

## September 2020 Newsletter

### Spiritual Tips for Ordinary Times

Submitted by Judy Rullman

Our cabin on Lake Michigan faces due east so we experience sunrise every day. Some mornings the orange ball pops out of the lake and is so bright that after a few minutes we really can't look at it. On these mornings, we sit and have our coffee so that a tree on the deck blocks the glare. Other mornings it is so foggy or cloudy that it is hard to believe that the sun is really there. The best mornings are when there are scattered clouds above, because the sky is an amazing display of orange, pink and purple. We watch with appreciation as the sun makes its way into the sky. These three scenarios remind me of life. Some days everything is going so smoothly that it's easy to be out of contact with God. Life is like that bright sun and I let things block my remembering to look for the Son. Other days there are crises or at least disappointments and worries that make me question God's presence. The best days are when I acknowledge God's loving care and goodness every minute. I remember to thank Him for blessings and ask him for wisdom for problems.

### "Find God in all things." St. Ignatius

A Note from Deacon Patty

I came across the "Daily Examen" some time ago – it's a beautiful prayer of gratitude developed by Saint Ignatius Loyola about 400 years ago. I find it just as inspiring today as many did during his time. The Examen gives us an opportunity for prayerful reflection – it encourages us to reflect on our daily highs and lows as a way to explore God's presence in our lives.

It asks us to find challenging moments in our days—when we were hurt by something that happened to us, or when we sinned or made a mistake. We give

praise and thanksgiving for the good moments and ask forgiveness and healing for the difficult and painful moments. It also helps you to look forward and pray for a better tomorrow.

Ignatius provides a simple five-step routine if you want to try the daily Examen:

*"1. Presence: Remember that you are in the presence of God in a special way when you pray. Ask God for help in your prayer.*

*2. Gratitude: Recall two or three things that happened today for which you are especially grateful. Savor them. Then thank God for these gifts.*

*3. Review: Review your day from start to finish, noticing where you experienced God's presence. Notice everything from large to small: from an enjoyable interaction with a friend to the feel of the sun on your face. When did you love? When were you loved?*

*4. Sorrow: You may have made a mistake today or done something you regret. Express your sorrow to God and ask for forgiveness.*

*5. Grace: You may want to return to a meaningful part of your prayer and speak to God about how you felt. At the close of the prayer, ask for God's grace for the following day."*

The events of our world today may lean toward brokenness, but the practice of gratitude has the power to heal, bringing hope and energy to our lives. We pay attention to the good that surrounds us, even as we acknowledge the difficulties. Finding small things to be grateful for can keep us energized in our efforts to make the world a more just and equitable one for all.

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### Trinity Supports Lincoln Irving School

Raising the Bar and Closing the Achievement Gap for all Students:

We've reached our goal! Through many donations from our members – we were able to provide Lincoln Irving students with all of the school supplies they needed to begin the 2020 school year on the right track.

School Supplies were donated and purchased with Trinity member donations. Together we donated:

20 pink erasers; 30 rulers; 30 red pens; 30 blue/black pens; 30 book bags; 75 boxes of crayons; 75 sets of "8 #2 pencils"; 60 pencil boxes; 75 boxes of markers; 75 boxes of colored pencils; 75 scissors; 75 glue sticks; 75 bottles of glue; 75 spiral note books—wide ruled and 150 2-pocket folders. We were able to donate every single item requested!

We were also able to donate 8 Buddy-Ropes for pre-school through 2<sup>nd</sup> grade. Buddy-Ropes help the students to line up while maintaining social distance from one another.

By providing all of these school supplies we're making a real difference for the children in our neighborhood.

THANK YOU, TRINITY, FOR SUPPORTING LINCOLN IRVING SCHOOL!

### Hunger Ministry

Thank you for your participation in the 2020 Thanksgiving in July! A contribution of \$1,755 was given to The Quad Cities Churches United to help their 25 food pantries. Also, 300 pounds of food was collected and given to YouthHope Food Pantry and Watertown Food Pantry. 154 families visited the

Youth Hope food pantry serving 281 individuals and 280 children.

This month, The Hunger Team continues to partner with the Moline High School Food Pantry. We will begin by packing food boxes on September 3 at 9:00A.M. in Faith Hall. If you would like to help, please contact Theresa Scott at [tjs983@gmail.com](mailto:tjs983@gmail.com) or the church office at [office@tlcmoline.org](mailto:office@tlcmoline.org).

### Winnie's Wishes Resale Shop

Trinity will no longer be collecting items for Winnie's Wishes Resale Shop. Due to economic factors, the shop's last day was August 28<sup>th</sup>.

### TLC Book Club

TLC Book Club will meet on Tuesday, September 15<sup>th</sup>, at 11AM via Zoom to review 'Chariot on the Mountain' by Jack Ford.

### Youth & Family Fall Kick Off

All children, families and youth are invited on Saturday, September 12<sup>th</sup> at 5:00 p.m. to help decorate the parking lot with sidewalk chalk to kick off the 2020-2021 year. Meet by the Tillberg Hall entrance. Refreshments will be served. Please remember to wear a mask. Questions? Contact Amy Roehrs at 309-269-6607 or [aroehrs@tlcmoline.org](mailto:aroehrs@tlcmoline.org).



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**Women of Trinity**

We are all looking forward to the time when we can safely meet together. Until then, this is a good time for all of us to evaluate what we would like "Women of Trinity" to encompass in the future. What do you enjoy and what could be added to make Women of Trinity a more vital part of your life and the life of the Church? Please let us know your thoughts by either a phone call, email or written form.

You can send ideas to the church at [office@tlcmoline.org](mailto:office@tlcmoline.org) or Jan Peterson at 309-269-9632 or [janann309@gmail.com](mailto:janann309@gmail.com).

**TerraCycle Drop-Off day on Tuesdays!**

September 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 - [kneder@msn.com](mailto:kneder@msn.com) - 309-517-6972 - to work something out. Thanks for recycling!



**Foot Clinic:** Appointments are available for the Foot Clinic on Tuesday, September 22<sup>nd</sup>, 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.

**Haikus**

Teachers and nurses                      *(Sheryl Eckermann)*  
Who care, guide, and lead out there,  
Need our earnest prayer

Spinning and weaving                      *(Tari Weeks)*  
Silver threads of steely lace  
Spider's tender trap

Thunder's full fury                              *(Anonymous)*  
Jagged lightening splits the sky  
Ragging summer storm

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](mailto:lornadoom.tlw@gmail.com).

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### Online Member Directory Update

We are excited to announce that our new online church directory will be rolling out in the next few weeks! The directory is password protected and only available to members of our church family. You will control how much of your information to share and will be able to access the directory from Trinity's website or through a free mobile App on your Smartphone or Tablet via your own personal password. Watch for an email from [onlinechurchdirectory.com](http://onlinechurchdirectory.com) in the coming weeks which will contain your unique password and detailed user instructions along with a video tutorial. Karen Anderson ([kanderson@tlcmoline.org](mailto:kanderson@tlcmoline.org)) will also be available to coach you through the process.

We hope that you use, enjoy and learn from the new directory!

### Global Mission

Daudi Msseemaa is our ELCA Regional Rep in East Africa, living in Arusha, TZ. Read his July newsletter about Lutherans in East Africa and how they are dealing with Covid-19.

<https://bit.ly/3hJOMMn>

Trinity Global Mission first became associated with the Arusha Lutheran Medical Centre in 2008. Please watch the new video about the Plaster House recovery campus for children.

<https://www.youtube.com/watch?v=K6x1n8zX3bY&feature=youtu.be>

Thank you for your continued support to Global Mission.

### Sympathy

Heartfelt prayers of peace and hope for the family and friends of Maxine Neels who joined the saints eternal on August 11, 2020.



Pastor Lowell (Dick) Dallman died on Saturday, August 8, from complications due to the coronavirus. He is survived by his wife, Arlene.

Pastor Dallman's children write,

"We will celebrate the life of our father when time permits the gathering of all people to joyfully sing and remember his impact and gifts to us all. While his fragile condition allowed the COVID-19 (to) take him from us, we will carefully choose a date in the future to affirm the joy of the resurrection. In the meantime, we wish that no flowers or plants be sent to any family members."

"What we do desire is if you wish to remember him and how he impacted your life that a donation be made to the ELCA World Hunger Relief Fund be made in his name. Dad has always been a champion of World Hunger and know it would be a great way to honor him."

[Give to ELCA World Hunger](#)