

THE *talking trinity*




A Monthly Newsletter
Trinity Presbyterian Church
Topeka, Kansas

do not be conformed
to this world
be **TRANSFORMED**



COMING THIS FALL AT TRINITY STARTING SEPTEMBER 12TH!

ADULT SUNDAY SCHOOL GOES HYBRID: Both in-person and Zoom classes will be offered.

CHILDREN & YOUTH: classes use **Google Meet**. Participants can join from home or out of town. Triniteens will resume meeting in-person after worship services.

PRESCHOOL: Classes will be in-person at the church.

HANDBELLS & CHOIR: Both will provide music in worship September 12.

The choir will make a big move and lead worship from the chancel. How wonderful to see their shining faces as we enjoy their music and celebrate worship together.

CONFIRMATION CLASS: begins this fall for 7th & 8th graders and high schoolers who have not yet been confirmed.

Presbytery of Northern Kansas will publicize our Sunday School links so PNK members across the state can join our classes!

CONTINUING THIS FALL

IN-PERSON & LIVE STREAMING: Worship Committee invites you to join us for Worship any Sunday from FaceBook- facebook.com/TrinityTopeka or the Trinity website- trinitypresbyterian.net.

ONLINE GIVING: Finance Committee has made it easy to give especially for on-line service participants.

FREE FOOD DISTRIBUTION: Mission Committee continues to partner with Harvesters providing free food in our community. More volunteers are still needed. Call Stan McAdoo.

BUILDING REPAIR & BEAUTIFICATION: Property Committee has made functional and beautiful improvements throughout our church campus. Check out the smooth parking lot that can handle the flow for Harvesters, the good drainage away from the building, roof and fascia repair and painting, as well as the addition of lovely bushes and flower beds to accent our well maintained lawns.

TOPEKA JUMP: Peacemaking Committee leads us in "jumping for justice" with many opportunities to support JUMP this fall, beginning with the House Meeting on Sunday, Sept. 19.

A WELCOMING CHURCH: Outreach Committee welcomed 2 new members this Summer! Each Sunday, first time visitors receive a welcome bag that includes Trinity info and a yummy cookie!

SPIRITUAL CARE: The Deacons, Parish Nurse Kathy Welch and Pastor Meredith, provide spiritual care to our members, with particular attention to the housebound, the ill, and the elderly.

SIGNIFICANT RELATIONAL GROUPS: The Christian Education Committee continues to sponsor weekly groups at the church. In Fellowship Hall - Line Dancing starts Tuesdays., Sept, 14, 10:00am; Square Dancing on Wednesdays., Sept. 15, at 7:00pm. Lower level - Yoga meets Thursdays at 5:00pm; Low-Impact Aerobics meets Tuesdays and Fridays at 4:00pm.

JOIN US!



From the Pastor



The pandemic turned me into a “plant person.” I didn’t use to have houseplants and thought of myself as having a “brown thumb.” But last summer, I was gifted a flat of impatiens. One trip to Ace Hardware, a bag of potting soil, and several clay pots later,



I was in the flower business. Their pink and purple blooms livened up our small back porch. I enlisted the kids in helping me water and tend to them. Much to my surprise, the flowers lasted until our first hard frost. I could hardly believe it-- despite my lack of plant skill, the flowers bloomed and flourished.

This year, I waded a little deeper into plant parenthood. We planted handfuls of marigold seeds in a large porch container. I anxiously waited for weeks, watering the soil, until I was convinced nothing would sprout. Then we had that late April snowfall and I thought for sure, this time, the seeds would lay dormant. But soon enough, the soil was dotted with one, then two, then dozens of small, tender green leaves. Soon the leaves grew fuller, the stems taller. Almost two months later, the planter is alive with blooms the color of sunset. It makes my heart full to drive up and see the carefree petals waving in the breeze.

(I bought more impatiens, too. They are alive and kickin'!)

Earlier this summer, we heard Jesus tell the following parable from Mark’s gospel: “Jesus also said, “The kingdom of God is as if someone would scatter seed on the ground, and would sleep and rise night and day, and the seed would sprout and grow, he does not know how.” (Mark 4: 26-34). So often we Christians think that everything happens because we will it, and that any growth in the reign of God is the result of our hard work and cleverness. And while discipleship IS hard work, the seeds grow and flourish regardless of our skill. Seeds sprout because of some biological imperative ingrained in their DNA. We know why seeds grow, and how photosynthesis works, and yet- the process is still a miracle. “The earth produces of itself.”

God is at work, and sometimes, just when we think a patch of earth is destined to remain barren, God grows a garden when we are not looking.



Grace and peace,
Rev. Mere

MISSION WORK



HARVESTERS
COMMUNITY FOOD NETWORK

We need your help!

Trinity held its first Harvesters food distribution Monday, July 12. We served 710 people in 231 households with 7 pallets of food. Next month we will have between 10-14 pallets of food so we need more volunteers! If you would like to help us, please contact Stan McAdoo, Volunteer Coordinator. Trinity's distribution is the second Monday of every month, and the next one is Monday, August 9th from 12:00 - 1:00. Please wear sunscreen, a hat, and



GRAB & GO SUMMER FREE MEALS - THANK YOU VOLUNTEERS!!!!

Trinity was 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. 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.



DOORSTEP'S CHRISTMAS IN JULY

Each year we adopt 260 households for Christmas. There will be 800+ individuals in these households and we need your help in providing gifts & necessities.

Last year with the pandemic we did not have our 'normal' Christmas Store, and only gave out blankets and health kits with the food and gift cards. Therefore, we still have gifts in the basement ready for this year. For Christmas in July we are focusing on replenishing the blankets and health kit items we used, and toys which we rarely have enough of for the adopted children.

Below are specific items we need this Christmas.

Health Kit Items

Towels (new) bath & hand, and washcloths,
Combs, Bar Soap,
Deodorant,
Toothpaste/brushes,
Shampoo, Razors



Toys

Games - All Ages
Baby Dolls,
Balls - Football, Soccer,
Basketball
Teen Girls Gifts -
Make Up & Nail Kits
Back Packs
Color & Reading Books
School Supplies
Toys for Ages 2-12
NO Barbies Please

**CHRISTMAS
IN JULY**



Quilts & Blankets

Full, Queen & King



Please Bring Items To Doorstep In July For Families Who Will Be Adopted This Christmas.

CHRISTMAS IN AUGUST???

Doorstep's Christmas in July campaign got a late start this year. We can still be a part of preparing for the Christmas holidays when new items are made available to families. If you are shopping the back to school sales, look for these items and buy yourself a gift to pass on... Items may be placed in the designated boxes in the narthex.

Thank you for your continued sharing.



We would like to thank our Trinity family for their support and love on the death of our dad, David Houser.

We appreciate everything you have done to help us celebrate his life. We love you!

Cathy Armstrong, Connie Houser, and Carol Thomas

Many, many thanks to all who helped Jake, Audrey, and I get through the loss of my daughter, their mother.

It has really been hard, but with everyone's love, thoughts, and prayers, we are all in a better place now. We so appreciate everyone and all that you did.

Marilyn Leinacker

MUSIC



**ATTENTION ALL HANDBELL & HERITAGE CHOIR
(PRESENT AND FUTURE) MEMBERS!!!**



**I'M ECSTATIC TO ANNOUNCE THAT REGULAR
REHEARSALS FOR BOTH GROUPS WILL BEGIN ON
THURSDAY, AUGUST 26TH!**

We are planning a special celebration for our return to music making, so members of both ensembles should plan to be at church at 6:30 pm on the 26th of August! More details about the first gathering will be communicated via email.

Beginning SEPTEMBER 2nd, rehearsals will return to normal times:

Handbell Choir - 6:30 pm - 7:30 pm Heritage Choir - 7:30 pm - 8:30 pm

Both groups will have their first performances during the September 12th Sunday Worship Service. If you are not a current member of the Handbell or Heritage Choir and would like to join or "try us out", you can either contact Music Director Brad Stipcak at brad@trinitypresbyterian.net or simply show up to one of our rehearsals. Previous musical experience is great, but not required.

Please email Brad if you have any questions. See you soon and be ready to make a joyful noise!!!

FINANCE MATTERS

Thank you for your faithful support of Trinity.

In fact, at the halfway point, (50%) of the year, we have received 54% of the pledged dollars for 2021.

Your faithfulness allows the various ministries of Trinity to continue. We also want to thank you, in advance, for your continued support! Let's aim for 100% of pledged dollars by the end of 2021.

GOD BLESS

When writing your checks to Trinity, please remember to fill in the MEMO line so your donation will be credited properly.

		20
PAY TO THE ORDER OF	<u>Trinity Presbyterian Church</u>	\$ <input type="text"/>
		DOLLARS
MEMO	<u>2021 pledge</u>	
		1234567890 *0987654321*

THANK YOU.

WELCOME

New Members

STEVE & ROSE TIMM!



**LIGHTS...
CAMERAS...
ACTION!!!**

**CALLING ALL SHUTTERBUGS, VIDEOGRAPHERS,
PHOTOJOURNALISTS, PAPAZZO, EDITORS, AND PHOTOGRAPHERS.**

Trinity Presbyterian is SEARCHING for someone to (ideally volunteer) assist us with adding some new images and videos to our Website which will be undergoing some desired updates over the summer, and more in the coming months.

If you, a friend, or someone in your family, are of the photography or video world, we would LOVE to speak with you about utilizing your skills and services.

For more information and details, please contact Michael Langfitt of the Outreach Committee at MLangf2300@gmail.com, or 785-845-2761.

This is a unique opportunity to share, enhance, or showcase your skills and talents for the betterment of our Church.

Trinity's justice ministry, Topeka JUMP, is very busy.



The number of congregations participating in JUMP is growing and so is the JUMP staff. JUMP is excited to announce it has added Jake Regnier to its staff. Jake will join Shanae' Calhoun and Madison Sorsen in the JUMP office and out in the field. He and his wife, Parker, currently live in Topeka. He will officially join JUMP in August.

JUMP's Addiction Committee continues to follow up on the creation of more Oxford Houses in Shawnee County. This was one of the goals that came out of the Nehemiah Assembly in April. The Housing Committee also continues its work in seeking funding for the Affordable Housing Trust Fund. City Manager, Brent Trout, attended JUMP's Celebration in June and indicated that he is working on securing the funding.

Topeka JUMP, has also been busy with its corporate and congregational investment drives. The congregational drive is close to its goal of \$60,000 and the corporate drive is making progress with both new and returning investors. In addition, investments from the congregational drive continue to come into the JUMP office and more corporate visits are scheduled.

September 19th is an important date for Trinity's justice ministry. It is the day we will have our annual House Meeting. At the meeting Trinity members will be encouraged to share their concerns, worries and fears. All 28 JUMP congregations will also be holding similar House Meetings and out of these meetings, JUMP identifies issues it will pursue. We hope all Trinity members and friends will participate.



WHAT DOES THE LORD REQUIRE OF YOU?

"TO DO JUSTICE, TO LOVE MERCY AND TO WALK HUMBLY WITH YOUR GOD."

MICAH 6:8

TOPEKA JUMP! JUMP FOR JUSTICE!

STEWARDSHIP



STEWARDSHIP IS THE WAY WE USE THE ABUNDANCE THAT GOD HAS ENTRUSTED TO OUR CARE TO LOVE GOD AND OUR NEIGHBOR.

Stewardship is about more than money, offering plates and pledges. It is the way we love God and neighbor with our whole lives--not just our wallets. Understood this way, stewardship is life giving and life encompassing. Stewardship is discipleship.

We experience abundance most fully when we open ourselves to God. When we do so, God plants in us a generosity of spirit that will lead us to provide resources for God's work in the world. When we step outside ourselves and give generously, when we fully participate in something bigger than we are, we experience the blessing of accomplishing things together.

PRAYER CONCERNS as of July 27, 2021

Audrey & Jacob Barnard and Marilyn Leinacker
 Carolyn Burns
 Cheryl Lindstrom
 Christa Sloop
 Chuck Pullen
 Claudia Jackson
 Helen Rhodes
 Jim Jenkins
 John Eddy
 Joyce Adcock
 Jessie Zimmerman
 Jurahee Shriver
 Kay Wildman
 Marjorie Marrs
 Marilyn Leinacker
 Marilyn Watt
 Olive Ubel
 Pat Thomblison & Kathleen Thompson
 Pam Oroke
 Rose Fritz
 Ruth Jenkins
 Virginia Pelton
 Wanda Sorber
 Our troops overseas
 Becky Jones' friends,
 Janice Pechacek & Cheryl Arney; Becky Schooler's sister-in-law, Jill; Carol Shannahan's friend Lise Marie, her brother Daniel & 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; 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; Elise (Higgins') friend Katy Everitt Iris
 Neuenswander'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



3-Aug Dylan Smelser
 8-Aug Jane Smelser
 8-Aug Don Boyd
 10-Aug Laurie Chandler
 16-Aug Randall Scott
 17-Aug Isabel Ashley
 22-Aug Talia Young
 23-Aug Maggie Crow
 25-Aug Jerrek Zabokrtsky
 25-Aug Lenny Njoroge
 27-Aug Martha Huizenga
 28-Aug Claudia Jackson
 28-Aug Cheryl Simons Lindstrom
 30-Aug Becky Bollinger
 31-Aug Jerry Niehaus
 31-Aug Jessie Zimmerman

Happy Anniversary

7-Aug Jill & Eric Greer
 8-Aug Gerald & Joyce Adcock
 9-Aug James & Peggy Morford
 13-Aug Vicky & Don Walters
 14-Aug Dennis & Jane Williams
 23-Aug Jeff & Barbara Koci
 31-Aug Jess & Margaret Danner

2021 In-Person Worship

June 27	71	
July 4	54	
July 11	62	Communion
July 18	67	
July 25	70	

August 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Liturgist: Susan Bozeman Preaching: Greg Lee USHERS: Marvin Burris & Dennis Williams 8:45 AM ZOOM ADULT SUNDAY SCHOOL	2 1:30 PM Sticks 'N String SR Group (Parlor or Zoom)	3 9:00 AM PROPERTY-records (FH) 9:00 AM Tuesday's with the Word (Dialogue Coffee) 12:30 PM MISSION CMTE MTG ZOOM 4:00 PM Aerobics (Rm 13/14) 5:00 PM DEACON CMTE MTG - ZOOM	4 11:00 AM Free Summer School Meals (7 dys) Distr. 6:45 PM Esther Circle (P) lesson starts at 7	5 5:00 PM Yoga for the Young at Heart (Rm 13/14) 6:00 PM PROPERTY CMTE MTG - ZOOM	6 1:30 PM Page Turners Book Study (Thornton Place Chapel) 4:00 PM Aerobics (Rm 13/14)	7 9:00 AM Terminex
8 Liturgist: Vicky Walters 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)	9 8:00 AM Harvesters Free Food Distribution (Fellowship Hall/Parking Lot) 1:30 PM Sticks 'N String SR Group (Parlor or Zoom) 1:30 PM Worship Cmte via ZOOM	10 9:00 AM Tuesday's with the Word (Dialogue Coffee) 4:00 PM Aerobics (Rm 13/14) 6:00 PM PEO Group (FH, P)	11 6:00 PM FINANCE CMTE MTG ZOOM	12 5:00 PM Yoga for the Young at Heart (Rm 13/14)	13 1:30 PM Page Turners Book Study (Thornton Place Chapel) 4:00 PM Aerobics (Rm 13/14)	14
15 Liturgist: Michael Langfitt MONTHLY NEWSLETTER ARTICLE DEADLINE USHERS: Craig Neuenswander & Pat Thomblison 8:45 AM ZOOM ADULT SUNDAY SCHOOL 10:30 AM COMMUNION WORSHIP SERVICE - In Person/Online	16 SESSION PACKET REPORTS DUE AT NOON 1:30 PM Sticks 'N String SR Group (Parlor or Zoom)	17 9:00 AM Tuesday's with the Word (Dialogue Coffee) 4:00 PM Aerobics (Rm 13/14)	18 7:00 PM SESSION (ZOOM)	19 5:00 PM Yoga for the Young at Heart (Rm 13/14)	20 1:30 PM Page Turners Book Study (Thornton Place Chapel) 4:00 PM Aerobics (Rm 13/14)	21
22 Liturgist: Cheryl Lindstrom USHERS: Barb Koci & David Shriver 8:45 AM ZOOM ADULT SUNDAY SCHOOL 10:30 AM WORSHIP SERVICE - In Person/Online	23 12:00 PM PERSONNEL CMTE MTG - ZOOM 1:30 PM Sticks 'N String SR Group (Parlor or Zoom)	24 9:00 AM Tuesday's with the Word (Dialogue Coffee) 4:00 PM Aerobics (Rm 13/14)	25	26 5:00 PM Yoga for the Young at Heart (Rm 13/14) 6:30 PM Handbell Choir Rehearsal 7:30 PM Heritage Choir Rehearsal (Rm 11)	27 1:30 PM Page Turners Book Study (Thornton Place Chapel) 4:00 PM Aerobics (Rm 13/14)	28
29 Liturgist: Jon Farrell-Higgins USHERS: Ann Fincham & Marvin or Susan Burris 8:45 AM ZOOM ADULT SUNDAY SCHOOL 10:30 AM WORSHIP SERVICE - In Person/Online	30 1:30 PM Sticks 'N String SR Group (Parlor or Zoom)	31 9:00 AM Tuesday's with the Word (Dialogue Coffee) 4:00 PM Aerobics (Rm 13/14)	1 6:45 PM Esther Circle (P) lesson starts at 7	2 5:00 PM Yoga for the Young at Heart (Rm 13/14) 6:00 PM PROPERTY CMTE MTG - ZOOM 6:30 PM Handbell Choir Rehearsal 7:30 PM Heritage Choir Rehearsal (Rm 11)	3 1:30 PM Page Turners Book Study (Thornton Place Chapel) 4:00 PM Aerobics (Rm 13/14)	4 9:00 AM Terminex

CHRISTIAN EDUCATION

ADULT SUNDAY SCHOOL

HOLD THE DATE: September 12th is Welcome Back Sunday!

Please plan on joining us to kick off the year. We'll provide more specific details soon.

We will have two classes starting in the Fall. We'll continue the current book study class with a new slate of materials. In addition, we will have a Bible Study class led by Judy Messenger, Alden Hickman and Jurahee Shriver. We're working to incorporate a few speakers throughout the year as well.

Our hope is that you join us and experience a time of fellowship, learning and growing in your faith.

Stay tuned for more information!

Summer is moving right along, so don't miss out on our remaining Adult Sunday School classes!

Laura Sidlinger will finish out the month of July and then David Ross and Jenny Lee will continue in August. Starting with the August 1st class, it will be both in-person and via Zoom, so you will have two options to join us as we study the Lectionary this summer. Looking forward to seeing you!

ADULT SUNDAY SCHOOL? ME? HERE'S WHY...

Centering and expanding at the same time. That is what Adult Education means to me. I need to be in relationship with God/Jesus/Holy Spirit, with people, with ideas, with the Bible.....Adult Education at Trinity gives me the opportunity to build and strengthen those relationships. I am centered and I am expanded.

---Susan Stickley

The main reason I started going to Sunday school was because of Covid-19. It gave me the chance to reconnect with my church family. I've continued attending because I enjoy the variety of topics and formats used to learn and discuss what is going on in our world and what went on in Biblical times.

---Becky Jones

I enjoy Sunday school. Sunday school brings out the sharing and caring of the people at Trinity. The latest classes on Ruth have shown me that there is so much there for the finding in our Bible, and we have learned a deeper level of exploring.

---Bob Burtch

SIGNIFICANT RELATIONAL GROUPS

PAGE TURNERS FRIDAY BOOK STUDY

Trinity's book group, Page Turners, is studying *Made for Goodness and Why This Makes All the Difference* by Desmond Tutu and Mpho Tutu. **We meet in person at Thornton Place** in the chapel on second floor. Thornton Place is off of 29th behind HyVee. Contact Carol Shannahan with questions.

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.

More groups on next page

SIGNIFICANT RELATIONAL GROUPS

NEEDING SOME EXERCISE?

LOW IMPACT AEROBICS IS BACK!

Tuesdays and Fridays at 4:00 p.m.

Rm's 13 & 14 in the lower level at Trinity

Questions? Contact Martha Huizenga at 785 273.2356.



WANTING A DIFFERENT PACE IN YOUR EXERCISE?

YOUNG AT HEART YOGA IS BACK!

Thursdays at 5:00 p.m.

Rm's 13 and 14 - lower level

Yoga at your own level or adaptation!

WANT TO BRUSH UP ON YOUR DANCE MOVES & EXERCISE?



Line Dance Lessons return to Trinity on September 14!

It's now on **Tuesdays every week from 10:00 to 11:00 a.m.**

The place is the same. Join us in Fellowship Hall and dance away those cares....and maybe even a few pounds!

WANT SOME TWIRL WITH YOUR EXERCISE?

Square Dance Lessons will resume this fall on September 15!

Join us on **Wednesdays at 7:00 p.m.** Dana Shirmer, an internationally known instructor, will bring his crew in and teach us how to dance in a square and have great fun doing it.



ARE YOU READY TO GET CREATIVE?

The Sticks & String group is again clicking and looping their way through a skein of yarn until their hearts are content on **Mondays from 1:30 p.m. to 3:00 p.m.** Join them in the parlor for some creative needle work and (sometimes) hilarious conversation!



PEACEMAKING

College Graduate, Haydee Diaz, Expresses her thanks.

MY GRADUATION



Thank you very much brothers from Wichita-Topeka for your support during all these years and for helping us to achieve our dreams. ❤️



My parents accompanying me on this day so important to me

I will forever be grateful to each of the people who contributed to my life project. ❤️



They are my life, I love them.

They are also very grateful to each of you.



Leaving of the university with my parents



LIVING GREEN

OUR PLASTIC CRISIS

WE HAVE ONLY BEEN USING PLASTICS FOR 40 YEARS IN MASS CONSUMPTION (SINCE WW2).

Companies produce annually over 300 metric tons and the amount keeps increasing each year.



Did you stop to think that plastics are made from fossil fuels, so we add greenhouse gases to our climate whenever any are produced. And they do not biodegrade – so they keep breaking into smaller and smaller pieces but keep the same chemical structure. Most plastics end up as waste in landfills or pollute the ocean or land.

So we are left with “microplastics”, varying from about the size of a grain of rice to so tiny we cannot see them with our naked eyes. Microplastics come from our larger plastics or from microbeads which have been used as exfoliators in body washes and toothpastes until banned by the FDA. Some countries still have them in use however. We also spread microplastics with synthetic clothing! 60% of our fabrics are synthetic.

When you clear fibers from your lint trap in the dryer, be aware that other tiny pieces go down the drain from the washer as well.

The average wastewater treatment plant can filter out only 95% of microplastics, releasing more than 4 million particles into the waterways daily. There are 15,000 treatment plants in just the U.S. Our microplastics are contaminating the oceans and harming marine life from the bottom to the top of the food chain, with 5 trillion pieces in the oceans.

We also have microplastics in our air and soil, however, with researchers finding them in Artic snow and everywhere they have looked on the planet.

Here are a few ideas to start to break the single-use plastic routine.....

- ♥ Keep a refillable water bottle handy all year round and stop using plastic water bottles.
- ♥ Say no to plastic straws and utensils in takeout orders. Keep your own set of utensils with you or use them at home.
- ♥ Bring your own “take-home” containers for leftovers at restaurants.
- ♥ Buy Beeswax wraps to replace plastic wraps.
- ♥ Use silicone sealing flexible reusable containers to replace plastic bags. They can be used in the freezer, cooked in microwave or boiling pan of water and will run through the dishwasher many times over. (And Walgreens even carries Stasher brand routinely now!)

Wildlife will thank you!!



PARISH NURSE

Parish Nurse

Healthy Vision



What Does 20/20 Vision Really Mean?

20/20 vision isn't perfect vision — it's *average* vision.

- The first number is your vision.
- The second number is an average person's vision.
- 20/20 vision means you can see an object clearly from 20 feet away, just like an average person.
- If the second number is lower than the first, you have *above average* vision.

Stormont Vail Health

- ◆ Eat healthy
- ◆ Quit smoking
- ◆ Sunglasses, Safety goggles, wide-brimmed hats
- ◆ Hydrate—Drink plenty of fluids
- ◆ Regular eye exams
- ◆ Throw away old (eye) make-up— >3months

HOW TO PROTECT YOUR EYES FROM DIGITAL STRAIN

Over the past year we have experienced a greater use of digital media. The COVID-19 Pandemic caused lockdowns, school closures, digital meetings, while often working remotely. The pandemic has truly changed the way our society operates. Take steps to protect your vision!

Blessings in Christ,
Kathy Welch,
Parish Nurse

65%
65% of Americans suffer from Digital Eye Strain

7 HRS / DAY
The average American spends 7 hrs / day working on a computer

TAKE A BREAK...
Follow the **20-20-20 Rule**
Take a 20 second break to stare at something 20 feet away every 20 minutes

96%
96% spend more than 2 hrs/ day using digital devices

The average digital device user blinks 5-8 times / minute
Blink 15 times a minute for optimal eye health

MODIFY YOUR WORKSPACE...
Your eyes should be **20 – 28"** from your monitor and **4 – 5"** above the center of the screen

Overhead lighting should match the brightness of your monitor

Maintain good posture

ONE DEVICE AT A TIME...
77%
77% of people with digital eye strain use 2 or more digital devices simultaneously

TALK TO YOUR DOCTOR
90%
90% of patients don't discuss their digital device use with their eye doctor



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

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

Nonprofit Org.
U.S. Postage
PAID
Topeka, Kansas
Permit No. 819

.....

RETURN SERVICE REQUESTED



In the coming weeks, the Nominating Committee will begin seeking nominations for Elders, Deacons, Endowment Committee Members, and Nominating Committee Members for the year 2022.

The Committee asks you to think about serving in one of these capacities. If someone talks to you about filling one of these positions, please prayerfully consider your answer.

The members of the Nominating Committee are: Marvin Burris-Chair, Cathy Armstrong, Pat Thomblison, Kari Hachiya, Becky Bollinger and Laura Sidlinger.

BECOME A VOLUNTEER - MAKE A DIFFERENCE



.....