

# THE *talking trinity*

A Monthly Newsletter  
Trinity Presbyterian Church  
Topeka, Kansas



## DID YOU KNOW?

July was named by the Roman Senate in honour of Roman general, Julius Caesar, it being the month of his birth. Prior to that, it was called Quintilis, being the fifth month of the 10-month calendar.

*Consider the lilies.....*



## Trinity has an exciting new opportunity to work with Harvesters!

HARVESTERS  
COMMUNITY FOOD NETWORK

Starting July 12, 2021, we will begin distributing food to help feed our community. We have made the commitment to distribute food on the second Monday of every month from 12:00 pm - 1:00 pm. (July 2021 - July 2022) **If you would like to volunteer, please contact Stan McAdoo. We need traffic directors, loaders, and counters.**

## CURRENT HARVESTER VOLUNTEERS - Important dates:

- **June 30** 12:20 pm meet at Trinity to carpool to First Christian Church 1800 SW Gage to observe distribution procedures. It is helpful to see the new process since it is different than our prior methods.
- **July 12** 10:30 am meet in Trinity parking lot for job assignments and orientation. Distribution will be from 12:00-1:00.

# MISSION WORK

## GRAB & GO SUMMER FREE MEALS

Trinity has been approved to continue as a site for USD 501 **FREE** meals distribution for children 1-18 years of age while school is out for the summer. We started Wednesday, June 9th. The program continues through August 4.



The 7 breakfasts and 7 lunches, milk and juice is provided free through the Summer Food Service Program of USD 501. **ANY CHILD age 1-18** is eligible to receive these meals. No registration or enrollment in USD 501 is required. If you know of families with children, pass the word.

### VOLUNTEERS NEEDED - For Grab & Go Summer Meal Distribution

Trinity needs volunteer teams to distribute the free meals to children through the summer. Each Wednesday, the prepared food is delivered to Trinity by USD 501. We need **2-3 volunteers** in the morning to bag the food and then help distribute the meals curbside between 11 a.m. and 12 noon.

We need several teams set up will allow for flexibility with volunteers' come- and-go summer activities and vacation schedules. If you are interested in volunteering, contact Peggy McAdoo, 785-224-5113.

## SIGNIFICANT RELATIONAL GROUPS

### **STICKS 'N STRING GROUP (goes back to church!)**

Sticks 'n String HAS RETURNED to the church parlor! They are clicking their needles and fellowshipping from 1 - 3 pm! They will also have a zoom invite if you would prefer to meet that way. Join us for some Creative needle work and (sometimes) hilarious conversation!



### **Young at Heart Yoga**

Thursdays at 5pm - Rooms 13 and 14 - Lower Level  
Join us for Yoga at your own level or adaptation.

### **LOW IMPACT AEROBICS IS BACK!**



Tuesday and Friday at 4 p.m.  
Rooms 13 and 14 in the basement  
Starts Tuesday, June 8  
Questions?  
Contact Martha Huizenga at 785-273-2356

### **LINE DANCE LESSONS**

**Line Dance** lessons begin September 13 at Trinity each Monday from 10 - 11 a.m. in Fellowship Hall





## Protect our Planet from Plastic

About 4,900 million metric tons of plastic have accumulated worldwide! That's a lot of plastic!

It harms wildlife on land and on sea. Seabirds mistakenly eat plastic or become entangled in it, for example. You may have seen pictures of various sea life with plastic straws caught into their body parts or plastic filled carcasses.

Part of the problem is that plastic takes over 400 years to degrade and 91% of plastics are NOT recycled. At least 80 species, just of seabirds, ingest plastic, mistaking it for food. By 2050, scientists estimate that 99% of seabird species will have eaten plastic.

What can we do? Avoid any single –use plastics. Always reuse plastic and then recycle it. Here we can recycle #'s 1,2, and 5. Many items come in #6 which is not recyclable. Try to reduce your plastic use overall. Purchase Stasher or other brands of reusable storage products so that you can eliminate most plastic use. And don't ignore our climate crisis. Remember we are living on our only planet – there is no Plan-et B!



## PEACEMAKING

**TALPETATES GRADUATION PICTURES OF NOE AND HAYDEE WITH PARENTS AND CARMEN.**



## PRAYER CONCERNS as of June 21, 2021

Audrey & Jacob Barnard  
and Marilyn Leinacker  
Carolyn Burns  
Cheryl Lindstrom  
Christa Sloop  
Chuck Pullen  
Claudia Jackson  
Helen Rhodes  
J Ricks  
Joyce Adcock  
Jessie Zimmerman  
John Eddy  
Julie Friedstrom  
Jurahee Shriver  
Kay Wildman  
Marilyn Leinacker  
Marilyn Watt  
Olive Ubel  
Pat Thomblison &  
Kathleen Thompson  
Pam Oroke  
Rose Fritz  
Ruth Jenkins  
Wanda Sorber  
Our troops overseas  
Becky Jones' friends,  
Janice Pechacek & Cheryl  
Arney; Becky Schooler's  
sister-in-law, Jill; Carol  
Shannahan's friend,  
Janet; Brad Stipcak's  
mother Beverly; brother  
Brett, sister-in-law Jaime  
Stipcak and nephew Riley  
Stipcak; Carmen Raines'  
friend, Mark and family  
friend, Gage; Carol  
Shannahan's friend Lise  
Marie and her brother  
Daniel; Carolyn Burns'  
sister-in-law, Carol

Jessop; Carrie & Art  
Lancaster's daughter,  
Grace Ray; Cathy  
Headworth's aunt, Jniece  
Bell; Doug Meenen's  
foster brother, Bill  
West; Iris  
Neuenschwander's sister,  
Rosalee; Jaron Marcus'  
mother, Sherilyn; 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-  
in-law, Susan Nestor and  
sister, Kay Fessler;  
Nelson Spaulding's  
daughter, Deborah Harris;  
Ruth & Jim Jenkins' friend,  
Laura Louna, brother-in-  
law, Jim, 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



1-Jul	Maddy Mellies
2-Jul	Halle Meenen
3-Jul	Ralph Howard
6-Jul	Marjie Marrs
8-Jul	Bentley Crow
8-Jul	Brady Trimmer
10-Jul	Robert Hachiga
10-Jul	Leah Fulton
11-Jul	Sarah Meenen
18-Jul	Constance Houser
19-Jul	Rob Young
24-Jul	Jane Williams
26-Jul	Barbara Koci
26-Jul	Jim Jenkins
28-Jul	Peter Sandquist
28-Jul	Matt Meenen
29-Jul	Marilyn Watt
29-Jul	Meredith Ricks
30-Jul	Cat Lathrop
30-Jul	Jan Allen
30-Jul	Jordan McDowell
31-Jul	Kero Zimmerman
31-Jul	Audrey Barnard
31-Jul	Evan Hachiga

### 2021 In-Person Worship Attendance

May 23	55	Day of Pentecost
May 30	58	Trinity Sunday
June 6	61	Communion
June 13	61	3rd Sunday after Pentecost
June 20	61	4th Sunday after Pentecost

## Happy Anniversary

2-Jul	Susan & Jerry Whipple
2-Jul	Dave & Kathy Petty
24-Jul	Greg & Jenny Lee
25-Jul	Melissa & Nick Bylsma

NEEDED: upright or chest freezer or a refrigerator.

Contact Pastor Mere or Karen at:

[mere@trinitypresbyterian.net](mailto:mere@trinitypresbyterian.net)

[karenmeenene@trinitypresbyterian.net](mailto:karenmeenene@trinitypresbyterian.net)

Or, call the church at 272-2620.

Thanks!

## ADULT SUNDAY SCHOOL

Summer is here and we want you all to know about the summer adult Sunday school schedule. It will continue to be at **8:45 AM** on Sunday mornings via ZOOM. **IF** it changes to in person class, we will send that information out.

**JULY 4- NO SUNDAY SCHOOL** in observance of Independence Day

**JULY 11- AUGUST 29**

*Laura Sidlinger, David Ross, and Jenny Lee will facilitate a Bible study using the Lectionary (a collection of scripture readings used as a guide for worship). During this time, we will explore different Bibles and adventure into understanding God's word and what God is asking of us.*

**SEPTEMBER 5- NO SUNDAY SCHOOL** in observance of Labor Day

**\*\*If you are not on the zoom invitation list, please contact the church office to be added to the list.**

## PAGE TURNERS FRIDAY BOOK STUDY - NOTE LOCATION

Trinity's book group, Page Turners, started a new book on Friday, June 4. The group is studying *Made for Goodness and Why This Makes All the Difference* by Desmond Tutu and Mpho Tutu. **They meet in person at Thornton Place** in the chapel on second floor. Thornton Place is off of 29th behind HyVee.

## 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](mailto:Meredith@trinitypresbyterian.net) to get a ZOOM invitation.

## WHY I LOVE SUNDAY SCHOOL

When I was a child I looked forward to seeing my friends and learning the Bible stories in Sunday School. As a senior adult, I continue to learn from our facilitators and classmates as well. The Bible is the only book I know that we can continue to study and gain new understanding each time. Guess that is what I call life long learning.

Carrie Lancaster



# PROPERTY BEAUTIFICATION



THANK YOU TO THIS GREAT TEAM!  
YOUR CONTINUED EFFORTS HAVE RESULTED IN A  
LOVELY LANDSCAPE AT TRINITY.

Stan, Craig, Ann, and Lynn finished this landscaping beauty in 1 1/2 hours. Stan and Craig scraped off the top inch of residual vegetation and hopefully some weed seeds and then dug in 5 bags of cotton burr compost. After planting celosia and vinca, some Preen was sprinkled on the soil surface as a weed preventer. Everything was watered and then a little fertilizer was poured on each plant.

The 2 1/2 bags of mulch worked out perfectly to cover all the ground. Should look fantastic in a month!

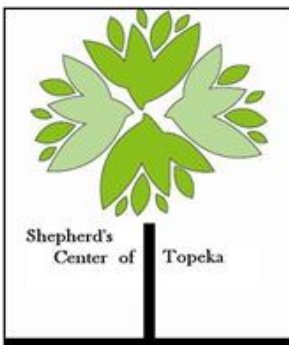
The new ajuga planted out front were wilted and needed watering. sedge killer was sprayed on the west side of the building and also out front among the liriop. All in all, it was a very good morning!



# PROPERTY MORE BEAUTIFICATION







[www.shepherdscentertopeka.org](http://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 of Topeka

### Smoked Pork Butt BBQ Fundraiser Purchase a Whole Pork Butt or a Dinner



Join us for our first Shepherd's Center BBQ Fundraiser! All proceeds go to SCT to help with operating 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! Order a whole pork butt just in time for your July 4th celebration, or summer reunion, or buy a meal that includes a pulled pork sandwich, baked beans, chips and a cookie.

**Our offering is limited.** We are only selling **40 whole pork butts for \$49 each and just 200 meals at \$10 each.** Place your orders now before we sell out! Most smokehouses sell whole smoked pork butts for \$11 - \$14 lb. Our smoked pork butts are priced at around \$7 lb.

It's a great deal for a good cause!

Our **drive-thru pick-up** is located at **Lowman United Methodist Church** parking lot, 4101 SW 15th St., Topeka, between **noon and 6:00 pm on July 1.** Be sure to **print your ticket** with your order and bring it with you for pick up. For more information or to order by phone call **Karen Willard at 249-3258.**



To order online go to: [www.shepherdscentertopeka.org](http://www.shepherdscentertopeka.org)



# 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: [pyancey@fpctopeka.org](mailto:pyancey@fpctopeka.org) 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: \_\_\_\_\_

Emergency Contact Phone: \_\_\_\_\_

# July 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>27</b> Liturgist: Pat Thomblison USHERS: Marvin and Susan Burris 8:45 AM ZOOM ADULT SUNDAY SCHOOL 10:30 AM WORSHIP SERVICE - In Person/Online	<b>28</b> 12:00 PM PERSONNEL CMTE MTG - ZOOM 1:00 PM Sticks 'N String SR Group (Parlor or Zoom)	<b>29</b> 9:00 AM Tuesday's with the Word via ZOOM 4:00 PM Aerobics (Rm 13/14)	<b>30</b> 11:00 AM Free Summer School Meals (7 dys) Distr.	<b>1</b> 5:00 PM Yoga for the Young at Heart (Rm 13/14) 6:00 PM <b>PROPERTY CMTE MTG - ZOOM</b>	<b>2</b> 1:30 PM Page Turners Book Study (Thorton Place Chapel) 4:00 PM Aerobics (Rm 13/14)	<b>3</b> 9:00 AM Terminex
<b>4</b> <b>Independence Day</b> Liturgist: Peggy McAdoo USHERS: Marvin Burris & Dennis Williams 8:45 AM ZOOM ADULT SUNDAY SCHOOL 10:30 AM WORSHIP SERVICE - In Person/Online	<b>5</b> <b>*CHURCH OFFICE CLOSED</b> 1:00 PM Sticks 'N String SR Group (Parlor or Zoom)	<b>6</b> 9:00 AM Tuesday's with the Word via ZOOM 12:30 PM <b>MISSION CMTE MTG ZOOM</b> 4:00 PM Aerobics (Rm 13/14) 5:00 PM <b>NO DEACON CMTE MTG</b>	<b>7</b> 11:00 AM Free Summer School Meals (7 dys) Distr. 6:45 PM Esther Circle (P) lesson starts at 7	<b>8</b> 5:00 PM Yoga for the Young at Heart (Rm 13/14)	<b>9</b> 1:30 PM Page Turners Book Study (Thorton Place Chapel) 4:00 PM Aerobics (Rm 13/14)	<b>10</b>
<b>11</b> Liturgist: Janis Holiwell USHERS: Susan Burris & Nancy Carpenter 8:45 AM ZOOM ADULT SUNDAY SCHOOL 10:30 AM WORSHIP SERVICE - In Person/Online 11:30 AM PEACEMAKING COMMITTEE MTG (Parlor)	<b>12</b> 1:00 PM Sticks 'N String SR Group (Parlor or Zoom) 1:30 PM <b>Worship Cmte via ZOOM</b>	<b>13</b> 9:00 AM Tuesday's with the Word via ZOOM 4:00 PM Aerobics (Rm 13/14)	<b>14</b> 11:00 AM Free Summer School Meals (7 dys) Distr. 6:00 PM <b>FINANCE CMTE MTG ZOOM</b>	<b>15</b> <b>MONTHLY NEWSLETTER ARTICLE DEADLINE</b> 5:00 PM Yoga for the Young at Heart (Rm 13/14)	<b>16</b> 1:30 PM Page Turners Book Study (Thorton Place Chapel) 4:00 PM Aerobics (Rm 13/14)	<b>17</b>
<b>18</b> Liturgist: Michael Langfitt USHERS: Craig Neuenswander & Pat Thomblison 8:45 AM ZOOM ADULT SUNDAY SCHOOL 10:30 AM WORSHIP SERVICE - In Person/Online	<b>19</b> 1:00 PM Sticks 'N String SR Group (Parlor or Zoom)	<b>20</b> 9:00 AM Tuesday's with the Word via ZOOM 4:00 PM Aerobics (Rm 13/14)	<b>21</b> <b>NO SESSION (ZOOM)</b> 11:00 AM Free Summer School Meals (7 dys) Distr.	<b>22</b> 5:00 PM Yoga for the Young at Heart (Rm 13/14)	<b>23</b> 1:30 PM Page Turners Book Study (Thorton Place Chapel) 4:00 PM Aerobics (Rm 13/14)	<b>24</b> LOUISE CUNNINGHAM MEMORIAL SERVICE time tbd
<b>25</b> Liturgist: Connie Hubble USHERS: Barb Koci & David Shriver 8:45 AM ZOOM ADULT SUNDAY SCHOOL 10:30 AM WORSHIP SERVICE - In Person/Online	<b>26</b> 12:00 PM <b>PERSONNEL CMTE MTG - ZOOM</b> 1:00 PM Sticks 'N String SR Group (Parlor or Zoom)	<b>27</b> 9:00 AM Tuesday's with the Word via ZOOM 4:00 PM Aerobics (Rm 13/14)	<b>28</b> 11:00 AM Free Summer School Meals (7 dys) Distr.	<b>29</b> 5:00 PM Yoga for the Young at Heart (Rm 13/14)	<b>30</b> 1:30 PM Page Turners Book Study (Thorton Place Chapel) 4:00 PM Aerobics (Rm 13/14)	<b>31</b>



# PARISH NURSE

Say **YES** to  
Sun Protection  
Say **NO** to Skin Cancer

**Parish Nurse**

Unprotected exposure to UV Rays via sunlight or indoor tanning beds can be extremely hazardous to your health

90% of non-melanoma skin cancers result from exposure to the sun

A person's risk for melanoma doubles if they have had more than 5 sunburns, at any age

## The Facts: x2

Skin cancer is the most common form of cancer in the US



1 person dies from melanoma every hour

1 in 5 Americans will develop skin cancer in their lifetime



### Effects

#### Skin Cancer

The 3 most common forms are melanoma, basal cell, and squamous cell

**Discoloration of the skin**  
Also known as sun spots

**Fine lines and wrinkles**  
90% of aging is caused by exposure to the sun

**Cataracts**  
Blurred vision

**Freckles**

### Sun Protective Clothing

Look for clothing with a label of UPF 50  
UPF = Ultraviolet Protection Factor

#### Sunscreen

Re-apply every 2 hours  
Or after swimming or sweating

#### Wear Sunglasses



### Prevention

#### Seek Shade

Especially between 10-4

#### Put on a Hat

with a wide brim of at least 2 inches



Choose Sunscreens:

- ♦ Broad-spectrum (UVA & UVB)
- ♦ Water-resistant
- ♦ SPF 30 or higher

SPF = Sun Protection Factor - blocks % of UVB rays

SPF 15— 93%

SPF 30— 97%

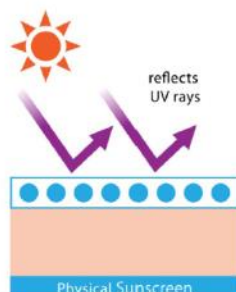
SPF 50— 98%

SPF 100— 99%

There are 2 types of sunscreens:

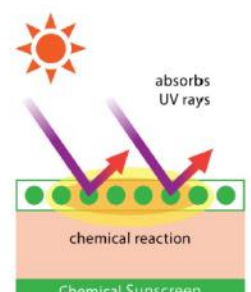
#### Physical Sunscreen—

works like a shield; it sits on the surface of your skin, deflecting/reflecting the sun's rays. Contains zinc oxide and/ or titanium dioxide... Good for sensitive skin.



#### Chemical Sunscreen—

works as a sponge, absorbing the sun's rays. Active ingredients: oxybenzone, avobenzone, octisalate, octocrylene, homosalate and octinoxate. This formulation tends to be easier to rub into the skin without leaving a white residue.





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785-272-2620

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Topeka, Kansas  
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.....  
**RETURN SERVICE REQUESTED**

JOIN US FOR WORSHIP  
this Sunday at 10:30 a.m.  
We are back IN-PERSON!  
And, we LIVESTREAM  
for on-line viewing!