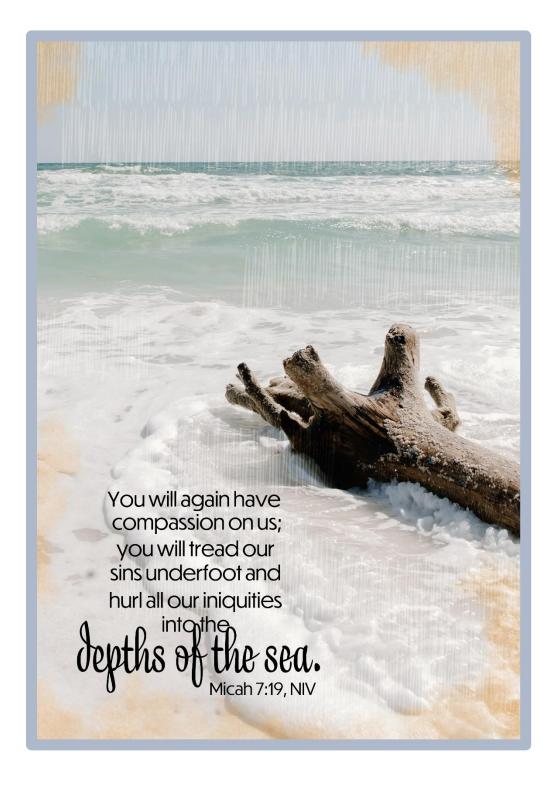


Trinity United Church of Christ

Volume 50, Number 6

July/August 2024





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Vision Statement

Trinity United Church of Christ seeks to be a diverse, dynamic, Spirit-filled congregation, connected to each other and the community.



Deadline for the July/August Messenger is:

Monday June 17, 2024



July/August Meetings To Be Announced

Executive Advisory Committee:
Lois Miller – Chairman
Dave Stauffer
Sue Houck
Joan Boyce
Kay Kraft
Beth Mitts
Dr. Kellie Turner



Dr. Covin's Office Hours

Monday - Out of Office Tuesday -11:00 - 5:00 pm Wednesday -11:00 - 5:00 pm Thursday -11:00 - 5:00 pm Friday -11:00 - 5:00 pm Sunday -10:30 - 12:00 pm



CHURCH NEWS!!!

OUTREACH MINISTRY

Times are difficult, and people are in need of help and kindness. We, as a compassionate church, are making a conscious effort to help those in need. We are holding a monthly Clothing Give-Away. This event will be held the 3rd Saturday of every month. The event will take place in the front yard of the church. Donations can be dropped off on Sunday's or by appointment with Beth. At this time we have plenty of woman's clothing but are still in need of Men's and Children's clothing. Any questions please contact the church, Lois Miller or Sue Houck. (We are still in need of personal hygiene products.)

IN DESEPARATE NEED OF CHILDRENS CLOTHING.



The Monthly Outreach Program is still going strong. In addition to our clothing give-a-way, we have seen a desperate need for food supplies. The Mission Committee has generously been supplementing our Food Pantry but we could use your help. If you are able Trinity would appreciate nonperishable food donations or a monetary donation to purchase food.

ONLINE CHURCH SERVICES STILL AVAILABLE

Join Zoom Meeting via link:

 $\underline{https://us02web.zoom.us/j/89021162437?pwd=QUM0b2pkVmZLbDRsS0RkQndrYlpxZz09}$

Meeting ID: 890 2116 2437

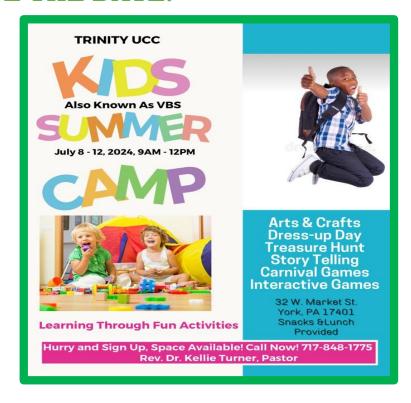
Passcode: 030161

One tap mobile +16465588656,,89021162437#,,,,,0#,,030161# US (New York)

+1 646 558 8656 US

SAVE THE DATE!

If you are available to help in anyway please contact Dr. Dominique or the office. Thanks!





Please mark your calendars for the Summer Concert Series. Thank You to all who participated in the "special" events that took place over the past few months. Here are some moments that were captured.

















4th of July History

Growing up, you may have heard that we celebrate Independence Day on July 4 because that's the day the Founding Fathers signed the Declaration of Independence, but that is not technically true! Although the Declaration was adopted on July 4, 1776, most people did not sign it until a month later. Read on for some more interesting 4th of July facts and history.



On July 2, 1776, the Continental Congress voted in favor of declaring independence from Great Britain. The Declaration of Independence was officially adopted two days later, marked by the ringing of the Liberty Bell at Independence Hall in Philadelphia. At the time, John Adams believed that July 2, not July 4, would be the date remembered by history. "The Second Day of July 1776, will be the most memorable Epocha, in the History of America," Adams wrote in a letter to his wife on July 3 of that year. "I am apt to believe that it will be celebrated, by succeeding Generations, as the great anniversary Festival."

Although our Independence Day celebrations fall on a different date, they are very similar to what Adams envisioned. At the time he requested that people celebrate the day with "Pomp and parade, with shows, games, sports, guns, bells, bonfires and illuminations from one end of the continent to the other from this time forward forever more."

Other early July 4 traditions have not carried through to the present day. Some colonists celebrated the day by holding mock funerals for England's King George III, as a way of reinforcing America's victory over the British monarchy.

The Fourth of July was celebrated annually throughout the 18th and 19th centuries, and in 1870, Congress declared the day a federal holiday. But it wasn't until 1941 that the date became a paid federal holiday for federal employees.

10 AMAZING Facts for the





Benjamin Franklin wanted the turkey to be the national animal but was out-voted when John Adams and Thomas Jefferson chose the bald eagle.

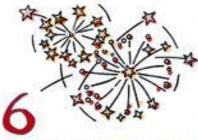
The stars on the original American flag were arranged in a circle to ensure that all colonies were represented equally.



John Hancock was the only person to actually sign the Declaration of Independence on July 4, 1776. The other 55 signers did not sign it until later.

Thomas Jefferson

Thomas Jefferson and John Adams died on the same day: July 4, 1826, the fiftieth anniversary of the signing of the Declaration of Independence. History's first submarine attack took place in New York Harbor in 1776.



George Washington was the best spymaster in American History! He ran espionage rings in British-held areas and he was a genius at misinformation. He constantly befuddled the British by leaking, through double agents, inflated reports of the strength of his army. There were no fireworks on July 4, 1776, but there were fireworks 1 year later, on July 4, 1777. This was still 6 years before Americans knew whether the new nation would survive the war.



Washington was robust man with a seeming immunity to disease and bullets. In one encounter in the French and Indian War, he absorbed 4 bullets in his coat and hat and had 2 horses shot from under him without any injury to himself.



The song
"Yankee Doodle"
was sung originally
by British officers
making fun of
backwoods
Americans.



The United States of America won it's independence despite the fact that the British Army was established, experienced, disciplined, and trained and the American army was not. In addition to this, the British Army had ample quantities of powder, guns, and clothing and the American Army was not well supplied.

saltandpeppermums/blogspot.com

Food For Thought

"The Letter"

Sally jumped up as soon as she saw the surgeon come out of the operating room. She said: "How is my little boy? Is he going to be all right? When can I see him?" The surgeon said, "I'm sorry. We did all we could, but your boy didn't make it" Sally said, "Why do little children get cancer? Doesn't God care anymore?

Where were you, God, when my son needed you?"

The surgeon asked, "Would you like some time alone with your son? One of the nurses will be out in a few minutes, before he's transported to the university." Sally asked the nurse to stay with her while she said goodbye to son. She ran her fingers lovingly through his thick red curly hair. "Would you like a lock of his hair?" the nurse asked. Sally nodded yes. The nurse cut a lock of the boy's hair, put it in a plastic bag and handed it to Sally. The mother said, "It was Jimmy's idea to donate his body to the University for Study. He said it might help somebody else. "I said no at first, but Jimmy said, 'Mom, I won't be using it after I die. Maybe it will help some other little boy spend one more day with his Mom." She went on, "My Jimmy had a heart of gold. Always thinking of someone else. Always wanting to help others if he could."

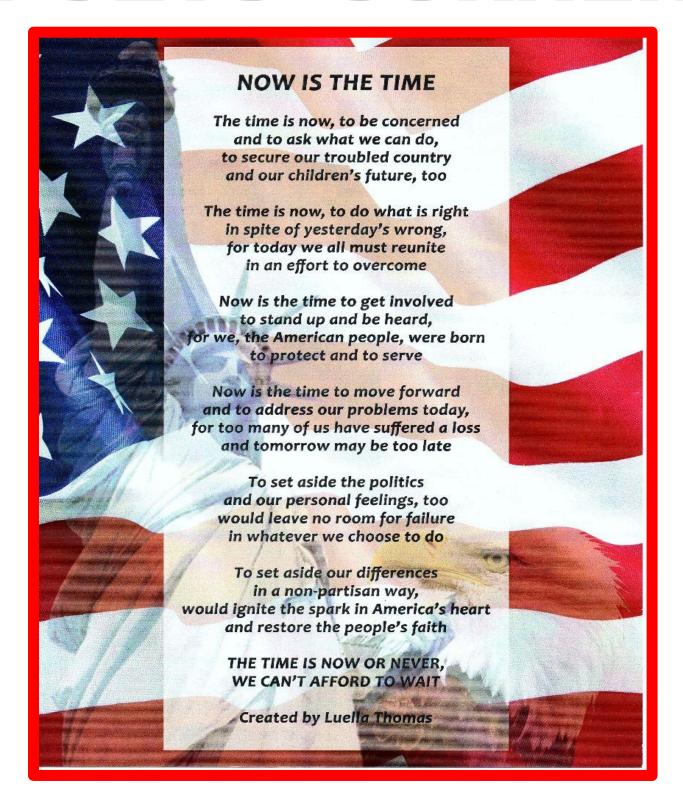
Sally walked out of Children's Mercy Hospital for the last time, after spending most of the last six months there. She put the bag with Jimmy's belongings on the seat beside her in the car. The drive home was difficult. It was even harder to enter the empty house. She carried Jimmy's belongings, and the plastic bag with the lock of his hair to her son's room. She started placing the model cars and other personal things back in his room exactly where he had always kept them. She lay down across his bed and, hugging his pillow, cried herself to sleep. It was around midnight when Sally awoke. Lying beside her on the bed was a folded letter.

The letter said:

"Dear Mom, I know you're going to miss me; but don't think that I will ever forget you, or stop loving you, just 'cause I'm not around to say I LOVE YOU. I will always love you, Mom, even more with each day. Someday we will see each other again. Until then, if you want to adopt a little boy so you won't be so lonely, that's okay with me. He can have my room and old stuff to play with. But, if you decide to get a girl instead, she probably wouldn't like the same things us boys do. You'll have to buy her dolls and stuff girls like, you know. Don't be sad thinking about me. This really is a neat place. Grandma and Grandpa met me as soon as I got here and showed me around some, but it will take a long time to see everything. The angels are so cool. I love to watch them fly. And, you know what? Jesus doesn't look like any of his pictures. Yet, when I saw Him, I knew it was Him. Jesus himself took me to see GOD! And guess what, Mom? I got to sit on God's knee and talk to Him, like I was somebody important. That's when I told Him that I wanted to write you a letter, to tell you goodbye and everything. But I already knew that wasn't allowed. Well, you know what Mom? God handed me some paper and His own personal pen to write you this letter. I think Gabriel is the name of the angel who is going to drop this letter off to you. God said for me to give you the answer to one of the questions you asked Him 'Where was He when I needed him?' "God said He was in the same place with me, as when His son Jesus was on the cross. He was right there, as He always is with all His children. Oh, by the way, Mom, no one else can see what I've written except you. To everyone else this is just a blank piece of paper. Isn't that cool? I have to give God His pen back now. He needs it to write some more names in the Book of Life. Tonight I get to sit at the table with Jesus for supper. I'm, sure the food will be great. Oh, I almost forgot to tell you. I don't hurt anymore. The cancer is all gone. I'm glad because I couldn't stand that pain anymore and God couldn't stand to see me hurt so much, either. That's when He sent The Angel of Mercy to come get me. The Angel said I was a Special Delivery! How about that?

Signed with Love from: God, Jesus & Me.

POETS' GORNER





Look What's Cooking at Trinity

(RECIPE SHARING: Do you have a favorite receipt. Please consider sharing it with other members. You may e-mail it to office@trinityucc-york.org or place a copy in the Secretary's mail box.)

Roasted Tomato, Mozzarella, and Spinach Quiche



Ingredients

- 9-inch Pie Crust
- °2 medium Tomatoes
- °1 tablespoon Olive Oil
- °1/4 teaspoon Basil
- °1 1/2 cups Baby Spinach
- °1 cup chopped Mozzarella
- ∘5 Large Eggs
- ∘1/2 cup Heavy Cream
- °1/2 cup Whole Milk
- ∘1/4 teaspoon Salt
- oa dash of Black Pepper

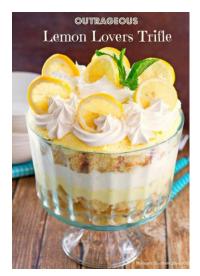
Directions

- 1.Heat the oven to 400 degrees. Slice the tomatoes into 1/4 inch round slices. Arrange the tomato slices on a baking sheet. Drizzle the olive oil over the tomatoes. Sprinkle the basil, and some salt and pepper over the tomatoes. Let the tomatoes roast for 10-15 minutes, until soft.
- 2.Drizzle just enough olive oil to barely cover a skillet, and heat over medium low. Add the spinach, and cook until just wilted, stirring frequently.
- 3.Lower the heat of the oven to 375 degrees. There is no need to precook the pie crust. If it is frozen let it thaw for 15 minutes first.
- 4. Layer the spinach, mozzarella, and roasted tomatoes in the pie crust.

5.Mix the eggs, cream, milk, salt, and pepper. Either beat them by hand for 2 minutes, or use a mixer for 1 minute. You want the eggs to be light and fluffy.

6. Pour the egg mixture over the vegetables and cheese and into the pie crust. Fill the crust as much as possible, without letting the egg spill out. 7. Bake for 35-45 minutes, until the center of the quiche has firmed up.

Outrageous Lemon Lovers Trifle



Ingredients

Lemon Pound Cake, cut into 1-inch cubes

½ cup granulated sugar

½ cup fresh lemon juice

1 (2.7 oz) box Dream Whip

3 cup very cold whole milk, divided

2 (3.4 oz) boxes instant lemon pudding mix

16 oz frozen whipped topping OR 4 cups fresh sweetened whipped cream

2 Tbsp grated white chocolate

Lemon slices and sprigs of fresh mint for garnishing

Directions

In a small saucepan over medium-high heat the granulated sugar and lemon juice together. Stir until the sugar is completely dissolved then set aside to cool. In the bowl of a stand mixer whip together the Dream Whip [The box contains 2 envelopes use both] and 2 cups of cold whole milk. Whip for 5 minutes or until soft peaks form. Add both packages of lemon pudding and the remaining 1 cup of whole milk. Whip for 2-3 minutes until thickened. To assemble, divide the cubed cake in half. Begin with a layer of cubed cake on the bottom of the trifle bowl. Brush with ½ of the lemon syrup. Add a layer of lemon cream and ½ of the whipped cream. Repeat with cake, brush with lemon syrup, lemon cream ending with whipped cream. Sprinkle the top with grated white chocolate and garnish with lemon slice and fresh mint if desired. Chill thoroughly for at least 4 hours prior to serving.





Skin Cancer Prevention and Early Detection

Skin cancer is the most common cancer in the United States. In fact, more skin cancers are diagnosed in the US each year than all other cancers combined. The number of skin cancer cases has been going up over the past few decades. Most skin cancers are caused by too much exposure to ultraviolet (UV) rays. Most of this exposure comes from the sun, but some may come from man-made sources, such as indoor tanning beds and sun lamps. The good news is that you can do a lot to protect yourself and your family from UV rays, as well as to catch skin cancer early so that it can be treated effectively. You don't need x-rays or blood tests to find skin cancer early – just your eyes and a mirror. If you have skin cancer, finding it early is the best way to make sure it can be treated with success.

Here are a few tips for protecting yourself

Some people think about sun protection only when they spend a day at the lake, beach, or pool. But sun exposure adds up day after day, and it happens every time you are in the sun. Simply staying in the shade is one of the best ways to limit your UV exposure. If you are going to be in the sun, "Slip! Slop! Slap!® and Wrap" is a catchphrase that can help you remember some of the key steps you can take to protect yourself from UV rays: a shirt, sunscreen, hat, and sunglasses.

Seek shade

An obvious but very important way to limit your exposure to UV light is to avoid being outdoors in direct sunlight too long. This is particularly important between the hours of 10 am and 4 pm, when UV light is strongest. If you are unsure how strong the sun's rays are, use the shadow test: if your shadow is shorter than you are, the sun's rays are the strongest, and it's important to protect yourself. UV rays reach the

ground all year, even on cloudy or hazy days, but the strength of UV rays can change based on the time of year and other factors. UV rays become more intense in the spring, even before temperatures get warmer. People in some areas may get sunburned when the weather is still cool because they may not think about protecting themselves if it's not hot out. Be especially careful on the beach or in areas with snow because sand, water, and snow reflect sunlight, increasing the amount of UV radiation you get.

Protect your skin with clothing and a hat

When you are out in the sun, wear clothing to cover your skin. Clothes provide different levels of UV protection. Long-sleeved shirts, long pants, or long skirts cover the most skin and are the most protective. Dark colors generally provide more protection than light colors. A tightly woven fabric protects better than loosely woven clothing. Dry fabric is generally more protective than wet fabric. Be aware that covering up doesn't block out all UV rays. If you can see light through a fabric, UV rays can get through, too. Wear a hat with at least a 2- to 3-inch brim all around because it protects areas that are often exposed to intense sun, such as the ears, eyes, forehead, nose, and scalp. A dark, non-reflective underside to the brim can help lower the amount of UV rays reaching the face uch as water. A shade cap (like a baseball cap) also is good, and will provide more protection for the neck.

Use sunscreen

Sunscreen is a product that you put on your skin to protect it from the sun's UV rays. But it's important to know that sunscreen is just a filter — it does not block all UV rays. Sunscreen should not be used as a way to prolong your time in the sun. Even with proper sunscreen use, some UV rays still get through. Because of this, sunscreen should not be thought of as your first line of defense. Consider sunscreen as one part of your skin cancer protection plan, especially if staying in the shade and wearing protective clothing aren't available as your first options.



Please keep these friends and families in your prayers.

Be joyful always; pray continually; thanks in all circumstances, for this is God's will for you in Christ Jesus. 1 Thessalonians 5:16-18

Our World Phil Taylor

U.S. Military Personnel TUCC Residents-in-care

Linda Amos Barbara Johnson

Brandon Houck

Justine Warfield

Patsie Kendrick

Lance Sease
Beth Mitts

Kay Kraft

Scott Feree Fancy Free
Stella Schneider The Family of David Murray

Fred Miller Maren Brant

The health and safety of our Congregation.

The health and safety of our Congregation.

We pray for members of Trinity unable to worship with us this Sunday. Sister churches: Faith, Grace, Heidelberg, St. Stephen's & Zion.



Help brighten the day for our shut-ins by remembering them with a note, phone call or visit.

> BARBARA JOHNSON COUNTRY MEADOWS 1920 TROLLEY ROAD YORK, PA 17408



JULY BIRTHDAY'S

4th Rachel Mitts

6th J. Chris Hullman

8th Anne Miller-Thomas



JULY ANNIVERSARIES

July 26th Ronald & Susan Houck

July 28th Ralph & Kathy Katherman



AUGUST BIRTHDAYS

9th Michelle Cocklin

16th Fran Herzog

20th Joann Hullman

21st Holly Palumbo

26th Sue Houck

Editors Note:

If we've missed your birthday or anniversary, or have the date incorrect, please contact the office.

JUNE 2024 SERVERS SCHEDULE

DATE	06/02/24	06/09/24	06/16/24	06/23/24	06/30/24	
Lector	OPEN	OPEN	OPEN	OPEN	OPEN	*****
Coffee Hour Hosts		No Coffee Hour	No Coffee Hour	No Coffee Hour	No Coffee Hour	
Flower Sponsor	OPEN	OPEN	Legacy	OPEN	OPEN	
Communion Server	OPEN	No Communion	No Communion	No Communion	No Communion	
Bulletin Sponsor	OPEN	OPEN	OPEN	OPEN	OPEN	Welcome P
Altar Guild	OPEN	OPEN	OPEN	OPEN	OPEN	



JULY 2024

SUNDAY	MONDAY		WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	Office Closed	Office Closed AA 8-9 pm	6
7 10:30 am WORSHIP/ COMMUNION SERVICE Virtual Service available	8	9	10	11	AA 8-9 pm	13
10:30 am WORSHIP SERVICE Virtual Service available	15	16	17	18	AA 8-9 pm	Clothing Give-a way 9 am - 11 am
10:30 am WORSHIP SERVICE Virtual Service available	22	23	24	25	26 AA 8-9 pm	27
10:30 am WORSHIP SERVICE Virtual Service available	29	30	31			



AUGUST 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	AA 8-9 pm	3
10:30 am WORSHIP/ COMMUNION SERVICE Virtual Service available	5	6	7	8	9 AA 8-9 pm	10
10:30 am WORSHIP SERVICE Virtual Service available	12	13	14	15	AA 8-9 pm	Clothing Give-a way 9 am - 11 am
10:30 am WORSHIP SERVICE Virtual Service available	19	20	21	22	AA 8-9 pm	24
10:30 am WORSHIP SERVICE Virtual Service available	26	27	28	29	30 AA 8-9 pm	31

Activity Page

BOGGLE

Directions: Write as many words as you can using the following rules. The letters in the words must be connected in the same order in the grid. The letters can be connected by an edge or a corner. The word doesn't have to appear in a straight line. It can be tangled around. Each letter in the word must uniquely appear in the grid. For example: if the word is ERASE, the letter E must appear twice in the grid. The word can't just loop back and re-use the same E. Words must be at least 3 letters long. Words cannot be proper nouns, such as names or places. Write as many words as you can and then give yourself a score. See if you can beat a score of 75! Good Luck!

5	3	${f M}$	S	\mathbf{E}	
N	/ I	U	G	M	
F	R	\mathbf{E}	N	A	
I	7	U	F	L	
coring: letters =					
letters = letters =					
letters = letters =	3 pts				
B letters o		e = 11pts			

2024 CONSISTORY & EXECUTIVE BOARD

Executive Board:

Lois Miller – Chairman

Dave Stauffer

Sue Houck

Kay Kraft

Joan Boyce

Dr. Kellie Turner

Beth Mitts

TRUSTEES~ Sue Houck, Lucy Kniseley, Lois Miller, Beth Rohrbaugh-Mitts, Fred Miller.

ELDERS ~ Joan Boyce, Kay Kraft.

DEACONS ~ David Stauffer.

	T7 T7 0.
CHRISTIAN EDUCATION	Kay Kraft
FELLOWSHIP	Lois Miller
FINANCE & PERSONNEL	Dave Stauffer
MISSION	Joan Boyce
PASTORAL RELATIONS	
PROPERTY	Fred Miller
RESIDENTS-IN-CARE	OPEN
SHERWOOD	Lois Miller
WORSHIP	OPEN
ALTAR GUILD	OPEN
HEAD USHER	Fred Miller

TRINITY UNITED CHURCH OF CHRIST

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York, PA. 17401-1228 32 W. Market St.

PH: 717-848-1775 (Office)

717-854-1933

F: 717-846-7797

EMAIL:

office@trinityucc-york.org

WEBSITE:

www.trinityucc-york.org

OFFICE HOURS

10:00 AM - 1:00 PM Monday – Friday

The Rev. Kellie **PASTOR** Turner

Monthly except January and (USPS 624-260) is published The Trinity Messenger August.

POSTMASTER: Undeliverable copies or change-of-address

CHURCH SECRETARY Beth Rohrbaugh-

WORSHIP SCHEDULE

notices may be sent to:

Mitts

11:30 AM Fellowship

1st Sunday

10:30 AM Worship

Market St. York, PA. Trinity UCC, 32 W.

17401-1228

Periodical postage paid at York, PA 17405

SEXTON

CHOIRMASTER ORGANIST/

Fred Miller



IF YOU ARE RECEIVING THIS MAIL IN ERROR, PLEASE CALL THE OFFICE. THANK YOU.