



PATHWAYS July 2016

**Monthly communications from
Trinity Presbyterian**

Message From Pastor Deb

Dear Trinity Friends,

We are in the midst of summer, and as Minnesotans, snatching moments to spend outdoors and soak up the sun. I hope you get the chance to marvel in God's creation this month. The flowers in our honor and rain gardens alone are enough to inspire wonder at the imagination of our Creator. Many thanks to our garden volunteers who maintain them!



Summer is a time many of us take time to invest in family and friends, travel and outdoor R&R. Here at Trinity the program pace is a bit slower, but we are in high gear behind the scenes with planning for the future. Here are a few things going on behind the scenes:

Children and Youth: Trinity is actively investing in the future by strengthening our youth and children's programs. The fall will be buzzing when Sunday school expands to include students ages pre-K through 12th grade. Wednesday evening programs are also expanding, with elementary students invited into mission and fellowship activities. As the youth program grows, your support is vital. Joa is busy developing lessons and crafts to make your involvement easy. Please consider how you might help support Trinity's future by investing in our younger generation.

Pastor Search: The Pastor Nominating Committee (PNC) has been elected and is meeting. They will keep us abreast of their progress in the pastor search, but can not answer questions regarding any candidates. Please respect their commitment to confidentiality. This summer they are preparing a required Mission Information Form (MIF) which will be posted after it is approved by Session. Once posted, potential candidates will then be able to read about the position and Trinity. They will most likely also visit Trinity's website to find out more about our congregation. If you have not already, (continued)

Note from Dee -

Sadness ... Happiness ... Depression

The stereotypical, can't-get-out-of-bed version of depression that people readily recognize is not the only form of depression there is. (Believe me, I know!) A person can experience happiness and still have depression.



A persistent myth about depression is that depressed people are sad all the time, and people who are happy can't be experiencing depression - even if they self-identify. Depression and sadness are not the same thing; depression doesn't make you sad all the time.

Sadness is a normal, human emotion. We all experience it as an expression of unhappiness or grief. Sadness has a cause even if we can't initially define it, and it has a beginning and an end.

Depression is different. Depression is not a normal human emotion that everyone experiences at some time. Depression is the expression of extreme pain; it can occur without a apparent cause, and it has no defined end point.

Depression is not about sadness; it is about unrelenting, unending, and debilitating pain. There may be no rationale for a depressed person to feel that merciless pain - life may seem great - but depression doesn't need a reason. It's a disease that exerts pain.

Someone experiencing a depressive episode can also experience moments of happiness and joy: a beautiful sunset or rainbow; the touch of a friend's hand; an afternoon spent with a delightful grandchild. Depression isn't an all-or-nothing deal. Seeing a person who identifies with depression laughing or dancing doesn't mean the depression is not genuine. Even when happy, a person may be fighting the torment of depression.

Like every disease, depression manifests differently in everyone and at different times. Various behaviors are not proof that someone is or isn't depressed. As with any disease, you can learn how to best support your loved one - validation and encouragement are useful; judgment is not.

Blessings, *Dee*, Pastoral Care Associate

Board of Deacons Update

We welcome Lori Anderson, Sara Finn, and Sue Schenck to the Board of Deacons. Lori, Sara, and Sue join Emilia Effiom, Barb Freeman, Katie Friesema, Jerry Loomis, Julie Sinks, and Rita Thomas as your Trinity Deacons.



Beginning this month, each individual or family at Trinity will have two assigned deacons. Your deacons will reach out to you soon to introduce themselves. (continued)

In August we will post deacon names and photos on the bulletin board, and in September we will have a "meet and greet" session after church with the deacons.

The Board of Deacons is responsible for assisting with lay pastoral care at Trinity. This is done in a number of ways:

- "Kindred Spirits," which is intended to connect the congregation as a spiritual community.
- Spiritual Support through intercessions and the prayer chain.
- Membership Support such as visitations, meal services, card ministry, funeral or memorial services, transportation needs, and coordinating Sunday Morning Greeters.
- Serve communion along with Church Elders.

We look forward to getting to know all members of Trinity better and providing support to members in various ways. Please feel free to contact us at any time with prayer needs or other requests.

Katie Friesema, *Deacon Moderator*

School Tools

While many of us may be enjoying the carefree, slower pace of summer, for low income and homeless families the worries don't let up. We, at Trinity, can join with other faith communities to alleviate those families' worries about how they will outfit their children with school supplies for the coming school year.



Interfaith Action of Greater St. Paul (formerly St. Paul Area Council of Churches) is again promoting the School Tools Drive and invites us to join in serving our neighbors in need.

What is needed?

**New backpacks
calculators
3-ring binders
and other essentials**

They will be collected throughout July to benefit school children served by nine different programs in the East Metro.

The Mission and Action Committee will be providing a flyer that includes a shopping list and descriptions of the programs serving the students. Since the "Back to School" ads and deals already begin to appear in July, we hope to quickly fill the tubs located in the entryway at church!

Monetary donations are also welcome. Checks may be made out to either Interfaith Action or Trinity Presbyterian Church with "School Tools" in the memo line. Together we can make a difference for elementary, middle and high school students -- helping them start the school year with the supplies they need!

MORE SCHOOL NEWS: Remember Niger

In the town of Zinder in Niger, Africa, a brand new secondary school is rising from the dusty, tan-colored ground by means of the dedication of the local community, the love and support of Christian partners through Remember Niger Coalition, and thousands of handmade bricks!



The new Zinder School will serve 150 children in grades 7-9, changing their lives forever. Because of the excellence of the RNC partner schools, doors of opportunity are opened for young Nigeriens. There is hope that Muslim children, learning side by side with Christian children, and taught by Christian teachers will grow up to be the peacemakers in their corner or the world!

The total price tag for the school is \$28,000 - quite a bargain by U.S. standards. Only \$4,280 re-mains to be raised.

If you'd like to "buy a brick" for \$40, please go to www.rememberniger.org to make a donation. You may also be interested in YouTube videos on the making of the bricks and on some of the students who are being sponsored by Remember Niger. The titles are "Creating bricks in Zinder" and "2016 40 in 40 sponsored students".

MISSIONARIES SUPPORTED BY TRINITY

Check out our
blog <http://www.holminafrika.blogspot.com/>

You can subscribe to e-mail updates of our family blog on weekly work and life in Malawi by entering your email into the box "Follow by Email" and then confirming your e-mail.



Thank you for faithfully following our family in praises and prayers each month. This month we celebrate family!

Contact Rochelle: rochelle@rochelleholm.com

Contact Tyler: tyler@tylerholm.com

To support us financially: <http://www.presbyterianmission.org/donate/E200532/>

To visit our weekly family blog: <http://www.holminafrika.blogspot.com/>

Grace and Peace,
Tyler, Rochelle and Mphatso Holm
Presbyterian World Mission
Mzuzu, Malawi

BRENDAN FINN EARNS AWARD

Seven students from South Washington County Schools were named 2016 Scholars of Distinction by the Minnesota Department of Education. They are among the 51 distinguished Minnesota high school students that were honored this year in the areas of science, STEM, mathematics, social studies, leadership and theater arts. To earn recognition, a student must complete required work in Minnesota's academic standards, demonstrate mastery of complex subject matter, and apply their knowledge and skills on challenging projects.

Brendan Finn, a senior from East Ridge High School, was awarded the Scholar of Distinction in theater arts. Congratulations, Brendan!

LUNCH AND A GOOD TIME!

Tuesday Lunch Club (TLC) began about seven years ago as a fellowship opportunity for those who are retired or who otherwise might eat alone. Folks come together once a month - on the first Tuesday - to enjoy an hour or so of conversation and food. A freewill offering is accepted, but not required. TLC is open to everyone, so consider joining us.

Because of the 4th of July holiday, TLC will take place on the second Tuesday, July 12 @ 11:30 am. We will be serving up barbecued hamburgers and hot dogs and picnic food. Hope to see you - please call or email the office to let us know how many people to expect.

SAFE DRIVING CLASS -

Trinity is partnering with BIG DREAMS to offer the 4-hour National Safety Council Defensive Driving Class:

When: Monday, July 11, from 9:30 am -1:30 pm.

Upon completion, you will receive a certificate that should save you 10% off of your car insurance premium for 3 years. You must pre-register: Cost is \$19 (\$15 for Trinity Members).

Call 651-383-4244 if you would like to register.



SIGN-UP FOR SANCTUARY FLOWERS !

Please sign up for sanctuary flowers using the 2016 chart that is located in the Narthax on the bulletin board by the nursery. Flowers are purchased for \$20 and picked up at Sweet Pea Florist by a member of the Trinity Worship Committee.

So if you have a special occasion or a special person to honor, here is the opportunity to get some beautiful flowers and the information put in the worship bulletin.

Then after the service, the flowers are yours to take home! Just place the \$20 in the offering plate with a note that it is for flowers. Please leave the vase in the old kitchen on the counter.

Thank you!



TRINITY PHOTOS OF THE MONTH



Happy 100th Birthday Virginia! A birthday celebration occurred after church on June 26th.

Virginia and her daughter enjoyed the celebration.