



**Men's Club Chicken and Biscuits Dinner will be held on October 17, 2020. Take out only 4pm-7pm. \$9.00 per dinner.**

## **October's Spiritual Practice - Lectio Divina**

### **What is Lectio Divina?**

Lectio Divina is a spiritual practice that has been used for centuries as a way to help us contemplate and meditate on scripture. It helps us focus on scripture with more than just our eyes. We are listening to 5-10 verses of scripture with our hearts and minds. Each scripture selection is read three times with silent periods between the readings. As we listen, we may realize a new thought or focus in on a word or sometimes the passage may cause us to question or seek an answer. In the silence we want to listen for God's voice speaking to us.

### **How will Lectio be done?**

Each week (Monday-Friday) during the month of October, scripture selections will be read by different readers and posted to our website. Each selection will be read three times with silent periods between each reading. (If you would like to have a cd of the recordings, please notify the church office.)

Step 1: Listen to the first reading. As you listen, note a word or phrase or new thought that stood out to you and reflect on it.

Step 2: Listen to the second reading. What might be happening in your life that caused you to connect with those words or phrases or a specific detail?

Step 3: Listen to the third reading. Relax into the silence. Listen for God's whispers. Offer a prayer.

You may also close with the following verse: Teach me your way, Lord, so that I may walk in your truth. Make my heart focused only on honoring your name. **Psalm 86:11**



Eagle Scout candidate Jacob Nita will be working on his eagle project at Trinity on October 24th and 31st if anyone would like to help. He is working on landscaping, painting, and the rock beds in the rear of the church.

Thanks, Mark

Rev. Jen will be out of the office October 12<sup>th</sup>- October 18<sup>th</sup>. She will be in town and available for pastoral care emergencies. Thank you to Elder Jan Hunt who be be subbing on Sunday October 18<sup>th</sup> for Rev. Jen.

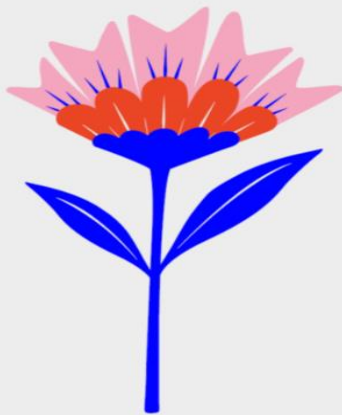
**Counters for the offering are needed.**

We are looking for individuals who are willing to come and count the offering at the church with a partner from the counting team. We hope that each person will serve every other week or once a month. You can contact Pastor Jen or Mary Jane Leo and we will provide a training either over zoom or in person.



**SIGN UP TO HELP PACKAGE MORE THAN 10,000 MEALS.  
FRIENDS, FAMILY, AND CHILDREN 4+ ARE WELCOME.**

**SATURDAY, OCTOBER 3RD**



**RISE  
AGAINST  
HUNGER  
EVENT**

**TRINITY  
PRESBYTERIAN  
CHURCH  
105 IREM RD  
DALLAS, PA 18612.**

**Please contact a  
member of the  
Deacons to sign up.**

**Choose the best time for you to help end world  
hunger:**

Setup: 9-11

Shift #1 11 AM- 12:30PM

Shift #2 1 PM- 2:30 PM

Clean-up: 2:30PM- 3:00 PM

**name:** \_\_\_\_\_

**I am bringing \_\_\_\_\_ immediate family members**



**Announcements** need to be either emailed to trinitypress@frontiernet.net by Tuesday morning at 10 am or written on one of the forms found on the bulletin board and deposited in the office.

**Newsletter articles** need to be submitted to the church office by **October 26th**. They need to be emailed to trinitypress@frontiernet.net along with any images.

## **PRAYER CONCERNS**

### **Members of Trinity:**

Alice Bartlett	Windsor Davis	Barbara Lodwick
Linda Griffith	Donald & Mary Jane Leo	Neil Morrison
Barbara Rogers	Phil & Leona Walter	

### **Friends of Trinity:**

Sophia Boyers – Critical with Guillain Barre Syndrome- Granddaughter of Deborah Shambora Miller (formerly Organist & Choir director at Trinity)  
Ellie Caruthers – Friend of Ken Jones  
Chris Folmar- Cancer prayer shawl member  
Nancy Garvey – Friend of Ken Jones  
Ken Gorski - Friend of Wayne & Marianne Williams  
Carol Gumienny- Stroke- eyes & balance- Nancy Thomas's sister  
Joyce Hislop- Friend of Wayne & Marianne Williams  
Abby Call Patrick  
Pamela Traver – Jim Snyder's niece

Contact the church office to add additional people to the prayer list. You can also request that they be added to the prayer chain and that team will be happy to pray for them.

If you would like to join the Prayer Chain Team, let Alice Kocher or Nicole know and they will send prayer requests on to you so that you can be praying along with them.

