

The Trinity COMPANION

FALL 2014
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A publication of Trinity United Methodist Church—Big Stone Gap, Virginia

FROM THE PASTOR



The summer is behind us and Fall is definitely in the air. I hope that his newsletter finds you in good health. I also hope that you will be able to enjoy the beauty of God's creation that is about to light up around us as the colors break forth on the mountains.

This will be the last newsletter you receive this year, so I'll be highlighting some of the Christmas activities. I know that Walmart has already gotten out the displays, I hope, however, that you will be able to come and participate in some of the events talked about in this letter.

Billy Graham's Thoughts on Aging

I am sure that most everyone has respect for Billy Graham and his faithful witness through the years. Sarah Pulliam Bailey interviewed Dr. Graham in this excerpt from a January 21, 2011 article in Christianity Today. In the article she asked:

What advice would you give to people who are aging?

First, accept it as part of God's plan for your life, and thank him every day for the gift of that day. We've come to look on old age as something to be dreaded—and it's true that it isn't easy. I can't honestly say that I like being old—not being able to do most of the things I used to do, for example, and being more dependent on others, and facing physical challenges that I know will only get worse. Old age can be a lonely time also—children scattered, spouse and friends gone.

But God has a reason for keeping us here (even if we don't always understand it), and we need to recover the Bible's understanding of life and longevity as gifts from God—and therefore as something good. Several times the Bible mentions people who died "at a good old age"—an interesting phrase (emphasis added). So part of my advice is to learn to be content, and that only comes as we accept each day as a gift from God and commit it into his hands. Paul's words are true at every stage of life, but especially as we grow older: "Godliness with contentment is great gain" (1 Tim. 6:6).

The other piece of advice I'd give is the other side of the coin, so to

If you have access to the internet, then you are only a click or so away from our Sunday Connection page. Each week, we publish a new page on our web site that has the worship service broken down into small parts. You can listen to the sermon, or a hymn or the anthem. It's all there. You can also look at a copy of the bulletin and other information that we might make available on that day. Type the link below into your browser.

<http://www.trinityumc-bsg.net/sunday-connection.html>



Special Events and Activities To Note

- United Methodist Women Sunday Oct 26th
- Fall Festival Oct 26th @ 200 pm
- Trunk or Treat Event @ Church: Friday October 31st—Sponsored by UMYF
- All Saint's Sunday Worship November 2nd
- Charge Conference Sunday November 9th
- Advent Begins Sunday November 30th
- Christmas Cantata Sunday December 14, 2014 @ 7:00 pm
- Christmas Eve Candle Light Communion Service on Wednesday December 24, 2014 @ 11:00 pm

Events in the Community

- Bottled Water Give Away at Mountain Empire Community College Home Craft Days— Saturday October 18th



"Do not let your hearts be troubled. Believe in God, believe also in me."

John 14:1 NRSV

(Continued from page 1 - Billy Graham...)

speak. It's this: As we grow older we should focus not only on the present, but more and more on Heaven. This world, with all of its pains and sorrows and burdens, isn't our final home. If we know Christ, we know we have "an inheritance that can never perish, spoil or fade—kept in heaven for you" (1 Pet. 1:4). I know it won't be long before I'll be going there, and I look forward to that day. Heaven gives us hope, and makes our present burdens easier to bear.

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Loneliness: 5 things You May Not Know

(CNN) -- Nearly everyone feels lonely at some point. The good news is, for many of us, it's a temporary condition, perhaps one caused by a life change: moving to a new location, for instance, or starting a new job.

But for other people, loneliness is a way of life, one that may stem not from the number of people around them but from a lack of connection with others. And, research has showed, chronic loneliness can have adverse consequences for your health.

Scientists are still examining the link between mental and physical health and how loneliness affects our bodies. But you may not know about some of their findings over the years.

Five Effects of Loneliness

- 1.) It may affect your brain in a way similar to physical pain
- 2.) It can keep you from getting a good night's sleep
- 3.) It can increase your risk for dementia
- 4.) It may contribute to premature death
- 5.) It may break your heart (literally)

This is an excerpt from a longer article on the CNN website. For the full article go to <http://www.cnn.com/2014/02/19/health/lonely-research/>

Do You Use the Internet?

If you use the internet, we would like to invite you to learn more about what is happening at our church by visiting us online at: <http://www.trinityumc-bsg.net>. By typing in this address, you will be taken to our home page and from there you can learn about our current ministries and activities. Also, we'd love to know if you have an email address. Send us a message at trinityumc-bsg@gmail.com



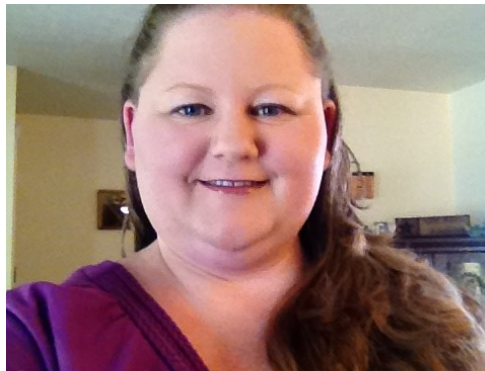
What's Been Happening at the Church...

Since our last newsletter, a few things have happened:

- We celebrated our community part with about 100 in attendance. It was a hot day and we got some rain late in the day, but it was a good time.
- Four persons have joined the church after being baptized in the river and making their profession of faith: Todd & Conner Clendenon and Ron & Autumn Taylor.
- We celebrated Homecoming. Rev. Jeff Wright preached and we had a great meal afterwards.
- We just had a Pastor Appreciation meal following church on October 5th
- The pastor has just finished a sermon series called "Why Nobody Wants to Be Around Christians Anymore". You can view the sermons online.
- Bob Horne, witnessed to the fact that God has done a miraculous thing in his life. Doctors are baffled as to how the symptoms of his lupus seem to have reversed and he now has regained the mobility that he had two years ago.
- Vacation Bible School had about 48 in attendance. A Great TIME!

Church Welcomes New Director of Children and Youth Ministries

We didn't have to go far from home to find our new Director of Youth Ministries. Christy Smith has agreed to lead our Youth Ministries on a volunteer basis. We have promised her lots of support and we think that the Youth Ministries are off to a good start under her leadership. At this time of the year, the youth are gearing up to head to Resurrection 2015 this coming January in Gatlinburg. Please be sure to keep them in your prayers.



We Would Love to See You at One of Our Church Meals

We have meals scheduled for the following dates:

- ⇒ United Methodist Men Pancake Breakfast—Saturday October 11th from 700-1000 am
- ⇒ Fall Festival: Sunday October 26, 2014 begins at 2:00 p.m. Food and Fund
- ⇒ Fellowship Meal Wednesday November 5, 2014 @ 6:30 pm
- ⇒ Fellowship Meal Wednesday December 3, 2014 @ 6:30 p.m.



A Haiku Poem of Fall by Heather Burns

The leaves of Autumn
lovely gold and brown colors
painting the landscape.

I hope you enjoy the beauty of what is about to unfold around us. —Rev TDG

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RETURN SERVICE REQUESTED

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... BE CONTENT
with what you have;
for he has said,
"I will never leave you
or forsake you."

Hebrews 13:5, NRSV

A Devotional Thought for Autumn

At the root of God's agenda is this promise. Think of it as a guarantee. The One who started 'the good work within you' won't leave the task unfinished. At the end of the course, God won't get an 'incomplete.' For sure, He won't fail! Remember, it takes four seasons to make a year.

The autumn season of your life may be uncomfortable. Unemployment might be your lot. Or a broken romance. Perhaps you are grieving over a recent loss. Maybe you're lonely. Or hungry. Or cold. You feel anxious about those ugly clouds on the horizon that indicate an ominous tomorrow. The winds of adversity are picking up and you feel afraid...

'The roots grow deep when the winds are strong.' If autumn, the season of reflection, has come, expect your roots to deepen. Count on it. Yet, be assured of this, the Lord God specializes in roots. He plans to deepen you and strengthen you. But He won't overdo it. He is sovereignly and compassionately at work. We are more impressed with fruit. Not God—He's watching over the roots. We like the product, He emphasizes the process. And painful though it may be, 'He who... began... will keep right on... until His work... is finished.'

So we can boldly declare, 'Come wind, come weather, welcome autumn!'

Source: Charles R. Swindoll - "Growing Strong in the Seasons of Life"

Read more: <http://www.creativeyouthideas.com/resources/devotional/autumn-season-of-life/#ixzz3FZHJv>

