

Trinity United Methodist

JULY 2026 NEWSLETTER

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IMPOSTER SYNDROME

I'm not sure where I found this information but I believe it's fairly accurate as I have seen several sources share different aspects of this as I tried to verify it. There is a good point to be made here.

In simple terms the "Imposter Syndrome" occurs when one is honored amongst those who are looked up to as giants in the particular field and the one being added to this group doesn't feel worthy.

Amongst those receiving the Nobel Prize in Physics there was Barry Barrish (2017) who got to sign his name in the special book for this occasion and whether he signed in the wrong place or wasn't actually supposed to sign, out of respect to previous greats is unclear, but he did notice that he had signed somewhere near Albert Einstein and he felt his heart sink and said, "I have no right to be in the same universe as Albert Einstein, let alone write my name in a book near to his."

Interestingly Einstein had Imposter Syndrome, too, as he felt unworthy to sign because he esteemed Isaac Newton (who lived way before the Nobel Prize was established in 1908) as not only the real greatest scientist of all time, but one of the greatest contributors to Western Civilization.

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FROM THE PASTOR CONTINUED

Newton had the Imposter Syndrome too! However arrogant and hard to get along with that some contended he was, he said he failed to live up to his hero, Jesus Christ and he tried to emulate Jesus.

Apparently there have been some 25 Nobel Prize winners who have felt unworthy to add their names to the list of the world's greatest achievers.

Perhaps there is something healthy here. In our walk with Jesus—as Newton pointed out—we always find that there is more of Jesus that we need. We always have areas of growth no matter how much God has powerfully worked through us.

Jesus did call out some Religious Leaders for thinking too highly of themselves and missing what God had intended for them to be...but He also never gives up on changing our character to be like His Son, our Lord, Jesus. Becoming like Jesus takes study, research, practice, experimenting in faith, following and cooperating with others (the church community). It's a life-long journey and so worth it.

Having a healthy dose of humility similar to the imposter syndrome isn't a bad thing. Our prize is Eternal Life and our names get written in the Lamb's Book of Life.

Enjoy your work to become like Jesus. You are not alone--the Holy Spirit helps you!

Pastor Bobb



A VERY WONDERFUL AND SPECIAL COUNTRY

What a country this is! To my way of thinking, there is nothing like it anywhere in the world. I have visited many beautiful lands, but upon returning to the United States, there is always the feeling that Almighty God carved out here a very wonderful and special country.

We need to recount the stories of the great souls America has produced and who produced America. We need to tell and retell these stories beginning with the Pilgrim Fathers. Bibles under their arms, setting forth in little ships across a stormy sea, driven by not by the wind that rages the Atlantic and caught the sails of their little boats, but by the mighty conviction as children of God no one could make slaves of them. Something within drove them across trackless wastes to an inhospitable shore, where unharmed by the autocracy of men, they could worship God in all the dignity of free men.

We, too, need that spirit of freedom in our hearts. We need to re-emphasize morality, decency, and honesty. We need more of God and more of Jesus Christ. Deeply rooted in the American tradition are the sovereignty of God and the sacredness of humanity. Upon these two pillars rests American freedom.

BY DR. NORMAN PEAL

A PRAYER FOR INDEPENDENCE DAY

Lord God Almighty, in whose name the founders of this country won liberty for themselves and for us and lit the torch for nations then unborn. Grant, we beseech thee, that we and all the people of this land may have the grace to maintain these liberties in righteousness and peace; through Jesus Christ our Lord, who lives and reigns with thee and the Holy Spirit, one God, for ever and ever. Amen. (An Episcopal Church Prayer Book).

UPCOMING EVENTS

*Sorting Cans after worship June 28th
Slater 4th of July Celebration July 3rd-4th
Trinity Social Dinner July 23rd
TUM Fun at Big Creek, August 2nd
Prairie Fest August 28th - 30th
Ice Cream and Pie Social August 29th
Sunday School will start up again on Sunday, September 13th*

COUNCIL UPDATE

June 10, 2026, COUNCIL NOTES

Pastor Bob has been busy attending Charge Conference and doing home visits with communion for those unable to attend church. He and Shelley volunteered with the Summer Meals Program.

Memorial committee report was given by Kathy Parmenter and Cheryle Harmon. The yard sign lighting will remain solar. Earth and Bloom has been paid the downpayment for the landscaping project to be done the first week of August.

Ballard Summer Meal Program update included a request for donations and \$1,000 was approved at this time with further consideration at the next meeting.

Calendar events of note include social dinner June 25 at Casa Azteca in Huxley, church exterior clean up the week before Labor Day and the interior clean-up will be the week after Labor Day in preparation for our 50th Anniversary celebration on September 20th. August 29th is our Ice Cream Social at Prairie Fest. See the NOW report for more ways to get involved and support our missions. Also, July 26th will be a congregational meeting after church service to review the CAT survey results.

Financial Report:

Year-to-date we have taken in \$1,387.41 more than we have spent. Account balances as of 6/10/2026 are checking - \$4228.78, Money Market-\$22,082.63 (Trustees - \$6,675.81, Memorial - \$13,906.82, and Heifer project - \$0,) Investments - \$112,427.29, and sidewalk loan is \$3785.00. Apportionments have been paid through July. Heifer project goal was met, and we received a 5x match on the solar kit donation. Submitted by Loa Christensen, council secretary

NOW COMMITTEE ACTIVITIES

Thank you for all the donations to the May/June Charlie's Angels Mission Project. **Our July/August Mission Focus Project will be school supplies for Ballard Students. See the list below.

- Noisy Offering and Brown Bag collections will take place on July 19th. Our new Heifer Project is the Milk Menagerie. This project will provide two goats, a water buffalo and a heifer, plus farmers will also learn to care for the animals. Goal \$1,000.
- Our July Social Dinner location will be at Wig and Pen in Ankeny, at 6:00 pm on July 23rd. You can sign-up at the church or send a note to the church office to add your name to the list. You are always welcome to join at the last minute as the list just gives us a general idea of how many to plan for.
- July 26th will be the next Did You Know Sunday. Let us know if there is something that should be announced.
- On-going projects: Plastic bag collection for sleeping mats, stuffed animals for the Huxley PD, personal hygiene items for the Clothes Pantry, yarn for baby blankets and paper tubes (toilet paper/paper towels) for the Blank Park Zoo Trinity Kids Mission Project.
- We have resumed collecting cans and bottles. The trailer was recently emptied again – thanks to all that helped!!

Future events for your calendar:

TUM Fun at Big Creek State Park: Shelter #3, Sunday, August 2nd, 2:00 pm – ??? Pontoon boat rides, potluck at 5:00 pm, playground and beach. Come as you can and bring the family, a dish to share for the potluck, table service, and your own drinks.

Prairie Festival Ice Cream Social – evening of August 29

Annual Craft/Vendor Fair – Saturday, November 7

**We will be collecting the following items in July and August which can be dropped off on the table outside of the Pastor's office.

BALLARD SCHOOL SUPPLY LIST

Backpacks

Trapper Keepers

Art pads

Spiral Notebooks

1" or 2" binders (white/black)

2 pocket folders

Pens (red & black)

Dry Erase Markers

Watercolor paint

Elmer's Glue Sticks

Index Cards

Crayons (24 count)

Markers (8 count)

Yellow Highlighters

Colored pencils

Pink Erasers

#2 Pencils (Ticonderoga)





BALLARD SUMMER MEAL PROGRAM STATUS REPORT

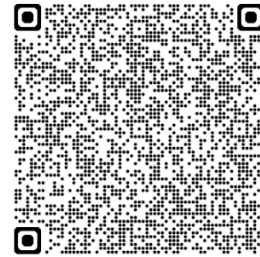
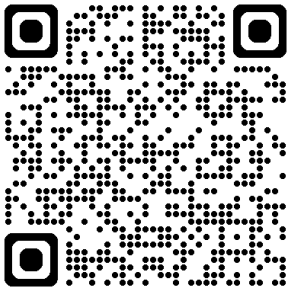
Ballard Summer Meal Program year 2! We have more children register and many of the same families as last year. We have new people volunteering and we are getting really good feedback from the community.

Some feedback we received was that we were using a lot of plastic bags, and that some of the older children were not receiving enough food. So, we made the following changes to the way we are packaging the meals. Instead of packing food per lunch, we are packing per family. We also are giving bigger meals to kids in middle school and older. If you would like more information about this program, please email ballardsummermealprogram@gmail.com.

To volunteer <https://www.signupgenius.com/go/10C0E4FAEAB2EA3F4C52-56904694-ballard/183319843#/>

To Financial Support us

<https://www.zeffy.com/donatio.../ballard-summer-meal-program>



CHURCH LANDSCAPING PROJECT



The Church Council accepted a bid from Earth and Bloom Landscaping to repair the landscaping along the fellowship hall and between the main entry doors. They plan to do the work the first week of August. We will need to remove some of the plantings 2-3 feet out from the side of the fellowship hall. In other words, starting at the back of the bed.

If you would like starts of any of the plants, please help yourself by the last week of July. If you have questions, you can talk to Kathy Parmenter. Thank you!



CAT SURVEY RESULTS

The Church Council has had a chance to review the survey results. They are sifting through ideas and options that the future may hold for Trinity. There will be a congregational meeting on July 26 following worship to go over the results and get your input on the next steps.

Thank you so much for your honest feedback and willingness to answer all of the questions.



INVITATION TO AN EVENING WITH THE KING

NAZARETH LUTHERAN CHURCH HOSTING

AN EVENING WITH THE KING

**ELVIS IMPERSONATOR
KING INCOGNITO**



**WITH
COMEDIANS:
MATT TWOMEY
GREG ROMANS**

July 17th – 6:30 PM \$10

18th – 5:30 Dinner Show at 6:30 \$20

19th – 2:00 PM \$10



**Location: Trinity United Methodist,
102 Lynwood Dr, Huxley**

**FOR TICKETS FOR DINNER LEAVE MESSAGE AT 515-383-4328
OR EMAIL NAZARETHCHURCHCAMBRIDGE@GMAIL.COM**

PRESIDENTIAL TRIVIA

Can you answer these trivia questions about the US Presidents? The answers will be posted on the Kid's Korner page of our website. <https://trinitymethodistinhuxley.org/kids-korner>

1. Which five U.S. presidents didn't have biological children?
2. Which four U.S. presidents have received the Nobel Peace Prize?
3. Which president is considered the "Father of the Bill of Rights?"
4. Leslie Lynch King Jr. is the birth name of which U.S. president?
5. Which president is featured on the silver dollar?
6. Who is the youngest president elected to the office?
7. Who was the first president elected in the 21st century?
8. Who were the first residents of the White House?
9. What president implemented Social Security?
10. Who was the first president to travel outside the U.S.?
11. Which president was often referred to as the "dark horse?"
12. This U.S. president is remembered for delivering "front porch" campaign speeches?
13. Who became president after never winning an election for President or Vice President?
14. Who was the eighth president of the United States?
15. Serving from 1825 to 1829, this president was the son John Adams.
16. Who was the very first vice president to assume office upon the death of his predecessor?
17. Mamie Geneva Doud was married to which U.S. president?
18. Which president unexpectedly died in his sleep in 1919?
19. What 1993 movie, starring Kevin Kline, tells the tale of a impersonator who pretends to be president after the real one suffers a stroke?
20. Named "Rebecca," what unusual pet shared the White House with Calvin Coolidge?
21. Which Founding Father and future U.S. president wrote the first draft of the Declaration of Independence?
22. According to George H.W. Bush, the ghost of which U.S. president was rumored to haunt the White House?
23. Which Washington D.C. museum is home to the United States Constitution?
24. "Lady Bird" was the nickname for the wife of which president?
25. In 1814, what executive structure was burned to the ground by British troops?
26. Which two U.S. presidents have only an initial for a middle name?
27. How many rooms are in the White House?
28. Which president officially gave the White House its name?
29. Who is the only single U.S. president to get married while in the White House?
30. Which two former presidents died hours apart on July 4, 1826?
31. Who is the first woman in history to run for U.S. president?
32. What is the primary color of the Lincoln Bedroom at the White House?
33. Which iconic U.S. president was a licensed bartender and co-owned a bar/liquor store?
34. After being widowed, which president married his first wife's niece?
35. According to George H.W. Bush, the ghost of which U.S. president was rumored to haunt the White House?



J O X U Z T Y Q V G X F Z J B V L J E J
 K G Q X H D A J Q L T Q X S A W L P C U
 D U I G N I D N U O F R W R Q G X S J W
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AMERICAN
FATHERS
FOUNDING
HONOR
NATIONAL ANTHEM
STARS
UNITED STATES

CENTENNIAL
FESTIVE
FREEDOM
INDEPENDENCE DAY
PATRIOTIC
STRIPES
VETERANS

CIVIC
FIREWORKS
HOLIDAY
LIBERTY
PICNIC
STAR SPANGLED



4th of July Word Scramble

FTUORH

JLYU

MRFEODE

UBLE

SARST

WTEIH

SOWREFIRK

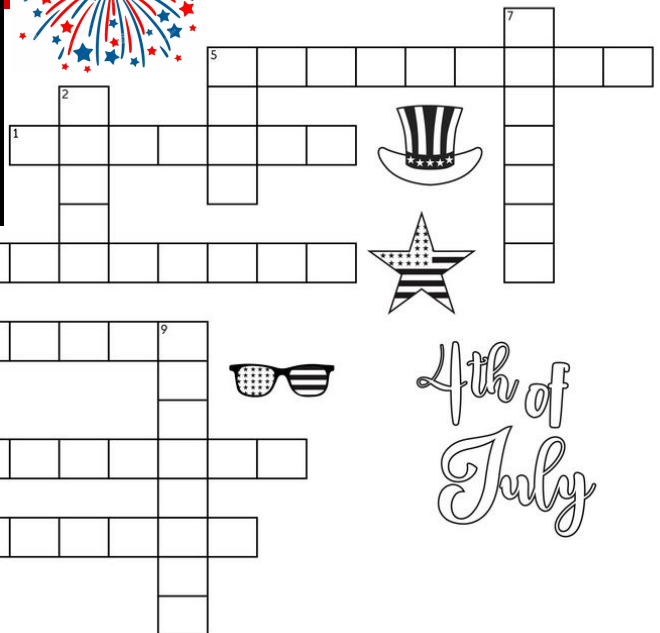
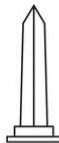
RPSSITE

EDR

AMARCEI

EDDCENEPINNE

DAPEAR



DOWN

2. A bird with a hooked beak and sharp talons
4. A piece of fabric with a design, often flown on a pole
5. Task that must be done
7. A person who loves and strongly supports their country
9. Armed forces of a country

ACROSS

1. The main building of a government
3. A person who has served in the army
4. Explosive devices that produce a colorful display of sparks and loud noises
5. A form of government with elected officials
6. Treating people equally and without bias
8. A song that expresses strong feelings of loyalty

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6		3	1		
	4				
		1			6
2	6	5	4		3

			3	1	
		5		2	
		1		4	2
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1	5	2	4		