



Volume 17 - Issue 6

# The Trinity Tablet

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## Inside This Issue:

- A Prayer for Memorial Day
- Do "eustress" enough?
- Mother's Day Hymn
- Birthday & Anniversary Celebrations
- Kid's Corner

## Dates to Remember:

- \* *National Day of Prayer, May 5, 2022*
- Mother's Day, May 8, 2022*
- Armed Forces Day, May 21, 2022*
- Victoria Day (Canada), May 23, 2022*
- Ascension Day, May 26, 2022*
- Memorial Day, May 30, 2022*

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## A Prayer for Memorial Day

We remember, O Lord, all those people throughout the years who have made the supreme sacrifice for our country, for liberty, for us. Whenever we breathe the air of freedom or claim the right to justice or enjoy the privilege of worship, fill us with gratitude for those who selflessly gave the last full measure of devotion — their very lives — for our benefit.

May these brave men and women now know the joy of eternity and your presence. And may the families of the fallen receive comfort and peace amid their grief. Help us as we minister to their needs. Through Jesus Christ our Lord. Amen.



## **Do "eustress" enough?**

Stress generally isn't viewed as positive, but psychologists speak of both *distress* and *eustress*. Eustress is a level of discomfort not so high as to make us give up but high enough to urge us forward.

Winemakers know that the best wine comes from stressed grapevines, planted in rocky soil and given only enough water to prompt the roots to stretch downward to find more moisture. People, too, grow strong when pushed to work hard, not when handed everything we want or need. Good parents know this, as does our good and gracious God.

When we're struggling and stressed, God hasn't abandoned us, but he may be practicing the vinedresser's tough love to help us grow. Perhaps the Spirit allowed the Bible to be difficult in places so we'd work to learn what it means. Perhaps God lets questions challenge our faith so we'll stretch to find answers. Maybe God will transform what seems distressing into *eustress* — making us the very best we can be.

-Author Unknown

I am the new wine

Luk 5:38 But new wine must be put  
into new bottles; and both are preserved.





## **A Mother's Day Hymn**

Sing praise to our Creator God!  
Earth prospers from the way  
God "mothers" each new child into  
This world day after day.

God fabricates in motherhood  
A channel from above  
That longs to share with every child  
God's comfort, grace and love!

Sing praise to our Creator God,  
Who "mothers" us from birth!  
Providing what we truly need  
Throughout our lives on earth.

-Peggy Ferrell



5/1 Butler Cornelius  
5/1 Sonya Funnyre  
5/3 Lester (Sonny) Langston  
5/5 Phil Wright  
5/5 Kurtis Coleman, Sr.  
5/7 Patria Cook  
5/8 Lois Norman  
5/8 Curtis Otey  
5/14 Jannie Willis  
5/15 Christine Kennard  
5/15 Brielle Brade

5/19 Mary Radcliffe  
5/20 Michael Littlejohn  
5/20 Javonna Thomas  
5/23 Sherreyl Dixon  
5/25 Jennifer Penn  
5/26 Mary Harris  
5/27 Wayne Brooks  
5/29 Sandra Jordan  
5/30 Natalie Talley  
5/30 Bianca Brade  
5/30 Michaela Warren



**MAY**  
ANNIVERSARIES

*5/4 John Peoples*

*5/12 Ernie & Vickie Willis*

*5/16 Tekye & Catina Evans*

*5/27 Vaughn & Margaret Bradley*

*5/28 Arthur & Orinthia Harris*





Kid's (and kids at heart) Corner

# **COLORING PAGE**

Enlarge, print and color this image.



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MEASURE

