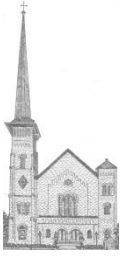


The Trinity Messenger



Trinity United Church of Christ

Volume 50, Number 7

September 2024

“Let not your
hearts be troubled.

Believe
in God!

believe
also in me.”

John 14:1, ESV



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Vision Statement

Trinity United Church of Christ seeks to be a diverse, dynamic, Spirit-filled congregation, connected to each other and the community.



**Deadline for the
October Messenger is:
Monday September 23, 2024**



September Meetings
To Be Announced



Executive Advisory Committee:
Lois Miller – Chairman
Dave Stauffer
Sue Houck
Joan Boyce
Kay Kraft
Beth Mitts
Dr. Kellie Turner



CHURCH NEWS!!!

OUTREACH MINISTRY

Times are difficult, and people are in need of help and kindness. We, as a compassionate church, are making a conscious effort to help those in need. We are holding a monthly Clothing Give-Away. This event will be held the 3rd Saturday of every month. The event will take place in the front yard of the church. Donations can be dropped off on Sunday's or by appointment with Beth. At this time we have plenty of woman's clothing but are still in need of Men's and Children's clothing. Any questions please contact the church, Lois Miller or Sue Houck. (We are still in need of personal hygiene products.)

IN DESEPARATE NEED

The Outreach Clothing Ministry is going strong but, we could use your help. We are currently getting ready for the colder months and as we have been going through our supplies we have seen we are short in many areas. If you, a family member, a co-worker or neighbor have any of the following and are willing to donate them we would be very appreciative. Here are the areas we are in need of:

Men's Shoes

Men's Clothing (especially larger sizes)

Children's Clothing (All sizes)

Children's Shoes

Hats

Gloves

Scarves



The Monthly Outreach Program is still going strong. In addition to our clothing give-a-way, we have seen a desperate need for food supplies. The Mission Committee has generously been supplementing our Food Pantry but we could use your help. If you are able Trinity would appreciate nonperishable food donations or a monetary donation to purchase food.

ONLINE CHURCH SERVICES STILL AVAILABLE

Join Zoom Meeting via link:

<https://us02web.zoom.us/j/89021162437?pwd=QUM0b2pkVmZLbDRsS0RkQndrYlp xZz09>

Meeting ID: 890 2116 2437
Passcode: 030161

One tap mobile
+16465588656,,89021162437#,,,,,0#,,030161#
US (New York)
+1 646 558 8656 US

There is one concert remaining in our Summer Concert Series so please Save the Date!



TRINITY UCC - YORK
SUMMER MUSIC SERIES!

July 21, 2024 - 1 PM
Lahoda String Ensemble

August 24, 2024 - 1 PM
Sterling Overshown - Pipe Organist

FREE ADMISSION

32 W. Market St.
York, PA 17401
Rev. Dr. Kellie Turner,
Pastor

September 29, 2024 - 1 PM
Mark Anthony Hadley - Vocal Recital

717-848-1775 www.trinityucc-york.org

Adult Sunday School and Children's Church will continue on 2nd and 4th Sundays now through November and we will pause for the month of December as we go through Advent and Christmas.

Fall Bible Study will begin October 2 - November 6 and will be held each Wednesday at 6.



We would like to thank all the instructors, staff and volunteers who helped make Vacation Bible School 2024 a success. Here are a few pictures from the week.



MARK YOUR CALENDARS

Trinity UCC will be participating in the 55th Greater York CROP Hunger Walk. The CROP Walk will take place on Sunday, October 13, 2024. In 2024, we continue fighting against disease, disaster, displacement and other challenges that leave people hungry. Please consider joining us as we raise funds to help neighbors near and far get the meals they need for today and sustainable food security for tomorrow! Please watch your emails and bulletins for more information or contact Joan Boyce to join the Walk.

For those runners in the group here is a new option:

We are including a 5K Crop Hunger Run option this year in conjunction with our usual crop walk! To sign up for this option, register under the GREATER YORK CROP 5K under REGISTERED TEAMS. There is a \$25 minimum donation to register for the 5k!

Background

The Crop Project was organized in 1947 when farmers were asked to donate food and seed crops to our hungry neighbors in post-World War II Europe and Asia, a program that soon became known as the Christian Rural Overseas Program - CROP. In 1969 in Bismarck, North Dakota, and in 1970 in York, Pennsylvania, the first walk events were organized to raise funds to support CROP. Since then, CROP Hunger Walk events have been held in hundreds of communities large and small raising millions of dollars to eradicate hunger and poverty.

Get Involved

Hunger is one of the greatest injustices facing our world, but it doesn't have to be this way. Ending hunger is possible, and it is possible in our lifetime. You can help make it happen. Register for your local CROP Hunger Walk, raise funds, and take us one step closer to ending hunger once and for all. Join the movement!



Food For Thought

A Wise Man's Jokes

The Story:

A wise man once faced a group of people who were complaining about the same issues over and over again. One day, instead of listening to the complaints, he told them a joke and everyone cracked up laughing.

Then, the man repeated the joke. A few people smiled.

Finally, the man repeated the joke a third time—**but no one reacted**. The man smiled and said, “You won’t laugh at the same joke more than once. So what are you getting from continuing to complain about the same problem?”

The Moral:

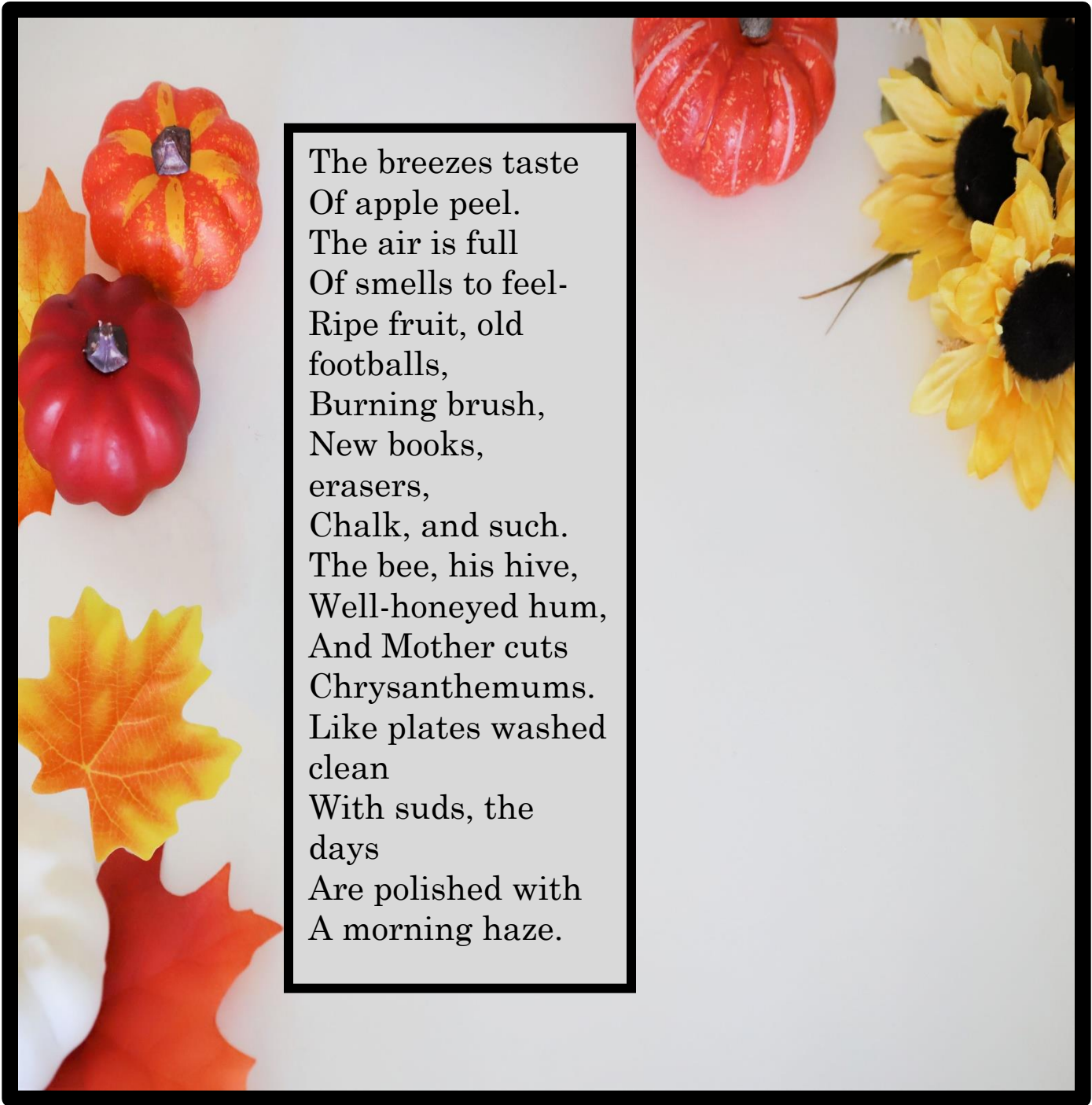
You’re not going to get anywhere if you keep complaining about the same problem but do nothing to fix it.

Don’t waste your time complaining, expecting other people to continue to react to your complaints. Instead, take action to make a change.



POETS' CORNER

September by John Updike

A photograph of autumn-themed items including pumpkins, sunflowers, and leaves. The items are arranged on a light-colored surface. On the left, there are two pumpkins, one orange and one red, and several leaves in shades of yellow, orange, and red. On the right, there are two yellow sunflowers with dark centers. The entire scene is framed by a black border.

The breezes taste
Of apple peel.
The air is full
Of smells to feel-
Ripe fruit, old
footballs,
Burning brush,
New books,
erasers,
Chalk, and such.
The bee, his hive,
Well-honeyed hum,
And Mother cuts
Chrysanthemums.
Like plates washed
clean
With suds, the
days
Are polished with
A morning haze.



Look What's Cooking at Trinity

(RECIPE SHARING: *Do you have a favorite receipt. Please consider sharing it with other members. You may e-mail it to office@trinityucc-york.org or place a copy in the Secretary's mail box.)*

SLOW COOKER HONEY GARLIC CHICKEN AND VEGETABLES



Ingredients

8 bone-in, skin-on chicken thighs or breasts
16 ounces baby red potatoes, halved
16 ounces baby carrots
16 ounces green beans, trimmed
2 tablespoons chopped fresh parsley leave.

Sauce

1/2 cup reduced sodium soy sauce
1/2 cup honey
1/4 cup ketchup
2 cloves garlic, minced
1 teaspoon dried basil
1/2 teaspoon dried oregano
1/4 teaspoon crushed red pepper flakes
1/4 teaspoon ground black pepper

Directions

In a large bowl, combine soy sauce, honey, ketchup, garlic, basil, oregano, red pepper flakes and pepper. Place chicken thighs, potatoes, carrots and soy sauce mixture into a 6-qt slow cooker. Cover and cook on low heat for 7-8 hours or high for 3-4 hours, basting every hour. Add green beans during the last 30 minutes of cooking time.

GERMAN APPLE CAKE



Ingredients

3 large eggs
2 cups sugar
1 cup vegetable oil
1 teaspoon vanilla extract
2 cups all-purpose flour
2 teaspoons ground cinnamon
1/2 teaspoon nutmeg
1 teaspoon baking soda
1/2 teaspoon salt
4 cups peeled and finely chopped tart apples
1 cup chopped pecans

Frosting

1 (8-ounce) package cream cheese, softened
2 tablespoons butter, softened
1 teaspoon vanilla extract
1 tablespoon half-and-half or milk
2 cups confectioners' sugar

Directions

Preheat oven to 350 degrees. Spray a 9x13-inch pan with cooking spray.

In a large bowl, whisk together sugar, eggs, oil, and vanilla extract until completely combined. In a separate bowl, whisk together flour, cinnamon, nutmeg, baking soda and salt. Add dry ingredients to wet and stir to combine. Fold in apples and pecans. Pour batter into prepared pan. Bake 50 to 55 minutes or until a toothpick inserted in the center comes out clean. Let cool. Make frosting. Place cream cheese and butter in a large bowl. Beat until smooth. Add vanilla extract, half-and-half, and confectioners' sugar and beat until smooth. Spread on top of cake. Store leftovers in refrigerator.



September is ‘National Fall Prevention Month’

The National Council on Aging has designated September National Fall Prevention Month in an effort to spread awareness on the leading cause of injury-related deaths, emergency room visits, and hospitalizations for seniors 65 years and older in the U.S. According to the National Council on Aging every 15 seconds in the U.S. an adult is treated in an emergency department for a fall-related injury, and every 29 minutes someone has a lethal fall. According to BrookRetirement.com, among older Americans, the death rate from falls has increased 55 percent between 2000 and 2007, and in 2009 more than 20,000 adults had fatal falls.

Even if they’re not deadly, falls can have lasting effects on the victim’s mobility, mental health and independence. While falls can happen anywhere, many take place right in people’s homes, with the bathroom being the most dangerous room when it comes to falling. This is often due to wet, slippery floors/surfaces, and the awkward positions needed to maneuver in and out bathtubs, showers and in toilet use. Often people mistakenly use bathroom towel racks as a grab bar. If not installed in the wall properly, the towel racks will not support a person’s weight and make a serious fall likely.

The Council on Aging has released six steps to prevent a fall:

1. Find a good balance and exercise program
2. Talk to your health care provider
3. Regularly review your medications with your pharmacist
4. Get your hearing and vision checked annually
5. Keep your home safe by removing tripping hazards, increasing lighting and installing grab bars

6. Talk to your family members and get their help to stay safe; falls are not only a senior's problem organizations recommend not using tanning beds and sunlamps.

- 1** **Find a good balance and exercise program**
Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend. 
- 2** **Talk to your health care provider**
Ask for an assessment of your risk of falling. Share your history of recent falls. 
- 3** **Regularly review your medications with your doctor or pharmacist**
Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed. 
- 4** **Get your vision and hearing checked annually and update your eyeglasses**
Your eyes and ears are key to keeping you on your feet. 
- 5** **Keep your home safe**
Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas. 
- 6** **Talk to your family members**
Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue. 



Please keep these friends and families in your prayers.

Be joyful always; pray continually; thanks in all circumstances, for this is God's will for you in Christ Jesus.

1 Thessalonians 5:16-18

Our World
U.S. Military Personnel
Linda Amos
Brandon Houck
Justine Warfield
Patsie Kendrick
Scott Feree
Stella Schneider
Fred Miller

Phil Taylor
TUCC Residents-in-care
Barbara Johnson
Lance Sease
Beth Mitts
Kay Kraft
Fancy Free
The Family of David Murray
Maren Brant
Baby Theo

The health and safety of our Congregation.

We pray for members of Trinity unable to worship with us this Sunday. Sister churches: Faith, Grace, Heidelberg, St. Stephen's & Zion.



**Help brighten the day for our shut-ins
by remembering them with a note,
phone call or visit.**

**BARBARA JOHNSON
COUNTRY MEADOWS
1920 TROLLEY ROAD
YORK, PA 17408**

SEPTEMBER



September Birthdays

11th Dr. Larry Covin
27th Justine Warfield

SEPTEMBER



September Anniversaries







September 6TH David & Lucy Abel

Editor's Note

If we've missed your birthday or anniversary, or have the date incorrect, please contact the office.



SEPTEMBER 2024 SERVERS SCHEDULE

DATE	09/01/24	09/08/24	09/15/24	09/22/24	09/29//24	
Lector	OPEN	OPEN	OPEN	OPEN	OPEN	
Coffee Hour Hosts		No Coffee Hour	No Coffee Hour	No Coffee Hour	No Coffee Hour	
Flower Sponsor	OPEN	OPEN	OPEN	OPEN	OPEN	
Communion Server	OPEN	No Communion	No Communion	No Communion	No Communion	
Bulletin Sponsor	OPEN	OPEN	OPEN	OPEN	OPEN	
Altar Guild	OPEN	OPEN	OPEN	OPEN	OPEN	



September 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10:30 am WORSHIP/ COMMUNION SERVICE Virtual Service available	2 Labor day Office Closed	3	4	5	6 AA 8-9 pm	7
8 10:30 am WORSHIP/ SERVICE Virtual Service available	9	10	11	12	13 AA 8-9 pm	14
15 10:30 am WORSHIP SERVICE Virtual Service available	16	17	18	19	20 AA 8-9 pm	21 Clothing Give-a way 9 am - 11 am
22 10:30 am WORSHIP SERVICE Virtual Service available	23	24	25	26	27 AA 8-9 pm	28
29 10:30 am WORSHIP SERVICE Virtual Service available Summer Music Concert 1:00 pm	30					

Activity Page

FALL WORD SCRAMBLE

free pdf download



FALL WORD SCRAMBLE



LEPAPS _____

NOCRA _____

QUSASH _____

REINOBF _____

FLAE _____

UNMTUA _____

OTOBFLFAL _____

ESRET _____

DEIHYAR _____

STERHAV _____

KNPIUPM _____

NOCR _____

OALWHLNE _____

RAOHCDR _____

WORD BANK

pumpkin
leaf
trees
football
Halloween
apples
squash
corn
autumn
acorn
bonfire
hayride
harvest
orchard



productivpete.com

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2024 CONSISTORY & EXECUTIVE BOARD

Executive Board:

Lois Miller – Chairman

Dave Stauffer

Sue Houck

Kay Kraft

Joan Boyce

Dr. Kellie Turner

Beth Mitts

TRUSTEES~ Sue Houck, Lucy Kniseley, Lois Miller, Beth Rohrbaugh-Mitts, Fred Miller.

ELDERS ~ Joan Boyce, Kay Kraft.

DEACONS ~ David Stauffer.

CHRISTIAN EDUCATION.....Kay Kraft
FELLOWSHIP.....Lois Miller
FINANCE & PERSONNEL.....Dave Stauffer
MISSION.....Joan Boyce
PASTORAL RELATIONS OPEN
PROPERTYFred Miller
RESIDENTS-IN-CARE..... OPEN
SHERWOOD Lois Miller
WORSHIP..... OPEN
ALTAR GUILD..... OPEN
HEAD USHER Fred Miller

TRINITY UNITED CHURCH OF CHRIST

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717- 854-1933

F: 717-846-7797

EMAIL:

office@trinityucc-york.org

WEBSITE:

www.trinityucc-york.org

OFFICE HOURS

Monday – Friday
10:00 AM – 1:00 PM

WORSHIP SCHEDULE

10:30 AM Worship
11:30 AM Fellowship
1st Sunday

PASTOR

The Rev. Kellie
Turner

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CHURCH SECRETARY

Beth Rohrbaugh-
Mitts

**ORGANIST/
CHOIRMASTER**

SEXTON
Fred Miller



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