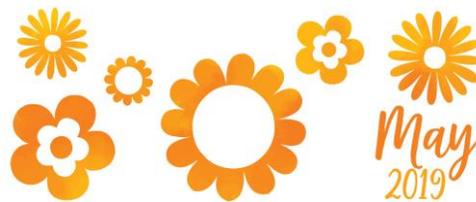


# THE BRIDGE

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Rev. Elizabeth M. Strobel  
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*"Diverse in Backgrounds, United in Faith"*

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Dear Friends,

We had a wonderful Easter Sunday at Trinity! I am sure it's no secret that pastors and church staff, though, are usually exhausted after Easter. So, as is the tradition, I find myself pretty tired even as I rejoice in the good news of the resurrection. I'm sure that you have things in your professional and personal life that leave you worn out, too. In moments when the busy-ness passes, I often sit down and ask myself what I need to do to get back on track. And inevitably, I have this thought: "Oh yeah, I had some spiritual practices that were going really well before I got swamped. I forgot about those! I should do that again." I know I'm not the only one.

Spiritual practices can be anything from prayer to community service to self-care. They tend to the deeper needs of our spirits and our world. Spiritual practices ground us. They are an anchor when life gets crazy, and a constant rhythm in an ever-changing world. They are also easy to overlook or forget. So, as I try to get back on track this month, I thought I'd share with you some of my "old faithful" practices that keep me aware of God's presence in my life.

- **Prayer.** Here, I particularly mean prayer for others. I pray through our directory every day – I mean it when I say that I'm always praying for you. I also sometimes pray through the news headlines, and try to end every day by listing the things for which I am thankful.
- **Silence.** I love people and conversation, but my soul craves quiet so that I can listen to God's voice. Spending a little time each day in silence is good for me. At the end of this month, I plan to go on a silent retreat where I will not speak, but instead engage in silent prayer, meditation, and study. (We'll see how long it takes me to send a text message. Fingers crossed!)
- **Sleep.** Daniel slept in a lion's den. Peter and Paul slept in prison. Jesus slept on a boat through a storm. We, too, can take naps. Without enough sleep, we're not going to be able to get anything productive done.
- **Friendship.** I have been blessed in my life with a spouse, family, and friends who love me and help me be better. I intentionally spend quality time with people who help me think, grow, and live more authentically. This also often involves tacos, which is a plus!
- **Outdoors.** We are blessed in Independence this year with a beautiful spring – feeling the sun and wind and listening to creation is good for my soul and body.

My hope in sharing this list is not to brag – in fact, I wish the list was much longer and more impressive! But I hope to remind you that living a spiritual life is both doable and can be taken in small steps. I also hope it reminds you of your own practices and encourages you to be more intentional. We are all on this journey together!

Blessings, Elizabeth





*On the first Day of the Week*

*"The people came together..."*

Apr.	7.....	67
Apr..	14.....	89
Apr.	18, Maundy Thursday..	38
Apr.	21, Easter.....	131
Apr.	28 .....	65

*"and the people gave . . . "*

Mar.	31.....	\$2,153.86
Apr.	7.....	7,247.00
Apr.	14.....	1,850.14
Apr.	21.....	2,369.21
Apr	28.....	<u>2,371.60</u>
Total.....		\$15,991.81

*A heartfelt thank you to those who have so lovingly and generously contributed to Trinity's memorial funds:*

*Evelyn Richards  
Betty Goetz  
Ann Rich*



**2019 PER CAPITA ASSESSMENT**

Trinity will again be paying our assigned per capita assessment in 2019 by asking members of the congregation to donate their own \$49.07 per active member. This will help to ease our budget.



**CAPITAL CAMPAIGN**

We are all enjoying the beautiful updates to our church campus! Please remember that even though the labor is finished, we are still collecting funds to pay for the work. If you have already given your pledge in full, we thank you! If you are still working on your pledge, we thank you in advance!

*Trinity Table*



Trinity Table is a monthly effort to provide a hot meal to anyone who needs or wants it. The next Trinity Table is scheduled for Saturday, May 11<sup>th</sup>. If you would like to donate monetary support or your time as a volunteer, please see Kyle Palmer.



## STRAWBERRY FESTIVAL Sunday, June 1, 3-5 pm

Invite your friends, neighbors & relatives to this wonderful event. Fresh strawberries and strawberry desserts of all kinds. Donations accepted.

## SEW 'N SO'S

Thank you Trinity, for saving the Best Choice Bar Codes for us. We have received 984 bar codes far this year. Please keep saving!



Thanks to your generosity, the Mission Committee was able to collect two special offerings during Holy Week. On Maundy Thursday, you donated \$100 that will be donated to CAPA – our local Child Abuse Prevention Association. Then, on Easter Sunday, you gave \$319.71 for One Great Hour of Sharing, which will go to providing relief to those affected by natural disasters, providing food to the hungry, and helping to empower the poor and oppressed.



## VACATION BIBLE SCHOOL JULY 7 – 10

Registration Forms will be available in early May!



## THANK YOU

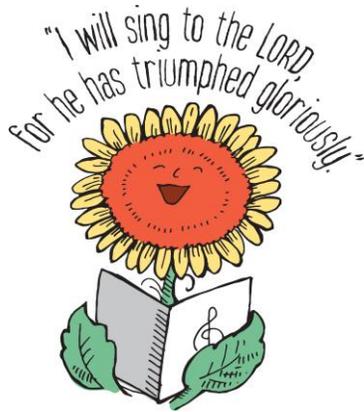
Thanks to your generosity, we raised \$1,037.00 for VBS at our Bingo/Singo Night! Thanks to all who participated and donated raffle baskets. Your donations enable our church to offer this FREE, fun, and faithful event to our community.

## CHRISTIAN SYMBOL

### 7-Pointed Star

This star represents Isaiah's list of the gifts of the Spirit to be revealed in the Branch of Jesse — that is, Christ: "The Spirit of the LORD will rest on him — the Spirit of wisdom and of understanding, the Spirit of counsel and of might, the Spirit of knowledge and the fear of the LORD — and he will delight in the fear of the LORD" (Isaiah 11:2-3, NIV). Some baptism and confirmation liturgies pray for God to "stir up in" the newly baptized or confirmed "the spirit of wisdom and understanding, the spirit of counsel and might, the spirit of knowledge and the fear of the Lord, the spirit of joy in [God's] presence."





**HYMN SING**  
May 5, 10:30 a.m.

Come to church ready to request your favorite hymn from our hymnal. Let's make a joyful noise!

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**SPECIAL COLLECTION**

To honor the many mothers in our community, the Mission Committee will be collecting ladies' toiletries and hygiene items in the Narthex on Mother's Day. These items will be donated to an organization that cares for women in need.

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From a church bulletin:  
The ceremony begins at 4 p.m.  
Reception to follow on the terrace.  
No gifts, please.  
How creative to name your terrace.

Don't Miss the  
**DEADLINE!**

**The deadline for items submitted for the June Bridge is Friday, May 24. Information for the weekly News Sheet is due each week on Wednesday by 1:00 p.m.**