

SUMMER

TRINITY UNITED METHODIST CHURCH THE MESSENGER

FROM THE PASTOR'S DESK

On May 20 the Ritters and the Piepers headed out to Annual Conference in Adrian, Michigan. The Ritters and Rev. Pieper represented our local church and voted on issues related to the Conference. Mary represented the District. Annual Conference is a great time of sharing all the joys and challenges of the local churches that we represent and work in with others within the Detroit Conference. We each attended gatherings relevant to our work and ministry including: The Mission Jubilee Ministry Fair which will highlight many programs and activities of the Conference; A Clergy Spouse Luncheon for Mary; a UMW Lunch for the ladies; a Lay Speaking Ministries breakfast; a Memorial service celebrating the lives of many pastor's and families that have served the annual conference, An Ordination and Commissioning Service and many resolutions and business matters. Voting Members decided on whether we will continue with 7 or 6 Districts into the future.

The Annual Conference ordained as elders this year two from our Port Huron District: Maureen Baker currently at Brown City UMC; Timothy Ziegler at Lexington, Michigan. Alicia Williams, who played the harp at Bishop's Day, was ordained as a Deacon. She is at Port Huron: First.

Thank you for your prayers for those representing you and approving budgets and business on your behalf. They will offer a report later in June.

Ralph Pieper

Communion Sundays

During the summer months we will be sharing in Communion on July 4 at the Altar and August 22 in the pew.

WHAT IS A QUILTING BEE?

A bee, as used in "quilting bee," is an expression used together with another word to describe a gathering of peers to accomplish a task. Quilting is an art that's been around for centuries. Our quilting group is an outreach ministry in several ways, and we find enjoyment and satisfaction in this old art form.

We meet most Fridays at the church and are always looking for interested quilters. Our group is eclectic -- some are very experienced quilters, some are brand new and others somewhere in between -- but we all have one thing in common; a love of quilting and/or sewing. Feel free to join our group!

We work on various projects throughout the year. Once a year, we work on a charitable project. We have been working with one organization that provides quilts for children with cancer who are able to attend "cancer camp" during the summer. We feel blessed to be able to make these quilts, and we often pray for the child who will receive the quilt while we are sewing. Last year we made over 30 quilts. This year we will end up with about 27 or so. We have been fortunate so far with donations of materials for the quilts. We are unsure of how long that source will continue. This year we had to purchase the batting and some of the backings.

You can help! You can volunteer to help put the quilts together, like people such as Elaine Shifflett, who recently finished up several quilts (and they are beautiful!). Or you can pray for our ministry. Any help you can give is greatly appreciated!

We are thankful to have such a skilled and willing group and look forward to many years of providing comfort to those in need in the form of warm, cozy, soft quilts.

If you have any questions or wish to donate your time, or help in any way, please contact Kathy Dawley (810-656-0964) or Paula Alt (810-664-1016). Our group looks forward to your support! God bless!

UNITED METHODIST MEN

United Methodist Men will not meet on the first Mondays of June, July or August, however, they will hold their ANNUAL STEAK FRY with a "special program", sometime in late August. Details will be announced later. This is due to the first Monday of September falling on Labor Day. Information will be on sign up table well in advance of the Steak Fry, and we wish all a relaxing and healthy summer.



COFFE HOUR SERVANTS

We still need men to sign up for July and August to serve Coffee and Donut hour. This is a wonderful service to our congregation. You can sign up for just a Sunday or for the whole month. Please see Chuck Bennett for more information.

STUDENT GRANT RECIPIENTS

Student Grant Recipients for 2010 are:

College - Alex Wolfe attending Central Michigan University

- Stephen Elzerman attending Spring Arbor University

- Taylor Muldoon attending Mott Community College

High School Graduates - Aaron June, attending Northern MI University

- Alexander June, attending Ferris State University

- Kaleb Elwert, attending Michigan Tech.

- Christina Burda, attending Oakland University

VBS-

It's back again, SportsLife VBS Camp. We had so much fun last year that we decided to bring them back again this year. June 21-25 from 9:00 a.m. til 12:00 noon. This camp is open to anyone going into the 1st thru 6th grade. Registration forms are in the lobby or call Debbie at 810-577-4191. We are also looking for volunteers.

Summer Sunday School-

Help! We need Summer Sunday School teachers. We would like to keep the traditional Sunday school going for the summer, but we can't without teachers. To volunteer contact Debbie at 810-577-4191.

Fall Sunday School-

The Sunday school teachers we have had this year have done a great job and we would be honored to have them back in the fall if they want to teacher again but we are restructuring the grades to coincide with the new plan for the Lapeer schools, so we will need extra teachers. Please contact Debbie at 810-577-4191 to volunteer.

Camp-

So far this year we are sending 32 children to Bayshore camp. We are very thankful for the opportunity to send these children to camp and if there are more children out there who want to go to camp please contact Debbie at 810-577-4191. The camp fund can always use donations for the camp fund.

Thanks Debbie

INFORMATION TECHNOLOGY

The I.T. department recently replaced two PC monitors for the front office staff, and two PC monitors for the PC located in the sanctuary balcony. The I.T. department is in the process of purchasing replacement PC's for the front office staff.

The I.T. department is currently looking for additional help to operate the sound system and/or the PC during Sunday services. If you have an interest in running this equipment, feel free to contact Pastor Ralph or myself (training is provided).

Steve Westerfield

Information Technology Chairperson

810-664-0569 or sjwesterfield@yahoo.com

**UNITED METHODIST MEN'S NEWS!
CALLING ALL MEN FOR GOLFING**

The United Methodist Men of the Port Huron District have a golf date on June 12 at the Willow Ridge Golf Course. They will be playing a 3- or 4-man scramble. The cost is \$50.00 with lots of prizes and fun! Contact Mark Garavaglia for more information at 810-956-4637.

175th ANNIVERSARY CELEBRATION!

We won't wait until January 1, 2011, to begin festivities. We will have t-shirts, activities, books, trivets, and ??? for you this fall. These will be GREAT Christmas presents. Watch for them. Any questions or comments, email/call Judy Best. (rjbest@cardina.net or 810-338-3516)

NEW SMOKING POLICY

Upon recommendation of the Trinity Health Committee, and motion by the Trustees, the Administrative Board of Trinity United Methodist Church recently adopted the policy that our entire church property will immediately become a no-smoking campus facility.

This means that smoking will not be allowed inside or outside the church, or in any area of the property owned by the church. Smoking is not to take place within automobiles or in the area of the sidewalks that surround the church.

As soon as this notice has been received by all of the parties using this facility, ashtray dispensers will be removed. Signs will soon be posted inside and outside the building.

I am hoping for the complete cooperation of group leaders in presenting this information in a timely and effective manner. If we all work together toward this effort, we should not only see a smooth transition, but a long-term improvement in health and well-being.

We are one of very few facilities in Lapeer that provides rent-free rooms to many service and health related groups in our community. I am asking that you help promote this opportunity that we allow by fully cooperating with this new church policy.

Sincerely, Don Morris

HEALTH MINISTRIES NEWS

Here we are ready to enjoy the beautiful summer. It seems like it will never come then all of a sudden it is upon us with all its beautiful flowers and outdoor living. Even the mosquitoes are singing their songs. With all this activity the committee wishes everyone a "happy and safe summer", as we too cut back and take a break from our activities and enjoy the festivities of warm weather.

A few precautions come to mind, keep food either hot/cold, not room temperature. Always wear sunscreen and mosquito repellent with Deet. Keep hydrated with lots of water and don't exercise in the heat of the day. Make sure your immunizations are up to date.

In keeping with the mosquito problem, the Methodist church, (UMCOR) is working on a program called, NO MALARIA. Your Health committee is planning to have a (one net per child) drive to protect children in earthquake areas from this deadly disease. For \$10, a mosquito net can make the difference of life or death of a little one. Any monies will be appreciated. Watch for further information in the bulletin during the month of July.

As I promised in the May Messengers I will finish John Wesley's "Primitive Physick". I hope you have enjoyed a trip into the 17th century. We see, as much as information changes, it also remains the same. The last two subjects include exercise and passions.

IV.

1. A due degree of exercise is indispensably necessary to health and long life.
2. Walking is the best exercise for those who are able to bear it; riding for those who are not. The open air, when the weather is fair, contributes much to the benefit of exercise.
3. We may strengthen any weak part of the body by constant exercise. Thus the lungs may be strengthened by loud speaking, or walking up an easy ascent; the digestion and the nerves by riding; the arms and hams by strongly rubbing them daily.
4. The studious ought to have stated times for exercise, at least two or three hours a day; the one-half of this before dinner, the other before going to bed.
5. They should frequently shave, and frequently wash their feet.
6. Those who read or write much, should learn to do it standing; otherwise, it will impair their health.
7. The fewer clothes anyone uses by day or night, the hardier he will be.
8. Exercise first, should be always on an empty stomach secondly, should never be continued to weariness; thirdly, we should take to cool by degrees, otherwise we shall catch cold.
9. The 'flesh-brush' is a most useful exercise, especially to strengthen any part that is weak.
10. Cold bathing is of great advantage to health; it prevents abundance of diseases. It promotes perspiration, helps the circulation of the blood; and prevents the danger of catching cold. Tender persons should pour water upon the head before they go in, and walk swiftly. To jump in with the head foremost is too great a shock to nature.

V.

1. "Costiveness" cannot long consist with health; therefore care should be taken to remove it at the beginning, and, when it is removed, to prevent its return by soft, cool, opening diet.
2. Obstructed perspiration (vulgarly called catching cold) is one great source of diseases. Whenever there appears the least sign of this, let it be removed by gentle sweats.

VI.

1. The passions have a greater influence upon health than most people are aware of.
2. All violent and sudden passions dispose to, or actually throw people into acute diseases.
3. The slow and lasting passions, such as grief and hopeless love, bring on chronicle diseases.
4. Till the passion, which caused the disease, is calmed, medicine is applied in vain.
5. The love of God, as it is the sovereign remedy of all miseries, so in particular it effectually prevents all the bodily disorders the passions introduce, by keeping the passions themselves within due bounds; and by the unspeakable joy and perfect calm serenity and tranquility it gives the mind; it becomes the most powerful of all the means of health and long life.

LONDON, June 11, 1774"

Stay healthy and we will see you in the fall. God Bless.

YOUTH

Hello again from the youth. We are alive and kickin' (anything that we can). The summer is fast approaching, and soon it will be time to relax and hang with friends, go fishing or whatever else might come up. We are all looking forward to representing the church body on the mission field in Nashville, Tennessee in July, but until then we are going to need to work to raise the funding necessary for our trip. That is why we would like to offer our services to you, the loving and supportive members of this church. We are looking for anyone in need of our talents. Maybe you need some help planting flowers or weeding gardens or cleaning barns or fence rows or basements or gutters or baby-sitting or computer repair or painting or... you probably get the point. We will do just about any task you need! We are willing to help those in need, or you could make a donation to the mission trip. Either way we will be looking forward to working for you.

Now, as for the summer, many of the youth are finding it hard to find summer work. I am putting together a talent pool of all the youth we currently have. If you want to hire and pay directly anyone for a specific task let me know so I can put you in contact with the right youth member. I think it will be a great way for us to get to know one another better and to get some work done. I can be reached through the church office or my cell # 810-730-4804. Thanks for your time and enjoy this season in God's creation.

We will be "flamingoing" people of the congregation on random evenings from now until the mission trip. So be aware of anyone you might want us to get. For a small donation we will make it happen. Also we will be having a car wash on Sunday, June 27, after Sunday school. This will be our last chance to raise money for the mission trip this summer. The mission trip will be from July 11 to July 17. We are going to be in the heart of Nashville, Tennessee doing various service projects in the local shelters. In August we are planning a trip to Cedar Point on a date yet to be determined. **If anyone is willing to help chaperon please let me know.** That is what the youth have planned for the summer and we will gladly accept any support you can give us whether it is your time, your prayers, or your encouragement.



Creg June

CALLING ALL MEN

At the spring Market for missions rummage sale something new is being added. There will be an Male Room devoted just for guy stuff. So gather up that extra sporting equipment, hunting equipment, tools, clothes and other male items no longer needed. The more we get the more for missions

MARKETPLACE FOR MISSIONS
TRINITY U.M.W. RUMMAGE SALE
1310 N. MAIN (M-24) ACROSS FROM LAPEER HOSPITAL



THURS, JUNE 10TH - 9 AM TO 5 PM
AND
FRIDAY, JUNE 11TH - 9 AM TO 5 PM

SATURDAY, JUNE 12TH - 9 AM TO 1PM (BAG & ½ OFF SALES!)



Featuring:

The *Unique Boutique* - New & gently used fashions at a bargain!

Bake Sale! – Tasty, Delicious Goodies!

The *Book Nook* – A reader's bonanza!

The *Treasure Room* – Awesome antiques & collectibles!

NEW! Men's Department – tools, electronics, sporting goods!

As well as:

Our usual bargains in the main sale area – over 1000 sq. ft. of deals galore!

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