

August 2020 Newsletter

Spiritual Tips for Ordinary Times

During this summer we have had several bumps in the road from the COVID19 to fighting and civil unrest. At Trinity, we haven't been able to gather together in the church, but we are grateful to have the services through social media and drive-in. The staff has been working diligently to repair many inside and outside areas and we are so grateful to them. We are also grateful to our staff for continuing our youth and children's ministries. Eleven children's homes were the recipients of faith formation bags and VBS was offered online to the same families. We've lost some great leaders in our world recently and we all pray for continued guidance and support in their absence. We will continue to experience bumps in the road but are grateful to all the people working behind the scenes. We need to remember we can take all things to the Lord when we are down.

AWAKENING YOUR SPIRIT

A note from Deacon Patty

During this time of COVID-19 when both our personal and professional lives feel like they are on pause, or at the very least changed by the need to quarantine, wear masks, or by the cancelation of schools, work, and church that just months ago were the anchors of our daily lives. Some people are busier than ever while others struggle with boredom and loneliness. We are faced with countless decisions each day – do we leave our homes to shop? To go school? To visit and care for family and friends? Whatever your circumstances, life has certainly been turned upside down and inside out. So, what do we do? Our church building remains closed and re-opening does not seem to be coming anytime soon. As Christ followers, as professed Lutheran believers we are called, now

more than ever before, to continue to go forward, to continue to practice our faith and to continue to grow spiritually. "We must grow up in every way to Christ," says Paul (Ephesians 4:15). Here are eight practices that can be incorporated into your days that will help you to develop awareness and to draw you towards your inner self—the spirit and the "life flow" that is always present and comes to your conscious awareness with mindful practice.

BE QUIET. There cannot be spiritual growth without quiet time away from the business of life. "Each person needs half an hour of prayer each day, except when we are busy, then we need an hour," observed St. Francis de Sales. It does not work to pray while doing something else, such as jogging. Set aside time for solitude and meditation. Read from the bible and other spiritual books. Pray for others and for yourself.

Be ATTENTIVE. As well as talking to God, make time to listen. Salvation Army leader Samuel Brengle states, "I do a lot of listening. Prayer, as you know, is not meant to be a monologue but a dialogue. It is communion, a friendly talk."

BE LOVING. Spiritual growth is incompatible with harsh, judgmental attitudes. Work to soften your judgment and widen your mercy.

BE OPEN. Spiritual experiences emerge from the most unexpected places. They surprise us and are often recognized only in retrospect. Be open to spiritual growth from any area of life, such as contact with nature. Spiritual moments can take place while gardening, sitting on a beach/at the river, witnessing an accident, playing with children, as well as attending worship.

BE KIND. Kindness is an action that brings us closer to God. For that reason, Mother Teresa says,

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“Let no one come to you without feeling better and happier when they leave. Be the living expression of God’s kindness: kindness in your eyes, kindness in your smile, kindness in your warm hello.”

BE OPEN TO PAIN AND GRIEF. Often the greatest spiritual growth emerges from times of pain and loss. Many people have experienced the truth of Barbara Brown Taylor’s observation: “I have learned things in the dark that I could never have learned in the light, things that have saved my life over and over again, so that there is really only one logical conclusion. I need darkness as much as I need light.” The darkness, thank God, passes; however, what you learn in the darkness, stays with you forever.

BE HONEST. Remember that you are human, and you will make mistakes, become angry, impatient, unkind, depressed. The best remedy is to be honest and confess all to God. Ask for what you need.

BE FORGIVING. Forgive the hurts and insults you experience. Just let them go, once and for all. It is difficult to grow spiritually while holding a grudge. Therapist Michelle Weiner Davis says that the lack of forgiveness is a major obstacle in getting the growth results people want. “Too many people go through the motions of putting the pieces of their relationship back together when, in reality, they bear grudges about past injustices which prevent them from moving forward,” she says. “Even the best problem-solving techniques in the world won’t penetrate the resentment one feels from the lack of forgiveness.”

These practices will help us to “grow in the grace and knowledge of our Lord and Savior Jesus Christ.” (2 Peter 3:18).

May your spirit awaken as you begin your own daily practice.

August Worship Services

August 2 worship will be via video. August 9 will be our next drive-in worship service, rain or shine. Plans for the 16th, 23rd, and 30th will be announced; hopefully more drive-in services. At the same time work on the necessary computer parts for a live-streamed worship service. Parts like this are very hard to get now, because of the need for many organizations to do live-streaming. You’ll get regular updates on worship and life at Trinity through the written word and video. Hang in there Trinity!

Are You Missing Out?

Submitted by Jane Bahls

Do the Pandemic days seem long? Have you wished for a way to stay connected to church friends? Here’s something to try. Every weekday at 1:00 PM, Trinity friends call in for a Bible study with Pastor Peter. There’s laughter and human connection as well as insights into the Bible and the life of faith. There are usually weekly themes, but each day’s study stands on its own. So, it’s well worth trying, even once. Monday through Friday call 551-240-6279. No password needed.

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Hunger Ministry

The Hunger Ministry team is grateful for the food and money donations given for the 2020 Churches United Thanksgiving in July campaign. So far, \$1625.00 has been collected. This money will provide more than 8000 meals to people visiting food pantries in the Quad Cities. In addition, more than 200 food items have been donated and delivered to area food pantries.

TLC Book Club

August 18th at 11:00 am to review "Liar, Temptress, Soldier, Spy" by Karen Abbott. Meeting will be via Zoom. If anyone needs some "coaching" to join (via Zoom) contact Jane Bahls at 309-236-4272 or Julie Blew at 309-876-5890.



Foot Clinic: Appointments are available for the Foot Clinic on Tuesday, August 25th between 9:00-11:30 am. Contact Deacon Patty Tillman at 309-721-4675 to sign up.

Unity Point trained nurses will provide healthy foot care including nail cutting. The cost is \$30 and payable at your appointment to Unity Point. Please bring two towels.

Endowment Distributions

The endowment committee distributed a total of \$12,5000 at their July meeting for the following recipients: ELCA Missions, Community Outreach and Scholarships.

TerraCycle Drop-Off day on Tuesdays!

August drop off time is from 4:00-5:30 p.m.

You can drop off your TerraCycle items in the shed in the parking lot of Trinity Lutheran Church - 1330 13th Street Moline. Please wear a mask if you plan to come in the shed and sort - otherwise, we will take it from you at your car window!

Remember: please do not drop off your recycling outside of our drop-off time. If you can't make it during our scheduled time, please contact Karen Neder - knader@msn.com - 309-517-6972 - to work something out. Thanks for recycling!

Haikus

Wonderful Weather! *(Karen Fowler)*
Stop, Look, and Enjoy God's work
Let your worries go

The sunshine peaks through *(Tari Weeks)*
The hazy grey of the dawn
New hopes and new dreams

Dew drops sit plump on *(Tari Weeks)*
The morning leaves and petals
A new summer day

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

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Online Church Directory

You asked and we listened. A new church pictorial directory for our members is coming which will allow us to be engaged and connected like never before!

Find a Friend

Having a searchable, up-to-date directory means you can connect with your church family faster than ever.

Take it With You

Using the [church mobile app](#), members on-the-go can easily identify and connect with one another.

Messaging Made Easy

Simple texting, emailing and mobile notifications. There are no message limits and no additional fees!

Secure

Your data is password protected, encrypted and safe and we never share or sell any information from the directory.

Free for Members

It's completely free of charge. No pressure to pay for photos by a professional photographer!

The Photos YOU Want

You can upload your favorite photo in the directory. Adding photos is easy and fun! Plus, you can update your own personal & family profiles using customizable fields.

Custom Print Options

Prefer a traditional printed directory? We can arrange for that too!

The plan is to roll out the directory by Labor Day!

School Supplies



We are collecting school supplies for Lincoln Irving School. Please shop from this list or through a monetary donation and someone will do the shopping for you! Checks should be made payable to Trinity Lutheran Church with a note in the memo line “school supplies”

Call Deacon Patty with questions or to arrange a drop off time at 309-721-4675.

30 backpacks

60 pencil boxes or zipper bags for trapper keepers

75 scissors

75 glue sticks

75 glue bottles

20 pink erasers

75 sets of “8 pencils” (#2)

75 boxes of crayons—24 or 48 count

75 boxes of markers—classic colors

75 boxes of colored pencils

150 2-pocket folders

75 spiral notebooks—wide ruled—one subject

30 rulers

30 red pens

30 blue/black pens