



*Trinity Presbyterian Church ~ Palm Coast, Florida*

**PASTOR'S MESSAGE**

**Pastor's Message**

As you will see, this newsletter covers church happening through the end of February. In the interests of saving trees and money, this will be one of several "double issues" we will print this year. You may continue to check online and in your weekly bulletins for up to date information about church events. We have had a great response to our stewardship campaign. I thank you for your participation in this annual event of the church. By the end of the month of January, we should have a good snapshot of our financial position for 2011.

At the end of January on Sunday the 30<sup>th</sup>, we will have our annual congregational meeting. This service will have several components. First, we will celebrate the annual "Kirkin O' the Tartan." Please be ready to wear you Scottish tartans. (You can find your clan on the internet at [scotsclans.com](http://scotsclans.com) or conduct your own web search. The public library may also be able to help). If you are not of Scottish ancestry, you can still celebrate this particular and peculiar aspect of our Presbyterian history. The Daytona Beach Pipes and Drums will perform at 9:30 prior to

the one service at 10:00 am. They will also participate in the service. Second, we will be ordaining and installing our new elders and deacons for the class of 2013. I hope you will be a part of this service to show your support for your new officers. At the conclusion of the day's festivities, a coffee will be held in Mehaffey Hall for you to have the opportunity to meet the new officers. Third, our congregational meeting will immediately follow worship. The session will present the budget at this meeting and answer any questions about the budget; however, if you have questions about the budget, I urge you to address the session directly before the meeting to facilitate the order of the meeting. The session is responsible for approving the budget and has already approved the 2011 budget. You received this in the last newsletter. A line item budget is available for your perusal in the narthex, or you may stop by the office to review a copy. The congregation's responsibility is to vote on the senior pastor's compensation package.

I hope that you and yours will have a very Merry Christmas and a Happy New Year!

Grace and Peace,

A handwritten signature in black ink, appearing to read "Ron".

Ron Watson

# Mission Birthday Offering



Throughout its history, Trinity has received many special offerings including the Peace Offering, the Joy Gift Offering, the Pentecost Offering, the One Great Hour of Sharing, and the Native American Mission. In an attempt to increase the amount we give for mission, the session voted to replace all of these special offerings with the exception of the One Great Hour of Sharing. The idea is to double

the amount of money we collect each year for missions! Here's how it will work. On your birthday, you will receive a birthday card which will include an envelope. Then you place a dollar in the envelope for every year you've been alive and place the envelope in the birthday box the Sunday after your birthday. It will also be a great way to teach our children about giving and service: in the midst of the revelry of a birthday and gifts, giving to those less fortunate. When will it be ready? Very soon, but we may have to apologize to those with early January birthday in advance! The program should be in full swing by the end of the month, and belated birthday cards will go to those that we have missed. Participation in this offering, just like the special offerings it replaces, is completely voluntary. But we've heard that other churches have had amazing success with the program. We hope Trinity can double its mission offering! We welcome your participation!

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## JANUARY/FEBRUARY CIRCLE MEETINGS

**Tuesday, January 11<sup>th</sup>, 3PM, RAINBOW CIRCLE** meets in the Geneva Room. Queenester Jones will be the study leader and Francella Francis will lead the devotions.

**Wednesday, January 19<sup>th</sup>, 10AM, MIRIAM CIRCLE** will meet in the home of Loretta Johnson, 70 Eagle Harbor Trail (437-5648) and Joan Zicht will be the study leader. . **MIRIAM CIRCLE - Please bring toiletries and paper products to your JANUARY meeting**

**Wednesday, January 19<sup>th</sup>, 1PM, FAITH CIRCLE** meets in the Kepler Conference Room. Carol McGovern will be the hostess and the study leader.

**Thursday, January 20<sup>th</sup>, 10AM, REBECCA CIRCLE** will meet in the home of Bobbie Wrassmann, 62 Colechester Lane (445-4482) and Sharon Heldwein will be the study leader.

**Tuesday, February 8<sup>th</sup>, 3PM, RAINBOW CIRCLE** meets in the Geneva Room. Olivia Braxton will be the study leader and Francella Francis will lead the devotions.

**Wednesday, February 16<sup>th</sup>, 10AM, MIRIAM CIRCLE** will meet in the home of Marie McCray, 40 Woodlyn Lane (986-4847) and Ginny Ferriol will be the study leader. . **MIRIAM FAITH CIRCLE - Please bring toiletries and paper products to your FEBRUARY meeting for the Family Life Center/Safe House**

**Wednesday, February 16<sup>th</sup>, 1PM, FAITH CIRCLE** meets in the Kepler Conference Room. Carol McGovern will be the hostess and it will be a group study.

**Thursday, February 17<sup>th</sup>, 10AM, REBECCA CIRCLE** will meet in the home of Gloria Macfarlane, 45 Blare Drive, (445-2591) and Carol Graff will be the study leader.

**OUR JANUARY STUDY FOR 2010-2011 IS : JOURNEYS THROUGH REVELATION; APOCALYPTIC HOPE FOR TODAY.**

**JANUARY'S LESSON:**  
**"DIAGNOSING THE CRISES OF EMPIRE": Revelation 6.**

THE TEAM GATHERING OF THE BOARD WILL MEET ON WEDNESDAY, JANUARY 5<sup>th</sup> AT 10AM IN THE KEPLER CONFERENCE ROOM.

**BIBLE STUDY LEADERS** will meet with Rev. Ron Watson in the Geneva Room, Monday, January 3<sup>rd</sup>, at 2:00PM.

**OUR FEBRUARY STUDY FOR 2010-2011 IS : JOURNEYS THROUGH REVELATION; APOCALYPTIC HOPE FOR TODAY.**

**FEBRUARY'S LESSON:**  
**SINGING HYMNS OF HOPE:**  
**Interludes of Salvation for God's People. Revelation 7-8:5**

THE TEAM GATHERING OF THE BOARD WILL MEET ON WEDNESDAY, **February 2<sup>nd</sup> AT 10AM** IN THE KEPLER CONFERENCE ROOM.

**BIBLE STUDY LEADERS** will meet with Rev. Ron Watson in the Geneva Room, **Monday, February 7<sup>th</sup> , at 2:00PM.**

**VISITORS AND NEW MEMBERS ARE ALWAYS WELCOME**

# To the Congregation

## WANT A NEW GIG?

Musicians, Trinity has a plan for you! Whether you like rock or Bach, we have opportunities for you.

Consider being part of a new modern worship service at Trinity. Singers, guitarists, drummers, keyboard players and other instrumentalists are all welcome. We have a great band started and would like to add you.

If classical music is your style, we have opportunities to play with other skilled musicians during traditional worship at Trinity. From orchestrated hymns with beautiful descants to solos and chamber works, we have many possibilities.

Don't miss this opportunity to grow/play with us on some really good soil....and be a part of a powerful move of God here at Trinity.  
For more information, call Paige Long at 386-569-3010.

## **COMMUNITY CHORUS OF PALM COAST**

### ***Winter Concert***

**Linda Hodges, Director**

**Sunday, January 30, 2011**

**4:00 p.m.**

**Trinity Presbyterian Church**

Free Will Donation

Funded in part by a Cultural Arts grant from  
the City of Palm Coast.

## **Trinity Presbyterian Women's February Luncheon**

**MEHAFFEY HALL**

**Wednesday, February 9<sup>th</sup>, 2011, 12:30 PM**

**Hosted by Rainbow Circle**

**Our guest speaker will be Dixie Gilbert-Holt, Director of Communications at the Duvall Presbyterian Home, a home for people with disabilities (in Glenwood, FL). She will tell us about the Home and how Trinity's support helps the people living there. All women of the church are welcome and bring a friend.**

### **Trinity's Facebook Page**

For those of you who are not familiar with Facebook it is a social networking website that is operated and privately owned by Facebook, Inc. Since September 2006, anyone over the age of 13 with a valid email address (and not residing in one of the countries where it is banned) can become a Facebook user. Facebook currently has over 1.5 million users.

About two months ago, we created a facebook page for Trinity Presbyterian Church. It's easy to join and keep up with Trinity and its members. As of December 7, 2010, we have fifty-four (54) members using our facebook page and we welcome you to join and keep up with our current events.

Using facebook is free. All you need is an email address. From there, google facebook and follow the instructions on how to sign up for a facebook account for you and your family. Once you have an account, simply go to the top of your facebook page and in the "search" box, type in Trinity Presbyterian Church and you will be directed to Trinity's page. Or, you can send your email address to Don Scott at DScott2925@AOL.com and he will send you an invitation to our page. That way you will not have to use the search box.

Our page shows upcoming events and allows you to get the latest news on what is happening at Trinity or just to share your thoughts on a particular subject. We also try to provide you with a list of those members who are sick and in need of your prayers..

The Trinity facebook page is the best way to know what is happening at Trinity or to keep up with other members. We've got all of the latest news including information about our Modern Worship Service. Give us a try.

### **Thank You Trinity**

Priscilla and I would like to thank everyone at Trinity Presbyterian for their support during my recent illness. The thoughts, prayers, visits, cards, and phone calls were a big help to my morale and my health, and we really appreciated everything. I am feeling quite well at this time and don't anticipate the need for any further treatment. I even got out and played a few holes of golf the other day.

Sincerely, and truly thankfully,  
Bob Cahill

**Volunteers Needed:** From time to time we have requests from members for transportation to doctors appointments, the grocery store,



etc. We may also have a need to provide transportation to church. If you are interested in volunteering to drive church members in need, please contact Becca Bower- (386) 562-8940 or [rebecca.bower@att.net](mailto:rebecca.bower@att.net). Please include your name, phone number or email address. Thanks in advance

## TRINITY YOUTH NEWS!

The Middle School and Sr. High Fellowships continued with service, fundraising, fellowship, and fun during the busy holiday season. Our **Mission Project** for last month was working with **Feed Flagler**. We had 20 volunteers helping with food distribution at the Wickline Center in Flagler Beach. For fundraising, we had a concession booth at **Fantasy Lights** in Town Center. We want to thank all of you who came out and supported us for that, as well as those of you who purchased mistletoe. The youth went Christmas caroling along with other members of the congregation. This joyful noise was a blessing to many. Troopers, Middle School and Sr. High Fellowships all celebrated the season with wonderful Christmas parties.

### TRINITY TROOPERS

(Youth Group for Children in Kindergarten through 5<sup>th</sup> Grade) meets every Wednesday evening from 5:30 to 7:30 p.m. We have a pizza dinner, fellowship, choir, crafts, games and dessert. Come along and bring a friend! We will **resume regular meetings on January 12<sup>th</sup>**.

### MIDDLE SCHOOL YOUTH FELLOWSHIP

Meets on Sunday evenings from 5:00-6:30 p.m. for fellowship, fun and reflection. Our first regular meeting of the new year will be a **Parents and Youth Meeting on Sunday, January 9, 2011 beginning at 5:00 p.m.** Please come for information regarding the schedule for the new year, plus some details about an exciting new mission trip in Georgia scheduled for the summer.

## **SR. HIGH YOUTH FELLOWSHIP**

Meets on Sunday evenings from 6:30-8:30 p.m. for Spaghetti Supper preparation and rehearsals. All senior high youth are encouraged to participate! Our first regular meeting of the new year will be a **Parents and Youth Meeting on Sunday, January 9, 2011 beginning at 6:30 p.m. Please come for information regarding the new year, plus some details about Montreat.**

### **Important Dates & Information**

Sunday, January 9 - 5:00 p.m. First Middle School Fellowship Meeting of the New Year. Bring your parents along for an organizational meeting in Mehaffey Hall!

Sunday, January 9 - 6:30 p.m. First Sr. High Fellowship Meeting of the New Year. This is also a parents meeting, so let's get organized for the year, and for Montreat. We'll meet in Mehaffey Hall.

Wednesday, January 12 - 5:30 p.m. First Trinity Troopers Meeting of the New Year

Sunday, February 13 - Middle School Fellowship, along with the Deacons, deliver "Loaves of Love"

Sunday, February 20, 3:00 p.m. thru Monday, February 21 - Middle School Fellowship Retreat at Camp Montgomery

#### **A Few Great Opportunities ...**

- Sunday School Teachers and Substitutes are needed. Anyone interested, please see Debbie Bonner or Helene Read.
- Vacation Bible School Director is needed, plus chairpeople for teaching, singing, kitchen, decorating, mailing, crafts, games, storytelling and more. See Debbie Bonner to volunteer.

# Health Ministry Tidbits

by Loretta Johnson

## Health Ministry 2011 Tidbits

Ovarian cancer is a disease that whispers its way into being. Many women have experienced vague, non-specific symptoms like abdominal bloating, urinary frequency, and feelings of pressure in her lower abdomen for a period of several weeks. Many times symptoms are believed to be related to constipation, menopause, fatigue, indigestion, back pain, pain with sexual intercourse, or weight gain. Pap smears are a test for *cervical* cancer. No routine screening test is available for ovarian cancer so often the diagnosis is made late in the stages of cancer. Several tests that can begin to pinpoint the diagnosis include a blood test (CA-125) that often is elevated with ovarian cancer.

Children with high LDL cholesterol levels should be retested in several years. A small study shows that there are significantly lower levels when rechecked in 3 years even without any treatment of dietary changes or fat lowering medications. Attention should be paid though to children whose parents have a history of heart disease, diabetes, or high blood pressure.



**“the New England Journal of Medicine... found that lenient control of heart rate is as effective as strict control... and requires fewer patient visits...”**

According to a year long study in the New England Journal of Medicine which looked at whether lenient control of heart rate in a trial fibrillation is as effective as strict control, found that lenient control of heart rate is as effective as strict control but offers the benefit of being more convenient and requires fewer patient visits to achieve. Seems less is more! Also should be a cost saving measure in terms of doctor visits, and medication costs though this was not part of the study.

Dragon boat racing originated in China about 2500 years ago; in ancient Chinese culture the dragon was honored as a fierce but benevolent guardian against evil spirits. A boat is powered by a crew of 22, of whom 20 are paddlers. This has taken off in Canada and slowly growing in America. It is a new and growing addition to recovery of breast cancer patients. Since 2005, studies have been looking at the effect of a whole-body exercise and comparing arm strength and development of swelling in the arm on the affected side of the breast cancer surgery. This swelling can be an aftereffect of involved surgery. Other limitations occur in this surgery and were evaluated in several exercise programs in a year long study. The original team of rowers in a dragon boat was formed to promote breast cancer awareness and demonstrate benefits of upper body exercise. Those participating enjoyed a higher level of fitness, less arm edema and intensely positive body image changing thoughts. Be looking for greater emphasis on fitness, not restrictions on activity, for post-operative breast cancer survivors.

Joshua1:9

**Have I not commanded you? Be strong and of good courage. Do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go.**

**Insert on your calendar:  
Health Ministry Pot Luck  
February 15, 2011 6PM-8PM**

**The Kind of Medical Treatment  
I Want or Don't Want**

*Or, what is a power of attorney, or a living will and what does it mean to me or my family? What does Florida law say since Terry Schiavo? What about costs?*

*David H. Morgan Registered -  
Financial Advisor*

*New Year Advisory: Blood Pressure screening EVERY 1<sup>st</sup> and 3d Sunday of the month in room 58 near church office by active/retired medical professionals.*

*Want a great place to put your medical past to good use? Consider joining the few but the mighty in our Health Ministry group. Contact Loretta Johnson, BSN RN Parish Nurse (386)445-4757 ext. 354*

**IN MEMORIAM**

**Mavis Rose, December 8, 2010**



Alice Dralle	1/1	Ally Yeh	1/18
Julio Martin	1/1	Amy Bows	1/18
Nikki Prevatte	1/1	Stephanie Monroe	1/19
Eleanor Starr	1/1	Jody Dutton	1/19
David Richardson	1/1	George Cook	1/20
Sharon Heldwein	1/1	Esther Handrahan	1/20
Joyce Edson	1/2	Lou Mecseri	1/21
Dennis Eidson	1/3	Jordan Hess	1/21
Bob Calloway	1/5	Terri Smith	1/22
Jennifer Kaczmarek	1/6	Brittany Gynizio	1/23
Missi Dobson	1/7	Edie Emerson	1/24
Lin Cheng	1/7	Geraldine Jordan	1/24
Donna Marie Guerin	1/8	Isabel Hess	1/24
Bob Parish	1/8	Jeanette A. Belt	1/25
Janet Schaaf	1/8	Katherine Snyder	1/26
Peggie Barrett	1/9	Ron Simmons	1/27
Lee Richards	1/9	Alyson Bonner	1/27
Walter Sarden	1/9	Leigh Thompson	1/29
Bob Wright	1/9	Judy Mascenic	1/29
Diane Simmons	1/10	Wanda Moening	1/29
Jacob Brandt	1/10	Hank Slager	1/29
Kyler Spruill	1/12	Darby Darbyshire	1/30
Trevor Tucker	1/12	Jay Jones	1/30
Bobbie Wrassmann	1/12	Sean Wilborn	1/30
Ellie Mikkelsen	1/13	Edwin Charles	1/31
Arvid Olson	1/13	Teddy Winterheime	2/1
Helene Read	1/13	Yvonne Maylor	2/1
Ann Mecseri	1/13	Jeffrey Monroe	2/2
Bob Cooke	1/13	John Moden	2/2
Rich Gaulding	1/13	David Knight	2/2
Susannah St Peter	1/15	Carol Mc Govern	2/3
Mary Batailo	1/17	Marie Mc Cray	2/4
H. B. Fulmer	1/18	Amy Fulmer	2/4
Helen Kettinger	1/18	Nikki Stratemeyer	2/4
Polly Hamel	1/18	Carolyn Wilson	2/4
Win Sautter	1/18		

# B i r t h d a y s

Ann Fagerlund	2/5	Chuck Larew	2/28
David Joy	2/5	Fran Lagocki	2/28
Ed Murgitroyde	2/5	Dalton Connors	2/28
Jack Salisbury	2/6	Agatha Lakin	2/28
Noel Schomburg	2/7	Patrick Barclay	3/1
Isabel Hayes	2/7	Lee Marshall	3/1
Mary Brinton	2/7	Walter Schaaf	3/2
John Hildebrandt	2/10	Maudie Parker	3/3
Joe Gynizio	2/11		
Alexis Butler	2/12		
Alexis Hurley	2/12		
Ann Brogan	2/14		
Matthew Mellow	2/14		
Elmer Childress	2/14		
Allison Pfeiffer	2/15		
Larry Cahill	2/18		
Edward Peart	2/18		
Kyle Mc Crossen	2/19		
Maxine Masterson	2/19		
Jane Pellmann	2/20		
Steve Brandt	2/20		
Ernie Click	2/20		
Nancy Bray	2/21		
Blair Hickson	2/21		
Florence Lyman	2/21		
Laurie Woods	2/22		
Doris Boone	2/23		
Judy Hennenlotter	2/24		
Steve Yeh	2/24		
W. Padge Dorne'	2/25		
Jack O. Godbee	2/26		
Bob Marloff	2/26		
Sue Ehle	2/26		
Fred Kleinfelder	2/28		
Thomas Wedell	2/28		

Art & Ellie Mikkelsen	1/12/1952
Del & Jeannette Smith	1/26/1957
Edwin & Frankie Charles	1/28/1939
Lou & Ann Mecseri	1/28/1967
Kee & Sookie Rhee	2/2/1960
Sinclair & Karen Stickle	2/2/1962
James & Maxine Masterson	2/7/1948
Henry & Betty Hassell	2/14/1942
Howard & Evelyn Parker	2/18/1968
Ken & Shirley Robinson	2/18/1950
Hank & Bonnie Slager	2/26/1949
Larry & Liz Cahill	2/28/1951

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