

Trinity Tempo

July 2023



Dear Christ Followers,

I am very happy to be back serving the Lord with you. These past two months have been a blessing from God, and I thank you for the opportunity to heal and re-center. I am using this letter as a chance to explain what happened for me during the renewal leave. I do this because what was so helpful to me is also true and open for each of you.

The Sunday before the leave someone said to me, “I hope you find what you are looking for.” I thanked them for the thoughts and prayers. But I realized I wasn’t sure what I was looking for, and it frightened me. I knew I was feeling burned out, didn’t have any drive to do anything more than exist, and felt like I was letting God down.

The first week of the leave was easily the best vacation I ever had, because I knew at the end of the week I wouldn’t have to go back to the office. The second week, however, is when some fear and anxiety set in. I kept on thinking, “What if when I go back, I feel exactly the same as when this leave started?”

During the second week and on I was able to connect with a counselor through Pittsburgh Pastoral Institute and saw him almost every week for a total of six times during the leave. Through him I was made aware that I do indeed have depression and that it probably won’t go away. Through genetics and other factors, it is a part of who I am. I have been getting down on myself these many years because I wasn’t “normal.” I am now learning to accept who I am and to make room for the depression in my life. I have been given various tools and guidance to continue living my life in a much more positive way.

But one of the greatest gifts that God gave me during the time away was a reminder of God’s presence. During a weekend retreat I was taught how to do silent meditation. During the twenty minutes of just focusing on the hope of Jesus, God allowed all the layers of me to fall away. In that moment I didn’t have to be a pastor, a husband, a father, someone with all the answers, an elder of the United Methodist Church, a patient driver, or anything else I felt I

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Trinity Happenings

Strawberry Festival

Thanks to everyone who helped make the Strawberry Festival a success, especially Carol and Beverly Piper! Whether you baked a cake, cut up strawberries, set up tables and chairs, dished up food, or simply came to enjoy the food prepared, thank you. Your support was critical to the success of the event. See you next year!

Be a Good Steward

Warm weather means doors and windows open, fans running and longer daylight hours. If you are holding a meeting or event in the church, remember to close and lock windows and door, turn off fans, and turn off lights before leaving the building.

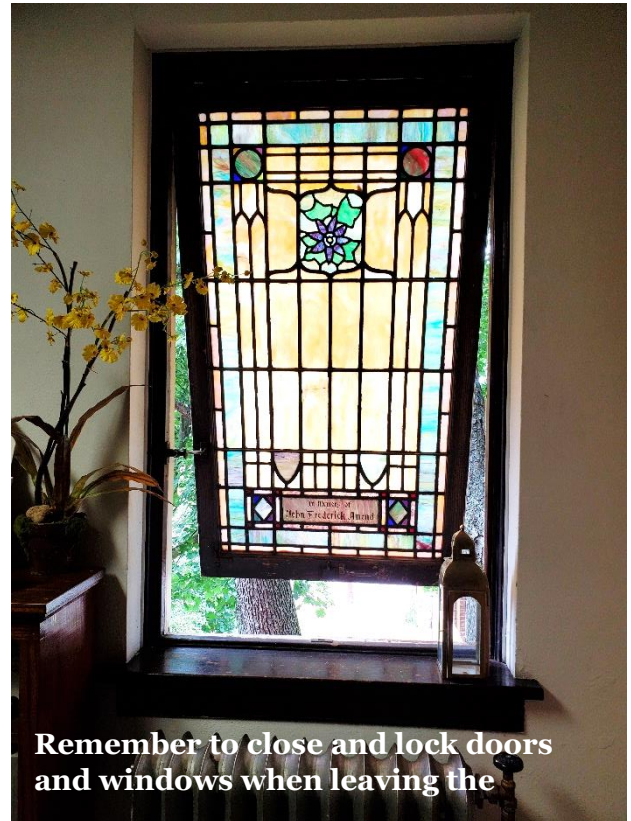
Upcoming Events

Trinity will hold its annual planning meeting on Saturday, August 19. Board members, please mark it on your calendars and plan to attend.

Pastor's Letter

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was supposed to be. The only thing that was left was me sitting in the presence of God. I was reminded that, at the end of the day, God still loves me and desires to be by my side. That has given me peace and a



Remember to close and lock doors and windows when leaving the

longing to move forward to see what God has in store for me and the world.

God has been merciful and faithful, even where I have not been. My fear was not realized. I do feel better than I did two months ago. I thank God for that every day and I also thank you for giving me that chance.

Of course, things are not perfect; they never are. But I am now aware of God's presence like I seldom have been before. And I am eager to share with you the same hope I have been given, and that is free to each of us. Please know you are in my prayers and you can always reach out to me by phone at (724) 594-4073 or by email at jjudy79@gmail.com.

PTL,

Pastor Justin Judy

Graduate Recognition Sunday

On June 11, Trinity recognized high school graduates Elijah Judy and Ryan Kerrigan and bid farewell to foreign exchange student Sohta Miyagawa.



Above: Sohta Miyagawa with Justin, Elijah, Jonathan, and Stephanie Judy

Below: Elijah (left) and Ryan (right) flank their congratulations banner



Above: Elijah Judy (left), Sohta Miyagawa (center) and Ryan Kerrigan (right)

Below: Grandparents Chris & Genny Triponney and parents Randy & Diane Kerrigan with Ryan



Joys & Concerns

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

Pray for

Sharren Breakey family
Mary Ann Casper
Sandy Chiappetta
Harry and Marge Little
Donna Piper
Jane Pogue
Jerry Williams family
War in Ukraine

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

Birthdays


1st Antonious Hanna
4th Paul Ondulich
7th Danielle Mallik, Connor McCune
8th Isaac Jartin
11th Margaret Plecenik
13th Whitney Keller
23rd Kim Soles
26th Mary Ann Casper
27th Bailey Boehm, Hope Conlogue
31st Dorothy Henry

Anniversaries

3rd Joe and Lynn Antoon
24th Antonious and Mildred Hanna
28th John and Cindy Graw

New Address
Please update your church directory.

Roberta Cuttler
The Kempton
2298 41st St
Apt 229
Wilmington NC 28403



Correction
Please update your church directory.

Harry and Marge Little
(412) 372-3568



July Schedules

Scrip Program Ordering

- July 2, 16 and 30
- 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

- 2nd Sherry Rickard
9th Eileen Bentley
16th Susan Gibson and Sandy Yamamoto
23rd Jessica Clausner
30th Evelyn Felmlee

July Calendar

Super Summer Sunday School is underway! Join Miss Beverly and Miss Stephanie on Trinity House porch each Sunday morning for a light breakfast, singing, Bible lesson and craft.

Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
25 10 a.m. Sunday School 11:15 a.m. Worship	26	27	28	29	30	1
2 10 a.m. Sunday School 11:15 a.m. Worship/ Communion Scrip Order Day	3	4 <i>Independence Day</i> (church office closed)	5 6 p.m. Women's Bible Study	6	7	8
9 10 a.m. Sunday School 11:15 a.m. Worship	10	11	12	13	14	15
16 10 a.m. Sunday School 11:15 a.m. Worship Scrip Order Day	17 Tempo Deadline	18	19 6 p.m. Women's Bible Study	20	21	22
23 10 a.m. Sunday School 11:15 a.m. Worship	24	25	26	27	28	29
30 10 a.m. Sunday School 11:15 a.m. Worship Scrip Order Day	31	1	2 6 p.m. Women's Bible Study	3	4	5

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Tempo Deadline

Articles for the August issue of the newsletter are due in the church office by Monday, July 17, 2023.



Trinity United Methodist Church

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tumctrafford.org

Justin Judy, pastor

(724) 594-4073 • jjudy79@gmail.com

Church office

(412) 373-0835 • office@tumctrafford.org

Sunday School: 10 a.m.

Sunday Worship Service: 11:15 a.m.

Summer Hiatus

Now that summer is here, several groups have amended their schedule or are taking a break until fall.

Chancel Choir will resume practice in late August.

Senior Friends will resume meeting in late July or early August.

Women's Bible Study will meet every other week. Refer to the calendar on page 5 for specific dates in July.

Bible Journaling will resume meeting in September.

Pastor-led Bible Study will resume tentatively in September.