



# Trinity Tidings

November

TRINITY PRESBYTERIAN CHURCH

November, 2019

## HOW TO WAKE UP SMILING.

J. Harvey Howells, novelist and playwright, bent down to kiss his six-year-old son goodnight but his son stopped him. He said, "You forgot to ask me what was the happiest thing that happened today." "I'm sorry. So I did," said Harvey as he sat down on the edge of the bed. His son thought, then whispered, "Catching that sand eel." A contented sigh. "My first fish." He snuggled into his pillow. "Night, Dad."

Howells doesn't remember how or when they began that nightly ritual, but that ritual brought a private blessing in the moments of silence and solitude that come to each of us every night. "When the last goodnight has been murmured and the head in on the pillow," Howell writes, "(your) soul is utterly alone with its thoughts. It is then that I ask myself, what was the happiest thing that happened today?"

Our waking hours are filled with making decisions and plans and handling responsibilities, sometimes with stress or even distress. Whether a hectic schedule or idle boredom, no matter what kind of day it's been, there is always a "happiest" thing. Funny thing is, it's rarely a big thing. Mostly it's a fleeting loveliness or a poignant memory. A bird song on a crisp cold day. An unexpected email, text, or phone call from a friend. A song on the radio. Fall foliage or a camelia bloom in winter. A child's laughter or a friend making a funny face to make you laugh. There's always something. Happiness is not a goal dependent on a future happening; it is also contentment in your "happiest things" or your security in God's love and grace doled out daily. (Howells, in *Words to Live By*, William Nichols, editor, Simon and Schuster, 1959, 231).

Thanksgiving Day each year we pause to thank God for the blessings we enjoy and our security in God's providence. The Psalmist exhorts us to "*Sing praises to the Lord...and give thanks to his holy name*" (30:4, 7:17, and 35:18) and "*Be glad in the Lord and rejoice, O righteous, and shout for joy, all you upright in heart.*" (32:11). The psalmist says, "*I will give thanks to the Lord with my whole heart,*" (9:1) and in Psalm 44:8 states, "*We will give thanks to your name forever.*" Philippians 4:6-7 urges us, "*In everything by prayer and supplications with thanksgiving, let your requests be made known to God. And the peace of God which surpasses all comprehension, shall guard your hearts and your minds in Christ Jesus*" (NASB).

We need not wait for good times to be thankful but realize too God's faithfulness to us in difficult times. Martin Rinkart (1586-1649) was Bishop of Eilenberg, Germany during the Thirty Year's War. Since Eilenberg was walled, refugees from the war flocked to it, impoverishing the town. The city was sacked three times by armies, and pestilence, plague, and famine swept through it. Rinkart became the sole clergyman in the city, performing 40-50 funerals daily, including his wife's funeral. Nevertheless, he wrote 66 hymns including "Now Thank We All Our God."

*Now thank we all our God With hearts and hands and voices.  
Who wondrous things hath done, In whom His world rejoices;  
Who from our mothers' arms Hath blessed us on our way  
With countless gifts of love, And still is ours today.*

**Before you close your eyes to sleep tonight, recall "the happiest thing that happened today" or the blessings in your life past, present, and future. Pause, and give thanks to God. You may wake up smiling!**

*Hugh Hamilton*

Trinity's Creatives  
Count Your Blessings Rather Than Your Burdens

Reflect on your present blessings, on which every man has many,  
not on your past misfortunes, of which all men have some.  
—Charles Dickens, 1897

A grateful outlook on life can have a positive effect on your psychological and physical well-being, as affirmed by the 2003 study conducted for the *Journal of Personality and Social Psychology*. Over 400 hundred people participated by recording their moods, coping behaviors, and overall life appraisals. The results suggest that consciously focusing on blessings have positive emotional and interpersonal benefits.

The scriptures confirm this premise of gratitude. There are countless testimonies of men and women who endured unthinkable hardships, but their gratitude toward God and life resulted in undeniable victories and blessings. The Biblical stories tell of Job in sickness (Job 1:213-22; 42:1-6), David in battle (1 Samuel 17; 2 Samuel 22), Esther in a national crisis (Esther 4), and those who suffered for their faith (Hebrews 11:35-40). In spite of the circumstances, each one searched for blessings instead of burdens.

In this Thanksgiving season, create the habit of giving thanks. As you lift your eyes heavenward to our Savior, ease burdens by recording your blessings. Count them! Write them on a piece of paper. Keep writing until you have listed at the least 100 of the big and small blessings that fill your life each day. Express your gratitude to and for others. A smile and a thank-you go along way in relationships. Show your appreciation in serving others as you serve Christ. You will find the words of this beloved hymn, *Count Your Blessings*, to be true, and your countenance and spirit uplifted.

When upon life's billows you are tempest-tossed,  
When you are discouraged, thinking all is lost,  
Count your many blessings, name them one by one,  
And it will surprise you what the Lord has done.

Are you ever burdened with a load of care?  
Does the cross seem heavy you are called to bear?  
Count your many blessings, every doubt will fly,  
And you will keep singing as the days go by.

Refrain:

Count your blessings, name them one by one,  
Count your blessings, see what God has done!  
Count your blessings, name them one by one,  
Count your many blessings, see what God has done!

Blessings,  
Clara

**Creative's Update:**

Children singers - Wednesday - 6:15 in Room 1  
Adult singers - Wednesdays - 7pm in the Choir Room  
Youth/Adult singers - Sundays - 11:15 am in the Choir Room

Contact Clara for other areas of service at [clarariggleman@trinitypcola.org](mailto:clarariggleman@trinitypcola.org).

References:

Dickens, M. (1897). *My father as I recall him*. Westminster, England: Roxburghe Press.

Emmons R., McCullough, M., (2003). Counting Blessings Versus Burdens: An Experimental Investigation of Gratitude and Subjective Well-Being in Daily Life. *Journal of Personality and Social Psychology* Vol. 84, No. 2, 377-389. Retrieved from on November 4, 2019, <https://greatergood.berkeley.edu/pdfs/GratitudePDFs/6Emmons-BlessingsBurdens.pdf>

Oatman, J. (1897) Count Your Blessings. Music by E. Excell

TANGO will be hosted by James & Leah McCreary at 6:00 on Friday, December 20th at 2101 North 20th Ave, Pensacola. Bring a Christmas breakfast dish, your favorite beverage, and a gift for the white elephant exchange (optional) - \$20 max. Wear your Christmas PJs if you have some! RSVP on MyTrinity or to Leah at 850-390-0830. There will not be childcare at the church this month.

Please join us for our Tuesday Afternoon Bible Study (T.A.B.S.).  
Our study: Hosea by Jennifer Rothschild  
Our teacher: Pam Frank  
Date: Jan. 7, 2020  
Time: 2:30 pm  
Location: Room D  
Books: available at our first class

Discover the God who changes you — unfailing love changes everything!  
Contact: Dot Couch or Alice Adams

## It's About You

A nurturing place for caregivers dealing with dementia & other neurological diseases



**Tuesday, December 10, 2019**  
**3:00 PM**

Trinity Presbyterian Church  
3400 Bayou Blvd.

Contact:

Rita Hawthorne 850-572-1078  
Susan Clark 850-426-2942

- What is the one thing your loved one did for you that you really miss?
- How does it make you feel when your love tank is empty and not being filled?
- Emotional pull away: Are you grieving the loss while your loved one is still alive?

# Save the Date!



**Easter Saturday**  
**April 11, 2020**

Email: [Info@trinitypcola.org](mailto:Info@trinitypcola.org)  
[www.getmeregistered.com/jellybeanrun](http://www.getmeregistered.com/jellybeanrun)

## Outreach Corner

For more information about Send56 visit [www.send56.org](http://www.send56.org).  
For more information about our partners in ministry, Will & Etta Shehee and their family, email [thesheheetribe@gmail.com](mailto:thesheheetribe@gmail.com) and send them your email and snail mail address for their newsletter!



1625 Collins Hill Rd  
Lawrenceville, GA 30043  
706-901-7363  
[www.send56.org](http://www.send56.org)

# Thank you!

Dear Trinity Friends,

Thank you very much for your cards. Every time I get one in my mail box, I have to put my car in park and say a prayer of thanks to your awesome church and everyone that does prayers for me there. It is very appreciated. I know God will see me thru this. I am so blessed with you all and your church. God bless you all and thank you from the bottom of my heart.

Debby Patterson

Dear Trinity Friends,

I rang the bell for the last time! Your prayers and the prayers of your church prayer team made a big difference. Ruth Ann Ward



Thank you for your support of this year's Alzheimer's Walk!

Team Trinity raised \$2,500!



**All are welcome!** Second Monday of the month at 5:30 in Room F . We are seeking a leader to facilitate this group once a month for one hour. Good listening skills are

needed, and being a cancer survivor would be beneficial. Please contact Sue Coleman at 410-382-9782

**GRIEF SUPPORT GROUP** will meet Mondays at 6 pm in the Prayer Room through Mid-December. This group is open to anyone who is dealing with loss. Call Sue Coleman with any questions at 410-382-9782

No one ever told me that grief felt so like fear.  
C.S. Lewis  
A Grief Observed

**Congregational CARE**

**WHO NEEDS A VISIT?** If you know someone in our church family going through a difficult time and who might appreciate a visit, phone call, note, meal, flowers, prayer card or help with a simple home chore, please call the office at 432-3505, in confidence.

### ALZHEIMER AND DEMENTIA SUPPORT GROUP

A professionally led Support Group for Caregivers

4<sup>th</sup> Monday of Every Month @ 10 a.m.

Trinity Presbyterian Church  
3400 Bayou Blvd. Room D  
Pensacola, FL 32504

RSVP to Sharon Oakes at (850) 449-0498

# Are YOU connected, yet?

## Happy November Birthdays!



*Log on, Plug in, Reach out.*

Get Connected

Go to:

[MyTrinity.ccbchurch.com](http://MyTrinity.ccbchurch.com)

**MyTrinity.ccbchurch.com**

### Why do I need MyTrinity???

- \* Online Directory
- \* Access any where with the internet
- \* Communicate with others
- \* View Church Calendar
- \* Share Prayer Requests
- \* Register for Events and Pay on line
- \* Find Opportunities to Serve
- \* Store shared files
- \* Take Attendance at Events
- \* Check in for Children's Activities
- \* Update your profile information
- \* Set your own privacy settings
- \* Online Giving
- \* Print your Pledge Statements
- \* Identify spiritual gifts, passions, and abilities

Gregory	Longuet	1
Sharon	Oakes	1
Ford	Reeves	1
Sandy	White	1
Janet	Behrens	2
John	Opdyke	3
Lauren	Boyd	5
Lauren	Scott	7
Charles	Gilroy	8
Elijah	Hartsfield	8
Patty	Hightower	8
Ed	Kidd	8
Richard	Peden	8
Nancy	Campbell	11
Mac	Shehee	12
David	Davies	13
Jo	Pridgen	13
Luke	Davies	14
Joni	Moore	15
Tommy	Taylor	16
Jim	Lemke	17
Bill	Calvert	19
Ann	Forster	19
Jenny	Baars	20
Sandra	Buck	20
Jerry	Mock	21
Sue	Peden	21
Avery	Eddins	23
Samuel	Wooten	24
Gracie	Garman	25
Jack	Sherrill	26
Jan	Beck	28
Alice	Adams	29

**Notice:**

***If your November birth date is not listed here, you may not have an updated MyTrinity Profile!***

***Please log in to MyTrinity.ccbchurch.com and update your information so we can celebrate you!***



Mary Catherine and Andrew Hinton have been integral Trinity members since 1964, leading or serving on every committee and serving multiple terms on the Session. Both were raised in Christian homes by parents who were leaders in their congregations. Andrew was born in Tuscaloosa, Ala., and moved to DeFuniak Springs, Fla., when he was 9. His father was a sales representative for Nabisco and Mother taught in a rural school and gave haircuts to children in need. His father had a large garden and shared its bounty with others.

Mary Catherine was raised by the village people of Freeport where her father served on the school board and was an entrepreneur with an ice plant, grocery store, cleaners, grist mill, commercial fishing boat. Her mother was a career woman serving as the postmaster and informal mayor. People turned to her parents when they needed help. New teachers and visiting ministers stayed with them. Her father donated fish to other churches for fish fries and let customers run up bills in his grocery store. He developed a housing project on his land. Mary Catherine is pleased that her three nephews, who were raised by her parents after their father was killed at age 42, now own a building supply business in Freeport and are continuing her father's legacy.

As a child, Mary Catherine rode her bike everywhere and was known by everyone and knew everyone. The Presbyterian church was central to their lives. Her mother was a Scottish Presbyterian, her uncle started the Euchee Valley Presbyterian Church, and her father gave the land for the Freeport Presbyterian Church. There the bell tower is named for her parents and a stained glass window is dedicated to her sister.

Mary Catherine and Andrew met in the third grade and have been together ever since — except for a three year break in college when Andrew attended Alabama and Mary Catherine attended Florida State University. They married in 1958 after Andrew's first year of dental school at UAB. Andrew says with a wink that she wanted to make sure he could pass. At their wedding, Andrew's uncle said that they drove by Mary Catherine's house when Andrew was 9 and Andrew told him that was where his girlfriend lived.

The biggest influences on their lives have been their parents and each other. Their parents taught them Christian values and concern for others. Today, they enjoy daily devotionals together from "Jesus Calling" and "Daily Bread" and serve as a guide, mentor and spiritual partner to one another.

They are both most proud of their family. Their daughters, Melanie and Cam, are contributing members of their communities and have raised four sons, who are finding their way in life. Andrew cut back to a four-day work week when the girls were young so they could spend long weekends together. They travelled, he built them a dollhouse and made up bedtime tales titled Mrs. Wiggins and the Cabbage Patch. They are proud of Melanie for the work she is doing as assistant principal at Lincoln Park Elementary School in Pensacola and how she copes with multiple sclerosis. Cam is patterned after her mother. Their advice to parents of young children is to be a good role model and set a good example, especially about managing money.

Andrew says Mary Catherine has made his life heaven on earth. Mary Catherine feels her life has been blessed by a great childhood, the experience of raising her girls, the opportunity to always be involved, and God's plan for them to practice in Pensacola. They started out practicing in Panama City but it was not a good fit. A dental supply salesman suggested they try Pensacola. The Pensacola practice was opened in 1964, she got a teaching job right away and life took off.

The most difficult time was Mary Catherine's interstitial cystitis (IC) illness, a rare disease that kept her homebound for six months. God's hand was in finding the cure. Lefty Wesbecher, a member of Mary Catherine's prayer group who knew of her illness, heard a TV interview with a California doctor and three patients who had been cured of IC. Lefty passed on the information. Mary Catherine contacted the doctor, who guided her treatment and she was cured a year later in 1985.

While Andrew's melanoma has recurred and metastasized to his lungs and brain, it is being controlled by infusions, which he will take the rest of his life. He feels it is a small price to pay to live an active life when three years ago there was no hope for survival. They feel that their positive outcomes with both illnesses has deepened their faith and made them even more aware that God is good, is in control and will take care of them.

They would tell their great-great-grandchildren to live a Christ-centered life and to rely on Him for all decisions. Andrew would like to be remembered as a good husband, father, grandfather, as someone who treats others as he would want to be treated and lived a life with Christ as his model. Mary Catherine hopes to be remembered as one who helped others and was giving and caring.

They view heaven as a garden of beautiful flowers where there are many people, friendliness, no disease, suffering or pain and everyone is happy forever. Mary Catherine will ask God how he created the Earth to get everything working so perfectly and interdependently. They will thank Him for making their lives on earth beautiful, for the gift of His Son and for the salvation of all believers.

Jean Norman



Plan to join us on December 22 as we carol through our neighborhood, bringing Christmas cheer and joy to all. We're meeting at 3:45 in the Trinity parking lot and will return for dinner at 5:30 in Room 10. Hope to see you and your family there!!!  
-The Children's Ministry Team



# Trinity Presbyterian Women Cordially Invite You

## *Christmas Luncheon*

December 3, 2019  
10:30-1:00

## *Angels in Our Midst*

Featuring

## *Clara Riggleman*

Tickets are \$20.00



Catered by Culinary Productions  
Tickets available in the narthex after worship, at  
Wednesday night suppers or  
call Freddie Prettyman (850) 324-2917  
or Sandy Edwards (850) 776-5182.  
Please bring a gift bag for the clients  
at United Ministries and Favor House



### **FROM THE SMALL GROUP MINISTRY TEAM: What's Next?**

Thank you to hosts of eleven groups and 100-plus participants who studied the Purpose-Driven Life!

Groups are now underway studying *ADVENT: God with Us* by Robin Wilson.

Hugh is also leading this study during Sunday School Nov 17-Dec 15.

#### **January – February 2020 Focus:**

#### **1) Bible and 2) Discipleship**

#### **Sign-ups will be posted in January**

Groups will reconvene in January to explore one of three options:

*30 Days to Understanding the Bible* by Max Anders

*Discerning The Voice of God- How to Recognize When God speaks* - by Priscilla Shirer

*If You Want To Walk On Water, You've To Get Out of The Boat*- John Ortberg

#### **March 2020: Congregation Wide LENTEN STUDY**

Feb 29-April 1 *Draw The Circle: The 40 Day Prayer Challenge* by Mark Batterson.

#### **April-May 2020, Repeat the Bible/ Discipleship Series of January**

Swap and share one of the three Bible/ Discipleship resources



Trinity Presbyterian Church  
 3400 Bayou Boulevard  
 Pensacola, FL 32503 (850) 432-3505  
 www.trinitypcola.org FAX (850) 434-1172

November, 2019 Please visit us at [www.trinitypcola.org](http://www.trinitypcola.org)

**Senior Pastor**

The Rev. Dr. Hugh Hamilton  
 hughhamilton@trinitypcola.org

**Associate Pastor for Discipleship**

The Rev. Brian Yount  
 brianyount@trinitypcola.org

**Director of Music**

Clara Riggleman  
 clarariggleman@trinitypcola.org

**Organist**

Margie Sanders  
 margielovesnotes@gmail.com

**Administrator/Controller**

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**Trinity Learning Center**

(850) 435-7829  
 Anna Kay Shirah, Director  
 anna@trinitypcola.org

**Administrative Assistant**

Wendy Davies  
 wendydavies@trinitypcola.org



**TOYS FOR TOTS**

It is that time of year again. For the past several years Trinity has been a collection point for TOYS FOR TOTS. From November 17 - December 9 we will collect new, unwrapped toys for needy children in our community. The goal is to deliver through a new toy at Christmas, a message of hope to less fortunate youngsters that will assist them in becoming responsible, productive, and patriotic citizens. Toys are to be placed in the collection boxes located in the narthex.

*Can you help??*

**Help Support Trinity's Mission Partner Send56**

Our mission partner Send56 is asking for your help through the donation of old, unused tech devices. The missionaries need smart phones, iPads, laptops, digital cameras, Amazon Fire Kindles, and even musical instruments. So, if you have any old devices that you are no longer using, please bring them to Trinity and drop them off in the Narthex. There will be a designated box for you to leave the items. Please share with your neighbors and friends and tell them the deadline is **November 24**.