

Trinity Presbyterian Church ~ Palm Coast, Florida**PASTOR'S MESSAGE**

The Beginning of Lent

Lent is a time of reflection for Christians, a time to examine our need for grace. In examining our need for grace, we are confronted with a sinner. As it was put in the comic strip Pogo many years ago, "We have met the enemy, and He is Us!" To confront ourselves honestly is a harsh but necessary journey that we take each year, strangely, to become "better sinners!"

This year, we will begin this observation with a fundraising but simple dinner of pancakes put on by and for our young people. The goal will be to raise funds to provide scholarship assistance for our young people to attend camp at Montgomery this year. Our motivation for this simple dinner comes from scripture, namely Matthew 18:3: "And he (Jesus) said: "I tell you the truth, unless you change and become like little children, you will never enter the kingdom of heaven." Jesus also said, "Whosoever welcomes one such child in my name welcomes me." – Mark 9:37. After the dinner, we will worship God in the sanctuary and receive the dispensation of ashes. The Works in Progress Praise Band will provide the music for the service. This will give a chance for those who attend traditional services to experience the music of the band. Three members of the band are in our youth group. The dinner is March 9th from 5:30 to 6:20 with the service beginning at 6:30. The cost of the dinner is whatever you wish to donate to our children. All funds collected will be used for scholarships.

As we explore our need for grace, we also come upon the topic of forgiveness. **I will be leading a six part study on this topic for six weeks during Lent.** The class will be offered on six consecutive **Wednesdays beginning March 16th with the last class on April 20th of Holy Week.** The class will last an hour each week, and two identical classes will be offered at noon and again at 6 pm. No signup is necessary. Just bring a Bible (or we will provide one for you). We will meet in the chapel.

With Easter coming very late this year, many will find it challenging if not impossible to attend church at Trinity throughout Lent due to travel plans or returning to other residences. Wherever you are, I encourage you to make this Lenten season a special one in your spiritual life. Attend services whenever you can. Pray frequently. Read scripture. Embrace the story of our forgiveness by the God who made us.

May the grace of our Lord Jesus Christ, the love of God, and the fellowship of the Holy Spirit be with your all.

Grace and Peace,



Ron Watson

Spring Ahead for Daylight Savings!
Sunday, March 13th

Chaplain's Corner

"FOR YOU ARE THE GOD IN WHOM I TAKE REFUGE"

Psalm 43:2

When I am out and about in our fantastic coastal community, people I meet often inquire about Trinity Presbyterian Church. I always say, "Trinity is full of wonderfully caring people." And as a caring church, sometimes "caring" manifests itself in the inquiry of an individual/church member's health. The theme from old T.V. show Dragnet reverberates in my mind. "Dum-de-Dum-Dum" Here's where things can get tricky. It is certainly natural for us as a community of Christ to be concerned for one another. "How is so & so? I heard he/she was ill." This statement alone is fine; however, should you want to know the details of their illness, you are invited to call the person directly. Please know that the staff and clergy are not at liberty to discuss or write any information about a church member's health status without their written consent. With great respect, our health status' are private matters for most of us, caring with sensitivity is greatly appreciated by all.

Should you, or someone in your family, have an illness and would like to request a visit to the home, hospital, or Assisted Living Facility by one of our clergy or our Parish nurse, Loretta Johnson, please feel free to call our office and speak to Karen Stickle or Jan Roberts.

Chaplain's Office Hours: Wednesday—Friday 4:30 pm—6:00 pm

Please call for an appointment

If you would like a "loved one" added to my monthly morning prayer list, please pull me to the side after service and give me your loved ones names or call the office and leave me a message.

Submitted With Grace,

Sheryl Sumlin-Barclay, M.Div.

Lenten Series on Forgiveness starting Wednesday, March 16th

Classes offered at Noon and 6:00pm

led by Dr. Watson

Lent begins on

Ash Wednesday, March 9th

Pancake Supper at 5:30 PM in Mehaffey Hall
followed by Worship Service at 6:30 PM in the Sanctuary

First Sunday of Lent, March 13th

Traditional Worship 8:15 & 11:00am

Contemporary Worship 9:30 am

To the Congregation

2011 SESSION COMMITTEES

- Christian Education – Helene Read, Brittany Gynizio
- Congregational Life – Jane Gaulding, BJ Waugaman
- Events – Hawley Rogers
- Facility Care – Dave Corson, Ken Mettler, Ralph Lightfoot
- Finance – Ross Royce, Marilyn Kopach
- Membership/Evangelism – Dennis Eidson, BJ Waugaman
- Missions/Social Concerns – Joe Monaco
- Nominations – Jane Pellmann, Hawley Rogers
- Personnel – Ross Royce
- Presbytery Commissioner – Bob Sanders, Hawley Rogers
- TLC – Marilyn Kopach
- Worship and Music – Ken Mettler, Judi Pegg, Joe Monaco, Jane Pellmann

The Library Committee would like to thank Mary MacLean and Joan and Roy Zicht for their donations in recent months. There are two new Presbyterian books in our library...Donald K. McKim's "More Presbyterian Questions, More Presbyterian Answers" and "Introducing the Reformed Faith".

Two of our magazine subscriptions expire this Spring..."Christian Century" and "Presbyterians Today". Please let me know if there is interest in renewing them. We are always looking for new people who would like to join the library committee. Please let me know if you are interested.

Thank you and HAPPY READING!

Maudie Parker

Chair, Library Committee

MESSIAH RECORDINGS NOW AVAILABLE ON CD

CD's are now available through Jan in the church office. This fine cd recording of over 66 minutes will revive your memories of the excellent performance that was enjoyed by all.

Stop by the office and see Jan to get your copy or call Jan in the church office to place your order.

Donation is \$5.00 per CD

FOURTEPIANO CONCERT CD'S NOW AVAILABLE

Now available through the church office is a cd with the wonderful FOURTEPIANO concert. It contains over 77 minutes of good listening.

Please see Jan in the office to obtain your copy or call the church office to order your copy.

Donation is \$5.00 per CD.

CONTEMPORARY WORSHIP UPDATE

You may have noticed the neat signs outside announcing the 9:30 Contemporary Worship service to our neighborhood, as well as to anyone who drives by.

Over 6,100 invitation cards were recently sent to our neighbors in the C and F sections. We have experienced a favorable result with more new faces looking for and finding the Contemporary Worship style in their neighborhood.

This invitation is always open to members of Trinity (many of whom are already regulars) to stop by any Sunday at 9:30. You are welcome to experience this moving and uplifting worship.

Trinity has a wonderful team bringing both the music and message to you.

Sheryl Barclay leads off with a comfortable welcome and later on leading in meaningful prayer.

Our music is provided by Nina Eustaquio on the keyboard, Ron Watson on guitar and vocals (also the message), Kiah Bonner on drums, Paige Long on the piano. Other vocals are by lead singer Jody Dutton, ably accompanied by vocalists Alison Yeh and Diana Nguyen.

Please take time to speak with each.

Take note during the on screen presentation of music and message of our new logo and theme.

We are so glad that you chose to worship with us.

~Your Trinity Contemporary Worship Team

2011 CHURCH DIRECTORY

New, updated church directories will be printed in the next few months. New members and anyone wanting to retake a picture can come to Mehaffey Hall between 9 a.m. and 11 a.m. on Sunday March 6th, 13th and 20th. If you need to make other arrangements, call Dennis Eidson at 445-7051. If you need to make a change in phone number, street address, mailing address (such as post office box number) or e-mail address, please let us know.

Dennis Eidson

Send us a special thanks you've been meaning to get out to the congregation. Drop hand written or typed proofs in the Trinity Times mail slot, or email us at TrinityTimes@cfl.rr.com

A Special Thanks

The Trinity Mailbox

My family and I would like to express our great gratitude for the many expressions of sympathy and caring we received since the sudden death of my husband, Jim. The many contacts from Chaplain Sheryl, Pastor Ron, Rev. Don, my Deacon Pat, Linda Hodges and all the wonderful members of the Music Department and especially the Handbell Choir members who took such good care of us. Whether it was a call on the phone, visit to the house, food donations, or one of the many, many cards, and the prayers offered in our behalf; they all helped us through our period of unexpected loss. What a blessing to be a part of this caring congregation. I thank God every day for placing me here in this church where God's love is shared abundantly.

Gratefully,
Lillian Warner and family

Dear Trinity Church,

Our Family sends heartfelt 'thanks' for all the care, support & prayers Trinity has extended to my father while he has been in the hospital. The visits from both Rev. Don Scott & Sheryl Sumlin-Barclay were a great encouragement. My father was delighted with the beautiful plant that Bob Aitken brought. We also thank Bob for his visit . We saw Jesus in each visit from Trinity Church.

We thank the congregation for all their prayers. When my Dad's doctor announced that he was amazed by the healing of his leg... We were all grateful for the amazing power of prayer!

Gratefully, Nancy & David Tierman
Mike Irwin

Sinclair and I wish to thank you, our church family, for all the loving support shown to us during my recovery from "the fall" I had in January. Your cards, phone calls, visits and continued prayers were, and are, so appreciated. Thank you, for holding us up during this time of need.

In Christian love,
Karen Stickle

The Health Ministry

DID YOU
KNOW...

The Free Clinic in Flagler Co. can now ONLY take pills found in individual blister packets. Please do not bring any other medications to the church for the clinic. They will take medications that have not been opened, ie the seal has not been broken. This is a major change for them and our support to the clinic. The Free clinic meets every first and third Saturday unless it is a holiday, at Dr Canakaris' office across from the post office on Rt. 100 in Bunnell. It opens at 8:30 a.m. and is first come, first served. A local Methodist church provides some breakfast snack as the wait can be long. This is available only to anyone without medical insurance.

Low dose aspirin (81mg or "baby aspirin") used to prevent strokes and mini-

... *"Grandma and mom were right:*

EAT YOUR VEGETABLES!" ...

Darvon, Darvocet, and generic versions of this prescription pain medication have been withdrawn from the market by the FDA, as it may cause severe serious cardiac irregularities. If you have this medication in your home, please dispose of it in a proper manner. Do not flush it down the drain.

Recommended disposal of unwanted drugs is to crush, slightly dilute in water and mix with cat litter and bag it in plastic before putting in garbage. Coffee grounds or just plain dirt in a bag is an alternative to cat litter.

The antidepressant Cymbalta (generic is Duloxetine), is recently approved to treat pain of osteoarthritis, chronic back pain, anxiety, diabetic peripheral neuropathy, musculoskeletal pain and fibromyalgia. So, don't poo-poo and say, "I'm not depressed, I don't need this medicine", or "I'm not taking this!" when the doctor prescribes this for your pain. It has serious reactions in only 1% of patients. This is a great addition to the treatment of chronic pain issues and will be used in conjunction with other medicines.

Men whose index finger is longer than their ring finger have a 33% lower risk of developing prostate cancer than other men. The most common finger length pattern is a shorter index than ring finger. Men whose index is the same as the ring finger (19% of population) have a similar prostate cancer risk as men with a short index finger.

*NIV Isaiah 32:3 Then the eyes of those who see
will no longer be closed, and the ears of those
who hear will listen.*

Serious injuries from skiing or snowboarding now are 50% lower than in the 70's because of improved equipment and growing use of helmets by skiers and snowboarders. Last year 57% wore helmets on the slopes compared to the 2003 season. High risk behavior is the leading factor in fatal injuries. Of course, medical help available from highly trained ski patrols are part of the recent changes too.

Grandma and mom were right: EAT YOUR VEGETABLES! High blood levels of alpha-carotenes are found in many vegetables (yellow, orange, and dark green vegetables). The brighter the color, the higher the amount in the vegetable. The higher the level of this product in the blood's serum, the lower the risk of death from ALL causes when compared with those with low- serum levels. Vegetables drenched in sauces, salt, butter are not as good as those simply prepared by steaming or microwaving (3 min) and perhaps served with a sprinkle of lemon, juice, olive oil, etc. Sauces add to obesity, cardiac, and diabetes issues. So, come on and get with the program. In our household, everyone was held to a "no thank you" portion and the expectation was that for a tablespoon of a new offering, only a bite needed to be taken to taste and be a good guest if eating with others. Eventually many yucky items have become favorites.

Falls in the home are more likely when a person is weak, tired, or sick; isn't physically fit, or has problems seeing. Medicines like blood pressure pills, heart medicines, water pills, muscle relaxants, and sleeping pills can cause falls by making you feel weak, confused or dizzy. Poor lighting and wet slippery floors can increase the risk of a fall. Obviously the risk increases with aging, arthritis, bladder problems, vision or hearing loss or cancer of the bones. Diseases that affect muscle strength and alcohol consumption are implicated too. Prevent falls with regular exercising that strengthens leg muscles and get vision checked. Wear shoes with a firm flat non slip sole and eliminate those like clogs, flip-flops or slippers without backs. Increase household lighting for nighttime. Inexpensive LED lighting is available as nightlights and work well for halls and bathrooms. Keep floors clear and dry removing small scatter rugs. Grab bars in shower, tub and toilet areas are a great addition for safety at all ages.

Trinity's got Talent

Daylight Savings Time begins
March 13th

Sunday, March 20

Adults - \$10

Kids (under 10) - \$5

Hot Potato Supper (with all the trimmings) served at 5

Talent Show begins at 5:30

Tickets are available in the Narthex after worship

ASH WEDNESDAY PLANS

March 9 is Ash Wednesday. Mark your calendar now and make plans to attend, first, the Pancake Supper from 5:30 to 6:15 and then adjourn to the Contemporary Worship area of the sanctuary for the Ash Wednesday worship service at 6:30.

TRINITY YOUTH NEWS!**TRINITY TROOPERS**

(Youth Group for Children in Kindergarten through 5th 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!

MIDDLE SCHOOL YOUTH FELLOWSHIP

Meets on Sunday evenings from 5:00-6:30 p.m. for fellowship, fun and reflection.

SR. HIGH YOUTH FELLOWSHIP

Meets on Sundays at 9:30 a.m. for the Contemporary Service, then at 10:45 a.m. for Spaghetti Supper preparation and rehearsals. All senior high youth are encouraged to participate! We will have a **Parents Meeting during rehearsal on Sunday, March 13th, 2011 beginning at 11:00 a.m. Please come for information regarding Montreat and the Spaghetti Supper.**

YOUTH SPORTS REPORT

The Trinity Presbyterian Senior High Youth Group Broomball Team has done well this season with a few wins and tons of fun, all while maintaining a positive attitude. Brooms, tennis shoes and teamwork on the ice led to a fun way to spend Saturday nights with Presbyterian youth from the Presbytery of St. Augustine. Way to go team! Trinity's Middle School Youth got their chance to play Broomball one Saturday too, and had a fantastic time, as well!

LOAVES OF LOVE

The Middle School Fellowship delivered loaves of love to some of the homebound members of our church for Valentine's Day. We'd like to thank the Deacons for lovingly preparing the loaves. The recipients were so grateful, and the youth enjoyed their visits tremendously.

Trinity Youth**Important Dates & Information**

Wednesday, March 9th - 5:30 p.m. Pancake Supper, hosted by Trinity's Youth, followed by the Ash Wednesday Service

Sunday, March 13th - 11:00 a.m. Senior High Parents Meeting - Montreat Information!

Sunday, March 27th - Spaghetti Supper tickets go on sale!

Sunday, March 27th - No Middle School or Senior High Fellowship due to Spring Break

Wednesday, March 30th - No Trinity Troopers due to Spring Break

Sunday, April 3rd - Middle School and Senior High Fellowships Resume Tonight!

Wednesday, April 6th - Trinity Troopers Resumes Tonight!

Sunday, April 10th - SPAGHETTI SUPPER!

Youth Group Weekly Activities At-A-Glance**Wednesdays**

5:30 - 7:30 p.m. - Trinity Troopers and Children's Choir

Sundays

9:30 a.m. Senior High attends the Contemporary Service 10:45 a.m.
Senior High Fellowship - Spaghetti Supper Rehearsal
5:00 - 6:30 p.m. Middle School Fellowship

MARK YOUR CALENDARS!!!

Trinity's Senior High Youth are planning a great show for the **Annual Spaghetti Supper Sunday, April 10, 2011**

PRESBYTERIAN WOMEN CIRCLE MEETINGS

Membership in Presbyterian Women is open to ALL women. Visitors and new members are welcome to attend any of the circle meetings.



**Calling All Volunteers for
Vacation Bible School**

Dates to be announced

We need volunteers for staff positions and helpers during the week of VBS, as well as behind the scenes volunteers beforehand.

If you are interested in helping with VBS this year, please contact Debbie Bonner (386-503-2825 or bonners5@bellsouth.net)

or

Becca Bower, this year's VBS Director (386-562-8940 or rebecca.bower@att.net)

THANK YOU!!!

MARCH CIRCLE MEETINGS

Tuesday, March 8, 3 PM: RAINBOW CIRCLE

Meets in the Geneva Room at Trinity. Shirley Richards will be the study leader.

Rainbow Circle--Please bring toiletries and paper products to your March meeting for the Family Life Center/Safe House.

Wednesday, March 16, 10:00 AM: MIRIAM CIRCLE meets at the home of Joan Zicht, 3 Village View Way (445-3978). Lois Settles will be the study leader.

Wednesday, March 16, 1:00 PM: FAITH CIRCLE meets in the Kepler Conference Room. Joan Morris will be the study leader; Fawn Darbyshire will be the hostess.

Thursday, March 17, 10:00 AM: REBECCA CIRCLE meets at the home of Ginny Reisinger, 7 Boxwood Lane (445-3487). Ginny will also be the study leader.

MARCH'S LESSON

Lesson Six: Witness to Hope: The Woman, the Dragon, and Earth's Daring Rescue, Revelation 12 from JOURNEYS THROUGH REVELATION; APOCALYPTIC HOPE FOR TODAY.

THE TEAM GATHERING OF THE BOARD will meet on Wednesday, March 2, 10:00 AM in Kepler Center Conference Room.

BIBLE STUDY LEADERS will meet with the Rev. Dr. Ron Watson in the Geneva Room, Monday, March 7, at 2:00 PM.

MARCH ANNIVERSARIES (40yrs or more)

Jim & Ginny Little	3/4/1950
George & Carolyn Cook	3/5/1944
Toby & Agatha (Aggie) Lakin	3/6/1965
Sylvester D. & Queenester Jones	3/8/1962
Alice & Jack Sears	3/27/1968
Eric & Ann Fagerlund	3/28/1948
Charles & Evelyn Girgan	4/1/1951
Jack O. & Phyl Godbee	4/2/1949



MARCH BIRTHDAYS:

Patrick Barclay	3/1	Al Burgess	3/12	Wendy Earle	3/24
Walter Schaaf	3/2	Elaine Alleyne	3/12	Betty Lou Higginbotham	3/24
Maudie Parker	3/3	Karen Thomas	3/14	Loretta Johnson	3/25
Ricky Vanderoef	3/4	Cathie Huff	3/14	Marie Mento	3/25
Allyson Smith	3/4	Madilyn Winterheimer	3/15	Sharon Hay	3/26
Keith Lagocki	3/4	Mimi Baruch	3/15	Mary Louise Johnson	3/26
Jenny Grimm	3/5	Kate Sturman	3/16	Jennifer Mascenic	3/28
Jason Terry	3/5	Joan Morris	3/16	George Elliot	3/28
Susan Roberts	3/5	Babs Schomburg	3/16	Kelly Bryant	3/29
Joe Austell	3/5	Spencer Mellow	3/17		
Shayna St Peter	3/5	Marian Stratemeyer	3/17		
Chris Dobson	3/6	Ross Marteney	3/18		
Kay James	3/7	Betty Fuller	3/18	<u>Early Next Month</u>	
Ginny Reisinger	3/8	Gerry Trebilcock	3/19	Yerdis Trexler	4/1
Allen Shepard	3/8	Marla Mitchell	3/19	Alice Sears	4/2
John Keyes	3/9	Leisa Gardner	3/20		
Zachary Clark	3/9	Sheryl Barclay	3/20		
Libby Lennartson	3/9	Barbara Joy	3/21		
Marge Lowe	3/9	Marlene Williams	3/22		
Carol Graff	3/10	Kristen Vanderoef	3/22		
Hawley Rogers	3/11	Nancy Scheetz	3/23		

Happy Birthdays

TPC FINANCE COMMITTEE

From time to time throughout the year, the Finance Committee likes to provide you with some information which we think might be useful to you. We hope the following information about a new kind of Gift Annuity will be helpful to some of you. Please feel free to contact Dr. Ron Watson or any one of us listed below for further assistance. You may also contact our Presbyterian Foundation Development Officer, Mark D. Shoemaker at 866-387-0432 or email mds@fdn.pcusa.org.



In his service, Jef Amsbaugh, Marilyn Kopach, Chuck Larew, Walt McRae and Ross Royce

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You can make a charitable gift and receive lifetime income.

A new **Charitable Gift Annuity Program** allows you, or you and a loved one, to receive **lifetime income** and may also provide **immediate financial support to Trinity Presbyterian Church**. This innovative program may give you the satisfaction of **witnessing the impact of your gift now while also providing you with an attractive annual payment**.

The Presbyterian Foundation is offering the charitable gift annuity which will benefit you and TPC. The Foundation was established in 1799 and has accepted gifts in exchange for charitable gift annuities for over 50 years.

A charitable gift annuity is an irrevocable contract between you and the Presbyterian Foundation. In exchange for a gift of \$10,000 or more, the Foundation will agree to pay annual income to one or two persons for life. Donors who obtain a charitable gift annuity are often also able to claim a portion of the gift amount as a charitable contribution and receive favorable tax treatment of the gift annuity payment. For example:

A female donor at age 80 can make a \$10,000 cash gift in exchange for a gift annuity paying \$720 annually at 7.2%, \$537 of which will be tax-free for 9.4 years. In addition, the donor can potentially claim a charitable gift deduction of \$4,952 for her gift and \$2,288 may be available immediately to Trinity Presbyterian Church.

Examples of Gift Annuity Benefits for \$10,000 cash – summer 2010

Nearest Age	65	70	75	80	85	90+
Annuity Rate (%)	5.5	5.8	6.4	7.2	8.1	9.5
Total income per year (\$)	550	580	640	720	810	950
Tax-free portion for life	355	396	457	537	639	777
	Expectancy (\$)					
Charitable contributions	2,933	3,705	4,327	4,952	5,647	6,193
	for deduction purposes (\$)					

For more information about how you can provide support now and receive lifetime income, contact Pat Ohlmann at the Presbyterian Foundation at 800-858-6127
Or visit www.PresbyterianFoundation.org to learn more.

SESSION BRIEFS

At its Stated Meeting on February 21, and a Special Called Meeting on January 23, 2011, your Session:

- ◇ Approved Membership for James and Paige Long, by transfer from St; James Episcopal Church in Ormond Beach, FL.
- ◇ Approved the transfer of Laura Deitch to Bethel Presbyterian Church in Cornelius, NC
- ◇ Approved removing Mary Louise Johnson from the membership rolls at her request; she has moved from the area.
- ◇ Noted the deaths of Blair Kanbar on January 22, 2011, and Gilbert Francis on January 27, 2011.
- ◇ Noted that our active membership stands at 597 and we have 23 Affiliate members.
- ◇ Re-elected Jane Pellmann Clerk of Session; elected Walt McRae Interim Church Treasurer. Walt generously agreed to serve as Interim Treasurer until we find someone else to do the job of Treasurer.
- ◇ Noted that, financially, we continue to do well.
- ◇ Approved declaring May 2011, "Trinity Legacy Month." This means there will be an emphasis on planned charitable giving within Trinity; and May 15th will be Wills Emphasis Sunday.
- ◇ Approved the Annual Statistical Report to be sent to General Assembly.
- ◇ Approved changing One Great Hour of Sharing offering to Easter Sunday.
- ◇ Noted that an outside workday is planned for the morning of March 26th.
- ◇ Noted that the Contemporary Worship Service is going very well, and attendance goes up every week.
- ◇ Approved Resolutions of Thanks for Paige Long and Ken Mettler for all they have done to make the Contemporary so exciting; and to Jane Pellmann for the long hours spent putting together the Statistical Report.

Jane Pellmann
Clerk of Session