



Volume 15 |
Issue 12

The Trinity Tablet

The Trinity Tablet: Gepsie Cox, Co-Editor, Catina Evans, Co-Editor, Brandy Wallace, Co-Editor

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- * WMS Annual Day
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- * October Birthdays and Anniversaries

Dates to Remember:

- * All Saints' Day, Nov. 1st
- * Daylight-Saving Time Ends, Nov. 1st
- * Election Day, Nov. 3rd
- * Veterans Day, Nov. 11th
- * Thanksgiving Day, Nov. 26th
- * Thanksgiving Day Service, Nov. 26th at 10:00am
- * First Sunday of Advent, Nov. 29th



Growing Through Gratitude

Thankfulness, studies show, has multiple physical, mental and emotional benefits. Psychologist Robert Emmons calls gratitude “fertilizer for the mind” because of its powerful effects.

He admits gratitude isn’t always easy — especially when life throws us curveballs (see the year 2020) — but says it can be most helpful during and after difficulties. Emmons suggests reframing challenges using thankfulness-based language. Ask, for example: Though I wasn’t grateful for the experience at the time, how can I be now? What lessons did I learn, and how did I grow as a person?

Throughout his letters, the apostle Paul reframes his extensive sufferings and urges us to do the same. “Give thanks in all circumstances,” he writes, “for this is God’s will for you in Christ Jesus” (1 Thessalonians 5:18, NIV).

An Offertory Prayer for Thanksgiving

Merciful and generous Lord, you open your loving hands and bless us abundantly every day of our lives. Even when we go through dark times — suffering, sorrow, pain, desperation — you assure us that your loving, everlasting arms will not let us go. How generous are all your benefits, how supportive, how comforting to experience.

Today we join with “the great cloud of witnesses” who once praised you on Earth and now glorify you in heaven, offering our deepest gratitude for all the gifts you so generously give.

Accept then our thanksgiving for your love, your grace and all the blessings you bestow on us daily. Through Jesus Christ our Lord, Amen.

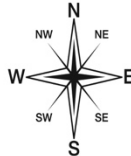
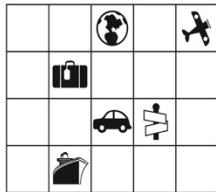
For Kids and “Kids at Heart”



Wherever we go

No matter where we journey, God always protects us.

Directions: Use the map and compass to answer the clues. Then write the boxed letters in order in the spaces below to complete Psalm 121:8, NIV.



Start at the SHIP.

Move 1 space N, 3 spaces E, and 2 spaces N

Start at the WORLD.

Move 1 space W, 1 space S, and 1 space SE

Start at the SUITCASE.

Move 1 space NE, 2 spaces S, and 1 space E

Start at the PLANE.

Move 2 spaces SW, 1 space S, and 1 space W

Start at the CAR.

Move 1 space E, 1 space N, and 1 space NW

Start at the SIGN.

Move 1 space SE, 1 space W, and 2 spaces NW

The _ ORD will watch ove_ your comi_g and go_ng
both no_ and for_ vermore. Psalm 121:8, NIV

Answer: plane, car, sign, ship, world, suitcase. The LORD will watch over your coming and going both now and forevermore. Psalm 121:8, NIV



WISDOM FROM THE WORD

God makes a special promise to people who study Scripture.

Directions: Arrange the word list in alphabetical order. Then write the circled letters in order below to complete Joshua 1:8, NIV.



school	
paper	
wisdom	
read	
play	
learn	
grow	
pencils	
pray	
art	
student	
kids	
apple	

“... meditate on it day and night, so that you may be careful to do everything written in it. Then you will be _____ and successful.”

JOSHUA 1:8, NIV

Answer: apple, art, grow, kids, learn, paper, pencils, play, pray, read, school, student, wisdom, prosperous

November Birthdays

11/1	Cynthia Rome	11/12	Lauren Rome
11/3	Elsie Coleman	11/14	Cam MacLachlan
11/3	Amanda Brooks	11/14	Donte' Busey
11/3	Raygan Gillins	11/15	Kevin O'Connor
11/4	Issie Jenkins	11/19	Lisa Gordon
11/4	Lester Vanterpool	11/21	Felicia Ward
11/4	Lorraine Vanier	11/21	Nicole Jackson
11/4	Bria Wallace	11/22	Eugene Beckley, Sr.
11/5	Jillian Kerr	11/23	Barbara LaFavors
11/6	Andre' Cornelius	11/25	Linda Mumford
11/8	Jo Glasco	11/25	Amber Montgomery
11/9	Tijuana Mayo	11/27	Careese Warren
11/9	Austin Warren	11/28	Donald Hamilton
11/10	Liz Smithay	11/29	Bettye Walters
11/12	Sam Neal	11/29	Nikki McFadden

ANNIVERSARIES

11/8	Ty & Maisha Gillins	11/30	Carolyn Mitchell
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THE LOTTIE SCOTT-LOUISE DORSEY WOMEN'S MISSIONARY SOCIETY



YOUNG PEOPLE'S DIVISION

ANNUAL DAY

SUNDAY AUGUST 23, 2020

THEME: GOD'S POWER, 2CHRONICLES 7:14



We are living in a time where the Coronavirus pandemic (COVID-19) has affected our daily lives, how we shop for our groceries, employment, virtual learning, wearing masks, gloves. Most of all, how we worship. Either it's over the telephone, YouTube or Zoom. Thanks be to God we are living in age of technology! Our WMS/YPD Annual Day was awesome. We thank Pastor Langston, our President, Sis. Liz Smithay, YPD Director, Erika Tarver, our speakers, program participants, Rev. Paul Ball and Sis. Tijuana Mayo, Bro. Rodney Coleman and the Music Ministry and the Media Ministry, especially Bro. Chris Childs and all others involved.



Rev. Latia Suite of Union Bethel AME, Randallstown who serves as minister to youth and young adults was our 9:30 speaker. Her message title was "His Power, Our Process." 2nd Chronicles 7:13-14. Rev. Suite spoke on the Process of Growth, The Process of Seeking God and Glow Up is Real. Go, Glow, Grow. There is power in the name of Jesus.



Rev. Benonia Thomas, of Mt. Pisgah AME, who serves on the ministerial staff was our 11:00 am speaker. Rev. Thomas brought words of encouragement with the message title "The Church Has Left the Building, So Keep Up the Good Work." She reminded us that we all want to be acknowledged for what we do and the recognized for our effort to be affirmed, we all want to do good meaningful and beneficial ministry. We all thrive on approval to hear good job or well done gives us a sense of worth. She also reminded us that in the last six months we have dealt with George Floyd, COVID 19, virtual learning, self-quarantine, social distancing, and face masks. In this time of darkness we need affirmation.

(To watch this message in its' entirety):

<https://www.youtube.com/watch?v=Axl3vfCLhzU&feature=youtu.be>



"SWANSFIELD ELEMENTARY SCHOOL SUPPLY DRIVE HELD ON AUGUST 29TH"
THE WOMEN'S MISSIONARY SOCIETY SWANSFIELD ELEMENTARY SCHOOL THANKS YOU FOR
YOUR DONATIONS AND SUPPORT.



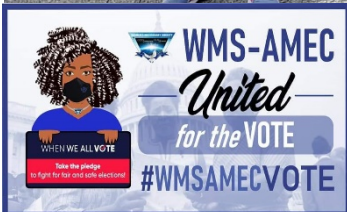


The WMS of Mt Pisgah (Matilda Area of the The Washington Conference Branch of the Women's Missionary Society) participated in the Lupus Foundation Walk on October 10th.

MISSIONARIES ON THE MOVE



Jacquie Taylor, Shaundra Allbritton, Lori Foulks. We walked in honor of Anna Foulks and Lisa Pirtle walking in Iowa



MISSIONARIES ON THE MOVE

The Women's Missionary Society participated in our own Breast Cancer Awareness Walk on October 24th. The WMS was joined by members of the Women's Choir, friend and Missionaries from Mt Moriah and Mt. Calvary, WMS. Canned goods were collected and donated to Columbia Community Cares at Swansfield Elementary School.



*"With My Hands Lifted Up, And My Mouth Filled With Praise,
With A Heart Of Thanksgiving, I Will Bless Thee O Lord"*

