



Remember the Sabbath

Dear Members & Friends of
Trinity Presbyterian Church,

One morning a number of years ago, I read where the then Harvard President Neil Rudenstine overslept one night. For this perfectionist in the midst of a major fund-raising campaign, it was cause for alarm. After years of nonstop toil in an atmosphere that rewarded frantic overwork, Rudenstine had become severely fatigued.

Only after a three-month leave of absence – during which he read essayist Lewis Thomas, listened to Ravel, and walked with his wife on a Caribbean beach – was Rudenstine able to return to his post. That week his picture appeared on the cover of the then popular *Newsweek* magazine beside the headline “Exhausted!”

Rudenstine’s story reminds me that, somehow, in the relentless busyness of modern life, we have lost the rhythm between action and rest. Interestingly, as a Presbyterian clergyperson, I have the opportunity to frequently visit the homes and places of work or recreation of many people around the area of Dallas, both Christian and non-Christian. Remarkably, within the mosaic of life in what is referred to as largely a retirement community, I frequently hear the universal refrain, *I am so busy with both social and community activities that I don’t have time to do much else. What with things like volunteering at the Dallas Library, promoting Back Mountain service projects, supporting club projects, helping the Garden Club, actively participating in Irem Temple projects, volunteering time at the Dallas Fire Station, volunteering time at the Chamber of Commerce, offering time and service to the American Legion and Veterans of Foreign Wars, assisting with annual Harvey’s Lake activities, plus, offering service to my church, I don’t have time to do much else.*

It seems that we say this to one another as if our exhaustion were some kind of a trophy, and that our ability to withstand stress is a mark of character. It seems that the busier we are, the more important we appear to be to ourselves, and, we imagine, to others. To be unavailable to our friends and family, to be unable to find time to enjoy the splendor of watching the sunset as it sinks below the blue/gray shadows of our beautiful Pennsylvania mountains (or even to know the sun has set), to whiz through what seem to be our unending social obligations without taking time for a single mindful breath – appears to have become the model for what it means to be living a successful life both here and across the fabric of America these days.

GOOD NEWS OF TRINITY

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August 2023

Yet, it has occurred to me that the more our life seems to speed up (even though many of us are retired or semi-retired), the more we feel weary, overwhelmed, and lacking a sense of direction. Our life and many activities rarely feel light, pleasant, or healing. Instead, it seems, as our many social obligations and activities pile endlessly upon themselves, the whole experience of being alive seems to melt into one enormous obligation.

Therefore, it seems increasingly that because we do not rest, we tend to lose our way. We often miss the compass points that show us where to go, the nourishment that gives us succor, and the quiet that gives us wisdom.

How have we allowed this to happen? I suggest it is this: we have, even as a people of faith, either forgotten the Sabbath or tended to allow the Sabbath to take a “back seat” to the many social and community activities that beg for our attention. And we are not alone in this postmodern reality. Good folks all across America today often live through the Sabbath experience having to choose from a plethora of options, most of which draw people to pursuits that are more secular.

It is interesting to note that many spiritual traditions have holy days that are akin to the Judeo-Christian Sabbath: a time consecrated to enjoy and celebrate what is beautiful and good – time to light candles, sing songs, worship, tell stories, bless loved ones, give thanks, share meals, nap, walk, and even love. It is a time to be refreshed as we let our work, service, chores, and projects fallow, trusting that there are larger forces at work taking care of the world.

Sabbath time honors the necessary wisdom of dormancy. If certain plant species do not lie dormant during the winter, the plant begins to die off. Rest is not just a psychological convenience; it is a spiritual and biological necessity.

Yet, it seems that in our desperate drive to be successful and chase after our many responsibilities, we often feel terrible guilt when we take time to rest. I would like to suggest that the Sabbath give us permission to stop, to restore our souls. In fact, *Remember the Sabbath* is more than simply permission. It is a commandment, an ethical concept.

For those of us who joyfully embrace the Christian tradition, I want to make a plea for renewed Sabbath-keeping! Let us take our hand from the plow (the computer, cell phones, hiking, biking, motorcycling, skiing, camping activities, shopping malls, super highways, stock markets, radio and television, iPhone pods, and numerous social events) and let the earth care for things while you and I drink from the fountain of rest and delight. Let us, for just one day, cease our frantic striving for more, and instead, take the blessings we have already been given – and give thanks for our Lord, Christ Jesus . . . Amen.

In the name of Him who is the Lord of the Sabbath,

Murray

Women of Trinity – July meeting



Open with prayer

Treasurer and Greeting Card Ministry reports

Reports from Presbyterian Women Birthday Offering and Fellowship of the Least Coin Offering

Bakeless Bake Sale – we are raising funds to donate to the general operating account of the church. The campaign ends on August 31.

The women hosted the Lemonade on the Lawn on Sunday, July 23, 2023. Thank you to everyone who brought food, beverages, and paper products.

Thoughts and prayers for our members, our families, our country, and our world.

We reviewed our Church Prayer List of members and friends, and we continue to pray for world peace.

August meeting – Wednesday, August 9 at 12:00 at Karin Thompson’s home. Please carpool from the church at 11:30 a.m. because parking is limited.

You're Invited!

You are cordially invited to become a member of Trinity Presbyterian Church in the event you have not already joined this warm and joyful fellowship in Christ. You may join by one of the following ways: **By Profession of Faith and Baptism** (for those who have never been baptized), **by Reaffirmation of Faith** (for those who are not currently active members of another Christian church), or **by Transfer of Church Letter** (for those on the active role of another church) For more information, please ask the pastor or any of our Session members who will be glad to speak with you about membership in Trinity Presbyterian Church.



On Saturday August 12th @ 830 a.m. Lum’s Fernbrook there will be a meeting. All men are invited and encouraged to attend.

Flower Chart There is a flower chart sign-up sheet in hallway for anyone wishing to honor a loved one. The cost is \$50 per week so please plan accordingly.

August 6	Barb Rinker	September 3	
August 13		September 10	Beth Davis
August 20	Ken Jones	September 17	
August 27	Karen Perzia	September 24	

Meals on Wheels~ If you would like to volunteer for Meals on Wheels on any open dates, please call Meryl Davis @ (570) 310-1556.



August 10, 2023	
August 24, 2023	



“Lemonade on the Lawn” is a great time to catch up with friends and share some yummy treats. If you; you and your family/friends or church group would like to host a Sunday reception please sign up on the poster in the hall. You provide the homemade or store-bought goodies and the beverage. Paper goods will be available for you to use or you can provide your own. Please take all left overs home with you. Any questions, see Kathy Stevens.

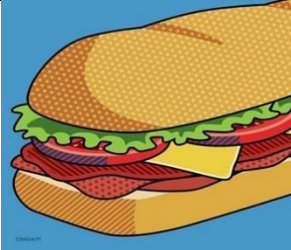
August 6	Allyson Lord	September 3	No reception
August 13	Fleschut	September 10	
August 20		September 17	
August 27		September 24	



The Outreach Committee’s good Samaritan Christmas project donation item for the month of **August is small clothing items (socks, t-shirts, pj’s)**. Please do not forget we will also be shipping who may not necessarily like a pink plush kitty cat. Thank you for your willingness to donate to this project. Donation item for the month of **September is school supplies**.

The Moosic Presbyterian Church, (where Jan Hunt is the commissioned Pastor), is sponsoring a Church Bus Trip to Sight and Sound Theatre in Lancaster for the production of "Moses." The bus will leave from their church at 7:30 a.m. on Sept. 26, 2023. The church is located at 625 Main St. in Moosic. The cost is \$165 per adult and \$120 per child ages 3 to 12. This includes the bus driver's tip, hoagie, beverage, the show, and a lunch buffet at the Bird-in-Hand Restaurant. Full payment is due upon making your reservation. Payment can be made in cash or check (made payable to Moosic Presbyterian Church), and given to Barb Rinker who will get it to Pr. Jan Hunt. Plan ahead to see this amazing show.



 <p>J & J Deli 3101 Memorial Highway Dallas, PA 18612 570-675-6139</p>	<p>TRINITY PRESBYTERIAN CHURCH HOAGIE SALE J&J Deli is offering any 8” Sub <u>UP TO \$8.00</u>. For each hoagie sold, J&J Deli will return \$2.00 to Trinity Presbyterian Church.</p> <p>Hoagie coupons do not expire and are redeemable at J & J Deli. Hoagie sales will begin on April 16, 2023 Please see any member of the Helping Hands Committee to purchase your tickets.</p>
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LITURGISTS - The Session wishes to thank everyone who has volunteered to serve as Liturgists. If you are interested in serving as a Liturgist, please check the poster on the bulletin board in the hallway and select a date. Rev. Dr. Murray is available to talk to anyone who has never been a liturgist but wants to give it a try.

Nicole Fleschut, Administrative Assistant, will send you your material prior to the date you are scheduled to be the Liturgist. Thank you, Art Peoples, Clerk of Session

August 6	Karin Thompson
August 13	
August 20	Karen Perzia
August 27	

August Birthdays

08/10	Russ Newell
08/10	Maria Pavlick
08/15	Megan Davis
08/19	Barb Rinker
08/13	Brian Johnson
08/26	Aime McGrady



September Birthdays

09/08	Dr. Rev. Murray J. Thompson
09/12	Neil Morrison Jr.
09/15	Thelma Smith
09/16	Drena Gorgone
09/22	Annie McCaffrey
09/23	Windsor Davis
09/23	Sherri Newell
09/24	Carol Vanstory
09/24	Kinsley Natt
09/25	Tanya Christ
09/26	Lauren Cunius
09/26	Kayden Courter
09/27	Robert Stevens



August Anniversaries

08/05	Fred & Janet Hunt
08/21	Chuck & Kim Borland

September Anniversaries

09/04	Dale & Barb Rinker
09/12	John & Nicole Fleschut
09/17	Lewis & Linda Baines

THE CROSSROADS LAY LEADERSHIP PROGRAM

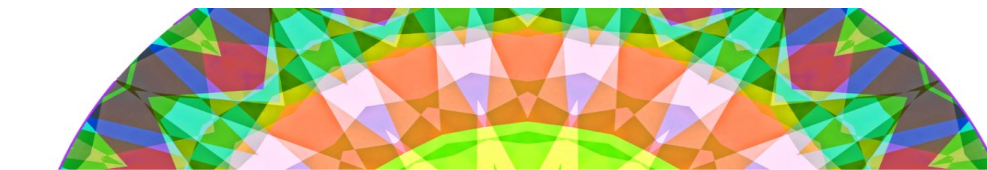
The Crossroads Lay Leadership Program of Moravian Theological Seminary will hold a Zoom Info Session at 10 am on Saturday, August 5. Crossroads prepares lay people for congregational and community ministries including lay pastoring. Many people come to improve their skills, to gain more Biblical knowledge, to live out their sense of call. Bring your questions about the program, we will share the 2023/2024 course schedule.

Contact Jill Peters (petersj2@moravian.edu) for the Zoom link and check out our website at www.moravianseminary.edu/crossroads.



MORAVIAN SEMINARY

LEAD THE CHANGE
MASTER THE ART OF CARING



Register Today for the Stewardship Kaleidoscope Conference!

Stewardship Kaleidoscope is an annual conference offering excellent plenary speakers, informative workshop leaders, provocative worship experiences, and incredible networking opportunities for all passionate about stewardship and generosity. Drawing leaders from across the Presbyterian Church (PCUSA) and other ecumenical partners, Stewardship Kaleidoscope is designed to help participants explore stewardship in its many colorful dimensions!



Passing of Don Flick - From Wendy Flick: "It is with heavy hearts that we share with you the news of the passing of an amazing man, Donald Flick Sr., on Wednesday July 19th due to a cerebral hemorrhage. At the same time, we rejoice that he has now realized his dream to be home with God and the angels and his departed loved ones. In the future we will plan memorial services in FL and in PA and hope to see you there, but for now we want to invite you to join us, from wherever you are, in prayerful celebration of Don's life. Cathy, Wendy, and Bud/Don Jr., would love for you to join us in any way you wish; in a brief moment of silence or to hold some space with us , to celebrate him and to wish him well on his soul's next journey. Wayne, please share this news with the church family there. Thanks for always being such a dependable uplifting friend!!"

From Bud Flick: "Wayne, my dad passed away around 2 am Wednesday (July 19). I was able to get down here to be with him for an hour or so while he was alive. We will do a viewing July 21, to give my mother closure. Wendy wrote this announcement giving people an opportunity to share a moment of silence during that time. Please let the church know of his passing. We will likely do a memorial service in state college area later where he grew up."

Don flick was a very proud and generous member of our church when some difficult times presented us with serious building related issues. He was a deacon & elder. He was a teacher and builder. His wife, Cathy was also a welcome addition to our church family. He is survived by Cathy, daughter Wendy, and son Don Jr. (Bud).

If you wish to send your condolences?

Cathy Flick, Wendy, and Bud.
4093 KAPOK PLACE
COCOA, FL 32926



Subscribe to our Email list for updates - Be sure to be in the know about all that is happening at Trinity Presbyterian Church by joining our email list. Use the QR code next to this announcement to join (take a photo of it with a smartphone and the webpage will open) or go to <http://www.dallastpc.org/join-our-email-list>.

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 **August 29th** . They need to be emailed to trinitypress@frontiernet.net along with any images.



Trinity Presbyterian Church Building Use Calendar - The Session is requesting everyone who wishes to use the facilities at Trinity to schedule their events with Nicole Fleschut, Administrative Assistant. By phone: 570-675-3131 Or by email: trinitypress@frontiernet.net. This will ensure that everyone has an opportunity to use the building for approved activities, and we will not have double bookings. Thank you for your support. Art Peoples, Clerk of Session.

VENDORS WANTED

FOR OUR CRAFT FAIR

AUG 26th 9-3

TRINITY PRESBYTERIAN CHURCH

105 IREM ROAD, DALLAS

570/675-3131

10'x10' space

\$35 with TABLE

\$30 w/o TABLE

INDOORS

Air Conditioned

Handicapped Accessible

Call/Text 570/881-7746 to reserve your space

HALLOWEEN COSTUME COLLECTION

HAVE YOUR CHILDREN OUTGROWN THOSE GHOST, WITCH OR PIRATE COSTUMES?
ARE ANNA, ELSA AND OLAF A THING OF THE PAST? DO YOU HAVE MORE HATS THAN HEADS
TO PUT THEM ON? DO WE HAVE AN OPPORTUNITY FOR YOU!

**CHURCH OF CHRIST UNITING IN KINGSTON IS COLLECTING HALLOWEEN
COSTUMES AND ACCESSORIES FOR A COMMUNITY DISTRIBUTION IN OCTOBER.**



PLEASE DROP OFF ANY ITEMS AT THE CHURCH OFFICE AT 190 S. SPRAGUE AVENUE, KINGSTON
OR CALL THE CHURCH OFFICE AT 570-288-8434 TO ARRANGE FOR PICKUP.

THANK YOU FOR YOUR HELP WITH THIS OUTREACH PROJECT.