

March 17, 2020

Dear Members of the Trinity Family,

When I was in first grade my teacher told my mom that she was certain I would have an ulcer by the time I entered second grade. Her comment was fueled by my propensity to worry. I thought I had overcome this habit, but these days of uncertainty and fear have caused the habit to resurface. I have been pondering a comment John Pavlovitz recently made. He said, "For Lent, I am giving up fear." This is my new intention for these final weeks of Lent. I am giving up fear. My daily meditation practice includes early morning time spent in silence and deep breathing. To keep my mind free from other thoughts, I am concentrating on breathing in faith and breathing out fear. I invite you to join me by spending a few moments each day breathing in faith and breathing out fear. This practice is already easing my worries and increasing my faith in God's care and provision. But fear can be sneaky! It can manifest itself when you least expect it.

Our plan for Sunday is still to provide a livestream-only service at 10:00 am. To keep us all safe from the spread of germs, everyone is invited to join us online for this service that can be accessed through Facebook Live. Directions will be sent out as soon as they are available. If you would like to view the service from this past Sunday, you may access it on our website.

On Monday, several Trinity volunteers gathered at church to make bagged lunches for our neighbors at Towers East. We were able to distribute 125 bagged lunches, fresh fruit, as well as 125 bags of pantry staples to our next-door neighbors. So many happy, grateful people! And so many happy, willing Trinity volunteers! We were also able to work with YouthBase, a local human service agency, to get Backpack Buddies food to the children in our community who need this food while schools are closed. We will continue to explore non-conventional ways to get these needed resources in the hands of at-risk children. Your continued financial support of Trinity's ministry is especially helpful at this time. Your offering may be mailed to the Church Office or made via our website.

I am giving thanks to God for each and every one of you as I hold you close in my prayers. Keep the faith. Stay strong. Let go of fear. Trust God. Be at peace. I look forward to the day when the world is a less scary place and we can be together again.

Love and blessings,  
Pastor Susan Crowell

