



Trinity United Methodist Church Of Jensen Beach Newsletter

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

March 2023

Volume 1, No. 3

Lent 2023

Some say, “Lent is a spiritual boot camp.” Imagine being able to fulfill the “demands” of lent without self-deprivation....*Fasting is not Necessary* says the United Methodist Church.

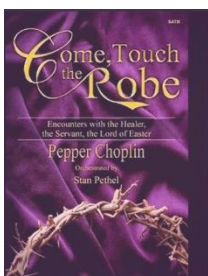
The 40 days of Lent should be filled with reflection, service, and prayer. Where are you on your personal spiritual path and relationship with God? Where would you like to be? How do I get there? These are some questions we have during Lent. There is a discipline required in the Lenten season, as we ready ourselves for the resurrection of Jesus. Be Prepared!



Trinity offers YOU the chance to illuminate your Lenten experience in many ways! Of course, our Pastor delivers messages clarifying different aspects of the Lenten season. We offer a specific time for prayer and meditation in our Sanctuary immediately preceding the Lenten Bible Study in Fellowship Hall. As well, we offer a space to exercise a fruit of the spirit called “self-control” through our on-site, beautifully landscaped, waterfront “Bob Burnett Memorial Fitness Trail”. WHAT?

Yes. Ten stations complete with stretching instructions, inspirational messages, and reflective Bible verses. As noted by John Wesley, *A due degree of exercise is indispensably necessary to health and long life.*

Grab a couple friends—bring a water bottle, maybe a pedometer...and take a stroll along the Fitness Trail. Take a minute at each station to read the inspirational messages of John Wesley, reflect, and pray. Take a minute to reconnect with yourself—and evaluate where you are and where you want to be in terms of your personal relationship with God.



COME, TOUCH THE ROBE
EASTER MUSICAL DRAMA
THURSDAY & FRIDAY
MARCH 30th & 31st * 7:00 PM
TRINITY SANCTUARY



Pastor's Corner

“The Bread of Heaven, with a Side of Sniffles”

I can't quite tell when the attack will come: One minute, I'm listening to a lecture on Church Leadership, the next I'm grabbing a napkin, and breathing shallowly, desperately trying to stave off a wave of sneezing.

So went my most recent trip to North Carolina—three perfect days, followed by a final day of springtime allergies. Why can't winter last longer? And what did I do to deserve this yearly onslaught of sinusitis?

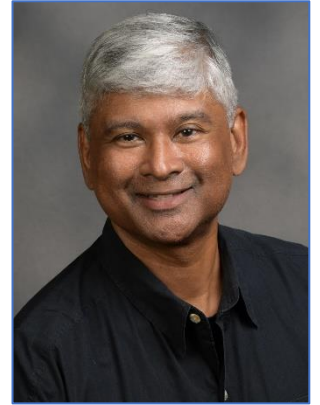
Are springtime allergies...punishment from God?

We may wish to search the scriptures: In John's Gospel, the Disciples ask Jesus if the parents of a young man blind from birth had sinned. Jesus replies: *Neither this man nor his parents sinned; he was born blind so that God's works might be revealed in him* (John 9:3, NRSV).

In other words, as we traverse a plain of suffering, as People of Faith, we might search for signs of God's Grace: Like a pharmacy, just a short walk away, like that pharmacy carrying precisely what I need, like the medicine working literally within seconds!

We can find signs of God's prevenient grace working all around us if we look carefully. And so can we find the love of neighbor in those who develop medicines, and distribute them to stores, and storekeepers who stock shelves for us. Thank God for people who make it their life's work to help us feel better when pollen invades! And thank God for Kleenex®!

Anil



Joel Raney leads 6 Church Choirs from around the Treasure Coast in an amazing concert on February 19

Test your Bible Skills

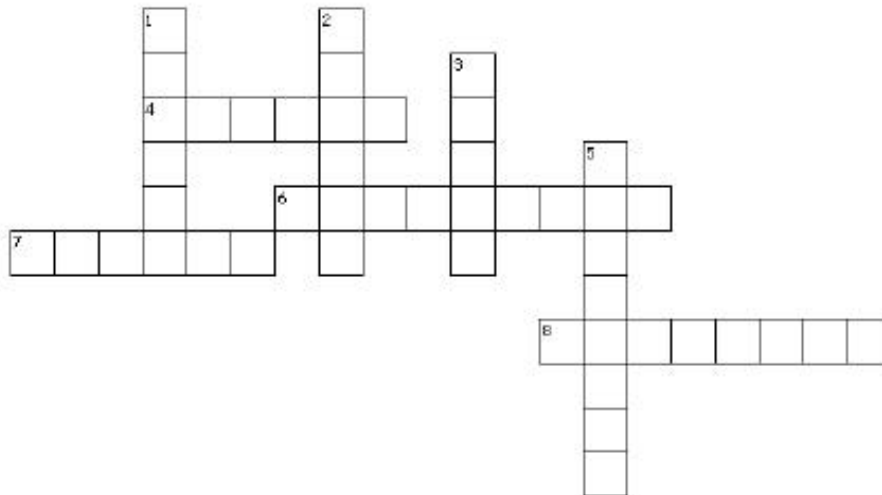
OF JESUS BEING BETRAYED BY A DISCIPLE

The coming of Jesus is predicted many times in the Old Testament. Zechariah 11:12-13 speaks of Judas Iscariot betraying Jesus for 30 pieces of silver and throwing the coins on the Temple floor. Read the verse and complete the crossword.

Zechariah 11:12-13

12 I told them, "If you think it best, give me my pay; but if not, keep it." So they paid me thirty pieces of silver.

13 And the Lord said to me, "Throw it to the potter" – the handsome price at which they valued me! So I took the thirty pieces of silver and threw them to the potter at the house of the Lord.



Across:

4. Another name for house of the Lord
6. Name of the prophet
7. Number of coins
8. Middle name of Judas

Down:

1. Throw it to the ...
2. Type of coins
3. Disciple being prophesied about
5. Word sarcastically describing the price

Media Update

The Four Areas of Media

Have you ever wondered what goes on in that mysterious media booth at the back of the Sanctuary? Truthfully, we hope you haven't given it much thought. One of our goals is that we refrain from calling attention to ourselves as we help the Trinity services unfold. More importantly, we never want to distract from what the Holy Spirit is doing during our time of worship.

Still, I thought it might be fun to briefly explain the four areas that make up Trinity's Media.

First, there's **sound**. Naturally, whether it is the choir singing or Pastor Anil preaching, we all want to be able to properly hear them. As you may have read in our January Newsletter, we recently installed new speakers and a new, more powerful amplifier. The quality of sound has improved dramatically since their installation. By the way, when you see one of us standing with a tablet in the back of the Sanctuary, we're controlling the sound.



The software that controls our sound.

Next, there's **projection**. This is what you see on the screens. Whether it's slides or videos or even the camera, we work hard to keep it all interesting. People have asked if we use Microsoft PowerPoint for our slides. We don't. Instead, we use a program called SongShowPlus. It's way more versatile for what we do than PowerPoint.

Our third area is **video**. We currently have installed one camera. However, we actually have a second camera that we'll be installing as soon as some wiring arrives. We use the camera primarily to broadcast our 11:00 a.m. service onto Facebook. We also use the camera to record the sermon for posting on YouTube and our website.

Finally, there's **lighting**. This is an area that should soon improve drastically. We definitely need better lighting for our video work and just in general. We'll be purchasing some new lighting equipment and you should see a marked improvement in this area.

John Grubb

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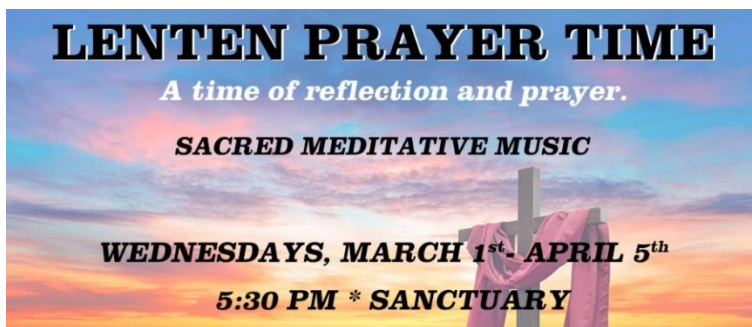
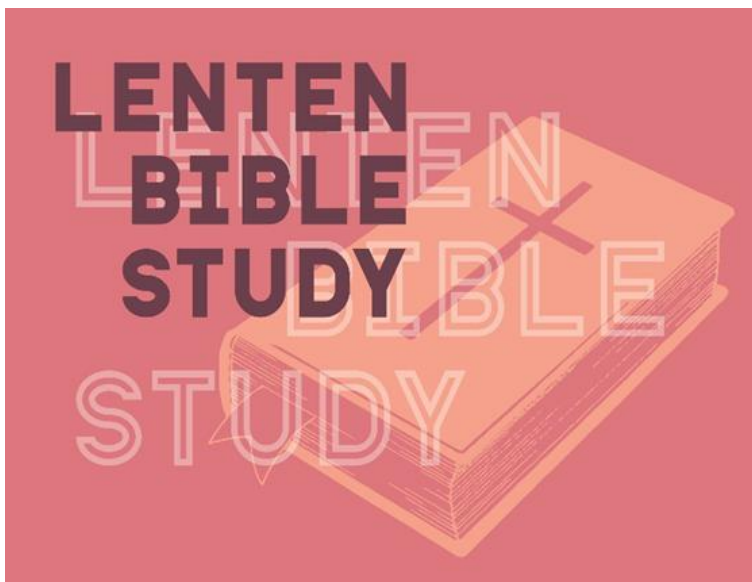
Pastor: Rev. Anil K. Singh
Congregational Care: Rick Decker
Office: Anne Pappas
Communications: Randi Schwartz
Nursery: Sandy Mulvaney

Music: Joyce Grubb
Organist: Dr. MJ Montague
Pianist: Carol Paul
Facilities: Doug Evans
Media: John Grubb

March is Volunteer Appreciation Month at Trinity!

Volunteering in any church can be an under-appreciated task but ever so needed! Jesus taught us to love our neighbors as ourselves and serving others is a perfect way to express that teaching. Putting faith into action and being willing to step up and fill a needed gap is what our volunteers at Trinity do on a regular basis. The staff truly appreciates the efforts put forth by our volunteers. Giving of your time and talents to help others is truly the Christian way. There are so many opportunities to share, some are very visible but many of the opportunities are behind the scenes, getting things done that have to be done. Whether you are singing in the choir or praise team, ringing handbells, serving on the board, the council, or a committee, ushering, welcoming parishioners, praying, visiting, serving in the fellowship hour, serving communion, teaching, counting, acting, doing blessings in a bag, providing office help, serving in the media booth, doing yardwork or any special project.... You all are appreciated! According to our recent volunteer cards you were asked to fill out, we have over 140 volunteers here at Trinity! That is truly a blessing to our church and our community! YOU ARE A BLESSING AND LET ME SAY IT AGAIN.... YOU ARE APPRECIATED!

Rick Decker



Music Notes

It's All About Worshiping God

Ever wonder why we have a Praise Team? What a great question! Let's let some of our Praise Team members answer for themselves:

Sunday mornings, singing on the Praise Team restores my soul. Regardless of traumas, disappointments, and hardships in my life or those of my family and dear friends during the week, I am there to worship. When I am singing the beautiful messages that inspired composers have crafted into songs, I am literally lost in the worship to my Lord and Savior. There are no outside thoughts running through my mind. My focus is on worshipping the One to whom I owe everything, and I always pray it is worthy in His sight. – *Christine*

I've been serving on the Praise Team for over 5 years. I can honestly state that the Praise Team is the most important part of my Trinity Experience. Music resonates with everyone on some level. It has always been the cornerstone of my relationship with God. Praise Team always turns the service over to God and it's amazing how the Spirit takes the words and transforms them to be a meaningful message. There are many times that singing with this wonderful group of believers has lifted me up and through the highs and lows that we all experience in life. We are truly a family. – *Denise*

Serving as a Praise Team member is one of the highlights of my week. I feel like I am gathering with family members to worship God every Sunday. I feel so welcomed and at home. It's a wonderful feeling that I can't properly express in words. I am infused for the week and continue to sing the songs as I move forward daily. Our memorable interactions with the team members remind me that there are Christlike disciples in this crazy world. – *Donna*

I am offering back praise to the One who is worthy. As a Praise Team member, I bring myself as a sacrifice of praise, rejoicing in our reconciliation to God through Christ. When the congregation and Praise Team sing with heartfelt worship, it comes to God as a sweet and special music—the sounds of His children abandoning themselves in praise to Him. So, sing praises and let God move in you. The One who gave Himself for us is worth embracing through worship. – *Doug*

I am so grateful to serve with this amazing group of friends! It fills my heart that I have the privilege to serve God singing His praises! Going through the difficult loss of my daughter, Tara, it was such a blessing to have the Praise Team pray with and support me when I needed it most. The songs we sang touched my heart, so healing could happen. I thank everyone on Praise Team for being with me on this walk. – *Evie*

I am blessed to serve in this capacity, hopefully leading others to Christ and God's love through music. An unexpected blessing is drawing closer to the singers by sharing our joys and sorrows with no judgement. – *Marilyn*

The Praise Team means everything to me. Every Sunday I am able to hit the "reset" button in my life. Over the years, it has certainly helped me through rough times, as I am sure it will in the future. – *Steve*

I really am not sure where to start. It is my favorite way to worship and praise God. I feel I'm so blessed to still be a part of the Praise Team with whom I've been singing since it started. God speaks to me through singing and His beautiful creation and lets me know that He is still there and in control. Singing and praising God with the team helped me on Sunday mornings to get up and go to church rather than pulling the covers over my head after my husband, Jim, went to meet God. It is family! – *Sue N.*



Meet Your Drama Director: Terry Henderson

Born in California and raised in the Methodist Church, I was always encouraged to pursue my love of theatre and acting. I studied Ballet as a child and developed my acting technique and skills at the University level. After completing my BA degree in Theater Arts, I spent the next 10 years performing in television and on Broadway. Eventually, I decided to move to beautiful Florida where I had a successful career in local radio, television, and marketing. But my lifelong passion has always been acting, dancing, directing, and performing on stage.



Over the past 25 years, I have actively participated in the life of Trinity United Methodist Church as a Trinity Bell Ringer and as the Drama Director for the Easter and Christmas plays. The music for each seasonal play is totally unique, so it is my joy to be able to develop a new drama script each year. Then I cast and direct a team of volunteer members from the church who portray the Biblical characters with such grace and style that the story of Jesus' birth, death and resurrection comes alive! And, yes, I enjoy acting in the plays as well as directing them.

The best part is that these wonderful performances touch the lives of hundreds of people in our community who are eager to hear the Word of God. In a mighty way, your participation will be serving God by helping us tell the story of our Lord's journey from the cross to His miraculous resurrection. Join the Drama Team and experience the powerful Love of God through music and drama at Trinity United Methodist Church.

Terry Henderson





Through him you
BELIEVE IN GOD,
who raised him
FROM THE DEAD
— and —
GLORIFIED HIM,
and so your
faith and hope
ARE IN GOD.



1 PETER 1:21, NIV



Scene from a previous Easter Drama

Women's Ministries

Hooks and Needles

During our last meeting on February 15th the ladies of *Hooks and Needles* were really busy when we learned that Pastor Anil will be blessing our crocheted, knitted, and quilted prayer shawls and lap quilts in a Sunday morning service in March. These hand-made items will then be available for members of Trinity's Visitation Team to give to individuals they visit. The prayer shawls come with a prayer card, as well as an expression of the love we have felt and the prayers we have said for each recipient while creating each. It is our hope that when the individual places the prayer shawl around his or her shoulder or lap quilt around them that they will feel God's loving arms around them. We believe that God has heard our prayers and that He will bring them comfort and peace at this time.



Priscilla Circle



Some members of the Priscilla Circle provided support to the Men's Group at the January pancake breakfast. We enjoy working together and supporting the Men's Group in their efforts. Together we can accomplish so much more.

As you can see from the photo, the ladies of the Priscilla Circle had a delicious ice cream social, replete with an abundant variety of toppings, cookies, iced tea, and/or coffee. The social was held following our regular monthly meeting on February 13th. We have so much fun together. Please consider joining our Women's fellowship on the second Monday of each month—September thru May.

Meet Priscilla Circle's Mary Lou Rathgeber

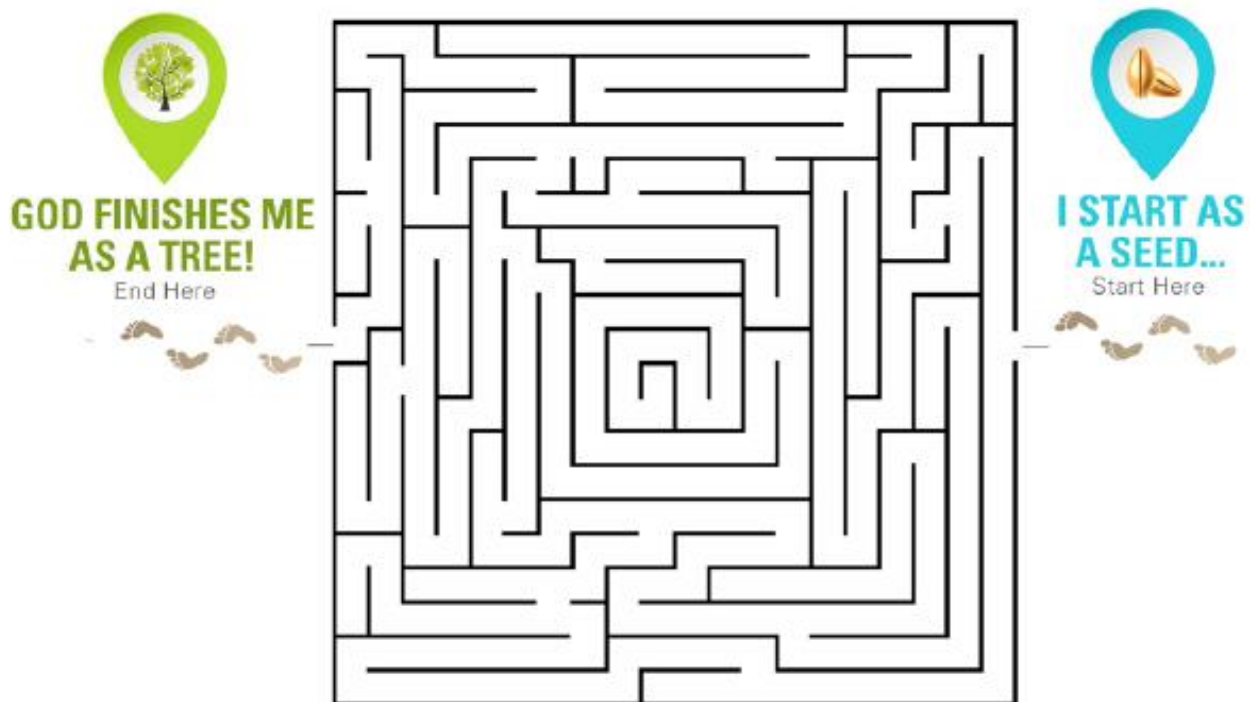
Mary Lou Rathgeber has been a long-time member of the Priscilla Circle and Trinity United Methodist Church. In fact, she and her husband, Gene, were among the first members of Trinity. Mary Lou was the secretary at Jensen Beach Elementary School for 30 years, retiring in 1998. Her husband passed in 2021. The Rathgeber's family consists of 4 children, 13 grandchildren, and 9 great grandchildren. She served as President of Priscilla Circle for several years and more recently as Secretary. Mary Lou counts the Noisy Change with Sandy Smith, and she also takes the food donations from the first Sunday of each month to the House of Hope. She lives in Rio. Mary Lou attends the 9:15 service where two of her great-grandchildren also attend Sunday School. She is an active supporter of the Priscilla Circle activities and of Trinity United Methodist Church. Say "Hi" to Mary Lou on Sunday morning!



A Lenten Maze

#6 A SEED TO A TREE

While salvation is an important decision you make with God's help, it is only the start. The Bible talks often about the importance of *growth*, which is how many of our rewards will come to us both here and in heaven. The good news is that *God causes the growth!* All we have to do is follow. Follow your growth from a seed to a tree in the maze:



1 Corinthians 3:6-9 I planted, Apollos watered, but God gave the growth. So neither he who plants nor he who waters is anything, but only God who gives the growth. ... Each will receive his wages according to his labor. For we are God's fellow workers. You are God's field, God's building.

Congregational Care: Visitation Team

I visited a member of our congregation that was in a rehab in Stuart with a broken leg and after my visit I headed up the hallway to leave, it was a narrow hallway and there were two ladies sitting in wheel chairs and a man sitting next to them in another wheel chair, the hallway was completely blocked and I could see the man's face and it was saying "Don't mess with me."

To my surprise the ladies went up the hallway and disappeared as I got to the man, he said in a loud and rough voice, "Who are you?" I introduced myself and told him what I was doing, he then said what kind of a book is that, and I said it is a book of devotions and scriptures and the next thing to my surprise he reached out in a flash and snatched the book out of my hand, I said to myself that I will never see that book again. I said what is your name and said my name is John, quickly I said, "John would you like me to say a prayer for you?"

I took his hand and begin to pray for him, as I prayed his grip got tighter and tighter and I thought I will never see that book again, as I said amen and God bless you he would not let his grip go and began to pull my hand into his face, then he kissed the back of my hand and he handed me my book and said in a gentle voice, "Thank you!"

When I got to the front desk to sign out, I asked the receptionist, "What is John's story." She told me he had no family and no visitors, then she said "Do you see what just happened here? In that moment God used you to do his work, and you were in the right spot at the right time at the perfect moment for John."

Don Frye



Matthew 4:2-4:

After fasting forty days and forty nights, he was hungry. The tempter came to him and said, "If you are the Son of God, tell these stones to become bread." Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.."

Test your Bible Skills



MARK



ORDER IN THE BIBLE
NT: #2



WRITTEN BY:
Mark, a.k.a.
John Mark



TIME PERIOD COVERED:
7 BC to 33 AD

OVERVIEW

John Mark is thought to be a friend of the Apostle Peter. John Mark also traveled with the Apostle Paul (and his assistant Barnabas) on his first missionary journey around Asia Minor. The Book of Mark is filled with miracles. Mark's point was to show God's power, kindness, and mercy.

The Gospel of Mark does not mention the birth or childhood of Jesus. Whereas Matthew presents Jesus as king, Mark presents him as a humble servant of man.

This account of Jesus' ministry was written for the **GENTILES** or people that were not Jews and focuses on the **MIRACLES** of Jesus. The messenger that came before Jesus is known as John the **BAPTIST** (1:4)

The man healed by Jesus had a **SHRIVELED** hand (3:1)

Jesus calmed a **STORM** when the disciples were **AFRAID** (4:39-41)

Jesus freed a man who suffered from **POSSESSION** (5:15)

Jesus said a **PROPHET** is without honor in his hometown (6:4)

Jesus fed five **THOUSAND** with five loaves of bread and two fishes (6:41-44)

The **PHARISEES** were a group of religious leaders who always gave Jesus a hard time (5:20)

During the **TRANSFIGURATION**, Elijah and Moses appeared to Jesus, Peter, James and John (9:2-4)



Circle the **BOLD** words in the puzzle.

S	O	D	B	E	T	H	O	U	S	A	N	D	N	T	I
B	A	S	H	R	I	V	E	L	E	D	H	W	Z	F	W
N	S	B	V	D	U	R	O	M	I	R	A	C	L	E	S
G	V	O	B	V	G	W	F	R	Q	G	Q	L	G	M	E
N	P	H	H	A	I	C	B	W	A	S	C	O	U	O	P
L	I	P	H	T	T	M	A	I	F	O	G	L	C	N	R
G	L	L	P	V	R	H	P	Z	R	W	I	H	O	E	S
E	A	W	H	F	B	X	T	M	A	Y	F	I	V	S	U
T	T	F	A	L	O	O	I	N	I	H	S	O	B	H	U
H	E	E	R	F	S	H	S	G	D	S	S	J	A	Y	U
S	K	B	I	S	P	Z	T	S	E	S	M	Q	X	Y	Y
E	O	O	S	Y	T	Z	S	S	A	L	P	Q	Q	R	W
M	A	M	E	O	U	O	S	P	S	S	F	K	Q	S	P
A	L	X	E	E	V	O	R	G	E	N	T	I	L	E	S
N	W	C	S	W	P	H	Q	M	P	R	O	P	H	E	T
E	T	R	A	N	S	F	I	G	U	R	A	T	I	O	N

The plot to kill Jesus was carried out during **PASSOVER** (14:1)

After the feast, Jesus took the disciples to the Garden of **GETHSEMANE** (14:32)

PILATE was the man who ultimately sentenced Jesus to death (15:1)

Mary visited the tomb after the **SABBATH** (16:1)

MARCH IS TRINITY'S VOLUNTEER APPRECIATION MONTH



A BIG
thank
you



CHILDREN'S MINISTRIES
MEN'S GROUP
VISITATION
KITCHEN

MUSIC

PRAYER TEAM
BIBLE STUDIES

OFFICE

USHER & GREETERS
DRAMA TEAM
GOVERNANCE
LADIES GROUP

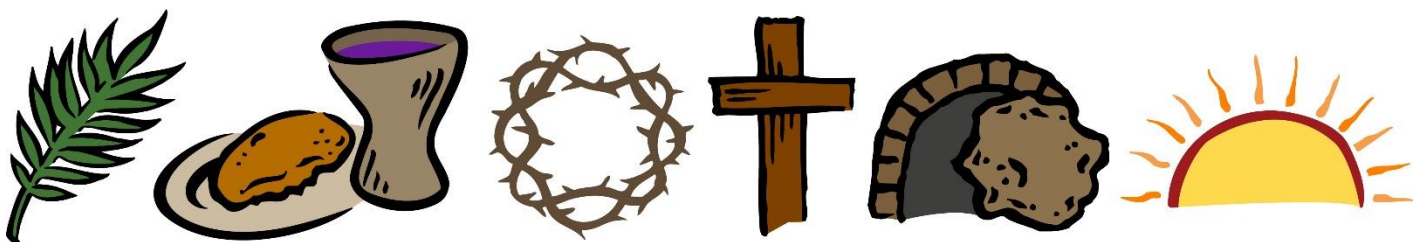
More Info: rdecker@trinityjb.org



Come visit us! M-TH 10 AM-2 PM



Scene from an earlier Easter Drama



March Offerings

Sundays

- Children's Church (9:15 a.m.)
 - *Communion Sunday: Children remain in the service.*
 - *Other Sundays, children leave after morning prayer.*
- Adult Bible Studies (9:30 a.m.)
- 1st Sunday:
 - *Communion*
 - *House of Hope Donations*
- 3rd Sunday: Noisy Change
- 4th Sunday: Discipleship Sunday

Mondays

- Line Dancing (1:00–3:00 p.m.)
- Priscilla Circle (2nd Mondays, 10:00 a.m.)

Tuesdays

- Trinity Ringers (5:30 p.m.)

Wednesdays

- Beginner's Line Dancing (11:30 a.m.–1:00 p.m.)
- Blessings in a Bag (12:30–2:30 p.m.)
- Hooks & Needles (every other week) (10:00 a.m.)

Thursdays

- Line Dancing (1:00–3:00 p.m.)
- Choir Rehearsal (6:30 p.m.)

Saturdays

- 1st Sunday: Men's Meeting (8:00 a.m.)

Trinity United Methodist Church
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