

# Countryside Trinity Church

## May 2019 Newsletter



### FROM THE PASTOR'S DESK

#### *Getting to know you...*

It will take a while for us to get to know one another. And we have a great starting point: I John 3:1 *See what great love God has for us that we should be called children of God....* This is a theology unique to Christianity. Other religions might consider it blasphemy to say this, and it warms my heart that I can say, "Hi! I'm Margaret, a child of God." And when I look into your eyes—no matter the color, no matter the age, no matter the level of ability, no matter the struggles you face—I am looking into the eyes of a child of God.

This is a great starting point for our journey together. I am committed to sharing with you all that I am continuing to learn about being a child of God. My training and experience lie in the fields of music, pastoral care, teaching and preaching. I am an ordained UCC Pastor who has served in Presbyterian, Methodist and Lutheran (ELCA) churches. I am the author of a book of devotional meditations—*Soothe Your Soul*. My poem speaks of my philosophy:

*I see myself walking the shore of Lake Michigan—  
Waves gently roll in—wetting the sand—  
Making a ruffle pattern on the shore.  
The sun is at my back and the breeze seems to gently push me north.  
I see the little girl playing in the sand—  
Her curly blond hair shining in the sun.  
She squats as only a small child can. She is two years old.  
She looks up at me as my shadow crosses her place in the sand.  
What a beautiful smile she has! Baby teeth like pearls.  
She watches me as I pass by—unafraid of me.  
I am the child.  
She is my innocence.  
My inner light.  
My soul.  
I am—at center—a child of God.  
No THING and no ONE can take that away from me.*

My spouse and I have been married for 53 years. Together we have three daughters, a son-in-law, two granddaughters, one grandson-in-law, and a newborn great grandson all of whom live as far away as Boston MA, Seattle WA, Grand Rapids MI and Istanbul, Turkey. Before moving to Istanbul, my granddaughter Meliah gifted me the drawings in my book.

I look forward to getting to know you! I'm sure that— as children of God—we will come to value each other and the gifts we share by God's grace.

Blessings!

Pastor Margaret, 989 240-4260 (Cell) Email: [revmvredeveld@gmail.com](mailto:revmvredeveld@gmail.com)

PS: phonetic pronunciation of my last name—in case you were wondering—  
Vredeveld=VRAY-duh-veld—a Dutch name meaning "peaceful field."



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



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, John Bethune, and Dan or Barb Groom.

## *Bulletins*

If you are not planning to take your bulletin home with you on Sundays, please put it in the baskets when you leave the sanctuary. The Deacons will collect them and deliver or mail them, with a friendly greeting to our members and friends that we miss seeing in church on a regular basis. Thank you.

*The Deacons*

# Your Session Council at Work

Tidbits of information from Session/Council meeting of April 16, 2019, that you may find helpful:

**Opening:** Joyce Hetzler, Committee on Ministry liaison, serving as our moderator opened with prayer.

**Clerk's Report:** Church membership is 133. Communion was served to 59 parishioners on April 7<sup>th</sup>. Four teams served communion to 15 homebound members.

**Pastor's report:** Bridge Interim Pastor Margaret Vredevelde listed several items that would be in her future reports to the session, her log of hours worked and her travel log. She also requested a different meeting day for the session as she would not be here on Tuesdays. May session meeting will be held at 12 noon following worship on May 19<sup>th</sup>.

**Bridge Pastor Committee report:** Marcia Lacker gave a brief report. At a recent called session meeting Pastor Margaret Vredevelde was hired as a part time (20-25 hrs/week) pastor who will be in Saginaw Thursday afternoon through Sunday morning. A motion was sustained to dismiss the bridge pastor committee of their duties as their mission has been accomplished. Appreciation was expressed for their dedicated work.

**Designated Pastor Nominating Committee:** Pastor Information Forms are being reviewed with follow-up with several candidates.

### **Committee Reports:**

**Building & Grounds:** Chuck Davis, moderator, reported that this committee is in the process of writing a security policy for the church and getting estimates on the upgrade completion of the parking lot. The "key policy" and the "facilities use policy" have been reviewed with a few word changes. The upgrade of the manse is on hold at this time. Signs will be posted at all of the exterior doors reminding the last people leaving to make sure all lights are off, the stove is turned off, all doors closed, and the exterior door are locked. K. Loviska requested that the church information folder be updated. Visitor bags are low at this time and Loviska requested ideas for the new materials to be placed in the bags. She also reported that the cost of mailing the newsletters is approximately \$60.00/month. Several ideas to help defray expenses were discussed. One of the ideas will be instituted with this newsletter.

**Personnel Committee:** Mary Ann Parker, moderator, asked session to approve administrative assistant K. Loviska's request to implement summer hours for her starting May 1, 2019 through August 31, 2019. Motion sustained. Summer hours will be posted.

**Spiritual Life & Congregational Care:** Pastor Vredevelde would like to post her sermons on Facebook and requested some help with it.

**New Business:** Committee descriptions will be given to each session committee for their review with the possibility of changes in the descriptions. Minutes from each committee meeting will be submitted to the office for filing and future reference.

Submitted for your information,  
Mary Ann Parker, Clerk of Session

# Women's & Mission Update

The Mission of the Month is Saginaw/Shiawassee Habitat for Humanity.

Habitat was founded in 1976 by Millard and Linda Fuller. They were seeking a way to bring God's love into action. Habitat brings people together to build homes, community and hope.

Over the years 1.3 million houses have been built around the world. They are built with sweat equity and are provided with no interest loans.

Saginaw County's chapter was founded in 1987. A few years ago Shiawassee County joined Saginaw. They have built or renovated 185 houses and repaired 360. The typical new build house is 1,050 feet with 3 bedrooms and a basement. The typical receiving family earns 30-80% of the area median income. Some qualify for \$12,000 in down payment from Michigan Housing Development Authority.

Classes are held in how to repair things around the house. Families are counseled in house ownership. Restore Shops in Saginaw and Owosso sell used household goods, furniture and building materials.

If you are interested in volunteering check the website or call 753-5200 Ext. 200.

Events for this year will be listed soon on their calendar.

10 Easter baskets were given to needy families from Weiss School. Thanks to all who donated, shopped, and packed. We were able to make Easter more blessed for these families.



## **PARKING LOT REPAIR**

The Building & Grounds Committee is asking for your help. We would like to finish updating the parking lot this spring after school is out or early summer. We are in the process of obtaining another quote and/or to have Yeager finish the project for the price that they originally quoted us. According to the treasurer we have approximately \$1200.00 specified for this project from donations, but we will need about \$1300.00 more. If you can help us with a specified donation it would be greatly appreciated. Unfortunately a church is much like our own home, there is always something that needs care. It is now the parking lot that needs attention. Let's spruce it up together!! Thank you for your consideration and for your donations.





Summertime—it's almost here! 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 Vredeveld, 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 [revmvredeveld@gmail.com](mailto:revmvredeveld@gmail.com).

### REPAIR CAFÉ

The date has been set, so mark your calendars and share the news, the next Repair Café will be held at Our Saviour Lutheran, 2525 Hemmeter Rd. Saginaw, Michigan. 48603 on **Saturday, May 18<sup>th</sup> from 12pm-4pm** with **Blessing of the Animals from 3pm-4pm**. Weather permitting, this event will be held outdoors, so come and meet your neighbors and let us help bring your broken items back to life.

If you have any questions about the Repair Cafe please call Bob Long at (989) 799-9257.



*Ginny Jarvi wishes to thank everyone for their kind words, cards and calls following her fall.*

### **CONSUMERS ENERGY FUNDRAISER**

Did you know that Consumers Energy, your local Natural Gas provider is partnering with us to bring FREE energy efficiency updates to your single-family home and in return we could earn additional funding?

Yes! Consumers Energy's House of Worship Rewards program will save us all energy and teach members of our congregation and community about the great advantages of a FREE Home Energy Audit. Each of you has an opportunity to help our congregation out!

We have an obligation to show our love and appreciation for creation; Consumers Energy is going to assist us with that by reducing our carbon footprints in our homes. Please don't wait!

Act now and call 888.316-8014 and schedule with a live CSR! For our tech savvy members; schedule online with your Consumers Energy account number at [www.HomeAnalysis-ConsumersEnergy.com](http://www.HomeAnalysis-ConsumersEnergy.com). It is possible for us to earn up to \$2000. Hurry now and we can win!

Have you made your appointment yet???? If not, why not? Call today 888 316-8014 and give them our promo code of CTCSSAGINAW19. Please don't delay.



### **Spring Flea Market/Craft Sale**

Our first spring flea market/craft sale is over and I want to take a minute to thank all of you who made it a success. Our final total was \$1,382.00 which was a result of renting spaces for vendors and sales of both donated items and bakery goodies.

So thank you, thank you, thank you, to all of you who helped set up and take down, baked, donated, or helped in any way. Without you we could not have done it. Our next event will be the Indoor/Outdoor Flea Market & Craft Sale scheduled for Saturday, September 14, 2019. Pray for good weather and even better attendance. As always, we will need your help and a sign-up sheet will be posted in Fellowship Hall. If you are interested in renting a space to get rid of some stuff in your home, please see Kathy Loviska for more information.



# In the Community

## Saginaw Choral Society Presents "We Are Saginaw"

**Date:** 5/4/2019 **Time:** 7:30 PM

**The Temple Theatre**

201 N. Washington Ave.

Saginaw, MI 48607

**Phone:** (989)754-7469

**Event Description:**

A year of community participation culminates in one awesome night of building and uniting our community through music! Led by Artistic Director Jeremiah Kraniak, Saginaw Choral Society invites you to We Are Saginaw, their season-ending multimedia event taking place at 7:30 PM on Saturday, May 4, 2019, in the beautiful Temple Theatre.

Over the past year, members of Saginaw Choral Society, in partnership with United Way of Saginaw County, have been attending community events with camera in hand, photographing individuals who write a personal response to the prompt "I am...." All the photos have been uploaded to event galleries on a special website, [www.wearesaginaw.com](http://www.wearesaginaw.com)

After a year of asking "Who is Saginaw?..", SCS has had many captivating conversations and collected hundreds of endearing photos. In We Are Saginaw, the Choral Society uses music to bring those stories to life. Artistic Director, Jeremiah Kraniak, chose music to represent the words on the whiteboards. As each piece is sung and photo images are projected onto the Theatre's huge screen, an exciting and revealing look at our community will unfold right before your eyes.

When asked about this concert, Artistic Director Jeremiah Kraniak said "We Are Saginaw is my way of giving a voice to my community. In a world with so much division, my goal is to find the commonalities among all of us. When you see the images of people and their families expressing in a single word what they value most about themselves, it is uplifting and endearing. Essentially, the songs in this concert have been chosen based on your whiteboard responses and the photos will be utilized in the performance. It is a musical representation of our community and, although they may not be singers onstage, the photo participants become performers in this project. Together, we get to share in the creation of music!"

At the bottom of every whiteboard is the hashtag #WeAreSaginaw. Every photo then becomes part of this ongoing social media campaign, as individuals begin sharing them with friends and using them as profile pictures. Little by little, folks are becoming connected through social media and the music that will tie everything together at the We Are Saginaw concert.

Doors will open at 6:30 pm for the Beer-for-a-Buck Bar pre-concert mixer. Enjoy a gallery style display in the Leopard Lounge as you view the 400+ #WeAreSaginaw photos taken throughout the year!

A FREE concert shuttle service will be available compliments of Great Lakes Bay Financial. The shuttle will run one hour before and after the concert from the Chamber of Commerce Towers lot at 515 N. Washington Ave.

Reserved seating is \$25, \$20, or \$10 and student tickets are just \$5. Tickets can be purchased from the Temple Theatre Box Office at [www.templetheatre.com](http://www.templetheatre.com) or by calling (989)754-7469. The concert is open to the public and welcomes families and children of all ages.

## Jersey Boys

**Date:** 5/15/2019 **Time:** 7:30 PM

**The Dow Event Center**

303 Johnson

Saginaw, MI 48607

**Phone:** (989) 759-1320

**Event Description:**

"Too Good To Be True!" raves the New York Post for Jersey Boys, the 2006 Tony, Grammy and Olivier Award®-winning Best Musical about Rock and Roll Hall of Famers, The Four Seasons: Frankie Valli, Bob Gaudio, Tommy DeVito and Nick Massi. This is the true story of how four blue-collar kids became one of the greatest successes in pop music history. They wrote their own songs, invented their own sounds and sold 175 million records worldwide - all before they were 30! Jersey Boys features their hit songs "Sherry," "Big Girls Don't Cry," "Rag Doll," "Oh What a Night" and "Can't Take My Eyes Off You." "The Crowd Goes Wild!" cheers The New York Times. The Jersey Boys creative team comprises two-time Tony Award®-winning director, Des McAnuff, book writers, Marshall Brickman and Rick Elice, composer, Bob Gaudio, lyricist, Bob Crewe, and choreography by Sergio Trujillo. Please note: Jersey Boys contains authentic, "profane Jersey language" and is recommended for ages 12+.

Tickets go on sale March 29th at 10:00 a.m. at Ticketmaster.com, Ticketmaster by phone 1-800-745-3000 or in person only at The Dow Event Center Box Office.

## NEWSLETTER SURVEY

As we all know, the cost of just about everything keeps going up. This is the case with the cost of producing our monthly newsletter. It is important that all of us are able to receive the newsletter and so we are exploring alternative ways to doing just that and at the same time trim our budget a little bit. We will be offering several ways for you to continue to receive the newsletter each month. Listed below are the options available to you. Please take a few minutes to complete the form and select the method which would be best for you and your family. You may drop this form at the church office, mail it back, or deposit it in the collection plate on Sunday. Or, if you wish, you could call the office at 989 793-0125 Tuesday through Thursday from 8:30 a.m. to 12:30 p.m. and give Kathy your information. If you are one of our homebound parishioners, **you will continue to receive your newsletter in the mail** and you **are not required** to complete this form. Also, if you have internet capability you can always view the latest newsletter on our Facebook site by signing on to Facebook and searching for Countryside Trinity Church. Then scroll down and click on the month you wish to read. Or, you can go directly to our website at [www.ctcsaginaw.com](http://www.ctcsaginaw.com) and click on the *Newsletter* tab and then select which month you want to read. A plus to reading the newsletters online or in an email is that **they are in color**.

- ☐ Please email the newsletter to me at \_\_\_\_\_
- ☐ Please hand-deliver my newsletter to me at church on Sunday.
- ☐ I will view the newsletter on our Facebook site or our Website.
- ☐ I am unable to do any of the above options, please continue to mail mine to me.

**Name:**

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Thank you so much for completing this form and assisting in our attempts to cut costs and save money for the church.

# Saying This One Word Will Boost Your Mood By 25 Percent

THERE'S ONE CATCH: YOU HAVE TO MEAN IT.

Thanks for reading this.

Ah, that feels so good to say. And there's a reason: It turns out that saying "thank you" (or simply "thanks")—or expressing gratitude by any other means—can provide an immediate, gratifying, and even sustained **boost of happiness**.

The research comes from **Martin Seligman**, Ph.D., the director of the Positive Psychology Center at the University of Pennsylvania, and the author of the forthcoming book, ***The Hope Circuit***. Seligman and his team asked 411 participants to perform a variety of so-called "happiness interventions," or tasks believed to boost happiness levels. In one intervention, participants were asked to write thank-you letters to people from their past and then hand-deliver them. According to Seligman, the folks who completed this task continued to float on a happier altitude an entire month later.

It's just the latest evidence bolstering the power of the word "thanks." Scientists **Robert Emmons**, from the University of California, Davis, and **Michael McCullough**, from the University of Wharton, also found that people who say "thank you" and express gratitude get a pervasive and long-lasting mood boost. As an added bonus, they say that people who

say "thanks" were shown to begin exercising an additional hour-and-a-half each week *and* experienced fewer "symptoms of physical illness." (So, yes, saying "thank you" can save you a trip to the doctor and help you lose weight.)

In a follow-up book to that study, ***Thanks!: How the New Science of Gratitude Can Make You Happier***, Emmons found that "regular grateful thinking can increase happiness by as much as 25 percent." To further maximize your mood, suggests Emmons, you should keep a "gratitude journal"—wherein you keep track of every time you think or feel or utter gracious thoughts—for three weeks, which can give you a much sunnier outlook on life.

So next time you're at a restaurant and the waiter does something extra nice—or someone on your team at work puts in 110 percent on a project—don't forget to say, "thanks." Science says you'll be way happier for it.

You're welcome.

# THE TOP 7 HEALTH BENEFITS OF SMILING

Posted by [ERIN COLEMAN, R.D., L.D.](#) October 30, 2016



Smiling has well-documented social benefits. A genuine smile can make you seem more likable, attractive, intelligent and even trustworthy. But did you know that smiling more often—regardless of your mood—can improve your health and help you live longer? Discover seven of the surprising health benefits of smiling.

## ***1. Improved Mood***

Smiling can boost your mood when you're feeling blue, and may be beneficial for people struggling with anxiety and depression. A 2010 study found that making yourself smile when you're feeling down helps improve your mood and increases positive thoughts. So, if you're having a bad day, try smiling anyway—it may lead to a genuine smile and lift your spirits.

## ***2. Lower Blood Pressure***

Smiling and laughing more appear to help lower your blood pressure, which is good news for your heart health. A 2009 review explains that laughter causes an initial increase in heart rate, followed by a period of muscle relaxation and a decrease in heart rate and blood pressure, which helps reduce your risk of developing heart disease.

## ***3. Stress Relief***

Did you know that smiling more often, whether you're feeling happy or not, helps your body deal with stressful situations more effectively? A 2015 study published in Psychological Science found that smiling can result in a lower heart rate during stressful tasks. Stress generally causes increases in heart rate and blood pressure. So, maintaining a smile when stressed provides you with both psychological and physical health benefits.

## ***4. Better Relationships***

Have you noticed that you're drawn to people who smile a lot? People who smile are perceived as being more likable than people who don't smile, according to one 2014 study. Being likable makes it easier to build and maintain better relationships with people, which is important for your overall health and well-being. A 2010 study found that people with positive emotions have more stable marriages and better interpersonal skills than people with negative emotions. So, keep a smile on your face to help create stronger, healthier social bonds.

## ***5. Stronger Immune Function***

Believe it or not, laughter (which often begins with a smile) appears to help boost your body's immune system. Mayo Clinic reports that laughter and positive thoughts release signaling molecules in your brain that fight stress and illnesses, while negative thoughts decrease your body's immunity. One 2015 study found that laughter therapy increases immune responses in women who have just had babies. So, maybe laughter really is the best medicine.

## ***6. Pain Relief***

Pain relief might be the last thing you'd associate with smiling and laughter, but there are, indeed, links. Mayo Clinic reports that laughter causes your body to release its own natural painkillers. And a 2012 study found that social laughter increases your pain threshold, creating a higher pain tolerance. So, if you're in pain due to an injury, illness or chronic disease, watch a funny movie, attend a comedy show or hang out with friends and family who make you smile.

## ***7. Longer Life***

It turns out that the fountain of youth might be right under your nose. A 2010 study found that smiling and positive emotions are associated with increased life spans. Talk about a reason to smile!

## ***Bottom Line***

Smiling and laughter are beneficial for your mind, body and overall well-being. Even if you're feeling blue, crack a smile and reap the numerous health benefits of smiling.





<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> Betty Burr, Dawn Curtis, Bessie Daugharty, Betty Hauk, Floyd & Lois Krzak, Ruth Marsh, Elaine Miner, Fran Preuter, Kathy Williamson



### **MAY BIRTHDAYS**

- 1 Gwen Henderson
- 2 Robert Farnum
- 4 Joshua Gonzales
- 5 Sue Smith
- 6 Betty Burr
- 6 Marcia Lacker
- 8 Dorothy Hughes
- 12 Barbara Groom
- 18 Doris Ruth
- 20 Mary Ellen Sierocki
- 21 Seth Diggs
- 24 Katlyn Scovill
- 25 Pat Gndt
- 26 Charles Ohmer
- 26 Lore Woodke
- 28 Sue Paterson

### **MAY ANNIVERSARIES**

- 7 Floyd & Lois Krzak (1955)
- 15 Christine & Paul Greenwood (2015)
- 16 Kathryn & Kevin Barnum (1992)
- 18 Randy & Lynne Groom
- 28 Christian & Bradley Saxton (2011)

**HELP!** We like to recognize everyone's birthdays and anniversaries in our newsletters and for our "Cake Days" during coffee hour. So, please, be sure to let Kathy know your birthday and anniversary so that we will be sure to recognize you and your family members' special days. You can give Kathy the information on Sundays, email her at [countryside@ctcsaginaw.com](mailto:countryside@ctcsaginaw.com) or call her in the office Tues-Fri between 8:30 a.m. and 12:30 p.m. @ 793-0125.

## **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 Cones 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).

<b>2019</b>	<b>MAY</b>		SUNDAY	<b>Countryside Trinity Church</b>		
CALENDAR YEAR	CALENDAR MONTH		FIRST DAY OF WEEK	<b>4690 Weiss St. Saginaw, MI 48603</b> <b>Email: <a href="mailto:Countryside@ctcsaginaw.com">Countryside@ctcsaginaw.com</a></b> <b>Phone: 989-793-0125</b>		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	01	02	03	04
			10:30 A.M. Pack Backpacks-Weiss School; ASH WEDNESDAY SERVICE With COMMUNION			
05	06	07	08	09	10	11
10:25 am-Announcements; Sanctuary; 10:30 am - Worship Service with Communion; 11:30 am - Coffee Hour: 4-6:00 pm City of God						
12	13	14	15	16	17	18
10:25 am-Announcements; Sanctuary; 10:30 am - Worship Service; 11:30 am Coffee Hour			10:30 A.M. Pack Backpacks-Weiss School; 1:00 PM.			Special Bead Club Gathering 9:00 am to 7:00 pm
19	20	21	22	23	24	25
10:25 am-Announcement; Sanctuary; 10:30 am- Worship Service 11:30 am - Coffee Hour:		6:00 p.m. Session Council Meeting		Deadline for June Newsletter		
26	27	28	29	30	31	01
10:25 am-Announcements; Sanctuary; 10:30 am- Worship Service; 11:30 am - Coffee Hour:		6:30 pm Bead Club	10:30 A.M. Pack Backpacks-Weiss School; 1:00 PM.		Office Hours: Tues-Fri 8:30 a.m. - 12:30 p.m. Worship Services on Sundays at 10:30 a.m.	
02	03	04	05	06	07	08

**Countryside Trinity Church  
4690 Weiss Street  
Saginaw, MI 48603**



**In 1950, Congress passed a resolution requesting that the President issue a proclamation calling on Americans to observe Memorial Day as a day of prayer for permanent peace.**

