

THE MESSENGER

Trinity United Methodist Church, Lapeer

February 2023

THE LOBBSTER TALE

February is an interesting month with a variety of events packed into its 28 days. Some of these events include Black History month for all of February, Scouting Sunday on February 12, Valentine's Day on February 14, Ash Wednesday on February 22 with the First Sunday in Lent on February 26.

Valentine's Day receives much more attention, but the "holiday" that I hope that we will reflect upon, and participate in, is Ash Wednesday. It is a day when we can realize again how much God loves us and all that He went through in order to be in a relationship with us.

We share cards, candy, balloons and flowers on February 14 as a way of expressing our love with special people. Black History Month reminds us that we are to love ALL of our neighbors... especially those who look different than we do. Jesus expressed His love to all of humanity by giving His life on a cross so that we might be forgiven and experience new life through Him!

During February of 2023, let us celebrate love between friends, spouses and significant others. Let us intentionally learn to love everyone in our community and world, and let us celebrate the love of God expressed to us through the life, ministry, death and resurrection of Jesus Christ!

Thanks be to God for His sacrificial love for us!

See you in church or on screen!

Pastor Grant

LENTEN ACTIVITIES

The Church Season known as Lent begins on Ash Wednesday, February 22. We will be having a Special Worship Service that night at 7:00 pm. Starting on Thursday, March 2, we will have our traditional potlucks at 6:00 pm with Worship at 7:00 pm. A schedule of preachers will be coming soon.



Our afterschool Kids Street Program has begun again after a long Christmas break. We have 40-50 third through fifth graders who come each Wednesday for afterschool activities including crafts, cooking, snack and homework help. After dinner, we hold a short Bible study for those who wish to stay. We can always use help if anyone is interested in this ministry.

If you would like to volunteer, please call or email Debbie Muldoon.



Hello from the youth!!

We think winter is coming, so we are headed to a winter retreat at Spring Hill Camp in Evart for a weekend, Friday, February 3rd and coming home on February 5th. We hope it will be a great weekend filled with joy and laughter while worshipping the Lord!! We will eat well for sure, and have several large group sessions. Please pray for the Spirit to be moving through all the youth that are at the camp. Thanks and have a great month!

Creg June, Youth Director

Trinity Christian Men will meet for dinner on MONDAY, Feb. 6th at 6:30 p.m. at LEO'S RESTAURANT and we invite all men (bring a friend!) to be in attendance! Our program for the evening will be Andrea Henderson from The Refuge. Come and hear about what The Refuge is doing in regards to those less fortunate in our community. We hope to see you there!

TRINITY CHRISTIAN WOMEN (TCW) will meet on Monday, February 13th at 1:00 p.m. in the North Parlor. Our program for the day will be *Around the World with Lana Jo*. Lana Jo retired from Lapeer Hospital in 2015 and since that time has made 13 international trips. She will be sharing about the people, unusual hotels, and unusual foods in North America, South America, Asia and Africa. There will be a time for questions. We invite all ladies who are interested to attend this meeting and all meetings of the TCW. Refreshments will be served. Also during this meeting, a list of upcoming meeting dates and programs will be shared. If you cannot attend the meeting, look in your church mailbox for this list.



Inclement Weather Cancellation Policy

The Church Office will be closed and all other activities and meetings canceled whenever the Lapeer Community Schools are closed for any type of inclement weather (temperature, snow and/or ice).

Monday Community Meal and Sunday mornings will not be cancelled.





This is the time of year when the New Year's Resolutions we have made already seem hard to keep. A serious resolution requires a concrete plan for following through. One of the most important plans we can make for the cold weather is how we will MOVE and keep our bodies ACTIVE.

Moving safely and well involves four components: **1. Flexibility 2. Balance 3. Strength 4. Stamina**

As we age (and even if we're young), all of these begin to change and decline. The good news is that all of them can improve with regular practice and allow us to live a better daily life.

So how do we incorporate all these into a plan that will work in our life?

First, recognize and accept any limitations you might have. An arthritic joint (or more than one), asthma or other breathing difficulty, poor strength in one part of our body, dizziness with change in position can all be overcome by modifying our exercise to fit OUR BODY. Maybe you can't do a floor push-up, but how about a push-away from the wall or a counter. All balance exercises should be done with a wall or chair support within reach.

Health Ministries has developed a packet with exercises that address all of the four areas mentioned above. Included is a plan list you can customize for your daily 15-30 minute routine. Your plan will be specific with the exercise, how many reps to do, or how long to hold stretch/balance positions. We have exercises that can be done in bed (yes, in bed), all the way up to ones that need a pretty physically fit younger person. If you are able, try the Praise Moves class offered at the church each Friday at 10:00 for good examples.

The most important thing to do is START. The second most important is CONTINUE. If you are faithful in following your plan for 30 days you WILL notice some progress. Don't rush and try to do too much too fast. As you improve you may change your plan a little at a time. We aren't trying to become Olympic athletes, just more agile and capable in our daily activities.

If you are serious about receiving the rewards of the program, you may see an example of the packet on the Welcome desk and a sign-up sheet to receive your own packet. If you don't get in to the church but would like a packet—call Nancy Brinker at 810-797-4921 and she will send it to you.



Great Reads @ Trinity

By Jean Best



Inked for Eternity by Roxanne Wermuth is our highlighted book for February. Connie June worked with Roxie and donated her book to the Trinity library. Though it was published in 2015 and I knew of the book, I hadn't read it. Having done so now, I know there are many of you who would be blessed by it.

Inked for Eternity is first of all autobiographical. The author tells of growing up in Lapeer in a time I well remember. Her life at home was not easy, but she married the love of her life and became wildly successful in her career. Then multiple sclerosis and deep depression entered Roxanne's life. It was a 24-hour coma and a trip to what she calls "God's waiting room" that put her back on the right path.

This is a powerful book full of family, love, forgiveness, joy and peace. I hope you will check it out. I am not explaining the title because it will be more fun if there are still some puzzles for the reader to solve.



CELEBRATING BIRTHDAYS

- 02/06 Terry Adams
- 02/06 Jim Stuart
- 02/07 Jane Ruscoe
- 02/09 Tim Kigar
- 02/09 Carl Shifflet
- 02/10 Mayvin Muldoon
- 02/11 Dennis Perry
- 02/14 Kim Schoeppach
- 02/14 Emily Lass
- 02/14 Khaley McRorie
- 02/16 Robert Wojcicki
- 02/17 Paula Alt
- 02/18 Ken Pike
- 02/18 Dean Thompson
- 02/19 Jim Elzerman
- 02/19 Harper Vangel
- 02/20 Cheryl Keefe
- 02/20 Jillian Roush
- 02/22 Ryan Wilson
- 02/23 Barb Wightman
- 02/24 Sam Arrington
- 02/27 Laura Barnard
- 02/28 Janice Palmer


CELEBRATING ANNIVERSARIES

- 02/02 Chris & Kristine Stheiner
- 02/14 Tom & Shirley Terbrueggen
- 02/15 Dan & Carrie Dreyer
- 02/21 Steve & Gale Waun

Pray for Shirley Stuewer and family following the death of her sister, Marge Scott.

Continue to pray for those who have been hospitalized: Ruth Stover-Lange and Bob Exelby.

Pray for all our Trinity friends experiencing health issues and going through treatments.



NEW ADDRESS

Bill Gentry
 1515 Cal Drive
 Davison, MI 48423
 He can have visitors by appointment only: 810-653-7343.

NOTES FROM THE OFFICE

2023 Altar Flowers

Availability calendar and envelopes are located on the bulletin board across from the Office. Please complete the information on the envelope in full with payment and return to the office or offering box. The cost of the flowers is \$25 and they can be taken home with you after second service. If you are able, please return the vase to the Office after you have enjoyed your flowers.






Barling Estate

Due to the economic situation and poor stock investment returns, there will be no Barling Estate rewards in 2023.

February 2023

Office Hours Monday thru Thursday 9 - 3 p.m.

Preaching Schedule: Feb. 5, 12, 19, 26—Rev. Grant R. Lobb

Sun	Mon	Tue	Wed	Thu	Fri	Sat
5 WEAR RED SUNDAY 8:45a Worship 10:00a Sunday School 11:00a Worship 12:00p Youth Group	Matthew 22:39  6 9:00a TCW Executive Board 10:00a Pantry Activities 4:00p Food for Families 6:30p TMM Dinner @ Leo's	7 9:00a MOPS 6:00p Trustees 6:30p Handbells	1 10:00a Bible Study 1:00p TCW Card Recycling 3:30p Kids Street 5:45p Night Time @ Kids Street 7:00p Choir Practice	2 10:00a American Red Cross Blood Drive	3 9:00a In Stitches 10:00a Praise Moves	4
12 8:45a Worship 10:00a Sunday School 11:00a Worship 12:00p Youth Group	13 10:00a Pantry Activities 1:00p TCW Unit Meeting 4:00p Food for Families 6:30p SPRC Meeting	14 9:30a MOPS Leadership 6:30p Handbells 	8 10:00a Bible Study 1:00p TCW Card Recycling 3:30p Kids Street 5:45p Night Time @ Kids Street 7:00p Choir Practice	9	10 9:00a In Stitches 10:00a Praise Moves	11
19 8:45a Worship 10:00a Sunday School 11:00a Worship 12:00p Youth Group	20 OFFICE CLOSED PRESIDENT'S DAY 10:00a Pantry Activities 4:00p Food for Families	21 9:00a MOPS	15 10:00a Bible Study 1:00p TCW Card Recycling 3:30p Kids Street 5:45p Night Time @ Kids Street 7:00p Choir Practice	16	17 9:00a In Stitches 10:00a Praise Moves	18
26 8:45a Worship 10:00a Sunday School 11:00a Worship 12:00p Youth Group	27 10:00a Pantry Activities 4:00p Food for Families 7:00p Administrative Board Meeting	28	22 10:00a Bible Study 1:00p TCW Card Recycling 3:30p Kids Street 5:45p Night Time @ Kids Street 7:00p ASH WEDNESDAY SERVICE	23	24 9:00a In Stitches 10:00a Praise Moves	25
			JOIN US ON THURSDAYS STARTING, MARCH 2ND AT 6:00 P.M. FOR A LENTEN POTLUCK AND THEN AT 7:00 P.M. FOR A SPECIAL LENTEN SERVICE.			

The Messenger

Trinity United Methodist Church

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FEBRUARY

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Church Staff

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Natalie Morey, Business Secretary: Ext.102 business_mgr@trinitylapeer.org

Debbie Muldoon, CE Director: Ext. 205 Home: (810) 658-2166 hereshoneybear@aol.com

Creg June, Youth Director: Ext. 105 Cell: (810) 730-4804 cregjune@gmail.com

Cheryl Burnside, Music Dir./Organist: (810) 664-1565 cburnside@charter.net

Ann June, Nursery Coordinator

Velma Watson, Head Cook/Soup Kitchen: Ext. 107 Kitchen

Pat Schlaud, Custodian