

# Welcome to Trinity United Methodist Church



"The mission of Trinity United Methodist Church is to make disciples of **Jesus Christ** for the transformation of the world."

REV. JOHN MEANDE

Pastor

pastor1@tumcsa.net

Rev. Octaviano Garcia

Associate Pastor

Sunday Worship

10:00 a.m.

Sanctuary (please wear

your mask), FB live,

YouTube

Sunday School

Thursday at 3:00 p.m.

Zoom room

Pastor-led Bible Study

5:00 p.m. on Tuesdays

Zoom room

Church office phone

210-684-0261

Mondays—Thursdays

11:00 a.m.—2:00 p.m.

(or call for an appointment)

e-mail:

ofcadmin@tumcsa.net

TUMSchool phone

210-684-5214

www.trinityums.org

**ENROLL NOW!**



## Be Encouraged

*Psalm 139*

*There is no place life takes us outside His presence!*

*Stay encouraged*

*He sees and Knows it ALL!*

2021 Missions

**FEBRUARY**

**4TH SUNDAY**

**SPECIAL**

**OFFERING**

(PLEASE GIVE  
GENEROUSLY)

**BLANKET  
DRIVE**

When we give from the heart,

we receive

unexpected blessings—

especially the joy of making a

difference in someone's life.



6800 Wurzbach Road, San Antonio, Texas 78240

www.tumcsa.net

# The Essen Kind of Energy

Together for Christ,  
*Rev. John N. Meande*



**M**any years ago, I made rounds at the hospital to visit patients and provide pastoral care; this day I met with patient 356 as I may now brand her. The patient and family quickly created and communicated a feeling that all was good and under control.

Truly all can be good and under control, but as I began to tap into Gilligan's self relations psychotherapy theory, I realized that the patient had buildup anger on why she has suffered fracture twice on her leg within a year. This anger is what Gilligan will refer to as the somatic self, a “**Fressen energy**”, that is, an energy that can be described as “eating like an animal,” wild and uncontrollable. My goal was to discern how to sponsor this energy into a cognitive self energy, an “**Essen kind of energy**” which can be describe as “eating like a human,” which is controlled and dissent.

The patient had been run over by her ex-husband in his car, breaking her leg twice in a year, because she is fighting over control of their son who hates her so much and wants nothing to do with her. Her mom is by her and angered by the way her husband, the patient’s dad, treated her, by abandoning her to raise their five children alone as a single mom and ran away to a different woman for over 30 years. The mom has passed this anger over to her daughter, the patient, who is angered by her ex-husband and by her dad. Therefore, these two women have two men in their lives that have caused and are causing terrible pain to them every moment of the day.

It is in this story and space of pain, torture, trauma, disappointment, hatred, bitterness and rejection that I walked into this room. Mind you, I am another man, coming to speak to these two women. Guess what? I was rejected as soon as I walked in; they were not willing to listen to me or to have a conversation with me despite the fact that I am a caregiver, a servant of God, coming to care for them.

It then occurred to me that my calling and pastoral authority means nothing to these women. My gender is the problem, they do not trust any man and are bitter seeing men. My gender has been stereotyped and even polarized to these women; all men are the same, evil and bad and do not care about women; and all women are good and victims to men.

As a professional caregiver, I then felt rejected and shamed; it was a bad feeling that came over me, like they heard something evil about me. I had to take a step back, and reflect about what my wife, daughters, sisters, aunties and mom think about me. What do the sisters and women in the church think about me? Am I there enough for these women? Do I listen to them enough and do they trust me? Only when I was able to answer these questions internally was I able to hear the voice of God speaking to me

and directing me into applying John salvage's listening skills of fogging/hunching and productive questioning. Moreover, it was then that I was able to start listening to key messages from the Lord while creating a space for spiritual assessment and watching how the dynamics of parent /child was playing out. That is when I was able to understand the hidden pain in this family system.

Reflecting on my own family system according to **Ronald Richardson's** "Becoming a Healthier Pastor", I realized that in areas where my own family system is broken with aunties who were single moms, that kind of bitterness, rejection and unforgiveness is dominant in that wing of my family system. It is sad for me to see that my family system like this one has a homeostasis that is distorted and unbalanced, with a lot of triangles, identified patients and a lack of self differentiations. Do you feel that same way?

There is always a buildup pressure within family systems at all times against different people, caused by different reasons. For my case, once I had graciously received this pressure, to adopt one or two of the kids born out of wedlock, I began to see how the family system starts adjusting to balance the homeostasis that has been in disequilibrium for many decades.

As the season of Lent approaches, we can see the disequilibrium caused by the shift of power in this country, and we can all feel the pressure. But God is inviting us to begin to learn each day from the passion of Christ to understand behaviors of all people and to spiritually assess others with love and compassion, so we can be able to hear the voice of God, and to be able to distinguish this voice from our own inner voices and from our own emotional demands. Christ is calling us in His passion to learn how to manage our own anxiety when we are rejected, either because of who we are and/or because of our theological and political background. In every case we as Christians have to be present and be there and care for people, their significant others, and those in our family systems.



We are all in this  
together





**R**einhold Niebuhr wrote a poem that says, “God grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.”

I know many of us are frustrated and upset about things going on in our lives, in our country, and in our world. We assume that we are right, and anyone who does not agree with us is just wrong! Of course, there are instances in which this assumption is correct. However,

there are many in which we simply don’t have all the facts. As Davy Crockett said, “Be SURE you’re right; then go ahead.” Even when you have verified the facts, what can you do about a situation? If there is nothing you can do, “let it go.” If there IS something you can do, do it in a way to make positive changes. If your actions will only make things worse, forget about it. Think it through, and determine what the probable outcome will be before you act.

If there are situations where it appears only God can “fix” them, take them to God and step back. If you are praying to God to “fix” a situation simply because you are lazy, you may have to actually do something yourself. If you have been praying for someone to be healed, is there anything you can do to facilitate that outcome? Can you take that person to the doctor or hospital? Can you run errands for him or her? Can you do paperwork to get medicines or funding for him or her? If you don’t know HOW to do the paperwork, don’t make matters worse. Have the “wisdom” to know whether you really can help. If there IS something you can do, DO IT! If there is nothing you can do, leave it to God. God will let you know if there is something you can do to help!

If you see a need in your church or community that you believe you can help - and you have the time and knowledge to do it, have the “courage” to help. If you see a problem in your church or community that you believe you can “fix,” make sure it really is a problem before you try to change it. Have the “wisdom” to know whether there really is a need. Make sure you aren’t the only one who thinks something needs changing.

It is true that we are God’s hands, feet, and mouths, but sometimes God needs hands instead of a mouth; find your niche. We are all given different gifts. Let’s recognize what our gifts are and use them to serve God in the best way possible. A really simple example is in taking down and putting back our Christmas decorations. I am 5 feet tall. It would be ridiculous for me to volunteer to take items off the top shelf and put them back. Luckily, we have a couple of tall men who can do this job very well. Find an area where your actual talents can be useful. Don’t just volunteer to do something because only you think it needs to be done or because you want the “glory” that comes with it.

Again, “God grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.”

*Harriet Phillips, Lay Leader*

# Good Day and Welcome to Flight 2021.

We are prepared to take off into the  
New Year.

Please make sure your  
Positive Attitude and Gratitude are  
secured and locked in the upright  
position.

All self-destruct devices; pity,  
anger, selfishness and resentment  
should be turned off at this time. All  
negativity, hurt and discouragement  
should be put away.

Should you lose your Positive  
Attitude under pressure during this  
flight, reach up and pull down  
a prayer.

Prayers will automatically be  
activated by Faith.

Once your Faith is activated, you can  
assist other passengers who are  
of little faith.

There will **BE NO BAGGAGE**  
allowed on this flight.

God, our Captain, has cleared us for  
take-off.

Destination - **GREATNESS!**  
Wishing you a New Year filled with  
new **HOPE**, new **JOY** and  
new **BEGINNINGS!**



Happy Valentine's  
Day



"We make a living by what we get;  
but we make a life by what we give"  
—Winston Churchill

Please consider Trinity UMC as a place where  
your donations can make a  
difference.

Please pray for our church every day at noon  
by simply saying :

**"JESUS I TRUST IN YOU"**

With God's blessing,  
we all can help our suffering  
neighbors through these difficult  
times.

# 40 CANS FOR LENT



Trinity is joining hundreds of other congregations around the country in the **40 Cans of Lent** program. Everyone is invited to collect a can of food each day during the 40 days of Lent, which begins on Ash Wednesday (Feb 17) and concludes with Easter (April 4). Just drop off your food items throughout the season in one of the drums at church or some other collection point around town. We will pass those much-needed supplies on to local food pantries and the San Antonio Food Bank. If you prefer, just call the church office, 210/684-0261, and we will have someone pick it up from your home.

Some of the most needed items include:

Canned vegetables	Canned meat	Cereal
Soup	Peanut butter	Canned fruit
Pasta	Rice	Stews
Pasta sauce	Beans	



"You have nothing to do but to save souls;  
therefore spend and be spent in this work."  
-John Wesley

## The Security Myth

**H**elen Keller said, "Security is mostly a superstition. It does not exist in nature. Nor do the children of men as a whole experience it. Avoiding danger is no safer in the long run than outright exposure. Life is either a daring adventure or nothing." [John C. Maxwell, *The Confidence That Convinces*, Audio Tape].

Many people who withhold their wholehearted support from God's work are victims of that "superstition of security" to which Helen Keller referred. They somehow failed to learn that no amount of money makes us totally secure from the painful experiences that life flings against our windshields without the slightest warning.

What happens when we try to create our own security blankets by avoiding the risk of being generous? Our selfishness costs more than money. It robs us of a spiritual relationship with God.

Self-giving does not bring us total security. Nothing does that. Being alive puts us at risk in a thousand ways. But generously giving our money to God's purposes gives us a sense of meaning and purpose as we work with other people in God's great causes. That is a far greater reward than anything we can obtain by striving for the myth of security.

*Stewardship Nuggets*, by Herb Miller, p. 59

Jesus said, "Come follow Me and  
I will make you fishers of men".

### SUNDAY WORSHIP—10:00 A.M.

In the sanctuary (please wear your mask and keep physical distance).

You may also join us live on Facebook or YouTube. Here's the link—[www.tumcsa.net](http://www.tumcsa.net)

Thank you.

### Pastor-led Bible Study on Tuesdays

Bible Study via Zoom @ 5:00 p.m.

Please request the link from the church office.

Come join us!

# "One plus Six-The Arbutus Place Story"

**F**or some years now, God has been with me as I supported ministries that served those in need on the south, west, east and north sides of San Antonio with various nonprofits. Hard, rewarding work-as I often say, "a labor of love is still a labor," Clothing, food, and prayer.

The voice of the Lord grew stronger as, like all of us in the year of Covid, I was forced to slow down and listen. About six months ago, I heard in my spirit, "Now and make haste." Then **"you-one plus six"** And so we begin.

"Where Lord?" "Go home" "What Lord?" "Food and other needs" "Who Lord?" "Remember your mother" "How Lord?" "Trinity will help" "When Lord?" "Now and make haste" "Why Lord?" "Deuteronomy 28:2"

And so, I continued to pray for further guidance and still served in a food ministry on the east side. Lord, send me a sign. I knew the name of my ministry would honor my mother, who loved Trinity, and was both baptized and memorialized here. Anyone suffering from hunger hurt her heart, and she was known for her fabulous cooking. "The Arbutus Place"

So Pastor Meande called me; (we had never met) and said "Sister, please come, let us support your calling." (He knew nothing of my prayers for a sign). Who could say not to that?

Then, Pastor said "Pick **you-one plus six**" I love God's perfect number, and asked First Lady Felicite, Byron Burge, Carol Lewis, Jared May, Hope DeHerrera (Mom's other "daughter") and Sandy Keyser. One plus six!

Signs and wonders? Without any fanfare, formal announcements, I began to get calls, "May I donate a truckload of food and clothes?" "May I volunteer?" "How can I help?" So four truckloads later, in two weeks, the gym and freezer and nursery are full temporarily, Saints! God is true to His Word!

Next sign? My dear sister in the Lord, Mercedes Bristol, CEO/Founder, Tx Grandparents Raising Grandparents (835 families strong), asked to partner with The Arbutus Place, and co-locate @ Trinity. Pastor granted and now our family has grown already! So every fourth Tuesday and Wednesday from 10 to 1 boxes of food will be distributed from parking lot in front of the school.

So Tuesdays, Wednesdays, and Thursdays are crazy busy in the gym getting ready...

Back to signs! FL Felicite has brought spiritual energy and leadership to the team, and with the deluge of clothing donations, we have been praying for clothing racks, expensive and much needed. So Ms Felicite contacted someone, a stranger, and, short version here, the stranger said "I'm giving you the Z rack (best made), and would you like six more???" **ONE PLUS SIX**. Three confirmations in two weeks!!!

Today, First Lady will see all the brand new racks assembled, mostly by a nine-year-old young lady who said it was "easy" (not).

Signs and wonders, miracles and blessings, we are on the move in Jesus Name! Thanks for the many prayers, words of comfort and encouragement, and volunteer support. You are the best!!!

Stay tuned for our launch on Saturday, May 6, from 9-11am.

Put your seat belt on; Jesus take the Wheel!

*Sandra Banks Dance*

CEO/Founder

The Arbutus Place "Food for the Mind, Body, and Soul"

210.480.2969 C



Our Finance Committee is working to be good stewards of the financial resources of this church. Last Fall we mailed pledge cards to each church family. If you have not returned your intended financial contribution pledge, we ask that you please do so. You may mail, email, or call the church with your financial intentions. If you have any questions, please contact Bonnie Smith, the church treasurer, 210-573-2097.

Our plans for 2021 depend on our financial picture. Please help by submitting your intended pledge. We understand plans may change.



### **How can I help Trinity?**

We need you! Even in this time of COVID, things are happening at Trinity.

- Donate clothing to the distribution for March 6<sup>th</sup>
- Help organize clothing donations on Tue, Wed or Thursdays
- Help set up for clothing and food drive on March 5<sup>th</sup>
- Help with clothing drive March 6<sup>th</sup> from 8-noon (open from 9-11)

Contact Sandra Dance if interested – 210-480-2969

- Organize items in the new church nursery
- Move items from old to new church nursery

Contact Julie Vincent if interested – 210-215-9232

- Help with preparing the garden for spring planting
- Help San Antonio Partners in Service with food donations

Contact Don Ketchum if interested – 210-827-2527



# WANTED: Church Nursery Worker

We are looking for people interested in working in our new church nursery.

The nursery will be in the sanctuary building in the space that has been the choir room. We would like two people per Sunday. Ideally, we would like one person who is there consistently, and they would get paid. The second person could be a different person each week, and they would be a volunteer.

Everyone working will need to complete the Safe Gatherings process. This is an on-line, interactive, session required by the Rio Texas Conference. If you are interested in either the paid or the volunteer position, please contact the church office at 210-684-0261. Leave your name and someone will get back to you.

## Safe-Gatherings

To ensure children and vulnerable populations are safe, the RioTexas Conference of the UMC, requires that all working with children, youth, and other vulnerable people complete the Safe-Gatherings process. We ask that anyone working with Godly Play, children or youth Sunday school, the nursery, or other activities that interact with vulnerable people to please certify, or recertify.

The process includes an interactive session for the Trusted con Confianza training requirement. More information can be found at [riotexas.org/safesteps](http://riotexas.org/safesteps). If you have certified before, you qualify for the recertification process as long as you recertify within one year. If you are new, you will need to complete the entire certification process. Please contact Mary Hale, 210-325-8688, or Julie Vincent, 210-215-9232.



# Trustee Update

Our Trustees have been busy getting the physical plant in shape.

- ⇒ Trees behind the dumpster have been trimmed away from the gym wall and roof.
- ⇒ Sprinkler was repaired.
- ⇒ Maintenance on complete air conditioning system and all filters changed.
- ⇒ The electrical boxes that support the a/c needed to be completely rewired and replaced. Done.
- ⇒ Builder of the altar addition contacted to make repairs.
- ⇒ Refrigerator in the gym kitchen is getting thermostat replaced.
- ⇒ The internet wiring that controls the Wurzbach sign replaced.
- ⇒ A leaking faucet in the sink of the school custodial closet was capped off.
- ⇒ Toilets in the sanctuary and the gym are being repaired.

There are other issues around our facilities, but each repair is a step in the right direction. These repairs have been paid for by grant money, Miracle in May money, and donations to Trinity UMC.



Trinity Church Family –

We are needing volunteers to help coordinate areas of life at Trinity UMC.

*Please pray about helping. We are needing people in the following areas:*

- Christian Education
- Congregational Care
- Grounds and Facilities
- Evangelism
- Family Life
- Hospitality
- Missions
- Prayer Ministry
- Volunteer in the church office on Monday
- Worship support – usher, money counter

Contact the church office at 210-684-0261 if you can help in any of these areas.

If you would like to discuss what is needed, please reach out to  
Pastor Meande or Julie Vincent – 210-215-9232 or [jetvincent@yahoo.com](mailto:jetvincent@yahoo.com)