

A Note from our Minister...



Dear Trinity Family and Friends,

I recently read a non-fiction book written by Dan Buettner; he is an award-winning journalist and a New York Times bestselling author and a National Geographic reporter. The book is called *Blue Zones: Secrets for Living Longer*. Buettner offers new insight into the powers of purpose, faith, community, downtime, natural movement, and plant-based eating. There's a strong connection between the physical, mental, and spiritual aspects of a person.

It was a very interesting read, but I was particularly moved by a chapter about survival; and it dealt with the role that faith plays in survival and longevity. Buettner states that "When I started writing this book, I was somewhat skeptical of the role of faith in survival and longevity. But as I began to interview people around the world I noticed a remarkable pattern. Overwhelmingly, they shared a belief that God and their faith had sustained them throughout their lives.

As many as 75 to 80 percent cited a higher power as an important reason for their survival. Of course their beliefs differed in many ways, but they shared a common perspective. God had a plan for them and gave them the strength to overcome life's adversities. Buettner points to a 1999 research project at the University of Texas which concludes that people who go to church regularly live around seven years longer than people who don't: once a week attendance gives 6.6 years and worshipping more than once a week increases it to 7.6 years, a bonus of one additional year.

Dr. Harold Koenig who is a pioneer in the field of faith and health says that while he is not trying to prove the existence of God, he simply wants to understand the impact of faith in the lives of those involved in organized religions. He states that "longer life appears to be correlated with the extent to which your faith is integrated into your daily decisions and actions. People with committed religious beliefs tend to have stronger support systems and more solid relationships; they are more likely to follow teachings that reinforce a healthier lifestyle.

Another colleague, Dr. Kenneth Pargament of Bowling Green University did important research on spirituality and challenges; why some people grow spiritually in crisis while others struggle and decline. He asks "How big is your God?" meaning "Is your understanding of your God broad enough to encompass both the good and the bad in life?" He feels that people with the most mature, integrated, expansive view of God seem to handle challenges best.

What does all of this mean to us? It means that our faith in God's love for us and our faith in God's plan for us need to be a part of our daily lives. It means that when we are in any type of crisis, we need to always ask for God's help and not lean on our old habits of being "compulsively self-reliant." It means that our prayer life should be rich, full, and constant. It means that we need to strive to lead the life that Jesus wants us to lead and strive to be. It means that being in worship and being in fellowship with others are blessings that cannot be measured. It also means that it's possible for us to benefit from the decades of wisdom and research that could help us live longer and more purposeful lives.

My blessings to all this month of May!

Dr. C



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Temporary Change

Trinity's building will close after the last scheduled event on the calendar each evening. We are asking committees and groups, if possible, to have their evening meetings via ZOOM instead of in-person. Please make sure all meetings are arranged in advance with the church office. We will return to regular evening business hours as usual in the future.

VISIT US ONLINE:
trinityspringfield.org



Please Pray for These Members/Friends:

Jim A, Bridget B, James B, Meri B, Natalie B, Tom C and family, Peg C, Mary C, Dominick E, Courtney H, Aurie I, Brenda Lopez, Cristopher L, Katherine L, Amy L, Carlos M, Holly Joy P, Sue P, Catherine

Ann R, Henry (Bing) S, Carl S, Lynn T, Allie W, our service members and their loved ones, those affected by gun violence and natural disasters.

We Offer Our Christian Sympathies & Prayers to:

Bill S and family, upon the passing of longtime Trinity member and friend, Jane S.

Thomas C and family, upon the passing of former Trinity member, Patricia (Pat) C.

Please keep both families in your prayers during this very difficult time.



Congratulations!

To Kelly H and her husband, Patrick C. They welcomed their baby girl, Elizabeth C. We wish them all the blessings a new baby brings.



Thank You Notes

Dear Trinity family,

Thank you for the beautiful altar flowers. It was a pleasant surprise when they arrived acknowledging my birthday!

With much appreciation.

God Bless,

Judy C

Dear Trinity Church friends,

Thank you so very much for the lovely bouquet of flowers given for my birthday. The altar flowers are "twice blessed". First as they bring beauty to our church service and then as they are gifted to our home by our church family.

With much appreciation and love,

Beu R

To the Trinity family,

I hope all is well and I appreciate receiving the Carillon every month. Cynthia & I get the updates. I pray for all those on the prayer list, those that have left us and those who have suffered loss. God bless all of you. You are a congregation of wonderful, dedicated and loving people, much needed in these times. My heart and prayers go out to each of you and your families. I hope all of you had a blessed and wonderful Easter.

With love and prayers,

Diane T

MAY **Birthdays & Anniversaries**

Regular Birthdays

Regular Wedding Anniversaries (Italics)

S - Staff

5/1 Carol H, Madison P, *Kristin & John G*

5/2 Alicia C

5/3 Kaycie H, Christina T

5/5 Kate L

5/6 Yuland K

5/7 Noah A

5/8 Aiden A, Haley S

5/9 Nate O, Brianna P

5/10 Gabriella B, David F, Mahakit I, Chad T

5/11 José I, Gregory S

5/12 Barbara C

5/13 Abigail P, Aramiah P, Robert U,
Devon & Borys B

5/14 Joseph M, Matthew S, Nathan Z,
Barbara & Jess H, Jr.

5/16 Warren C

5/17 Wesley O, Norma W,
Dora & Frederick B, Debra & Eric S

5/18 Anne Z

5/19 Angelo D, Donna M

5/20 *Lynn & William M*

5/21 Keller D

5/22 Becky D

5/23 Christen R, Ryan W

5/24 Adam C

5/25 Barbara A, Regina K, Patrick R, Marion W,
Beverly & Frank C

5/26 William A, Lily S, *Pamela & Caleb F*

5/27 Gretchen H, David L, Jan T M

5/28 Monica A, Julie C, E. Scott R, *Steve & Jean C,*
Maura S & Shannon F, Chad & Phyllis T

5/29 Jim P

5/30 Darcie A, Morgan H



Birthday & Anniversaries
CELEBRATION

Milestone Birthdays 75 & Every 5 yrs. After & Over 90

5/20 Celia L

No Milestone Anniversaries this Month



New Members Orientation

Are you new to the church and interested in learning more? Have you been attending Trinity UMC and would like to learn about its work in the

community and/or about becoming a member of this dynamic congregation? You are invited to a **New Member Orientation on Saturday, May 17, 10 a.m. - noon in the Trinity Parkside Café.** Come and enjoy a continental breakfast and have your questions answered! If you decide to join, **you will be received into church membership on Sunday, May 25.**

Please sign-up for the orientation with Doreen at: doreen@trinityspringfield.org or 413-737-5311.



Trinity's Interchurch Softball

The second softball game this season is Tuesday, May 6 at 5:30 p.m. at Blunt Park #3, 1780 Roosevelt Avenue, Springfield, MA, vs. Christ Community. Come show your support and cheer Team Trinity.

The Book Club



The Club meets on the 1st Thursday of the month starting in June at 2:30 p.m. There is no meeting The June book is "One of Windsor" the untold story of America's first witch hanging. There is no meeting in May.



Cookies, Cakes, Pies, Oh My!

There's going to be a bake sale as part of the Pastor's Attic. If you have a favorite recipe for cookies, muffins, cakes, pies, or fudge, please make a batch for the bake sale. Drop off will be the day before, Friday, in the kitchen. We'll be there from

10:00 a.m. until 2:00 p.m. wrapping and pricing the goodies. If this time doesn't work for you, please contact me and we'll make alternate arrangements:

Our bake sales have always been very popular with the public. We hope you'll help us by baking. Thank you in advance.

Kris Gould



May Rose Window

May 1 - Anonymous

May 4 - In loving memory of Pauline, from Judy & Paula

May 10 - In loving memory of David C, Jr., from his mom, Barbara

May 13 - Anonymous

May 27 - In loving memory of Ted & Jane C, from Ted & Judy



WILBRAHAM ART LEAGUE

Trinity Community Gallery

The May exhibit in the Trinity Community Gallery will feature the art of members of the Wilbraham Art League. The league is a collective of area artists, many of whom have exhibited at Trinity in the past.



Attention Trinity Artists -

Start gathering your artwork for exhibit in the gallery during the summer. If you have work you would like to include in the Trinity Exhibit, please send an e-mail to gallery-cafe@trinityspringfield.org by **June 1.**

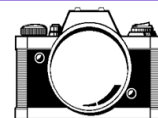


Save the Date!

The much-loved **Carillon Concerts** return to Trinity UMC on Thursday **July 17th!**

Stay tuned for more details coming soon!

Photos from Palm Sunday & Easter are Available Below



Palm Sunday Photos:

www.trinityspringfield.org/lenteaster/palm-sunday-photos/

Easter Photos:

www.trinityspringfield.org/lenteaster/easter-photos/



14th Annual TUMMS

Golf Tournament

SAVE THE DATE:

Saturday, June 14, 2025

More information to come.

Questions? Contact Scott Woodward or Nate Olin

Trustee Projects Update



This year has been passing quickly and while the church has experienced many staffing challenges, we have many projects in the works for the months ahead. Please pray for our sextons Carlos and Joe as they recover from their medical issues, and for the Staff Parish Relations Committee as they have worked to replace our Church Administrator and Music Director.

The elevator project is moving along – the construction drawings are nearly complete and the Trustees will be making a few more decisions before things go out to bid. The architect and engineers are working on what the new vestibule by the parking lot door will look like, as well as the inside sanctuary doors leading out to the chapel area. We're also looking at lighting the pathway through the sanctuary over to the new lift areas and making sure everything meets code. We're hoping to have everything worked out soon and have the project go out to bid so we can begin construction in the early summer, with an expected timeline of 4-6 months.

Another major project is a possible upgrading of our sanctuary sound system. We have a proposal in hand and are in the process of tweaking it to be sure it includes all of our current needs, as well as planning for the future. This may be handled as one large (\$50,000) project with new speaker arrays and several new microphones and a digital sound mixer, or broken into 2 or 3 smaller pieces (to be completed over 5 years) that might be more financially manageable. We're hoping to be done with all of our fact finding and have a couple of options ready before the end of May.

We have many smaller projects that are also being worked on – we'll try to keep up with communicating some of them as we go.

Missions Committee Invites You to Be the Change:



We are experiencing a challenging year: wars, political turmoil, and momentous shifts in direction. Many of us are feeling unsettled, fearful, and powerless. With this in mind, Trinity's Missions Committee has been planning an event that we hope will help our members to regain a sense of agency and purpose.

We are hosting a Community Volunteer Fair on **Sunday, May 18 from 1-4 p.m.** A variety of organizations that are in need of volunteers will be invited to present their missions and volunteer needs. Our goal will be to offer, to those who may be searching, meaningful opportunities to make a difference and some new ways to connect with our community. Volunteer opportunities in a variety of fields and for a range of ages 14 and up will be available. All of the organizations are in Hampden County.

Mahatma Ghandi, one of the prominent figures in our Sanctuary's beautiful stained glass windows, advised us to "be the change that you wish to see in the world". We all have the ability to create positive change. So save the date, get ready for action, and join us in Asbury Hall on May 18!

If you have any questions, comments, or suggestions, please email bethechange@trinityspringfield.org.

CELEBRATE A GREAT YEAR OF
LIGHT@9!



ICE CREAM FOR BREAKFAST

LIGHT@9 COMES TO A CLOSE ON MAY 18.
STUDENTS ARE INVITED TO CELEBRATE BY
ENJOYING ICE CREAM FROM BREAKFAST DURING
THE 9:00 HOUR.



Special May Offering for Church World Service

Throughout the month of May, Trinity United Methodist Church is holding a special offering to support Church World Service. CWS is a humanitarian agency that began in 1946, and now CWS has programs in nearly forty countries around the globe supporting communities impacted by natural disasters, hunger and poverty, and refugee resettlement. Recent policy changes have impacted CWS's work, including suspensions of Refugee Resettlement, and with the global withdrawal of USAID, CWS is being asked to provide additional support to communities in need.

We have a special envelope for this offering in the pew racks labeled: **Church World Service Best Gifts**, you can include your gift in this envelope. If you have questions about CWS and the communities they support, please reach out to Adam Smedberg: asmedberg@cwsglobal.org.



Thoughts on our Theme “I am the Vine; You are the Branches.”

If you look up the meaning of Lent you'll see it comes from the Old English word “lencten” which Google AI tells us meant “the season of lengthening days.” We’ve noticed and welcomed the arrival of longer days. A stretching of light we might call it. In fact, the facilitator of one virtual meditation practice* referred to “stretching our souls.”

How might you stretch your soul in the month of May? Perhaps this can be a time to not only enjoy more daylight, but also to let more of the light of Christ into our lives. One way might be to attend the Community Volunteer Fair on Sunday May 18th from 1-4 when we will hear from local nonprofit agencies about their missions and how they use volunteers. Relationships that help us connect with the world help us to connect also with God. May God’s light shine in and through you as our branches, connected to Jesus the vine, extend outward.

**Lent Virtual Sit Meditation, the Center for Action and Contemplation*



The Pastor's Attic Tag Sale Fast Approaching









Our first drop off date is just a little over two weeks away on **Saturday, May 17 from 9 a.m. - noon**. See a full list of items we are accepting below, and share with your friends, neighbors, and family. Additional drop-off dates are:

- Sunday, June 1 12:00 – 2:00
- Monday, June 2 9:00 – 2:00
- Tuesday, June 3 9:00 – 2:00
- Wednesday, June 4 9:00 – 2:00

We are also seeking volunteers to help with set-up during the week prior to the event, the sale day, and for break-down. We will have sign-up sheets at the Connection Point. Help make this a fun and successful event.

Accepting the following items:

Gently used, clean, and working items such as:

-  Clothing (Men’s, Women’s, Children’s — freshly laundered)
-  Shoes, purses, belts, hats, scarves, gloves, ties
-  Jewelry and jewelry boxes
-  Kitchenware: dishes, pots, pans, utensils, flatware
-  Household goods: towels, clocks, lamps
-  Small electronics: toasters, blenders, mixers, radios (in working order)
- ☐ Toys and games
-  Collectibles, art, decorative glass, antiques
-  Sports gear: racquets, clubs, bats, helmets, skis
- ☐ Small furniture (must be carried by one person)

✗ Please do not bring:

Underwear, pajamas, nightgowns, stuffed animals, pillows, upholstered furniture, mattresses, computers, monitors, TVs, pianos, or car seats.



The Carillon

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Springfield, MA 01108
413-737-5311*

*www.trinityspringfield.org
info@trinityspringfield.org*

STAMP



Believing that all persons are created in God's image and are of sacred worth, that Jesus' message was one of inclusion of those rejected by mainstream society, and that each member makes inherent and valuable contributions to the Body of Christ, we of Trinity Church, welcome into this congregation people of every age, race, ethnicity, gender identity, sexual orientation, socio-economic condition, family structure, and physical or mental ability.