



Making Disciples of Jesus Christ for the Transformation of the World

August 2020 Newsletter of Trinity United Methodist Church

“What do you mean we cannot sing in worship?” That was my first thought in May when the National Association of Teachers of Singers released the information that singing in public is not safe. This is information that they received from medical professionals in the field during the webinar held on May 5, 2020. If we do not sing, how do we all participate in worship and why does that matter?

As a pastor, I believe my role is to provide a space for all of us to praise and honor the Lord. This is the definition of worship, praising and honoring God. We do this through prayer, sharing our lives, reading scripture, and singing together. There is nothing like the sound of many unique voices in a room all singing the same song in praise and thanksgiving to God. It is emotional and beautiful and often fills me with awe. The same thing happens when we pray the Lord’s prayer together. I often say, “Now let us join together our hearts, minds, and voices as we pray the prayer you have taught us, praying...” These are the experiences I have missed as we have worshipped from a distance. I have been home to worship via livestream and I know it is not the same. So, how do we gather back safely? We don’t sing. So, what do we do?

Well, I might be a rebel enough to sing very quietly to myself, but we can do so much more. We can write, draw, color pictures, keep the beat with instruments, do coordinated hand movements, we can even sway side to side together to feel connected. You don’t draw? Okay, doodle lines and squiggles for God. Color a page. Get out your emotions and feelings through the pressure you use on the paper.

As I have sat and prayerfully thought about how we will all still worship the Lord without music, I realized we might have gotten a bit lazy. We have done the same thing every week, and sometimes doing the same thing means it becomes routine enough we don’t think about what it means and what we are doing. So, I invite you as we come back to worshipping together this month outside, to take the 45 minutes to an hour that we worship and truly honor God. Give yourself to the Lord, let yourself experience the love of the Lord and share all of yourself in response.

If you do not feel comfortable coming back in person, then I invite you to do these things at home. I invite you to draw, dance, write, or even clean to honor and praise God. I plan to also hold space online for more interaction together. We are working hard at getting the sound system improved and the lighting and cameras updated so you can see better.

In August, worship will be all about finding our strength and power in the Lord, and then discovering what that power is through the world around us. We live in a time of unusual circumstances. Yet God is still God. And God is good all the time! I hope we can all keep worshipping together as we determine how to give thanks to the Lord in worship. My prayer is that as we do, the thankfulness sustains us through the rest of the week so we can share the goodness and love of the Lord.

In the Love of Christ, Pastor Tessa

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Phone: 402-331-4054 <http://www.trinityralston.org> [facebook.com/TrinityRalstonUMC](https://www.facebook.com/TrinityRalstonUMC)

Sunday Worship: Livestream @ 10am

Pastor: Rev Tessa Zehring **Associate Pastor:** Pastor Curt Copple **Pastoral Care:** Rev Dr. Bob Folkers

Children /Youth Director: **Daycare Director:** Megan Greise

Choir Director: Dr. David Galant **Media Director/Worship Leader:** Matthew Hindley **Accompanist:** Alex Lunardi

Comptroller: Terry McGinnis **Administrative Assistant:** Vicky Segers **Facility Attendant:** Cory Henson

Mission Notes

Still happy from our lovely outdoor service! It was a great Sunday for that, and it was so wonderful to see so many from our congregation.

Missions has been carrying on behind the scenes. People of the church are making bologna with cheese and peanut butter sandwiches and packing lunches for the poor. Also, the Lost & Found Clothing Center continues to serve families by appointment. This has been working well, we just need to get the word out more! Those who have come are genuinely in need. In August, for the food boat we will be collecting jello, pudding, and fruit cups. To preview; September may be meats?

~Cindy Jolly, Missions Member

Bicycles Available

The City of Ralston has donated 10 used girls' bikes to the Lost and Found Clothing Center. They are well worn, but in rideable condition. If you know of anyone who would like one, please have them call Nancy Ramsey at 402-274-1586.

Determination of the Soul

Building up spiritual stamina during the prolonged COVID-19 quarantine can be taxing. Lately, our conversations with God might be expanding due to the many challenges we face. The strategy of modifying our blueprint of prayer to fit the current times may seem daunting. Should I pray more intensely and often due to current trends? Instead of feeling obligated to persist out of fear, think about how a continuous relationship with God brings us closer to him.

"We are now quite aware that psychological experiences are intimately associated with important physiological processes, including immune system functioning. To the extent that prayer can impact those psychological processes we have, potentially, naturalistic explanations for how prayer could impact health."
~Kevin Masters Professor of Clinical Health Psychology at the University of Colorado, Denver

Prayer can positively benefit you both on a psychological and physiological level. The more we make time for ourselves in this manner, the more effectively we can heal ourselves. Music can also assist in relieving anxiety during these complicated moments. The lyrics of *God Is Good All the Time* will aid in keeping determined and maintaining a persistent connection with our Lord and Savior Jesus Christ.

*God is good all the time - He put a song of praise in this heart of mine;
God is good all the time - through the darkest night His light will shine.
God is good, God is good all the time.*

*If you're walking through the valley and there are shadows all around,
Do not fear, He will guide you; He will keep you safe and sound.
He has promised to never leave you or forsake you, and His word is true.*

*Though I may not understand all the plans you have for me,
My life is in your hands, and through the eyes of faith I can clearly always see...*

I miss and love you, my church family.
Dr. David Michael Galant

God Is Good All the Time, Don Moen & Paul Overstreet © 1995 Integrity's Hosanna!

Education Notes

Vacation Bible School

Vacation Bible School is happening! Wednesday, August 5th and Thursday, August 6th from 6:30 to 8pm. Come with your children for a socially distanced VBS. Call or email Pastor Tessa if you are interested in attending at 402-469-5734 or tessa.z@trinityralston.org. Masks and one parent staying are both encouraged. Our hope is to provide this time together as a way to help our children with the transition back to school.



Adult Bible Study

Pastor Tessa will be leading an Adult Bible Study every Thursday at 10am via Zoom.

Education of a WASP

If you are interested in learning about Omaha during the Civil Rights Movement, you are invited to join a study of the book by Lois Stalvey, *Education of a WASP*, which was written 50 years ago. This is the personal story of Stalvey and her family as they become aware of what it means to live on the edge of racism as it affects her community. Much of her family's story is both timeless and relevant to the world in which we live.

Please call Judy Dappen at 402-331-1070 or email her at dappen@cox.net with any questions. You may also talk to Pastor Tessa. The class will most likely be in the evening on Zoom. A first meeting is planned to talk about how we will conduct the class and for you to ask any questions.



**Trinity
Learning
Center**

Trinity Learning Center

The Trinity Learning Center is now open with four kids! If you know someone who would like to enroll now or in the future, please have them contact Megan at 531-466-1707 or info@tlcralston.org.

Christian Education Director

We are ready to hire a part-time Christian Education Director here at Trinity. If you know anyone who might be interested, please direct them to our listing on Indeed.com.

Choir Practice

Choir practice is currently on break and will resume Wednesday, August 19th at 6pm via Zoom.

Outdoor Service

Thank you to all who made outside worship possible! We will meet again on Sunday, August 9th and Sunday, August 23rd at 8:30am. Masks are requested and social distancing will be encouraged. For those who are not comfortable in person yet, please watch it live at facebook.com/TrinityRalstonUMC at 10am.

I want to say a special thank you to Matt Hindley, Jason Hindley, Alex Lundardi, Jeff Lott, Olivia Lott, David Galant, Pastor Curt Cople and to all who make Sunday morning happen. You are truly a beacon of light to us all! ~Pastor Tessa

August Birthdays

- 8/1 Michelle Christensen
Valerie Monzu
Joey Tyner
- 8/2 Micah Tillman
- 8/6 Megan Greise
- 8/7 Robin Knudtson
- 8/8 Alice Black
Curtis Linse
- 8/10 Jim Sederburg
Marisa Weichel
- 8/11 Diane Gowens
Pat Rogers
- 8/13 Daniel Carver
- 8/14 Amari Cronin
Jackie Kielbasa
Chris Polivka
Judy Slavik
Cam'ryn Wolf
- 8/15 Ayana Grutel
Ana Robinson
- 8/17 Ray Loveland
Bob Whitehouse
- 8/19 Chase Baber
Sharon Walsh
- 8/20 James O'Doherty
- 8/21 Linda Kerns
Juandiego Martinez
- 8/22 Paul Dudzinski
Jason McClanathan
- 8/23 Barb Jensen
- 8/24 Allison Frazee
Kacy LaMasters
- 8/25 Dee Bruns
Felicia Dodenhof
Cora Miller
- 8/26 Ed Schnackenberg
Joyce Sederburg
- 8/27 Matthew Hindley
- 8/31 Roy McAllister

UMW Notes

Sat, Aug 8th

Soup & Pie Meal Planning Meeting

9:30am

Tues, Aug 25th

UMW Executive Board Meeting

6:30pm

New Church Pictorial Directory

It has been five years since our last pictorial directory. Family pictures will be taken here at Trinity beginning Wednesday, September 16th through Saturday, September 19th, and we would love to have your picture included! For being photographed and selecting a pose for the directory, each family receives a complimentary 8"x10" photograph and a directory. There is no cost or obligation to you! Families may choose to purchase additional photographs for themselves or as gifts. To schedule your appointment, go to our website at www.trinityralston.org, or you may call 866-756-0281 to schedule an appointment and to ask any questions.

Memorials

Thank you to Maxine Wilkins and her family. A new sound system and lights are being installed in the sanctuary because of her generosity. A fund for youth mission trips is also being set up. May we remember her legacy every time we enjoy the gifts of her donation.

Ever wonder what happens to the money given to the church as memorial money? The church will have a door locking system and new cameras/system for livestreaming. This is because of people sharing with the church. The generosity of the people of Trinity UMC is overwhelming. Thank you for your gifts.

Envelopes Included

Enclosed in this newsletter is an envelope addressed to the church. Please feel free to use this envelope to share your offering with the church. We realize this is a time when financial situations are up in the air; if you can give, please do. At this time our goal is to keep paying our staff and necessary bills.

Want to text or give online? Download the Give Plus (by Vanco) app onto your phone from the App Store, or go to the Donate tab at trinityralston.org.

Don & Millie's Sunday

Eat at Don & Millie's on Sunday, August 23rd. Their dining room is now open, as well as the drive-through, so stop by at anytime that day. Let them know you are with Trinity Ralston UMC, and the church will receive 20% of the cost of your purchase.