



Image by [monicore](#) from [Pixabay](#)

*O come, O come, Emmanuel,
And ransom captive Israel,
That mourns in lonely exile here,
Until the Son of God appear.
Rejoice! Rejoice! Emmanuel
Shall come to thee, O Israel.*

*O come, Thou Rod of Jesse, free
Thine own from Satan's tyranny;
From depths of hell Thy people save,
And give them victory o'er the grave.
Rejoice! Rejoice! Emmanuel
Shall come to thee, O Israel.*

*O come, Thou Dayspring, from on high,
And cheer us by Thy drawing nigh;
Disperse the gloomy clouds of night,
And death's dark shadows put to flight.
Rejoice! Rejoice! Emmanuel
Shall come to thee O Israel.*

If our world was ever in need of a savior, it is in need of one now! If we ever needed God to be with us, we need God to be with us now.

Here is the Good News: The Savior is God with us. And as the hymn declares, our Savior gives us freedom from captivity to all that binds us. Emmanuel gives us victory over death. God with us gives us the grace needed to be able to experience joy in the midst of gloomy circumstances. So, rejoice! Rejoice!

In case you have any doubt, let me remind you that throughout scripture, we have ample evidence of God breaking through and being with God's people during difficult times. God traveled with God's people as they wandered in the wilderness. God was with God's people during the exile and as they returned home from exile. God showed up as Emmanuel when God's people were being oppressed by the Roman Empire.

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Trinity Happenings



Senior Spotlight

(by Jane Pogue)

JoAnn and Lou Booger are our seniors for January. Both JoAnn and Lou grew up in Trafford and went to high school together. Lou knew JoAnn was the one right away. He even told a friend, “I’m going to marry that girl!” And marry they did—at the age of 18. Everyone thought they were too young; that it wouldn’t last. JoAnn said, “We showed them!” Some even thought they had to get married. Obviously, Lou and JoAnn proved them wrong there, too. And their marriage has lasted 51 years. What a tribute to the both of them!

After high school they had an apartment on Duquesne Avenue. JoAnn overheard her sister calling it a “dump,” but she loved it. They eventually moved to their present home on Fairmont Avenue. That’s where their son, Michael, was born in 1973. JoAnn said that no matter how hard she tried, she just couldn’t get out of Trafford!

Lou and JoAnn worked since they graduated from high school. JoAnn was a

key punch operator for the United Fund and, eventually, a telephone operator for Forbes Hospital for almost 20 years.

Lou started out at Firth Sterling, then worked for Westinghouse for 18 years. He was a part-time police officer for 28 years, and finally, worked for the police department at Forbes Hospital. If that wasn’t enough, he also volunteered for the Trafford Fire Department!

They attended the Evangelical United Brethren Church and then transferred to Trinity. JoAnn loves the people of the church and really likes the children’s sermons. (Those kids always make her laugh!) Lou loves looking up at the beautiful cross above the choir loft.

In closing, I asked JoAnn what she thought made a successful marriage. She feels that young people need to talk to each other—communicate—and that will lead to a happy marriage.

One Hundred and WONderful!

(by Beverly Piper)

On December 1st, Jean Swick celebrated her amazing 101st birthday! Some church friends arrived at Jean's home with balloons and smiles, and standing on her porch, sang "Happy Birthday"—in a snowstorm! Jean's daughter, Nancy, shared cupcakes. It was joyful.

Jean, you are One Hundred and WONderful! We thank God for your life and all you mean to us!



Above: Jean greets church friends who came to wish her a happy birthday.

Top Right: John, Bill and Breezie II are part of the group celebrating Jean's 101st birthday.

Human Relations Day

The Church's first special Sunday of the year is Human Relations Day, January 17. Your gift on this day says that you recognize the power and truth behind Jesus' words: all of God's children are important. Your gift supports community development, community advocacy and at-risk youth programs. Use the enclosed envelope for your donation and circle or check Human Relations.

Camping Sunday

Gifts to this Conference-wide special offering on January 31 support the "Deeply Rooted, Upward Reaching" campaign and encourage participation in the summer camping season.

Bishop's Letter

continued from front cover

Our hope is in our faith that God will be with us too. In case you have doubt, let me remind you it is God who helps us meet the needs of those in our communities who lost their income because of COVID-19. God gifted us with resources to do worship and ministry differently during this pandemic. God continues to answer our prayers. As I look around and see what God has done, I can assure you God is with us. Rejoice! Rejoice!

I believe that there are times God intervenes in our lives to provide tangible manifestations of theological truths. I can't help but think the arrival of a vaccine for the coronavirus is one of those times. We have received a dose of hope during Advent and just in time for Christmas. (Pun intended.) There is light at the end of the tunnel. Rejoice! Rejoice!

As we all manage our exilic experience of COVID-19 restrictions; as some of us manage our grief over lost loved ones; as we manage having joy-filled worship in the midst of the gloom of state-mandated restrictions and recommendations, we can, in fact, rejoice! We can rejoice because we know God is with us. My prayer is that God will send you even more tangible manifestations of this theological truth so that your rejoicing will break out into shouts of joy that can be heard beyond the bubble of those who live in your household. Rejoice! Rejoice!

Peace and Blessings,
Bishop Cynthia Moore-Koikoi



Altar Flowers

Many dates are still available on the 2021 altar flower calendar.

January 3, 10, 17 and 31

February 7, 14

March 7, 14 and 28

April 4, 11, 18, 25

May 2, 9 and 23

June 20 and 27

July 4, 18 and 25

August 8 and 29

September 5, 12 and 26

October 17

November 7, 14 and 21

December 5, 12, 19 and 26

The cost of the flowers is \$25 for the two vase arrangements. To reserve a date, record the information on the calendar in the vestibule or send your request in writing to the church office:

- By mail to 407 Duquesne Ave, Trafford PA 15085
- By email to office@tumctrtrafford.org
- By text to Linda Yocum at 412.952.7848

Include the date, name of the person giving the flowers, and the name of the person you are honoring or remembering.

Mental Health Support

(by Jane Pogue)

Mental health is an important issue any time of the year, and particularly around the holidays, the start of a new year, and during unprecedented times like now when we are in a pandemic. Toss in the civil unrest, economic uncertainties and tensions of a volatile election year, and many people are experiencing increased worry or stress. Following is a list of mental health-related apps to explore if you are struggling with a mental health issue. These apps are available for download from the App Store and from Google Play.

We pray you will also seek help from your physician, Christian Counseling Associates or other professional organization.

Sanvello: anxiety and depression

NOCD: obsessive compulsive behavior

Headspace: anxiety and mindfulness

CBT Thought Diary: understanding and flipping around negative thought patterns; relaxation and gratitude journal

Breath Ball: learning relaxation techniques and paced breathing

Food for Thought

(by Beverly Piper)

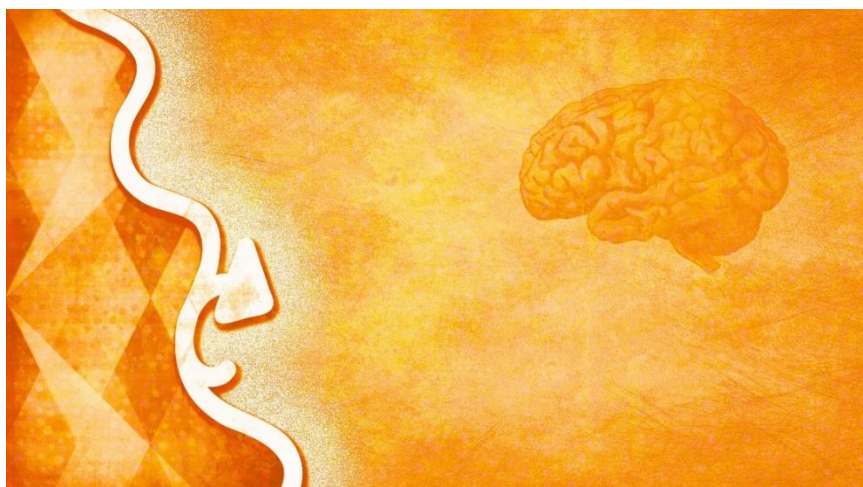
Our church shopped for and delivered some specially requested food items for the Trafford-Level Green food bank for Thanksgiving and Christmas.

Thank you for your generosity in helping to provide delicious meals for those in need. We are continuing our support of the food bank in 2021. When making a monetary donation please note “food bank” on the envelope or memo line of your check. Director Betty Capets knows that she can call on us any time and deeply appreciates our help.

Trinity will also continue helping Christian Life Church (CLC) with their Tuesday grocery giveaway. Drop off canned goods at the church office. To make a monetary donation note “CLC grocery giveaway” on the envelope or memo line of your check. We want to be sure your donations to the food bank and the grocery giveaway go to the intended organizations. You can help by clearly indicating to which group you are donating.

Thank You, Seniors!

I just want to say thank you to all my senior friends who agreed to be interviewed and shared their stories with me. I had a blast getting to know you all, and can't wait to learn more about other senior friends in the church. You all have been inspirational to us, and I thank God for how much you have influenced my life. I wish you all a very happy and healthy 2021, and pray that God holds you close throughout the new year.



“Mental health...is not a destination, but a process. It’s about how you drive, not where you are going.” —Noam Sphancer, PhD

Joys & Concerns

Please keep Trinity family, friends and neighbors in your prayers.

Pray for

Family of Bridget (Sharren Breakey's niece)
Patty Aubele
Lou and JoAnn Booher
Donald Guyaux
Family of Jan Keefer
Kevin Knopf
Kris Peters
Carol Piper
Jamie Thomas (Drew Thomas' nephew)
David Yocum
Geri Zigarovich

Thank You

The Yocum family would like to thank everyone for their cards, prayers and phone calls. Your support and concern are deeply appreciated. Due to health issues within the immediate and extended family, as well as current restrictions, we have decided to hold a celebration of life service for our mother, Dorothy Yocum, in the spring.

Gratefully,
Richard, Kay, Linda and David Yocum

Also take a moment and give thanks for friends and family who celebrate birthdays and anniversaries this month.

Birthdays

1st Kayla Eiseman
3rd Bob Chiappetta, Eric Zigarovich,
Josh Keefer
4th Sebastian Silowash
8th Sophia Kalanja
10th Erin Kennison
11th Marlene VanRyn
12th Brett Lloyd
18th Donna Race
19th Brittany Yocum
23rd Aiden Johnson
25th Kara Soles, Scott Ebner
26th Drew Dulemba, Jeff Johnson
27th Art Loutsenhizer III, Kevin Beam Jr
28th Gina Lloyd
30th Elijah Judy, Chris Kerrigan

Anniversaries

5th Harry and Margie Little

January Schedules

Scrip Program Ordering

December 27, January 10 and 24

- Place orders by 5 p.m. on Sundays.
- Give orders and payment to Linda Yocum or mail them to the church office.
- Make checks payable to TUMC Scrip Program.
- Contact Linda (412.372.6808) or the church office (412.373.0835) for details.

Altar Flowers

3rd open
10th open
17th open
24th Matthew Knopf
31st open

If you would like to reserve a date for altar flowers, contact the church office.

January Calendar

Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
27 9:45 a.m. Sunday School 11:15 a.m. Worship Scrip Order Day	28 6 p.m. Sunday School (ages 9-13) 10 p.m. Manna Monday	29	30	31	1	2
3 9:45 a.m. Sunday School 11:15 a.m. Worship/Communion	4 6 p.m. Sunday School (ages 9-13) 10 p.m. Manna Monday	5	6	7	8	9
10 9:45 a.m. Sunday School 11:15 a.m. Worship Scrip Order Day	11 6 p.m. Sunday School (ages 9-13) 10 p.m. Manna Monday	12 6:30 p.m. Ad-Council Meeting	13	14	15 Tempo Deadline	16
17 9:45 a.m. Sunday School 11:15 a.m. Worship <i>Human Relations Day</i>	18 6 p.m. Sunday School (ages 9-13) 10 p.m. Manna Monday	19	20	21	22	23
24 9:45 a.m. Sunday School 11:15 a.m. Worship Scrip Order Day	25 6 p.m. Sunday School (ages 9-13) 10 p.m. Manna Monday	26	27	28	29	30
31	1	2	3	4	5	6
9:45 a.m. Sunday School 11:15 a.m. Worship <i>Camping Sunday</i>	6 p.m. Sunday School (ages 9-13) 10 p.m. Manna Monday					

TRINITY UNITED METHODIST CHURCH
407 DUQUESNE AVENUE
TRAFFORD PA 15085



Tempo Deadline

Articles for the February issue of the newsletter are due Friday, January 15, 2021.



Trinity United Methodist Church

407 Duquesne Avenue • Trafford PA 15085
tumctrafford.org

Justin Judy, pastor

724.594.4073 • pastor@tumctrafford.org

Church office

412.373.0835 • office@tumctrafford.org

Sunday School: 9:45 a.m.

Sunday Worship Service: 11:15 a.m.

Where in the Church Are We?

In the December issue of *Trinity Tempo* we pictured part of a stained glass window found in the church. Did you guess its location correctly? This section of window is part of the stained glass window above the front doors leading into the vestibule.

Look for a new photo in an upcoming issue of the newsletter and see if you can answer the question: **Where in the church are we?**

