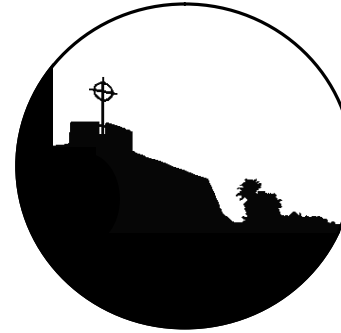


SESSION BRIEFS

At its Stated Meeting on September 20, 2010, your Session:

- Noted that our Active Membership is 603, and we have 23 Affiliate Members.
- Noted the death of Clarence Kettinger on August 19, 2010.
- Approved the use of the Sanctuary on January 30, 2011, by the new Community Chorus (under the direction of Linda Hodges) for their first concert.
- Approved several dates in 2010 and 2011 for the use of Mehaffey Hall by the Cub Scouts.
- Approved several dates in 2011 for the use of Kepler Conference Room by the African American Caribbean Heritage Organization.
- Noted that our cash flow is good and the TLC is doing very well financially.
- Approved a request from the Finance Committee for the 2010 Stewardship Program that includes a catered dinner for the congregation and a program which will be a Stewardship message.
- Approved a request from the Worship and Music Committee for the creation of a Contemporary Worship sub-committee, with Joe Monaco as chair.
- Approved the following requests for the Christian Education Committee: (1) Annual Halloween Party/Hayride in the parking lot for October 31, 12-2 PM; (2) No Sunday School on November 28, December 26, and January 2, due to school vacations at these times.
- Heard from the Special Events Committee that they will contribute \$1,000 to help defray the costs of the improvement of the audio system of the church.
- Heard that the Health Ministry is planning a potluck dinner for October 12, 2010.
- Approved Ross Royce as the second Commissioner to the next Presbytery Meeting on October 12 at Montgomery, with Jane Pellmann as alternate.
- Approved Resolutions of Thanks to (1) the Bonners, the Yehs, and the Reynolds for hosting different courses at the Youths' Progressive Dinner, also Debbie Bonner for her strong leadership as Christian Education Coordinator for Youth; (2) the Events Committee for their contribution to help pay the costs of the audio system; (3) Ken Mettler for all his work on the audio and lighting systems in the sanctuary, as well as choir loft improvements; (4) Hal and Win Sautter for all their years as ushers.

Jane Pellmann
Clerk of Session



Trinity Presbyterian Church ~ Palm Coast, Florida

PASTOR'S MESSAGE

been instrumental in providing insight for our upcoming contemporary worship "experiment."

As our winter residents begin returning to us, as our church school resumes, as Trinity Troopers and Youth groups resume, as we prepare for the Holiday Fair, as our new season of concerts resume on the last day of October with Fourtepiano, we find that Trinity is a busy place to be! September was Paige Long's first month at Trinity, and we found out she has a lot of talented friends! Her "all volunteer" quartet performed twice in September, once at each service on different Sundays no less! We are grateful that they have shared their talents on violin and cello. But that's not all...

Our Liturgical Dance Group, made up of Diana Nguyen and Alison Yeh, performed on the last Sunday of the month to prepare us for worship. They did an awesome job, and they also did their own choreography! We look forward to seeing them again this year. Linda Hodges, our music director of all choirs and ensembles, is also directing this group and hopes to see it grow.

Loretta Johnson, our parish nurse, is presenting a covered dish program on October 12th that you will want to mark on your calendars. Chaplain Sheryl continues to lead in worship and give great children's sermons, perform blessing of the hands on the first Sunday of the month after both services, and is available Tuesday through Friday for counseling in the afternoon. Don Scott, our Minister of Visitation, is constantly caring for those who are in the hospital, the nursing home, or at home recovering. Don works tirelessly every day of the week! When you see him, join me in thanking him for his vital ministry. Don has also

Did you know that Lillian Warner and her bell choir practice each Monday morning for 3 hours? We look forward to their participation in worship again soon! Debbie Bonner, our "new" Director of Youth and Children's Ministries, has been busy leading our young people. 45 people participated in the progressive dinner for youth and families a few weeks ago.

Our support staff is busy as well! Karen Stickle works tirelessly in the office with the help of volunteer Jan Roberts. Together, they keep the church going! Ron Simmons and Nicole Hanvey, our financial people, keep our house in order by assisting our wonderful volunteer treasurer, Walt McRae. Liz Bourke, the director of TLC, reports that the school is nearly full! And Tom Buonocore and Wesley Davenport help us find order in chaos in their fine work. And don't forget Jane Pellmann, our clerk of session, who keeps this place Presbyterian! Space does not permit me to mention every deacon, every elder, every teacher, every committee member, or every volunteer by name. Just know that it takes a group effort to make this church work!

I am thankful to have such a capable and hard working staff, and you should be too! Trinity is an exciting place to be this time of year. If you're not back from your places of winter residence, I just wanted to let you know that church is in full swing! If you've just missed church lately, now would be a great time to return. **Come and see what the Lord has done-Psalm 46:8**

Grace and Peace,


Ron Watson

more than 60, the safer you are from heart disease. Triglycerides are the stored excess fats that are eaten. Normal should be less than 150. Limiting carbs and I mean cookies, breads, highly refined bakery products, etc, also alcohol consumption, but not regular veggies, fruits, or whole grain foods, will help lower triglycerides.

God created Adam and Eve's and our bodies with built in redundancies and an amazing complex organism that can heal and repair itself. There are backup systems and many organs are multi functional in chemical ways altering the hormone levels that another might produce or making less of their own hormone to compensate for an abundance of another organ's hormone. It is called homeostasis, an equilibrium of function and chemical balance. By honoring this body we are given we can live long and well.

NIV Genesis 1:27 So God created man in his own image, in the image of God he created him; male and female he created them.

HEADS UP: October 12, 2010, Pot Luck—6pm in Mehaffey Hall: 10 questions to answer : Alzheimer's or Dementia?

Watch for updates in bulletin. Speaker from the Alzheimer's Association of Jacksonville, FL.

~The Health Ministry

PRESBYTERIAN WOMEN

Do You Work During the Day?

Have You Thought About Participating in a Bible Study Group But Are Not Available During the Day?

Join the Wednesday Evening Women's Bible Study!

Next Meeting: Wednesday, October 20, 2010 at 6:30 in the church library

NEW MEMBERS WELCOME!

Contact Lorrie Blue-Angle at 437-0219 for more information

Our 20th year celebration on August 22nd was fun, and a great success thanks to all of you – our Trinity family! We enjoyed sharing our history, which, to more than one of you, was obviously very enlightening and your comments and praise of our Staff was appreciated. Thank you for supporting our Pre-school, and remember, volunteers are always welcome!

~The TLC Committee



The Fourtepliano Quartet

2 Pianos played masterfully by 8 hands

October 31st @ 4PM!

Season Tickets are available for the 2010-2011 Concert season. A total savings of \$10 this year. We hope you will join us in welcoming these talented performers to our church and community.

\$62.00

	Price at door	
The Fourtepliano Quartet	\$10	Sunday, Oct. 31st, 2010 @ 4:00 PM
The Messiah	\$10	Sunday, Dec. 5th, 2010 @ 4:00 PM
ETA -3	\$20	Saturday, Mar. 5th, 2011 @ 4:00 PM
The Four Freshmen	\$32	Sunday, Mar. 27th, 2011 @ 4:00 PM

Season Tickets will be on sale until **October 30th, 2010** and may be purchased at the church office.

OCTOBER CIRCLE MEETINGS

Tuesday, October 12th, 3PM, RAINBOW CIRCLE meets in the Geneva Room. Queenester Jones will be the study leader and Francella Francis will lead the devotions.

Wednesday, October 20th, 10AM, MIRIAM CIRCLE will meet in the home of Lois Settles, 36 Egret Trail (437-4494) and she also will be the study leader.

Wednesday, October 20th, 1PM, FAITH CIRCLE meets in the Kepler Conference Room. Pat Dixon will be the hostess and she will also be the study leader. **FAITH CIRCLE - Please bring toiletries and paper products to your OCTOBER meeting for the Family Life Center/Safe House**

Thursday, October 21st, 10AM, REBECCA CIRCLE will meet in the home of Carol Corson, 119 Frontier Drive (446-5833) and Betty Lou Singalewitch will be the study leader.

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

**OCTOBER'S LESSON:
SEVEN LETTERS TO SEVEN CHURCHES.
SCRIPTURE: Revelation 2-3.**

**THE TEAM GATHERING OF THE BOARD
WILL MEET ON WEDNESDAY, OCTOBER 6th AT
10AM IN THE KEPLER CONFERENCE ROOM.**

**VISITORS AND NEW MEMBERS
ARE ALWAYS WELCOME**

Health Ministry Tidbits

by Loretta Johnson



Currently, 600 international units (IU) of vitamin D per day is recommended for adults age 70 and over in the USA, with an upper limit of 2,000 IU per day. This is a larger dose than the original 400 IU in the past. Improving the vitamin D status is a way to increase bone health and strength for those who are at risk for falls in their older years. It was hoped that a yearly dose would increase the compliance of taking the medicine over the usual daily dosing recommendation. In a recent study, medical doctors have been ordering vastly higher dosages (50,000-500,000) to be given in only a yearly dose rather than a daily dose. The results after 5 years do not show any reduction in falls but an increase in fractures. So, for now the dose should be not more than 600 IU per day.

Sun-Savvy? All types of UV rays (UVA UVB) are unsafe. Tanning beds also emit UVA and UVB radiation. SPF of 30 screens 97% of UVB radiation, SPF of 15 screens 93%; you don't need the higher numbers except for babies. Wear long sleeves, long pants and a brimmed hat that shades your ears and neck when outside for long periods. Ball caps don't make it guys! For heaven's sake don't spend a

lot of time in the 10 am-3pm time frame but remember: some sun exposure allows the body to make vitamin D necessary for strong bones. Interesting thought.

Cholesterol is a type of fat found in the blood and all body cells. It helps protect cell tissues and produces certain hormones. BAD cholesterol, also called low-density lipoprotein (LDL), carries cholesterol that the liver makes TO body cells. If too high a level is found, it is building up in blood vessels causing heart disease, stroke, etc as it blocks blood flow. Normal value is below 130.

GOOD cholesterol is called high-density lipoprotein. This type carries LDL from the tissues back to the liver for the body to excrete it. HDL level should be 40 or more for a man and 50 or more for a woman. The higher the HDL level, ie.

Continued on next pg

Chaplains' Corner
Chaplain Sheryl Barclay

What is the recipe for finding joy?

Heaping handfuls of love for God, self, and God's creatures... people, kitties, dogs, frogs and the like.

A cup and a half of time to spend time in reflection prayer.

Two cups of being open to others.

Three cups of forgiveness.

Four cups of being able to admit when you are wrong... even if you're right

Five cups of seeing the positive in your neighbors.

Six cups of laughter... especially at oneself.

Seven cups of grace from God.

*"...they are now justified by his grace as a gift,"
Romans 3:24*

*"...you anoint my head with oil; my cup overflows..."
Psalm 23*

The "snow birds" are on their way back, the children have started school, football has begun, and of course golf has never stopped. Many of you have heard that we have a new accompanist, Mrs. Paige Dashner Long. Welcome Mrs. Paige to Trinity Presbyterian Church, where love abounds.

I will be offering the blessings of the hands in the chapel, every communion Sunday after service, beginning October 2010. If you need a listening ear or a prayer or two, please call the church for an appointment or stop by the office. My office hours are 4pm—6pm Tuesday—Friday.

Prayer changes all things.

Chaplain Sheryl Sumlin-Barclay, M.Div.

BIRTHDAYS:

Betty Hassell	10/2	Wilma Mc Rae	10/17	Maggie Kong	10/27
Virginia Wehrle	10/2	Trudy Manen	10/17	Melba Dorne	10/29
Ginny Nicewonger	10/3	Kelly Brandt	10/18	Bonnie Milich	10/29
Bo Yarotsky	10/4	Tracy Martin	10/19	Priscilla Cahill	10/30
Sookie Rhee	10/4	Sarah Towne	10/19	Arlene S. Cree	10/31
Joyce Peters	10/4	Patricia Head	10/19	Jason Lemper	10/31
Margaret Lang	10/4	Ed Prevatte	10/19	Marilyn Kopach	11/1
Thad Lang	10/5	Bob Van Winter	10/20	Lynn Snyder	11/1
Chloe Kaczmarek	10/5	Andrew Read	10/20		
Jim Burdette	10/7	Jane Kress	10/20		
Steve Oplinger	10/7	Ken Mettler	10/20		
Isobel Cameron	10/7	Michael Pison	10/20		
Alana Read	10/7	Charles Glenn	10/20		
Bob Aitken	10/8	Drake Wilborn	10/21		
Julie Watson	10/9	Jane Sabo	10/21		
Andrew Butler	10/10	Bobby Mc Carthy	10/22		
Don Schantz	10/10	Skip Carlson	10/23		
Carrie Walker	10/10	Stacia Davis	10/24		
Andrew Earle	10/10	Sims Charles	10/24		
Thomas Saurwein	10/11	Brenda Kanbar	10/24		
Delphine Overfield	10/11	Shirley Richards	10/24		
Patrick Kleinfelder	10/12	Bill Bryant	10/24		
Tammy Gynizio	10/13	Ryan Tugas	10/24		
Walt Lippian	10/14	Kris Barclay	10/24		
Lori Davenport	10/15	Hughie Highet	10/26		
Betty Lou Singalewitch	10/15	Will Tant	10/26		
Robert J. Elliot	10/17	Tina De Yoe	10/26		
Roger Kong	10/17	Jordan Garrison	10/27		

**ANNIVERSARIES
(40yrs or more)**

Walter & Reatha Sarden
10/2/1967

Dave & Carol Corson
10/5/1963

William & Joan Hasselbusch
10/6/1956

John & BJ Waugaman
10/10/1959

To the Congregation

Address changes

Carol Kabatt Bellantoni
44 Cottage Grove Circle, #106
Chili, NY 14514
1.585.594.8737

It has been so great to spend the last seven years with all of you at Trinity Presbyterian Church. I want to thank everyone who let me know that they appreciated what I did and all the cards sent to me. The flower arrangement and cake were beautiful. Memories of my time here will never be forgotten and I am already missing you.
Much love, Delphine

Ron Simmons would like to convey Diane's and his thanks to the Pastor, staff and congregation for the cards and prayers, during their time of sorrow, for his sister Beryl Samuel.

Karen and I would like to thank you so much for all the support given to us during my recent surgery. We are blessed with a caring congregation and staff. I am well on the way to recovery.
In Christ, Sinclair

My sincere and belated thanks for all the prayers and cards during my knee replacement at Halifax Hospital. Rev. Don Scott visited me in hospital and rehab. His prayers and cheerful nature were a blessing.

The beautiful flower arrangement, which Jan brought to Grand Oaks, brightened up my room and was enjoyed by me, as well as the staff.

All this thoughtfulness hastened my recovery; I am grateful to be a small part of the Trinity family.

With love,
Margaret Best

Users of Hearing Assist Devices.

Would you please not wrap the ear piece cord tight around the case. Tight wrapping weakens or breaks the tiny wires in the cable.

Thank you.

An Appeal to those who would love to serve the Lord and mold young minds:

We are in need of substitute teachers as well as new teachers. After many, many years of dedication (over 20), the 2nd -5th Grade instructors "are tired" and would like to turn over the reins of this class to fresh teachers who would like to nurture and instill young minds with the teachings of Christ. Please see any member of the Christian Education Committee if you are interested in taking on this wonderful mission.

SUNDAY SCHOOL MISSION PROJECT

Each week during Sunday School an offering is taken for our "adopted" child at **Thornwell Presbyterian Home for Children**. Through our sponsorship, we provide clothing, educational supplies and presents for "our" child's birthday and Christmas. This year our sponsored child is a three-year-old girl named Christian Walker.

You will help support this child when you give your generous offerings during Sunday School. Below is a clip from a letter we received from the Director of Sponsorships at Thornwell:

"Thank You!" Thank you for being a friend to the Thornwell children. Thank you for your commitment to this ministry during such hard economic times. Thank you for your prayers, your heart, and your sacrificial giving." ... "We are grateful for your friendship and hope that you feel hugged today."



Christian Walker

Looking forward to an inspiring and awesome year of service and learning at Trinity Presbyterian Church! Peace, your Christian Education Committee.

Helene Read, Chairperson; Debbie Bonner, Youth Director; Shelley Kleinfelder, Secretary; June Carlson; Carol Corson; Donna Decina; Joann Morris; Lois Settles; Edwina Tabit

SUNDAY SCHOOL OFFERINGS

YOUTH CLASSES:

3 & 4 year olds taught by Becky Grimm

Pre-K through 1st Grade taught by Karen Thomas

2nd through 5th Grade taught by Shelley Kleinfelder and Mary Stratemeyer

6 & 7 (Middle School) taught by Joan Morris

Confirmation Class taught by Sheryl Sumlin-Barclay

High School Class taught by Debbie and Ray Bonner

ADULT CLASSES:

***New* Explorations in Faith** led by Paul Eckstein and held in Mehaffey Hall

We are excited about these new Kerygma lessons (Greek for preaching the Word) that offer several short series on a variety of topics. The first 6-week series will be Lord, Teach Us to Pray, and will require a \$13 workbook fee to help defray the cost. Please sign-up on the registration sheet provided in the Narthex. Sign-ups for this first class will run through Sunday, Sept. 26th. This series will be followed by "Hallelujah" a study of The Messiah to coincide with Trinity's presentation of this famous work.

The first series' class will begin Sunday, October 3rd. Reserve your place now!

Book Study, led by June Carlson, will continue with The Parables of Jesus. This study now meets in the library.

Disciples Study, led by Don Shelton and Jeffrey Amsbaugh, will be held in Kepler Conference Room. New disciples are always welcome!

Holy Grounds, led by Helene Read, will meet in a cozy back corner of Mehaffey Hall. All are welcome to join in this round-table discussion over freshly brewed "high-test" coffee. If you're a parent looking for a place to "hang" after dropping off your children for Sunday School, or if you're just looking for fellowship, come join this casual group for great conversation about life, religion and happiness!

To those who staffed the Resource Center

My deepest thanks and appreciation to each of you who spent time at the Resource Center distributing food to the clients in need. I know for some the hours were longer than anticipated and your efforts were admirable. Trinity has long participated in this endeavor and our turn will come around again in 2011, so hopefully you will be up for another round at that time. For those of you who didn't participate at this time, please keep it in the back of your mind and be ready to step up and volunteer next year. The reward is seeing the grateful faces of the families in Flagler County who are suffering hardships plus the fellowship you enjoy with your coworkers. Again, thanks and may God's blessing be with you always. ~Gwen Levene.

Bakers Needed for Trinity Holiday Fair

Baked products are needed for the bakery table at the Trinity Holiday Fair on **November 5th & 6th**. We need **homemade (no store bought please)** candy, cakes, cookies, pies, bars, quick breads, yeast breads, rolls, low sugar items for diabetics and anything that could be sold at the bakery table. We could use more pies this year, especially with Thanksgiving coming after the fair. **They should be dropped off at the church by 8am Friday, Nov. 5th or Sat. Nov. 6th. Please label what the item is and if it contains any nuts.** Any questions call: Sally Smeaton (chairperson of bakery booth) 447- 4137. Thank you in advance for your support.

Jewelry for Holiday Fair, 2010

We are collecting jewelry for the 2010 Fair every Sunday through October 17. If you have put off donating your unwanted jewelry, you can still bring it to the collection box in the narthex. If you prefer to drop it off at the Church office, please call Pat Head @ 246-3047, or Norma Rogero @446-5369 and we will pick it up at the Church.

TRINITY YOUTH!

Our first big event of the new school year was **Rock the Universe**. We had a great evening, riding the rides at Universal Studios and listening to awesome Christian rock bands, like TobyMac, Jeremy Camp, Fireflight and the highlight of the evening, Relient K.



The youth worked at the **Resource Center** four times over the summer. We served many people in need from Flagler County. This was a very rewarding experience for all involved.

Sunday School Rally Day was a huge success. TNN (Trinity News Network) produced our very own news show to introduce Sunday School Teachers, Youth Advisors, and we even had a special guest appearance from Pastor Ron, himself! Regular Sunday School classes have resumed and meet every Sunday at 9:45 a.m.

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!

Trinity Troopers made the delicious bread for World Communion Sunday! Thank you so much!

Trinity Troopers will be having a huge Halloween party on Halloween, Sunday, October 31st from noon to 2 p.m. in Mehaffey Hall and the church parking lot. We'll have all kinds of fun and exciting activities. Come for a great time, and come in costume!

Middle School and Senior High Fellowships kicked off the school year with a progressive dinner and pool party. We had salads and hors d'oeuvres at the Bonners, main course at the Reynolds, and desserts at the Yehs. Then the youth had a swim party while the parents and leaders had an organizational planning meeting! A great time was had by all.

Middle School Fellowship (grades 6 through 8) meets on Sundays from 5:00 p.m. to 6:30 p.m. We will have dessert at our meetings – but not dinner. Make sure you eat dinner at home before or after the meeting. Come for an evening of inspiring discussion, fun games, great treats and super fellowship, and bring a friend!

Senior High Fellowship (grades 9 through 12) meets every Sunday from 7:00 p.m. to 8:30 p.m. Eat dinner first – but come ready for dessert! We will have deep discussion, awesome sweets, fantastic fellowship together, fun games. Friends are always invited!

Middle School and Senior High Fellowship will be Trick-or-Treating for canned goods again this year, on Halloween, October 31st. We'll meet at the church at 5:00 p.m. Come dressed in your best Halloween costume!

If any of Trinity's former youth elders or deacons expect to be in town on a Communion Sunday (the first Sunday of each month) and would like to serve Communion, please contact Jane Pellmann at 445-8075 or jbpellmann@yahoo.com.

Please let her know about 2 weeks in advance.