

# Countryside Trinity Church

## June, 2019 Newsletter

### *Summer Sabbath*

*I found this online at a site called "We Get There by Walking - Doing My Best to Find My Way". I believe it is written by a retired pastor named Paul Alcorn. I found it interesting and wanted to share it.*

I don't know about you, but I am ready for summer. Not for the heat and humidity which, unless I am in the pool, I can do without. What I am ready for is that different pace from the rest of the year which summer affords. A bit slower. More relaxed. Fewer meetings. Time away from the usual routines. Maybe even a few moments when I feel bored. How about you?

As we turn towards summer and all it affords us, this is what I found myself thinking about. Starting with the Bible. From the book of Exodus.

*Then God spoke all these words:*

*I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery; you shall have no other gods before me. (Exodus 20:1-2)*

*Remember the sabbath day, and keep it holy. Six days you shall labor and do your work. But the seventh day is a sabbath to the Lord your God; you shall not do any work – you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the Lord made the heavens and the earth, the sea and all that is in them, but rested the seventh day; therefore the Lord blessed the sabbath day and consecrated it. (Exodus 20:8-11)*

These verses, as you may know, come from the portion of the Torah which make up what we know as the 10 Commandments. The central portion of the law meant to govern the life of the Jewish people. While I could go in any one of several directions with these verses...

- How I am pretty good with the rest of the 10 commandments – I haven't killed anyone. I respect and love my parents. I only covet a little bit, but work at being truly grateful for all I do have. I am pretty lousy with this one. Remembering the sabbath.
- Or, the differences in our communities and our families from when I was growing up and everything was closed on Sundays to now when we count on stores and services to be available 7 days a week; 365 days a year.
- Or to the pressure put on our lives when we are expected or feel like we are expected to be available to others 24 hours a day; 7 days a week. Sometimes I am a bit envious of a friend who is Jewish and a member of a Conservative congregation who, literally, unplugs her internet from sundown on Friday to sundown on Saturday.



*Remember the sabbath and keep it holy.*

Maybe because at this time of year I feel more empty than full, I have been thinking about the idea of *sabbath* and what I need to do in order to replenish my energy and to renew my creativity and to be able to do more than just the next thing on the list.

Here's my idea.

What about this as an exercise in faithfulness.

What if instead of thinking about the upcoming couple of months as summer; Or, your upcoming time away as vacation;

What if you thought about it and approached it as *sabbath*.

As time you intentionally carve out from the busyness and business of life as it usually is. To live differently.

To bring a different attitude and outlook to the moment you have. To look at your life and the time of your life as gift. And, then to see what happens.

*Remember the sabbath and keep it holy.*

Maybe because I use them on a fairly regular basis, I think words matter. And, what and how we name things matters. And, how we approach and talk about things makes a difference. So, would it be different for us if we approached the next several weeks as *sabbath time* rather than summer time? If we celebrated our time away as enjoying *sabbath time* together rather than go on a vacation together. Would any of that change your attitude and outlook? I wonder.

And, there is a second piece to this.

It is not just about *sabbath*, is it? It is about keeping the sabbath *holy*. That does not mean down on your knees or spending the summer in church. But, maybe it does mean this. Maybe it means using these days to intentionally cultivate a deeper sense of gratitude. Maybe it means using this time to say thank you more times than you complain or shake your head or point your finger. Maybe it means going at a pace which enables you to pay enough attention that you notice those things...that something...which takes your breath away. Maybe there is something about having time and energy to help that is a part of holiness. Maybe it is slowing down enough that you notice the daily grace which brushes up against your life. Maybe.

*Remember the sabbath and keep it holy.*

The calendar says, "Almost..."

The weather says, "Already..."

Either way, our part of the world now turns towards summer.

Maybe you and I can turn summer towards a sabbath.



Countryside Trinity Church has a "Prayer Chain" and we would love to add your friends and family to those we pray for. Please call the church office to provide Your loved one's information. 989 793-0125.



Express yourself and your faith by joining the worship, music, or usher team today. There are so many meaningful and fun ways to get involved, and there is something for everyone to do and **YOU** are needed in order for CTC to continue to grow and move forward. If you are interested in becoming a worship helper, Liturgist, sing in the choir or have any questions about how you can help, please speak with Darren Woodke (Liturgist), John Bethune (Ushers) and Dan (Choir) or Barb Groom (Kitchen).



The Mission for the Month of June is Emmaus House and Pentecost Sunday.



a message from

## OUR PASTOR

*See what love the Father has given us that we should be called children of God; and that is what we are. The reason the world does not know us is that it did not know him. I John 3:1*

As I think about God as Father, an image comes to mind of my husband bending over he sickbed of our daughter Sheri tenderly wiping her face and cradling her in her moment of need. Such gentleness! Such compassion! Such love!

In that image I see God embracing us. Caring about our suffering. Holding us close. And I am so grateful that we are loved by God and held by God in times of joy and in times of sorrow. All of life is in God's hands.

*As a father and mother have compassion for their children,*

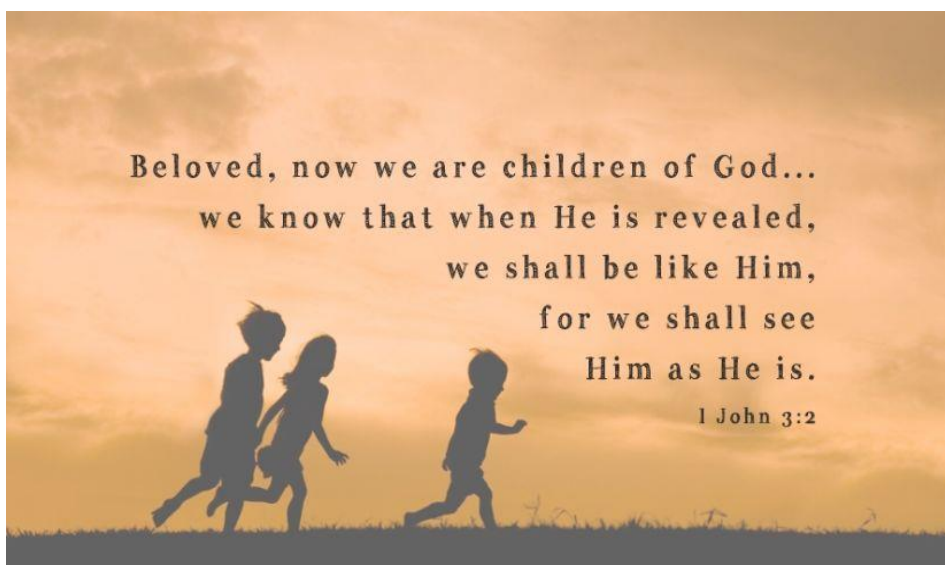
*so does God have compassion for those who trust God. Psalm 103:13*

See what love God has for us, that we should be called children of God!

Please pray for children separated from loved ones!!!

Blessings!

Pastor Margaraet



# ***YOUR SESSION/COUNCIL AT WORK***

*Mary Ann Parker*

Tidbits of information from Session/Council meeting of May 19, 2019, that you may find helpful:

**Opening:** Bridge Interim Pastor Margaret Vredevelde, serving as our moderator, opened with prayer.

**Deacon Report:** Deacon Dan Groom reported that the prayers, joys, and concerns will be printed in the bulletin weekly. **(It is important that the church office or the pastor is notified regarding a change in the mental, physical, or spiritual health of any member or friend of the congregation. We can't help if we do not know!)**

**Clerk's Report:** Church membership is 133. Communion was served to 62 parishioners on May 5th. **Pastor's report:** Bridge Interim Pastor Margaret Vredevelde reviewed her printed report with session members. Motion sustained to approve her request for vacation from July 11-14.

**Designated Pastor Nominating Committee:** D. Davis reported that the committee work is progressing well. Three pastors have been interviewed.

## **Committee Reports:**

**Building & Grounds:** C. Davis, moderator, reported the committee description was reviewed with a minor change in wording. He related that any upgrading to the parking lot would cost too much and that the asphalt will start breaking down within a short period of time. The committee is researching the cost of stripping the lot at this point. The school bus owned by Warren Avenue Presbyterian Church will need to be taken out of storage as the rent is due June 1. You will see the bus parked in CTC parking lot soon.

**Evangelism & Mission:** K. Loviska updated the church information folder. She reviewed the contents of the visitor bags. The changes in the committee descriptions of both evangelism and mission were reviewed and accepted. **Motion sustained to change the name of the combined committees to "Christian Outreach".** The Backpack Program will end for the summer on May 29, 2019.

**Personnel Committee:** M. Parker, moderator, presented the changes in the committee description. Changes were accepted by session. Personnel committee will be working on a "conflict of interest" policy this summer.

**Spiritual Life:** M. Longstreth **reviewed** the changes that committee members want to make in the Spiritual Life Committee description. Because it is the combination of the previous Christian Education committee and the Worship committee, there were quite a few changes to be made. The committee description will be tabled until our next meeting. All CE and worship budgets will now become spiritual life budgets.

**New Business:** Next Session meeting will be on June 23, 2019 at 12 noon.

Submitted for your information,

Mary Ann Parker,

Clerk of Session



## Treasurer's Report

	April				
	Beginning Balance	Receipts	Disbursements	Transfers	Ending Balance
General	11,066.99	9,596.28	6,201.16		14,462.11
Memorial	6,170.00	100.00			6,270.00
Special projects	1,663.79	300.00			1,963.79
Mission					
Hunger	864.24	80.00			944.24
Heifer proj (Church School)	(0.00)				(0.00)
UCC/PCU	95.25	701.75	95.25		701.75
Good Samaritan	2,788.28	60.00			2,848.28
Muriel Lakey Scholarship	4,399.38				4,399.38
Womens Association	(11.20)				(11.20)
Local	388.75	28.25	360.00		57.00
Bricks	1,335.45				1,335.45
	28,760.93	10,866.28	6,656.41	-	32,970.80
Endowment	145,134.31				145,134.31
	173,895.24	10,866.28	6,656.41	-	178,105.11



Beginning May 1st and continuing until August 31<sup>st</sup> the hours the office at Countryside Trinity Church will be open are as follows:

**Tuesday and Wednesday from 8:30 a.m. to 12:30 p.m.**

**Thursdays from 10:30 a.m. to 2:30 p.m.**

As to our new bridge Pastor, Margaret Vredevelde, her hours in the office will vary from week to week. She will be available, however, via telephone at 989 240-4260 or email at [revmvredevelde@gmail.com](mailto:revmvredevelde@gmail.com). You may also contact Pastor Margaret to meet her in her office on Thursdays or Fridays by appointment.



Vacation Bible School is Coming Soon to Second Presbyterian Church. It's the **"MANE"** event!! Mark your calendar for the week of June 24 – June 28! They're all going on an African safari! This epic African adventure will engage the whole herd! "ROAR" is filled with incredible Bible-learning experiences, catchy songs (my favorite part), teamwork, building games, devouring yummy treats, and one-of-a-kind Wild Bible Adventures! Hope to "spot" you all there! Forms for registration and adult help will be in the Fellowship Hall the beginning of April! This year you can register online at [www.spcsaginaw.org](http://www.spcsaginaw.org)

**Consumers Fundraiser:** We are in the last month and you need to call by June 30<sup>th</sup> to schedule your analysis. It has come to my attention that several of those that tried to make an appointment were told that because they had already had the analysis done they were ineligible to participate. Our representative from Consumers has advised me that if your analysis was done after January, 2018, Consumers would count it towards our total. So, please call the office (989 793-0125) and let me know if this applies to you and Consumers will check to see when the analysis was done. AS OF NOW WE STILL NEED 36 MORE PEOPLE TO SIGN UP IN ORDER TO RECEIVE \$\$\$\$. PLEASE HELP IF YOU CAN.



## **HEALTH & SAFETY - IN SAGINAW**

**Mondays:** Blood pressure clinic meets from 9:30 to 11:30 a.m. at Zauel Memorial Library, 3100 N. Center Road.

**Monday-Friday:** Aquatic exercises at the Sherwood Pool are held weekly. Classes are at 7:00 a.m., 8:30 a.m. 10:30 a.m. and 11:35 a.m. The ability to swim is not required. Lap swimming is at 11:35 a.m. There is a charge for exercises and lap swimming. For more information visit the Community Education page at [www.stcs.org](http://www.stcs.org) or call (989) 797-1847.

**Tuesdays:** Weight Watchers meets at 9:30 a.m. at Swanhaven Manor, 300 Kennely Road in Thomas Township.

**Tuesdays and Fridays:** Adult senior exercise will be held Tuesdays at 2:00 p.m. and Fridays at 11:00 a.m. at the Second Presbyterian Church, 2665 Midland Road. The instructor is Anne Dietzel.

**Thursdays:** Chair Yoga for senior citizens, those unable to do floor yoga, and those recovering from an injury, will be held at 11:00 a.m. at First Congregational Church, 403 S. Jefferson Ave., Saginaw, led by Chantelle Rivett Hosner, certified chair yoga instructor.

**Ongoing:** Senior Fitness/Health Club, 4032 Bay Road, offers yoga, dance and tai-chi classes. The facility now accepts Silver Sneakers. Ages 18 and over are welcome. For more information call (989) 790-5788.

**Senior Center Activities:** There are many centers in the Saginaw area offering continuing weekly activities from dancing and exercise to cards. A list will be posted on the bulletin board in Fellowship Hall. You can also go online to view a list of each month's activities. Go to [www.saginawcounty.com](http://www.saginawcounty.com) and hover on the tab "Community & Services" and then click on the drop down item "Commission on Aging". Look for upcoming events and there will be a link for Senior Center Events & Activities. **Check it out** - there are some fun activities that continue throughout the year.

## **CARDS AND GAMES**

**First and Third Wednesdays** - Euchre night is at 6:30 p.m. at the Creek Side Bar & Grille at Crooked Creek, 9387 Gratiot Road, Saginaw. Call (989) 781-0050 for more information.

**Thursdays:** Bingo will be played at 10 a.m. at the Moose Family Center, 2218 Midland Rd., Saginaw Township 989 793-9735.

**Fridays:** **Eleanor Frank Senior Center**, 2355 Schust Road (at the entrance to Haithco Park) has an open euchre tournament starting at 9:30 a.m. for senior citizens ages 60 and older. Call Bob at (989) 525-4400 for details.

**Fridays:** The **Eagles Club**, 7078 Gratiot Road, will hold Jack of Spades at 9:00 p.m. The public is welcome.

## **OTHER ACTIVITIES**

**Burger Night** is every Monday (except holidays) at the Knights of Columbus Father Nouvel Council #4232, 4840 Shattuck Road, Saginaw, MI. Burgers, Hot Dogs and Coneys are available for a fee. All come with chips. Fries and cheese are extra. Serving is from 5 to 7 p.m.

**Dancing for Fitness:** Fun and low-impact, this program offers a way for individuals, particularly those over the age of 50, a way to help with strength and flexibility and improve circulation while at the same time having fun! Bring your friends (or come and make new ones). Classes held Mondays, Wednesdays and Fridays from 10:00-11:00 a.m. at Center Courts. You can sign up for either twice a week (\$42) or three times a week (\$56).



Mission and Evangelism are now part of the newly-formed Christian Outreach Committee. Pentecost will be celebrated on June 9. Both denominations receive an offering to "Strengthen the Church."

The UCC, believing the spirit activates believers, provides leadership development for youth, young adults and the whole church. It also works further on its commitment to be a welcoming church spreading the good news of the "Still Speaking God."

PCUSA uses its share of the offering in ministries to encourage, develop and support young people and to address needs of at risk children. Young adult volunteers are supported. 60 % of the monies are sent in to national and 40% may be retained by the local for us to use in a program that locally addresses needs of young people.

Let a mission committee member know if you have any ideas for our share of the monies.

The local mission this month is on Emmaus Homes. They focus on the needs – spiritual, mental, physical, and emotional - of women. Their "Homes of Hope" project is to renovate the 12 homes to make them safer and energy efficient. Over 32 years they have helped over 1600 women. Their Thrift and Consignment Store provides jobs for the ladies and is a great resource for the neighborhood. Volunteers are always needed. Donations are always accepted. Call 755-7538.



Kathy Williamson has moved and hopes to hear from her friends at Countryside Trinity Church. You can send cards and letters to Kathy at the following address:

**Ms. Kathy Williamson  
2020 Hawkinson  
Oregon, Wisconsin 53575**



The Countryside Trinity Church Choir is on vacation for the summer months and we want to thank them for their dedication and commitment to the music ministry throughout the year. Anyone wishing to share their talent and provide "Special Music" for one or more worship services during the summer, or if you would like to join the choir when they resume in the fall, please contact Dan Groom.

We will celebrate our graduates on Sunday, June 2<sup>nd</sup>. They are Stephanie Plater, Heritage High School; Tabitha Boothe, Heritage High School; and Elizabeth Jacob, Swan Valley High School.



**Read Program and Backpack Program** - both have ended for the summer and will resume in the fall.

in the

## COMMUNITY

### Andersen Enrichment Center's 15th Annual Art & Garden Festival

**Date:** 6/5/2019

**Time:** 10:00 AM TO 3:00 PM

**Andersen Enrichment Center,** 120 Ezra Rust Dr., Saginaw, MI

**Phone:** (989) 759-1362 ext. 221

#### Event Description:

The 15th Annual Art & Garden Festival will take place on Wednesday, June 5th, from 10:00 a.m. – 3:00 p.m. at the Andersen Enrichment Center and Memorial Rose Garden, 120 Ezra Rust, Saginaw. Mark your calendar now to attend. Admission to the festival is Free!

The Art & Garden Festival, an all day art and gardening event, draws visitors from throughout the state, and will feature an art fair, gardening demonstrations, family activities, art and garden vendors, a silent auction, Savoy Bar & Grill sandwich and pasta salad lunch, and our homemade strawberry shortcake! Presentations will feature 3 garden experts speaking on a variety of topics.

Sweets and treats including donuts, cookies, frozen cider drinks, chocolate, candy and other bakery items will be offered by area vendors.

Art & Garden Festival Vendors will sell plants and original art including: painted glassware, pottery, native Michigan perennials and ferns, several varieties of rose bushes, and many other items for home and garden. Don't miss this opportunity to visit with the Woman's National Farm and Garden Club of Saginaw, the Hosta Society, and our Rosarian experts.

A silent auction will be held featuring plants, art, home and garden accessories, gift certificates and much more donated by our vendors and local businesses. All proceeds will benefit the care and maintenance of the Lucille E. Andersen Memorial Rose Garden.

This year's festival will be one of the first events kicking off Saginaw Celebrates Summer. Presented by Hemlock Semiconductor, the summer long collaboration celebrates arts, nature and the humanities with events for the entire family to enjoy.

For further information about the Art & Garden Festival, please contact Andersen Enrichment Center at 989.759.1362, ext. 221.

## Jazz on Jefferson

**Date:** 6/5/2019

**Time:** 4:45 PM TO 8:00 PM

Along South Jefferson Ave.  
Saginaw, MI 48607

#### Event Description:

Jazz on Jefferson, a one-night event celebrated on along the historic South Jefferson Avenue, is scheduled for Wednesday, June 5, 2019.

The festival attracts more than 3,000 visitors and counting each summer. It showcases the vitality of the neighborhood and institutions located on the street.

The event kicks off at 4:45 p.m. and ends with a free concert by Cool Lemon Jazz Band at 8 p.m. at First Congregational Church – all other street events will close at that time.

Festivalgoers can enjoy a variety of activities such as: food from local vendors, a classic car and motorcycle show, Hoyt Library's hospitality tent and so much more. The Castle Museum will also feature its popular strawberry shortcake.

Jazz on Jefferson is a cooperative project of the Jefferson Avenue institutions coordinated by the Castle Museum.

For more information, please contact Tom Trombley at the Castle Museum at 989-752-2861 ext. 304 or visit [www.castlemuseum.org](http://www.castlemuseum.org)





# Exercise these three joints to stay flexible as you age

BY WINA STURGEON - JANUARY 27, 2014 12:00 AM, UPDATED AUGUST 08, 2014 10:21 AM



Three major joints in the body have to be strengthened by everyone over the age of 50. Otherwise, growing older will be a miserable experience.

You probably already know that a joint is where two bones meet. Something else you may know: Bones are connected to each other by dense white tissues called ligaments. Muscles are connected to bones by thick tendons at each end of the muscle. As we get older, these white tissues tend to contract, or shrink. This makes the joint stiff and harder to move, limiting its range of motion.

When you don't have full range of motion in a joint, you're forced to make smaller movements. This is a setup for injury. If the joint is accidentally stretched past its limited range of motion, the non-pliable and brittle connective tissues may sprain or tear. How many people over 50 do you know who have sprained or torn a ligament or tendon and had to have surgery or wear a brace?

It would be great if all middle-agers worked on stretching and moving every joint in their body three or four times a week. Everyone would be more flexible. Tissues would be pliable and easy to move. There would be less pain and far fewer injuries. But even with all the benefits, few folks will have the discipline to do it. However, if you work on just three joints every other day, it will help your vigor and flexibility, no matter what your age (this goes for those of you in your 40's as well).

The three joints are shoulders, knees and ankles. These joints are used every time you reach for something or take a step. They are easy to work. If you wish to walk with a youthful spring, moving around without pain or limitation, you need only a few easy exercises, each of which can be done at home.

**Shoulders:** The shoulder is the most mobile and complicated joint of the body. It pushes, pulls, lifts and rotates. If all you ever do with it is to reach across the table for the salt, or hold a phone up to your ear, most of the tissues and muscles of your shoulder are not being used. It will be hard and painful to reach up to get something from an overhead shelf or catch yourself if you ever start to fall.

Strengthen and extend your shoulder range of motion by placing hands at shoulder level. Lift your arms above your head and bring them back to your shoulder. Next, with hands at shoulder position, push the arms straight out in front of you and pull them back. Follow with arms at your sides; lifting them out and up to shoulder level. Finish by holding your arms out to the side and rotating them, first in small circles, then larger ones as your strength increases. Do each movement five to 10 times, depending on the difficulty. As it becomes easier, do the exercises while holding a pair of one to two pound dumbbells.

**Knees:** Most knee exercises can be done in a kitchen chair. While sitting, raise one leg in the air, keeping the knee very slightly bent. Hold for one minute, or until your leg tires. Repeat with the other leg. Next, lie on your back and lift your legs up. Alternately bend and straighten each leg at the knee. Finally, using a stair or a low sturdy bench, step up and step down, first with one leg, then the other. An aerobic step, which can be purchased at most sporting goods stores, is perfect for this exercise.

**Ankles:** Sit on the floor for the ankle strengthening exercises. Grab a towel at each end and place your foot in the middle, keeping your leg straight. Hold the towel ends tightly and press your foot forward while pulling back on the towel. Turn your foot to each side and press hard against the towel. Use enough force so that your ankle joint has to really work.

Exercising these joints will help your body stay strong and pain-free for the rest of your life.

# Seenager

## Kroger Community Rewards Program

We have just received Kroger's report for the period from February 1<sup>st</sup> to April 30<sup>th</sup> of this year. As a result of our participation in the Kroger Community Rewards Program, Countryside will be receiving \$34.65 in a cash donation from Kroger. If you have not yet linked your Kroger's Rewards Card to Countryside, please go online to [www.krogers.com](http://www.krogers.com) and search Community Rewards. You will need to sign in to your account using your email address and password. If you do not yet have an account with them, you will need to register for one. After signing into your account, they will ask you for the name of the organization you wish to support. Type in Countryside Trinity Church. It's that easy. Then every time you shop at Krogers or get gas and swipe your card - Countryside will get a small donation from Krogers. No cost or expense of any kind to you. Just help for our church. Please sign up today.

I **JUST** discovered my age group! I am a **Seenager** (senior teenager).

I have everything that I wanted as a teenager, only 55-60 years later. I don't have to go to school or work. I get an allowance every month. I have my own pad. I don't have a curfew. I have a driver's license and my own car.

I have ID that gets me into bars and the wine store. I like the wine store best. The people I hang around with are not scared of getting pregnant, they aren't scared of anything, they have been blessed to live this long, why be scared? And I don't have acne. Life is Good!

Also, you will feel much more intelligent after reading this, if you are a **Seenager**. Brains of older people are slow because they know so much. People do not decline mentally with age; it just takes them longer to recall facts because they have more information in their brains. Scientists believe this also makes you hard of hearing as it puts pressure on your inner ear.

Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for. It is **NOT** a memory problem; it is nature's way of making older people do more exercise.

### SO THERE!

I have more friends I should send this to, but right now I can't remember their names. So please forward this to your friends; they may be my friends, too.



We have a new addition to our weekly bulletin. On the back page, we will print the "Joys and Concerns of the Church" which will include those members and friends who need prayers for healing, prayers for comfort, have joys to share and also an "open door prayer" that will name the locations of our shut-ins and those in the hospital or homebound in private homes.

When a prayer chain is started, the name will also be added to the following week's bulletin and will remain there for a period of two weeks unless asked to leave on for a longer period. We will also add any names of those people who were prayed for during the previous Sunday's worship service.

Please be sure to let us know if you would like to add your friend or loved one to this page. Thank you.

## **People Come Into Your Life for a Reason, a Season, or a Lifetime\***

People come into your life for a **REASON**, a **Season** or a **Lifetime**. When you know which one it is, you will know what to do for that person.

When someone is in your life for a **REASON**, it is usually to meet a need you have expressed. They have come to assist you through a difficulty, to provide you with guidance and support, to aid you physically, emotionally or spiritually.

They may seem like a godsend and they are.

They are there for the reason you need them to be. Then, without any wrongdoing on your part or at an inconvenient time, this person will say or do something to bring the relationship to an end. Sometimes they die. Sometimes they walk away. Sometimes they act up and force you to take a stand.

What we must realize is that our need has been met, our desire fulfilled, their work is **done**. The prayer you sent up has been answered and now it is time to move on.

**Some people come into your life for a SEASON**, because your turn has come to share, grow or learn. They bring you an experience of peace or make you laugh. They may teach you something you have never done. They usually give you an unbelievable amount of joy. Believe it, it is real.

**But only for a season!**

**LIFETIME relationships** teach you lifetime lessons, things you must build upon in order to have a solid emotional foundation. Your job is to accept the lesson, love the person and put what you have learned to use in all other relationships and areas of your life. It is said that love is blind but friendship is clairvoyant. We all have **reasons, seasons or lifetimes** in our life right now. The Key is making these Reasons a Lifetime!!!

### **TODAY**

Be sure to thank a person who in one way or another has been a part of your life. It is a small way to give thanks for the beautiful moments they have given.



**\* I printed this last year in a Newsletter and thought it was worth reprinting again.**



<b><u>Bickford Assisted Living</u></b> Elaine Kraenzlein	<b><u>Swanhaven Manor</u></b> Fern Evon Little
<b><u>Edgewood Assisted Living Center</u></b> Betty Huber	<b><u>Wellspring Assisted Living</u></b> Shirley Roof, Carol Williamson, Bob & Marie Lemmer, Mary Ellen Sierocki
<b><u>New Hope Valley Independent</u></b> Dorothy Gray, Virginia "Ginny" Jarvi	<b><u>Wellspring Independent Living</u></b> Helen Reynolds
<b><u>St. Francis Home</u></b> Judith Lorenz	<b><u>In Hospital or Private Homes</u></b> Dawn Curtis, Bessie Daugharty, Betty Hauk, Floyd & Lois Krzak, Ruth Marsh, Elaine Miner, Fran Preuter, Kathy Williamson, Betty Burr

## **JUNE BIRTHDAYS & ANNIVERSARIES**


### **BIRTHDAYS**

- 2 Michael Wayne Groom
- 3 Eric Smith
- 8 Christian (Volker) Saxton
- 10 Robert Gulliver
- 11 Dana Hansen Cooper
- 19 Kitty Blehm
- 20 Marilyn Leffler
- 21 Jasmyrn Volker
- 29 Eleanor Farnum
- 30 Darren Woodke
- 30 John Furlo

### **ANNIVERSARIES**

- 21 Edward & Lori Halase (1980)
- 29 Ronald & Jean Anne Miller (1974)



2019	JUNE		SUNDAY	<b>Countryside Trinity Church</b> 4690 Weiss St. Saginaw, MI 48603 Email: Countryside@ctcsaginaw.com Phone: 989-793-0125		
CALENDAR YEAR	CALENDAR MONTH		FIRST DAY OF WEEK			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	01
			10:30 A.M. Pack Backpacks-Weiss School			
02	03	04	05	06	07	08
10:25 am-Announcements in Sanctuary; 10:30 am - Worship Service with Communion, 2 Coins a Meal Offering; and Graduate Recognition 11:30 am - Coffee Hour 4-6:00 pm City of God						
09	10	11	12	13	14	15
10:25 am-Announcements in Sanctuary; 10:30 am - Worship Service; 11:30 am - Coffee Hour						
16	17	18	19	20	21	22
10:25 am-Announcements in Sanctuary; 10:30 am - Worship Service; 11:30 am - Coffee Hour:						
23	24	25	26	27	28	29
10:25 am-Announcements in Sanctuary; 10:30 am - Worship Service; 11:30 am - Coffee Hour 12:00 PM Session Meeting 4-6:00 pm City of God		6:30 pm Bead Club	Deadline for July Newsletter			
30	01	02	03	04	05	06
10:25 am-Announcements in Sanctuary; 10:30 am- Worship Service 11:30 am - Coffee Hour				Office Hours: Tues & Weds 8:30 a.m. to 12:30 p.m. Thurs. 10:30 a.m. - 2:30 p.m.	Worship Services on Sundays at 10:30 a.m.	





## COUNTRYSIDE TRINITY CHURCH

**4690 Weiss Street**

**Saginaw, MI 48603**

**Phone: (989) 793-0125**

### BLESSINGS FROM COUNTRYSIDE TRINITY CHURCH



I asked my grandpa, "After 65 years, you still call  
Grandma 'beautiful and honey.' What's the secret?  
He answered, "I forgot her name 5 years ago and I'm  
afraid to ask her what it is."