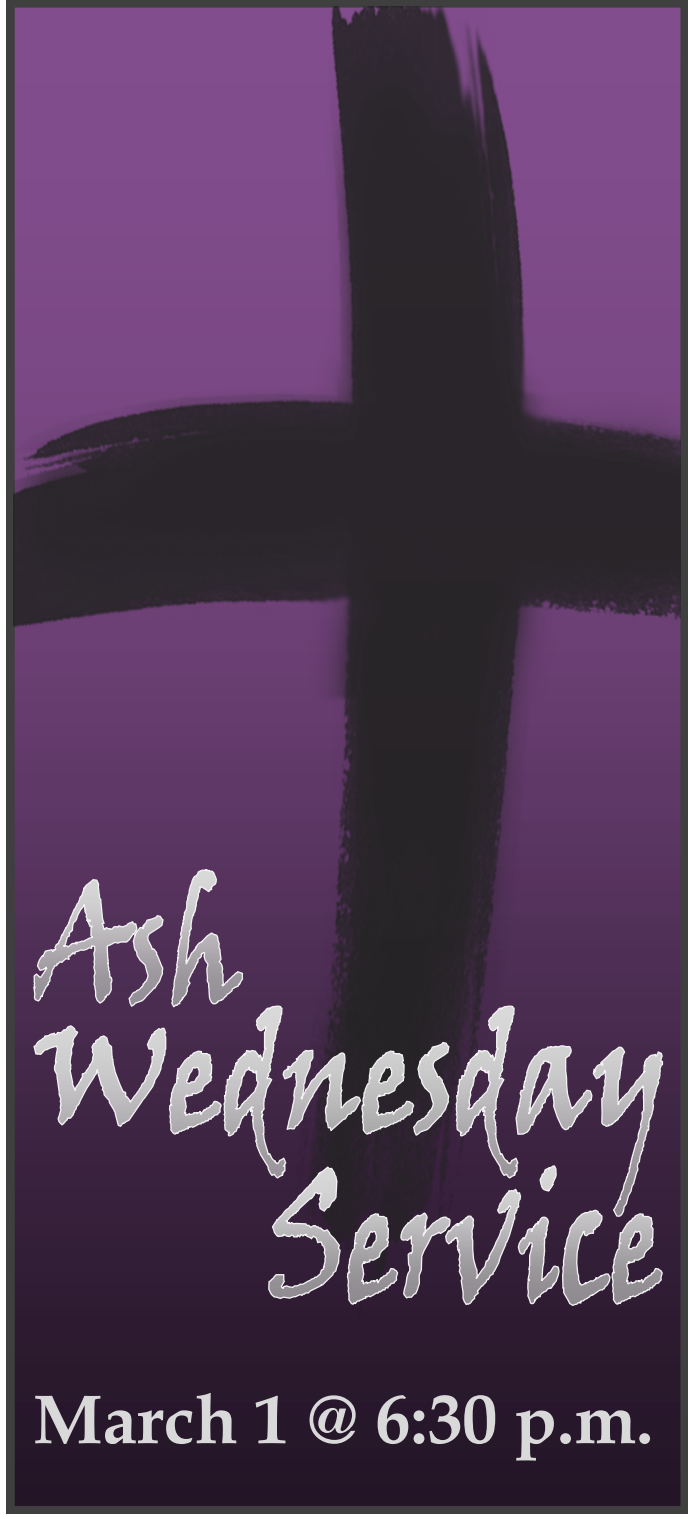




Saturday, April 15

Easter Egg Hunt

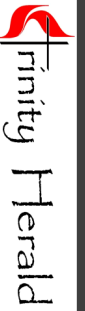
12:00 p.m.



Ash Wednesday Service

March 1 @ 6:30 p.m.

TRINITY UMC
5613 WESTERN AVE.
KNOXVILLE, TN 37921
(865) 588-5763 or 5764 (Church Office)
Fax: 865-588-0103 (Church Office)
(865) 588-6833 (Trinity Child Development Center)
Email: contact@knoxtrinity.org
Webpage: www.knoxtrinity.org
RETURN SERVICE REQUESTED



Non Profit Organization
U.S. Postage PAID
Knoxville, TN 37950
Permit #203
February 28, 2017

Too Busy to Eat?

Rev. Rhonda Hobbs



Have you ever gotten so busy at work you forgot to eat? A couple of weeks ago, someone stopped by my office and as we were talking my stomach growled and rumbled loud enough for the other person to hear it. We both just ignored it but it persisted even louder. My body was doing everything it could to get my attention but I was busy so I just ignored it. Later that day, I started feeling really

grouchy – for no reason. I looked at my watch and it was around 3:30 p.m. that gnawing feeling had stopped but now my physical hunger was acting out in a new way – my emotional state was being impacted by the fact that I had skipped lunch and ignored the physical warnings my body tried to send me.

God created our bodies with warning signals – our stomach growls when we are hungry and our mouths water when we are thirsty. If we ignore the physical warnings, then our emotional systems take over and try to give us a hint that something is wrong. Of course, we can ignore the warnings until they eventually stop. Not many of us know what it's like to be really hungry or really thirsty. It's easy for us to take it for granted that we have an abundance of food and clean water at our fingertips

When our souls are healthy, they hunger and thirst for spiritual food and water. Regular participation in worship and small groups nourishes and

Prayer Requests



Continuing Prayers

Joanne Stansberry, Kenny Higgins, Rowena Walker
George Seal (father of Scarlet Walker),
Delt Sharp, Gary Sharp, Sherran Key

Prayers for those with

recent surgeries and health needs:

Paul Boyer, Marge Fleck, Joe Mischlich,
David Watkins, Jack Woods, Gary Simmons, Jack Shaw,
Charlene Walker, Ellen Ferry, Roberta Fogle,
John Mitchell, Megan Emeheiser, Libby Price,
Joann Rayburn, Rita Raymond, Polly McNutt,
Belle Simms, Charlie Stevens, David Ruckart

Continuing Care

Lola Corrier, Mary Heimbaugh,
Nancy Wallace, George Jack
George Deaton (father of Julius Deaton.)

In the Military

Mathew Chesney
Tim George
Wayne Houser
James Raxter
Ryan Witzak
Bennie Satterfield



- | | |
|-------------------------|------------------------------|
| 3/01 Don Manley | 3/19 Gail Vandiver |
| 3/02 Chuck Taylor | 3/19 Tim Dunaway |
| 3/02 Bob Flynn | 3/20 Scott Newby |
| 3/04 Troy Milligan | 3/23 Edna Hodge |
| 3/05 Amelia Nodell | 3/23 Jennifer Dixon |
| 3/06 Jean Fraley | 3/24 Rebekah Geitner Allison |
| 3/06 Sheryl Howard | 3/24 Jo Banner |
| 3/06 Bennie Satterfield | 3/24 Emily Dunaway |
| 3/09 Winston Kegley | 3/25 Nancy Beasley |
| 3/11 Jenny Compton | 3/25 Deb Glenn |
| 3/13 Mallory Thompson | 3/26 Barbara Geitner |
| 3/14 Nick Forrester | 3/26 Patsy McGill |
| 3/14 Sean Ward | 3/27 Dale Robeson |
| 3/16 Larry Snodgrass | 3/29 John Bush |
| 3/18 Juliana Fraley | 3/29 Benjamin Freeman |

refreshes our souls. When we miss church or studying with fellow believers, we experience a feeling of emptiness – a gnawing like something is missing. This is the Holy Spirit’s warning system -- our souls’ growling to let us know that we’ve forgotten to eat. Of course our spiritual lives are similar to our physical ones in that if we ignore the warning signs they eventually stop.

My grandson Austin once asked me why we go to church. I told him it was like food for our souls. After reflecting on what I had just said, he replied “*Well then we must be starvin’ to death!*”

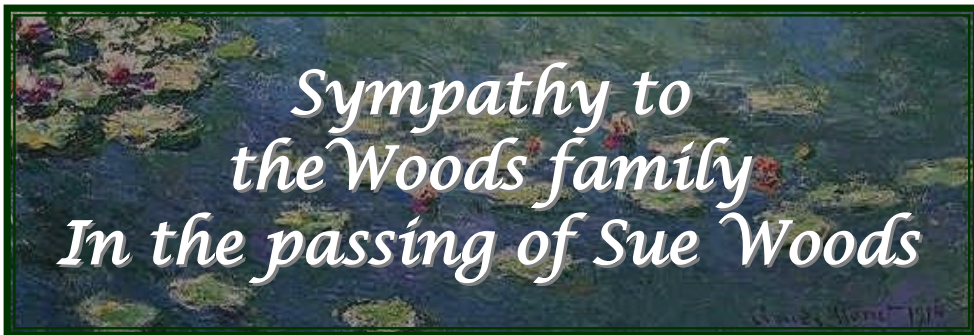
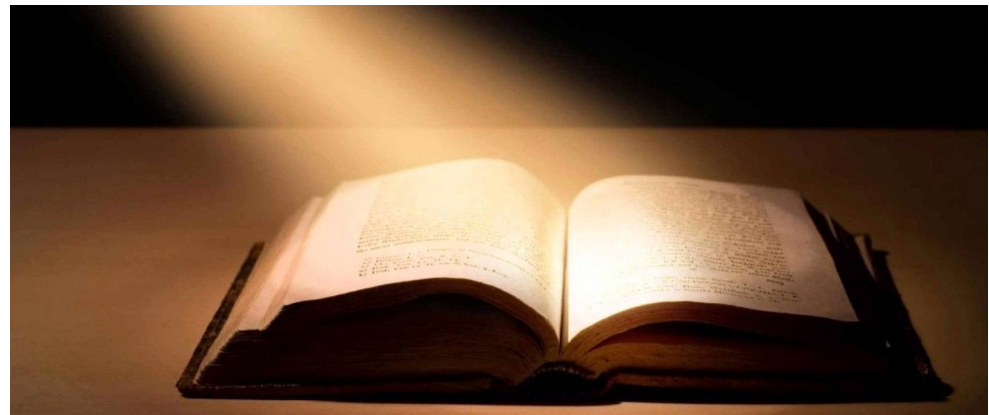
Do you take being in worship on Sunday morning for granted? Has your life gotten so busy you’ve forgotten about eating spiritual food? Is your attendance as regular as eating 3 meals a day so that if you miss a Sunday you get soul hunger pains?

Are you starvin’ to death? See you Sunday morning!

*In Christ,
Rhonda*

***“Blessed are those who hunger and thirst for righteousness, for they will be filled.”
-Matthew 5:6***

***“Let us hold fast to the confession of our hope without wavering, for He who has promised is faithful. And let us consider how to provoke one another to love and good deeds, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day approaching.”
-Hebrews 10:23-25***





SUNDAYS

March 5	Choir – Both Services
March 12	Choir – Early Service only
March 19	Choir – Both Services
March 26	No Choir

LOOKING AHEAD

April 13 Maundy Thursday Service at 6:30 p.m.



Hi Music in Motioners!

March 5: At this point all your music has been earned and Mrs. Drey will finish the choreography to The Baseball Game!"

March 12: You will not have rehearsal because of Spring Break.

March 19: We learn the dance to "My Blanket and Me" and start a run-through.

March 26: Continue run-through.

You guys are doing a great job. I want to encourage you to work hard and keep your focus.

Lines should be memorized by Sunday, April 2.

TIP: Each week—say each line 10x in a row at least 3 days per week.

You will have it down before you know it!



The Crafters

Jean Fraley

TRINITY UNITED METHODIST SPRING FLEA MARKET

SATURDAY, APRIL 22, 8 a.m. – 2 p.m.

When the doors open at 8 a.m. a hot breakfast will be waiting for you to give you strength for shopping!

As the weather changes and you begin your spring cleaning, fill some empty boxes with all the things you haven't used in several years. More information will be given in the next newsletter concerning when you may bring your donations for the Flea Market.

We need volunteers to help with the setup on April 19, 20, and 21 and breakdown on April 22. Please call Jean Fraley (865-556-4562) if you will be able to help on either of the dates shown – even if it will be just an hour or so. The more volunteers we have the more fun and fellowship we will have for this fundraising project to provide for missions "here, there, and everywhere." Pray about it and let God lead your heart.

We will take clean, ready to wear clothing, household items, furniture, etc. If you can put a price on it, we will attempt to sell it.

Since the beginning of the year, the Crafters have been busy with two service projects. We made 70 pillowcases for the victims of the wild fires in Gatlinburg area. The Cherry Pit Quilt Shop in Sevierville sponsored this project. They received pillowcases from all over the United States. When the pillowcase project ended, a couple of the crafters have been busy making laundry bags for Family Promise. We are using fabric donated to the Crafters just as the pillowcases were made from our supply of donated fabric. If you have donated any items for us to use, we say "Thank you". Just know in some way you are a part of our projects.

THE FOOD MINISTRY

We need volunteers to help with the Food Ministry. Please consider helping with this project. Call Jean Fraley at 865-556-4562.

We are so appreciative of the help given this past week in order to purchase the food, fill the bags, and greet the folks and help distribute the food to the families as they came to pick up.

Be a part of a great Trinity ministry!

Easter Picture Display

BETTY BLACK

Trinity Friends, We need your Easter photos!

It is time to get out those boxes and photo albums and find your pictures of Easter bonnets, egg hunts and sunrise service. Digging through old photos is a good way to spend a dreary winter day.

Now put your name on the back with tape or return address stickers, place them in an envelope and bring them to church. There will be a basket in the office or you can hand them to me or mail them to me:

Betty Black
7904 Whitcomb Rd.
Powell, TN 37849.

I can also come and get them if you can't get out. Please do this because we want to see your pictures. If you have digital photos, just print out a few. Try to bring them by March 26. They will be returned to you in May.



Ash

Wednesday Worship Service

March 1
Meal at 5:30 p.m.
Service @ 6:30 p.m.

Ash Wednesday opens Lent, a season of fasting and prayer. Ash Wednesday takes place 46 days before Easter Sunday. It comes from the ancient Jewish tradition of penance and fasting. The practice includes the wearing of ashes on the head. The ashes symbolize the dust from which God made us. As the priest applies the ashes to a person's forehead, he speaks the words: "Remember that you are dust, and to dust you shall return." Alternatively, the priest may speak the words, "Repent and believe in the Gospel." Ashes also symbolize grief, in this case, grief that we have sinned and caused division from God. Writings from the Second-century Church refer to the wearing of ashes as a sign of penance. Pastors administer ashes during the service and all are invited to accept the ashes as a visible symbol of penance. ALL are invited and welcome at Trinity. The ashes are made from blessed palm branches, taken from the previous year's palm Sunday. Come join us for this beautiful service.



You Are Cordially Invited to
 A Trinity Passover Feast
 Wednesday Day, April 12 at 5:45.
 Dinner and Ceremony begins at 6:00 p.m.

The Seder meal is a ceremonial dinner that commemorates the Exodus from Egypt and includes the reading of the Haggadah and the eating of symbolic foods. It is generally held on the first night of *Passover* by Reform Jews and Jews in Israel and on both the first and second nights by Orthodox and Conservative Jews outside of Israel. Please come to this beautiful and delicious dinner ! No reservation required. Donations accepted.

Easter Egg Hunt 2017

Dear Trinity Congregation:

We are planning a big Easter Egg Hunt for the kids of Trinity and the community on April 15. We need your help to pull this off. We are asking you to provide as many already stuffed Easter Eggs as possible. There will be a box in the gathering area by the Welcome Center for you to drop them off. We need all the eggs by April 8th. Thanks for all your help the kids will be delighted to see all the eggs you have provided.

*Thank you
 The Easter Bunny (a.k.a. Pam Cunningham)*

Easter Egg Hunt
Saturday April 15
12 - 2 pm
Lunch will be provided
Eggs Eggs Eggs
Prizes for each age group

Altar Flowers

We have a few Sundays available for altar flower purchases. Available dates include June 18, August 6, September 3, November 5 and November 12. If you are interested, please sign up using the altar flower calendar on the bulletin board and make checks payable to Trinity United Methodist Church. Altar flowers are \$35 each.

Ladies Night Out

Thursday, March 30
First monthly night out for Trinity ladies and their friends.

We will meet at McAlisters on Morrell Rd at 6:00 p.m. and then go see the movie "The Shack" at West Town.

March 7 showing of "Is Genesis History?" great documentary on creation.

More details and show time to come!

CROSSFIRE

YOUTH of TRINITY UNITED METHODIST CHURCH

Sundays @ 5 pm



**Every
Sunday
At
5 pm!**



*Congratulations to
Trinity Child Development Center
For Receiving a Three Star Rating
From the State of Tennessee!*

*Special thanks to our outstanding teachers and
Staff that help make this honor possible!*



Family Promise[®] of Knoxville

MARK YOUR
CALENDARS!

Family Promise host week is March 12-18. Volunteer sign up sheets are available in the gathering area.

There are many volunteer opportunities available. Hospitality hosts (2 per shift) arrive at the Foley house at 5:30pm and escort our guests to Fowler Hall for dinner at 6:00 and then visit with families until 8:30. Overnight hosts (2 per shift) arrive at 8:30 in the evening and find a comfy couch or inflatable bed to settle in for the night. Guests will be ready early in the morning and be gone by 7:00am. For additional information please contact Liz at 207-7666 or Ed at 617-3329.

Young in Heart

Bob & Liz Seaman

The program for March will be provided by the "Grace Notes" an 18 dulcimers group including our own Roberta Fogle.

We will be meeting and eating in the St James gym. This change will greatly reduce the efforts of the kitchen committee for which we are so thankful for their support.

Thursday, March 16. 10:45AM

Bob and Liz will be out of town. Larry Carroll has graciously agreed to lead the meeting.

Thank you!

My dearest Trinity family,

I cannot begin to express how deeply moved I was at the outpouring of cards, prayers, food, phone calls, and visits during my recovery from breast cancer surgery. All of your love and support comforted my family and me, and I really appreciate everything. Thank you so much!

*In Christ,
Holly Fuquay*

March 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 6:30 am Early Birds 10:30 am Bible Study 5:45 pm Dinner 6:30 pm Ash Wednesday Service	2 6:00 pm Trinity Folks Rehearsal 6:30 pm Girl Scouts	3	4
<i>1st Sunday in Lent</i> 5 8:45 am Cornerstone 9:45 am Sunday School 10:00 am Youth Class 11:00 am Bridge Service 12:00 pm Church Council 4:00 pm Music in Motion 5:00 p.m. Youth & Children	6 6:00 pm Band of Brothers 6:00 pm Girl Scouts 7:00 pm Cubs 7:30 pm Lydia Circle	7 10:00 am Quilters 5:30 pm Girl Scouts 6:00 pm Joyful Gathering 7:00 pm AA Meeting 7:00 pm Sons of Thunder 7:00 pm Boy Scouts 7:00 pm Young Adults	8 6:30 am Early Birds 10:30 am Bible Study 5:45 pm S&L Dinner 6:30 pm S&L Programs 6:30 pm Bible Study 7:00 pm Handbells 7:30 pm Choir Rehearsal 8:30 pm Praise Team	9 9:00 am Crafters 10:00 am Esther Circle 6:00 pm Trinity Folks Rehearsal 6:30 pm Girl Scouts	10	11
<i>2nd Sunday in Lent</i> 12 8:45 am Cornerstone 9:45 am Sunday School 10:00 am Youth Class 11:00 am Bridge Service 4:00 pm Trustee Meeting 4:00 pm Music in Motion 5:00 p.m. Youth & Children	13 6:00 pm Band of Brothers 6:00 pm Worship Committee 7:00 pm Cub Scouts	14 6:00 pm Joyful Gathering 6:30 pm Ruth Circle 6:30 pm Abigail Circle 7:00 pm AA Meeting 7:00 pm Sons of Thunder 7:00 pm Boy Scouts 7:00 pm Young Adults	15 6:30 am Early Birds 10:30 am Bible Study 5:45 pm S&L Dinner 6:30 pm S&L Programs 6:30 pm Bible Study 6:30 pm Handbells 7:30 pm Choir Rehearsal 8:30 pm Praise Team	16 10:45 am Young in Heart 6:00 pm Trinity Folks Rehearsal 6:30 pm Girl Scouts	<i>St. Patrick's Day</i> 17	18 8:00 am UMM Breakfast 9:00 am Cub Scouts Pinewood Derby 4:30 pm Emmaus
Family Promise Week March 12-19						
<i>3rd Sunday in Lent</i> 19 8:45 am Cornerstone 9:45 am Sunday School 10:00 am Youth Class 11:00 am Bridge Service 3:00 pm Church Council 4:00 pm Finance Meeting 4:00 pm Music in Motion 5:00 p.m. Youth & Children	20 6:00 pm Band of Brothers 6:00 pm Girl Scouts 7:00 pm Cubs <i>Newsletter Deadline</i>	21 9:00 am Geezers 10:00 am Quilters 5:30 pm Girl Scouts 6:00 pm Joyful Gathering 7:00 pm AA Meeting 7:00 pm Sons of Thunder 7:00 pm Boy Scouts 7:00 pm Young Adults	22 6:30 am Early Birds 10:30 am Bible Study 5:45 pm S&L Dinner 6:30 pm S&L Programs 6:30 pm Bible Study 6:30 pm Handbells 7:30 pm Choir Rehearsal 8:30 pm Praise Team	23 9:00 am Crafters 6:00 pm Holston Home 6:00 pm Trinity Folks Rehearsal 6:30 pm Girl Scouts	24	25 9:00 am UMW Poverty Simulation Event
Family Promise Week						
<i>4th Sunday in Lent</i> 26 8:45 am Cornerstone 9:45 am Sunday School 10:00 am Youth Class 11:00 am Bridge Service 4:00 pm Music in Motion 5:00 p.m. Youth & Children	27 4:00 pm Delta Kappa Gamma 6:00 pm Band of Brothers 7:00 pm Cubs	28 6:00 pm Joyful Gathering 7:00 pm AA Meeting 7:00 pm Sons of Thunder 7:00 pm Boy Scouts 7:00 pm Young Adults	29 6:30 am Early Birds 10:30 am Bible Study 5:45 pm S&L Dinner 6:30 pm S&L Programs 6:30 pm Bible Study 6:30 pm Handbells 7:30 pm Choir Rehearsal 8:30 pm Praise Team	30 6:00 pm Trinity Folks Rehearsal 6:00 pm Ladies Night Out 6:30 pm Girl Scouts	31	