

# THE BRIDGE

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*"Diverse in Backgrounds, United in Faith"*

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Dear Friends,

School is back in session, it feels like fall some mornings, and the stores are selling pumpkin-spice everything. That's right, summer is winding down. And as summer winds down, our schedules often ramp up. Most of us will get busier and busier throughout the fall, and then all of a sudden it will be the holidays! While this time of year is exciting, it's also a time when we can forget our spiritual disciplines like Sabbath, prayer, study, and self-care. That's perfectly normal – part of the Christian journey is that we have to remember and revitalize our spiritual lives. Sometimes, we just get in a rut. Here are a few ways of praying that might shake up your spiritual life this fall:

- Pray through scripture using *Lectio Divina*. This is an ancient spiritual practice that can be done in three steps. After you choose a short selection of scripture, listen for the word or phrase that leaps out at you. Silently ponder that word in your heart or recite it quietly. Read your scripture a second time, meditating on the word or phrase that spoke to you. Consider how that word or phrase is touching your life today. Finally, read the scripture passage for a third time, considering how God might be calling to you through that passage. Allow God some time to shape your word or phrase into action. When you are finished, take a deep breath and thank God for the experience.
- Try a *Breath Prayer*. Sit in a quiet place in a comfortable position. Choose a simple prayer, such as "Lord, let me feel your presence" or "O God, show me your way," or a short scripture such as "Be still and know that I am God." Close your eyes, breathe in deeply, and silently think the first half of your prayer. Hold your breath for a few seconds, if possible. Then, slowly exhale while silently saying the second half of your prayer. It would go like so: Breathe in: "Be still" – Hold – Breathe out: "that I am God." Repeat this several times. This method of prayer is particularly good in times of stress.
- *Active Contemplation* works well for those who like to stay busy. Come up with a short prayer to recite, or a list of people for whom to pray. Then choose a repetitive activity, such as folding laundry, hammering a nail, walking, yoga, or even bouncing a fussy baby. With each fold/hammer/step/movement/bounce, silently or quietly recite your prayer.
- Pray *Like a Pirate: ARRR!* In this prayer you Acknowledge, Relate, Receive, and Respond to God. In the first step of this type of prayer, you acknowledge whatever is in your heart. After you acknowledge, you will tell God how you are feeling. After you acknowledge and relate, you need to receive God's message: this requires you to be silent to hear what God has to say. Once you receive God's message, you will want to respond in some way. Perhaps it is saying, "Yes Lord, I will do that" or "Oh Lord, I'm going to need help with that!"

*I pray that the eyes  
of your heart may  
be enlightened in  
order that you may  
know the hope to  
which God has  
called you.*

*-Ephesians 1:18*

I hope that one of these methods energizes your prayer life. If not, you are welcome to visit with me any time about different practices available to try.

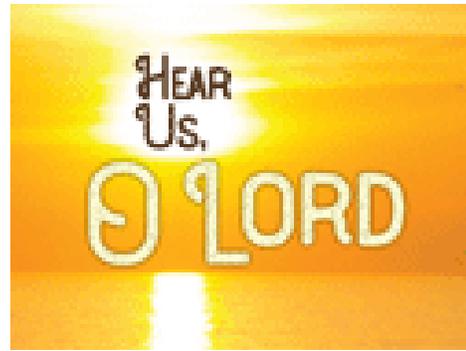
Blessings, Elizabeth



- Sept. 7 Joe & Mary Daniel  
 Bill & Lynda Hansen  
 9 Dennis & Jewel  
 Lawson  
 Rick & Mari  
 Shineman



- Sept. 1 Madeliene Lyons  
 3 Megan Berry  
 5 Beverly Campbell  
 7 Ellen Chrisman  
 Tom Haggard  
 9 Kyle Palmer  
 11 Joe Wilper  
 12 Elijah Ellis  
 14 Dev Palmer  
 16 Dennis DeLong  
 17 Marilyn Burkett  
 Johnathon Martin  
 19 Troy Berry  
 20 Rick Shineman  
 23 Diana Miller  
 26 Nancy Tyler  
 27 Madelyn Hansen  
 Bill Hansen



### WEEKLY PRAYER LIST

This list of members at Trinity has been organized for the purpose of being lifted up in prayer during the week. We look forward to God's richest blessings as we pray for one another. During the month please pray for these:

- Sept. 2: Julie Smith  
 Mary Snyder  
 Bob & Susan Sorensen  
 Sept. 9: Carol Southerland  
 Ron & Karen Spader  
 Claire Ann Sprick  
 Sept. 16: Jim, Joan, Jacob, &  
 Jordan Sprick  
 Tom, Peggy, Sarah, &  
 Ryan Sprick  
 Rev. Duane & Kay  
 Stephens  
 Sept. 23: Charles & Rev. Elizabeth  
 Strobel  
 Kristopher Taylor  
 David & Beverly Thieme  
 Sept. 30: Paul & Sondra Tivis  
 Christi Trober  
 Noel & Nancy Tyler

**SEW 'N SO'S**

Thank you Trinity, for saving the Best Choice Bar Codes for us. We have received 754 bar codes far this year. Please keep saving.



*On the first Day of the Week  
"The people came together..."*

Aug. 5	.....	62
Aug 12	.....	71
Aug 19	.....	82
Aug 26	.....	59

*"and the people gave . . . "*

July 29	.....	\$1,813.00
Aug 5	.....	2,323.29
Aug 12	.....	2,768.00
Aug 19	.....	1,753.71
Aug 26	.....	<u>898.00</u>
Total	.....	\$9,556.00



**2018 PER CAPITA ASSESSMENT**

Trinity will again be paying our assigned per capita assessment in 2018 by asking members of the congregation to donate their own \$43.29 per active member. This will help to ease our budget.

**OUTDOOR RALLY DAY  
PICNIC**  
September 9<sup>th</sup>  
Outside in the Pavilion

10:30 a.m. – Outdoor Worship  
11:30 a.m. – Church Picnic

The Fellowship Committee will provide the meat (burgers and hot dogs) and the buns. Bring your favorite picnic sides and have fun at the picnic tables. See everyone there!

There will be a shuttle car to drive you right up to the pavilion if needed.

Any questions, call Lucy Berry at 456-2235.



SUNDAY SCHOOL GETS  
**UNDERWAY**

**First Day of Sunday School**  
September 16<sup>th</sup> at 9:30 a.m.



**Santa-Cali-Gon Funnel Cakes**  
**Friday, August 31 through**  
**Monday, September 3**

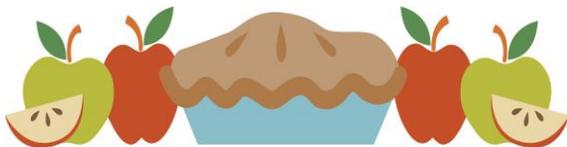
If you have any questions about your shift, please call Jan Privett at 419-9405.



**BINGO**

**Friday, September 21**  
**6:30 p.m.**

Come, join us for a fun evening of BINGO. Join the Fellowship committee and your friends on Friday evening, September 21, at 6:30 PM in Founders' Hall. We are asking each person to bring a white elephant for prizes and a tailgate type snack to share. Hope to see everyone there.



**JOIN US TO CELEBRATE**

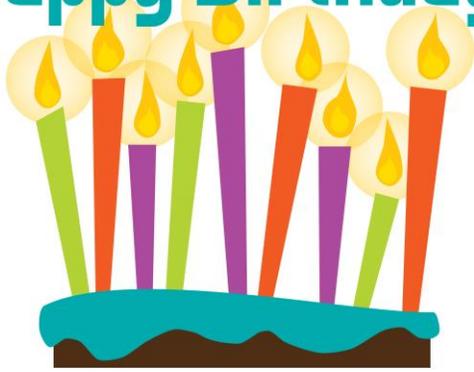


**Saturday**  
**September 15**  
**Trinity Presbyterian**  
**1400 W Sheley Rd**  
**Independence, MO 64052**  
**TIME**  
**11:00 am**  
RSVP **Stacia** call/text **816-878-5176**

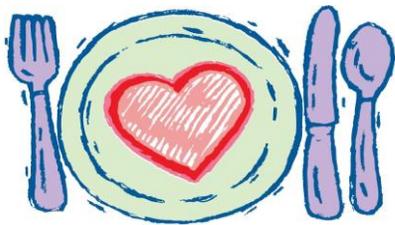
Come help us celebrate Johnathan's first birthday! We will have lots of food and fun! As always, it's about your presence, not the presents. We want to celebrate our sweet boy and the village of family and friends who make this crazy journey manageable!

-The Martins

# Happy Birthday!



The family of Troy Berry invites our church family to the Celebration of his 30th birthday on Sept 22 in Founders Hall. Party time is 1:30 to 4:00 pm. The gift of your presence is all you need to bring.



## Trinity Table

Formerly known as the Community Lunch, 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, September 8<sup>th</sup>. We have plenty of cookies this month thanks to your generosity. If you would like to donate monetary support or your time as a volunteer, please see Kyle Palmer.

## CHRISTIAN SYMBOL

**SEAL** –A Seal is the mark of God’s promises to the believer and of the believer’s consecration to God.



Old Testament priests wore a piece of gold against their forehead, as a seal, engraved with the words “Holy to the Lord.” For Christians, the sign of the cross serves as a seal of salvation. Paul declares, “He anointed us, set His seal of ownership on us, and put His Spirit in our hearts as a deposit, guaranteeing what is to come.” (2 Corinthians 1:21-22. NIV).

## RENEWABLE ENERGY

Keep close to nature’s heart ...  
break clear away, once in a while,  
and climb a mountain or spend a  
week in the woods. Wash your  
spirit clean

-John Muir



## Weekly Collections

In the narthex, Trinity has collection spots open every week for:

- canned and dry goods
- elementary school supplies
- gently used eyeglasses
- aluminum can tabs
- keys

# A DOSE of HUMOR



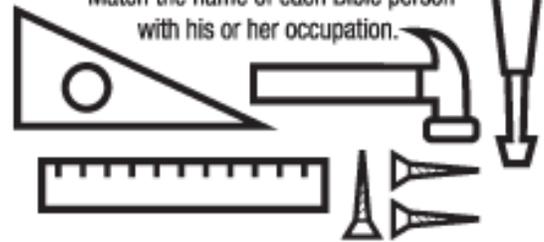
From a church newsletter:  
 new sponsors are needed to ...  
 ... prevent impoverished children from  
 dying of salvation.  
 Sign up online today!

The church seeks to prevent both physical and spiritual starvation.



# Puzzle!

Match the name of each Bible person with his or her occupation.



- |              |                  |
|--------------|------------------|
| 1. Nehemiah  | A. soldier       |
| 2. Luke      | B. carpenter     |
| 3. Demetrius | C. cupbearer     |
| 4. Matthew   | D. clothseller   |
| 5. Lydia     | E. fisherman     |
| 6. Joseph    | F. shepherd      |
| 7. Paul      | G. tax collector |
| 8. Cornelius | H. tailor        |
| 9. Tabitha   | I. silversmith   |
| 10. Amos     | J. priest        |
| 11. Eli      | K. tentmaker     |
| 12. Peter    | L. physician     |

Answers: 1. C, 2. L, 3. I, 4. G, 5. D, 6. B, 7. K, 8. A, 9. H, 10. E, 11. J, 12. E

Don't Miss the



The deadline for items submitted to the September October Bridge is Friday, September 21st.

Information for the weekly News Sheet is due each week on Wednesday by 1:00 p.m.