



The Link Newsletter

JUNE 2010

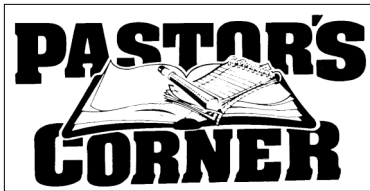
Trinity Presbyterian Church



1416 Bolton Street,
Winston-Salem, NC 27103
336-765-8779
www.trinitypresbyterianchurch.org
tpcoffice@triadbiz.rr.com

Rev. Maggie Frampton Beamguard, Pastor
Rev. Dr. Al Winn, Parish Assoc. Emeritus
Sue Baker, Parish Nurse
Peggy Jenks, Music Director
Marilyn Bjork Shuping, Church Secretary

Dear Friends,



I would like to thank all of you who participated in one of the small group gatherings with me this past month. They were a lot of fun. I enjoyed getting to know you in these informal settings. Thanks also to our gracious hosts who provided wonderful hospitality and some yummy treats: Cindy Bodenheimer, Ginny Carr, Mel Gee, Burch Johnson and

Jim Mendoza, Dick and Jeanne Patterson, Bob and Janice Pursley, Rod and Julie Sugg, and Lib Wilson.

Many of you have asked what I will do with the information that you shared about your important memories, your dreams for the future, your spiritual needs, and your expectations. I plan to share some of it here in this article, some of it with the session, and some of it through our committee work and worship. Mostly, your input has helped to color and shape my vision of ministry in this place with you.

I appreciated hearing about the meaningful experiences you have had here. One meaningful experience that was expressed by people in every group was the occasion of your first visit. People described a sense of warmth and belonging that often was accompanied by the word "family." People described on that first visit how they made a connection – either through a moment during the worship service or an exchange with another member that led them to return. I hope our recollection of the importance of "first visits" will shape how we welcome those who seek us out for the first time.

I also enjoyed hearing you begin to articulate a vision for Trinity's future. Similarities across the groups echoed the desire for welcoming more young adults and young families, increasing our diversity to look more and more like the church in God's kingdom, and to continue being a place of welcome.

Members shared very openly about their struggles and doubts in faith as well as their deep desire to draw closer to God through experiences such as small groups, worship experiences, retreats, and prayer. And you shared with me the things that are important to you from your pastor, namely to preach and pastor. I heard your invitation alongside that of Christ to "feed my sheep."

Those are just a few of the things I learned. Thanks again to all who participated!

Grace and peace,

Maggie

How to reach your pastor:

Unless Maggie is attending church related meetings/visits/emergencies, she will be in the office Monday-Thursday from 9:00-12:30. Monday-Thursday afternoons from 1:30-3:30 are set aside for making pastoral visits or finishing office work. Thursday mornings are generally a time for sermon preparation. Appointments are available at other times by phone call (church office: 336-765-8779; Maggie's cell: 336-671-8322) or email: mbtrinity@triadbiz.rr.com. Please contact Maggie if you have an emergency or pastoral crisis.

Committee Reports

The **Worship and Spiritual Growth Committee** did not have its usual meeting this month because of Trinity night at the BB&T ballpark. We did meet briefly on May 5 to finalize plans for the sharing of the survey results regarding Christian education. The results were shared in a meeting for members following worship on May 23.

The **Buildings and Grounds Committee** met on May 11. We are happy to report that we are well on our way to starting several capital improvement projects which include replacement of the sanctuary windows and painting the outside of the sanctuary. All necessary approvals have been granted by the session, and we are moving into the contract phase before we begin the repairs. We hope that all repairs will be completed over the summer.

We are also happy to report that we had a successful church work day and plan to have another one soon. Please look for information about it in the church bulletin or LTS.

We ask that all church members respect the spaces in front of the church. They are reserved as a drop-off point and handicap parking. When you park, please do not block the entry way in front of the church and be mindful of others.

Our next meeting will be on June 8 at 7:00 p.m. in the church library. Anyone who is interested in helping is welcome to attend.

The **Personnel Committee** will be meeting to begin reviewing resumes of potential candidates for the position of church secretary. Marilyn Shuping, our church secretary for the past 1 1/2 years, has resigned her position due to family illness. Her last day will be May 26. We are grateful for all Marilyn has done for Trinity and pray for God's love and support to surround Marilyn and her family.

We will work to have the secretary position filled as soon as possible. We plan to have volunteers in the church office Monday through Thursday mornings until we can hire a secretary.

Jeanne Patterson and Bill Raiford

We welcome your involvement on any of the session committees:

	<i>Typically Meets:</i>	<i>This Month:</i>
Personnel & Finance	4 th Tuesday, 7:00 p.m.	June 22
Worship & Spiritual Growth	3 rd Tuesday, 5:30 p.m.	June 15
Church Life & Outreach	3 rd Tuesday, 7:00 p.m.	June 15
Stewardship Education	4 th Thursday, 12:30 p.m.	June 24
Building & Grounds	2 nd Tuesday, 7:00 p.m.	June 8
Community & World Service	Every Other Month, 7:00 p.m.	June 19

CHURCH ANNOUNCEMENTS

The **Frances Dyer Circle** will have their last circle meeting before summer on June 1 at 5:30 p.m. in the Fellowship Hall. Please bring a sandwich. Dessert and a beverage will be provided. Cathy Woitineck is the hostess.

The **Knitting Fellowship** will meet on June 9 and June 23 at 2:00 p.m. in the library.

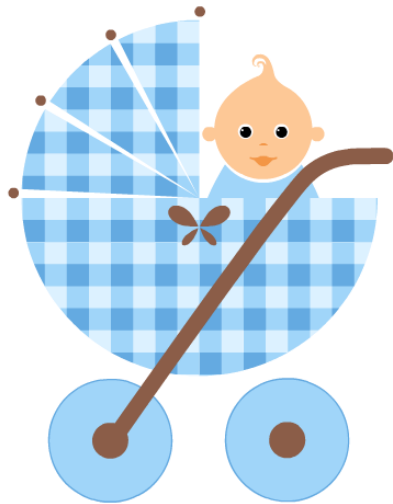
This is the final reminder that the deadline for the **Trinity Scholarship applications** for the school year 2010-2011 is June 15. Those who received scholarship funds for 2009-2010 must submit a summary of this year's experiences in order to qualify for a repeat scholarship. For answers to questions, contact Ann Williams, Laura Spedding, or Dick Patterson.

Our **Adult Sunday School Class** will be taking a summer break. Beginning May 30, we will not meet at our usual 9:30 a.m. time. Keep an eye out for additional adult education opportunities at other times this summer.

Join us on June 13 at 10:30 a.m. for our **Annual Dellabrook/Trinity Worship Service and Picnic**. There will be no service held at Trinity on that day so that we can gather with our Dellabrook brothers and sisters for this special annual event. Bring a dish to share. Directions: South Fork Park is located at 4403 Country Club Road, approximately 1 mile west of Silas Creek Parkway, across Country Club Road from South Fork Elementary School.

Join us after worship on Sunday, June 20, for our annual **Father's Day Ice Cream Social**.





Please join us for a
baby shower
in honor of

AMANDA & CHRIS BARBER

Sunday, June 27
4:00 p.m.

Fellowship Hall

Please remember the following people in your prayers:

Watchen Tomlin on the death of her brother, Kley Yuoh
Jennifer Kinneman and her grandmother, Betty Bixler
Martie VanDerwort (Julie Sugg's cousin)

Kim Bachman

Anne Maddrey

Clark Johnson

Bob Moffett

Olive Brewer

John Owen

Greg and Joy Chudacoff

Wilson Parker

Kim Freeman

David Patton

Marian Hartness

Helen Trunick

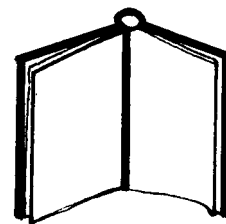
Sallie Heald

Harry and Janet Rolison

Tom and Linda Hedgecock

Our troops and their families
All those recovering from worldwide natural disasters

In the Trinity Library



Summertime—time to relax with a good book! Our church library has a wealth of good reading. Some fiction books that raise questions about our faith are in the bookcase on the left-hand wall. There are many devotion books and books to stretch your spiritual growth. We also have books about church history and history of the Presbyterian Church.

In the bookcase on the right as you enter are Bible study books. Children's books are in the bookcase immediately on the left as you enter. Drop by the library and pick up some good reading for June!

Crisis Control Ministry

**Please remember to bring your food items for Crisis Control Ministry.
You've shown a tremendous outpouring of goodwill so far!.
The item for June is shampoo.**

Moses Basket

**Items for June
pacifiers,
nail clippers
baby brushes and combs**

JUNE WORSHIP SCHEDULE

Door Greeter—	Margaret Elliott
Head Usher—	Amanda Barber
Communion Elders—	Amanda Barber, Margaret Elliott, Mel Gee, and Carol Kayler

HEALTHWATCH

Sue Baker, Parish Nurse

Did you drink enough today? Most people don't think about it, but water is our most important nutrient. It's part of every cell in our body. Men need about 13 cups of water a day while women need about 9 cups (except when pregnant-then 10 cups is required). We all need more water when we lose it due to things like exercising, sweating, vomiting, or bleeding.

Feeling tired or hungry can signal a need for fluids. Other symptoms are dizziness, dry mouth, weakness, weak or rapid pulse, sluggishness, or muscle cramps. If the need for fluids is not satisfied, dehydration and heat-related illnesses may follow. Whenever drinking water, juices, soft drinks, and smoothies are not enough to replace the fluids lost, turn to sports drinks (like Gatorade™) or oral rehydration solutions (such as Pedialyte™) to replace glucose and electrolytes. Remember that caffeine and alcohol can cause more fluid loss.

Although less frequent, you can also drink too much water. This condition occurs when you lose fluids and replace them with drinks that don't include electrolytes. That would cause a lower concentration of sodium and other electrolytes. Signs of too much water are nausea and vomiting, headache, confusion, fatigue, muscle weakness, spasms, or cramps.

So to be healthy we need the right amount of water. This usually happens automatically when we respond to our sensation of thirst. But with the unofficial start of summer this week, it's time to give some extra thought to our intake of fluids.

SUPPORT, ADVOCACY, AND EDUCATION GROUPS THAT MEET AT TRINITY PRESBYTERIAN CHURCH

(UNLESS OTHERWISE NOTED)

- | | |
|------------------------------|--|
| Tolerance AA Groups | Tuesday, Thursday, and Friday, 6:00 to 7:00 p.m.,
Saturday, 10:00 to 11:00 a.m. |
| P-FLAG | 4 th Monday, 7:30 p.m. <u>P</u> arents, <u>F</u> riends & <u>F</u> amilies of
<u>L</u> esbians & <u>G</u> ays meets at St. Anne's Episcopal Church
on 2690 Fairlawn Drive |
| P-FLAG Board Meeting | 2 nd Thursday of each month, 7:30 p.m. |
| Newcomers Club | 4 th Tuesday of each month, 10:00 a.m. in the Fellowship Hall |
| Community Bible Study | Monday, 6:30 to 8:30 p.m. |

TRINITY'S June 2010 CALENDAR

June 1	Frances Dyer Circle, 5:30 p.m. in the Fellowship Hall
June 3	Softball vs. Cleveland #1, 7:30 p.m. at Washington Park #4
June 6	Communion Sunday
June 8	Building and Grounds Committee, 7:00 p.m.
June 9	Knitting Fellowship, 2:00 p.m. in the library
June 10	Softball vs. Antioch, 7:30 p.m. at Hanes Hosiery
June 13	Annual Dellabrook/Trinity worship and picnic, 10:30 a.m. at South Fork Park
June 13	Session Meeting, 7:00 p.m.
June 15	Worship and Spiritual Growth Committee, 5:30 p.m. Church Life and Outreach Committee, 7 :00 p.m.
June 19	Community and World Service Committee, 7:00 p.m.
June 20	Hunger offering, Father's Day Ice Cream Social after worship
June 21	LINK deadline
June 22	Personnel and Finance Committee, 7:00 p.m.
June 23	Knitting Fellowship, 2:00 p.m. in the library
June 24	Stewardship Education Committee, 12:30 p.m.
June 27	Baby shower for Christ & Amanda Barber, 4:00 p.m. in the Fellowship Hall

Stewardship Report**Treasurer's Report for April 2010**

	April	YTD
Income	\$ 11,081.00	\$ 53,869.00
Expenses	\$ 11,015.00	\$ 48,389.00
Pledges Budget YTD		\$ 55,522.00
Actual Pledges Received	\$ 46,850.00	
Difference	\$ (8,671.00)	

Happy Birthday

Happy Anniversary

Bert Gronseth June 2
Scott Larsen June 4
Jim Maddrey June 10
Cathy Woitineck June 10
Adam Parker June 14
Burch Johnson June 16
Jennifer Kinneman June 17
Marian Hartness June 18
Parker Maddrey June 18
Millenium Sheriff June 18
John Owen June 27
Kip Barksdale June 28

Mr. Bert Gronseth and Mrs. Carol Edmond June 2
Mr. and Mrs. Scott Larsen June 5
Mr. David and Rev. Maggie Beamguard June 6
Mr. and Mrs. Tom Hedgecock June 9
Dr. and Mrs. Scott Harper June 14
Mr. and Mrs. Thomas Tomlin June 18
Mr. and Mrs. Jim Maddrey June 28
Mr. Mark Johnson and Rev. Vicki Jones June 30

Trinity Presbyterian Church
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