

Trinity World Newsletter

November 2024



Contact Information

Trinity Church
215 W. Court St. Rome, NY 13440
Phone: 315-336-2833

Email: trinitychurch86@gmail.com
Cindy Rouillier- Admin.
hours Mon.-Fri. 8:30am to 12:30pm

Pastor Karen Marshall
cell #: 315-956-9234

Kathy Wood, Council President,
cell # 315-527-3279

Melody Kiepert Milewski,
Activities Director, cell # 315-832-2009

Facebook Page: @Trinitychurchrome
Website: www.trinitychurchrome.org

Table of Contents

Council Updates

Trinity Tidbits

Photos of October Events

Calendar of Upcoming Events

Karen's Korner

Trinity Tidbits

We are excited to see the growth of group activities at our church this fall. In tidbits we will be introducing the people leading the groups. This month an introduction to Feidy Miner and Aaron Browka.

Hi! I'm Feidy Miner, and my fitness journey began in 2014 when I was searching for a fun way to improve my mental health and live a healthier lifestyle. I quickly fell in love with Zumba Fitness and became a certified Zumba instructor in 2015. I loved how it allowed me to get fit while connecting with others who shared similar interests.

Since then, I've expanded my certifications to include ****Pound**** and ****Kettlebell AMP****, making group fitness classes my passion. My classes are all about building community and working out in a fun, supportive environment. I believe that fitness should be enjoyable and accessible for everyone, no matter your experience level.

Beyond fitness, I'm actively involved in the community, helping connect people with valuable resources. I'm proud to be a member of both the ****Mohawk Valley Association**** and the ****NAACP****, where I dedicate myself to serving others.

Here's the current class schedule:

- ****Monday****: Kettlebell, 6 PM - 7 PM
- ****Wednesday****: Zumba/Zumba Toning, 6 PM - 7 PM
- ****Saturday****: Pound, 9 AM - 10 AM

Each class is designed for all fitness levels, whether you're a beginner or seasoned athlete. We come together, support one another, and focus on moving our bodies in a healthy way that strengthens us physically, mentally, and emotionally.

****Pricing****:

- \$8.00 per class
- \$72.00 for a 12-class punch card

My goal is to get you moving in a fun and positive way while connecting you with others who share your fitness interests. I can't wait to see you in class!

Aaron Browka, is the music director at Trinity Church and a very talented musician. He is leading a bible study group for men, it includes singing and praying, it meets every Thursday from 6:00 to 8:30pm. If you are interested in attending or have any questions you can reach out to Aaron, phone 315-838-8242.

Stewardship Message from Sue Gatley



Not So Fast

It is that time of year once again where we look forward to Thanksgiving and the soon to follow Christmas season. We excitedly await family gatherings and the gifts of Christmas. It is also that time of year when, as a Church representative, we compose a letter asking our church family to remember our Church and bless our Church with your talents and/or tithings. Ok, here is that letter, task done. Well, not so fast.

It was difficult to come up with a subject matter for this letter, other than the obvious. The phrase "count your blessings" was, and still is, the intended message. It is of course very important to count your blessings, and we will get back to that. But not everyone's circumstances are the same, especially at this time of year when we are programmed to give thanks. I personally have many blessings, but it is difficult to rejoice when there are so many people that are struggling physically and emotionally. The news provides daily reminders of those less fortunate than us. Our hearts go out to those whose lives have been changed forever by the hostile acts of war and mother nature. It is overwhelming for us who are not amid this chaos, I can't imagine what it is like to be a participant in the chaos.

When it becomes difficult to think of a blessing, think of your Church and your Church family. The Church is a safe harbor, a place to congregate and pray for those who have little to be thankful for and for yourself when you are the person in need. The Church, our Church, is able to assist our church families, our community and the wider world because of your generous contributions. So "Count your blessings, count them one by one" starting with Trinity Church.



Thank you Church Family for all you do, in support of others.

Sue Gatley, Council Vice President

First, I would like to thank the congregation for the beautiful cross and plant presented to me for pastor appreciation day.

As I begin to write this article my mind wanders to the outdoors and the beauty that is around. The trees that have now burst with the colors of red, orange, brown and gold. The wind that is crisp, blowing the leaves around as they dance from one place to another. Softly touching the ground as they again fly around before they land. Then raked into a pile for someone to jump into and have fun running through.

The time is approaching for Thanksgiving and now my thoughts have turned from leaves to our time when we need to be gathering with those we care about and giving thanks to God for what we have. Yes, we need to give thanks all year round but this time of year people tend to give thanks more. As we give thanks it is also a time for thoughts to turn to those who have lost so much and are without. Without food, shelter and relatives. Those in Ashville and other parts of the country who are without homes, and loved ones. As we gather and maybe grumble that we do not have enough stuffing, or we like canned cranberries rather than fresh ones. Or maybe the mashed potatoes have a few lumps, may we be thankful for the potatoes, the cranberries and the stuffing we have because some will no longer have these or even a place to sit down and to eat. So we need to be grateful. Grateful for eyes to see, for loved ones around us, for the ability to taste, smell and enjoy what we have. May we in our gratefulness thank God for these things.

The church has made a donation to Samaritan's Purse for those who have lost so much in N. Carolina. And for those who are suffering still here at home, in Rome the church has made a donation to them as well.

I want to leave you with something light that I actually put in a newsletter a couple of years ago.



When I was a young turkey, new to the coop,
My big brother, Mike, took me out on the stoop;
Then he sat me down and spoke really slow,
And told me there was something I had to know.
His look and his tone I will always remember,
When he told me the horrors of Black November!
“Come about August, now listen to me,
Each day you’ll get six meals instead of three.
“And soon you’ll be thick, where once you were thin,
And you’ll grow a big rubbery thing under your chin,
And then one morning, when you’re warm in your bed,
In will burst the farmer’s wife, and hack off your head!

“Then she’ll pluck out your feathers so you’re bald and pink,
And scoop out all your insides, leaving ya lying in the sink!”
Well, the rest of his words were to grim to repeat;
I sat on the stoop like a winged piece of meat,

And decided on the spot that to avoid being cooked,
I’d have to lay low and remain overlooked
I began a new diet of nuts and granola,
High – royhage salads, juice and diet cola.

And as they ate pastries, chocolate and grapes,
I worked out daily with exercise tapes;
I maintained my weight of two pounds and a half,
And tried not to notice when the bigger birds laughed.

But ‘twas I who was laughing under my breath,
As they chomped and chewed, ever close to death
And sure enough, when Black November rolled around,
I was the last turkey left in the compound.
So now I’m a pet in the farmer’s wife’s lap;
I haven’t a worry, so I eat and I nap.
She held me today, while sewing and humming’
And smiled at me and said, “Christmas is coming!”

Blessings for your November

Pastor Karen

CHURCH COUNCIL UPDATES

1. At our October 20th meeting we reviewed and discussed the proposed budget for 2025. The numbers we agreed on will be presented and voted on by the congregation at our Congregational Budget meeting on November 17th following worship.
2. Following the meeting we will enjoy our annual delicious Harvest Dinner, coordinated by Sue Gatley. Thank you, Sue and kitchen crew!! Extra help on both Saturday morning and Sunday is always needed and welcomed!
3. The Council voted to send \$1,000 to Samaritan's Purse to assist in the on-going hurricane cleanup in North Carolina.
4. We also voted to donate \$1,000 to the Rome Tornado Recovery Fund. Pastor Karen and I will take the check to City Hall for a newspaper photo, to hopefully encourage other local churches and organizations to also help with this ongoing local need.

As always, please contact any Council member with your questions or ideas! We all hope to see you on November 17th, if not before!

Kathy Wood, Sue Gatley, Sarah Barcomb, Dick Kekis, Gerry Nelson, May Klepadlo, Danielle Klepadlo



Rome Rescue Mission was in need of breakfast items, the above photo is of items donated thru the generosity of our congregation. Thank you again for stepping up and supporting those in need in our community.



Crafting at pot luck lunch in October, Sarah and Brindley Barcomb, and Gerry Nelson.

Raining in the Dust

I am just a shadow trying to keep up
with life's evolving history raining in the dust
I am just a shadow hoping to reflect
the journey of your book of life
for earthly humans trek
I am just a shadow
a quiet reflection of thee
Trying to imitate your life amongst all the restless sea
Then the book of life brings forth
your story in its text
That I am not a shadow
but your poetry to reflect
Reflect your life of knowledge
wrapped in precious gold
for your story to be given to visions to unfold
My shadow held your hand this early sunrise morn
we strolled together in the sand my shadow not forlorn
witnessed before me your earthly shadow grand
that I am not a shadow
in the masters loving hand
Come with me shadow you've earned the secret of life
your no longer a shadow
but my partner of living strife

By Linda Fedigan-Hale