

The Chronicles of Trinity and Quinnesec UMCs

*A tale of two churches intertwined by faith,
community, and the pursuit of a greater purpose.*

November 2024

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“Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.” – 1 Thessalonians 5:16-18

Thanksgiving is a wonderful opportunity to reflect on our blessings and express our gratitude. But why limit this feeling to just one month a year? Embracing a mindset of gratitude can be transformative and uplifting all year round. Imagine starting a gratitude journal that opens your heart to the joys around you—it could change your perspective completely!

A gratitude journal is a delightful way to appreciate life’s simple pleasures, like pausing to admire a beautiful rose. 🌹 When we express gratitude, we elevate our mood and strengthen our connections with those around us, creating an inspiring ripple effect of positivity in our lives.

****Best Times for Journaling:****

Think about mornings filled with fresh possibilities, where you can capture your thoughts and cultivate gratitude. Or picture evenings, where you reflect on the highlights of your day. You don’t have to stress about perfection—set reminders to help you form this uplifting habit! Embrace the joy of journaling, and let it weave into the fabric of your daily routine.

****Ideal Length for Gratitude Entries:****

Aim for one to three pages for your entries. It may sound daunting, but remember, brevity counts! A simple list or a few heartfelt sentences is all it takes to convey your gratitude.

If you find yourself at a loss for words, set a manageable goal. Maybe jot down three things you’re grateful for each day or ten throughout the week. You’ll be amazed at how easy it becomes to express your thankfulness as this habit takes root!

****Ideal Journaling Duration:****

You ever heard that it takes 21 days to form a habit? Keeping this in mind can create lasting change in your life. Commit to gratitude journaling for three weeks and unlock a treasure trove of insights and joy!

****Clinical Reasons for Journaling:****

Journaling isn’t just good for the heart; it’s fantastic for your mind! It helps you process thoughts and emotions, boosting memory and cognitive function. Numerous studies, including one by Emmons and McCullough (2003), showed that keeping a weekly gratitude journal leads to increased happiness and optimism. Imagine how much brighter your life could be!

****Different Ways to Journal:****

The beauty of gratitude journaling lies in its flexibility. Choose what works for you—whether it’s a classic notebook, a trendy mobile app, or even a blog. The key is to dedicate time each day to express what you’re thankful for.

****Three Popular Journaling Methods:****

1. **Christian Gratitude Journaling Apps:**

Explore apps like “Thankful,” “Blessed,” and “Grateful,” which allow you to compile your gratitude list and even include photos and videos. Plus, sharing your entries can inspire others to embark on their gratitude journey!

2. **Writing in a Physical Notebook:** When was the last time you put pen to paper? Writing by hand adds a personal touch to your gratitude practice that technology simply can’t replicate. It deepens your connection with your thoughts and makes each entry feel special.

3. **Keeping a Gratitude Jar:** Try a gratitude jar! Personalize it and fill it with notes of appreciation throughout the week. When you review your entries at the end of the month, you’ll be reminded of all the moments that brought you joy.

“Give thanks to the Lord, for he is good; his love endures forever.” – Psalm 107:30

Embrace the power of gratitude journaling and watch as it transforms your perspective and enriches your life!

Expressing Gratitude in Advance, Pastor Crystal

Some information adapted from

<https://madeofstill.com/2022/06/18/christian-gratitude-journal/>

November Birthdays & Anniversaries

- Nov. 1 Denise DeLano, Sarah Marshall
2 Pat Barbeau, Mike Cronick (Q)
3 Cliff Schaut Jr., Dustin Schaut
Brad & Krista Harry
6 Carol Calcari
Drew & Mary Heather Champagne
9 Max Buck, Erika Mattson
10 Suzanne Harry
11 Brad Strehlow
12 Mary Tachick (Q)
14 Bob Peterson
16 Joyce Erickson
19 Bella Person
20 Greta Betti, Mary Heather Champagne
22 Brian Tirschel
23 Mark Uren
24 Sam Bilgreen
25 Carol Pezzullo
26 Mike Bruns, Louisa Schalow (Hansen) (Q)
28 Virginia Yarck (Q), Bob & Moira Cowling
30 Dean Laitinen

Hospitalized since our last issue: Jill Baciak.

Our condolences to Mike and Chris Bruns and their family. Chris's grandmother, Lorraine Luba, died September 22.

Our condolences to Shelley Moore, whose mother Elaine Moore died October 3.

Our condolences to the family of Beverly Lindberg, who died October 8.

Those in nursing homes and shut-ins are...

Evergreen: Ethel Kovala (Q)
Freeman's: Allen Alleva
Maryhill Manor: Anne Hansen (Q)
Optalis: Neil Annear, Bill Uren
Pinecrest: Joyce Yuhasey
At home: Jim & Lorene Nelson (Q), Sue Youngberg

Please join us at Quinnesec UMC for Fellowship Sunday on the third Sunday of every month (November 17) after the 9 a.m. worship service. Coffee and snacks will be served downstairs as we enjoy fellowship time together.



Aiden Jay Harry was baptized October 20 at Trinity UMC. He was born May 23, 2023, and his parents are Brad and Krista Harry. Grandparents are Jay and Kerri Harry. Great-grandparents are Marvin and Carolyn Harry.

Trinity congregation, please call or email us with the address of your college student. We send out treat packages a few times during the school year and would like to include your college student.

Joy Crafters meet on Mondays at 10:00 a.m. at Trinity UMC. Bring your own craft, coloring book, scrapbooking materials, or whatever else you enjoy doing, and join us.



Trinity's Mission of the Month for November is The Salvation Army of Dickinson County.

The organization has many local programs and services. The Bread of Life Assistance Center offers help with emergency services, long-term case management, inmate re-entry, utility assistance, eyeglasses, and community closet. Special projects include food baskets for Thanksgiving, Christmas, and Easter.

Other projects include Angel Tree, Bread of Life backpack program, and emergency food pantry. The food pantry provides a two-to-three day supply of emergency food and serves 24,000-25,000 meals annually. Please make your check payable to Trinity and indicate that it's for the Mission of the Month.

News from Trinity's Engaged Ministry Team

UMCOR (United Methodist Committee on Relief) Sager Brown Depot has depleted their supply of relief kits. Over 5,000 kits have been distributed in response to hurricanes Helene and Milton. Those wishing to donate to UMCOR can do so at UMCmission.org.

We are planning to collect clothing for children in foster care for the Dickinson Foster Closet in December and January. We will also celebrate birthdays with members of the congregation in a church-wide birthday celebration on Epiphany Sunday, January 5. More details to come.

Thank you to everyone for your contributions to the mission efforts at Trinity. Be sure to check out our bulletin board with thank you cards from recipients of the congregation's mission giving.

--In his service, Trinity UMC Engaged Ministry Team

QUMC Helps Mission Bible Training Center

Quinnesec UMC will again be supporting the Mission Bible Training Center for Christmas this year and are collecting personal care items (shampoo, body wash, deodorant, toothpaste, toothbrushes, etc.) for residents of the Center during November and December. A donation box is in the narthex.

The Mission Bible Training Center is located in Gaastra, Michigan. The goal of the center is to help people who have life-controlling problems, such as drug or alcohol addictions, by ministering the Gospel of Jesus Christ to them. They believe that the Gospel should be free to all. They do not charge anyone for the services they provide.

They are a not-for-profit 501(c)(3) faith ministry and are non-denominational. Thank you for supporting this awesome mission!

Thank you notes...

“Dear Family. On behalf of GCR (Global Centre for Reconciliation), we want to express heartfelt thanks for your generous donation of \$819.73. Your support makes a significant difference in our efforts to maintain our GCR Reconciliation Center (church) and will help with discipleship. We value your partnership and look forward to keeping you updated on the positive changes your generosity has made possible. If you’d like to learn more about the ongoing projects or upcoming initiatives, feel free to reach out or visit our website at <https://www.center4reconciliation.com/I'm>. Once again, thank you for being a vital part of our mission. We truly couldn’t do this without you.”

With sincere appreciation,

Smohan, Vice president of GCR ministry
(Global Centre for Reconciliation)

(This was our December 2023 Mission of the Month.)

Dear Friends in Mission. Thank you for your gift of \$40.65 to Immigration Law and Justice Network, which was formerly Justice for Our Neighbors. Through your financial support, you are serving within a vital web of interactive relationships, partnering to engage globally in direct ministry to people in need.

Grace and peace,

Roland Fernandes, General Secretary
Global Ministries of the United Methodist Church

(This was our March 2024 Mission of the Month.)

Noisy Offerings at Trinity UMC are collected usually on the second Sunday of each month. Your coins go to the Mission of the Month. Thanks for your generosity!

Trinity UMC thanks you for continuing to turn in cash register tapes from Super One Foods and Tadych’s Market Place. Money that we receive for the tapes goes to the General Fund. A collection box is on the bulletin board by the west door to the Sanctuary.

Upcoming Feeding America trucks include:

- Thursday, Dec. 5, 3 p.m., at Grace Methodist Church, 130 Odill Dr., Norway.
- Wednesdays, Nov. 13, & Dec. 11, at Tri-City Cinema 8, W7700 Hwy. US-2, Quinnesec.

Movie Night is Tuesday, November 12, at 7:00 p.m. at Trinity UMC. Come watch “Woodlawn,” and enjoy free pop and popcorn! Here’s the description: “In 1973, a spiritual awakening captured the heart of nearly every player on the Woodlawn High School football team. Their dedication to love and unity, in a newly desegregated school filled with racism and hate, leads to the largest high school football game ever played in the torn city of Birmingham, Alabama, and the rise of superstar Tony Nathan.”

Piano Players at Quinnesec UMC this month:

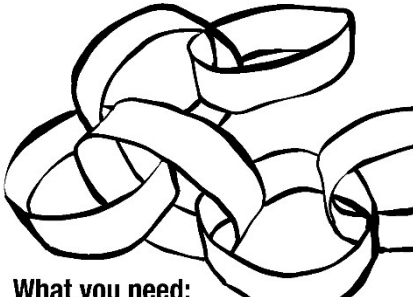


November 3, Lois Outcalt
November 10, Sandi Adams
November 24, Maribelle Adams

All Saints Sunday is November 3 at both Quinnesec and Trinity United Methodist Churches. We’ll remember members and friends of our churches who have died since last year’s All Saints Sunday.

The Dickinson County Community Chorus will have their Christmas concert, December 2 and 3 at the Kingsford High School auditorium.

Rehearsals are held Tuesday evenings from 6:45-8:45 p.m. in the Fellowship Hall of the First Presbyterian Church at 395 Hamilton Ave., Kingsford. There is no charge for membership in the chorus, and there are no auditions. However, prospective new members should possess some knowledge of choral singing and be able to attend most rehearsals! The children’s chorus rehearses on Tuesdays at 6:30 p.m. For registration information, go to <http://www.communitychorus.org/>.



Links of GRATITUDE

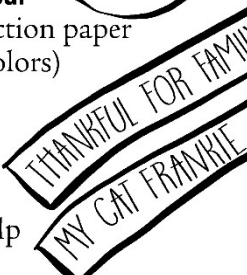
Make this meaningful decoration for your Thanksgiving table.

What you need:

- Construction paper (in fall colors)
- Scissors
- Pen
- Jar
- Stapler
- Adult help

What you do:

1. Cut the paper into strips about 2 inches wide.
2. Place the strips and pen in the jar. Then set it in a prominent place in your home.
3. Throughout November, have family discussions about what you're thankful to God for. Write or draw each item on a paper strip.
4. Make a paper chain by linking and carefully stapling the strips.
5. Keep adding to your decoration and display it during your Thanksgiving meal.




Quinnesec United Methodist Church's Hanging of the Greens is Sunday, December 1

Please join us for fun and fellowship as we decorate the church for the Christmas season after worship on Sunday, December 1. We will enjoy a soup and sandwich lunch downstairs after decorating. There is a sign-up sheet in the narthex for the lunch. All are welcome as we prepare for this joyous season!



Trinity UMC's Hanging of the Greens will be Saturday, December 7, at 10:00 a.m.

Everyone is welcome to help decorate the church for Advent!



Horse-Drawn Wagon Caroling Party, Friday, December 13, 5-7 p.m. at Quinnesec UMC



We are bringing back our traditional horse-drawn wagon caroling party this year at historic Quinnesec United Methodist Church.

Come celebrate the joy of the Christmas season with an old-fashioned horse-drawn wagon ride through the streets of Quinnesec in our beautiful winter wonderland. Join us for a fun-filled evening and help us spread some cheer by singing Christmas carols throughout our community.

Warm up inside after the ride with a cup of hot chocolate and some delicious food in the cozy warmth downstairs at our church. This is a free event, and all are welcome!



WHEN: Friday, December 13

TIME: 5:00 p.m. – 7:00 p.m.

WHERE: Quinnesec United Methodist Church,
677 Division Street (Corner of Division and River St.).

Trinity & Quinnesec United Methodist Churches
c/o 808 Carpenter Ave.
Iron Mountain, MI 49801

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ELECTRONIC SERVICE REQUESTED

The Chronicles of Trinity and Quinnesec United Methodist Churches

November 2024



**Be sure to turn your clocks back 1 hour
when you go to bed Saturday, November 2.**

Quinnesec United Methodist Church

Sunday worship at 9:00 a.m., (906)774-7971
677 Division St., P.O. Box 28, Quinnesec, MI 49876.

Trinity United Methodist Church

Sunday worship at 10:30 a.m., (906)774-2545
808 Carpenter Ave., Iron Mountain, MI 49801
imtrinity.org imtrinityumc@gmail.com,
facebook.com/imtrinityumc

Secretary: Sally Verley

Custodian: Larry Marlett

Choir Director: Jeremiah Garrigues-Cortelyou

Organist/pianist: Boyd Thomas

Technology: Kathryn Bilgreen, Jeremiah Garrigues-
Cortelyou

*(Throughout this newsletter, (Q) stands for information
related to Quinnesec UMC.)*

New Faith Study: A six-week faith study has been suggested for 2025, starting in January on Wednesdays at noon at Trinity UMC. The book *40 Days with Wesley* has been recommended. It's a book of 40 devotions using Scripture and excerpts from the sermons and writings of John Wesley.

If you're interested, please call (906)774-2545 or email imtrinityumc@gmail.com. If a different day, time, or study guide is desired, please tell us.

Quinnesec UMC's Mission Statement:

"The Mission of the Quinnesec United Methodist Church is to win persons to salvation in Jesus Christ by sharing God's love, nurturing spiritual growth, caring for the needy, providing meaningful worship, praying, and participating in mission opportunities at home."

Trinity UMC's Mission Statement:

"Sharing God's Love with Those Who Hunger"