# THE talking trinity

A Monthly Newsletter Trinity Presbyterian Church Topeka, Kansas

#### **DID YOU KNOW?**

There is no other month on the calendar that begins on the same day of the week as June. Also, the day of the week the sixth-month ends on is the same day of the week as March every year.



## "Time After Pentecost"

Rev. Meredith Kemp-Pappan - Pastor, Trinity Presbyterian Church



From the Day of Pentecost, until Reign of Christ Sunday in November, we will be in the "Time After Pentecost." Pentecost celebrates the Day when Jesus delivers on his promise to send the Holy Spirit to guide, comfort, and direct the Church. As followers of Jesus, we live in the "time after Pentecost" and bask in the Spirit's presence.

When we proclaim with the Apostle's Creed, "I believe in the Holy Ghost [Holy Spirit]," we profess that Jesus is always in and among us. We Christians understand the Holy Spirit through the life and witness of Jesus Christ. Jesus received the Holy Spirit in his baptism, and is the power of the Spirit that heals the sick, casts out demons, and brings the Reign of God to the poor. After Jesus' Ascension, the Spirit is a gift given to the **community**. The Spirit gives gifts (such as preaching; discernment; praying; testifying; joy; patience; faith; love...) that are not meant to be hoarded, but for building up the body of Christ.

The breadth, complexity, and the mystery of the Spirit can often make it difficult to study, let alone preach about! And just because the Spirit is associated with Worship does not mean that the Spirit only exists to give warm, fuzzy feelings about God and the Word. Protest is a gift of the Spirit, too. Sometimes the Spirit leads us to challenge unjust systems and confront the evils in our world. But we are not meant to do these things alone--the Community of the Spirit unites us so that we may comfort and encourage one another, just as the Spirit comforts and encourages us.

Come, Holy Spirit! Rev. Meredith

## **WORSHIP - APRIL 25TH**

It was so exciting to be back to in-person worship and experience the first day of live-streaming!



















## MISSION WORK

## **Doorstep Update**

June begins Doorstep's 55<sup>th</sup> year of service to our neighbors in need in the Topeka community, and surrounding areas. A year-long celebration of this anniversary will seek "to invite, involve, include, and inspire people to participate in Doorstep's mission".

As a member congregation of Doorstep, Trinity and its members participate in Doorstep in a variety of ways. Some are regular or occasional volunteers; donate food, clothing, household and monetary gifts; buy quilt drawing tickets or cinnamon rolls, bake cakes for Soup Line or join our Walk/5K Run: it takes many working together to make Doorstep work!

Watch for a kick-off in late June to raise awareness and funds for our assistance programs, capital improvements, Doorstep's endowment fund, and operating expenses throughout this next year. It is time for an upgrade - for example, our HVAC system, original to the building which we own, is over 60 years old - and we need to refresh after the pandemic crisis.

## **GRAB & GO Summer Free Meals**

Summer

meals for

days

Trinity has been approved to continue as a site for USD 501 for meal distribution when school is out. The USD 501 through the USDA Summer Food Service Program distributes meals to children ages 1-18 when school is not in session.

Households will be able to drive up and receive up a bag with 7 days of meals for each child on Wednesday from 11 a.m. to noon. **Distribution begins June 9th.** 

Two volunteers will be needed each week - at least 1 will pick up and return meals to French Middle School. If you are interested in assisting with this effort, please call Peggy McAdoo, 785-224-5113.

## **FINANCE**

## **Outsourcing Trinity's Financial Secretary Position**

Trinity has had a long run of dedicated volunteers to fill the Financial Secretary position. However, it has been a continual struggle to find replacements who have the time, feel the calling and have the required skill set. Therefore, the Finance Committee recommended and Session approved outsourcing these duties to the C.P.A. firm of Mikoleit, Inc. - the same company Trinity outsourced the Treasurer's duties to in 2019.

Carol Shannahan will remain the person to call if you have any questions about your pledge or other donations that you have made or want to make.

If you have any questions about this change, please contact anyone on the Finance Committee: Michael Hampton, Dennis Williams, Susan Bozeman, Marvin Burris, Carol Shannahan or Lee Langfitt.

## PEACEMAKING

## Topeka JUMP

On April 26<sup>th</sup>, Trinity's justice ministry, Topeka JUMP, held its Nehemiah Assembly. Even though it was a virtual assembly, 1,361 people turned out. This was our largest assembly ever! Trinity had 101 people in attendance. YEAH!!! That is the most we have ever had! At the assembly, Friends of Recovery Association and KDADS agreed to advocate for \$261,000 to expand Oxford Houses in Shawnee County which will increase services for those seeking addiction treatment.

In addition, Topeka's City Manager, Brent Trout, committed to making a proposal outlining a dedicated revenue source for the housing trust fund by December 2021. He also agreed to meet with JUMP members in 45 days to discuss a significant allocation into the trust fund as part of a recovery plan from the economic impacts of COVID-19.

Mayor Michelle De La Isla was also in attendance at the Nehemiah Assembly and she committed to vote in support of the City Manager's affordable housing proposal. JUMP will hold its Celebration on June 7<sup>th</sup> at El Shaddai Ministries Community Church. JUMP members will celebrate the wins gained at the Nehemiah. In addition, it will have been 45 days since the Nehemiah and the City Manager has confirmed his attendance at the Celebration. At that time, he will provide an update on public funding for the trust fund.

Lastly, JUMP is now starting its congregational and corporate investment drive. Last, year Trinity members and friends invested \$7,190 in JUMP. Money from investments go to training and preparing its leaders for research and action. This allows JUMP to continue pressing for funding and policy changes that benefit vulnerable populations. Anyone interested in investing should make checks out to Topeka JUMP which can be given to Anton Ahrens, Marty Peterson, or Jane Williams. Investing can also be done online at JUMP's website, topekajump.com.

Topeka JUMP! JUMP for Justice!

"What does the LORD require of you? To do justice, to love mercy and to walk humbly with your God."

Micah 6:8

## **Three Salvadoran Students Graduate**

This year, three Salvadorans have graduated, thanks to scholarships provided by members at Trinity and friends worldwide!

Two of the three are graduating from college, both with degrees In English language. They are Wilber "Noe" Chavez and Maria Diaz, pictured together. Both hope to find jobs in El Salvador teaching English.

The third is high school graduate, Lorena Orellana. She has completed the administrative accounting emphasis. Every high school student chooses an emphasis to pursue (i.e. accounting, nursing, engineering).

Congratulations to graduates near and far, for a job well done.



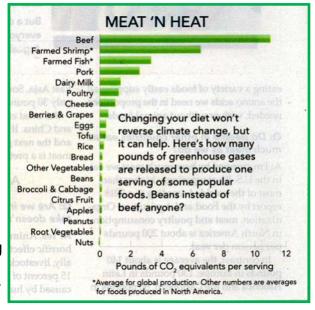
## Protect your Health and the Planet at the Same Time

Experts estimate that even if all fossil fuel emissions stopped instantly, the world's food system would still put us on track to exceed the Paris Climate Agreement. Animal agriculture is causing 15% of our greenhouse gas emissions caused by humans.

About half comes from beef and a fifth from milk. The methane as a greenhouse gas (that's burping out of

the animals with ruminant stomachs like cattle and sheep) is 30 times more potent than carbon dioxide. Cattle eat so much corn or soy to produce each pound of meat and we use fossil fuels to process and transport all that feed. And the feed is grown using fertilizers that emit nitrous oxide, a greenhouse gas that's 300 times more potent than carbon dioxide.

Also, the cattle industry is chopping down rainforests and tropical forests all over the world to make room for cattle to graze or to grow the crops to feed livestock. Forests absorb the carbon dioxide that we spew into the air when we burn fossil fuels. By chopping them down, we lose one of our few weapons to fight climate change. And more felled trees eventually release their stored carbon in to the atmosphere. Not to mention that growing so much soy and corn is destroying our topsoil and the nitrogen runoff from using so much fertilizer to grow crops like soy and corn has led to dead zones in places like the Gulf of Mexico.



Single crop growing reduces biodiversity. Soybeans and corn together occupy 40 % of total cropland in the U.S. Specialty crops, which include all other vegetables as well as fruits and nuts, use less than 4 % of our cropland!

Americans eat much more meat than the rest of the world. The 2018 report by the Food and Agriculture Organization shows meat and poultry consumption in North America is about 200 pounds per person per year. In contrast, Europe averages 140 pounds, Latin America 130, 60 pounds in East Asia, South Asia, and the Pacific, and only 30 pounds in Africa. But eating meat is on the rise in India and China. If you care about your grandchildren and beyond, cutting back on meat, and asking everyone you know to also do so, is a pretty important. The average American eats 90 grams of protein a day when the Recommended Dietary Allowance is only 50 grams and that covers 95 % of the population.

Many people think animal protein is necessary for us to get all our amino acids and nutrition. However, the 20 amino acids we need are in all plant foods. According to Christopher Gardner, professor of medicine at Stanford University School of Medicine, who is doing research on how to fix food systems that promote obesity and diabetes, people who eat a plant rich diet have better cholesterol, blood pressure, blood sugar, inflammatory markers and other lab values. This diet includes more vegetables, fruits, beans, intact whole grains, and other plant foods.

According to nutrition scientist, Dr. Lenore Newman—Eat less meat---it's the single most effective way to help the environment!

Most meat eaters generate more planet-warming emissions from eating than we do from driving or flying.

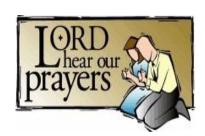
#### PRAYER CONCERNS as of May 23, 2021

Ann Fincham Audrey & Jacob Barnard and Marilyn Leinacker Carol Shannahan Carolyn Burns Cheryl Lindstrom Christa Sloop Chuck Pullen Claudia Jackson Helen Rhodes Joyce Adcock Jessie Zimmerman John Eddv Kay Wildman Marilyn Leinacker Marilvn Watt Olive Ubel Pat Thomblison & Kathleen Thompson Pam Oroke Rose Fritz Ruth Jenkins Our troops overseas Becky Jones' friends, Janice Pechacek & Cheryl Arney; Becky Schooler's sister-in-law, Jill; Brad Stipcak's mother, Beverly; Carol Shannahan's friend, Janet; Carmen Raines' friend, Mark; Carolyn Burns' sister-in-law, Carol Jessop; Carrie & Art

Lancaster's daughter, Grace

Ray; Cathy Headworth's aunt,

Jniece Bell: Iris Neuenswander's sister, Rosalee; Jaron Marcus' mother, Sherilyn; Judy Williams' sister, Pat Schummer & friend, Linda Rhodes; Kay & Ralph Howard's stepbrother, Max Hall, nephew in-law Doug; Kay Wildman's niece, Renee Wohletz; Lettie Karlson's friend, K.C; Maddie Mellies' stepfather, Dave Leinweber; Marilyn Leinacker's daughter, Lisa; Mary Nestor's sister, Kay Fessler; Nelson Spaulding's daughter, Deborah Harris; Ruth & Jim Jenkins' sister, Donna's grandson, Chase, friends JP & Peter, and great niece & husband, Michelle & Tony; Toni Farrell-Higgins' mother, Loretta Farrell; Wendy Pullen's friend, Gerald Manchester; Zimmerman family





01-Jun June McMaster Barbara Wales 01-Jun 02-Jun Kiara Robinson 05-Jun Bonnie Gray 05-Jun Lettie Karlson 06-Jun Walker Ricks 06-Jun Tate Schoffelman 08-Jun Carol Calvin Jon Chestnut 09-Jun 09-Jun Daniel Gifford Jr. 10-Jun Christa Sloop 10-Jun Alden Hickman 11-Jun Rosie Thompson-Row Carolyn Burns 12-Jun Dolores Kirk 12-Jun 13-Jun Jane Hart 13-Jun Felishity Blubaugh 17-Jun **Bob Crow** 18-Jun James Morford 20-Jun Peggy Morford 20-Jun Olive Ubel 23-Jun Brad Stipcak 24-Jun Julie Friedstrom 25-Jun Kenadee Booher 26-Jun Amy Thompson 26-Jun Meredith Snepp 27-Jun Mitch Graham 28-Jun Madison Ansberru 30-Jun John Weisgerber

# w Anniversary

6/5 Robert & Kari Hachiya 6/8 Milton & Susan Winter

6/8 David & Rhonda Ross

6/8 Jeremy Thoman & Clare Higgins Thoman

Michael & Tamara Hampton 6/9

6/10 Michael & Lee Langfitt

6/15 Don & Carolun Burns

6/17 Breton Sloop Struble & Andy Struble 6/19 Craig & Iris Neuenswander

6/21 Meredith & TJ Snepp

6/21 Lynn & Dan Weaver

6/23 Jon & Toni Farrell-Higgins

6/26 Wendy & Chuck Pullen

6/29 Connie & Pat Hubbell

6/30 Brad & Susan Parry

| 2021 In-Person Worship<br>Attendance |    |                |  |  |  |  |
|--------------------------------------|----|----------------|--|--|--|--|
| Apr 25                               | 52 | First day back |  |  |  |  |
| May 2                                | 75 | Graduation     |  |  |  |  |
| 9                                    | 37 |                |  |  |  |  |
| 16                                   | 41 |                |  |  |  |  |

NEEDED: upright or chest freezer or a refrigerator. Contact Pastor Mere or Karen at: mere@trinitypresbyterian.net karenmeenen@trinitypresbyter ian.net Or, call the church at 272-2620. Thanks!

## FINANCE MATTERS

#### **Missions and Ministries**

We are almost half-way through another year and some of us are just beginning to see each other in person. Whether you are worshipping in the Sanctuary or remotely, we are worshipping God together as the Body of Christ.

Because of your faithfulness, Trinity's ministries and mission have been able to continue. As we begin to make up for a year apart and possibly beginning to travel again, let us continue to give of our time, talents & finances to continue this ministry to each other, our neighbors and to God.

If anyone has questions or concerns please feel free to contact me. Carol Shannahan 785-559-8551 or carolsbutterflies1@gmail.com. God Bless and have a safe and rewarding summer!

## SIGNIFICANT RELATIONAL GROUPS



Line Dance lessons begin September 13 at Trinity.

They will be held in Fellowship Hall Each Monday from 10 - 11 am.



## PROPERTY BEAUTIFICATION

Property Committee's "bush brigade" hard at work.

Not quite a Grant Wood American Gothic painting at the end,
(although it appears Jess and Randall have attempted it) but
certainly a beautiful planting of shrubs and fancy grass!



## PROPERTY BEAUTIFICATION

These lovely Iris were planted last year and have made the most lovely showing this year!





## PROPERTY BEAUTIFICATION

Art Lancaster is at it again.

He's taken a bare spot and made it bloomin' lovely!

(Art planted the Iris to the left.)







## ADULT SUNDAY SCHOOL

## SUMMER SUNDAY SCHOOL SERIES

Summer is quickly approaching and so are new classes for Adult Sunday School

#### **JUNE 2021**

#### Ruth, the Immigrant

I'm excited to offer an original bible study to my Trinity family this summer. This project came from my seminary study of Hebrew. When my class translated the book of Ruth, we were asked to create a practical application. I outlined this Bible study.

Recently, I revived the project and applied it to my Missional Imagination course, with the application of a cultural diversity component. The result is a Bible study that focuses on Ruth 2, and finds correlation with the immigrants making their way to the United States across the southern border.

Specifically, we will use PCUSA resources on immigration from the Northern Triangle: Guatemala, Honduras, and El Salvador. By studying the characters of Ruth, paralleled with the situation facing our brothers and sisters to the south, we can find contemporary application of the Hebrew scriptures. I pray that we will find ourselves in the story, and discover how we may be called to action.

I look forward to teaching this study June 6, 13, 20, and 27.

Peace

Carmen Raines, Facilitator

#### **JULY 2021**

#### **Lectionary Study**

Join us starting on July 11 thru August 29th. Jenny Lee, Laura Sidlinger and David Ross will lead this class as we study the Lectionary. We hope you can join us this summer. We look forward to learning and growing together in our faith.

## YOU ARE INVITED!

**ADULT SUNDAY SCHOOL** via Zoom every Sunday at 8:45am. 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 <a href="mailto:ctmshm@gmail.com">ctmshm@gmail.com</a>.

#### PAGE TURNERS BOOK STUDY

Starting on June 4 Page Turners will start a new book. We will study <u>Made for Goodness and Why This Makes All the Difference</u> by Desmond Tutu and Mpho Tutu. The meeting will take place via Zoom at 1:30 on Fridays. If you are interested in joining us and getting a zoom invitation, please email Carol Thomas at ctmshm@gmail.com.

#### **TUESDAYS WITH THE WORD**

Tuesday mornings at 9:00am. This is a Zoom fellowship and Bible study time with Pastor Mere. We use the Wired Word as a resource. Join us! Email Pastor Mere at Meredith@trinitypresbyterian.net to get a Zoom invitation.



## THANK YOU TO PARS!

A big thank you to the PARS team for sharing how Prevention and Resiliency Services is at work in our community:



MICHELLE VOTH, Executive Director
JUDY WILSON, Office Manager and National Night Out Program Coordinator DANA SCHWARZ, Licensed Master Addictions Coordinator

Prevention and Resiliency Services, Inc. (PARS) has provided prevention services in Shawnee County since 1965 when it was known as the Kansas Division of the National Council of Alcoholism.

In the beginning, the organization primarily focused on alcohol abuse. Over the years it has evolved and now recognizes that all community domains are intertwined. They recognize that the individual, family, school, and community can influence substance abuse, school dropouts, violence, suicide, teen pregnancy and other problem behaviors. PARS has a strong foundation of community. They work to reduce substance abuse and crime in our community through educating, engagement, and empowerment.

Judy Wilson challenged Trinity to become a part of NATIONAL NIGHT OUT, Tuesday, August 3, 2021. The event focuses on neighborhoods and community awareness through camaraderie. There are many ways we can observe this night. It could be as small as a backyard BBQ to a full blown festival. This night usually shines a spotlight on the police/community partnerships. What a great way for Trinity to celebrate Trinity's neighborhood and community.

Michelle Voth reminded us how important our relationships are with our community. That means young people, elderly folks, and anyone we come in contact with. Who can you mentor?

Dana Schwarz helped us to understand that substance abuse and crime affect us all. We can all play a role in making a safer and healthier community. For more information go to <a href="https://parstopeka.org/">https://parstopeka.org/</a>

## **CARING**

## Sticks 'N String and Deacons

Grace Ray, daughter of Art and Carrie Lancaster is enjoying the Prayer Shawl given to her by Trinity Parish Nurse, Kathy Welch.

The Sticks 'N String group donates these lovely creations to the Trinity Deacon's Committee for distribution to folks who are on the church's Prayers and Concerns list.

Grace was awaiting a surgical procedure and appears to be enjoying her shawl. Mom (Carrie) took the picture to share with us.

The Prayer Shawl ministry is just one of many ministries at Trinity. If you know of anyone who could use a little more prayer, find out if they would like to be added to the Prayers and Concerns list at Trinity. If they do, contact Kathy Welch or the church office.





#### www.shepherdscentertopeka.org

Karen Willard, Director Shepherd's Center Topeka 4101 SW 15<sup>th</sup> Street Topeka, KS 66604 785-249-3258

## Shepherd's Center's Smoked Pork BBQ Fundraiser July 1



Pulled Pork Sandwich with Sides



Whole Smoked Pork Butt

Get ready for our first Shepherd's Center BBQ Fundraiser! All proceeds will go to SCT to help with expenses. If you love smoked pulled pork sandwiches seasoned to perfection and smoked for twelve to fourteen hours until fork-tender, this fundraiser is for you! You will be able to order a whole pork butt, just in time for July 4th, or a meal that will include a sandwich, two sides, and maybe a sweet treat!

Our offering will be limited. We will only be selling 40 whole pork butts and 200 meals. You will want to place your orders as soon as we start taking them because we will advertise to the public (unless we sell out before then).

Orders will be taken online, by email, or by phone. A drive-thru pick-up time will be determined and will be at the Lowman United Methodist Church parking lot. More information to come. Volunteers are still needed; please email me.

# Calling all Triniteens

Work Camp at Heartland Center is August 1 - 6. We will do mission work around camp

in the day and then swim and do a group activity each night (horseback riding, ropes course, etc). On Thursday we will spend the day at Worlds of Fun.

CONTACT KAREN MEENEN IF YOU HAVE ANY QUESTIONS.

## **Summer 2021 PNKS Youth Work Camp Registration**

Youth are invited to participate in the Presbytery of Northern Kansas' Youth Work Camp at Heartland Center from August 1-6, 2021. It includes the work camp, fun activities at Heartland Center, and a one-day visit to Worlds of Fun. Youth who have completed fifth grade through those who have completed twelfth grade are eligible to participate. We also need adult volunteers to accompany our Presbytery leaders on the trip.

The cost per youth is \$255. The Presbytery will pay one-third of each youth's fee (\$85). We encourage churches that are able to pay one-third of the fee, as well (\$85).

Between churches and youth, a payment of \$170 per youth is due, along with a completed registration form and the two-page Heartland Center Participant Release of Liability and Health Information Form, no later than June 15, 2021. The fee for adult leaders is \$100.

Questions can be directed to Pat Yancey, Commissioned Associate Pastor at First Presbyterian Church of Topeka: <a href="mailto:pyancey@fpctopeka.org">pyancey@fpctopeka.org</a> or (785) 233-9601.

| Youth Name:                              |             |    |
|--|-------------|----|
| Church (including city):                 |             |    |
| Grade Level Completed:                   |             |    |
| Address:                                 |             |    |
|  |             |    |
| City:                                    | State: Zip: |    |
| Email Address:                           |             |    |
| Youth Phone Number:                      |             |    |
| Best Youth Contact Method:               |             |    |
| To Whom Should We Communicate Trip Info: |             |    |
| Relationship to Youth:                   |             |    |
| Email Address & Phone Number:            |             |    |
| Emergency Contact Name:                  |             | 76 |
| Emergency Contact Phone:                 |             |    |

## June 2021

| Sunday  | Monday  | Tuesday   | Wednesday  | Thursday                                       | Friday   | Saturday                 |
|---|---|---|--|--|--|--------------------------|
| 30 Trinity Sunday Trinity Sunday 8:45 AM ZOOM ADULT SUNDAY SCHOOL 10:30 AM WORSHIP SERVICE - In Person    | *CHURCH OFFICE CLOSED Memorial Day 2:00 PM Sticks 'N String SR Group ZOOM                         | 1 Becky Out All Day 9:00 AM Tuesday's with the Word via ZOOM 12:30 PM MISSION CMTE MTG ZOOM 5:00 PM DEACON CMTE MTG - ZOOM 5:30 PM WORSHIP PLANNING TEAM - ZOOM | 2 Becky Out All Day 11:00 AM Free School Lunch Distr. 6:45 PM Esther Circle (P) lesson starts at 7 | 3<br>6:00 PM<br>PROPERTY<br>CMTE MTG -<br>ZOOM | 4<br>1:30 PM Page<br>Turners Book<br>Study (ZOOM)                                | 5<br>9:00 AM<br>Terminex |
| 6<br>8:45 AM ZOOM ADULT<br>SUNDAY SCHOOL<br>10:30 AM WORSHIP<br>SERVICE - In Person                       | 7<br>2:00 PM Sticks<br>'N String SR<br>Group ZOOM   | 8<br>9:00 AM<br>Tuesday's with<br>the Word via<br>ZOOM  | 9 11:00 AM Free Summer School Meals (7 dys) Distr. 6:00 PM FINANCE CMTE MTG ZOOM                   | 10   | 11<br>1:30 PM Page<br>Turners Book<br>Study (ZOOM)                               | 12                       |
| 13 8:45 AM ZOOM ADULT SUNDAY SCHOOL 10:30 AM WORSHIP SERVICE - In Person 11:30 AM ENDOWMENT Cmte mtg ZOOM | 14 1:30 PM Worship Cmte via ZOOM 2:00 PM Sticks 'N String SR Group ZOOM                           | 15 MONTHLY NEWSLETTER ARTICLE DEADLINE 9:00 AM Tuesday's with the Word via ZOOM   | 16<br>11:00 AM Free<br>Summer School<br>Meals (7 dys)<br>Distr.<br>7:00 PM<br>SESSION<br>(ZOOM)    | 17   | 18 DEACON OROKE MEMORIAL SERVICE time tbd 1:30 PM Page Turners Book Study (ZOOM) | 19                       |
| 20 Father's Day 8:45 AM ZOOM ADULT SUNDAY SCHOOL 10:30 AM WORSHIP SERVICE - In Person                     | 21<br>SESSION<br>PACKET<br>REPORTS DUE<br>AT NOON<br>2:00 PM Sticks<br>'N String SR<br>Group ZOOM | 9:00 AM Tuesday's with the Word via ZOOM  | 23<br>11:00 AM Free<br>Summer School<br>Meals (7 dys)<br>Distr.                                    | 24   | 25<br>1:30 PM Page<br>Turners Book<br>Study (ZOOM)                               | 26                       |
| 27<br>8:45 AM ZOOM ADULT<br>SUNDAY SCHOOL<br>10:30 AM WORSHIP<br>SERVICE - In Person                      | 28 12:00 PM PERSONNEL CMTE MTG - ZOOM 2:00 PM Sticks 'N String SR Group ZOOM                      | 29<br>9:00 AM<br>Tuesday's with<br>the Word via<br>ZOOM   | 30<br>11:00 AM Free<br>Summer School<br>Meals (7 dys)<br>Distr.                                    | 1<br>6:00 PM<br>PROPERTY<br>CMTE MTG -<br>ZOOM | 2<br>1:30 PM Page<br>Turners Book<br>Study (ZOOM)                                | 3<br>9:00 AM<br>Terminex |

## **PARISH NURSE**

## **Liquid Love**















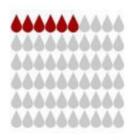








More than 15 million pints of blood are transfused in the United States each year.



Less than 10% of the population eligible to donate blood does so annually.



#### Fun Facts about Blood

A newborn baby has about 1 cup of blood in circulation.

All the blood vessels in an adult body strung together could circle the Earth two and a half times!

In one day, blood travels 12,000 miles!

After it leaves the bone marrow, a red blood cell makes approximately 250,000 trips around the circulatory system before dying.

Blessings in Christ, Kathy Welch, Parish Nurse

#### What is donated blood used for?



2% Trauma and road accidents

4% Obstetrics

10% Orthopaedic

13% Other medical problems (Heart, Liver, Kidney)

18% Surgical

19% Patients with anemia

34% Cancer patients and Blood diseases



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

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

RETURN SERVICE REQUESTED

