In rowing toward the grasses that she eats.
Her track is graceless, like dragging
a packing-case places, and almost any slope
defeats her modest hopes. Even being practical
she's often stuck up to the axle on her way
to something edible. With everything optimal,
she skirts the ditch which would convert
her shell into a serving dish. She lives
below luck-level, never imagining some lottery
will change her load of pottery to wings.
Her only levity is patience,
the sport of truly chastened things.

In June 2025, I came across this poem in a New York Times article entitled “Slow and Steady, This Poem Will Win Your Heart.” It did. “Turtle” is a witty and painstaking account of what it’s like to be a turtle. The article’s author notes that “The turtle’s arduous existence is determined by the architecture of her body, her fate inscribed in her shell. . . . In Ryan’s poem, the turtle’s physical’s attributes – her cumbersome shell and short legs, above all – seem only to be liabilities. That armor may have served as protection against predators, but it’s a lot of baggage for a poor, halting herbivore to lug around. Her patience isn’t going to win her any races: it’s her best response to a tough break; a way of making light of a heavy situation.” (emphasis mine)

The poem immediately came to my mind this past June, 2 weeks after a surgeon repaired a rotator cuff tear, when the physical therapist’s first words to me were “You will get through this, but you will need patience.”

As I anticipated 4-6 weeks with my left arm in a sling 24/7, a minimum of 12 weeks of recovery, and a year to regain full mobility and strength, I found inspiration and encouragement in “Turtle.” Her life is hard, but she faces it with dignity and stoicism. I am thankful that the surgery was successful, that it was on my non-dominant left shoulder, that I was lovingly cared for by Chris and Julia when caring for myself was difficult, that I have been aided by so many in our church family, and that this period of awkward, clumsy, deliberate, restricted movement, though lengthy, is temporary. And with all my heart, I thank God for the gift of patience. Whatever heavy situation you may face, may you be similarly blessed.

Pastor Eileen

September Worship

*sermon text



September 6th

15th Sunday after Pentecost
Holy Communion

Scriptures

*Romans 13:8-14
Matthew 18:15-20

Sermon

All You Need Is Love



September 13th

16th Sunday after Pentecost

Scriptures

Romans 14:1-12
*Matthew 18:21-35

Sermon

What Forgiveness Is and What It Is Not



September 20th

17th Sunday after Pentecost

Scriptures

*Philippians 1:21-30
Matthew 20:1-16

Sermon

Losing Your Mind



September 27th

18th Sunday after Pentecost

Scriptures

Philippians 2:1-13
*Matthew 21:23-32

Sermon

Good Intentions

Archives and History Report

Rummaging through the church records I found the following article from the Fishkill Journal dated December 31, 1863:

CHURCH DEDICATION

The new Methodist Episcopal Church in LaGrangeville will be dedicated to the worship of God the 14th day of January. The lot on which the church is erected is finely located—really beautiful for [the] situation. The church edifice is built in the most modern style, with tower and end gallery, seats cushioned, walls frescoed and heated with a furnace. The seats are free. Rev. I. H. Lent is the pastor. The estimated cost of the church is \$500. The dedication sermon will be preached by Rev. A. C. Foss, Presiding Elder, at 11 o'clock A.M. Rev. A.H. Fergusson will preach in the evening.

The work on the Archives is progressing steadily. Leslie Battistoni and Arlene Wood are lending immeasurable help. I am there on Wednesday mornings from 9:30 AM to 12 noon. Stop by if you would like.

Margaret Cornell

September Food Pantry

Bagging – Tuesday - Sept 22nd at 10 am in the Parish Hall.

Distribution – Thursday – Sept 24th from 7- 8 pm.

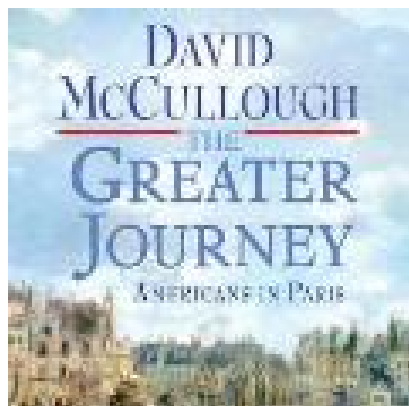
Volunteers should try to arrive by 6:30 pm.

Marcia & Craig Grant – 845-223-5489

Round Table meets via zoom on the 2nd & 4th Tuesday evenings at 8:05 pm.

Email Patsy Boisvert at pmboisvert22@gmail.com to join the group. Round Table is returning on Sept 8th and 22nd. Topics to be announced.

Book Corner by: Margaret Cornell



A great book is:

David McCullough's non-fiction book **The Greater Journey: Americans in Paris** is about the influx of 19th-century American artists, writers, doctors, and thinkers who traveled to Paris between 1830 and 1900 to learn and excel in their fields.

Heifer Project - 2026

Heifer Project – In September we're collecting for lots of chickens. Help us get several flocks to help Heifer families



September facts:

- Birthstone: Sapphire
- Birth Flowers: Aster and Morning Glory
- September 7th – Labor Day
- September 9, 1776 - The United States came into existence as the Continental Congress changed the name from the United Colonies.
- September 11, Patriot Day and National Day of Service: Observed to remember the victims of the 2001 attacks.
- September 23rd – Autumn begins



It's Back To School Time

Students are returning to school and the school busses will be traveling our roads so please use caution during morning and afternoon times.

In New York State, drivers must stop at least 20 feet away from a stopped school bus with flashing red lights from either direction, including on divided and multi-lane highways.

This summer there were 2 ***Wonderful Wednesdays***.
July 22nd and August 19th.

We came, we ate, we played, we worshipped...and a Wonderful Wednesday was had by all!



Fill The Truck!

Love INC Donation Drive



Saturday, September 12, 2026
2-4 pm Rain or Shine

Love INC Connection Center Parking Lot

748 Freedom Plains Road, Poughkeepsie, NY

Help support our Love INC Ministry Classes by stopping by and donating these resource items that will be distributed to our class attendees!

Paper Goods

- Toilet Paper
- Cube Size Box of Tissues
- Paper Towels

Laundry

- Liquid Laundry Detergent (32 oz - 64 oz)
- Dryer Sheets (80-100 count box)

Shopping Cards

- \$15 and \$20 Grocery Store Cards with activation slips (Stop N Shop & ShopRite)

Household Items

- Liquid Dish Soap (14 oz or higher)
- Disinfectant Cleaner (32 oz)
- Disinfecting Wipes
- Liquid Hand Soap (pump bottle)
- White Tall Kitchen Garbage bags (13 gallon)
- Pair of Rubber Cleaning Gloves (REUSABLE only, size Medium or Large)

Hygiene Items

- Body Lotion
- Body Wash
- Deodorant (men or women)
- Lip Balm
- Disposable Razors (men or women)

Grocery Items

- Can (12 oz) Chicken Meat
- Low Sodium Chicken Broth (box)
- Can (10 oz) of Rotel Diced Tomatoes

Misc

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



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

Trustee Corner

Members: Mike Tucci, Royal Ricci, Ralph La Casio, Chris Freeman, Ann Sherer, Bob & Patsy Boisvert, Mike Bangert, Ron Lemar

The A/V System has been moved to the back of the sanctuary on the left side.

Several trees were removed from the church yard and others were trimmed to improve the property. Also some trees were trimmed on the cemetery grounds.

Adult Bible Study

Join us via Zoom on Tuesday evenings at 7:00 pm for this weekly adult Bible study with a time of prayer and praise. Contact Clay Beattie at (845) 223-5584 for reading materials.

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)



Trinity Piecemakers

The Trinity Piecemakers will meet in the Fellowship Hall on the first Thursday of each month at 7:15 pm. Meeting dates will be posted during church. Please contact Debbie Beattie at: 845-223-5584 for more information.

Trinity United Methodist Church

Webpage: <https://trinityumclagrange.org>

Worship Recordings

Use this link to see the worship recordings on the Trinity YouTube channel.

<https://www.youtube.com/@tumclagrange8619>

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



DATES TO REMEMBER

Sept 6 th	15 th Sunday after Pentecost Holy Communion
Sept 7 th	Labor Day
Sept 13 th	16 th Sunday after Pentecost
Sept 20 th	17 th Sunday after Pentecost
Sept 22 nd	Food Pantry Bagging
Sept 23 rd	Autumn Begins
Sept 24 th	Food Pantry Distribution
Sept 27 th	18 th Sunday after Pentecost

The Trinity Times

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www.trinityumclagrange.org

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eileenfmfreeman@gmail.com

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Organist: Heidi Tucci

Secretary: Eileen Hartney

Secretary's email:

eghartney@gmail.com