

TIDINGS



NOVEMBER 2020

Message from our Senior Warden

This is a beautiful time of the year and I hope everyone has been enjoying the wonderful weather.

It hasn't been an easy time for any of us as we navigate 2020. Hopefully we have a brighter time coming and we all pray for those days. A friend of mine suggested that I watch a sermon from All Saints Church in Pasadena, California for some inspiration on a particularly dreary day. It's called Joy Anyway and can be viewed on YouTube. I found myself smiling and sharing in the joy as I continued to watch.

I hope that everyone has a wonderful Thanksgiving in whatever form you're able to celebrate and be with family.

We continue to successfully have our service in the church building. Please join us when you feel that you can safely do so.

Blessings,
Gayle





GEMA virtual THANKSGIVING ECUMENICAL CHORAL FESTIVAL SERVICE

Sunday, November 15th at 4:00 pm

<https://www.youtube.com/ElktonumcOrg>

Thanks to God for everything.

Readings for the month of November

November 8

Wisdom of Solomon 6:12-16

Psalms 70

Thessalonians 4:13-18

Matthew 25:1-13

November 15

Zephaniah 1:7,12-18

Psalms 90:1-8, (9-11), 12

1 Thessalonians 5:1-11

Matthew 25:14-30

November 22

Ezekiel 34:11-16, 20-24

Psalms 95:1-7a

Ephesians 1:15-23

Matthew 25:31-46

November 29

Isaiah 64:1-9

Psalms 80:1-7, 16-18

1 Corinthians 1:3-9

Mark 13:24-37

First Sunday of Advent, November 29

ADVENT is a gift of time. It is a season of anticipation, transformation, and simply waiting. If we embrace and dive into that time to slow down and be still, our presence to God deepens. Open yourself up to develop your faith in this time of preparation through spiritual practices, reading the Bible, a book study, or gathering your family around an Advent Wreath. Through the stillness, listen to what's coming and where God is calling you.

HOPE Advent gives us the courage to hope – to hope for salvation and redemption. A spirituality of hope allows us to look at the future with joyful expectation and to recognize that God has something important in store for each and every one of us.

LOVE God sent his only Son in flesh and blood to give us the greatest example of how to love one another. Advent invites us to open our hearts to receive this love and not back away. Love keeps us leaning in with gracious and open hearts to each other. During this season, allow love to connect each of us to one another by breaking bread, and celebrating together.

Prayer List

“Our prayers are with all those who are ill, all who are caring for them and all who are striving to hear the voice of God in these challenging times. May God bless you and keep you, now and always.”



Amber
Michael
Stephanie
Jane Ayers
Bob Boulden
Pam Boulden.
Carrie Birdsall
Rev. Karen Burnell
Carl & Cindy
Marion Conner
Carol Costello
Tim Coudon.
Donna Hurst Dellinger

Elizabeth
Alan Fenson
Shawnda Fenson
George Gibson
Fern Hitchcock
Bill Jackson
Robert Kane
Kathy Koslak
Fred Layabout III
Margaret Long
Jean Major
Victoria Marsh
Sharon McCallum

John McLean
Lynn Monroe
Jean Mulford
Larry Parker
Rose Perrone
Rev. Christopher Porteus
Janice Potts
Mike Rossi
Jane Sichangi
Betsy Spina
Joyce Stansfield
Cathy Tosh
Lara Tozer

Stewardship update as of November 1, 2020

Trinity has received 26 pledges for 2021 totaling \$75,234. We are **so very thankful** for these pledges. Last year for 2020 Trinity received 34 pledges totaling \$87,574.

If you have not submitted your 2021 pledge, please do so. If you have misplaced your pledge card, please contact me at 302-299-3332 and I will get a new card to you.

Richard Lemen
Stewardship Committee

Acts of Kindness



We have much to be thankful for in this time of turmoil and grace. In an article about all the kind acts that Covid 19 produced at one college, the author quotes from Dickens, "Tale of Two Cities": "It was the best of times and the worst of times". So yes, in all this turmoil there is God's grace and not just a little, but a lot, in fact maybe more than in pre Covid times. Fittingly, the November issue of Reader's Digest includes their annual "The Nicest Places in America". This year they have added "United in Kindness". Buchanan, Michigan won. It showed a whole community coming together as one to replace their in person Memorial Day parade (Covid cancelled) with a series of flags each honoring a veteran, "marching" down their main street and their own, masked and socially distanced march, including their Chief of Police, as well as their diverse community to support showing kindness to everyone and stopping racial violence. Best selling author Mitch Albom (author of "Tuesdays with Morrie") joined the RD Advisory Board to help select the places. He summarized what he saw in these communities as "we are more alike than different". As we enter this period of elections, let's all think about how we can seek not what divides us, but what brings us together. Reader's Digest used a group called "More In Common" for a survey that indicated the pandemic has actually increased Acts of Kindness and the desire to come together. Their ideal for America is: "acting in virtue and against division". Presiding Bishop Curry gave an eloquent and inspiring sermon on this in the special service for hope that aired today. Here at Trinity we have the opportunity to add to this in our own continuing Acts of Kindness. I've summarized just a few examples below. Thanks to all of you for what you do and keep these Acts of Kindness coming!!

Trinity's Acts of Kindness:

From a parishioner who suffered a bad fall and injuries requiring surgery:

- "Daily "get well" cards and calls and texts from Trinity parishioners.
- Thanks to God for healing me.
- One person came to my home and helped with bathing and a massage! Thanks be to God!
- My boss drove me to my Doctor.

From a simple Act of Kindness to help her grandfather:

- Redner's stopped carrying a favorite product for a parishioner and the parishioner was also unable to get it at Acme. The parishioner's granddaughter heard of this and found the product at Walmart and bought her grandfather four bundles as a gift.

Helping the needy:

- Cheryl and I were in Northeast getting ready to enter an outdoor restaurant. A father with two children and a stroller rolled quickly over as we parked and solicited money for gas. After giving an initial, sorry and turning away, I thought about the image of the man and children and turned around and ran after them to give him a \$10 bill. He said thanks. After turning back, I

thought of what I could have done differently and were I to do it again, I would have just said, “I think you dropped this” to maybe help him feel a little better in the eyes of his children. Certainly could have been a set up, but I like to think otherwise, and even if it were, showing God’s love and kindness could only help there too.

Help to distribute our food from our food pantry:

- Joyce Asplen of the Chesapeake City Ecumenical Food Pantry contacted Trinity to distribute our food in their pantry. Cheryl volunteered to go through all the food and remove out of date items and box the rest and bring them to Chesapeake City. Two people were there to greet her and unload the truck including one of our own parishioners. Gratefully, all of our food is now going to where it can help the most.

~Ross A Lee



Mary Helen Atwood
November 13



By using your Redner’s card each time you purchase merchandise at Redner’s, your receipt will be designated as a Save-A-Tape.

Trinity will then receive 1% of the total.

Bring your tapes into the Parish House and place them in the envelope on the bulletin board.

Many thanks ❤️

Cecil County 55+ Healthy Lifestyle Expo

November 13, 2020 - Diabetes

There is NO COST to participate!



- **9:30 a.m.—10:30 a.m.** **Jennifer Noll, RD, CSOWM, LDN, CDE**
Christiana Care -Cecil County, Nutrition and Diabetes Center

Lifestyle changes to Help you Manage your Diabetes

Learn how to fit the changes you have been told to make into your lifestyle. We will discuss day to day changes as well as yearly care that need to be made to help achieve your best physical and mental health.

- **11:00 a.m.—12:00 p.m.** **Cecil County Health Department & Community Services—Cecil Community Wellness Division & Mary Briggs, Zumba Gold and Zumba in the Chair Instructor**

Diabetes & Fitness Programs in Cecil County

What kind of diabetes programs are offered in the community, how to find them, where to enroll, and why you should exercise. 30 minute presentation and then join us for a 30 minute Zumba in the Chair class.

- **1:00 p.m.—2:00 p.m.** **Dr. Sirin Pandey, MD (Endocrinology)**
Christiana Care—Cecil County

Practical applications to taking your Diabetes Medications

Learn more about the medications that you are taking, how they work, potential side effects that could occur and when to call your doctor.

- **2:30 p.m.—3:30 p.m.** **Beverly Jackey, MS, RDN**
Extension Educator, Family and Consumer Sciences, University of Maryland Extension Programs

Making It Count: Tips for Counting Carbohydrates

Counting and keeping track of the 'carbs' in foods and drinks you consume can help you control your blood sugar levels, whether or not you need insulin. In this session, learn which foods have carbs and how to count them, using the new Nutrition Facts food label so you can make healthy food choices and manage your diabetes.

- **4:00 p.m.—5:00 p.m.** **Lauren Howell, Pharm. D**
Consulting Pharmacist—Sun Pharmacy

Diabetes Medication and Managing Sick Days

The topic discussion will provide practical knowledge of common medications used to treat diabetes as well as how to safely manage your diabetes on sick days. Understand the medicines you take when you are feeling well and when you are under the weather!

Please register for each session separately. We will provide a different Zoom Invitation link for each session you are registered for.

****Please register here:**

<https://forms.gle/TEXMnfuKbDYXLEgP8>



For more information - contact
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