

Spiritual Tips for Not-So-Ordinary Days

We are currently living in an extraordinary time with a deadly virus affecting almost every community in the country. None of us has ever before experienced not leaving home, not attending church, not eating out, not meeting friends, not shopping, not going to gyms, etc. If we have children at home, they too are restricted. We can easily feel isolated, lost, lonely, and disoriented.

Many of us have found time to accomplish long put-off tasks, like cleaning out closets/cabinets, completing house projects, trying new recipes, tackling deep cleaning tasks, reading new books, pursuing a hobby, cleaning up the yard, etc. And others may be struggling with job issues, converting to tele-commuting, or transitioning children to remote learning. But what are we doing in this time for our souls and the souls of others? How are we coping with our fears and frustrations?

Are we reading daily devotions, setting aside family time, participating in TLC Bible study, helping with our children's online schooling, calling friends/family to check on/visit with them, joining in prayer with fellow TLC members, using a Christian mindfulness app like Reflect, mailing a card to someone in need, reading a Psalm? This is a unique time to find comfort from one another and to renew our own faith journeys.

*Dear Lord,
Please walk with each of us as we practice safety and caution at this time. Bless us with patience, hope, and kindness. Guide us to those who may need comfort, strengthen us as we work with our children, and help us find new ways to serve and grow in our faith. In Christ's name, Amen.*

Note:

- *Christ in Our Home* free daily devotional email subscription: augsburgfortress.org
- TLC Prays Together: 9:00 a.m. and 7:00 p.m.
- TLC Studies Together: 1:00 p.m., Mon. – Fri.
Contact Pastor Peter for how to join. (309-513-1116)
- Free smart phone app: Reflect – Christian Mindfulness

Do Not Let Social Distance Lead to Emotional Distance

Each day we hear news of COVID 19 and the effect that it is having on people's physical health and mental well-being. We are all made up of mind, body, and spirit—and we must care for ourselves, those we love, and our communities on each of these levels.

Today, we focus on our mental health and well-being, and the far-reaching effects of social distancing.

Ways to Cope with Stress and boost your mental well-being:

- Stay connected while staying away. It is important to stay in touch with friends and family that do not live in your home. Call, video chat, or stay connected using social media.
- Take breaks from watching, reading and listening to the news, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate/pray each day. Practice gratefulness by thinking of two things you are grateful for each day and thanking God in a short prayer.

Trinity Lutheran Church – May 2020 - Newsletter

- Eat healthy well-balanced meals. Plan meals with your family, cook together, and try new recipes.
- Exercise regularly and get plenty of sleep. Make sure you spend time outside every day—take walks, laugh, say I love you and once you have said it—say it again!
- If you live in a larger residence—walk the halls every day and say hello to your neighbors (while maintaining social distance). Keep Moving! Don't forget to smile as you move!
(<https://www.psychologytoday.com/us/blog/cutting-edge-leadership/201206/there-s-magic-in-your-smile>)
- Avoid the use of alcohol. It is a good time to limit your use of alcohol and see how your “mental state” becomes more positive.
- Connect with others. Talk with people you trust about your concerns and how you are feeling. I am only a phone call away (309-721-4675/Patty Tillman).

Do not let social distance lead to emotional distance. Reach out, open up, let people in. Stay safe, be kind.

Deacon Patty Tillman

Face Masks

As soon as public usage of masks was determined safe, our own Patty Tillman, Minister of Health and Wellness, made a plan to provide Trinity members with masks. She contacted some of the Trinity sewers and found 10+ who were interested in making masks. Patty and all our member recipients extend heartfelt thanks to the sewers and cutters who made the masks.

She also suggests hanging on to the masks after our local quarantine rules have been relaxed. This virus is changing the way we do many things and wearing a mask in public may be something we will still need to do at times in the future.

For more information about the various styles of masks along with specifics concerning their wear. Check these websites:

<https://nytimes.com/interactive/2020/health/coronavirus-best-face-masks.html>

Caregiving at its Best

Jane Tiedge coordinated efforts in filling out, sending and reading springtime and Easter cards to residents at Heartland. She also visited with our member residents and provided our online service(s) to many of the folks there. We thank Jane for her heartfelt work and all our Trinity family for assisting her.

Member care cards are sent out as we hear of needs. We ask our fellow parishioners to keep us aware of any need that arises so we can provide this ministry. (Val Groene 309-764-3058).

Hold him in your heart Isaac Crane, son of Jenna and Jeremiah Crane, grandson of Bonnie and Roger Boostrom needs our prayers. Please visit www.RoarWithIsaac.org to learn about Isaac and his courageous battle with SMA 1.

Hope

(Tari Vermeulen Weeks)

The sun will rise, and
each day will bring a new world
Keep faith in the Lord

We encourage you to submit your Haiku (three lines, 5 syllables, 7 syllables, 5 syllables) for future publications to Tari at lornadom.tlw@gmail.com.

Hunger Ministry

Thank you to everyone who has helped someone in need either by preparing and delivering food, sending a monetary donation or providing various foods to a pantry. We are committed to putting our faith in action by continuing to supply food to the Ray Milem led group in Davenport, in conjunction with Churches United.

If you would like to learn more about how we support Ray in his work to provide meals, you are welcome to call or email Theresa Scott (236-1102 or tjs983@gmail.com). If you wish to make a monetary donation to this effort you may send a check to Trinity Lutheran Church and write Hunger Ministry in the memo.

Children's Ministry

Amy Roehrs, Children's Minister misses the children and confirmands of Trinity and hopes they are happy and healthy. Amy has been busy connecting with her classes by sending pictures for them to cut out and color and dropping off Easter bags for all to enjoy.

Please provide your child's name, address, email and birthday to Amy so she has an updated list to include in her future gift bags and mailings if you haven't already done so.

First Communion and Confirmation are trying to coordinate so they can celebrate together in the future. Check the Trinity Facebook page for more information.

Vacation Bible School is scheduled for June 22-26th. Join us as we travel to the Castles of the North to learn about the Armor of the Spirit. We need volunteers to help with the ministry.

Contact Amy Roehrs 309-269-6607 or email a_roehrs@aol.com to volunteer. To register a child for VBS, follow the link - <https://forms.gle/XjSwYK7KXGCLando6>.

TLC Book Club

Scheduled by way of Zoom. If anyone needs some 'coaching' to join (via Zoom) contact Jane Bahls at 309-236-4272 or Julie Blew at 309-876-5890. May 19th at noon. The Pecan Man by Cassie Selleck; June 16th This Tender Land by William Kent Krueger at noon.

Women of Trinity (WELCA)

WELCA has been in communication with members of the various circles to provide social and emotional care. There have been Conference Calls and Zoom meetings in a few of the circles so that members can stay in touch and reach out to each other.

Adopt a Spot

Would you like to adopt one of Trinity's outside gardens? We have a total of 11 gardens that need tending. Seven gardens have been adopted and four are looking for tlc. Contact Dave Behrens at 309-236-1055 with any questions or to foster a garden.

TerraCycle

Are your TerraCycle bags filling up at home? We will be collecting items in the shed in Trinity's parking lot every Tuesday starting May 5th from 3:00 to 5:00 pm. In order to assure safety for all, we ask everyone to wear a mask and to enter, one at a time, through the sliding door on the North side of the shed. Drop off/your sorted stuff in the appropriate tubs and exit through the East door. Gloves are available, if you need them. Please do NOT leave recycling outside of the building - anything left outside will go into the dumpster. If you can't drop off between 3 and 5, contact Karen - 309-517-6972 or kneder@msn.com - to make other arrangements. Check out Trinity's Facebook page or <https://www.facebook.com/recycleqc> for updates. Thanks for recycling, everyone!

Attention Blood Donors: Trinity's next Blood Drive is still scheduled for May 4th. Please contact Judy Rullman to schedule a donation at 309-762-5173 or jrullman@hotmail.com

Thank You

Thank you to those who purchased coffee for the third world farmers. There are 2 bags of Decaf and 7 bags of regular grind dark if anyone is interested. Call or email Judy Rullman at 309-762-5173 or jrullman@hotmail.com and she will deliver.

Birdies for Charity

Birdies for Charity is a program that can enhance your stewardship to Trinity Lutheran Church.

When you make a charitable gift to TLC through Birdies for Charity, the Birdies Bonus Fund will supplement your gift with a guaranteed bonus of 5%. Your gift and the bonus will then be received by the Church on October 30th.

Congregation members are encouraged to give 2, 3, 4 or more months of their 2020 stewardship through the Birdies for Charity program. Our goal this year is for \$100,000 donations.

Birdies pledge forms are now available online at <https://birdiesforcharity.com/donor>, or will be available in the Church Office once the building re-opens. All Birdie pledge forms must be received by the Birdies for Charity office by Friday, July 10.

Donors are encouraged to choose from 3 options: 1) use the Birdies for Charity online donation link directly (see above); 2) complete and return a printed Birdie pledge form to the Church Office; or 3) mail a completed Birdie pledge form directly to the Birdies for Charity office in East Moline. For options 2 and 3, the program encourages checks (payable to Birdies for Charity) be submitted together with the pledge forms. However, pledge

forms may be submitted alone, and then donors will receive a statement from Birdies after the tournament of the pledge amount due.

Be sure to reference Trinity Lutheran Church's birdie number: 1328

Eric Sandberg, TLC Birdies for Charity coordinator

From Pastor Peter.....

What is there to say? I can only offer this: patience and hope. All else is confusing, life altering. We are called right now to let go and sink deeply into faith. Faith does not tell us that this is happening for a reason; faith does not pat us on the head and say that all will be well, and faith is not a magic potion that keeps the bad away. Faith IS a promise that in the unknown and the uncontrollable, God is there, right in the center, unwavering, unmoved, no matter what. Jesus died, and the whole world shuddered. Jesus rose and the whole world was restored. It will be again.

The staff has done their best to provide prayer, Bible study, and worship through these weeks. These things will continue, and we're looking to add some new things – more member participation in worship, educational videos, mid-week videos, and stewardship information. If you would like to be part of the worship services – recording a prayer, saying a welcome, reading a lesson, music, preaching (!) – please let me know and we'll get you connected. Prayer by phone – each weekday at 9 am and 7 pm; Bible study by phone – each weekday at 1 pm. Contact me for how to join in.

Pastor Peter

Happy Mother's Day!