



The Messenger

September 2022
Trinity Presbyterian Church

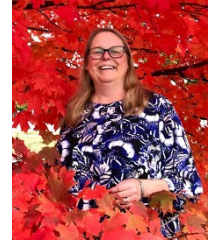


Summer Wrap Up

Trinity had fun this summer starting with (top photos clockwise): our in-house VBS, special music all summer long including Adam and Alan on trumpets, small groups like the Hannah circle providing Lemonade on the Lawn, the youth working hard on their mission trip sites, Audrey and Corbett as part of the confirmation class this year, and fun times by all ages at the Give It a Try Arts Potluck. See more photos inside this Messenger.



The Pastor's Pen



Let's (Not) Talk about Weight

I have something on my heart that I'd like to share with the congregation, an issue that has been percolating for me over a number of years and recently came to the forefront again. The issue is about how much conversation in our culture centers around food choices, and weight. I hear it during lemonade on the lawn, when people remark on what they should and shouldn't eat of the choices before them. I hear it in small groups as people are chit-chatting at the beginning or end of the gathering, talking about tips for "tricking" yourself into feeling full, weight-loss strategies that have worked, laments about pounds gained or lack of discipline and sometimes it all devolves into disparaging remarks about one's own body or a certain characteristic of the body one is unhappy with or ashamed about.

It is no wonder we so easily fall into body shaming. We have soaked up ideas about what body types are acceptable and unacceptable from the fashion industry, the entertainment industry, and an almost constant exposure to images of photo-shopped, air-brushed, or surgically altered bodies that we compare to our bodies. It's no wonder we so easily fall into food shaming. We have learned those attitudes from the constant barrage of advertising from the weight-loss industry. This is an industry that makes money off convincing people that with the right diet, the right supplements, the right training, the right discipline, the right food choices, anyone can achieve the body they desire to have. Genetics and empirical evidence of many weight-loss studies say it just isn't so.

Did you notice how the words acceptable and right were used in the previous paragraph? That's the way they are so often used in the culture as well, to speak of food choices as "right" or "wrong," a measure of morality. This kind of conversation has become so much a part of our culture that many people don't even realize they are doing it unless someone points it out or asks them to refrain from such talk.

I am writing this letter to ask you to refrain from such talk, especially at church. I have learned over many years of my own experience and the experiences of others, that it is damaging to talk about weight, food choices, and body types. When you congratulate someone on weight loss, you do not know how or why they are losing weight. It may be due to an illness, depression or disordered eating. You do not know who is listening and internalizing the idea that weight loss is always "good" and weight gain is always "bad." It seems like it would not need to be said that we should not be remarking on people's weight gain, but I personally know that body-shaming remarks have been made to people who came to church expecting a safe place from the kind of attitudes they face every day in the culture.

This has all come up for me again recently because I have had to alter my medication and eating to combat advancing diabetes, an illness I have lived with for 15 years. The result has been modest, but noticeable, weight loss. My concern is that well-meaning remarks about that might be damaging to someone else for the reasons I have stated. It is important to me that Trinity be a safe place for people, a place where people love themselves for who they are, and do not hear messages that cause them to feel shame around their bodies. God has given us our bodies and they are miraculous. Let's honor them, feed them, play in them, love them.

But let's not talk about weight, food choices, or body types. Let's normalize body diversity and enjoy food without the need to label it. When we break those patterns, we will discover that there are far more interesting things to talk about.

Grace and Peace,
Pastor Judith

Worship Schedule

Sunday September 4

Communion Sunday

10:00 a.m. sanctuary

Rev. Bill Davnie preaching



Sunday, September 11

Rally Day

9:00 a.m. Contemporary Worship

10:10 a.m. Education Hour

11:15 a.m. Traditional Worship

Pastor Judith preaching



Sunday, September 18

9:00 a.m. Contemporary Worship

10:10 a.m. Education Hour

11:15 a.m. Traditional Worship

Pastor Judith preaching



Sunday, September 25

9:00 a.m. Contemporary Worship

10:10 a.m. Education Hour

11:15 a.m. Traditional Worship

Pastor Judith preaching

Sunday, October 2

World Communion Sunday

Blessing of the Pets

9:00 a.m. Contemporary Worship

10:10 a.m. Education Hour

11:15 a.m. Traditional Worship

Pastor Judith preaching



Sunday, October 9

9:00 a.m. Contemporary Worship

10:10 a.m. Education Hour

11:15 a.m. Traditional Worship

Pastor Judith preaching



Sunday, October 15

9:00 a.m. Contemporary Worship

10:10 a.m. Education Hour

11:15 a.m. Traditional Worship

Pastor Judith preaching



Sunday, October 22

Retreat Sunday

10:00 a.m. Worship

Rev. William Davnie preaching at Trinity

Mark Adams preaching at the retreat

Be a part of Worship

1) Ushers Needed.

It may not seem like a big deal, but we really need ushers to greet visitors and help with worship. We need a smiling face to start worship on the right face (or crinkling eyes if you are wearing a mask). You can sign up anytime! Please sign up to help [by clicking here](#), calling the office, or clicking the link in the enews.

2) Slide Runners Needed.

It would be great to have a few people to help run the slides. Please help be part of worship. If enough people sign up to help, it should be no more than a once a month commitment. Email the office if you want to be trained or [sign up here to run the slides](#).

3) Liturgists Needed.

Have you ever wanted to be a liturgist? You can try it out on a Sunday and if you like it, you can sign up to do it again. Email the office if you are interested (communications@trinityarlington.org)

Announcements

College Addresses for fall

Please send your student's updated college mailing address so we can make sure they get some love from Trinity during the year. You can fill out the [form](#) [here](#) or [email](#) (communications@trinityarlington.org) your student's name, year, and mailing address

Fall Worship Schedule Begins September 11th

We will return to two services and an education hour in between on Sunday, September 11th. 9a.m. worship will be in Calvin Hall. Education Hour for all ages begins at 10:10a.m. and Traditional Worship in the sanctuary begins at 11:15 a.m. Our plan is to offer limited livestream of both services (limited with private access to the link.)

Blessing of the Backpacks: August 28th



Kids and teachers, bring your backpacks to worship on August 28th for a special blessing and backpack tag.

Blessing of the Pets: October 2nd



Pastor Judith will greet pets on the lawn (in a cage or on a leash, please) Sunday, October 2nd. Stay tuned for specific times.

Sunday School Begins September 11th

We are excited to have Sunday school beginning again on September 11th. Classes are offered for Kindergarten/Grade 1; Grades 2/3; Grades 4/5 and for those in grades 6-12. For our younger members, we offer Godly Play, a Christian based play time with Ms. Nene and Ms. Luisa. Nursery care for infants and toddlers is available from 9-12:15 each Sunday. If you would like to get one the Sunday school email list, which will have all the updated information and dates, please [email Ben](#) (ben@trinityarlington.org).

Adult Education Class:

Do we even need an Old Testament when we have a New One?

Inspired by the book "Lies my Pastor told me" by Brent A. Strain, this class will take some of his chapter questions and explore the Old Testament and try to demystify it. We will have a look at the Old Testament timeline, talk about laws, discuss the violence and see if there is more to this part of our scripture that so many people stay away from because maybe they don't understand it or they have a few misconceptions about it. Meet in the Lewis Room, led by Ben Stewart.

Adult weekday class

Thursday 10:00 – 11:45 a.m. Leaders: Class Participants Rotate leadership
The **Thursday Morning Class** is a loose group of folks who meet to think and talk about spiritual, Biblical, ethical, and practical things. We share leadership (and, during normal times, snacks) and generally have something specific to spark our discussions. We meet every Thursday at 10:00 for a couple of hours of discussion centered around a book we hope will add to our knowledge of the Bible, spirituality, or Christian living. You are welcome to join us. Please email [Dee Waters](#) (deewat7@gmail.com) for more information.

Announcements

Women's Book-ish Study

Second Tuesday of every month
7-8:30 p.m.

This small group will be focusing on a book, article, or clip each month and we invite you to come join this small group! New members always welcome; contact Beth Bailey (epbailey@comcast.net) for more information.

Trinity Book Club

Last Monday of every month
7-8:30p.m.

Come join in the Trinity book club. The next meeting will be September 26th and the book is "Code Name Helene " by Ariel Lawton. If you would like to be on the email list, please email Carolyn K. Offutt (coffutt@o3star.com).

Trinity Creative Arts/Projects Display



The pandemic uprooted our sense of daily life. For many, it provided a chance to pursue activities/hobbies/passions that had been put on hold or never experienced. For others, it took away the time/opportunity to pursue those creative passions. As we move forward into our new and emerging routines, we want to spend a few moments reflecting on and appreciating those endeavors.

We are collecting art in all media/collections/data/projects..... any way you can document something that you were able to create during the time of solitude. *If you were not able to be creative, please send that information as well so that can acknowledge that loss of creative activity.*

Send a photograph, description, and dimensions of your submission to Carol Feather Martin at music@trinityarlington.org by September 25th for a display October 2-16th at Trinity.

Musicians and Singers Invited

Are you interested in ringing bells, singing in the choir, or singing or playing in the contemporary band? Rehearsals start September 8th for the choir and handbells. The contemporary band has been practicing all summer Wednesday evenings and would love for new or old faces to join them. For choir information, please email Carol Feather Martin at music@trinityarlington.org to get on the email list. For the contemporary band, please email Alan MacEwen at cwl@trinityarlington.org (Photo credit: Donna Parry from summer worship.)

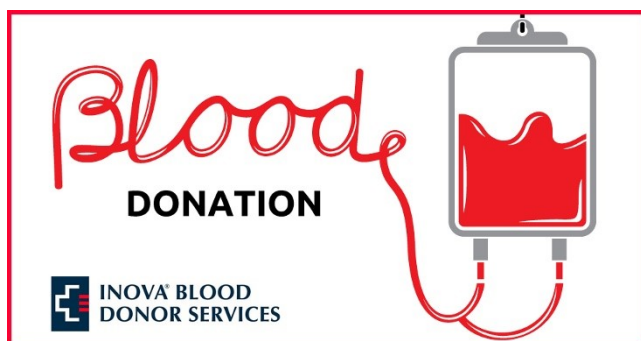
Contemporary Band: Wednesday 7p.m.
Handbells: Thursdays 6:30p.m.
Choir: Thursdays 8p.m.



Announcements

September Concert Volunteers Needed

We need a few volunteers to help make the neighborhood welcome concert on September 24th a success. The idea of the concert is for fellowship and also outreach to our neighborhood! We need: greeters, snack table attendants, as well as snacks and drinks. We also need people to pass out fliers in the neighborhood following church on Sunday September 18th. Look for the sign up in the enews ([or click here.](#))



Blood Drive Sign up

The Church of Jesus Christ - LDS Arlington, across the street from Trinity, is hosting a Red Cross blood drive on Saturday, Sept 10th from 7:30am - 1:00pm and have invited Trinity to take part. To register, please email Lynda Magire at lyndakmwa@gmail.com. Thanks for helping save a life!! (PS In case you were wondering we have to ask for sign ups early in order to ensure enough people for the bloodmobile to happen!.) The office also has her phone number if you would rather call.

Do you know of someone who would be interested in being a Youth Director?

Please share the following announcement with your network of potential youth directors!

"Trinity Presbyterian Church in Arlington VA is looking to welcome a new Youth Director. The Youth Director role is central to our community which sees continued growth, especially in young families. With historically strong engagement from the youth members of the church (averaging 20-30 kids for gatherings) and a robust support network in the church membership, Trinity is looking for someone who wants to continue their faith journey and grow with our church family as the Youth Director. This position comes with many benefits as well as support from an inclusive leadership team and church family. [Please click here for the full description.](#)"

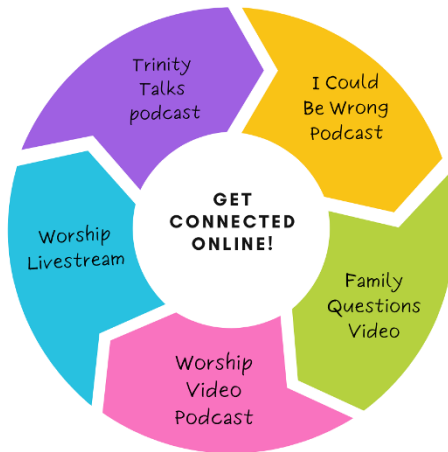
All Church Retreat: October 21-23 2022



October 21-23 we will be at Massanetta Springs in the foothills of the Shenandoah Mountains (2-3 hours from Arlington). There's plenty to do, like outdoor games, board games, and Russ Scholls' world-famous obstacle course. Or kick back and enjoy quiet contemplation or a good book surrounded by the fall foliage. Whether you're a long-time member or still getting acquainted, the fall retreat is the perfect way to get away while deepening ties within the Trinity community. Details and sign-up to follow in early September.

Trinity Online

Podcasts, Videos, and more!



Do like podcasts? Do you enjoy thought provoking videos? Trinity has many great podcasts for all ages and different lengths. Learn more about a Trinity member (did you know that Randy Benn is involved in waterway conservation efforts? Or how many places Bill and Charlotte Davnie have lived?), ponder a five minute question from Ben in "I Could Be Wrong" with such topics like "thoughts and prayers" and "should kids read the Bible?" Speaking of kids, we have a video called Family Questions that is for families and looks at questions that kids ask their parents and their parents then ask for Ben's thoughts on topics like "How can God be Three things? Is God a Ghost?" and more.

If you can't come to in person worship are Trinity you can catch the worship service on livestream (the link is in the Sunday enews) or listen to the podcast or watch the video in the links released in the Wednesday enews. So come in person, but stay connected with

Trinity in the digital world! Subscribe for podcasts:
<https://directory.libsyn.com/shows/view/id/tpcsermons>

Worship at Home with our Live Stream

We will offer a limited access livestream of the summer worship in the sanctuary or Calvin Hall. The link will become active five minutes before worship begins and be available until Wednesday, when the edited public video of worship comes out in the enews. The limited access means only those with the Trinity enews link will be able to access the livestream. Questions? Come to a Worship and Music Ministry meeting, we meet the first Sunday of the month. Email Heather Anderson, the chair: dhanderson1000@msn.com.

New App under testing for Worship

We are trying out a new App for worship that has announcements, prayers, the livestream link, the full bulletin link, and a check in. We would like to know what you think! Click here for the app: <https://www.jotform.com/app/221944098444159> Comments? Please send them to Courtney.

I Could Be Wrong Podcast

A new episode of Ben's podcast is available. Ben ponders the question: how do you deal with people who use the Bible to support their opinions? [Click here for the podcast!](#)

Family Questions with Ben: Is God a Person? Why is God Male?

Do your kids ever ask questions about God that you aren't sure how to answer? In an attempt to make those moments a little less awkward and to get families with young kids talking about all things Faith, I've come up with Family Questions. The idea is that families send me questions about faith, the Bible, those kinds of things and I attempt to answer them via a short video. Truthfully, I might not be able to give definitive answers on things but I might be able to give a perspective that gets your family talking and coming up with your own ideas. Click for [episode one here](#).

Family Questions Part 2 Podcast

There are some issues and questions that maybe aren't easy to talk about and more suited for an older audience. So if you have an interesting question and would like to hear my thoughts on it send it to me and I'll share my thoughts through podcast form. You can hear some previous episodes including my most recent one on "give us this day our daily bread" [here](#)

Neighborhood Welcome Concert



TRINITYPRESBYTERIAN CHURCH
INVITES YOU TO A

FREE

Neighborhood Welcome Concert

**SATURDAY, SEPT. 24
2-4PM**

featuring music by

Soulfire
(rock, blues, soul, and more)

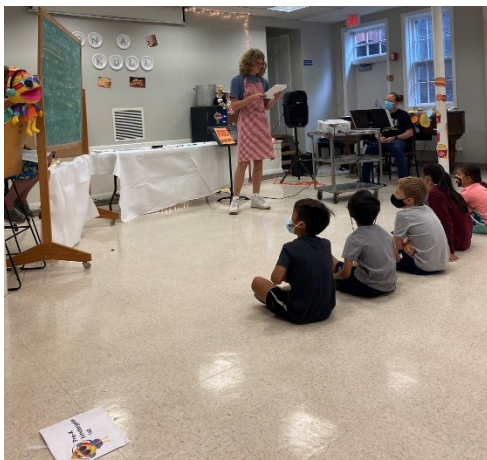
FREE Music, FREE Snacks, FREE Drinks
(Bring something to sit on)

Trinity Presbyterian Church
16th St. Parking Lot
5533 N 16th St.
www.trinityarlington.org

Photo Album

**VBS 2022:
Food Truck Party**

VBS was full of fun and community this year. With 26 Trinity kids along with adults and youth, we learned about God's message via DJ Cupcake and his Food Truck. Oliver and Shakti led the morning skits and then the kids had science, recreation, crafts, song and time together. Thank you to everyone who made it possible!



Racial Justice Ministry



RJM Update

The Racial Justice Ministry (RJM) is a great place to learn and be active in the fight for social and racial justice. The group meets in person and on Zoom on the 2nd Wednesday of the month at 7pm. If you are interested in learning more or being on the listserve, which shares relevant events and articles, please email Dan Campbell, the chair of the ministry (dancampbell@aol.com).

Follow up to Doctrine of Discovery Class

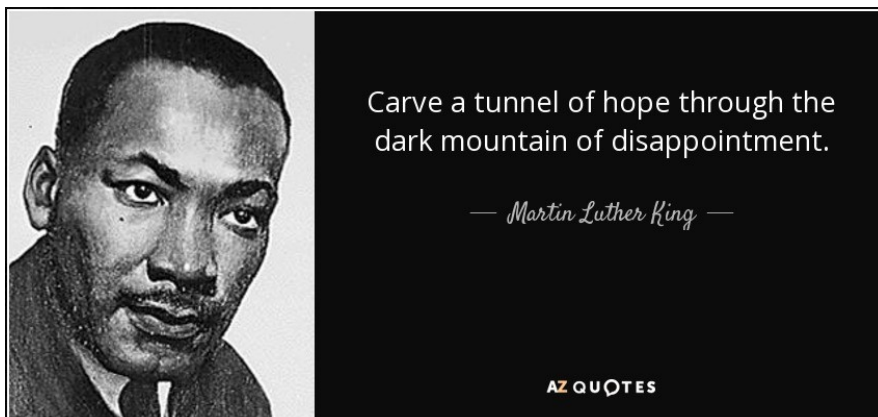
Last spring Natalie Foley led a class on land acknowledgement and the Doctrine of Discovery. If you missed the class, The doctrine of discovery refers to “a principle in public international law under which, when a nation “discovers” land, it directly acquires rights on that land.

“In 2020 the Stated Clerk of the Presbyterian Church (USA) issued a Call to Action in which he said, “I urge every person, congregation, presbytery, and synod in this church to read the report and recommendations of the Native American Coordinating Council; to study it and review all the resources it offers; and to begin a process of unflinching confession and material repentance that is not merely theoretical or internal, but has real, tangible expressions that truly contribute to the thriving of Indigenous nations and communities.”

Trinity’s response, through the Racial Justice Ministry (RJM):

- A statement of land acknowledgement is being developed to be included in prayers at every Trinity prayer event.
- RJM will be placing a statement on the Trinity website. RJM will review the draft language at the September meeting.
- RJM will be sponsoring a field trip to the Carlisle Indian Boarding School cemetery on a Saturday in November. Watch for your opportunity to sign up .

What to learn more? Here’s a [new documentary about](#) the Doctrine of Discovery



Coming this Winter: Tunnel of Hope

Tunnel of Hope is a reading of Rev. Martin Luther King Jr. 's Letter from Birmingham Jail by two performing artists with a discussion to follow. RJM is scheduling a performance near Martin Luther King Jr. 's Birthday. We are also exploring co-sponsorship of the event with other organizations once we have a date.

Local Presbyterians Joining Together in VOICE

Trinity is asking Session to join the Community Organizing Network of the National Capital Presbytery (NCP). This network will coordinate and promote participation in VOICE among presbyterian congregations in Northern Virginia. (VOICE Is Virginians Organized for Interfaith Community Engagement.)

Racial Justice Ministry

Trinity's Actions with VOICE (Virginians Organized for Interfaith Community Engagement)

As a member of VOICE, Trinity has been advocating for affordable housing and behavioral health services in Arlington, in Northern Virginia, and statewide. What does this mean?

Affordable Housing:

1. VOICE sent a letter endorsing the recommendations of the Missing Middle Study in Arlington.
2. Collection of Housing Stories – VOICE is collecting stories from anyone who is affected by the lack of affordable housing in Arlington – young adults, seniors, etc. For example, we have identified three Trinity families that have moved to Richmond because they could not afford to live in Arlington. We want to hear your housing story. Contact Merrit Gillard.
3. Behavioral Health: VOICE leaders have met with officials at the Department of Human Services (DHS) and the Community Services Board, and members of underserved communities in Arlington. We have also met with Dr. Francisco Duran, Superintendent of Arlington Public Schools.
4. Soon, VOICE will be further engaging with high need communities in Arlington by creating school listening session teams. We are looking for volunteers to join teams that will partner with local public schools. Teams will hold a number of listening sessions with administration, staff, and families. Please contact Dan Campbell if you would like to learn more.

Ally Training Available from National Capital Presbytery



These sessions on Zoom, provided by Service Never Sleeps, will provide helpful definitions, invitations to self-mirroring, and active ally education involving the **CLAIM** acronym: **C**are, **L**earn, **A**ct, **I**nfluence, and **M**aintain. This week's workshops teach individuals about the causes of social injustice, how to be effective allies for marginalized communities, and how to actively influence and educate others. Many Trinity member have taken this training if you have questions.

Three Training Opportunities (two-part training, you must attend both sessions)

- Training A - Tuesday, Sept 27 & Wednesday, Sept 28 (1- 4p.m.)
- Training B - Monday, Oct 24 & Tuesday, Oct 25 (6 - 9p.m.)
- Training C - Wednesday, Nov 2 & Thursday, Nov 3 (6- 9:00p.m.)

Where: Virtual on Zoom

Who: Members of National Capital Presbytery congregations and communities and friends of our congregations (this training is NOT open to CLERGY)

For this ally training, we will meet over **two days** for three hours each day as we learn about active allyship from Whitney Parnell, CEO and founder of *Service Never Sleeps*. [Click here for more details and to register.](#)

Session Highlights and Financials

Session Highlights for July 2022

Following are highlights of the session's regular monthly meeting held remotely on July 12th. Session is having a retreat in August in place of their normal meeting. For more information, touch base with Pastor Judith, Clerk Jim Dykstra or any session member:

- Session welcomed new members Katherine Nichols and her mother Joyce Dohrmann, both transferring membership from First Presbyterian Church, Tullahoma, TN.
- Treasurer Carol Hart reported that Trinity's finances were stronger than anticipated for Fiscal Year 2021, ending June 30, with total operational income of \$915,350 and expenses of 902,647, for a net operational income of \$12,703. Trinity's investment portfolio declined because of stock market challenges.
- Session continued discussion of Trinity's Discernment initiative. The discernment effort continues, with input sought from small groups and individuals in the church. The goal is to have all inputs by August 1, so the session can focus on the discernment initiative findings during its fall retreat.
- Rev. Judith Fulp-Eickstaedt said that Lisa Driskill and Diana Paulraj will serve as Administration Ministry representatives on the Trinity staffing review task force, along with session representatives David Bailor, Art Hoffman and Gillian McClelland. At the request of the Finance Ministry, a representative of that ministry will also be added. The task force will report back to session at its July 2023 meeting.
- Director of Spiritual Formation Ben Stewart said that Vacation Bible School was a success, with 26 children participating. The Education and Nurture Ministry will be reviewing VBS and ways to strengthen it moving forward.
- Elder David Bailor provided updates from the Facilities Management Ministry on bamboo removal on the property and a problem with the balcony ceiling that is being addressed.
- Rev. Fulp-Eickstaedt said two Saturdays in late August or a Saturday in early September are being considered for the fall retreat. A Doodle poll is being sent to session members to find the date best for most members. Focus of the retreat will be on the discernment initiative.
- Rev. Fulp-Eickstaedt said staff reviews are almost completed. The Administration Ministry is reviewing the staff review process.
- Rev. Fulp-Eickstaedt said she hopes to fill openings for ministry chairs by early fall.
- Rev. Fulp-Eickstaedt reported on the COVID Management Team and said she hopes session will be able to return to in-person meetings on a quarterly basis in the near future.
- The Outreach Ministry reported that it plans to co-host along with the Fellowship ministry an event featuring Soul Fire for Trinity members and church neighbors on either Saturday, September 10 or 17, with food provided.
- The Outreach Ministry reported it plans a new member dinner on Saturday, November 5.

Trinity Operating Fund					
Income and Expenses for Current Fiscal Year as of June 30, 2022					
		Actual Results: July 1- June 30	Annual FY22 Budget	Difference	Actual as a % of Budget
Revenue					
	Weekly Offerings	\$ 796,900	\$ 719,600	\$ (77,300)	111%
	Building Use & Other	118,500	148,300	29,800	80%
	Total Revenue	\$ 915,400	\$ 867,900	\$ (47,500)	105%
Expenses					
		902,600	943,700	41,100	96%
Net Income/(Loss)					
		\$ 12,800	\$ (75,800)		

Youth

Youth

While sad to learn that Stuart was moving, the Youth packed a lot into the summer mission trip and gave Stuart an ice cream covered send off as well as a cleaner send off at Trinity in August.

From top right clockwise: Sundae sendoff for the seniors (and Stuart), Mothman statue, Brooke working on a deck and ramp, Chloe excited for a clean fit, one of the three work groups hanging together, the send off for Stuart and Anna, group before the mission trip, the day it rained, and apparently there were not enough seats so they sat on each other.



Joys and Concerns

Our Thoughts and Prayers

Please pray for the following friends and family of Trinity

At Trinity we lift up many people in prayer. For internet privacy, we only list the prayers in our printed internal versions of the newsletter. Please contact the office for a copy.

Sun Mon Tue Wed Thu Fri Sat

SEPTEMBER 2022

4 9am Contemporary Worship 10:10 am Education Hour 11:15am Traditional Worship 12:30pm Worship & Music Min 2pm Bible Study (Zoom)	5 Labor Day	6 7pm Christian Ed Min. Mtg	7 7pm Contemporary Band Rehearsal 7pm Racial Justice Min. Mtg 7pm Fellowship Min. Mtg	8 6:30pm Handbells 8pm Choir	9	10
11 9am Contemporary Worship 10:10 am Education Hour 11:15am Traditional Worship 12:30pm Worship & Music Min 2pm Bible Study (Zoom) 7pm Youth Group	12	13 7pm Session	14 7pm Contemporary Band Rehearsal	15 6:30pm Handbells 8pm Choir	16	17
18 9am Contemporary Worship 10:10 am Education Hour 11:15am Traditional Worship 12:30pm Worship & Music Min 2pm Bible Study (Zoom) 7pm Youth Group	19	20 5pm Confirmation	21 7pm Contemporary Band Rehearsal	22 6:30pm Handbells 8pm Choir	23	24 2pm Concert at Trinity
25 9am Contemporary Worship 10:10 am Education Hour 11:15am Traditional Worship 12:30pm Worship & Music Min 2pm Bible Study (Zoom) 7pm Youth Group	26	27	28 7pm Contemporary Band Rehearsal 7pm Mission & Ser- vice Min. Mtg	29 6:30pm Handbells 8pm Choir	30	

Trinity Presbyterian

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Worship Schedule

9a.m. and 11:15 a.m.

In person Sunday mornings

Online podcast and video

The Messenger is published quarterly. If you
would prefer to no longer receive *The
Messenger*, please email
communications@trinityarlington.org.



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RALLY DAY
SEPTEMBER 11TH

**Celebrate the beginning of the
Fall Worship Schedule (9a.m. and 11:15 a.m.)
and
Sunday school for all ages (10:10a.m.)**