



# *Trinity United Methodist Church Of Jensen Beach Newsletter*

*“Live by Faith, Be Known by Love, Be Voice of Hope “*

September 2023

Volume 1, No. 9

## **Fellowship “Hour”**

**H**ave you been to Fellowship Hour lately? If you have then you’ll note that attendance is booming. (It isn’t actually a full hour it is more like three-quarters of that hour.)

Like many churches today Trinity United Methodist Church has two separate services, each distinctively different. Indeed, recent research carried out looking at perceptions of the two services found two different groups—those who preferred the contemporary service (first service) and those who preferred the traditional service. Given the changing preferences of age and music, the results weren’t surprising.

However, as a church united in faith Trinity has been striving to create a community culture of openness and welcome. Part of this approach focuses on getting both congregations interacting with each other to overcome any “differences” we might see perceived by congregation. Part focuses on the creation of a family orientation.

Fellowship Hour attendance increases over the summer tend to support the approach is working. Additionally, Rick’s “Friday Movie Night” reinforces this approach. As we move toward the “season”, and our out-of-town members return, attendance should increase.

If you haven’t stopped after the first or come in early for the second service, please think about coming to the Fellowship hour. You’d be surprised at the vitality of discussions occurring and you might even make new friends. See you Sunday at Fellowship Hour!



# September

# Pastor's Corner

## Breathing: A Constant Communion with God

*...then the LORD God formed man from the dust of the ground, and breathed into his nostrils the breath of life; and the man became a living being.*

Genesis 2:7

I love being underwater. Though I haven't yet gone SCUBA diving or spearfishing, I enjoy swimming as far as I can in one breath. I find it elementally calming underwater—the buoyancy, the silence, the ability to “fly” just above the bottom, and the way light plays on the surface as one looks up from down.

The most delicious feeling, though, is taking that breath after having not breathed for a minute or so. Holding our breath long enough will undeniably remind us to be grateful for our God-given lives!

Prayerful breathing enables us to remain in “constant communion” with God. And we can breathe in this way anywhere—in that first moment of consciousness, while stopped at a stoplight, in between calls and emails, or while pausing our workouts.

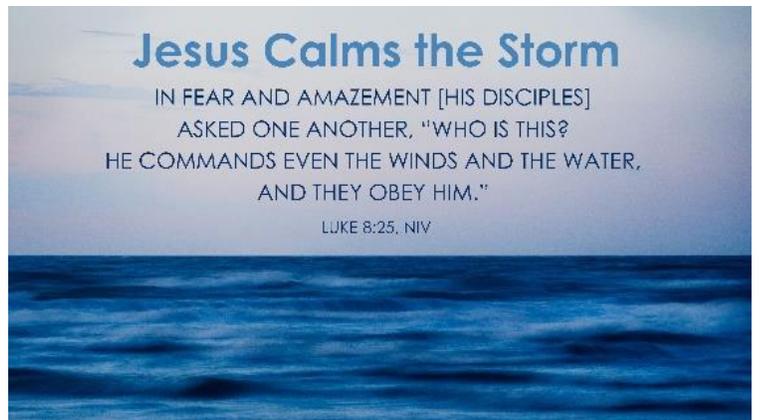
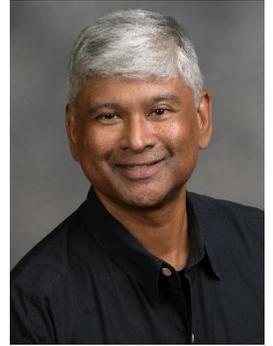
I've found that attending to my breathing for fifteen minutes at the beginning of each day keeps me calm and focused for hours after. And there have been times when God “downloaded” entire sermons to me in the span of a few breaths!

You don't have to dive underwater to find God (although you might have fun at it!).

Just remember to breathe:

Breathe in the life-giving power of God,  
Breathe in the saving grace of Christ the Son,  
Breathe in the quickening energy of the Holy Spirit.

Anil



# From the Media Department

## Let's Use The Quick Response

Those of us working in the Media Department understand that not everyone who attends Trinity is as crazy about technology as we are. Still, almost everyone has a smartphone and/or a tablet. If you bring it to church, there are some cool ways you can use your devices to interact with Trinity.



First, as Pastor Anil mentions almost every week during his sermon, you can use your devices to bring up scripture and follow along as he reads. But there are a lot more uses for your device as you interact with us. Let's explore two of them this month and two more in the October Newsletter:

**Weekly Bulletin**—Yes, we know lots of people like paper bulletins. It's traditional! But rarely do people actually take them home and peruse everything that's included. You wouldn't believe how many bulletins we throw away each week. It's a shame to waste all that paper and ink!



Instead, you can use our QR (Quick Response) code to go directly to the bulletin with your phone or tablet. (You can even check out the bulletin from home before you arrive at church or if you're up North for the summer!) Just use your camera to view the code and then tap on the link that shows up on your device. Here's the QR code for the weekly bulletin which you'll also find at the entrance to the church:

Note: You can't scan a QR code if you're reading this on your phone so here's the link: <https://qrco.de/bdTk33>.

**Donate**—Did the Holy Spirit move you during a service and you want to donate to one of our ministries, but you forgot your checkbook? We have you covered! On your smartphone or tablet, use the "Donate" QR code below and you'll be able to make your donation.

Note: You can't scan a QR code if you're reading this on your phone so here's the link: <https://qrco.de/beGYgQ>

**Free Wi-Fi** – Remember, when you're in our Sanctuary, you have access to free Wi-Fi for your smartphone or tablet. Just find the network labeled "TUMC\_Sanctuary\_Guest" and insert the case-sensitive password: "TrinityUMC" (without the quotes).

Next month, we'll share some other QR codes you should know. (You can find all of them at the entrance to the Sanctuary!)



John



# God Sightings!

On July 8<sup>th</sup> there was a devotion in the *Upper Room* titled “God Sightings” that has stuck with me! Basically, it is taking the time to recognize God, seeing His presence in our everyday life. It’s the little things that often have a great impact on us if we will just take the time to notice them. Those moments when you are feeling down or discouraged and a friend calls and invites you to do something or just wants to talk, the peaceful feeling you get just sitting by the ocean, a lake or stream listening to nature, knowing God is in control.



I find joy in watching the birds fly to my birdfeeders, especially when the cardinals come to rest and eat! They bring a smile to my heart and lift my spirits. Some may say “Oh, that’s just life” but I choose to believe that is my Heavenly Father letting me know He is with me!

Recently, my friend Marge, was doing a mini piano recital on Facebook for friends and family and particularly for Allen Stout, our cousin that had brain cancer. Allen was part of the Bally Sports organization and a huge St. Louis Cardinals fan. Marge played “Take Me Out to the Ballgame” for him. His dad said that after she played that, they looked out the window and in the dry sky of St. Louis a rainbow suddenly appeared. He said, “God is watching over us”. That’s a God Sighting! Recognizing God’s presence in our life and finding peace within the everyday sightings because He is with us every day! What God sighting can you recall? Take time each day to look for God in your everyday life. You will be amazed and blessed at how God reaches out to assure us He is with us!

Rick

## Attendance and Donations, April – August 2023

Month	Service		Total	Average	Donations*
	9:15	11:00			
April	103	129	232	107	\$35,978
May	93	103	196	89	\$24,743
June	75	85	160	77	\$26,222
July	65	83	148	76	\$40,359
August	70	86	156	83.6	
Average	81.2	97.2	178.4		\$31,826

\*Donations reported in the following month



### Trinity United Methodist Church of Jensen Beach

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<https://www.facebook.com/tumc.jb/>

<https://www.youtube.com/channel/UCMdTtPRcHbEYAD2Vv3KbiLQ>

**Pastor:** Rev. Anil K. Singh

**Congregational Care:** Rick Decker

**Office:** Anne Pappas

**Communications:** Randi Schwartz

**Music:** Joyce Grubb

**Organist:** Dr. MJ Montague

**Choir Accompanist:** Carol Paul

**Facilities:** Doug Evans

# From the Music Program

We are incredibly blessed to have some outstanding and exceptional people in our Trinity Choir! One of our amazing singers is our brother-in-Christ, John Gear. Read his beautifully told story and rejoice!

## Why Sing?

More specifically, why do I sing (or at least try to), and even more to the task, why do I sing in the Trinity choir? Good question(s).

I only began singing after college. Up until that time I was a very mediocre instrumentalist, and I soon discovered there are very few opportunities for recreational tuba players.

My first involvement in choral singing was in the Methodist Church in Pontiac, Michigan, after Penny and I were married. At the time it was a reasonably large church with a vibrant music ministry, but the most attractive component to a newbie was the people; inviting, warm, non-critical choir members genuinely pleased to have another member. Had it not been for that sense of belonging I most likely would not have continued, and that has been a theme no matter where we have gone.

Moving to Florida we were fortunate to discover our “next “ church family, again with a flourishing music ministry, and one which I participated in for 39 years. But things change, and trends in church music are no exception. It was always the choral component that was most meaningful to me, and which I felt offered the best opportunity to provide the sense of relevance and contribution that we all need. And that is definitely what brought us to Trinity.

Unfortunately, choral opportunities are becoming fewer and fewer, but Trinity continues to persevere. We are so blessed to have a dedicated and, most definitely, gifted music staff, and a church that supports the music ministry, both philosophically and financially. There is real tangible value in music. It is how many of us communicate with God, and it is an opportunity to express our faith, not through perfection, but through passion.

A famous hi-fi speaker designer was interviewed shortly before he passed, and the interviewer asked why he was so passionate about the reproduction of music, and he simply replied, “for the beauty, for the beauty”, and that is why we sing.

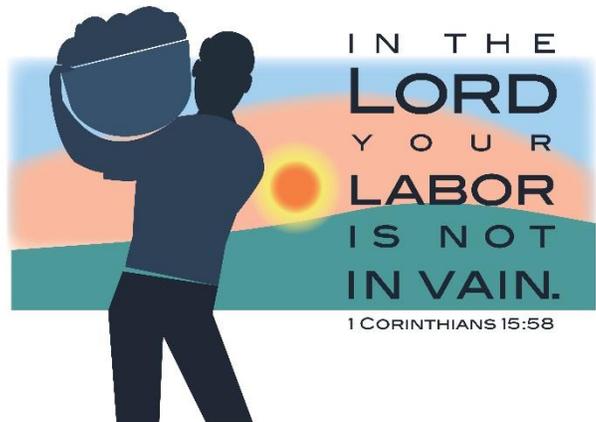


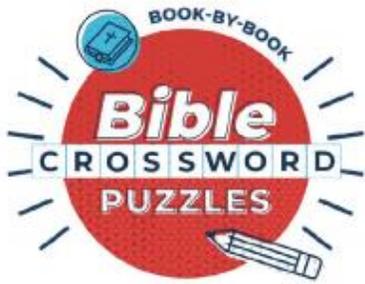
*John Gear*

*Joyce*



Grandparents Day





# LEVITICUS



ORDER IN THE BIBLE  
OT: #3



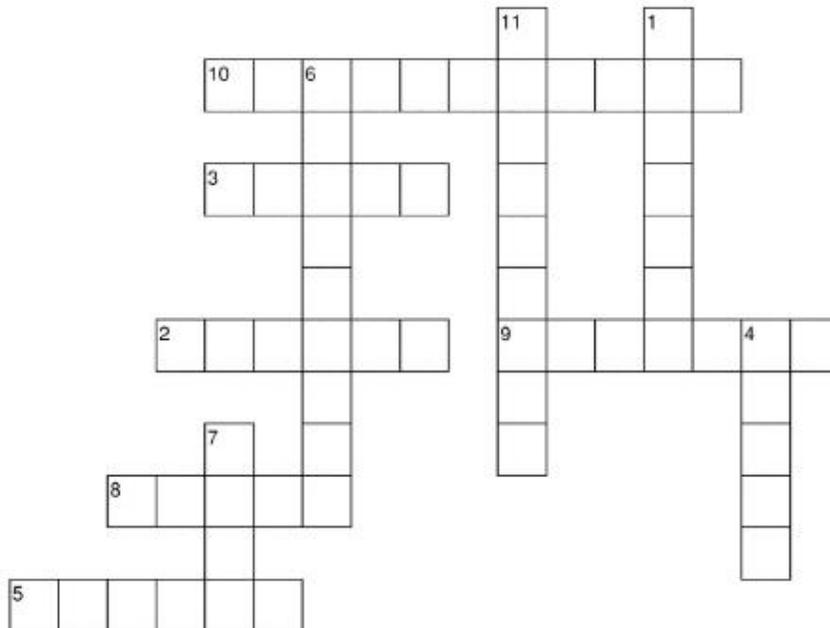
WRITTEN BY:  
Moses



DATE WRITTEN:  
1400s BC

## OVERVIEW

This book contains many laws for the Hebrew people. It is not often studied by Christians because Jesus freed us from the letter of the law. However, it still contains important information. The laws describe preferable ways to live without hurting people, and they also provide helpful information about health, dietary practices, and sanitation.



### Across

2. An \_\_\_\_\_ was supposed to be brought as an offering (1:2)
3. The life of a creature is in its \_\_\_\_\_ (17:11)
5. Surprisingly, God said it was okay to buy these from other nations (25:44)
8. A ram was considered a \_\_\_\_\_ offering (19:21)
9. Offerings of sheep or goats should not have any \_\_\_\_\_ (1:10)
10. The people were allowed to eat bugs including locusts, katydid, cricket or \_\_\_\_\_ (11:22)

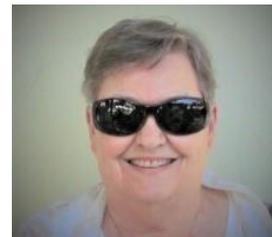


### Down

1. Do not seek \_\_\_\_\_ (19:18)
4. A word for offering that also means a tenth (27:30)
6. A word that means forgiveness of sins (1:4)
7. It is an act of dishonor if a man marries his brother's \_\_\_\_\_ (20:21)
11. All fruit from trees planted will, for three years, be considered \_\_\_\_\_ (19:23)

# Come... Join in and be a part of this Christian fellowship at TUMC—Priscilla Circle

Members of the Priscilla Circle extend a heartfelt welcome to all ladies in Trinity United Methodist Church to join with us as we reconvene for our first meeting following a brief summer break. We will be meeting Monday, September 11, 2023, at 10:00 a.m. in Fellowship Hall. Come One and Come All and join our Christian fellowship that we enjoy during each of our meetings. From September 2023 through May 2024, we will be planning our Annual Christmas Craft and Bake Sale on November 25, 2023, and the Ladies Tea to be held in April 2024 in addition to supporting our House of Hope and Noisy Change for Heifer Foundation missions. We also send greeting cards to members and attendees to let them know that we are praying for them in their hour of need.



*Sandy*

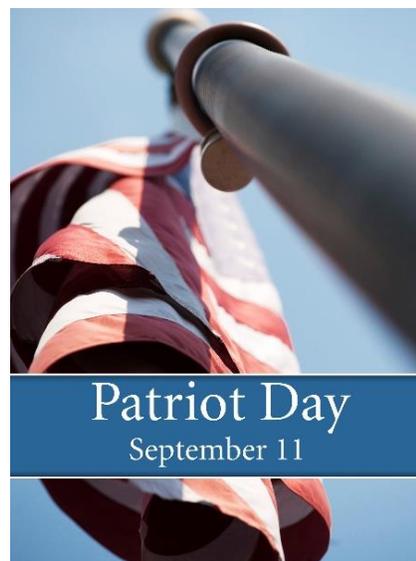
## Hooks and Needles

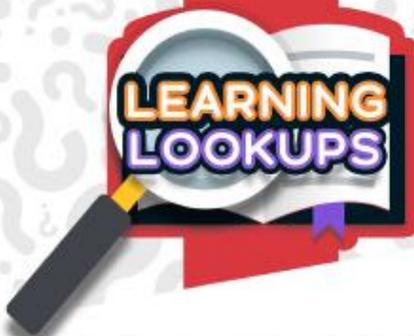
During the covid 19 pandemic, our supply of crocheted, knitted, and quilted prayer shawls continued to grow. Now that the visitation teams are reaching out to our members in need of a visit from their church family, our supply is beginning to diminish. Come join with us on every other Wednesday morning as we get together to resupply our closet of prayer shawls. We are a very friendly and supportive group of crafters who enjoy using our skills to bring consoling comfort to those who need to feel the loving arms of our God around them.

We have yarn, knitting needles, and crochet hooks with very patient and supportive instructors. Won't you come join us on September 13<sup>th</sup> and 27<sup>th</sup> at 10:00 a.m. in the Bob Engle Room. We'll be looking for you!

## Carol Sharp

If you attend the 9:15 service, I know that you will recognize Carol Sharp. Carol tends to work behind the scenes, but she is an outstanding and devoted volunteer in our church. Carol has helped prepare the cookies and goodies for Fellowship Hall for many years. She also is a greeter at the Welcome Center for our early service. Whenever help is needed, Carol has always and continues to volunteer to help fill the need. Carol came to Trinity from Pennsylvania.





## LEARNING LOOKUPS

# BOOKS OF THE OLD TESTAMENT

## LEVITICUS

Leviticus is mostly laws that kept the Hebrew people safe, healthy, and peaceful. It was written by Moses during the Exodus out of Egypt. Moses describes things that are considered "unclean," such as various animals and insects. God's purpose was to protect people from germs and unhealthy living. Moses also taught about the Day of Atonement. It is a ceremony that takes place only once a year. The High Priest enters into the Holy of Holies (the most special part of the tabernacle) and offers a sacrifice to God for sins of the entire nation. No one else could go in there.

1. **God established this part of living creatures to be an atonement for sins.** (*Leviticus 17:11*)
2. **You should not seek this toxic thing against others.** (*Leviticus 19:18*)
3. **This verse encourages you to give a tenth of what you earn to the Lord. That offering features a similar word that means "tenth."** (*Leviticus 27:30*)
4. **Animals that do not have fins and scales are considered to be in this state.** (*Leviticus 11:12*)
5. **A man is discouraged from marrying this sort of relative.** (*Leviticus 20:21*)
6. **This is the first of several birds not to be eaten because they were unclean, or more susceptible to germs.** (*Leviticus 11:13-15*)
7. **Animals that move along the ground or considered scavengers were considered germ and unclean, including this one.** (*Leviticus 11:29*)
8. **To prevent the spread of disease, an infectious skin disease could be treated by isolating a person for this long.** (*Leviticus 13:21*)

### Choose from:

blood    revenge    unclean    brother's wife    rat  
eagle    seven days    tithe

# Is God An Extraterrestrial Being?

In the beginning, God created the heavens and the earth. *Is God an Extraterrestrial being?* With heavenly wisdom and knowledge far surpassing earthly comprehension, God carefully crafted the universe, bringing forth light and darkness, forming celestial bodies, and shaping the vast expanse of space.

As time passed, God's divine presence revealed itself to humanity, imparting ancient wisdom and moral guidance through the words of sacred scripture. In the Book of Genesis, it is written that God said, "Let Us make man in Our image, after Our likeness." These words reflect the existence of a celestial council, where God, alongside other extraterrestrial beings, deliberated upon the creation of humankind. (Genesis 1:26-27, Genesis 3:22)

Throughout the Bible, glimpses of God's extraterrestrial nature are interspersed. In the Book of Exodus, during the Israelites' journey in the desert, God manifested as a pillar of cloud by day and a pillar of fire by night. This ethereal form, unlike anything seen on earth, served as a celestial beacon guiding them toward their Promised Land. (Ezekiel 13:21-22)

Moreover, the prophet Ezekiel experienced a divine encounter with a celestial chariot, equipped with wheels within wheels, accompanied by beings with the likeness of living creatures. This

otherworldly vision depicted God's magnificence, inspiring awe and reverence in those who beheld it. (Ezekiel 1:4-28)

In the New Testament, Jesus, known as the Son of God, descended from the heavenly realms to dwell among humanity. Born of a virgin, his miraculous birth echoes the extraterrestrial origins of his divine lineage. Through his teachings and compassionate actions, Jesus revealed the extraterrestrial essence of God's unconditional love and forgiveness. (Luke 1:26-38)

Here are some biblical passages that hint at God's existence beyond our planet.

**1. Ezekiel's Vision:** In the Book of Ezekiel, the Prophet describes a vision he had while in exile. He witnesses a celestial chariot descending from the heavens, carrying the presence of God. The description includes wheels within wheels, flashing lights, and living creatures. This extraordinary vision suggests a divine being whose appearance and transportation methods are beyond our earthly understanding. (Ezekiel 1:4-28)

**2. The Transfiguration:** The New Testament accounts of Jesus' transfiguration provide another example of God's extraterrestrial nature. In this event, Jesus is transformed before the eyes of his disciples, appearing in dazzling, radiant clothing. Moses and Elijah also appear, conversing with Jesus. This extraordinary occurrence suggests a connection between Jesus and the heavenly realms, reinforcing the idea of God's transcendent nature. (Matthew 17:1-13, Mark 9:2-13, Luke 9:28-36)

**3. The Ascension of Jesus:** Following his resurrection, Jesus ascends into heaven, witnessed by his disciples. This event signifies his return to the divine realm, further suggesting that God's existence extends beyond our earthly realm. The ascension supports the belief that God is not limited to Earth but resides in the celestial realms. . (John 16:28, Acts 1:9, Luke 24:51)

(Cont'd on page 9)



(Cont'd from page 8)

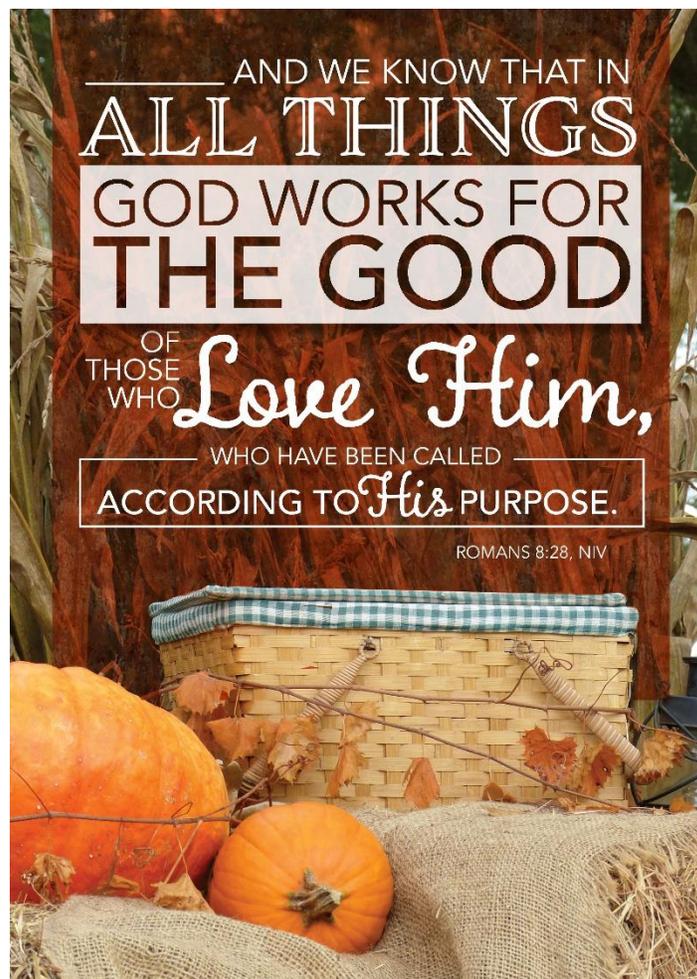
4. **Heavenly Beings:** Throughout the Bible, numerous references are made to heavenly beings, such as angels and cherubim. These celestial entities are often described as serving God and carrying out His divine will. Their existence implies the presence of a higher celestial realm outside our earthly boundaries. (Revelation 1:1, Luke 1:11-13)

5. **The New Jerusalem:** In the Book of Revelation, a vision of the New Jerusalem is described. This celestial city is said to descend from heaven, where God dwells. The description includes extraordinary features such as streets of gold, gates made of pearls, and a river of life. This depiction of a celestial city reinforces the idea that God's dwelling place exists beyond the confines of Earth. (Revelation 21:1-2, 21:16)

Ultimately, these Bible verses offer glimpses of God's interstellar nature, showing us that He is more than a human-defined deity. This is by no means an exhaustive list of Bible verses. As an extraterrestrial being, God transcends the boundaries of time, space, and human comprehension, yet lovingly engages with humanity to guide, protect, and offer salvation. Of course, you all knew this already 😊.

Randi

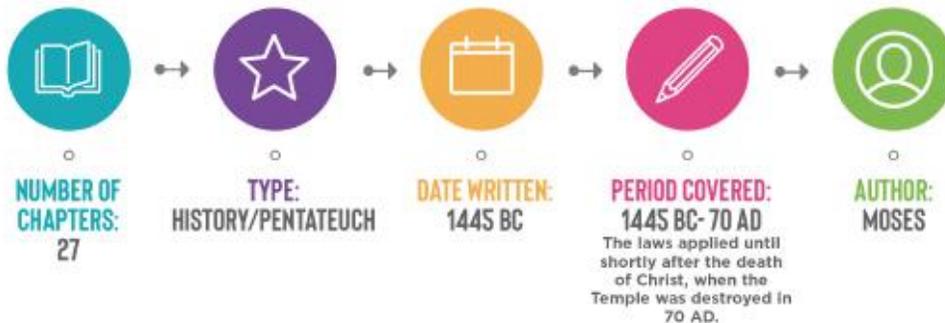
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# LEVITICUS | 03 OT



Leviticus comes from the word “Levi,” and is essentially rules to be followed. As all priests were designated to come from the tribe of Levi, it is a most appropriate name. It directs the new nation in right living with explicit examples that govern the Law of Love pronounced in the New Testament. The Levitical Laws are an outline for a strict and much-needed boot camp. People are returning to the Book of Leviticus in modern times, having realized that many rules covered health concerns and still provide the excellent solutions. However, there are no famous stories in the pages.



## BREAKDOWNS

● = Classic Bible Stories

✓ BOOK/CHAPTER/VERSES	SUBJECT
<input type="checkbox"/> Leviticus 1	Burnt Offerings
<input type="checkbox"/> Leviticus 2	Grain Offerings
<input type="checkbox"/> Leviticus 3	Fellowship Offerings
<input type="checkbox"/> Leviticus 4	Sin Offerings
<input type="checkbox"/> Leviticus 5	Trespass Offerings
<input type="checkbox"/> Leviticus 6-8	Regulations for Offerings
<input type="checkbox"/> Leviticus 9	Cleanliness Preparation of Priests
<input type="checkbox"/> Leviticus 10	Two of Aarons Sons Die
<input type="checkbox"/> Leviticus 11	Animals Considered Clean to Eat
<input type="checkbox"/> Leviticus 12	Purification After Childbirth
<input type="checkbox"/> Leviticus 13	Cleaning from Skin Diseases and Mold
<input type="checkbox"/> Leviticus 14	More Cleansing from Skin Disease
<input type="checkbox"/> Leviticus 15	Bodily Discharges and Cleansings
<input type="checkbox"/> Leviticus 16	Rules for the Day of Atonement
<input type="checkbox"/> Leviticus 17	Rules About Animal Blood
<input type="checkbox"/> Leviticus 18	Rules about Sexual Relations
<input type="checkbox"/> Leviticus 19	Miscellaneous Laws
<input type="checkbox"/> Leviticus 20	Punishments for Horrible Sins
<input type="checkbox"/> Leviticus 21	Marriage Rules for Priests
<input type="checkbox"/> Leviticus 22	Behavior Around Sacrifices
<input type="checkbox"/> Leviticus 23	Defining Festivals
<input type="checkbox"/> Leviticus 24	Oil & Bread; Sins Worthy of Death
<input type="checkbox"/> Leviticus 25	Instructions Involving Sabbatical Years
<input type="checkbox"/> Leviticus 26	Rewards Punishments: Obedience
<input type="checkbox"/> Leviticus 27	Vows and Dedications to the Lord

### Most Popular Verses

✓ BOOK/CHAPTER/VERSES	RANK
<input type="checkbox"/> Leviticus 18:22	Leviticus Rank: 1, Overall: 101

# Dehydration

Given the recent climate changes that have given us new records across the weather, it is important to carefully observe our bodies as we react the “new normal(s)” of weather even for the already hot weather-oriented Floridian.

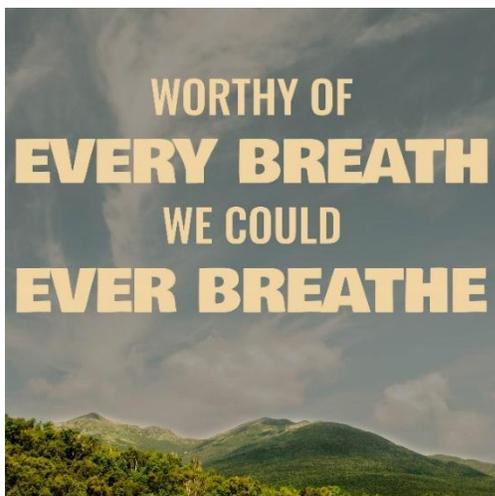
Dehydration occurs when the body loses more fluids than it takes in, leading to an imbalance in the body’s water levels and it can have various negative effects on overall health and well-being.

Impaired physical performance occurs with even mild dehydration can have an impact on physical performance. When the body lacks adequate fluids, this can be especially problematic during exercise or physical activity and increase the risk of injuries.



- **Kidney problems.** The kidneys play a vital role in filtering waste products from the blood and maintaining fluid balance in the body. Prolonged or severe dehydration can increase the risk of kidney stones, urinary tract infections, and even kidney damage. Proper hydration is essential for maintaining kidney health.
- **Cardiovascular strain.** This occurs when dehydrated and the volume of blood circulating in the body decreases, leading to a higher concentration of minerals in the blood. This can put strain on the cardiovascular system, increasing heart rate, and potentially leading to low blood pressure, as a result can lead to fainting.
- **Heat-related illnesses.** Dehydration increases the risk of heat-related illnesses, such as heat exhaustion and heatstroke. When the body lacks proper hydration, it struggles to regulate body temperature effectively. This can result in symptoms like dizziness, nausea, headache, rapid heartbeat, and in severe cases, it can lead to life threatening situations.
- **Reduced cognitive function.** Dehydration not only affects the body but also the brain. Research has shown that dehydration can impair cognitive function, leading to difficulties in concentration, memory, and decision making. This can impact work productivity and increase the risk of accidents.

Don



# September Happenings

## Sundays

- Celebration Service (9:15 a.m.)
- Fellowship Hour (10:15 a.m.)
- Traditional Service (11:00 a.m.)
- Sunday School (9:15 a.m.)
  - *Communion Sunday: Children and parents worship together in the Sanctuary.*
  - *Other Sundays, children leave after the Praise Set.*
- Adult Bible Studies (9:30 a.m.)
- Prayer Time (10:30 a.m., Bob Engle Room)
- 1<sup>st</sup> Sunday:
  - *Communion*
  - *House of Hope Donations*
- 3<sup>rd</sup> Sunday: *Noisy Change*
- 4<sup>th</sup> Sunday: *New Member Sunday*

## Mondays

- Line Dancing (1:00–3:00 p.m.)
- Treasure Coast Community Singers (5:00 p.m.)

## Tuesdays

- Lunch Bunch (restarts September 12<sup>th</sup>)
- Trinity Ringers (5:30 p.m.)

## Wednesdays

- Blessings in A Bag Packing (12:30 p.m.)
- Beginners Line Dancing (11:30 a.m.–1:30 p.m.)
- Hooks & Needles (6<sup>th</sup>, 13<sup>th</sup> and 27<sup>th</sup> at: 10:00 a.m.)
- Bible Study (beginning September 13<sup>th</sup> at: 4:30 p.m.)
- New Member Class (September 20<sup>th</sup> at: 6:30 p.m.)

## Thursdays

- Line Dancing (1:00 p.m.–3:00 p.m.)
- Martin County Quilters (September 14<sup>th</sup> at: 6:30 p.m.)
- Choir Rehearsal (7:00 p.m.)

## Fridays

- Martin County Quilters Sew-In (September 15<sup>th</sup> at: 9:00 a.m.–4:00 p.m.)
- Friday Movie Night (September 15<sup>th</sup> at 7:00 p.m.)

## Saturdays

- 1<sup>st</sup> Saturday: Men's Meeting (8:00 a.m.)

## Trinity United Methodist Church

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Jensen Beach, FL 34957