

**Our Mission:**

Embracing All In God's Love

**Our Core Values:**

Sanctuary, Community, Renewal

**January 2024 Newsletter****Worship Times**

10am Traditional

11:15am Contemporary

Trinity Heights United Methodist Church, 1200 Boyd Avenue, Newton, KS 67114  
Phone: 316-283-6410      Email: [office@trinityheightsumc.org](mailto:office@trinityheightsumc.org)

**From the Pastor...****Coffee**

I am pondering my coffee this morning. I'm not sure why, somehow as I was sitting down at my desk this morning in preparation for this writing, with coffee in hand, it seemed appropriate. Those of you who know me well, know I like my coffee cups. I have quite a variety; gifts from friends and family, souvenirs from trips, ones I just liked so I bought. The cup is important, my cups are small expressions of me, the cup itself is about self-expression and symbolic of the things I carry within me on this journey of life and faith. Though I have moved to primarily decaf for health reasons, I still like my coffee strong, deep dark, and rich, I usually prefer a Sumatra, though now and then I will indulge in a flavored coffee, mostly Hazelnut or Highlander Grog, just to change things up. It is important to savor my coffee, drink it slowly, not too fast, for obvious reasons... it's hot, though even after it cools it's not good to gulp it down.

As I reflect on this January and beyond, on renewal, community, and vision for my own journey as well as looking forward with Trinity Heights UMC, I see connections with my reflections this morning. The cup is important. Our Being, our bodies, our emotional and mental "cups" we carry our life and Being in... is important. Is it prepared for the heat and struggles of the journey? How is its capacity, does it hold enough nourishment for the trip?

How do we know when the contents are depleted? How do we fill our cup with enriching journey worthy nourishment for mind, soul, and body? Is it deep, rich, and strong or does it feel weak, too light, and watered down? When I peer into my coffee cup, I don't like to be able to see the bottom. Does my journey leave room for mystery and unknown depths or are we only willing to consider a journey in which we can see the destination? Do we change it up once in a while so as to not put us in a rut, variety and diversity are good things?

These words resonate with me this morning,

"To an old man a cup of coffee is like the door post of an old house — it sustains and strengthens him." ~ Old Bourbon Proverb

"A cup of gourmet coffee shared with a friend is happiness tasted and time well spent."  
~ Unknown Author

I also believe a cup of coffee is best when shared with friends and conversation... community. Just some, perhaps a little lighter, ponderings as I sit with my coffee this morning. I pray your morning has begun with a cup of your favorite morning sustenance and is filled with Grace, Hope, and Love. May your day be rich, deep, full, warm, and filled with mystery, variety, and nourishment for your mind, heart, and soul.

Looking Forward with You into the Bright Future here at Trinity Heights United Methodist Church!

Peace and Light for Our Journey Together!

*Rev. Kent*



**WOW starts on Wednesday,  
Jan. 17, 2024—Mar. 6, 2024**  
**5:30pm Meal Serving**  
**6:15pm WOW Kids Class**

**MENU**

- Jan 17** Beef Stroganoff, Green Beans, Roll, Salad
- Jan 24** Ham Casserole with Broccoli & Rice, Roll, Salad
- Jan 31** Chicken Noodle Bake, Corn Salad

**WOW Kids schedule and lessons**

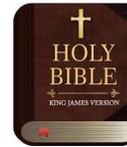
- 1/17** Fruit of the Spirit-Patience
- 1/24** Fruit of the Spirit-Kindness
- 1/31** Fruit of the Spirit- Goodness
- 2/7** Fruit of the Spirit- Faithfulness
- 2/14** Valentines Activities
- 2/21** Fruit of the Spirit- Gentleness
- 2/28** Fruit of the Spirit-Self-Control
- 3/6** Easter Activities

WOW Kids meet after the WOW meal on Wednesday evenings from 6:15 - 7:00 p.m. in the children's classroom west of fellowship hall. The group is for children ages 4-12. We will meet for 9 weeks.



**BOOK CLUB**

Do you enjoy reading books? Do you enjoy discussing what you've read with a group of friends? If so, you might be interested in the Trinity Heights Book Club. For more than 10 years, a group of women have met monthly in THUMC library to share their thoughts about the book they've read. The Book Club meets at 2 p.m. on the third Monday of each month, January through May. Members take turns choosing a book and leading the discussion. If you're interested, you may contact Marian Stubbs (316-518-8830) for more information.



**THUMC Bible Study  
for Women  
led by Sue Swender  
THUMC Library,  
Thursdays, at 12:30pm**  
Bring your Bible! Hope to see you there!

**December Mission Work Group Report**

A tour of Ember Hope was taken in November. The Harvest of Love offering on 11/5 netted over \$1000, and 200# of food. Thank you! Eight 20# turkeys were cooked, deboned, and donated for the Community Thanksgiving dinner, in addition to pies, cakes, cool whip and service time. The group will provide and serve a meal at Peace Connections in January. The 2024 giving/service calendar was outlined. It will be posted on a bulletin board outside of the Fellowship Hall. Volunteers still needed to assist at New Hope (see Evelyn, Jodie, or the Rittgers). Reminder: no liquids in the Blessing Box during freezing weather. And no perishables, please. Thx to all for your support of THUMC Missions. Shari Kaiser, Allen Wedel, Judy and Harlan Rittgers, Evelyn Adams, Cynthia Wyss, Jodie Thach.

**Friendly Reminders**

**Jan 1 New Year's Day**  
Church office closed

**Newsletter Deadline**

Wednesday, Jan.17  
for the February Newsletter



# Prayer Requests

## Prayers for Celebration

## Prayers for Recently Hospitalized

## Prayers for Healing

Patricia Wheeler	Cindy Gruver
Joanne Kilgore	Tom Adrian
Barb Stucky	Leona Clithero

## Prayers for Hope

Our Sister Church in Zimbabwe

## Prayers for Loss

## Prayers for Shut-ins

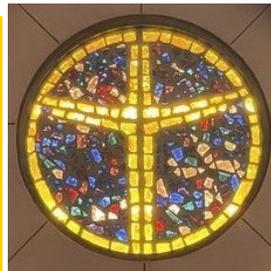
Lee Cannon	Duane Miles
Leona Clithero	Ottmar Lang
Vere English	Shirley Long
Bev Gering	Iva Reber
Marge Graham	Marie Ward
Phyllis Greene	Chris Wilson
Bill Kepley	

## BIRTHDAYS

Taylor Krueger	1/03
Carol Benninghoff	1/04
Jennifer Miles	1/05
David Mitchell	1/05
Scott Galemore	1/07
Noah Krueger	1/07
Adrienne Wedel	1/09
Judy Brown	1/10
Don Moody	1/12
Rick Whitfield	1/12
Mark Shoemaker	1/14
Ethen Adams	1/16
Melissa Gatz	1/16
Joan Wulf	1/17
Gaylon Chamberlain	1/19
Nancy Johnson	1/19
Ron Walker	1/19
Paulette Wollenhaupt	1/21
Rick Glover	1/22
Glen Garrison	1/23
Sandra Lesage	1/23
Marion Stubbs	1/23
Carolyn Wellborn	1/24
Stephanie Anton	1/29
Brian Dalke	1/29
Brad Musser	1/30

## ANNIVERSARIES

Clyde & Brenda Erwin	1/01
Dennis & Sue Lammers	1/15
James & Barb Stucky	1/29



### Trinity Heights

#### United Methodist Church

1200 Boyd Ave. Newton, KS 67114

Phone: 316-283-6410

office@trinityheightsumc.org

Church office hours Monday -Thursday  
9:00-12:00 & 12:30-3:30 pm

### Program Staff

Rev. Kent Little, Senior Pastor  
Stephanie Anton, Christian Ed. Coord.  
Diane Hite, Office Manager  
Joan Wulf, Music Coordinator  
Nancy Johnson, Choir Director and  
Digital Media Coordinator

### YouTube livestream

<https://www.youtube.com/@NewtonTrinityHeightsUMC>

### Facebook

<https://www.facebook.com/newtontrinityheights/>

### Website

<https://www.trinityheightsumc.org/>

### Giving

<https://secure.myvanco.com/YHMB/home>

# Thank You



Thank you to all who participated and supported the Sunset Angel Tree gifts.



# Thank You

Thank you to all for the Staff Christmas Gift.  
Your generosity is very much appreciated.

