

THE BRIDGE

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"Diverse in Backgrounds, United in Faith"

Friends,

I have just returned from the Presbyterian CREDO conference – part retreat, part professional development week. While there, we were given the opportunity to engage in a number of spiritual practices, including turning off our cell phones (I did that *part* of the time) and engaging in intentional reflection and prayer (I did that a lot!). It was wonderful! I left feeling rested, centered, and more deeply connected with God. It was truly one of those spiritual mountaintop experiences (even though there weren't any actual mountains nearby).

I confess to you that it only took three days of being home to become fully immersed in distraction. Errands, meetings, sermon writing, and staying connected with loved ones had once again taken up my time. I had very quickly come down from that spiritual mountaintop just by doing the good, necessary work of my daily living. I have experienced this before, and I suspect that many of you have as well. The question that I always hear – and that I often have myself - is how to hold on to those mountaintop experiences every day. We long to know how to spiritually stay on the mountain while returning back to the valley of real life.

Like everyone else, I am still learning how to be most faithful to God. But, here is what I've learned so far: most of our walk with God is either leading up to or coming down from the mountain; very little of the journey actually takes place on the mountaintop. And that's ok – just like actual hiking, human life is naturally full of ups and downs. Life is beautifully distracting, and blessedly full of good things that need our attention. Indeed, God can speak to us by still waters and green pastures just as clearly as on mountains. The trick is to stay on course. Staying connected with God, and getting to the mountaintops of life, takes work and intentionality. This is why people of faith have routine of spiritual practices. Of course, different spiritual practices work for different people. Here are some suggestions:

Some spiritual practices that usually work for me and might work for you:

- Turn off your cell phone occasionally, if you have one.
- Sit in silence for just five minutes.
- Don't let your Bible collect dust.
- Worship weekly.
- Do something for someone else.
- Pray as you read or listen to the news.
- Write your prayers.

Some spiritual practices that don't usually work for me, but might work for you:

- Go for a run or long walk.
- Send cards to loved ones.
- Fast. (Note: fasting does not replace a healthy diet, and you can fast from activities as well as foods).
- Journal.
- Work in your yard or garden.
- Practice guided meditation.

These are just a few ideas. Spiritual practices can vary from person to person and even from time to time in each life. There are many right answers! Whatever you do to keep yourself connected to God, keep it up! Remember to give yourself grace on the journey – no one has ever been perfect except Jesus. And here's the best news: Jesus walks with us in perfect step *and* we walk with each other. On the mountains and in the valleys, it is a privilege to walk and worship with all of you!

Blessings, Elizabeth

In Our Hearts & Prayers



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 blessings as we pray for one another. During the month please pray for these:

- May. 7:** Tom & Penny Johnson
Bob & Patsy Jones
Kelly & Hanna Jones
- May 14 :** Rodney, Michelle, Hunter, & Taylor Jones
Norman Keithly
Michael, Vicki, & Katelyn Kennedy
- May 21:** Dave & Carolyn Kline
Dennis & Jewel Lawson
Jack & Jess Layman
- May 28:** T. J. Layman
Tim & Becky Layman
Dee Link



- May. 4** Julie Wildschuetz
- 6 Steve Washburn
- 7 John Chapman
- 10 Teresa Car
- 11 Cheryl Rose
- 14 Emmalyn Ellis
Diane Norman
- 19 Rick Norman
- 30 Erick Shireman



SEW 'N SO'S

Thank you Trinity, for saving the Best Choice Bar Codes for us. We have received 696 bar codes for this year. Please keep saving those bar codes.



- May. 6** Michael & Kerry Ellis
- 13 Paul & Marian Carr
- 25 Scott & Susan Matthews



T.I.G.E.R.s CORNER

- May 14:** 11:30 a.m. - T.I.G.E.R.'s
- May 28:** 11:30 a.m. - T.I.G.E.R.'s

T.I.G.E.R.s questions call
Becky Layman at 830-4066



On the first Day of the Week

"The people came together..."

Worship Services:

Apr. 2.....	90
Apr 9.....	120
Apr . 16	181
Apr. 23	78
Apr. 30.....	Unavailable

"and the people gave . . . "

Apr. 2.....	\$3,987.46
Apr. 9.....	3,584.00
Apr. 16	2,184.30
Apr. 23	1,652.80
Apr.	Unavailable
Total.....	\$ 11,408.56



DOING MISSION TOGETHER

Please join in a Mother's Day Offering in honor of the vital role that mothers play in our lives! **On Sunday, May 14 we will be**

collecting items for the young moms living at Mother's Refuge, a local organization that provides a caring home for homeless pregnant and parenting teenagers. The young ladies and their babies, up to one year of age, may live at Mother's Refuge while learning life and parenting skills to prepare them for a life of independence and success. Some continue with their high school careers, some enroll in college or trade schools, and some find jobs while learning about spending and saving their money.

We will take the gifts to the young moms on Mother's Day. Gift suggestions include:

- Gift Cards (Wal-Mart*, Gordman's*, Quick Trip, Fast Food Restaurants, etc.)
- Ear Phone Buds (to listen to music)
- Hair Dryers or Straighteners
- Hair Brushes or Combs & Hair Ties
- African American Hair Products
- Perfume or Body Sprays
- New Pajama Pants & Tops
- New Robes & Slippers
- New Socks & Under Clothes
- Plastic Storage Tubs (assorted sizes)
- Shower Totes/Organizers
- New Bath Towels & Wash Cloths

*These gift cards can be used for them to get a "gift" or simply for new undergarments.

Thank you for your generosity and support! The Mission Committee: Susan Matthews, Chair; Kim Miller; Ron Nodwell; Mari Shineman; Bev Thieme; Bob & Jane Cooper.

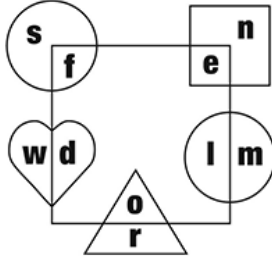


GOD CARES FOR YOU!

Jesus tells his followers not to worry about their daily needs.
What example does he give of God's care for his creation?

Directions:

To complete Luke 12:27 (NIV), match the shapes under each blank with the letter shapes shown to the right.



"Consider how the wild _____
grow. They do not labor or spin.

Yet I tell you, not even _____
in all his splendor was _____
like one of these." Luke 12:27, NIV



CANDICE BROCK
Norborne High School

CRYSTAL BROCK
University of Dayton

JENNA ZAKRAJSEK
University of Kansas
Graduate Degree



YOU'RE INVITED

Please join Crystal and Candice Brock, Class of 2017 graduates, at 4:00 p.m. on May 14, 2017, for a graduation celebration.

The First Baptist Church
300 S. Pine Street
Norborne, MO 64668



May 14, 2017
COOKIES FOR MOM

PHOTOS FROM EASTER – APRIL 16, 2017





Dear Fellow Presbyterian Women,

Thank you very much for the honor you have given me by awarding me the Honorary Life Membership of Presbyterian Women.

I feel very humbled since it has been my pleasure to be included in this group for many years.

I will wear the pin proudly.

Sincerely,

Mary Zoe Shelley

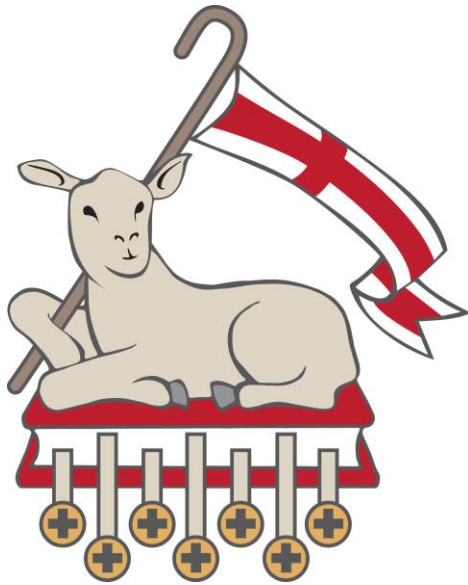


CHOIR SUNDAY

May 21, 2017



CHRISTIAN SYMBOL



Agnus Dei---The Agnius Dei--- Latin for “Lamb of God.”---seated on a book (perhaps the Lamb’s Book of Life, Revelation 13:8), symbolizes the final judgement. The seven seals shown in the image align with the seven attributes that Christ is worthy to receive, according to praises around the heavenly throne: “Worthy is the Lamb, who was slain, to receive power and wealth and wisdom and strength and honor and glory and praise!”

DONATE YOUR CARDS

The Congregational Care & Evangelism Committee needs cards for their card ministry! If you have extra greeting cards or envelopes – particularly birthday, anniversary, and get-well-soon cards – please consider donating them to the church! You may drop off your cards at the church office or give them to Carolyn Rich. Thank you!



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

You may drop off these items at any time. Thanks for helping out our community!

WEAR RED FOR PENTECOST



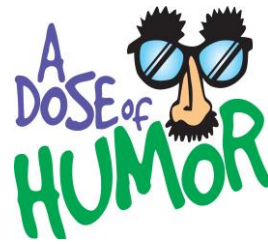
On Pentecost Sunday, June 4, when the Church celebrates the birth or beginning of the Church as recorded in Acts, you are encouraged to wear red which symbolizes the Pentecost flames of fire which descended on the disciples when they received the Holy Spirit. Come and worship as we celebrate the birthday of the Church.



**Sunday, June 4, 2017
3-5 p.m.**

Come and bring your friends to enjoy fresh strawberries and all kinds of delicious strawberry desserts.

Sign-up sheets will be available beginning Sunday, May 7. If you have any questions, please contact Jan Privett at 419-9405.



"Mom — you deserve a raise for raising me."

oops!

From a church newsletter:

Get your free copy of the devotional

Available inside

One per family, please

Oh, my — are bodily fluids available too?

Don't Miss the



The deadline for items submitted to the **April Bridge** is **Friday, May 19.**

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