

TRINITY UNITED METHODIST CHURCH

JUNE 2026 TRINITY VIEW



SUMMER SOLSTICE Saturday, June 21, 2026

Genesis 8:22

As long as the earth endures, seedtime and harvest, cold and heat, summer and winter, day and night will never cease.

WEEKLY EVENTS

Sunday

Choir Practice: 9:15 am
Worship Service: 10:00 am
Social Hour: 11:15 am
Sandlot Bridge: 11:30 am

Monday

Knitting etc. Group: 2:00 pm
Literacy for Life: 7:00 pm

Tuesday

Tuesday Work Crew: 9:00 am
Food Box Distribution: 10-noon
AA Meeting: 12:00 pm

Wednesday

Prayer & Care Group: 11:30 am
AA Meeting: 12:00 pm
Alcoholics Anonymous: 7:00 pm
Trinity Ringers: 6:00 pm
Chancel Choir: 7:30 pm

Thursday

AA Meeting: 12:00 pm
Literacy for Life: 7:00 pm

Friday

Food Box Distribution: 10-noon

MEETINGS

Thursday, June 4

2:00 pm UWF Board Mtg.

Thursday, June 11

2:00 pm UWF Unit Mtg.

Board of Trustees will be taking June and July off

Wednesday, June 24

10:30 am TLC Meeting

SPECIAL EVENTS

Statewide Primary Election

Tuesday, June 2nd

TUMC is an official polling station from 7:00 am until 8:00 pm. If you haven't mailed your ballot, you can drop it off at your polling place. Please VOTE.



Ants, Sticks, and Spiritual Life

When I was on SRR at Villa Maria del Mar, I sat on a bench in the garden area and watched ants working around the statue of Mother Mary. I observed one ant carrying a massive leaf, and another hauling a stick. Later, I was on the phone with a church member who happened to mention ants, which got me thinking deeply about those little creatures I had watched working around Mother Mary.

That memory reminded me of an article I read some time ago by Jim Rohn called "The Ant Philosophy." Jim talks about four principles of how ants live their lives:

- The first principle is that ants never give up. No matter what is in front of them, they keep going. If it's a rock, they crawl over it. If it's a stick, they go around it. If they need something for the colony that is too big for them to handle alone, they recruit other ants to help, or they find a creative solution. The bottom line is simple: ants are not quitters.
- The second principle is that ants always think about winter during the summer. They know it's warm, and they could easily just bask in the sun and enjoy the weather. But even in the heat of summer, they are thinking ahead and gathering supplies for the winter months. They are always working and preparing for the coming seasons.
- The third principle is that ants always think about summer during the winter. As they huddle in the cold, hoping the rain doesn't wash out the colony, they know winter won't last forever. They patiently wait for the moment they can leave the nest and step back into the sun and warmth. They have a positive attitude and faith that the harsh winter is temporary. In their short lives, they know hardships don't last forever.
- The fourth principle is that ants do all they can. This might sound exhausting, but it is built right into their DNA. They just keep going and foraging for food. They never say, "Hey, we've gathered enough today; let's take the afternoon off." They don't want to be caught short in any season. They want to ensure there is enough to take care of the entire colony.

This is the philosophy of a system. Though there are four distinct principles, the ants function as *one interconnected system*.

Our spiritual lives might have many different facets, but they are all part of ONE SYSTEM. We aren't ants, but then again, maybe we are. Life often gets in the way of our spiritual practices. But if we follow the principles of an ant, we don't stop reading, praying, singing, or reflecting. We should never give up on the Creator, because the Creator never gives up on Creation.

In your life, sticks will get thrown in your path. Be like an ant. Pick them up and move them aside so you can keep going. If a barrier is too big, ask for help from a fellow sojourner, or simply find a way around it and keep moving forward. Above all, always be ready.

Watching those ants move around the garden of Mother Mary also brought the Apostle Peter to mind. In Matthew 16:23, Jesus turns to Peter and says, "Get behind me, Satan! You are a stumbling block to me; you do not have in mind the concerns of God, but merely human concerns."

There is no escaping the fact that we all reach points in our spiritual walk where human concerns cloud what the Divine needs from us. Like Peter, we easily turn inward, focusing entirely on ourselves and the challenges we face. But the great news—echoed in the philosophy of the ants—is that the Creator keeps encouraging us to embrace the uncertainties of life.

In my view, the "concerns of God" translate to taking care of each other to the best of our human ability. Yes, we may feel we fall short, but we must remember that we are human and carry frailties. We are broken. Yet, even in our brokenness, God weaves us together into a community of spiritual followers who keep moving, refuse to quit, and look for ways to make a difference in the midst of everyday struggles.

No one ever roots for the ant; most of the time, they are just seen as a nuisance. But we have someone who is rooting for us, loving us, and showing us how to move forward through life's challenges.

So, church, here is your challenge for June: Let your spirituality start naturally or restart. If you have fallen away from your spiritual practices, pick them back up and start slowly. Here is what I discovered during my time on SRR: I have always journaled, but now I make sure it is a formal part of my daily rhythm. I meditate and write about the scriptures I read. I read a devotional book. I sit in silence out in creation and watch the world around me. I pray in the morning and at night.

Those are just a few ideas for you to adopt during your summer spiritual journey.

Be the Ant.

Compassion, Justice, Belonging

Les

(Interpretations and Ideas on Ant Philosophy came from Personal Dependent, Persistence, and Preparation. Teachings from Jim Rohn Philosopher)



Budget Update

*For where your treasure is, there your heart will be also.
Matthew 6:21*

As the midpoint of our year approaches, I wanted to update you on how our budget is doing. By the end of April, we had a slight deficit. Our pledges for the most part are staying steady, but a little lower than anticipated. We will be sending our statements in the beginning of July. Our total income is 96% of where we projected it to be.

On the expense side, we still have a deficit in the flow of money for music salaries (which explains our overall deficit), but it is shrinking and we anticipate it will continue shrinking and hopefully balance by the end of the year. The expenses for our heaters and termite tenting have reduced our savings, but the money that the county is holding from the Carol Shupp Estate will hopefully come in June, which will replenish savings. Our Maintenance Trust Fund has finally recovered from the parsonage remodel years ago, and we are hoping to not have to dip into it again until it has a surplus.

Despite experiencing inflation in bills like electricity, we are staying pretty close to our budget, and are hoping to end the year with little, if any deficit. Many thanks to all of you for your generosity!!!

Debbie Livingston
Finance Committee Chair/Treasurer



An Update from the Circle

*See, I am doing a new thing!
Now it springs up; do you not perceive it?
I am making a way in the wilderness and streams in the wasteland.
Isaiah 43:19*

The Circle continues to meet and ponder the future of the church. We study, pray, explore and learn together while pondering the future of the church. In May we reached into our hearts and talked about what we want the church to look like when we are gone. Ideas ranged from philosophies to specific concrete ideas, many of which sprang from the “sticky note” exercises we did as a church. If you are curious about the ideas gathered from the sticky notes, they are posted on the bulletin board in the social hall. These ideas have been organized so that they can be passed on to the appropriate committees and teams for consideration. As we have more concrete ideas, we will be sharing them with you as well as planning more activities and opportunities to participate. Revitalization is a journey we are all on together.



Beth was recently asked about the possibility of Trinity taking on more Wednesday night dinners for the rest of this year. Here are the additional dates:
June 10 – **Extra dinner day for TUMC** (Beth is requesting a couple of volunteers to help serve, she will be setting out pans in the Social Hall on Sunday, June 7th.
July 29 – Our regular scheduled 5th Wednesday
September 30 - Our regular scheduled 5th Wednesday
November 11 – **Extra dinner day for TUMC**
December 30 - Our regular scheduled 5th Wednesday

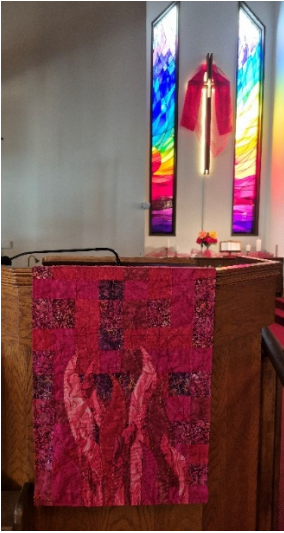
Los Osos Cares is looking for two more organizations to provide dinners. In 2027 we (Trinity) will have outlined the months we will be responsible for. **“The need is there thus we provide.”** Watch the weekly worship folder to sign up to take a casserole pan and ingredients home to assemble or to sign-up to help serve the meal at the Community Center. **Call or text Beth, (805-471-4974) to sign-up to help or gather more information.**

Attend the California Pacific Annual Conference, Online

Rich, Les and Danielle will be attending Cal-Pac Annual Conference in La Quinta, CA, June 17th – 20th. This is the 42nd Annual Conference and this year’s theme “Astonish!” is part of the “Ending Spiritual & Physical Hunger” series. Link to Annual Conference page: <https://calpacumc.org/about/ac2026/>



There are many openings in June to distribute food boxes on Tuesdays and Fridays or to be a shopper on Tuesdays. Log onto the “Keep and Share” Calendar to sign-up or call Mike L. or Cheryl. If you can spare a couple of hours this month, please take a moment and sign up for a shift.



Please take a moment during Pentecost to admire Lisa’s hand stitched banner on the lectern...*Acts 2:1-4* *When the day of Pentecost arrived, they were all together in one place. And suddenly there came from heaven a sound like a mighty rushing wind, and it filled the entire house where they were sitting. And there appeared to them tongues as of fire, distributing and resting on each one of them, all of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them.*

“Our church is woven together with a variety of different people with many raw edges, just like the fabric strips that create this background cloth. The Holy Spirit connects us into the body of Christ with infinite variety but unified through the flames of Pentecost.”

PENTECOST stitched by Lisa Duncan-Purcell, inspired by the Holy Spirit.



Another one of our talented artists, Rebecca Ellis Overcashier, has once again showed her artistry craft by decorating a few windows in the sanctuary. **A lovely array of flaming red birds for Pentecost** adorns the windows on the side of our worship place.

And thanks to Susan McMickell for hanging the lovely banners above the pews and running red ribbon throughout the sanctuary.



UNITED WOMEN IN FAITH

NEWS - JUNE 2026

The June 11th meeting of UWF will be the last unit meeting until September 10th. Several of our programs so far this year have focused on various elements of the UWF Purpose. Others have been speakers from programs and agencies we support through our pledges. Our most recent was from the People Helping People Program presented by its president Richard Margetson on May 14th. It was truly amazing to hear about all the programs and services PHP provides in the Los Osos community and beyond.

Next week we will be taking the layette items we collected to the Pregnancy & Parenting Support (PPS). Thank you once again to those who contributed for this year’s drive. The items are truly appreciated, and it is through donations such as yours that enables PPS to serve hundreds of women and their children every year.

The next UWF board meeting is Thursday, June 4th at 2:00. We are planning a visit to one of the agencies we support for the June 11th unit meeting. Details to follow.

Wishing you peace and a blessing,

Alta Hall



Orson was able to celebrate his 9th birthday with the congregation during Social Hour on May 24th. Happy Birthday, Orson!

Trinity Educational Community Garden (TECG) News

Greetings TECG Gardeners! We are in the middle of spring, it's been a while since our last newsletter, so there is plenty of information to share. Here is the update in the form of a list:

*We have 29/30 beds reserved for the year!

*We enjoyed a successful Grand Opening Celebration. Along with an opening presentation and BBQ lunch, we had a Ribbon Cutting Ceremony conducted by the Los Osos Chamber of Commerce and TECG Gardener, Ann Newland, graciously conducted a presentation about herbs. The Los Osos Kiwanis were invaluable as always and helped with set up and take down. There were well over 100 folks in attendance, including County Supervisor, Bruce Gibson, and Supervisor Candidate Jim Dantona.

*After a ridiculously hot and dry March came a cooler April with a few showers. The drip irrigation system has recently had a few leaks, and sometimes the large valves at the cubes haven't been shut off completely resulting in a slow drip. Consequently, our harvested water is at a premium. We will all need to be diligent in regards to watching for leaks, turning off the valves and conserving water as much as possible. The large valves at the cubes are difficult to open and close and an improved valve system is in the works. For now, please make sure that the moving 'tab' on the valve connects to the fixed 'tab'. In regard to water conservation, I have found that the soil in the beds holds moisture quite well, and I "borrowed" the idea of mulching my bed with straw. TECG Gardener, Vicki Conte, mulched her bed with straw and I found that it increases the moisture holding capacity very well. Unless there is a leak, the cubes will only be filled on Tuesday mornings, so please conserve!

*The garden continuously provides learning opportunities! Recently, I have learned from TECG gardener and benefactor, Eric Everitt, that rodents such as rabbits and mice will gnaw the lower trunk of trees to try to maintain a meadow habitat. I also learned from TECG gardener Krista that comfrey can attract important nutrients to where it is planted and this can benefit neighboring plants. I love herbs and we are very grateful that Ann Newland has planted the TECG Herb Garden in Bed #24 or #25. Ann also is extremely generous with her knowledge about herbs, flowers, composting and more.

*In regards to the compost, new signs have been ordered that will make the compost system easier to navigate. The finished compost ('Ready Pile') will eventually be available for TECG gardeners. First, it will be used to plant the remaining fruit trees that are to be planted in June. I plan to hold a gopher cage making session in June to provide these trees with adequate protection. We will also be creating a drip irrigation system for the orchard. The following is the information that will be posted on the signs:

Trinity Educational Community Garden (TECG) News... *continued*

TECG COMPOSTING PROCEDURES

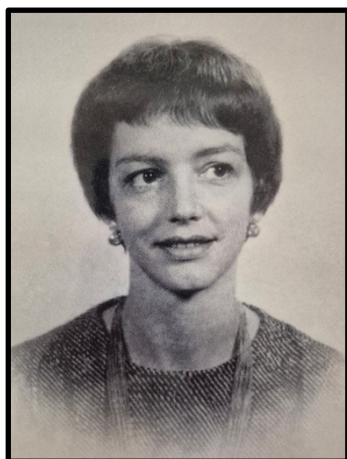
*Please dump **NEW, FRESH** green waste in the large **'FEEDER'** pile on the ground near the shed. This green waste will be shredded then taken in portions to the left side of the compost bins in concrete blocks. This is the **'BREWING'** pile and is not ready for use yet. This material will then be transferred to the right side of the compost bins. This is the **'READY'** pile, which will be available for garden use.

*Please do not put **ANY** material in the **GREEN BOX (WITH THE RED BOW)**. This is for **ORGANIC COMPOST ONLY**.

*Please do not put **ANY** material in the **EARTHWORM HOTEL**. Put **ALL KITCHEN WASTE** in the **ORANGE RECEPTACLE OUTSIDE** the garden gate. Scott will transfer this **KITCHEN WASTE** to the **EARTHWORM HOTEL**.

*Everyone involved with TECG is working voluntarily through Trinity United Methodist Church. There are no paid positions and no set hours, so we appreciate your patience as we work through the challenges with the watering system, signage, and other communication issues. The volunteers with our Tuesday Work Crew, Pastor Les, our Administrative Assistant Mary Anne, the TECG Governing Board and myself are working hard to make the garden successful for everyone.

*Thank you gardeners for making sure gates are closed and weeds are pulled around your bed. Happy gardening, enjoy the spring growing season and send out hopes for late season rain!



Memorial Taizé Service for Cleo

Alan Holz and his daughter Ursula warmly invite all family, friends, and members of the church community to join them for a memorial Taizé service in honor of Cleo. This special service will be held on Cleo's birthday, Thursday, June 4, at 6:30 pm, at Trinity. In keeping with Alan's wishes, there **will not** be a reception following the service; however, you may remain in the sanctuary for a bit to contemplate and pray.



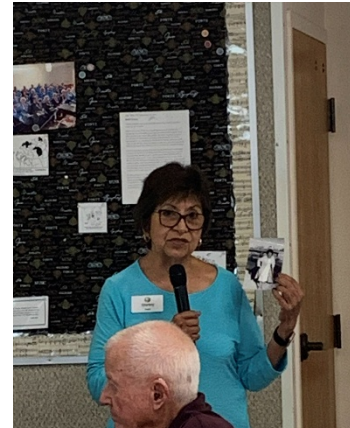
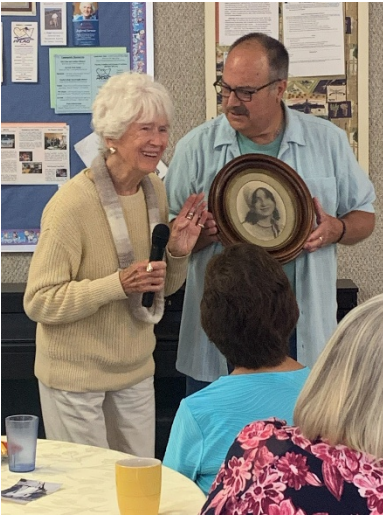
Maureen Upton welcomed her first grandbaby on May 7th.

June Jayalene weighed 7 pounds 14 ounces. Baby June, Mom Dorothy, and Dad Conner are all doing fine. Congratulations Maureen and family!

SENIOR LUNCHEON

40 active seniors enjoyed a catered lunch on Monday, May 11, hosted by Debbie, Sandy, Beth, Scott and John Boy. Seniors shared stories about women in their lives who had made a positive impact, and we loved every shared story. We all enjoyed each other's company so much. Everyone is looking forward to the next gathering in July. Thanks for joining us and sharing!

Article and photo credits: Sandy Green



The next Senior Luncheon will be held on **Monday, July 6th** at noon.

More details coming soon!



USPS STAMP OUT HUNGER FOOD DRIVE 2026

There was a lot of activity at Trinity on May 9 for the Postal Carriers Annual Food Drive. The Los Osos Post Office asked TUMC if they would receive all of the donations collected from the Los Osos mailboxes. We had 15 volunteers, most from Trinity, who received, sorted, and repacked 1,540 pounds of non-perishable food. This was a five-hour project.



We gave 24% to "The Kindness Coalition", 17% to "Los Osos Cares", 19% to "Rock Harbor Christian Fellowship", and the remaining 40% went to our Food Pantry.

Our Food Pantry would like to thank the dozen letter carriers, Los Osos Donors and the 15 volunteers.

Submitted by Mike Lindsay (to whom we owe a huge thank you for organizing this annual food drive)





On Sunday, May 3, I wore a unique shirt to church, with “Emperor” emblazoned across the front. Several friends asked about it, but I did not have time to explain that it referred to Emperor Norton of San Francisco. After financial ruin, he declared himself Emperor of the United States in 1860. He issued proclamations like this one, which feels especially relevant this year:

2 August 1869

Norton-1., Dei Gratia, Emperor of the United States and Protector of Mexico, being desirous of allaying the dissensions of party strife now existing within our realm, do hereby dissolve and abolish the Democratic and Republican parties, and also do hereby decree disfranchisement and imprisonment, for not more than ten nor less than five years, to all persons leading to any violation of this imperial decree. Norton-1.

Given at San Francisco, Cal., this 12th day of August, A.D. 1869.

In 1861, when France attempted to control Mexico, the Emperor also declared himself Protector of Mexico and duly notified Secretary of State Seward. Norton led all parades in San Francisco, and restaurants put up signs boasting, “Emperor Norton Eats Here!”

On Mother’s Day, around 6:30 a.m., Carole got up, fell, and was unable to get back up. Our daughter Judy and her husband Rick came over and helped her to her feet. Aside from a small cut on her right forearm, she seemed fine, but we decided to stay home from church.

We attended the Senior Luncheon, where many former members were present. Bob and Beth Mott were there; Bob had long been a strong supporter of Trinity’s Social Hour. They now attend SLO UMC, which is more of a coffee-and-cookies church. I also heard, though I wasn’t there myself, that those who played sandlot bridge on Mother’s Day wondered why more people aren’t joining in. Health experts often emphasize the value of learning new things as we age, and sandlot bridge offers that opportunity while also extending Social Hour. Unlike some highly competitive bridge players, we do not follow Vince Lombardi’s idea that “winning isn’t everything, it’s the only thing.” If you have questions about bridge, ask Jim Stanfill, Glen Jones, or Shirley Hulin.

For Social Hour on the 24th, I made Antipasti, a very good dip. The hardest part seems to be gathering all the ingredients. During Social Hour, someone asked about the muffins I made and shared during COVID-19, when Trinity moved online, and which recipe I liked best. I used 21 recipes from *Williams-Sonoma: Muffins* by Beth Hensperger and missed only about three before COVID ended. As my muffin baking progressed, our grandson Garrett helped me make triple batches. We developed a good routine and often made about 36 muffins at a time. I have many fond memories of giving them away. So many were excellent that it is hard to choose a favorite, but Lemon-Poppy Seed may be mine, even though it is one of the most difficult to make.

Bill and Carole
Fairbanks

June Birthdays

6/2 Kelley Weir

6/3 Bill Winstanley

6/7 Sage Clokey

6/8 Carly Conner

6/13 Evan Rochte

6/14 Rose Robertson

6/16 Mike Eggleston

6/20 Maureen Upton

6/22 Vaughn Kaser

6/24 Zyra Pascua

6/25 Daniel Eggleston



June Anniversaries

June 12 Joe & Donna Asire

June 14 Ed & Jean Womack

June 14 Bob & Beth Mott

June 18 Mike Eggleston & Eileen Murta

June 23 Jim & Debbie Livingston



Prayer List

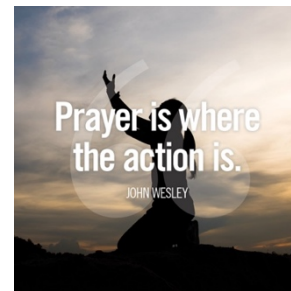
Asking for your continued support in prayer for those in need.

If you or someone you know needs to be included on the prayer list, please fill out a prayer request located in the pew. Names will remain on the prayer list for four weeks unless otherwise requested. To be removed from the list, please contact the church office, 805-528-1649.



Ben Eggleston
Carole Fairbanks
Kasey P. Lindsay
Karen Shong
Clytis Pitzer
Rachel Stones
Linda Wagner
Family of George Case
Nancy Dumford
Evelyn Ellis
Victor Feliciano
Matthew Fochtman
Debbie Geydayloo
Sharalyn Hamilton
Pam Held
Hilary Hopkins
Jim & Nancy Hulin
Randy & Mary Jost
Kealin Kane
Paul Klasterman

Joan Landis
Donna Laver
Scott Mace
Saiorsa McCabe
Dan McCabe
Jeffrey McMickell
Lynn Meador
Sally Peters
Marlis Peterson
Mary Price
Dana Roske
Penny & Karl Schwartz
Randy Spears
Steinnar Svennugsen
Meg Syfan
Carrie Trujillo
Phyllis Whitesell



Please pray for the following North District Churches during the month of June 2026:

6/7 Van Nuys UMC
Santa Clarita Korean Mission
6/14 Santa Barbara First UMC
Palmdale First UMC
6/21 ReNew UMC
Ojai UMC
6/28 Pacoima First UMC
Christ Our Savior UMC

CONTACT US

Church email: church@trinitylososos.org Phone: 805-528-1649 Pastor's email: pastor@trinitylososos.org
Website: www.trinitylososos.org or follow us on Facebook: Trinity United Methodist Church, Los Osos, CA
Bishop: The Rev. Dottie Escobedo-Frank District Superintendent: The Rev. Garth Gilliam
Pastor: The Rev. Les Lungren Minister of Music: Rev. Rich Bolin/Pastor Emeritus
Director of Church Administration: Mary Anne Meyer Pastor Emeritus of Visitation: Rev. Mike Eggleston
Lay Leader: Beth Crizer Director of Media Ministries: Kasey P. Lindsay
V.C.C. Director: Bonnie Luther

Please contact the church office at 805-528-1649 if you wish to be removed from our mailing list



LAND ACKNOWLEDGEMENT

We acknowledge with gratitude the yak tityu tityu yak tilhini (ytt) / the Northern Chumash People, and the Salinan Tribe / the T'epot'aha'l, "People of the Oaks," on whose ancestral homelands we gather, and whose vibrant culture continues today.

May we always remember that the Earth does not belong to us, that we belong to the Earth, and that we are all relatives in life. Help us to be instruments of justice and peace for all people in today's world.

Trinity United Methodist Church
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