

THE *talking trinity*

The monthly newsletter for Trinity Presbyterian Church
In Topeka, Kansas

OCTOBER 2021

PEACE & GLOBAL WITNESS
SPECIAL OFFERINGS
PEACEMAKING AND RECONCILIATION



PEACE
at all times in all ways.

— 2 THESSALONIANS 3:16

THE LIGHT OF PEACE

The Peace & Global Witness Offering offers light to those in the shadows and guides us all into the ways of peace. We come together to promote the peace of Christ by addressing systems of injustice in our own communities and around the world.

25%

of this Offering stays with our congregation to support peacemaking and reconciliation in our own community.

25%

of this Offering will go to joining with other congregations in our area to support peacemaking work in our region.

50%

of this Offering supports the work for peace and reconciliation being done by Presbyterians across the globe.

Please give generously.

IF WE ALL DO A LITTLE, IT ADDS UP TO A LOT.

Peace and Global Witness Offering 2021

May the Peace of Christ be with you. Each year we collect several special offerings here at Trinity.

During October, we receive the Peace and Global Witness offering which, as its name implies, goes to global and local work for peace and witness. The PCUSA still has a global mission office that supports mission co-workers (missionaries) in over 50 countries around the world.

When you give to the Peace and Global Witness offering, 50% of the gift will support global mission projects, 25% will go to the Presbytery of Northern Kansas to support mission projects like Topeka JUMP and Presbytery Wide Mission trips, like the one that Susan and Anton went on just last week to King Lake (outside Omaha). There, the 8 member Presbytery mission team worked to rehab houses that were damaged in the floods of 2019.

The remaining 25% will stay in Topeka to support Harvesters, as they continue to provide food to those people who need it during this time of food insecurity. The food that Trinity distributes the second Monday of each month is provided by Harvesters.

Write checks to "Trinity Presbyterian Church" with "PGWO" written on the memo line. You can also give to this offering through our website.

Go to

www.trinitypresbyterian.net/give, there is an option to give to any of our special offerings.

PEACE AT ALL TIMES, IN ALL WAYS

The Peace & Global Witness Offering helps people process violence and crisis-related trauma through creative expression in places like Lebanon, Southwestern Asia and North Africa.



The Pacific Presbytery Immigration and Refugee Task Force and the Presbyterian Peacemaking Program sponsored a travel study seminar to Los Angeles and Tijuana to witness the impact of migration and immigration law north and south of the border — one of many such trips they sponsor to share more about efforts for peace, justice and reconciliation in places of conflict, injustice and oppression.

First Presbyterian Church of Boonton, N.J., uses its portion of the Peace & Global Witness Offering to support mental health and suicide prevention programs in their community.



Visit pcusa.org/peace-global/resources for more information.

PEACE & GLOBAL WITNESS
SPECIAL OFFERINGS
PEACEMAKING AND RECONCILIATION



Our Peace & Global Witness Offering enables the church to promote the peace of Christ by addressing systems of injustice in our own communities and across the world.

Thank you for your participation in the Peace & Global Witness Offering.

IF WE ALL DO A LITTLE, IT ADDS UP TO A LOT!

Presbyterian Church (U.S.A.)
Presbyterian Mission

The Peace & Global Witness Offering is one of four annual special offerings. The church-wide Special Offerings of the Presbyterian Church (U.S.A.) play an important role in defining what it means to be a congregational church in the twenty-first century, bringing together the diversity of the PC (USA) to focus and take faith-based action on shared concerns. The Offerings offer opportunities for partnership, learning, and witness and profoundly affect the life of the church as a collective witness to Jesus Christ's love for the whole church.

WAYS TO GIVE


- Through your congregation

Donate by credit card online at pcusa.org/peace-global

Text PCUSAPEACE to 41444 to give to Peace & Global Witness or visit pcusa.org/peace-global for more information.



If you wish to donate with a check to the Peace and Global Witness Offering, please mail to Trinity Presbyterian Church at 4746 SW 21st Street, Topeka Kansas 66604. Feel free to clip this envelope and include it with your check as designation toward the PGWO offering.


 Presbyterian Church (U.S.A.)
 PO Box 643700
 Pittsburgh, PA 15264-3700

We join in this Offering because it is boundless peace that God offers.


Our Peace & Global Witness Offering joins Presbyterians together as active peacemakers; enabling the church to promote the peace of Christ by addressing systems of injustice in our own communities and across the world. Please give generously! When we all do a little, it adds up to a lot.

Name: _____ Envelope Number: _____

My Gifts: \$25 \$50 \$75 \$500 Other \$ _____

PGENv19 Pew
 12142-19-275

Visit pcusa.org/peace-global
 for more information or to give online.


 Presbyterian Church (U.S.A.)
 Presbyterian Mission



Reformation Worship Service

The Reformation Worship service scheduled for Sunday, October 31, at First Presbyterian Church has been cancelled.

It will be rescheduled for another time.

Mary Martha

Women's Daytime Circle

Wednesday, October 6, 2021

1:30 p.m. in the Parlor

Study Leader: Cheryl Lindstrom

All are welcome to attend.

Questions? Contact Susan Bozeman
skboze@gmail.com or 785-224-0433



What My Grandmothers Taught Me
 Learning from the Women in Matthew's Genealogy of Jesus
 by Susan Bozeman
With suggestions for leaders by Kathleen L. Searcy

"What My Grandmothers Taught Me" invites us into the stories of Tamar, Rahab, Ruth, Bathsheba and Mary. How was Jesus shaped by these family stories? What might they have taught Jesus? What can they teach us? How will they lead us into the Good News about Jesus Christ?



Reflections

The other day, a curious member of the congregation asked me, “Pastor Mere, why do we say the Affirmation of Faith every Sunday?” It’s true that most Sundays, immediately following the sermon, we rise in body (and spirit) and recite one of the Creeds/Confessions of the Presbyterian Church. Very often, we recite the Apostles Creed, but we also recite others, such as the Brief Statement of Faith and the Confession of 1967. But why is an Affirmation of Faith so important? According to PCUSA curriculum, “*After we hear the good news, we say what we believe. Often these words come from the*

church’s creeds and confessions. In these writings, we remember and tell the world who we are, what we believe, and how we should live according to God’s Word.”

The Presbyterian Church (U.S.A.) currently has 12 Confessions compiled in our (appropriately named) Book of Confessions. The chronologically oldest Confession is the Nicene Creed (325 A.D.) and the most recent Confession is The Brief Statement of Faith. The Confession of the Belhar is the most recent addition to our Book, having been approved for inclusion in 2016, Presbyterians understand Confessions to be an authoritative witness to God’s actions, mercy, and love. Ministers, Elders, and Deacons vow to be “guided by the Confessions” in their service to the Church.

Each Confession is also a historical document; every creed/confession was composed in answer to Church schism, worldly conflict, or doctrinal disagreements. For example, The Nicene Creed affirmed, for the first time, that God exists as a Trinity. The Theological Declaration of the Barmen was written by the Confessing Church in Germany as a statement against the rise of Hitler and Nazism. The Confession of 1967 was born out of the need for the church to reclaim its ministry of reconciliation. Of course, not everything in each Confession “holds up” to today’s theology. For instance, some creeds contain Anti-Semitic and Anti-Roman Catholic language. But it is important for us to retain these uncomfortable portions as historical record, and a lesson that our forebears did not always “get things right.”

If you are interested in learning more about the Creeds of the Presbyterian Church (U.S.A.), I recommend either downloading or purchasing a Book of Confessions and reading through them. And next time we confess our faith, you can give thanks for the great cloud of witnesses who came before who put pen to paper (or parchment) and gave words to what we believe.



Thanks be to God!
Rev. Meredith



WHAT IS A MATTHEW 25 CHURCH?

Matthew 25:31–46 calls all of us to actively engage in the world around us, so our faith comes alive and we wake up to new possibilities. Convicted by this passage, both the 222nd and 223rd General Assemblies (2016 and 2018) exhorted the PC(USA) to act boldly and compassionately to serve people who are hungry, oppressed, imprisoned or poor.

STEWARDSHIP

Stewardship is not just about the fall pledge drive or Sunday morning offering. Stewardship is the way in which we reflect our call to discipleship with our whole lives--our time, talents, resources, money and so much more. During this pandemic, you--the Trinity congregation-- have gone above and beyond in answering that call. You have remained loyal to your monetary commitments and your commitments of time and talent. As we move toward 2022, you are encouraged to recognize the many ways God shows his love for us by renewing those commitments.

What is *Per Capita*



Presbyterian Church (U.S.A.)
Office of the General Assembly
100 Witherspoon Street
Louisville, KY 40202

Per Capita is a fundamental way in which all of the nearly 10,000 congregations and mid councils of the Presbyterian Church (U.S.A.) connect, participate and share in the work of the wider church. Per capita is the primary source of funding for the Office of the General Assembly, and is how Presbyterians mutually and equitably share the costs of coming together to discern the Spirit's leading for the future.

- ✦ It is how Presbyterians are trained to become better ruling elders, teaching elders and deacons, and ministers.
- ✦ It is how Presbyterians are helped to discern God's call in their lives.
- ✦ It is how Presbyterians participate in the life of the wider church by serving on General Assembly committees and commissions, regardless of distance or financial resources.
- ✦ It is how Presbyterians participate in the life of the Church universal as we commit ourselves to work and live in fellowship with "all persons in every nation" (Book of Order, G-4.0101)

All Presbyterians are called to take part in the ecclesiastical and administrative work shared by the whole church through per capita giving. The annual rate is a per-member apportionment that is assessed biennially by the General Assembly. (Book of Order, G-3.0106) All congregations — large and small — are encouraged to participate, either through an annual budget item or through a special direct appeal to their congregations.

LET'S GET TO KNOW TRINITY'S AMAZING SUNDAY SCHOOL

TEACHERS FOR 2021-2022

QUESTIONS ASKED OF EACH TEACHER

1. Did you grow up in church or start coming after you became an adult?
2. If you could ask God a question, what would it be?
3. What is your favorite church memory?
4. What is your favorite comfort food?
5. What would you like to share about yourself?

Preschool Teachers

Peggy McAdoo

1. All my life
2. Why me?
3. Sharing times with friends at church – circle, youth groups, mission trips, etc.
4. Chocolate (dark), anything
5. I am thankful for the caring of the church family as my children grew and for their continued interest and concern.



Marilyn Leinacker

1. Adult
2. Can you help me stay healthy at least till my grandson is raised?
3. Helping people with Deacons
4. Mexican



Jamie Merklein

1. Both; Attended Church regularly until third grad and began again as an adult
2. They say all dogs go to heaven, do they really?
3. The Christmas Eve play always, candles lighting the road into the Church and the big bag of old-fashioned candy (small rural church).
4. Chicken and dumplings



Grade K-3 Teachers

Carrie Lancaster

1. Grew up in the church
2. Why do Jews and Palestinians have to fight continually?
3. Getting married at First Presbyterian Church in Topeka.
4. Ice Cream
5. Retired elementary teacher



Becky Bollinger

1. Grew up here at Trinity
2. It is hard to narrow it down to one question. I guess the first question that comes to mind is after our physical bodies die what is it like in heaven?
3. Helping with Youth Sunday and watching the youth pull off an awesome program each time and being exhausted and exhilarated at the same time.
4. Esne Chips but can't get them here unfortunately.



Grade 4-6 Teachers

Janis Holiwell

1. Grew up, left and came back
2. About Heaven
3. Father preaching in church
4. Mac and Cheese, donuts
5. Like to help people



Craig Stafford

1. Grew up in the Presbyterian church. Mother was a CE director.
2. How he could plan for our futures amid change or even chaos.
3. Sound of the organ introit. Release of hostages (Iran), rocking for Iraq fundraiser, Trinity entry.
4. Mashed potatoes
5. I like the mountains and the sea, but I've mainly lived in the Midwest.



Confirmation Teachers

Melissa Ansberry

1. Grew up in Emporia at Westminster Presbyterian.
2. Am I following the right path?
3. Watching my husband and daughter get baptized together.
4. Nachos and ice cream
5. I like to crochet; read and listen to books; listen to music



Pat Thomblison

1. Womb to tomb Presbyterian (with a small excursion).
2. What can I do to make the world a better place?
3. Teaching Confirmation Class – I learn so much!
4. Ice cream



High School & College Teachers

Melissa Bylsma

1. I grew up in the Methodist Church in Lindsborg, Kansas.
2. How can I do a better job sharing your word?
3. I loved going to camp and putting on our annual spaghetti supper because it brought the town together.
4. Tacos
5. I'm due with baby #2 in November.



Jon Farrell-Higgins

1. Grew up attending church.
2. How can different faiths worship you in peace?
3. Taking part in Youth Sunday planning and "pulling it off" come Sunday morning.
4. Ice cream – French Silk!
5. I love the mission work focus at Trinity.



Toni Farrell-Higgins

1. I began going to church when I was 11.
2. How can we of different faiths show each other that You are still all of ours.
3. Being part of groups that "click." It's a joy to be part of a group that feels as if one is learning, growing and understood.
4. Chocolate – no contest!
5. Being on Mission trips, especially to El Salvador



has been one of the most meaningful experiences of my life. Jonathan and I are excited to be first time grandparents in December.

Connie Hubbell

1. Joined as a young adult. Have been a member for almost 50 years.
2. How can I become a better follower of the Lord?
3. Attending a church retreat while on the Session – Felt the presence of God.
4. Pizza – Supreme
5. I am so appreciative of my amazing family. We have hared and enjoyed many memories.



Greg Lee

1. After I married Jenny.
2. How can I/we advance your ministry?
3. Throwing the ball from short stop to the soft-handed Marvin Burris.
4. No answer
5. Be strong and of good faith for the Lord thy God is with you, Joshua 1:9.



Carmen Raines

1. I grew up in the church.
2. No answer
3. I was directing a choir rehearsal during a thunderstorm. When I said to "make the music sound like the Spirit of God come down," I touched a tenor on the head as a clap of thunder shook the building.
4. Chips and dip
5. I'll be learning this semester with Emporia Presbyterian Church. The experience will be my last class to earn my Master of Divinity. After Thanksgiving I'll be back to Trinity to help teach Sunday School.



Adult-Fellowship Hall Teacher

Martha Miller

1. Grew up in the church
2. No answer
3. Going to Sunday School and Church with my parents and siblings.
4. Homemade bread
5. I enjoy cooking, gardening and working in my yard.



Adult-Room 9 Teacher

Carol Thomas

1. I grew up at Trinity, was away for about 5 years in different cities, then back.
2. No answer
3. Sitting in the sanctuary during Holy Week services as a teen. Watching the early morning light come in through the stained glass windows.
4. Dark chocolate
5. I am a retired teacher and speech language pathologist and am now enjoying being a grandmother for the first time.



Tuesdays with the Word Teacher

Rev. Meredith Kemp-Pappan

1. Grew up Presbyterian
2. Why did you create mosquitos!?
3. My ordination to Christian ministry.
4. Mashed potatoes!
5. I Love coffee – it's my favorite treat.



Page Turners Teacher

Jenny Lee

1. Grew up in this church.
2. What is it that I need to be doing personally and as a church to bring peace?
3. Mother/daughter teas
4. Chocolate
5. I love to garden, and I love art.



Please stay tuned for upcoming editions of Talking Trinity as we feature our Adult CE Teachers! We are thankful and blessed to have so many dedicated teachers who lead us each week in Sunday School.



Thank You!
THANK YOU!



Join us for Adult Sunday School – October Schedule

9:30-10:15 SUNDAY MORNINGS IN FELLOWSHIP HALL

Join Judy Messenger, Alden Hickman, or Jurahee Shriver as they rotate Sundays and share their wisdom of the Bible in exciting ways that will keep you wanting to return for the next lesson.

October 3rd – Bible Study with Judy Messenger

October 10th – How did that get in the Bible with Alden Hickman

October 17th – How did that get in the Bible with Alden Hickman

October 24th – Images in Religion with Jurahee Shriver

9:30-10:15 SUNDAY MORNINGS IN RM 9, LOWER LEVEL

Join Anton Ahrens and Susan Stickley as they facilitate *Which Way Lord?* by Rob Fuquay. This is a class with lively discussion where everyone's voice is heard and important. God created every person with a desire for meaning and purpose. Many of us wonder, how do we live the purposeful life God intends for each of us?

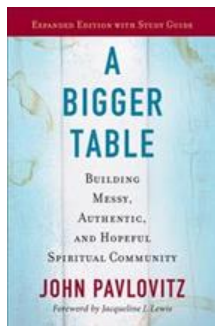
This 6-week book/DVD series is designed to help us consider that big question. This series helps us unpack our lives alongside Paul's life to find our purpose and passion. A perfect study series for back-to-school, the beginning of a new year, or anytime you need a fresh start.

Rediscover the truths that you are wonderfully made, created for purpose, and equipped to live a life of significance. Despite the adversities and detours you will encounter along the way, you can rely on God. Join us as we travel together to find our purpose.

On Sunday, September 12th, we were honored to have Dr. Alan Bearman, Professor of History at Washburn, Dean of University Libraries and the Center for Student Success and Retention as our guest speaker for Adult Sunday School. He discussed the importance of student success and its direct impact on the health of our community. Washburn works closely with the Topeka 501 School District to identify students for the Ichabod Success Institute. This prepares first generation students for success at Washburn and beyond. To hear the full presentation, please visit the Trinity website.



BOOK/DISCUSSION GROUPS



PAGE TURNERS FRIDAY BOOK STUDY

Page Turners is reading the book, *A Bigger Table: Building Messy, Authentic, and Hopeful Spiritual Community* by John Pavlovitz. We are continuing to meet in person at Thornton Place in the Chapel on second floor on Fridays at 1:30pm. Thornton Place is off of 29th and behind Hy-Vee (2901 West Armstrong). Text or call Carrie Lancaster with questions.

TUESDAYS WITH THE WORD

Tuesdays with the Word is meeting at Café Quetzal, 2111 SW Belle Ave., Suite A & B, from 9am - 10am. Using a printed lesson, we discuss how Scripture applies to current events.

If you would like to participate, email Rev. Meredith at meredith@trinitypresbyterian.net so she can get you on the distribution list.





Would you like to be involved in decisions affecting areas such as Trinity's finances, worship, facilities, or education? Or would you like to be involved in reaching out to Trinity members through phone calls and sending cards? If so, you should consider a nomination to be an Elder or Deacon in the coming year's class.

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

FINANCE MATTERS



Third quarter pledge statements will be mailed this month. Please verify the information on your statement, and confirm the contributions you have made in 2021. If you have questions, please contact Carol Shannahan by telephone at 785.559.8551 or email carolsbutterflies1@gmail.com.

Your pledge is the most effective way to support the ministries at Trinity.

GREEN

CORNER

Ever wonder how large a carbon footprint you or your family are creating?

Our basic habits each day contribute to the greenhouse gas emissions and make up our carbon footprint.

The Environmental Protection Agency has an easy to use tool to help us determine our basic footprint based on our household energy, transportation usage, and waste. We can enter information such as our electricity bills or usage, our mileage, and our recycling habits to see how we compare with the average American. It also offers ideas for decreasing that footprint on the tool.

If you would like to try it, go to: www3.epa.gov/carbon-footprint-calculator

Next we can put our church into the calculator and see how we do!



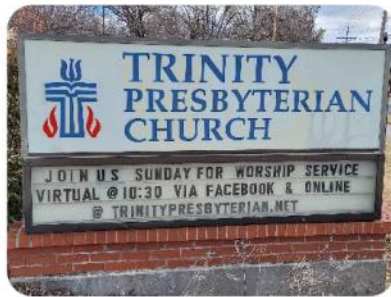
MATTHEW 25

First Impressions

We've all heard the expression "You Never get a second Chance to make a Great First Impression"

Have you ever stopped to think about all the possible opportunities that Trinity and ALL of us have to make a GREAT 1st impression?

Perhaps it is through our food distribution.
Or, one of our many other Mission projects.



Perhaps one of the 40,000 views a month of our sign from 21st street.
Such a powerful potential for some amazing 1st impressions.

Maybe someone checks us out on-line [because almost EVERYBODY clicks first]

FYI – If you were not aware, there are a significant number of changes being done to the Trinity Website. Some of them you can see now. Watch for it to change and improve daily.



1st time Visitors receive a gift/information bag which now includes a Sweet Treat.



But the single most important and impactful opportunity is every single time one of us encounters someone and they see something in us that moves them. Ask yourself, what am I doing today to make a Great 1st Impression of Trinity

Live the Trinity Mission – Glorify God, Share Christ's Love, and Make New Disciples.

OCTOBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 Liturgist: Melissa Ansberry PNK Youth Event (Manhattan) Sermon on the Steps: Janis Holiwell & _____ USHERS: Marvin Burris & David Shriver 9:30 AM SUNDAY SCHOOL for ALL AGES in-person & online 10:30 AM WORSHIP SERVICE - In Person/Online	27 12:00 PM PERSONNEL CMTE MTG - ZOOM 1:30 PM Sticks 'N String Group (Parlor or Zoom)	28 9:00 AM Tuesday's with the Word (Cafe Quetzal) 10:00 AM Line Dance Lesson (FH) 1:30 PM Office Staff Meeting (P) 4:00 PM Aerobics (Rm 13/14)	29 SQUARE DANCE POSTPONED UNTIL OCT 27	30 5:00 PM Yoga for the Young at Heart (Rm 13/14) 6:15 PM Handbell Choir Rehearsal 7:30 PM Heritage Choir Rehearsal (S)	1 1:30 PM Page Turners Book Study (Thornton Place Chapel) 4:00 PM Aerobics (Rm 13/14)	2 9:00 AM Terminex
3 Liturgist: Peggy McAdoo Sermon on the Steps: USHERS: Marvin Burris & Dennis Williams World Communion Sunday 9:30 AM SUNDAY SCHOOL for ALL AGES in-person & online 10:30 AM COMMUNION WORSHIP SERVICE - In Person/Online	4 1:30 PM Sticks 'N String Group (Parlor or Zoom)	5 9:00 AM Tuesday's with the Word (Cafe Quetzal) 10:00 AM Line Dance Lesson (FH) 12:30 PM MISSION CMTE MTG ZOOM 1:30 PM Office Staff Meeting (P) 4:00 PM Aerobics (Rm 13/14) 5:00 PM DEACON CMTE MTG - ZOOM	6 1:30 PM Mary Martha Circle (P) 6:45 PM Esther Circle (P) lesson starts at 7	7 5:00 PM Yoga for the Young at Heart (Rm 13/14) 6:00 PM PROPERTY CMTE MTG - ZOOM 6:15 PM Handbell Choir Rehearsal 7:30 PM Heritage Choir Rehearsal (S)	8 1:30 PM Page Turners Book Study (Thornton Place Chapel) 4:00 PM Aerobics (Rm 13/14)	9
10 Liturgist: Carol Shannahan Sermon on the Steps: USHERS: Susan Burris & Nancy Carpenter 9:30 AM SUNDAY SCHOOL for ALL AGES in-person & online 10:30 AM WORSHIP SERVICE - In Person/Online 11:30 AM PEACEMAKING COMMITTEE MTG (Parlor)	11 8:00 AM Mission Cmte Fellowship Hall/Parking Lot 12:00 PM Harvesters Free Food Distribution (Parking Lot) First Come/First Served 1:30 PM Sticks 'N String Group (Parlor or Zoom) 1:30 PM Worship Cmte via ZOOM	12 9:00 AM Tuesday's with the Word (Cafe Quetzal) 10:00 AM Line Dance Lesson (FH) 1:30 PM Office Staff Meeting (P) 4:00 PM Aerobics (Rm 13/14)	13 6:00 PM FINANCE CMTE MTG ZOOM	14 5:00 PM Yoga for the Young at Heart (Rm 13/14) 6:15 PM Handbell Choir Rehearsal 7:30 PM Heritage Choir Rehearsal (S)	15 MONTHLY NEWSLETTER ARTICLE DEADLINE 1:30 PM Page Turners Book Study (Thornton Place Chapel) 4:00 PM Aerobics (Rm 13/14)	16 7:00 PM Friendship Squares Dance (FH, K) set up at 6p
17 Liturgist: Michael Langfitt Sermon on the Steps: USHERS: Craig Neuenswander & Marvin Burris 9:30 AM SUNDAY SCHOOL for ALL AGES in-person & online 10:30 AM WORSHIP SERVICE - In Person/Online	18 SESSION PACKET REPORTS DUE AT NOON 1:30 PM Sticks 'N String Group (Parlor or Zoom)	19 Presbytery Meeting via ZOOM 9:00 AM Tuesday's with the Word (Cafe Quetzal) 10:00 AM Line Dance Lesson (FH) 1:30 PM Office Staff Meeting (P) 4:00 PM Aerobics (Rm 13/14)	20 7:00 PM SESSION (tbd)	21 5:00 PM Yoga for the Young at Heart (Rm 13/14) 6:15 PM Handbell Choir Rehearsal 7:30 PM Heritage Choir Rehearsal (S)	22 1:30 PM Page Turners Book Study (Thornton Place Chapel) 4:00 PM Aerobics (Rm 13/14)	23
24 Liturgist: Connie Hubbell Sermon on the Steps: Triniteen Faith Visit USHERS: Marvin Burris & David Shriver 9:30 AM SUNDAY SCHOOL for ALL AGES in-person & online 10:30 AM WORSHIP SERVICE - In Person/Online	25 12:00 PM PERSONNEL CMTE MTG - ZOOM 1:30 PM Sticks 'N String Group (Parlor or Zoom)	26 9:00 AM Tuesday's with the Word (Cafe Quetzal) 10:00 AM Line Dance Lesson (FH) 1:30 PM Office Staff Meeting (P) 4:00 PM Aerobics (Rm 13/14)	27 5:30 PM WORSHIP PLANNING TEAM mtg 7:00 PM Square Dance Lessons (FH, K)	28 5:00 PM Yoga for the Young at Heart (Rm 13/14) 6:15 PM Handbell Choir Rehearsal 7:30 PM Heritage Choir Rehearsal (S)	29 1:30 PM Page Turners Book Study (Thornton Place Chapel) 4:00 PM Aerobics (Rm 13/14)	30
31 Liturgist: N/A Reformation Sunday Sermon on the Steps: USHERS: Ann Fincham & Marvin or Susan Burris 9:30 AM SUNDAY SCHOOL for ALL AGES in-person & online	1 All Saints Day 1:30 PM Sticks 'N String Group (Parlor or Zoom)	2 9:00 AM Tuesday's with the Word (Cafe Quetzal) 10:00 AM Line Dance Lesson (FH) 12:30 PM MISSION CMTE MTG ZOOM 1:30 PM Office Staff Meeting (P) 4:00 PM Aerobics (Rm 13/14) 5:00 PM DEACON CMTE MTG - ZOOM	3 1:30 PM Mary Martha Circle (P) 6:45 PM Esther Circle (P) lesson starts at 7 7:00 PM Square Dance Lessons (FH, K)	4 5:00 PM Yoga for the Young at Heart (Rm 13/14) 6:00 PM PROPERTY CMTE MTG - ZOOM 6:15 PM Handbell Choir Rehearsal 7:30 PM Heritage Choir Rehearsal (S)	5 1:30 PM Page Turners Book Study (Thornton Place Chapel) 4:00 PM Aerobics (Rm 13/14)	6 9:00 AM Terminex

PARISH NURSE

Pain Awareness

Acute Pain— generally caused by an event and associated with soft tissue damage (surgery, injury), lasting moments to several months and resolves once the cause of the pain has healed... focus is on treatment



Chronic Pain—may not be associated with an actual injury or disease... persists beyond the normal healing time of an injury or disease and has no foreseeable end point... focus on self-management

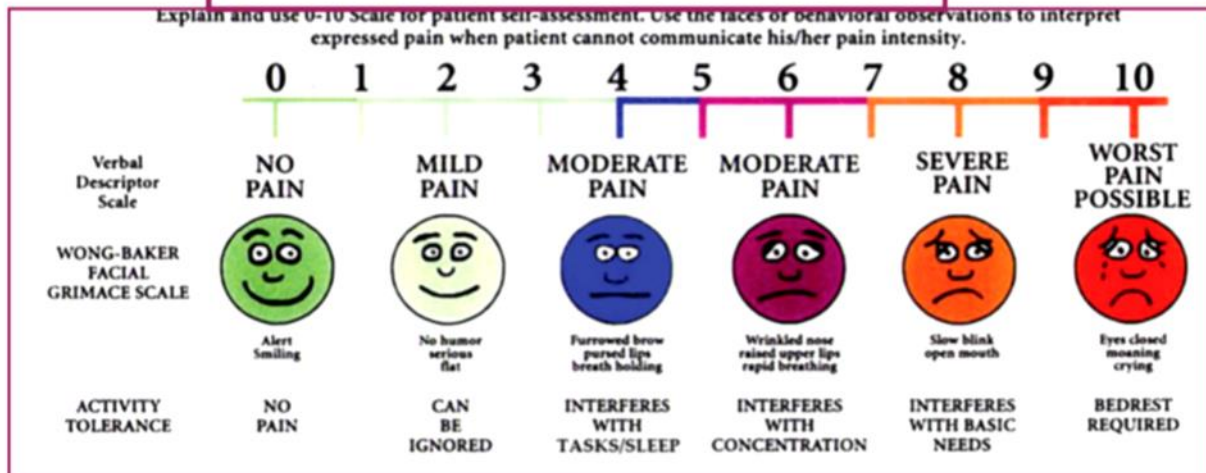
Pain is Multifactorial



Pain is More Common Than You Think:

- Nearly 1 in 2 people consider themselves to be suffering from pain.
- 3.4 % have an extreme pain problem
- 1 in 5 people live with chronic pain.
- 27 % Back pain
- 15 % Headaches or Migraines
- 15 % Neck Pain
- 4 % Face Pain

Universal Pain Assessment Tool



4 P's of Pain Management

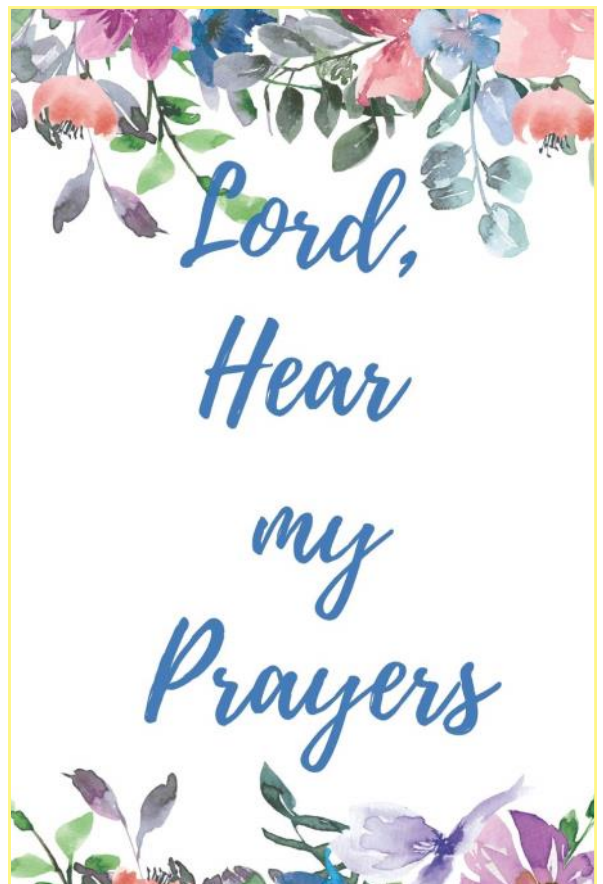
Best Treatment is to use a combination of the 4 P's.

Prevention	Psychological	Physical	Pharmaceutical
Better Sleep	Self-Management Education	Exercise	Match Medicine to TYPE of Pain
Activity Pacing	Counseling	Physiotherapy	Medicine should make movement & sleep more comfortable, but may not eliminate pain.
Splints or Orthotics	Relation Training	Massage	
Healthy Lifestyle	Social support	Acupuncture	
		Chiropractic	
		Electrical Devices	

PRAYER CONCERNS as of September 21, 2021

Audrey & Jacob Barnard and Marilyn
Leinacker
Carolyn Burns
Cheryl Lindstrom
Chuck Pullen
Helen Rhodes
John Eddy
Joyce Adcock
Jessie Zimmerman
Jurahee Shriver
Jim Jenkins
Kay Wildman
Karen & Doug Meenen
Marjorie Marrs
Marilyn Leinacker
Marilyn Watt
Martha Benignus
Olive Ubel
Pat Thomblison & Kathleen Thompson
Pam Oroke
Rev. Mike Kuner
Rose Fritz
Ruth Jenkins
Virginia Pelton
Our troops overseas
Becky Jones' friends, Janice Pechacek &
Cheryl Arney; Becky Schooler's sister-in-
law, Jill; 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; 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' great niece, Kaila, 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 and her sister,
Shannon: Zimmerman family





- 1-Oct Michael Langfitt
- 5-Oct Susan Parry
- 6-Oct Margaret Danner
- 6-Oct Cindy Hall
- 6-Oct Jerry Thompson
- 9-Oct Tom Ashley
- 9-Oct Matt Williams
- 12-Oct Brad Parry
- 12-Oct Adele Wallace
- 13-Oct Audrey Chestnut
- 13-Oct Virginia Chapman
- 14-Oct Dennis Williams
- 15-Oct Susan Whipple
- 21-Oct Cathy Armstrong
- 22-Oct Claire Stevenson
- 23-Oct Carrie Lancaster
- 24-Oct Martha Miller
- 28-Oct Rosetta Casselle
- 28-Oct Marion King

Happy Anniversary

- 1-Oct Karen Leon Boswell & Mark Boswell
- 6-Oct Carol & Danny Thomas
- 8-Oct Bruce & Kelly Voigt
- 10-Oct Art & Carrie Lancaster
- 11-Oct Allen & Melissa Ansberry
- 22-Oct Jim & Ruth Jenkins
- 31-Oct Randall Scott & Kay Graham Scott

THANK YOU



Thank you to all the friends and members of Trinity who called, sent cards and emails wishing me wonderful wishes for my late August birthday. I am so appreciative to be remembered. Trinity has been part of my life for 67 years. For that, I am truly grateful.

*Thank you,
Cheryl Simons Lindstrom*

2021 In-Person Worship Attendance

August 29	73
September 5	52
September 12	89
September 19	82

In Loving Memory

WANDA SORBER
9-8-2021





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RETURN SERVICE REQUESTED

Doorstep Update ~ October, 2021

Doorstep is disappointed to move the Neighbor to Neighbor Walk to virtual status. We were looking forward to seeing the faces of all who have been supporting us through this pandemic as we built back resources to continue to serve the community. The walk is off, but the drive to raise funds for the coming year is as important as ever. We are attempting to celebrate our 55th Anniversary by raising funds to replace the 60 year old HVAC system in the building. With COVID is an important step to be able to open up fully to serve the community. So far \$31,000 of the \$129,000 needed as this campaign continues.



Doorstep planning to operate the Christmas Store this year. 260 households of 800+ individuals from the Christmas Bureau will receive a holiday meal and an opportunity to 'shop' for gifts.

Forms to make donations via the Neighbor to Neighbor Walk are available on the bulletin board or see Peggy McAdoo to make a pledge for the virtual walk. You can mail donations to: Doorstep, Inc., 1119 SW 10th Ave, Topeka, Ks 66604. You can also donate through PayPal on the website: www.DoorstepTopeka.org under the Donate tab, note the anniversary fund with your donation.