

Worship Times
10am Traditional
11:15am Contemporary



Newsletter
October, 2023

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

Letting Go

I really do not recall when it started however, I have been practicing the ritual for a good number of years now. It could be that my early Sunday morning ritual of rising at 4:00am and arriving at the church between 4:30am and 4:45am has seeped into my weekly rituals. Anyway, over the past many years I have begun waking a little before 5:00am, and generally unable to return to slumber I rise and wander out to the family room and sit in my chair. Sometimes, I will get a cup of coffee, other than that I just sit in my chair; no lights, no television, no music, I just sit in the quiet and the dark. One might refer to such a practice as prayer, meditation, being still, just doing nothing, whatever it is, it is mostly just quiet time. I let my thoughts free flow, nothing in particular, just whatever happens to wander through my early morning brain. And yes, sometimes I will snooze a bit too.

This morning was no different, I rolled over and looked at my watch and it was 4:55am, I remained in bed until 5:00am, rose, and wandered out my chair. After sitting for a short time, I closed my eyes, took a deep breath, and sat simply listening to the silence and other early morning sounds. I opened my eyes after just a few moments and out of the corner of my eye I saw Simeon laying on the floor in front of the couch. Simeon was our dog for just a few days longer than sixteen years. We had to bid him farewell on June 12th of this year. He was not having quality of life. Losing a pet one loves is not an easy thing after so many years.

Anyway, obviously it was not Simeon laying in front of the couch, it was the clothes we had folded the night before. Though, initially that is what came to mind. It gave me a start, a tightening in the stomach, as I remembered the early mornings, he and I would rise at 5:00am and just sit together in the family room, though in a different house. There was the familiar twinge of grief that tingled in my sinuses and a tear welled up in my eye. However, it was the slight smile that turned up on my face as I remembered the joy he brought to our home. I have pretty much let go of the grief, though I still miss him. And, I have decided perhaps it is time to invite a new pup into the house. I miss the companion in my early morning ritual.

Fall often takes me to a place of memory and reminiscing. Family birthdays in late summer early fall, traumatic experiences of grief and loss, the joy of cooler weather, the turning of the leaves to beautiful colors then falling to the ground. Fall is fertile soil for remembering and appreciating the lives we have experienced. It is also fertile soil that reminds us of letting go of those things that often weigh us down. Trees are a living example of the beauty of letting go.



It is the part of the cycle of life and one that speaks to our own faith journey. Birth, death, rising, and resurrection are witnessed in nature and the lessons of our faith in God in Christ. Our faith encourages us to let go of those things that burden us and remember the joy and the blessing we had and still have. Letting go gives way to the space to create the new and allow us to experience life differently and diversly all the while holding on to those memories that nurture and nourish our spirits.

Take some time this month to simply sit with yourself. Perhaps reflect on that which you may need to release. Reflect on that which you need to hold close to nourish your journey of faith and life.

Until Next Month,

Peace and Light for Our Journey Together, Rev. Kent

It's Time For WOW



Oct. 4 - Dec. 6, 2023
5:30pm Meal Serving
6:15pm WOW Kids Class
6:15pm Discussion Group

Menus for October

Oct. 4: grilled hamburgers and hot dogs, chips, baked beans, salad bar

Oct. 11: baked ziti, green beans, garlic bread, salad bar

Oct. 18: hot ham & cheese sliders, baked mac & cheese, salad bar

Oct. 25: chicken spaghetti, corn, garlic bread, salad bar

WOW Kids

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 this fall, starting Oct. 4 and ending Dec. 6. The curriculum for this fall is Fruit of the Spirit. There will be a short lesson with crafts and games.

Theology Matters, Matters of Theology **Have Questions?**

I want to invite our THUMC Community to a discussion group in conjunction with our WOW gathering on Wednesdays, at 6:15pm. After our meal we will gather, location to be determined, for a time of discussion and conversation around matters of faith, theology, journey, and community.

I will always have some topic prepared though, I want this gathering to be open to questions or topics the group might bring with them on any given Wednesday. This invitation to join the group is to anyone of any age, youth through our more seasoned members and friends. If you are interested in being a part of this group you might let me know, just so I can get a sense of how many might show up in regards to space and where we might meet. However, letting me know you might show up is not a prerequisite to joining the group. I look forward to this time of conversation, learning, and continuing to deepen our understanding of our journey with God and one another.

Peace and Light for Our Continued Journey Together,
Rev. Kent

Jr. & Sr. High School Sunday School

We will meet the following
Sundays:

Oct. 15 and 29, & Nov. 12.

The class meets in the basement at 11AM and is led by Ann Adrian.

Anyone in grades 7-12 are welcome to attend.

Volunteer!

Good Morning Members and Friends,

I am reaching out to put together a list of persons who would be willing to serve as ushers for our 10:00 am service in the Sanctuary here at Trinity Heights. My hope is to create a group of persons who are willing to serve and have enough where we can spread it out some so it wouldn't have to be a weekly commitment. Responsibilities of the ushers are to hand out our order of service before we begin as well as greet people as they enter the sanctuary. In addition to this at offering time the usher passes the offering plates to the persons in the pews and then bring the offering down at the end of the offering time during the doxology. To accomplish this, we need five persons each week. Let me know if this is a way you would like to serve our community of faith, it is an important part of our worship time together as we strive to be good stewards of our gifts and create a welcoming and meaningful Sunday morning experience for all. Thank you for your consideration. You can either call the church office and let Diane or myself know of your interest or drop me an email at klittle@greatplainsumc.org. I look forward to hearing from many of you soon. If you have already contacted me in regards to helping with ushering, thank you.

Peace and Light for Our Continued
Journey Together, Rev. Kent



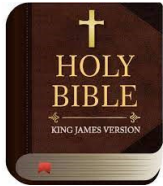
Taste of Newton

Thursday, October 12, from 6-8pm.
Get your Tornado Potato (spiraling potato)
from the Trinity Heights Respite booth.



**United Women of Faith
hosting the Christmas Bazaar
Nov. 4, 2023, 8:00-2:00pm**
in Trinity Heights Fellowship Hall
Many wonderful vendors have
signed up to have booths.
*We are needing volunteers to help
in many areas.*

To sign up to help, contact
Connie Rickard;
conniemarierickard@gmail.com
or Judy Rittgers: jkritt@cox.net
or look for sign up sheet at church.



**THUMC Bible Study for Women
led by Sue Swender
THUMC Library, Thursdays, at 12:30pm**

We will study the Gospel of Mark
Bring your Bible! Hope to see you there!



BOOK CLUB Do you enjoy reading books? And 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, September through November, and 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.

State Health Insurance Counseling for Kansas (SHICK) from Oct. 17 to Dec. 6.

Harlan Rittgers will be available for sign up for plan C, D, and Supplemental Medicare on Tuesday and Wednesday afternoons, from 1-4pm. Call the church office to make an appointment with Diane at 316-283-6410. Please bring your Medicare card, Plan C/D card, and/or Supplement Ins. card with you, as well as a list of your medications, dosages, and times per day. Please sign up early!

Greetings,

I am wanting to explore the possibility of bringing live music back to our Contemporary Worship and Celebration Service in the Fellowship Hall at 11:15am. I am reaching out to our community of faith here at Trinity Heights to see if there is interest in this and if there are those who might have the gifts of music leadership; keyboard, drums, guitar, or other instrumental gifts as well as vocals to discuss this possibility. Please feel free to drop me an email, stop by the office, or give me a call if this is something you in which you might be interested. Thank each of you for all you do for our church!

Peace and Light for Our Continued Journey Together,



Thank You

Thanks to all for the generosity of gifts to the church for the 61st Annual Trinity Heights UMC Birthday Celebration that was held on Sunday, Sept. 24. The gifts to the church endowment fund will help with education scholarship, music, missions, and landscaping funds. *THANK YOU!*

Prayer Requests

Prayers for Celebration

Jerald & Celia Franz were acknowledged and welcomed as new members on Sunday, September 17.

Prayers for Recently Hospitalized

Prayers for Healing

Patricia Wheeler	Cindy Gruver
Joanne Kilgore	Lauren Anton
Barb Stucky	

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	Donna Staggs
Phyllis Greene	Marie Ward
Bill Kepley	Chris Wilson

Facebook

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

Website

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

Giving

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

BIRTHDAYS

Marc Anton	10/1
Merreta Witzke	10/1
Finn Curran	10/2
Michelle Pauley	10/2
Vickie Scheffler	10/4
Wilma Schwemmer	10/4
Cindy Gruver	10/5
Kitty Withrow	10/6
Bob Grant	10/7
Bill Kepley	10/7
Bev English	10/11
Hugh McConnell	10/12
Pat Duffy	10/13
Trudy Titus	10/14
Leona Clithero	10/15
Kenna Graber	10/16
Billie Barker	10/17
Mark Lyles	10/17
Jaap van der Weg	10/17
Mandy Mitchell	10/18
Madison Dalke	10/20
Ann Davidson	10/23
Jacob Walker	10/23
Brooke Glover	10/26
Phyllis Greene	10/26
Byron Warta	10/28
Susie Wickiser	10/29

ANNIVERSARIES

Vern & Arlene Bowers	10/5
Greg & Judy Brenzikofer	10/6
Marc & Stephanie Anton	10/7

Friendly Reminders

**10/9 Indigenous Peoples' Day
church office is closed**

**10-4, 11, 18, & 25 6:30pm
Chancel Choir practice
Everyone is welcome!**

**10-11 9:30am
United Women of Faith meeting**

**10-12 6pm Respite booth
at Taste of Newton**

**10-31 6-7:30pm
THUMC Trunk or Treat**

The Executive Committee met on Sept. 17, 2023

These are the topics discussed.

- Approved minutes from the August 20 and August 30 meetings.

Finance

- Approved the financial report for August.
- Approved a 4% landscape distribution from CKCF to the church.
- Approved \$76,000 to be taken from CKCF to the church for the building fund to be used to pay for bathroom remodeling.

Trustees

- Accepted bid from Wray Roofing and Roofing Specialist for a new roof using insurance money.
- Discontinued our agreement with Shady Waters for maintaining landscape.
- Discussed the progress on the bathroom remodel project.
- Ceiling tiles have been replaced in choir room and main entryway.
- Stool in ladies restroom has been fixed as well as the leak at the kitchen sink that is in Murray Hall.
- Service master will be called to steam clean the kitchen floor.
- Discussed plan for snow removal.

Staff Parish

- Accepted the resignation of Juli Garcia.

Pastor Report

- Reported that he had met with team leaders
- Discussed a change to our mission and our flow chart.
- Nominating committee will need to meet before Church Conference on Nov. 12.

Next meeting will be on Oct. 22.

EXECUTIVE COMMITTEE

Ann Adrian
Dan Buchanan
Mike Farrell
Deb Hamm
Jonathan Krueger
Joe Slechta
Scott Seirer
Richard Walker
Cheryl Williams



**Newsletter
Deadline**
Wednesday, Oct. 11
for the November
Newsletter

September Mission Work Group Report

There was a Mission Moment during the church service Sunday, Sept. 17 to give the congregation a better understanding of the SEAK program we have been supporting this summer. The Mission Work Group will be cooking the meal for the 10/17 Circle of Hope meeting at First Methodist, while their cook is recovering from surgery. A donation of \$500 will be made to Habitat for Humanity this month. On 11/20, Ember Hope is giving us the opportunity for a tour of the facility at 11am. We have 2 spaces left available for the tour. Anyone wanting to accompany us should contact Jodie Thach.

Allen Wedel, Shari Kaiser, Judy and Harlan Rittgers, Evelyn Adams, and Jodie Thach

For your November Calendar

Weekly Adult Discussion Group starts
Sunday, November 5, 2023, at 11:15am.
More details on location later.



If you are interested in decorating your trunk, contact the church office and/or fill in the sign up sheet located in the foyer at church. Bring your decorated trunk and tell your friends to bring theirs and wow the trunk or treaters!

If you are interested in donating candy, drop that off at the church office. We look forward to a night of fun and entertainment.