



TRINITY UNITED METHODIST CHURCH

The Spire

Volume 19, Issue 7

July 2018

Christian Education

By James C. Sprouse, Senior Pastor

Christian education is the key to making the Christian faith a powerful attraction in the 21st century. I cannot stress strongly enough how vitally important Christian Education is on all levels of church life: from preschool through high school and all through adult life. Christian Education needs to be a multi-dimensional approach that focuses on commitment to Christ, small-group ministries, and evangelism. And, Christian Education needs a solid grounding in the Bible.

As a preacher and teacher my personal prejudice is that Bible stories offer fantastic, built-in opportunities for creative interpretation and leave lasting impressions on our children and youth. You and I are entering what is commonly called the post-Christian era. Increasingly, the visitors to Trinity Church, and any other church in the U.S., do not know the stories of the Bible. This makes preaching more difficult. Preaching requires a certain basic level of understanding of names, places, and events, etc. that have Biblical significance. Only Christian education lays this necessary foundation that enables those in worship to hear God's still, small voice.

Christian education also enables Trinity's church members to face real life issues from a Christ-centered perspective. Our mandate here at Trinity is to develop disciples for Jesus Christ and instruct our parish in all the essential elements of Christian faith and how that faith is relevant in common, everyday events. People everywhere are starving for knowledge of God and some awareness that God cares about each and every one of us. We desperately want to be taught how to "see God" at work in our own lives. Nothing does this as well as the combination of good preaching and good teaching.

Trinity expects the best from its leaders. Keith, Eileen, Jerry, Catherine, Harriet, Jose, Melissa, the Education Ministry leaders and I are committed to making worship at Trinity beautiful, sound in biblical teaching, relevant to life and challenging. The Christian Education team at Trinity is committed to growing persons spiritually and equipping our children, youth and adults with a strong foundation of stories of the Bible. Our ministry teams and education teams are investing the months of July & August in planning for the fall season. Join us Sunday, September 9 for the genesis of a wonderful year of learning about God.

Shalom, Jim

The Power of One Word

By Eileen Gilmer, Associate Pastor

One thing I always tried to teach my children was the power of words. Words of kindness and compassion can make a huge difference; they can often turn around conversations that get heated and they can lift the spirits of those in pain. Words matter. This is why I want to share with you a way to use a powerful word in your prayer life.

The Hebrew word is *Hineni*. It's pronounced hee-nay-nee. We see it several times in the Hebrew Bible (the Old Testament). This Hebrew word becomes three words when translated into English: Here I am. This one word packs a punch because it is used by great people in the Bible when they are answering important calls from God.

When God called to Moses from the burning bush, the answer was *Hineni*. God called Samuel three times before the boy answered him with *Hineni*. We read in Isaiah 6:8 that God asked, "Whom shall I send?" The answer from the prophet: "*Hineni*. Send me!"

Hineni means much more than we would automatically think when we hear the words "Here I am." This one word means we are more than just here, we are open to God and willing to go where God is calling us to go and do whatever God has in store for us. Our hearts are ready and open to trust the One.



Here's where you can incorporate *Hineni* into your prayer life, even if you don't have a consistent prayer life. If you haven't heard of breath prayer, you might want to look it up online. There are several sites that have ways to incorporate breath prayer. Here's how it works: You take a deep breath in and as you exhale, you say a word, phrase or scripture. For example, someone might exhale by saying Jesus' name, or saying a short phrase such as "Lord have mercy."

I find the fewer the words, the better. That's why *Hineni* is so great for breath prayer. It's short and yet powerful. A former pastor of mine used breath prayer every time she drove through an intersection. She chose this because it served to remind her frequently to pray. I invite you to try breath prayer. If you do use *Hineni*, be sure to listen for God's answer!

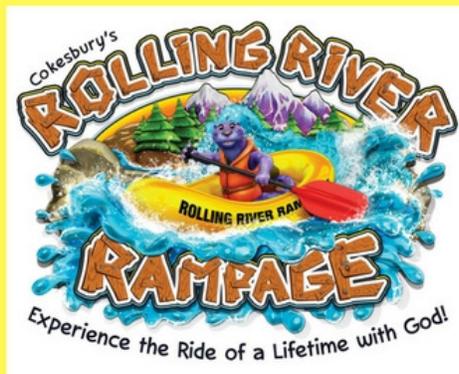
I'll see you in church and until then, I'll be praying for you.

NLI Update

Next Level Innovations (NLI) is an investment in churches that have a recognized potential for reaching more people and inviting them to become disciples of Jesus. Trinity has formed 4 new leadership teams.

1. **Vision Team** - Create a vision for Trinity's ministries. Design a volunteer recruiting and membership training event.
2. **Vision Fundraising Team (VFT)** - Develop a kick-off sermon series; launch a fall Stewardship Campaign; plan and execute a Capital Campaign.
3. **Hospitality - Communication Connection Team (CCT)** - Develop a comprehensive plan to improve our hospitality. CCT with the Staff will create a **Worship Planning Team (WPT)** to connect Trinity's worship to the community.
4. **Discipleship** - Create a pilot program of small groups that can begin to pursue a deeper spiritual life together.

Vacation Bible School 2018



August 6 - 10, 2018
9 a.m. - 12 p.m.
Ages 3 - rising 4th grade

Volunteer / Register at
umtrinity.org/education/vbs

Questions? Contact:
Jen Calsyn
703-356-0718,
jenfuqua@gmail.com
Marci Thomas
202-862-9304,
lovemarci@hotmail.com

Five Ways to Grow Spiritually This Summer!

By Keith Lee, Associate Pastor

It's summer and I thought it would be helpful if I could offer some activities to help you grow spiritually. I researched online and found some that I thought might be helpful.

Form a Small Group

The word 'spiritual' could mean a lot of things but to me, the essence of it is to draw closer to other people with the love of God. Make a point to meet with a group of committed friends and/or church members to talk about God and your inner life. The group could be made up of two people or up to ten, but I suggest a number smaller than five because the goal is to talk and to share our lives with one another. You could choose to talk about a book or life or the Bible. I find consistently meeting with others helps me to have insights and different perspectives.

Practice Doing Nothing

Maybe it's not an activity, but this is one of the best things you can do to get to know yourself and grow spiritually. Meditation is one way of doing it, but it doesn't need to be you sitting down and actually meditating. It could just be you laying on your bed for 10 minutes or just stopping and listening to your thoughts for awhile!

When you learn to be with yourself, you can start to work on becoming full and not being reliant on others to dictate the way you feel. This is quite possibly the most empowering thing someone can do and it all starts with getting to know yourself.

Vacation Church Search

Rather than taking a vacation from church, make church an exciting part of your vacation by celebrating service somewhere new. While on vacation, make it a point to find an old, popular, or interesting place of worship nearby. If you're in the tropics, search for an open-air church. If you're vacationing on the East Coast, check out an historical church. If you're opting for a stay-cation this summer and sticking close to home, services at your church that you don't usually attend. For example, our Wednesday noon service, the end-of-the-month Celtic service, or Sunday 8:30 service if you're part of 10:30 service. You never know where you will find inspiration!

(Continued on page 5)

(Lee continued from page 4)

Exercise

Exercise is one of the most spiritually grounding things you can do: it is about finding the thing that you love to do and doing it. Taking the dog for a walk every morning, joining a martial arts class or spending time in the morning dancing to your favorite music. These are all ways you can exercise, so try and find something that makes you feel good while moving and do that thing!

Some of the advantages of exercise are the obvious health benefits, but also being fully aware and in the moment. It is the sense of accomplishment that goes hand in hand with completing your workout and the progressive growth that comes with practice.

Write Your Prayers

Get in touch with your inner voice—the one who expresses her/his emotions freely and dreams without hesitation. Grab a pen and a notepad, and jot down your prayers. You can write in paragraphs, make lists, or even draw. Embrace the season by indulging your creative side. Open up your heart and mind to what God has to say and what God wants you to do. Write down your prayers and look them over at the end of the month to see how they were answered or how your perspective has changed since you wrote them.

Have a wonderful and spiritual summer!

Membership Update

New Members

Sean & Michelle Rogers

Deaths

Bets Carnahan (Dec. 11, 2017)

Ruth Mutchler (June 3, 2018)

Address Updates

Are you moving?

Please send your new address to the church office (703-356-3312 or info@umtrinity.org). Thank you. This will ensure that we have all the correct information to send news and contribution statements to the correct address.

What's New on Our Blog:

tumcthespire.wordpress.com

Ask Henny

- Henny considers prayer:
<https://wp.me/p3ZFFv-qd>

Church & Society

- School supply collection drive for Share, Inc.:
<https://wp.me/p3ZFFv-qb>

Crafts for a Cause

- Dress Sale and July work sessions:
<https://wp.me/p3ZFFv-q8>

Music

- The benefits of making music together:
<https://wp.me/p3ZFFv-qg>

Schedule of Events

July 2, 16 & 30	Crafts for a Cause 7–8:30 a.m.	Learn about new and on-going projects: https://wp.me/p3ZFFv-q8
July 4	Office Closed	
July 5	Mission team returns from Honduras	
July 14–21	Appalachia Service Project mission trip	
July 21	Christ House	
July 22	Hospitality Team Meeting 11:45 a.m.	Contact Jill Dunn to learn how you can be part of this exciting team.
Aug. 6-10	Vacation Bible School: Rolling River Rampage	Visit umtrinity.org/education/vbs to register / volunteer
Sept. 3	Office Closed	
September 2018	Book Chat, Chancel Choir, Trinity Ringers, Trinity Trebles resume meetings and rehearsals. For more, please contact: Book Chat: Kathy Maher, kathyngs@gmail.com Chancel Choir and Trinity Ringers: Jerry Rich, jrich@potomacschool.org Trinity Trebles: Catherine Wethington, cwethington@umtrinity.org	



Trinity United Methodist Church

Sunday Morning Worship Services
at 8:30 a.m. and 10:30 a.m.

Sunday School (all ages) – 9:30 a.m. (Sept–June)

Children's Education –10:30 a.m.

Wednesday Communion and Healing – Noon

Celtic Evensong & Communion–5 p.m. (last Sun. of month)

Here to serve Christ and you:

James C. Sprouse – Senior Pastor

Eileen Gilmer – Associate Pastor

Keith Lee – Associate Pastor

Jerry Rich – Director of Music

Catherine Wethington–Dir. of Children's & Youth Choirs

Harriet Latta – Office Manager

Jose Luis Nuñez-Ruiz–Sexton

Janine Whitfield – Director of Parents Day Out Preschool

Office Hours:

Monday - Friday, 9 a.m. - 3 p.m.

Phone: 703-356-3312

Fax: 703-356-9119

E-mail: info@umtrinity.org

Web Site: umtrinity.org

Instagram: [trinityumc_mclean](https://www.instagram.com/trinityumc_mclean)

Facebook: Trinity UMC, McLean

Twitter: [UMTrinity](https://twitter.com/UMTrinity)

Blog: tumcthespire.wordpress.com

Youtube: [UMTrinity](https://www.youtube.com/UMTrinity)

The Mission of Trinity United Methodist Church is to be a vibrant, growing church home for all who seek companionship, direction and inspiration in their lives as they develop a personal, relevant relationship with God through Jesus Christ and the Holy Spirit.

We are anchored in Scripture and energized by congregational commitment. Trinity Church fosters the Christian values of joy, faith, service, hope and love.

Trinity extends the opportunity to experience the Grace of God through worship, discipleship, study and fellowship in the traditions of the United Methodist Church.



The Spire

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Bible Quiz

How did Jesus heal the blind man at the pool of Siloam?

- A. Put mud on his eyes and told him to go wash in the pool.
- B. Laid his hands on the man's head and prayed.
- C. Touched his eyes, but at first the man said people looked like trees walking, so Jesus had to do it again.
- D. Told him to go to the priests; as the man went, he was healed.



Answer: A (See John 9:6-7.)