



THE *talking trinity*

A MONTHLY NEWSLETTER OF TRINITY PRESBYTERIAN CHURCH, TOPEKA, KS

A WORD FROM PASTOR MERE



Lent in a pandemic feels especially...morose...this year. Over 400,000 Americans have died from COVID-19, including several from the Trinity community. We are weary from not being able to see friends, family members, and loved ones. I do not particularly want to remember that all of us will eventually return to dust, when so much of the year has fallen to ashes.

However, even the shadows of Lent cannot eclipse the light and hope of Christ. For instance--each Sunday in Lent is not considered part of the 40 days, because Sundays are still a time for celebration. We may not shout "alleluia," but God's promises continue.

Could the lessons of Lent be a source of hope, and not of despair?

During Lent, I will be preaching a sermon series based on "Covenant." God's covenant with God's people are always upheld, regardless of our own behavior. God's promises are secure, even when sometimes, we humans break our promises. I don't know about you, but I am in deep need of reassurance, that someday, this pandemic will end, that

life will return to normal, and that we will emerge a more faithful, loving, and kind society. God's covenant is forever, and God's love is unwavering.

I pray that you will encounter a meaningful and hope-filled Lent.

Grace and peace
Rev. Meredith



**FEBRUARY
2021**

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Please join us in online worship
on February 17, 2021
to celebrate Ash Wednesday
Worship Committee will be providing a kit to enhance
your experience of this worship.
Please watch for an email about its availability.

The Adult Christian Education Committee
encourages you to take time over the
40 days of Lent to deepen your
relationship with God.

We invite you to take advantage of
The Way to Shalom:
A Lenten Journey to Peace and Wholeness,
at pcusa.org/2021lent



שְׁלוֹמ
The Way to Shalom
A Lenten Journey to Peace and Wholeness

PRESBYTERIANS TODAY | 2021 LENTEN DEVOTIONAL

If you do not have online access, the
following reading plan is another option
for your Lenten practice.

DoNotDepart's	
40 Days with Jesus	
A Reading Plan for Lent	
1 John 1:1-18	21 John 10
2 John 1:19-51	22 John 11
3 Mark 1	23 Mark 10
4 Mark 2	24 Mark 11
5 Mark 3	25 John 12
6 John 2	26 Mark 12
7 John 3	27 Mark 13
8 John 4	28 Mark 14:1-42
9 John 5	29 John 13
10 Mark 4	30 John 14
11 Mark 5	31 John 15
12 Mark 6	32 John 16
13 Mark 7	33 John 17
14 John 6:1-40	34 Mark 14:43-72
15 John 6:41-71	35 John 18
16 Mark 8	36 Mark 15
17 Mark 9	37 John 19
18 John 7	38 Mark 16
19 John 8	39 John 20
20 John 9	40 John 21

Tuck this page in your Bible and use it to keep track
of your reading. Lent is 40 days, but 46 days
including Sundays. Use Sundays for personal
reflection or as a "catch up" day.

©Reading plan & printable by DoNotDepart.com, 2018.
For personal use only. More at DoNotDepart.com



“DEAR TO MY HEART” 2021 STEWARDSHIP CAMPAIGN

The “Dear To My Heart” stewardship campaign for 2021 has come to a close with 97 pledges totaling \$382,016. For 2020, there were 101 pledges for a total of \$387,404.

In comparison to last year, thirty increased their pledge, fifty pledged the same, thirteen decreased their pledge, four were new pledges, six did not pledge, and two died or moved away.

Invaluable committee work performed by Marvin Burris and Susan Bozeman helped make this campaign a success. We sincerely appreciate those who financially support Trinity with a pledge allowing Session the opportunity to craft a budget for the coming year.

Becky Schooler, Stewardship Committee chair



OU REACH

Outreach (formerly known as Evangelism) Committee is launching some exciting new efforts to increase, improve, and enhance communication, providing information, and sharing Trinity’s story to both our members and guests, as well as the community.

Outreach is seeking to better address the needs of Trinity and help focus our efforts on not just the functional things like greeters & following up with visitors, but to expand into each of the points of contact Trinity has. We will focus on both the direct personal as well as our digital presence.

To that end, our new and expanded focus will be towards Marketing and Telecommunications for both internal and external sharing of activities and events.

REQUEST: If you have been thinking about getting involved, making a difference, and having fun, then the Outreach Committee may have a spot for you.

Do you have skills or experience in social media, marketing, promotion planning, and or communications? Then THIS is the moment you have been waiting for.

If you are interested, please reach out to Michael Langfitt mlangf2300@gmail.com or at 785-845-2761 to discuss. We commit to NOT overburden you or require an excessive amount of your time. We want your participation to be both productive and FUN. Help us make 2021 a year of positive actions and results!

We feel that we can fully embody the Trinity Mission Statement with our committee.

“Glorify God, Share Christ’s Love, Make New Disciples”



PEACEMAKING COMMITTEE



A NEW RESOLUTION PART 2: MATTHEW 25

Every new year, instead of making some grand announcement about how I'll do or be better, I like to "take stock" by reviewing the work/experiences of the year just completed and looking to the year ahead with hope and resolve to continue and expand my service of the Lord. Last month, I described how we at Trinity support the Matthew 25 initiative, "Eradicating systemic poverty." This month, let's look at the second initiative of Matthew 25, "Dismantling structural racism."

I have seen the devastating effects of structural racism throughout my life. I remember the "Civil Rights" years of the 1960s where voting rights and fair pay for equal work were addressed through "structural changes"- new laws replaced old laws that were oppressive to black and brown people. These last few years, we have heard and seen the deadly effects of structural racism that still exists in our great country.

Over the past two years, Topeka JUMP has worked to form a statewide coalition to combat the blight which is the Payday loan industry in Kansas. Did you know that these "lenders" can charge up to 390% interest on small consumer loans, with principals usually less than \$ 2,500. Last month, the coalition descended on the Capitol in the form of emails sent from coalition members, including those from JUMP. Our goal is to limit the interest the Payday loan industry can charge in Kansas and provide other options where people could obtain small loans at fair interest rates (Catholic Charities already services some small loans to Kansans).



For me, saying 'I'm not racist' is not enough. I am called by God, as Amos 5:24 commands "But let justice roll down like waters, and righteousness like an ever-flowing stream." I'm called to actively work to undo these unjust structures, so that all God's children are treated fairly. Topeka JUMP works to re-form those unjust structures in Topeka / Shawnee County! If you are also called, please contact Anton Ahrens or Jane Williams to see how you can become more involved in this racism-busting ministry.

MISSION - OPERATION FOOD SECURE AT TRINITY

On January 5, 2021, we learned the federal government approved an extension of funding allowing the Operation Food Secure program to restart at Trinity. We are very excited to help people receive food over a longer period of time with this funding.

While we have not been advised as to when the federal government start-up will begin, we do have a private donor that has stepped up to fund the program in the interim. That donor, Blue Cross and Blue Shield, enabled us to distribute free food on Jan. 6th and 20th. It will also happen this month on February 3rd and 17th. Please spread the word to those who would benefit from the very necessary and worthwhile program.

FREE FOOD DISTRIBUTION
Is back through February!
WEDNESDAYS
FEB. 3 & 17

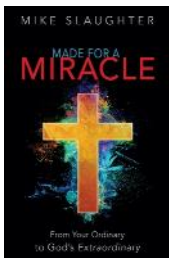
TIME 1 PM FIRST COME, FIRST SERVED GET HERE EARLY!



Trinity Presbyterian Church
4746 SW 21st
(21st & Sims St.)
North Parking Lot
No Income Requirements

CHRISTIAN EDUCATION - ADULT'S

You are invited to join Adult Sunday school via Zoom every Sunday at 8:45. It's great learning and fellowship in a time where both can fill our hearts. If you are interested in joining us and getting a zoom invitation, please email Carol Thomas at ctmshm@gmail.com.

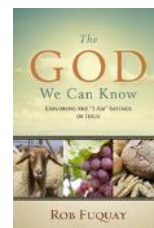


Through Sunday, February 14, 2021

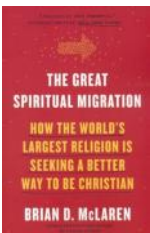
We are studying the book by Mike Slaughter, *Made for a Miracle*. Mike Slaughter examines the two components of every miracle: divine action and human responsibility. For a real miracle to take place, we must act with God, using the abilities we have and directing them toward God's work in the world.

Sunday, February 21 through Sunday, April 4

We will begin, *The GOD We Can Know* -Exploring the "I Am" Sayings of Jesus, by Rob Fuquay.



PAGE TURNERS BOOK STUDY- Join the Zoom meeting at 1:30 on Fridays.



Yes, it happened....we have a finishing date for *The Meaning of the Bible*...we are exhausted. We start this new book on Friday, February 5, 1:30, via zoom:
THE GREAT SPIRITUAL MIGRATION

How the World's Largest Religion is Seeking a Better Way To Be Christian
by Brian D. McLaren

TUESDAYS WITH THE WORD- Tuesday mornings at 9:00 AM. This is a Zoom fellowship and Bible study time with Pastor Mere. We use the Wired Word as a resource. Join us!

FINANCE MATTERS

2020 donation tax statements were mailed in January. If you did not receive one or have questions, please contact Financial Secretary Carol Shannahan at 559-8551 or carolsbutterflies1@gmail.com

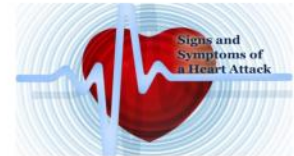
If you did not get a box of Pledge envelopes for 2021, but would like one, contact me or the church office and we will arrange for you to pick one up at the church (or delivered if necessary). 559-8551 or 272-2620

Finally, please remember the importance of writing on the memo line, of your check to Trinity, exactly what your donation is for--pledge, non-pledge, Los Talpetates general, Los Talpetates scholarship, memorial fund for __name__, CE youth, camp scholarships, Deacon's, pastor discretionary fund, etc. If you have any question about how to fill this out, please call. I would be glad to help answer any questions!

Thank you for your faithful financial support of Trinity's programs, building and ministries.
Carol Shannahan, Financial Secretary 785-559-8551 or carolsbutterflies1@gmail.com

FROM THE PARISH NURSE

Heart Attack Warning Signs



February is known for Valentines, Hearts, and Love. The American Heart Association (AHA) has listed the following guidelines as warning signs of a Heart Attack ("MI" or Myocardial Infarction). Symptoms may vary between men and women, with women often exhibiting more subtle symptoms.



Chest pain or discomfort—most common symptom presenting as an uncomfortable pressure, squeezing, tightness, burning, feeling of fullness or pain, usually in the center of the chest that lasts more than a few minutes, or it may go away and then return.

Discomfort in other areas of the upper body—in one or both arms, back, shoulder, neck, jaw or stomach

Shortness of breath—can occur with or without chest discomfort.

Other Signs—indigestion, nausea, vomiting, lightheadedness, fainting, cold sweat, unusual fatigue, anxiety.

Spiritual, Emotional and one's Mental Health are as important as physical health. Laura Sidlinger DNP, APRN-C, Director of Medical Services Valeo (Trinity member) has an article about employees and Mental Health in the latest issue of *TKBusiness* (Jan/Feb 2021 pp. 68-69) . https://issuu.com/tkmagazine/docs/2021_tkjan_with_overlay/68

Let joyful hope, peace and encouragement be yours during difficult times as you reflect upon God's Words in Scripture of His everlasting love, **HIS Love Letter to Us!**



My Dear Child...Beloved,

I love you (John 15: 9). I have called you by name, you are Mine (Isaiah 43: 1). Before I formed you, I knew you. And before you were born, I consecrated you (Jeremiah 1: 5). You did not choose me, I chose you (John 15: 16). For I know well the plans I have in mind for you, plans for your welfare and not for woe, plans to give you a future full of hope (Jeremiah 29: 11). Because you are precious to Me, and honored, I love you (Isaiah 43: 4). I have loved you with an everlasting love and I will continue my constant love (Jeremiah 31: 3). How can I abandon you? My love for you is too strong (Hosea 11: 8).

I love you so much that I hung on the cross at Calvary. I died for you, and if you believe in Me, you will have everlasting life (John 3: 16). Can a woman forget her own baby and not love the child she bore? Yes, even should she forget, I will never forget you. I cannot forget you. I will hold you in the palm of My hands (Isaiah 49: 15-16). I am with you always until the end of the world (Matthew 28: 20). Do not let your heart be troubled, trust in me (John 14: 1). I will help you (Isaiah 41: 14). When you pass through the deep waters, I will be with you. Your troubles will not overwhelm you (Isaiah 43: 2). When you walk through the valley of the shadows of death, do not be afraid because I am with you. My rod and My staff will comfort you. I will lead you in the path of righteousness (Psalm 23). I will give you peace in the midst of a storm. Don't let your heart be troubled, neither let it be afraid (John 14: 27). The peace I give surpasses all understanding (Philippians 4: 7).

My eyes are upon you and I will give you hope, for I am merciful (Psalm 33: 18). You will have access to my grace and rejoice in hope while sharing in the glory of My Father (Romans 5: 2). You may have sorrow now, but I will see you again, and your heart will rejoice and no one will take your joy from you (John 16: 22). Do not worry (Luke 12: 9). Even the hairs on your head have all been counted, so there is no need to be afraid of anything (Matthew 10: 30). The mountains may depart and the hills will be shaken but My steadfast love for you will never end (Isaiah 54: 10). Come unto me, all who labor and are burdened, and I will give you rest (Matthew 11: 28). I will be true and faithful. I will show you constant love and make you Mine forever, I will keep My promise, and you will really know Me then as never before. I Am who I Am (Exodus 3: 14). I Am the Lord your God (Hosea 13: 4).

*Your Loving, Faithful Friend, and Savior,
Jesus*

God does have a plan for each of us. Allow God, the "Potter," to form us to what HE wants us to be.
Prayers and Blessings for a Happy Valentine's Day!
Kathy Welch, Parish Nurse



PRAYER CONCERNS as of Jan. 24, 2021

Audrey & Jacob Barnard and Marilyn Leinacker
 Brad Stipcak
 Carol Shannahan
 Cheryl Lindstrom
 Chuck Pullen
 Don & Carolyn Burns
 Elaine, Mike & Vicky Alexander
 Jace Raines
 Jan Allen
 Helen Rhodes
 Jessie Zimmerman
 John Eddy
 Joyce Adcock
 Judy and Carl Rundell
 Pat Thomblison & Kathleen Thompson
 Pam Oroke
 Robert Burtch
 Rose Fritz
 Ruth Jenkins
 Wendy Pullen
 Our troops overseas
 Becky Jones' friends, Janice Pechacek & Cheryl Arney;
 Becky Schooler's sister-in-law, Jill; Brad Stipcak's
 brother, Brett Stipcak & mother, Beverly; Carol
 Shannahan's friend, Janet; Carmen Raines' friend, Mark;
 Carolyn Burns' sister-in-law, Carol Jessop; Cathy
 Headworth's mother's (Laura Rolph) sister, Jniece
 Bell; Douglas Phenix; Elise Higgins' father-in-law, Bill
 Ward; Gerald and Joyce Adcock's aunt, Norma Jean; Iris
 Neuenswander's friend, Robin's family; Jaron Marcus'
 mother, Sherilyn; Kay & Ralph Howard's friend, Marcia
 Rothmier; friends, Jo Miller, & Karen Swogger & daughter,
 Sarah, stepbrother, Max Hall, & niece, Marsha Albright &
 husband Doug; Leah Fulton's sister-in-law, Shirley
 Mulkey; Lettie Karlson's friend, K.C; Maddie Mellies'
 stepfather, Dave Leinweber; Marilyn Leinacker's daughter,
 Lisa; Martha Miller's father & mother, Robert & Phyllis
 Cordell; Mary Nestor's sister, Kay Fessler; Michelle
 Sawtelle; Nelson Spaulding's daughter, Deborah Harris;
 Ruth & Jim Jenkins' 8-year old great, great niece,
 Kenzie; sister, Donna's grandson, Chase, nephew, Glen
 Nielson, friends JP & Peter, niece, Debbie; Toni Farrell-
 Higgins' mother, Loretta Farrell; Wendy Pullen's brother,
 Mike Roy, & friend, Gerald Manchester; Chuck Pullen's
 sister, Ruth Winterton & brother-in-law, Bud
 Winterton; Zimmerman family



2-Feb Catherine Ndungu
 4-Feb Isaac Anabe
 8-Feb Shirley Linn
 10-Feb Kathy Welch
 11-Feb Marg Nestor
 11-Feb Jaron Marcus
 11-Feb Rose Fritz
 11-Feb Jess Danner
 15-Feb Haven Ashleg
 18-Feb Milton Winter
 18-Feb Don Burns
 20-Feb Marcia Groth
 22-Feb Jenny Lee
 27-Feb Carol Shannahan
 27-Feb Kay Howard
 28-Feb Lee Langfitt

Happy Anniversary



14-Feb Carl & Judy Rundell
 14-Feb Alex & Barbara Wales

TRINITY MEMBER DIRECTORY ONLINE

Visit Trinity's website at
www.trinitypresbyterian.net
 to access the most
 recent directory update. If you
 have forgotten the password,
 call or email the church office.



LIVING GREEN

LIVING GREEN

LIVING GREEN

THE CHALLENGE WE FACE: CLIMATE CHANGE AT A GLANCE

People worldwide are already experiencing the significant and costly effects of climate change; these consequences will only intensify as globally averaged temperatures continue to rise. In the United States, the most immediate effects, which many of us have already experienced, are:

Accelerating sea-level rise. Global warming is accelerating the rate of sea-level rise and dramatically increasing coastal flooding, especially on the East Coast and in the Gulf of Mexico.

Longer and more damaging wildfire seasons. Wildfires are increasing in intensity, and wildfire season is getting longer in the western United States.

Heavier precipitation and flooding. More rain falls during the heaviest downpours, increasing the risk of flooding--even far from the coasts. Public health impacts. Climate change has significant implications for our health, including increased air pollution and a longer and more intense allergy season.

As humans, ***we are overloading our atmosphere with carbon dioxide, which traps heat and steadily dries up the planet's temperature.*** Where does all this atmospheric carbon come from? The fossil fuels we burn for energy: coal, natural gas, and oil. To forestall the effects of climate change, we must work together to reduce emissions from burning fossil fuels.

The ***two largest contributors*** are energy use -- or how we power our homes and businesses -- and transportation. Sources of our Greenhouse Gas Emissions from the 2016 Environmental Protection Agency inventory indicate that electricity production and transportation each produce 28% of our emissions. Other sources include industry at 22%, commercial and residential at 11%, and agriculture at 9%. The good news is that we have clean options for these sectors; our job is to advocate for them.

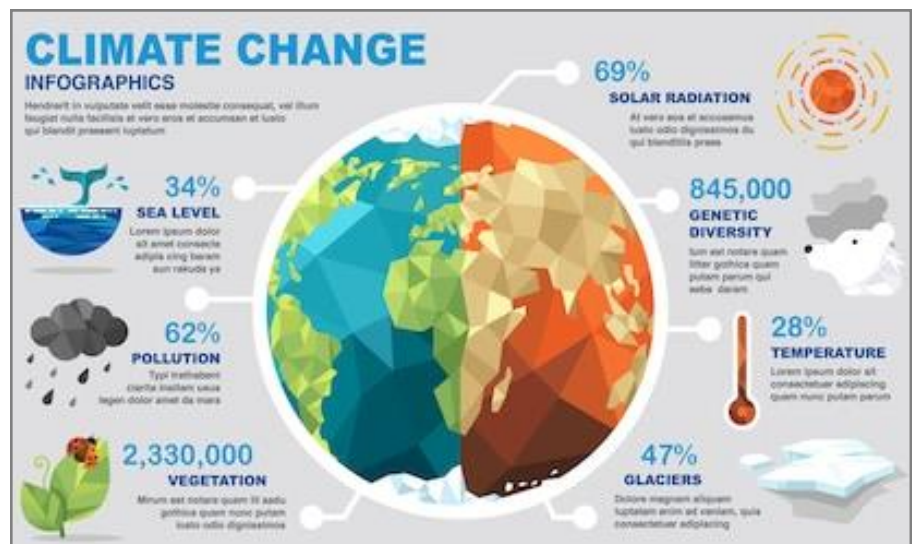
Right now, municipal, regional, state, and federal officials are making high-stakes decisions on your behalf, with your tax dollars, to improve our future -- or to damage it.

A single state or federal provision, or a corporate decision, can achieve enormous reductions in emissions, far beyond what any of us could hope to accomplish individually. Climate-friendly choices at the institutional level fall into four major categories:

1. Improve energy efficiency in our buildings, appliances, equipment, industries, and vehicles.
2. Ensure that an increasing portion of our electricity comes from clean, renewable sources.
3. limit emission levels by, for example, setting carbon standards for vehicles, fuels, power plants, refineries, and other major emitters, or by implementing a price on carbon.
4. Invest in research and development to foster new technologies that help reduce emissions.

By getting involved in the development and implementation of government and private policies related to energy use and global warming, **YOU** can increase your impact thousands of times over.

~from the Union of Concerned Scientists



COMING SOON: FLORENCE CRITTENTON'S CENTER FOR INTEGRATIVE HEALTH

Florence Crittenton is excited to announce the development of our new Center for Integrative Health at 5423 SW 7th Street. The Center will have integrated services to support Mental Health, Physical Health, and Nervous System Health. The center has a community room which allows space for us to host the **Heat Up Topeka** program onsite.

In addition to Heat Up Topeka, the center will host our outpatient mental health clinic as well as the six core components that are key to addressing the biology of toxic stress: sleep, exercise, nutrition, yoga/mindfulness, mental health, and healthy relationships. Our first project in the new center is a partnership with the Stormont Vail Foundation in which our team was selected to create a stress management toolkit to address COVID related stress. While 13,000+ individuals in Shawnee county have tested positive for COVID, a larger 26,000 will have lingering mental health concerns from the pandemic. We are actively preparing to support those growing needs.

While this center allows us to expand much needed services for the community, it is bittersweet as it means **changes for the existing partnership between Florence Crittenton and Trinity**. With your spirit of mission, Trinity opened your doors and gave us a home for The Heat. Your collaboration and hospitality helped Heat Up Topeka grow into a program the community has come to rely on. Listen to the testimonies of any of the 1400 participants over the years and the impact of the program is undeniable. On behalf of everyone at Heat Up Topeka, I say THANK YOU! Thank you for opening your doors. Thank you for the financial support. And most of all, thank you for sharing Christ's love by creating space for this important mission.

I trust this change will open doors for new opportunities and I hope Florence Crittenton and Trinity can continue to partner on projects that serve the community. I know Heat participants will continue to have interest and support for the mission projects at Trinity.

Dana Schoffelman, Chief Executive Officer, Florence Crittenton Services of Topeka, Inc.

MISSION - SCHOOL LUNCH DISTRIBUTION AT TRINITY

Trinity started distributing weekend sack lunches on January 6 to children ages 1-18 every Wednesday from 11 am - noon. Each child receives two breakfasts, two lunches and two milks.

When students are in school learning, we distribute every Wednesday. This program continues through the last day of school in May for USD 501.

When school is in **remote (in home)** learning, we will not pass out weekend meals. During remote learning, students get seven days of meals from a different location.

CHECK OUT OUR FACEBOOK PAGE FOR UPDATES:

www.facebook.com/TrinityTopeka



DOORSTEP UPDATE

Thank you for helping complete a successful Christmas distribution. Doorstep adopted 260 households from the Christmas Bureau. Over 800 individuals received food, gift cards, blankets and health kits for Christmas. This was the culmination of a very busy year as 2020 posed many challenges to our community.

Trinity supports Doorstep year-round with budgeted mission funds and the generosity of members in response to the needs of the time. This year Trinity will participate in the ***Souper Bowl in February***. One can of soup can be a meal, and a good SouperBowl collection can last Doorstep through the Spring months! They can use all varieties of soup, including the Chunky, Progresso, etc. In March, we'll ***help restock shelves with our Buy the Case Campaign***. There will be no Operation Soup Line this year.



SOUPER BOWL 2021—PEP RALLY!

As you plan your treats for the **Super Bowl** football game on February 7,
add soup and crackers to your grocery list
 as you buy your snacks for the next Chiefs victory!
 Donating Soup and Crackers to help Doorstep replenish their food supplies after the holidays assures plenty of warm meals for folks during the cold winter.

**To help you get your donations to the church,
 Mission Committee is having a
*Drive-by PEP RALLY on
 Saturday, February 6***

How to drop donations off at the church during this time of COVID, if you can't make it to the Pep Rally:

- ♥ If you do not have a code to get into the building, **bring your items between 12:30pm and 4:00pm, Mon. thru Fri. Please call** the office before you arrive to ensure a staff member knows to watch for your arrival.
- ♥ Put your food donations in the Doorstep donation boxes in the lobby just inside the main doors.
- ♥ Please remember, the church office is closed to all but Staff.
- ♥ You may also donate new/gently used clothing and household items which will be delivered regularly to the Doorstep location.

**THANK YOU FOR YOUR CONTINUED SUPPORT.
 SEE YOU ON FEB 6 WEARING YOUR TEAM COLORS!**

**DOORSTEP'S
"SOUPERBOWL
SUNDAY" IS
FEBRUARY 7th**



**BRING
SOUP**

**AND
CRACKERS**



Our Goal this year is 2.5 ton... 5,000 pounds!

**TO YOUR CONGREGATION TO HELP
STOCK DOORSTEP'S FOOD PANTRY!**



Trinity Presbyterian Church
4746 SW 21st Street
Topeka, Ks 66604-3592
785-272-2620

www.trinitypresbyterian.net
office @trinitypresbyterian.net
www.facebook.com/TrinityTopeka

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RETURN SERVICE REQUESTED



In Loving Memory

<i>Bud Spencer</i>	<i>January 14, 2020</i>
<i>Chuck Linn</i>	<i>March 17, 2020</i>
<i>Mary Kresie</i>	<i>April 6, 2020</i>
<i>Deacon Oroke</i>	<i>April 15, 2020</i>
<i>Lynn Barnard</i>	<i>November 9, 2020</i>
<i>Nelson Spaulding</i>	<i>December 7, 2020</i>
<i>Thomas Henstock</i>	<i>December 18, 2020</i>

<i>Louise Cunningham</i>	<i>January 7, 2021</i>
<i>Pat Miller</i>	<i>January 9, 2021</i>
<i>Bill Allen</i>	<i>January 12, 2021</i>

