



THE *talking trinity*

A Monthly Newsletter, Trinity Presbyterian Church, Topeka, Kansas - February 2022



TRANSFIGURATION

LUKE 9:35-36

³⁵THEN FROM THE CLOUD CAME A VOICE THAT SAID,
'THIS IS MY SON, MY CHOSEN; LISTEN TO
HIM!' ³⁶WHEN THE VOICE HAD SPOKEN, JESUS
WAS FOUND ALONE. AND THEY KEPT SILENT AND IN
THOSE DAYS TOLD NO ONE ANY OF THE
THINGS THEY HAD SEEN.



February is Black History Month. Black History Month began in 1926 when Carter G. Woodson started Negro History Week. Woodson had a master's degree from the University of Chicago and a Ph.D. from Harvard University, both in history. As a historian and school principal, he lived experiences that demonstrated to him that Black people were underrepresented in the books and scholarly communication that had shaped American history. The few Black people that were included in such publications were barely mentioned by teachers.

From the beginning, it was decided that there would be a theme each year to focus public attention and study. The 1938 theme, for example, focused on "Special Achievements of the Race: Oratory, Drama, Music, Painting, Sculpture, Science and Inventions." In 1939, it was "Special Achievements of the Race: Religion, Education, Business, Architecture, Engineering, Innovation and Pioneering."

Despite these well-planned efforts, it became clear during the civil rights years that the most popular American middle school textbook still mentioned only two African Americans. More education was necessary, and in 1976, the week became extended. President Gerald Ford decreed Black History Month to be a national observance. It was the bicentennial of America and Negro History Week's 50th anniversary.

The Theme for 2022 Black History Month is "Black Health and Wellness." African Americans have been historically underserved and disenfranchised by the medical community. African Americans have also made tremendous contributions to the fields of Mental and Physical Health and Wellness. All American own Black doctors and wellness providers a debt of gratitude for their achievements.



As Presbyterians, and as a Matthew 25 Congregation, learning about the complex issues facing African Americans is essential if we are to celebrate Black History in authentic Christian Ways. To get you started in your own journey for Black History Month, here are some helpful links:

<https://www.aamc.org/news-insights/celebrating-10-african-american-medical-pioneers>

<https://www.pbs.org/wgbh/americanexperience/features/partners-african-american-medical-pioneers/>

<https://www.heart.org/en/news/2020/02/21/9-african-american-pioneers-in-medicine>

Grace and peace,

Rev. Meredith

FORGOTTEN EVANGELIST

If you are like most of us, before you go shopping, go out to eat, or even when you are just thinking about looking something up, what do you do? No seriously, what do you do?

Well, if you are like the vast majority of us you pull out your device or log on and start surfing (the Web of course, not actual waves) the internet to see: Are they open? What are the deals? Where are they located? Do they have the XYZ I am looking for? Is this a nice place? Can I get there from here? And a host of other need to know items.

OK, so if we do that for the rest of our life, do we, or perhaps more importantly, others do the same thing when looking at Churches?

Of course, they do. And IF people are looking, (which they are) we want/need/MUST have the MOST accurate, engaging, and user friendly site and information. You know, the stuff that makes people know who Trinity IS before they even step in our doors.

So, what can YOU do? All of us have the opportunity and the responsibility to make sure the website information is correct, current, and engaging.

HOW DO I DO THAT?

Great question. Make sure Becky and the Church office knows your information so the calendar can be updated.

Office@trinitypresbyterian.net

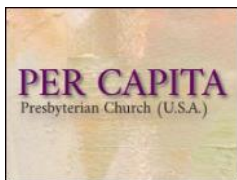
Committees and small groups, make sure to also let Michael Langfitt know so he can update the website. MLangf2300@gmail.com

Our Website is the FORGOTTEN EVANGELIST that should be our first contact with many seekers, visitors, and people just looking for a Church, or the services we provide.

We do GREAT stuff, let's make sure the WORLD knows about it!

OU  REACH
Trinity Presbyterian Church





Last year's stewardship theme was **"FIRST: Putting God first in living and giving"**. Pastor Mere preached a sermon series on our theme in October, stewardship articles were published weekly in the Candle and monthly in the Talking Trinity.

We tried something new in 2021 by educating and emphasizing "Per Capita". The commitment cards included the opportunity to pledge \$35 toward each member's per capita and we are hopeful to collect \$4,000 through this effort.

Another first for stewardship (thanks to Michael Langfitt) is the opportunity for making a financial commitment on-line. Through the Trinity website, users are able to fill out a "pledge card" by selecting the GIVE tab and then selecting "2022 commitment" from the drop-down menu. This convenient option is secure and provides an immediate receipt for the user and notification to the stewardship chair.

One-hundred fifty congregational members and friends were sent a letter with a commitment card enclosed. Ninety-seven pledges were received totaling \$334,463.

In comparison to the previous year, thirty-one increased their pledge, forty-two pledged the same, eight decreased their pledge, four were new pledges, eight did not pledge and eight died or moved away. For 2021, there were ninety-seven pledges totaling \$382,016.

THE STEWARDSHIP COMMITTEE SINCERELY APPRECIATES YOUR GENEROUS RESPONSE TO TRINITY'S 2022 BUDGET.



2021 donation tax statements were mailed in January. If you did not receive one or have questions, please contact Financial Secretary Carol Shannahan at 559-8551 or carolsbutterflies1@gmail.com

If you did not get a box of Pledge envelopes for 2022 but would like one, contact me or the church office and we will arrange for you to pick one up at the church (or delivered if necessary). 559-8551 or 272-2620

Finally, please remember the importance of writing on the memo line, of your check to Trinity, exactly what your donation is for. (pledge, non-pledge, Los Talpetates general, Los Talpetates scholarship, memorial fund for (the deceased's name), CE youth, camp scholarships, Deacon's, pastor discretionary fund, etc.) If you have any question about how to fill this out, please call. I would be glad to help answer any questions! Thank you for your faithful financial support of Trinity's programs, building and ministries. Carol Shannahan, Financial Secretary, carolsbutterflies1@gmail.com or 785-559-8551



TUESDAYS WITH THE WORD Please join us for a coffee and spiritual fellowship time with Pastor Mere. We meet on Tuesday, at 9:00 AM at the coffee shop at 21st and Belle, Cafe Quetzal. Join us for this very casual time of fellowship.



Page Turners, our Trinity book group, is starting up again on February 4th with a new book:

Sacred Earth, Sacred Soul by John Philip Newell.

Come help us explore Celtic Spirituality!

We meet at **1:30 on Fridays at Thornton Place**, 2901 SW Armstrong. Questions? Contact Carol Thomas, 785-357-1472 or ctmsm@gmail.com





Please join us for Adult Christian Ed as we continue our study: Hazardous Saints: Christians Risking All, Changing Everything (began January 23rd). During this 6 week class, we will be looking at some familiar – and some not so familiar – “heroes of the faith who exemplify what it means to say ‘Yes’ to Jesus.” Come listen to a video presentation followed by time for discussion. Each lesson stands alone, so come every Sunday or drop in and join us when you can. If we are still meeting on Zoom only, please join at 9:00 on



Sunday mornings to catch up with friends and share joys and concerns. Class will begin at 9:15 and finish by 10:00, so you can get to church if you are attending in-person. If we are back to in-person classes, we will meet at 9:30 in Fellowship Hall. **Please check the weekly Candle for information on whether we will be zooming or having in-person classes and Zoom link:**

<https://us02web.zoom.us/j/8234895951?pwd=eFFYbllhUHZlcmVYd05UKzk3REg0QT09>

ENTER **trinity** AS THE PASSWORD

SUNDAY SCHOOL AT TRINITY RETURNS TO **ON-LINE** CLASSES ONLY THROUGH FEB. 27, 2022

Due to the recent Covid surge all Sunday School will be On-Line classes only. We will continue to assess the situation and let you know when this changes.

Anyone with an internet connection can join via Google Meets and Zoom. Children, youth, and adults can join a class from anywhere with a phone, computer, or other device. Wifi or cellular data will be needed.

Preschool through College classes will meet at 9:30 a.m. each Sunday via “GOOGLE MEET” using the following links:

PreSchool-3rd grade - Video call link: <https://meet.google.com/itn-rrxa-bix?hs=224>

4th-6th grade - Video call link: <https://meet.google.com/azx-xkks-eip>

Confirmation (gr. 7 & up) - Video call link: <https://meet.google.com/yri-ksei-sjx>

High School/College - Video call link: <https://meet.google.com/fid-vxqu-sbp>

The Adult class will meet using the “ZOOM” link below. The on-line room opens at 9 a.m. and class starts at 9:15 a.m. until 10:00 a.m.

Adult class ZOOM: <https://us02web.zoom.us/j/8234895951?pwd=eFFYbllhUHZlcmVYd05UKzk3REg0QT09>
Password: trinity

Something NEW, right there in your Pew!

You are about to see something new in the Pew pocket at Trinity that we hope helps you and anyone else who might be visiting TPC.

We have created a brand new, double sided, Pew card that is laminated. [for durability]

One side will have a QR code that looks like this:



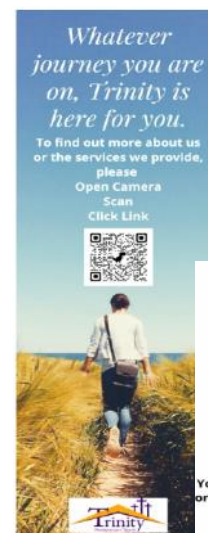
When you scan it, it will take you

directly to the Trinity Website.

The other side will have a QR code that can take you directly to the Trinity Giving page to make it easier for you to donate ONLINE while at Trinity or anytime you wish.

We hope you find this new Pew card both useful and interesting.

Just another way we are trying to assist you and inform guests.



Online Giving

Simple - Safe - Efficient

You can easily contribute now or anytime by scanning the QR Code above.

Scan using your device's camera.

Click the Web link that comes up. It will take you directly to the Trinity Giving page.

There you can create your profile and select the type and amount of donation you choose. It's quite easy, and SAFE!

Thank you

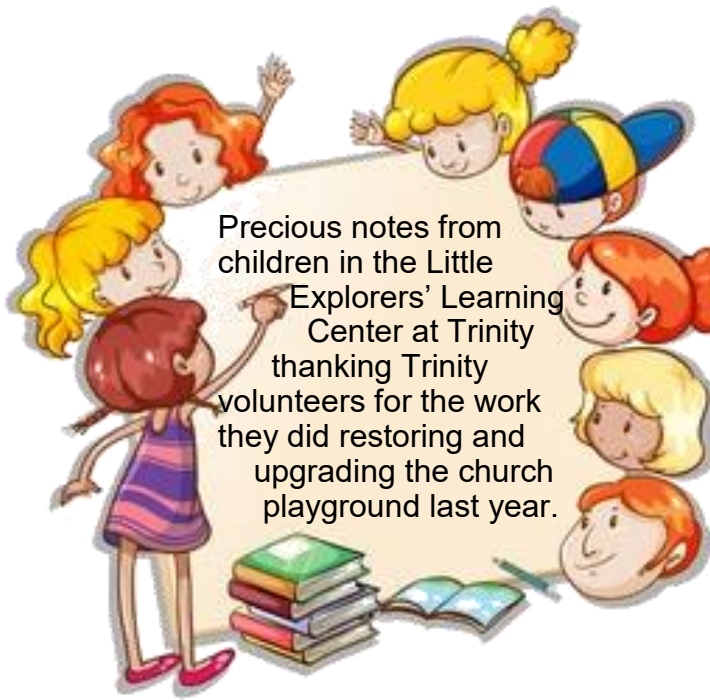
www.trinitypresbyterian.net
785-272-2620



Open Camera – Scan – Click Link

Simple – Safe – Efficient





LITTLE EXPLORERS' LEARNING CENTER AT TRINITY



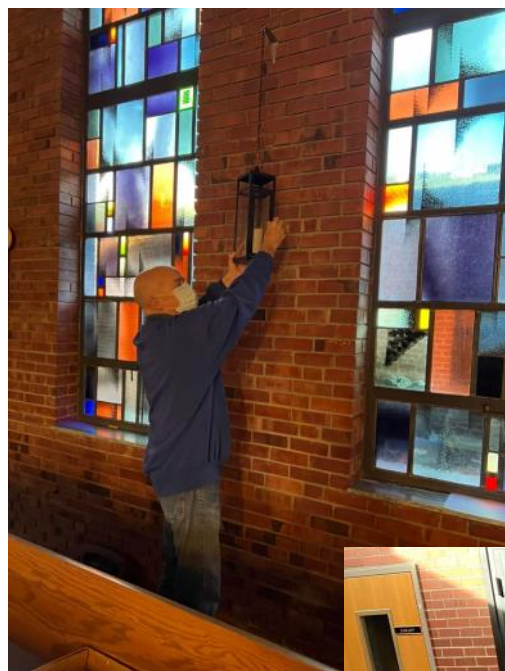
Many thanks to all who donated items to the Angel Tree!

Little Explorers' Learning Center is truly grateful for your generosity.

VOLUNTEERS "DE-HANG" THE CHRISTMAS DECORATIONS

**It starts with "Ho, Ho, Ho!"
Merry Christmas!**

**It ends with "Oh, Oh, Oh!"
thank you so much Worship
Committee members!**



DOORSTEP'S

"SOUPERBOWL SUNDAY" IS FEBRUARY 13th



BRING SOUP AND CRACKERS




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

DOORSTEP 2022 Calendar of Events

- January Souper Bowl Sunday information distributed. Collection of soup and crackers over Super Bowl Weekend to help stock the food pantry. The Super Bowl is Sunday, February 13th.
- February No Operation Soup Line in 2022
SOUPERBOWL SUNDAY ~ FEBRUARY 13TH
55th Anniversary HVAC Donations – Match Money
- April Annual Banquet honoring volunteers. Quilt Drawing. Event to be determined based on COVID.
- June Summer Cash Bash – Depends on having match money available.
- July No Coordinator's Meeting.
Christmas In July throughout the month to collect items for the 260 households involving over 800 individuals to be adopted by Doorstep in December for Christmas. Items need to be new and will be stored at Doorstep until December. Flyers distributed to let people know what we need and help spread the cost of donations between July and November/December.
- August No Coordinator's Meeting. NHN Walk/5K Run information mailed.
- September .. Cinnamon Rolls & Tamales Sale – To Be Determined based on COVID
- October Sunday, October 2nd, Doorstep 5th Annual Neighbor Helping Neighbor Walk/5K Run, Lake Shawnee 2pm
- November ... Flyers for the Doorstep Christmas Store. Collection of items for The 260 households adopted for Christmas by the agency & congregations.
- December ... Christmas Store ~ December 13th – 16th Gifts, volunteers and monetary donations needed.



HAVE YOU HEARD ABOUT THE STORMONT VAIL MOBILE HEALTH CLINIC IN TOPEKA?

Could it be coming to Trinity once a month?
Stay tuned and watch for information in our E-newsletters!

NEXT HARVESTERS FOOD DISTRIBUTION AT TRINITY: Monday, Feb. 14th.

↓ **Some of the food distributed LAST MONTH.** ↓



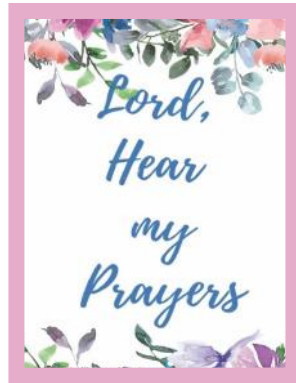


Some of the **AMAZING VOLUNTEERS** from last month.



PRAYER CONCERNS as of JANUARY 24, 2022

Ashley Young
Carolyn Burns
Cathy and Jon Wasinger
Cheryl Lindstrom
Chuck Pullen
Helen Rhodes
Jessie Zimmerman
Jim Jenkins
John Eddy
Joyce Adcock
Judy and Carl Rundell
Kay Wildman



Kiara Robinson's (Triniteen) mother, Linda Griffin
Marjorie Marrs
Marilyn Leinacker and family (Audrey and Jacob Barnard)
Marilyn Watt
Martha Benignus
Melissa Ansberry
Pam Oroke
Pat Thomblison & Kathleen Thompson
Rose Fritz
Ruth Jenkins
Virginia Pelton
Wendy Pullen
Our troops overseas
Becky Jones' friends, J Cheryl Arney & son's friend, Allen Cheek; 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' cousin, Alison, friend, Mark and family friend, Gage; Carol Shannahan's mother, Anita & friend, Wanda; 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, his father, and 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; Rev. Mike Kuner; 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 & Son-in-Law, Zimmerman family

Happy Anniversary

2/14 Carl & Judy Rundell
2/14 Alex & Barbara Wales



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

2021-22 In-Person Worship

December 24	78
December 26	43
January 2	27
January 9	43
January 16	33
January 23	38

SUGARS & SWEETENERS



SUGAR

occurs naturally in some foods, but too many **ADDED SUGARS** CAN HARM YOUR HEALTH. These sugars are added to foods or drinks when processed or prepared.

ADDED SUGARS INCREASE CALORIES but provide **NO NUTRIENTS**.



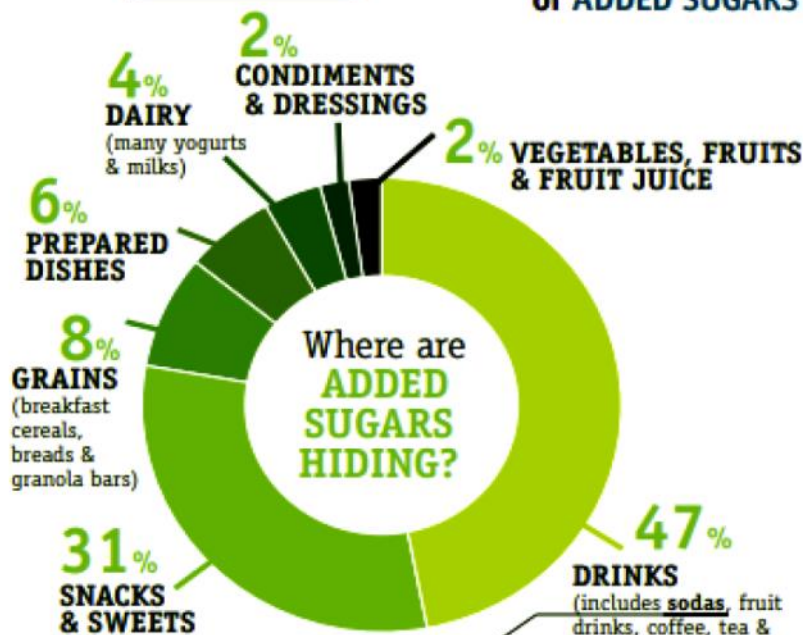
ON AVERAGE

Americans consume **17** teaspoons of **ADDED SUGARS** each day.

HOW MUCH SUGAR SHOULD YOU CONSUME?

Try to limit **ADDED SUGARS** to **LESS THAN 10% OF YOUR DAILY CALORIES**.

1 gram = 4 calories
4 grams = 1 teaspoon



1 can of soda
= up to **40 grams** of sugar
= up to **160 calories**



COMMON NAMES For ADDED SUGARS

Made from real Agave Syrup

Flavored with Beet Sugar

Contains Cane Juice Crystals

Includes Cane Syrup



Made with Dextrose

Flavored from Evaporated Cane Juice

Contains Glucose



Flavored with Honey

Includes Lactose

Made with Malt

Contains High Fructose Corn Syrup



Contains Maltose

Made with Sucrose

Made from Rice Syrup

Information provided for educational purposes only. Please consult your health care provider about your specific health needs.

Go to **CardioSmart.org/Sugars** to learn more about making healthier choices.



If you would like to download or order additional posters on various topics, visit CardioSmart.org/Posters



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RETURN SERVICE REQUESTED

2022 Church Officers Rotation

Moderator: Reverend Meredith Kemp-Pappan; **Clerk:** Stan McAdoo
Treasurer: Deborah Mikoleit of Mikoleit & Associates; **Finance Manager:** Dennis Williams; **Financial Secretary:** Carol Shannahan

SESSION

Class of 2022	Class of 2023	Class of 2024
Kay Wildman, Worship (Co-Chair)	Martha Miller, Adult CE	Laura Sidlinger, Visioning
Dana Schoffelman, Personnel	Michael Langfitt, Outreach	Anton Ahrens' Peacemaking
Christa Sloop, Mission	Carrie Lancaster, Children's CE (Co-Chair)	Dennis Williams, Finance
Becky Schooler, Stewardship	Susan Burris, Worship (Co-Chair)	David Shriver, Property

Additional Session Cmte: Worship Planning Team (reports to Worship Cmte)- Rev. Meredith and Carol Thomas, Co-Moderators

DEACONS

Class of 2022	Class of 2023	Class of 2024
Toni Farrell-Higgins	Karen Dove	Susan Winter
David Ross	Peggy McAdoo	Janis Holiwell, Chair
Cheryl Lindstrom (finishes Fern Freeman term)	Barb Koci	(need to recruit 1 more)

ENDOWMENT COMMITTEE

Class of 2022	Class of 2023	Class of 2024
Lee Langfitt	Kay Graham Scott	Connie Hubbell
Martha Miller		Mit Winter

CONGREGATIONAL NOMINATING COMMITTEE

Class of 2022 (1 Year Term)	Class of 2023 (2 Year Term)
Kari Hachiya	Craig Neuenswander
Becky Bollinger	Jon Farrell-Higgins
Laura Sidlinger	(Chair of Deacons)
(Chair of Deacons)	

(Chair is not selected until later in year.)

FUNERAL HOSPITALITY AD HOC COMMITTEE: CO-CHAIRS

Toni Farrell-Higgins, Iris Neuenswander, Lynn Weaver