

Trinity Parish

Trinity Evangelical Lutheran Church · Camp Hill, Pennsylvania · January 2010 Edition
A Congregation of the Evangelical Lutheran Church in America.

STAFF NOTES

To Stewart and Barbara: Blest Be the Tie That Binds

*Should old acquaintance be forgot and never brought to mind?
Should old acquaintance be forgot and days of auld lang syne?*

On January 1 at 12:00 a.m., as cheers go up for the New Year, nostalgia deepens for days gone by and friendships long formed. We sing that traditional song, its words from poet Robert Burns. We sing that song, our hearts filled with affection and emotion.

On January 17, as cheers go up (and tears liberally fall) at our celebration of Pastor Stew Hardy's many years of ministry here, we might be tempted to sing *Auld Lang Syne*. Its words would be appropriate. We need and ought to remember Stew and Barbara Hardy, and the significant part each played in the life of our congregation. But perhaps even more fitting words would be John Fawcett's moving lyrics in *Blest Be the Tie That Binds*.

This great hymn reminds us it is God's love that has coursed through this congregation. And it is God's love that has graciously made itself visible and tangible in Pastor Hardy's care of us. Now, don't suppose for one minute that his care was reserved only for parishioners—as if his pastoral colleagues at Trinity (like me) didn't experience, or need, that same care. We did! Let me tell you what I experienced...

Although Stew was only a few years ahead of me in seminary, he was light years ahead in wisdom. I knew his office door was open for me to ask questions about any decision I faced in ministry. For nearly a decade, I have appreciated his advice on how to live out faithfully this "part time" pastoral call of mine. Stew was supportive, kind, and helpful, yet bold enough to challenge me so that I might continue to grow. I particularly enjoyed our early Sunday morning sermon sessions. We sat and discussed the paths our sermons would take that day—a



Photo by Bob Zellner (2008).

valuable time for comparing, debating, and sometimes quick revising!

My family experienced Stew's warmth in every birthday phone call over those years. And how could my husband Randy and I ever forget the hospitality which Barbara and Stew always bestowed on us if we happened to walk by their back porch on a summer's evening? Barbara and Stew made us feel so welcome, as if they'd been waiting all along for us to drop by.

On January 17—and whenever I think of Stew and Barbara Hardy—my heart will be filled with affection and emotion, and the words floating through my mind will be these:

*Blest be the tie that binds our hearts in Christian love;
the unity of heart and mind is like to that above.
We share our mutual woes, our mutual burdens bear,
and often for each other flows the sympathizing tear.
From sorrow, toil, and pain, and sin we shall be free;
and perfect love and friendship reign through all eternity.*

The Reverend Nancy R. Easton

OUR VISION

"Disciples in the making, making disciples"

OUR MISSION STATEMENT

"Called by the Holy Spirit to be Christ's Disciples, we seek to equip ourselves and others to live like Christ, and to be sent into the world proclaiming and living the Good News as daily witnesses of God's transforming love."

Blood Bank News!

Are you still looking for a great way to honor Pastor Hardy? Might I suggest that you sign up to donate blood in Pastor Hardy's honor when the Blood Mobile is at Trinity on Sunday, January 24. Sign up will be in the Gathering Space, after all services, on Sunday, January 10 and 17. Or – you could call Jeanie Bentzel at 766-3526. Sign up early, we start at 7:45 a.m., and there will be little wait. (Just like the doctor's office!)



Since Pastor Hardy is a cancer survivor, he is unable to be a blood donor; however, he has been a staunch supporter of Trinity's Blood Bank and the Central PA Blood Bank. By donating a pint of blood in Pastor Hardy's honor, you will also help Trinity get off to a rip-roaring start for 2010! Trinity's total donations for 2009 will be more than 180 units, and hopefully this year we will go even higher!

Remember to tell them #157, or Trinity Lutheran, Camp Hill, whether you donate at church on the 24th, or choose to donate at one of the hospitals, donor centers, or a Community Blood Drive. **Feel good about yourself, donate blood!**

Jeanie Bentzel

Trinity Parish Deadline

The deadline for the February 2010 edition of *Trinity Parish* is **Sunday, January 10, 2010 – no exceptions**. If articles are e-mailed, please send to the Editor, Donna Sprowls at parish@trinitycamphill.org. Articles may also be dropped off in the *Trinity Parish* box in the church office.

Trinity Parish is published 12 times a year by the Publicity and Communications Committee of Trinity Evangelical Lutheran Church, 2000 Chestnut Street, Camp Hill, PA 17011.

717-737-8635 trinluth@trinitycamphill.org

J. STEWART HARDY, *Senior Pastor*
JOHN H. BROCK, *Associate Pastor*
NANCY R. EASTON, *Assistant Pastor*
GUY S. EDMISTON, *Support Pastor-in-Residence*
THOMAS HOLDCRAFT, *Vicar*
CHRISTOPHER L. COUCH, *Director of Learning Ministries*
PETER A. FOX, *Director of Youth Ministries*
H. TIMOTHY KOCH, *Director of Music Ministries*
DEBRA D. WILSON, *Director of Music for Contemporary Worship*
JUDY K. COLLINS, *Spiritual Gifts Coordinator*
DONNA V. SPROWLS, *Editor*

AFFIRMATION OF FAITH

Winter 2010 New Disciples' Class
Meet in the Library

SUNDAYS - 9:15 a.m.

January 24, 31

February 7, 14, 21, 28

RECEPTION OF NEW DISCIPLES

Saturday, March 6

Sunday, March 7

Trinity Evangelical Lutheran Church
2000 Chestnut Street
Camp Hill, PA 17011

Office: 717-737-8635
trinluth@trinitycamphill.org

Judy Collins
Spiritual Gifts Coordinator
737-9921 x239
judy.collins@trinitycamphill.org

Trinity Campers

It is that time of year again to make plans for the **Spring Camping Weekend**. This year we are planning to camp **June 4, 5 and 6, 2010**. We are planning to make reservations at **Knoebels Campground and Amusement Park**. More information will be coming soon. Reservations will be made late February. Please see Tom or Pam Easley (766-9155 or thomas-mech@aol.com).

Volunteers Needed Emergency Homeless Shelter

Trinity members have been asked to staff the Emergency Homeless Shelter at the new facility named Susquehanna Harbor Safe Haven, from Sunday, January 10 until Saturday, January 16. The facility is located near the Farm Show building in Harrisburg, just off Cameron Street. As before, volunteers will be asked to arrive about 8 p.m. and stay overnight until 7 a.m. the following morning. This is a wonderful opportunity to respond to Christ's invitation to help those less fortunate. If you are interested in volunteering or want more information, please contact Becky Enney (737-4115 or georgebeckyenney@yahoo.com) or check out the display in the Gathering Space.

Artist of the Month

Lois Quigley

Lois Quigley is our artist for January. Lois has always enjoyed crocheting and embroidery from the time she was a young teenager. She is self taught with help from her mom and has made many afghans, quilts and window treatments. For the past two years she has been making "Fabric Art Quilts", (5" x 7" or 8" x 10") also known as "Uncommon Quilts". This technique allows for some liberties, and to use what you have on hand when you get creative inspiration. Recycled things you would normally throw away can be worked into the quilts such as construction fencing, bottle caps and net bags from vegetables plus many other items. The craft combines printmaking, painting, collage, hand and machine sewing.

Lois and her family have been members of Trinity for 42 years and she is in the Chancel Choir. She lives with her husband, Ron in Camp Hill and has three children, Tom Quigley, Kathy Brunie and Kimberly Singel.

Book Discussion Group

The Book Discussion Group invites you to the third Sunday of every month in Room 232-234 from 9:30 to 10:30 a.m.

Here is the list of books for January through June 2010:

- January 18: **Sunday: A History of the First Day from Babylonia to the Super Bowl** by Craig Harline (*Note: You will probably have to purchase a used copy...*)
February 15: **Song Yet Sung** by James McBride
March 15: **The Secret Message of Jesus: Uncovering the Truth That Could Change Everything** by Brian McLaren
April 19: **Peace Like a River** by Leif Enger
May 17: **The Woman Behind the New Deal: The Life of Frances Perkins, FDR's Secretary of Labor and His Moral Conscience** by Kirstin Downey
June 21: **War Trash: A Novel** by Ha Jin

Parish Ministry CD Ministry

The Parish Ministry Committee has initiated a CD Ministry. We are duplicating CD's of the Sunday service for those who are home-bound, are ill or recovering at home or in a nursing home. This ministry, like the old Tape Ministry we had for many years offers the opportunity to share in the music and gospel message every week for people unable to attend services. The WOT Visitation Ministry will be delivering the CD's when they make their visits.

If you know of someone who is unable to come to services that we might not have on our list, please contact Donna Sprowls at 649-7919 or sprowlsd@aol.com.

Day Trip to New Windsor, MD

We have another opportunity to volunteer at the LWR Warehouse in New Windsor, MD on Wednesday, January 27. Blankets, school kits and health kits arrive from all over the United States and are packed for disaster relief.

We will leave Trinity's parking lot at 6:30 a.m. and return about 5:00 p.m. Lunch in the dining room is provided at no cost to all volunteers. If you would like to join us or have any questions, contact Judy Collins (737-9921, x 239).

Celebrating Pastor Hardy's Retirement

- **Sundays, December 27, January 3, January 10**
Stop by the Church Library during the Sunday School Hour (9:30 - 10:30) to offer your best wishes to Pastor Hardy.
- **Pastor Hardy's final preaching schedule:**
Saturday, January 9 - 5:30 p.m. - Fellowship Hall
Sunday, January 10 - 10:45 a.m. - Fellowship Hall
Thursday, January 14 - 6:30 p.m. - Chapel
Sunday, January 17 - 8:15 and 11:00 a.m. - Nave
- **Retirement Celebration: Saturday, January 16**
3:30-5:15 p.m. - Reception in Fellowship Hall
A sign-up sheet is available in the Gathering Space for you to indicate your attendance at the January 16 reception, and a willingness to provide a cold or hot hors d'oeuvre or finger dessert for the reception. Please RSVP by January 10.
5:30-6:30 p.m. - Worship Service - Nave
Informal worship service with all Pastoral and Program Staff participating. Will include Holy Communion and a Sending Service.
6:30 p.m. - Farewell program in the Nave

*Look back and thank God
Look forward and trust God
Look around and serve God
Look within and find God.*

DID YOU KNOW: 250 school kits were assembled and packed by Women of Trinity for Lutheran World Relief in 2009? This is an increase of 83 kits from 2008.

YG News

Greetings to all in the name of the Lord. The YG year is winding down now for the winter break. No worries, there are still a few YG things left to do in 2009. The YG calendar is still the most jam-packed that it has ever been. New YG Nites, new retreats, new events, and new friendships all await our YG participants. A lot of hard work has gone into this year to make it a success. There is truly something on almost every weekend. It will all be awesome!

The month of November was a blast. We started the month off with a YG NITE on the first. Around 50 YG and advisors came out for the night of faith, fun, and fellowship. At this YG NITE we continued to talk about our theme for the year, "Be the Change". The topic for this YG NITE was WORSHIP and focused on getting kids to realize why worship is important in their lives. Also, it helped them to find ways to plug into the worship experience here at Trinity or in their home congregations. Through small groups and large group, the kids definitely got a lot out of this YG NITE. There was some powerful discussion. The very next Sunday was JR. HIGH MOVIE NITE. Around 20 YG and advisors came out for this Nite of total fun and fellowship. On Sunday, the 15th we had another YG NITE. The topic this time around was JESUS and focused in on what makes Jesus such a revolutionary figure in our lives. We looked at our own discipleship gifts and talked about ways to be more Christ like in our faith journey. All and all, this YG NITE pointed out the importance of making Jesus the #1 priority in their lives. Once again, this YG NITE was a great one. The discussions were on point and the night was great in every way, shape and form. To close out the month, we had another movienite, this time it was SR. HIGH MOVIE NITE. Around 20 YG and advisors came out for this Nite of total fun and fellowship. And there you have it, the month of November. Wow, it was quite a busy one now that I see it on paper. The YG is once again stepping up its SERVICE with the SOUPER BOWL OF CARING this year. This is an event in which the YG collect money on Super Bowl Sunday from the congregation to give to a charity/food pantry. This year we are focused once again in support of "THE BRIDGE" which is a food bank in New Cumberland. As with last year, we are taking the SOUPER BOWL OF CARING one step further. During the month of January the YG will be bringing non-perishable food items to every YG meeting instead of snacks. We hope to gather as much food as possible along with the money. I think the YG

will step up and bring tons of food donations. We also look to involve the congregation with this campaign. In short, we want to get everyone involved in service to others. The YG will be posting many flyers around the church. That's all for now, just wanted to share some of the things that the YG is doing in service to others. Well I'm off; I have a YG WINTER RETREAT to get ready for.

SOUPER BOWL OF CARING 2010

THE YG INVITES YOU TO PARTICIPATE IN OUR ANNUAL SOUPER BOWL SUNDAY SERVICE EVENT ON FEBRUARY 7, 2010. HELP THE YG SUPPORT OTHERS BY BRINGING YOUR MONEY AND NON-PERISHABLE FOOD ITEMS TO CHURCH ON FEBRUARY 7. ALL PROCEEDS FROM THIS YG SERVANT EVENT GO TO SUPPORT "THE BRIDGE". ALL DONATIONS WILL BE COLLECTED ON SUNDAY, FEBRUARY 7 AT ALL CHURCH SERVICES AND IN THE GATHERING SPACE. THANK YOU FOR YOUR SUPPORT!!!

REMINDER: ALSO, PLEASE COME ON OUT AND SUPPORT OUR YG FUNDRAISERS THROUGHOUT THE YEAR. WE NEED TO RAISE A LOT OF MONEY FOR OUR SR. HIGH SERVICE TRIP THIS COMING SUMMER.

Yours in Christ,

Peter A. Fox
Youth Ministry Director

Consider Becoming a Hospice Volunteer

Hospice of Central PA is looking for warm, caring, dependable people who can visit patients, support and help family caregivers, run errands, lend a shoulder, or give a hug. In addition to patient care and family support volunteers are also needed who are willing to help with special events and fund-raising projects throughout the year or technical folks who like computers and data entry.

For those who think they would be interested in visiting patients and helping family caregivers, spring training will be offered on Thursday afternoons starting February 18, 2010. The deadline for registration is January 25.

For an application for the training or for more information about volunteering, call Hospice Volunteer Coordinator, Barbara Hardy at 732-1000.

"The Lutheran" Adult Forum - Sunday, January

31, 2010 Please join us at 9:30 a.m. in Room 232-234 for a discussion on "Our Worldwide Church – A Two-way Street of Faith" from pages 22-28 of the December 2009 issue of *The Lutheran* magazine. As the Lutheran expression of Christianity grows quickly in Asia and Africa, it's declining in Europe and North America. These trends are changing the traditional demographics of Lutherans worldwide and challenging how we relate to one another and share concerns. If you do not have access to the articles, please contact class coordinators Craig Staller or Doug Bonsall (921-1957) for a paper copy.

A Lifetime of Distinguished Service

By Donna Sprowls

Lieutenant Colonel (Retired) Gilbert (Gil) Mitchell was recently named Conductor Emeritus of the U. S. Army Band "Pershing's Own". Gil is only the fifth individual of the band to be bestowed with this honor and title. The commendation notes "His contributions as an able steward exceeded the dream and vision of General John J. Pershing, the band's visionary mentor."

Gil served with distinction from 1946 through 1970 as principal cornetist and assistant leader of the Herald Trumpets, "Pershing's Own." He was founder of the first Brass Ensemble in 1948 and performed the Premier of "Symphony in Bb for Concert Band" by Paul Hindemith and the solo cornet part in 1951. He recorded 23 bugle calls which were distributed throughout the army worldwide and were the official bugle call recordings for more than a quarter century.

Gil was co-founder, leader and conductor of the Herald Trumpets and played in their first performance in Chicago on July 6, 1959, on the arrival of Queen Elizabeth II and Prince Philip of Great Britain at the celebration marking the official opening of the St. Lawrence Seaway.

Gil was instrumental in the establishment in 1960 of "Hail Columbia" as the official music for Vice Presidential Honors. He was project officer in charge of developing the Coat of Arms and distinctive dress blue uniform of the U. S Army Band.

For an extraordinary lifetime achievement as a musician, conductor and trumpeter, as well as a supporter of the International Trumpet Guild, this summer they presented him with the "Award of Merit."

We, his Trinity family are proud to salute Gil Mitchell for his many achievements over more than 63 years of distinguished service and dedication to the U. S Army Band.

Letter to Trinity

Dear Trinity members and friends:

My family and I want to thank you for your cards and kind words and also to Pastor Guy Edmiston for his many visits to see my mother. She always appreciated it and so did my family and I.

May God Bless you.

Allen Haas and Family

Alzheimer's Support Group

Will meet Wednesday, January 27, from 7-9 p.m. in the Library. For more information, contact Donna Sprowls at 766-8075 or sprowlsd@aol.com.

Who are we, and what do we believe?

"Men's Third Saturday"

on Saturday morning, January 16, 2010.

We start on January 16, 2010 with "The Naked Truth about Mark". Not the book of Mark but the person Mark. Writer of the Second Gospel? What did Mark do that shaped our beliefs today? Was he the guy that left the garden with no clothes on? Who was he and how did he help find and shape the early Christian church. For one thing: Mark was the first to assemble the various stories that were being told about Jesus and compose a written document that he calls a "gospel". Our leader will be Trinity member and Education Ministry Chair, Jack Bush.

On February 20 our leader will be our staff guy, Christopher Couch, Director of Learning Ministries at Trinity. His subject will be "What's the Matter with James"? Martin Luther wanted the book of James removed from the Bible. Where did James go wrong? Or did Martin go wrong? What pitfalls did James step into to cause Luther to call the Book of James an "epistle of straw". What was the basis for Luther's comment? Christopher will enlighten us on February 20.

A light breakfast will be provided at both sessions. We will meet in the church Library at 8:30, enjoy breakfast, and start the gathering at 9 a.m.

Our next dates are March 20 and April 17, 2010.

No need to sign up, but if you have questions contact George Enney at georgebeckyenney@yahoo.com.

"It is more blessed to give than to receive."

Acts 20:35

The Missions Committee would like to thank all members of Trinity who took a tree tag off the **Giving Tree** for New Visions in Camden, New Jersey. Your generous gifts of men's underwear, socks and gloves plus the toys for the children were gratefully received. We were able to fill 250 treat bags for the children with the help of donations from Giant, Target, Wal-Mart and Secret Santas. Thanks also to the volunteers who made ornaments, assembled the bags and traveled to New Jersey to deliver the gifts.

Ruth Bertovich and Bert Weaver,
Project Chairmen

Thank you to all the Trinity family who so generously supported our own members in need through donations of gift cards from stores like Wal-Mart, Target and K-Mart where they were able to purchase necessities or food to experience the blessings of Christmas.

Donna Sprowls,
Parish Ministry

The Giving Tree also supported the Prison Ministry and Delta Community.

Weekly Prayer List

January 3-9: Michael and Amy Comiskey; Judy Collins; Julie, Justina, and Luca Colestock; Donald and Carole Coffee and Kylie Sherritt; Robert and Sheryl Cochran; Kris, Jodi, and Andrew Clymans; John, Tracy, Matthew, and Megan Clista; Jess and James Clisham-Cole. **January 10-16:** Kim Clements; John and Beverly Clements; Jeffrey and Kim Clements; Steve and Kristi Clark; Dan, Angie, Gregory, Morgan, and Noah Clark; William and Donna Clapper; Lisa Clapp; Bonnie Clapp. **January 17-23:** Jennifer Cielinski; Andrew Chol; Lauren, Becky, Andrew, and Leah Chan; Carys Chace; Christylee Cawley; Patricia Catlin; Don, Barbara, and Beth Catlin; Faye Cashwell. **January 24-30:** Matt, Kim, and Madelynn Cashman; Jayme and Bella Cashman; Brenton Cashman; Bart Cashman; Madeleine Casal; Susan Carson; Delores Caron. **January 31-February 6:** James, April, Tyler, and Colin Carns; James and Helen Carns; Daniel and Derek Carl; Barbara Carey; Janet Carchidi; Scott, Debra, Grayson, and Emma Cantor; Kristen, Abigail, Aidan, and Liam Campbell; Bill and Donna Campbell.

Happy Birthday!

Homebound

- January 10 **Eleanor Walker**
600 Freemason Drive
Washington 4, Room 4900
Elizabethtown, PA 17022
- January 24 **Jean Hempt**
PO Box 36
Routes 413 & 213, Alcare Cottage
Langhorne, PA 19047
- January 28 **Thelma Roof**
355 South Sporting Hill Road, STE 27
Mechanicsburg, PA 17050

Staff

- January 16 **Peter Fox**
- January 18 **Amy Koch**
- January 21 **The Reverend John H. Brock**
- January 30 **Criss Floray**

2009 Annual Report

Trinity's 2009 Annual Report will be available at the end of January. Copies will be placed in the Gathering Space for members to pick up at their convenience. If you wish to have a copy mailed to you, please contact the church office at 737-8635.

Trinity Prayer Concerns

Dear Heavenly Father,

We thank you and praise you for the gift of your Son, Jesus Christ. You sent Him into this world as a tiny baby to experience everything that we go through and yet He did not sin. Your Son grew into a man that preached and taught us how to live for You. And then He died for us. You raised Him from the dead. Thank you for this gift.

With a new year, we have new resolutions. We resolve to lose weight, stop smoking, be more cheerful, be more giving, or even be more attentive. Help us, O Lord, to be more like you. Help us to resolve to love others as ourselves. Help us to resolve to help our neighbors without expecting anything in return. Help us to resolve to be the light to the world that You taught us to be. You gave us the words to live by. Thank you for this gift.

We pray for the homeless in the cold. May they find a warm place to sleep and hot food to nourish their bodies. We pray for families who are in the process of losing their homes because of lost jobs. May these families find renewed hope in the new year. If given the opportunity, Lord, may we be ready to help these people and give them hope. Thank you for the gift of hope.

We pray for the sick. May they find comfort in your healing hands. We pray for those who are grieving a loved one. May they seek solace in your arms. We thank you for the gift of your love, mercy, and comfort. Amen.

Announcing a New Trinity Ushering Opportunity

We are seeking participants to usher for our Concert Team for Trinity special programs. More than handing out programs and collecting the offering; this is an opportunity to extend a warm, friendly, first impression to our community and welcome Trinity members.

Be a vital part of helping our church family grow! Training will be provided. The first opportunity to serve will be Sunday, February 28 at the Candlelight Chorale Vespers Service.

Please contact Jan Miller at 731-8887 to express interest. Other team coordinators are Terri Denison and Richard Jacobs.

Thank you for your consideration.

Bob Foster

Council Update – Each month this column highlights actions and significant items of interest from the most recent meeting(s) of Trinity’s Congregation Council.

From the December 2009 meeting:

- Studied “*Stamped by Patriarchy*” from the November 2009 issue of *The Lutheran* magazine
- Received notice from the Lutheran Theological Seminary at Gettysburg that a student has been awarded a scholarship from the J. Stewart Hardy scholarship fund
- Reviewed written reports from staff and standing committees
- Approved a balanced 2010 operating budget of \$1,524,668
- Designated a portion of each pastors’ salary for 2010 as a housing allowance in accordance with IRS requirements
- Approved a preliminary slate of persons to be considered for appointment to the Senior Pastor Call Committee with the final membership of this committee to be confirmed by Council at its next meeting
- Ranked a list of nominees for four vacancies on the Congregation Council
- Adopted a recommendation from the Strategic Planning Committee to establish a Transport Ministry Task Force to further help develop and implement a flexible transportation ministry program to support the needs of both the community and congregation with a report due back to Council by May 15, 2010

The next meeting of the Congregational Council will be held on Monday, January 11, 2010.

Doug Bonsall,
Council President

Annual Congregational Meeting

Annual Congregational Meeting – Sunday, January 24, 2010, in the Nave immediately following the 11:00 a.m. worship service. The agenda will include review of the past year’s work, recognition of retiring council members and election of four new Congregation Council members. A potluck dinner in Fellowship Hall will follow the meeting, providing the opportunity to meet new Interim Senior Pastor Glenn E. Ludwig and his wife Stella.

***Guess Who's Coming To Dinner?
You are!
Supper Club***

The Trinity Fellowship Committee is forming small groups of families, couples and singles who wish to gather for dinner and conversation to get to know one another. Ideally, the families, couples, and singles in a group of seven or eight individuals do not know each other, or at least not very well. The logistics are simple, each supper club, consisting of approximately eight people meet at the convenience of the group members, rotating host/houses once a month, for the months of February, March and April. The host prepares the main dish; the others bring the appetizers, side dishes or dessert.

Sign up during the month of January. The forms will be available in the bulletin and also at the receptionist desk **with a drop off box** in the Gathering Space. All participants will receive the names and contact information for members of their group by the end of January. Beginning in February, the group begins to meet for dinner and continues through April.

Small group ministries foster the growth of disciples by connecting participants to one another and strengthen relationships. Do you enjoy cooking; sharing meals with others; and/or trying new dishes? If you answered yes to any of these questions, sign up for the Supper Club and try something new to get to know your faith community!

Any questions please contact Pam Easley at 766-9165 or thomasmech@aol.com.

WOT Circle Study for February

The Women of Trinity will continue the Circle Bible Studies in January. The groups will study Chapter 4 of I Peter 1:22-2:10 of the book *Stand Strong*.

The new Circle Group will meet on the second Sunday during the Sunday Church School hour. All women are invited to join a Circle Group that meets their schedules.

<u>Circle</u>	<u>Meets</u>	<u>Place</u>
Esther	Monday, Feb. 1 at 7:00 p.m.	Library
Deborah	Tuesday, Feb. 2 at 9:30 a.m.	Library
Ruth	Tuesday, Feb. 2 at 9:30 a.m.	Room 237
Elizabeth	Tuesday, Feb. 2 at 1:30 p.m.	Library
New	Sunday, Feb. 14 at 9:30 a.m.	Room 239



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AFFIX LABEL HERE

A Brain Tumor Does Not Slow Ironman Quest *By Donna Sprowls*

In 2004 while running in the Marine Corp Marathon, Beth Ann Telford felt a pop in her head and later experienced other problems. After a trip to the doctor she was diagnosed with a brain tumor and 10 weeks later had surgery. She had to learn to walk, talk and move all over again. Beth Ann was determined to run again and six weeks later she did!

Beth Ann was diagnosed at 36 and has raised thousands of dollars for brain cancer research. The National Brain Tumor Society recently named a research grant in her honor. A previous member of Trinity she is the daughter of member Bob Telford. Following are excerpts in her own words from a recent Patriot-News article.

"I ran my first 5K through the streets of Camp Hill and started to believe that maybe I could run the Marine Corp Marathon again. By The fall of 2005, I was once again standing at the starting line. I was more determined than ever to fight my own battle and make it to the finish line. I made it through my first post-surgery marathon with the Marine Corps run and began to set my sights on more challenging endeavors. One year after surgery I started training for sprint triathlons. While training I received terrible news, my tumor was growing and required surgery. The doctors reluctantly allowed me to wait until after race season. My second surgery was three days before Christmas 2006. In early summer 2007 I completed Eagleman which only led to bigger challenges.

The thought of an Ironman both thrilled and scared me. The sheer distances and diversity of events placed a whole new meaning on endurance. The beginning of 2008 was filled with early morning swims, long bike rides, runs and everything in between. My doctor was concerned with the length of the endurance event and the stress that would be placed on my body.

At last the morning of the Ironman arrived. Like all difficult journeys, this event would not be easy, as the skies opened up and it started to rain. A little over 14 hours later, through the pouring rain, I was on my last mile ... a very long journey, much longer than just the 140.6 miles. I had run through the hours of pain, uncertainty and fear brought on by my cancer. As I crossed the tape I was told, 'Beth Ann Telford, you are an Ironman' and I knew I would never give up. And I haven't! Since my first Ironman, I've completed in many additional triathlons and races, including finishing my second Lake Placid Ironman and this year winning the first female survivor award at both the Race for Hope 5K in D.C and in Philadelphia sponsored by the National Brain Tumor Society.