



Making Disciples of Jesus Christ for the Transformation of the World

March 2018 Newsletter of Trinity United Methodist Church

For Lent, I invited us to take on being Inspired (In Spirit) each day of our lives. We have talked about how the Bible helps us stay “In Spirit” and paying attention to the care of our bodies for Inspiration. In March, I would like to invite us to consider our devotion to spirituality, and the use of our minds for drawing daily Inspiration.

This month we have a unique opportunity. We will have a labyrinth in our church from Sunday, March 11th through Sunday, March 18th. This is available for all to use. Allow me to share just a little bit about a labyrinth and how to use it.

The labyrinth as an architectural term derives its name from the famous ancient or mythical labyrinths of Crete and Egypt. Geometrical figures composed of various pieces of colored marbles, and so disposed as to form labyrinths, were frequently found in the pavements of French cathedrals and so-called *labyrinthes de pavé*. The finest remaining example is in the center of the nave of Notre Dame, Chartres. A person following the various windings and turns of the figure would walk nearly 800 feet before he arrived at the center, although the circumference does not exceed thirteen yards. These labyrinths were supposed to have originated in a symbolical allusion to the Holy City, and certain prayers and devotions doubtless accompanied the perambulation of their intricate mazes. *(from Religious Facts Library)*

So What Do We Do?

- The basic advice is to enter the labyrinth slowly, calming and clearing your mind. This may be done by repeating a prayer or chant.
- Open your senses and focus on the process of taking slow and deliberate steps. Bring to mind a prayer or spiritual question to contemplate during the walk to the center.
- Reaching the center, pause to reflect, pray, listen for an answer or for deeper revelation. Now begin the return journey. Pray or reflect further. Upon exiting, use further reflection, prayer, or journaling to absorb the experience.
- Walking a labyrinth in this way can be surprisingly calming and clarifying for your thoughts. Even if you don't have a spiritual side, the slow, intentional walking in a quiet place on a set path allows for a level of focus that can be difficult to find in a busy life.
- The path of the traditional Chartres design weaves back and forth, but also takes the walker seemingly close to the destination at the center, then sends you off on many more zig-zags away before you once again appear to be nearing the center. This can bring to mind expectations about goals and how unexpected tangents can appear in life. If there are others walking the labyrinth, you'll at times approach them on your paths and then be sent farther away. This can bring to mind how people enter and leave your life. *(from Walking the Labyrinth by Wendy Bumgardner)*

I hope you have taken on the opportunity to see God inspiring you each and every single day. I also hope you will take time to walk the labyrinth here at the church in March. Have a Blessed Lent and we will see you in Worship. -Matt

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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
Director of Spiritual Development/Accompanist: Vicki Buras **Choir Director:** Dr. David Galant
Media Director/Worship Leader: Matthew Hindley **Controller:** Penny Holzbauer
Administrative Assistant: Vicky Segers **Building Supervisor:** Judy Slavik

Mission Notes

The following is the updated mission statement for 2018:

- To be aware of injustices and needs of the local and global community.
- To educate the congregation about these needs and injustices.
- To support these concerns with our finances, actions, and prayers.

We will continue with many of our same projects, such as the boat, sack lunches, prayer shawl ministry, and Dining for Women. In addition, we have added other projects, thus, replacing Samaritan Purse's Christmas boxes and the prom project. We are looking at supporting several more local programs.

Trinity has been very generous in supporting the many projects that we do; at times, however, we would welcome volunteers to help with sack lunches. We work the third Thursday at 9am and are generally finished by 11am. Also, if you care to donate food items for the lunches, that would be greatly appreciated. Each month we make lunches with 50 meat and cheese and 50 peanut butter and jelly sandwiches, chips, fruit, and a dessert. The lunches go to the Stephen's Center on 27th and Q Street. Other items we need are napkins, lunch sacks, and sandwich bags.

Dining for Women will have a guest speaker on April 13th, Fran Moore from St. James Methodist Church in Bellevue. Fran, a former member of Trinity, visited Zambia last year and has volunteered to speak about her trip, discussing the issues that face women and children as well as cultural influences. We will meet on April 13th at noon for our usual potluck. This is an open invitation for all women. We will still meet on March 9th for our regular meeting; the topic will be Women's Justice Initiative in Guatemala.

Mission Chairperson
Judy Dappen

March Spiritual Development Opportunities:

- **Visioning Trinity: From Here to the Kingdom of God**
 - *What:* Our God-given vision for the future, both today and 10 years from now.
 - *When:* Sundays starting February 25th - March 25th, in the Sanctuary at 9:45am.
 - *Who:* Anyone who wants to look at our future and our vision.
 - Led by Reverend Matt Fowler.
- **Adult Lenten Study: 9:45 - 10:45am / Garden Room /**
 - ***Encounters on the Road to the Cross: A Lenten Study for Adults*** by Robert Martin Walker. This Lenten study explores seven Gospel characters' encounters with Jesus--one for each Sunday in Lent. Each character tells his or her own story, enabling the reader to see Jesus more clearly.
 - ***Sundays, 9:45 - 10:45am in the Garden Room***
 - Facilitators: Judy Dappen, Bob Folkers, Marge O'Reilly, and Ray Loveland
- **GriefShare: Your Journey from Mourning to Joy.** GriefShare is a friendly, caring group of people who will walk alongside you through one of life's most difficult experiences. This is a 13 week support group series focused on the grief journey. The GriefShare experts address the emotional, spiritual, and practical needs of grieving people with foundational, biblical teaching in a nondenominational setting. You are welcome to join us at any time.
 - ***Tuesday evenings 6:30 - 8:30pm in the Music Room***

For more information contact Vicki Buras at 402-331-4054 or Vicki.B@trinityralston.org.

Easter Cantata

The Chancel Choir will present an Easter Cantata *Love Crucified Arose* on Palm Sunday, March 25th during both services. Join them as they share music that tells the message of the Lent and Easter seasons.

Education Notes



Mardi Gras fun at church as we celebrated Fat Tuesday with eating pancakes and playing games.

February 11th, the youth sold chocolates during Sunday services and made **\$514.43** after expenses.

Thank you for all the support in this, whether you were a chocolate “maker” or a “taster!”



Valentine’s Day was a special day at church. This year, we held a spaghetti dinner fundraiser to help support the youth mission trip to Colorado Springs this summer. Here are a few pictures from that night. We served around 50 people and made somewhere around **\$688**.



Mark your calendars:

Youth group, 7th-12th graders.

- Friday, March 2nd, from 5-7:30pm; Kaneko light show downtown, dinner and Sozo coffeehouse. Meet at the church at 5pm.
- Saturday, March 24th, at 10am; Youth will help run the Easter Egg Hunt and family event at the church. Text Becky if you are able to participate, for planning purposes.

Kids will sing in services on the following dates: March 18th and April 15th.

Tuesday, February 20th, we had youth and family volunteer at the Heartland Food Bank here in Omaha! We spent two hours packing frozen chicken breast. Twelve pieces in a bag, seal it with a sealer, put the bag in a box, after three bags are in the box, shut and tape the box, label it and stack it on the pallet. It was awesome! Anyone can go volunteer, if you feel like you could, definitely check it out at <https://foodbankheartland.org/>.

Volunteers: Blanche Vleiger, Sam Bolinger, Dan & Sarah Woelfel, Sophie & Abby Lyons, Josh Vance, Anna Lyons, Becky McClanathan



Saturday, March 24th, Easter Egg Hunt and family activities at 10am.

Bring your Easter egg baskets, energy and smiles! We are excited to see everyone!

Let your light shine!!

Becky McClanathan

(pictures on this page courtesy of Becky McClanathan.)

Holy Week Services

- Palm Sunday, March 25th, 8:30 & 11am Worship Services featuring the Easter Cantata
- Maundy Thursday, March 29th, 7pm Worship Service
- Good Friday, March 30th, 7pm Worship Service
- Easter Sunday, April 1st, 8:30 & 11am Worship Services

March Birthdays

- 3/2 Jen Markowsky
- 3/3 Lisa Kentfield
Sylvester Porchia III
- 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
- 3/18 Sophia Lyons
- 3/21 Vicky Segers
Bill Startzer
- 3/22 Anthony Figueroa
- 3/24 Sandy Piper
- 3/25 Chuck Rogers
- 3/26 Adilyn Dudzinski
- 3/29 Jada Brown
Jason Hindley
Connie Loveland
Dave Ramsey
- 3/30 Carol Palmeiro



UMW Notes

Thurs, Mar 1st	Naomi Ruth Circle	10am
Sat, Mar 3rd	UMW 2019 Budget Planning Meeting	9:30am
Mon, Mar 5th	UMW General Meeting	7pm
	Mary Circle	8pm
	Esther Circle	8pm
Sat, Mar 10th	Missouri River District Spring Meeting @Hooper Faith UMC, Hooper, NE	8:30am-1pm
Tues, Mar 27th	UMW Executive Board Meeting	6:30pm

Spring Salad Luncheon

Join the UMW on Saturday, April 14th at 11:30am, for the Spring Salad Luncheon. This year's theme is "Hearts Sing for Spring" with entertainment provided by the Heartlight Choir. Tickets will be on sale March 25th - April 10th for a cost of \$10 per person.

Saturday Book Club

You are invited to join us in Room 205 at 9am on Saturday, March 17th, for fellowship and discussion. This month our selection is *Garden Spells* by Sarah Addison Allen.

Trinity Methodist Men

The Trinity Men's Group will meet on Saturday, March 24th at 8am. If you are interested in learning more about this group, then contact Steve Gage.

Baptism

Trinity welcomed as a new baptized member Thea Rose Bottjen on February 25th.

Don & Millie's Sunday

Eat at Don & Millie's on Sunday, March 25th from 11am – 5pm and the church receives 20% of your purchase.

Ralston Archives

The Frank & Velma Johnson Ralston Archives Museum on the northeast corner of Woodlawn and Park Drive, will be open Sunday, March 18th from 1-3pm. This is free and open to the public.

Calendar insert

You will find inserted in this month's Beacon a copy of the current calendar for March. Please check the website (trinityralston.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.