



Making Disciples of Jesus Christ for the Transformation of the World

## March 2017 Newsletter of Trinity United Methodist Church

*And he said to him, "You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And the second is like it: You shall love your neighbor as yourself. Matthew 22:37-40*

I often joke with Vicky, the church's Administrative Assistant, that as soon as it quiets down around here we have some things we need to work on. The joke is that we keep getting busier and busier. We, as a staff, will say just wait until this month, or this time of year, and we will have some time to breathe, it rarely happens. I know I start each week thinking, this is a quiet week, I will get x, y, and z done. The reality is that plan disappears by 9:15 Monday morning. It gets busy.

Does your life ever get busy? Family activities and events ever happen on the same day? Maybe even the same time? You end up trying to figure out how to make both work? How about work? Ever get busy there? Whether you are currently working or retired, we remember how crazy work schedules can get. Then there is that brief moment we like to call fun. Ever have some time off planned with an activity or two that you were looking forward to doing only to discover that your schedule demands you do something not fun?

We get so busy caring for everyone and everything else. Jesus invites us to take our heavy burdens, which we are carrying, and give them to him. He will take care of us. Jesus shows us a love that we not only receive but can copy for ourselves. We can love ourselves and others. I think we look at the second commandment and think that only applies to how we treat others. Jesus calls us to love one another, which is true. But that is not the whole understanding I have of that second commandment. Not only are we to love our neighbors, but we are to love ourselves as well.

You may be thinking to yourself, "Matt, if I love myself I am being selfish." I understand that mind set. We work to put others first. But if you do not take care of yourself, i.e. love yourself, then who is going to care for everyone in your life that you help? There is being self-centered and there is caring for oneself.

This Lent I would like to give you a care package (FYI, my wife helped with this title). The care package is one speaker a week, through the season of Lent, to talk about how we need to, and can, care for ourselves. Starting March 8<sup>th</sup> and running for the next five Wednesdays, we will meet in the Sanctuary at 7pm to discuss this care. The five people who have said yes to share with us are:

1. Dr. Margo Anderson-Fowler – Care of self from the physical point of view
2. Mrs. Lisa Kentfield – Care of self from a financial point of view
3. Mr. Bob Whitehouse – Care of self while caring for the family
4. Mr. Don Groesser – Care of self from the point of view of work and play
5. I will also speak and look at care of self from the spiritual side of things.

(article continues on the next page)

---

**Trinity United Methodist Church 8009 Q Street Ralston, NE 68127**  
Phone: 402-331-4054 <http://www.trinityralston.org> [facebook.com/TrinityRalstonUMC](https://www.facebook.com/TrinityRalstonUMC)

**Sunday Worship:** Services @ 8:30am & 11am, Sunday School @ 9:45am

**Pastor:** Rev Dr. Matt Fowler   **Associate Pastor:** Rev Curt Copple   **Pastor of Congregational Development:** Rev Dr. Bob Folkers  
**Executive Pastor:** Rev Dr. Cole Fowler   **Children /Youth Director:** Becky McClanathan  
**Choir Director:** David Galant   **Media Director/Worship Leader:** Matthew Hindley   **Accompanist:** Vicki Buras  
**Facilities Coordinator:** Jon Lindhjem   **Administrative Assistant:** Vicky Segers   **Building Supervisor:** Judy Slavik

## Care Package continued...

We all get so caught up in taking care of everyone and everything else that we fail to care for ourselves. God called us to be good stewards of all that he created. That includes you and me. I hope you will be able to come to church and receive the care package that is here for you, freely offered and given. And yes, so you can care for yourself, daycare will be provided.

Grace and Peace  
Matt

---

## Mission Notes

Here are some of the projects that will keep us busy over the next few months.

- Keeping our **boat filled with non-perishable items**.
- Preparing for our **Ralston Prom Project**--listen and watch for details on how Trinity members can be involved.
- Raising awareness for **One Great Hour of Sharing**.
- Giving monetary support to the youth for the **Red Bird Mission trip**.
- Continuing with **Dining for Women** which will meet the second Friday in March, May and June at noon. No meeting on April 14<sup>th</sup> which is Good Friday.

Our mission team is grateful to our Trinity members for helping to enable the work that supports not only our local but also our global community. Our willingness to serve our neighbors, no matter who they are, is what we are called to do. Thanks to you all.

Our mission team meetings are open to anyone; we meet the first Wednesday of the month at 5:30pm.

Judy Dappen  
Mission Chair

---

## Adult Bible Studies

The Adult Study Class taught by Ray Loveland and Marge O'Reilly will reconvene on March 5<sup>th</sup> to study the book *Creed: What Christians Believe*, a six week Lenten study written by Adam Hamilton. Anyone is welcome to attend.

## Five Marks of a Methodist

Buildings last because they rest upon solid foundations. Without a good foundation, they may exist for a while, but they can't stand for a long period of time. Similarly, John Wesley understood that Methodism could begin and remain vital when it is built upon a good foundation. In his treatise entitled *The Character of a Methodist*, published in 1742, he describes the feature of a good foundation. He describes it in terms of "distinguishing marks" that would establish a Methodist person or group on the right foot and sustain them for one lifetime after another.

Beginning March 8<sup>th</sup>, we will start another class of *Five Marks of a Methodist*. We will meet in the choir room from 7-8pm. If you have any questions, contact Pastor Cole Fowler at [Cole.F@trinityralston.org](mailto:Cole.F@trinityralston.org).

---

## Ash Wednesday Service

Please join us on Wednesday, March 1st at 7pm as we start off our Lenten journey with an Ash Wednesday Service. Light refreshments will be available prior to the service. Please note Kids for Christ will not meet this evening, but the Choir will still practice at 6pm.

## Education Notes

Thank you all for the support in our fundraiser efforts. The youth raised a lot of money while selling root beer floats. This included three different families sponsoring a child 100% to go to Red Bird. We also successfully raised \$500 during our day to eat at Spaghetti Works. This will help tremendously with van rental and gas for the trip. We are very blessed!



Youth selling root beer floats!

March 1<sup>st</sup> is **Ash Wednesday**. The nursery will be open during the 7pm service. No KFC.

March 5<sup>th</sup> and 19<sup>th</sup>: **Youth Group** will meet from 5-7pm.

**KFC** will meet each Wednesday night from 5:30-7pm through March and April except for March 1<sup>st</sup>. April 26<sup>th</sup> will be our last night of KFC. We will be having a pot luck. Please contact Becky if you plan to bring a dish, dessert, side item or drink. I will keep track of items to better prepare.



Children singing in service.



Youth out having pizza at Ragazzis!



I would like to introduce two new teachers around the church. Jordan York and Jonah Wright will be teacher assistants for our KFC classes and will assist on Sunday's during Sunday School. They are both in college and have a love of God and a strong background in faith and church. They are a blessing to me, to the church, and to the kids. They are helpful with insight on lessons, and are having fun getting to know the kids and their needs. I really appreciate them. Say "hello" next time you run into them at church.

Becky McClanathan, Director of Children & Youth

(pictures on this page courtesy of Becky McClanathan.)

---

### Past Sermons

For those of you who cannot always make it to church on a given Sunday, please note that on our website ([trinityalston.org](http://trinityalston.org)) you can find audio recordings of past sermons.

---

### New Members

We welcomed as new members Diane Rutherford, Jim Buras, and Vicki Buras on February 12<sup>th</sup>.

## March

### Birthdays

- 3/2 Jen Markowsky
- 3/3 Lisa Kentfield  
Sylvester Porchia III  
Julia Richardson
- 3/4 Susan Berray  
Ed Hansler
- 3/7 Don Berglund  
James Kane
- 3/8 Shanyia Woods
- 3/9 Kim Johnson  
Diane Lenczowski
- 3/11 Beckam Kiolbasa
- 3/12 Brooke Brown  
Skyler Lyons
- 3/14 Nancy Hendrix
- 3/15 Madison Black
- 3/16 Dorothy Daugherty
- 3/17 Helen Stinson
- 3/18 Sophia Lyons
- 3/21 Vicky Segers  
Bill Startzer
- 3/22 Anthony Figueroa
- 3/24 Sandy Piper
- 3/25 Chuck Rogers
- 3/26 Adilyn Dudzinski  
Lindsey Gage
- 3/29 Jada Brown  
Jason Hindley  
Connie Loveland  
Dave Ramsey
- 3/30 Carol Palmeiro



## UMW Notes

<b>Thurs, Mar 2<sup>nd</sup></b>	Naomi Ruth Circle	10am
<b>Mon, Mar 6<sup>th</sup></b>	UMW General Meeting (GM)	7pm
<b>Mon, Mar 6<sup>th</sup></b>	Mary Circle	after GM
<b>Mon, Mar 6<sup>th</sup></b>	Esther Circle	after GM
<b>Thurs, Mar 16<sup>th</sup></b>	Bingo @ Hillcrest Shadowlake	2pm
<b>Tues, Mar 28<sup>th</sup></b>	UMW Executive Board Meeting	6:30pm

Kitchen Clean-up duty for March is Naomi Ruth Circle.

The **UMW General Meeting** will be on Monday March 6<sup>th</sup> at 7pm. Everyone is invited to hear Marian Iverson as she will be presenting her "Trip of a Lifetime". UMW membership not required!

---

### Saturday Book Club

Saturday Sisters Book Club will meet on Saturday, March 18<sup>th</sup> at 9am in Room 205. This month we will be discussing *All the Light We Cannot See* by Anthony Doerr. You are invited to join us at any time, even if you have not read the book.

---

### Trinity Methodist Men

The Trinity Men's Group meets the last Saturday of each month at 8am in the Fellowship Hall. Join them on March 25<sup>th</sup> for coffee, breakfast, and guest speakers as they build their faith together. For more information, please contact Steve Gage.

---

### Thank You

Thank you to all who have sent cards, notes, and expressed concern for Larry and me. Larry is now at the Ambassador getting stronger with hopes of returning home.  
-Larry & Kathy Braga

We would like to thank all from Trinity who remembered us with your thoughts, prayers, numerous cards, calls, visits, and gifts of food while Don recuperated from his surgeries. We did not realize how much these small expressions of love meant until we were on the receiving end. Our church family is truly special! Our sincere gratitude to you.

-Don & Mary Berglund

---

### Don & Millie's Sunday

Eat at Don & Millie's on Sunday, March 26<sup>th</sup> from 11am – 5pm and the church receives 20% of your purchase.

---

### Calendar insert

You will find inserted in this month's Beacon a copy of the current calendar for March. Please check the website ([trinityalston.org](http://trinityalston.org)) for the most up-to-date calendar available. Call the church office at 402-331-4054 for more information, or to schedule your event today.