

Trinity Today



Trinity Presbyterian Church, Little Rock

May 2019

Senior Recognition Sunday

April 28, 2019



Mary Beth Pierce will be graduating from Little Rock Christian Academy with honors. While at LRCA, Mary Beth was active in Model UN, an officer in FBLA, National Honors Spanish Society, and Art Society. She participated in LRCA Varsity Soccer which won the 5A state title in 2018, as well as club soccer for Arkansas United which won five state championships. Mary Beth served as team captain of the LRCA swim team, winning conference awards. She spent time volunteering during the summers at Access Academy and TOPSoccer, both organizations that work with children with special needs. She also participated in the American Heart Association Sweetheart program. Mary Beth plans to attend Hendrix College in the fall and is considering majoring in English and philosophy. Her long-term goal is to attend law school and be an advocate for women and children.

Lucy Gatewood will be graduating from Episcopal Collegiate School where she was involved in a broad range of activities, participating in varsity soccer, varsity cheerleading, Art Club, Spirit Club, advanced percussion, and Episcopal Steel Band. Lucy also served as a senior peer leader for freshmen. Her favorite subject was algebra, in which she won the Class Day College Algebra award. Another major accolade for Lucy was winning the Thea Foundation visual art award and scholarship. Lucy is enrolled in the University of Arkansas and plans to major in studio art, hoping to do something involving art as her professional career.



Trinity Choir's Mardi Gras Party

Festive fun at Mike and Cecelia Enault's home.



Women @ The Table Seder Demonstration

Liz Lucker and Mary Machen demonstrated a traditional Seder supper on April 17 to the W@TT women's study group.



Author Robert Williamson Jr. to speak to Trinity's Women @ The Table

Wednesday, May 8, 2019 is a special day for the Women @ The Table study group! We will be finishing our study of *The Five Forgotten Books of the Bible*, and author Bobby Williamson will be our question-and-answer speaker



from 10:00-11:00am in Room 6. He'll then join us for a potluck lunch in the Fellowship Hall beginning around 11:15. You are welcome to attend both events even if you haven't been part of the W@TT study group. Call or text Nancy Howell (501-519-3281) or Susie Haynes (501-351-6284) to let us know if you'll be there.



This summer, Trinity will offer exciting adventures for children, youth, and their parents. On Sunday, Monday and Tuesday nights, June 9, 10, and 11, we'll have activities for the whole family from 5:30 to 7:30pm. All ages will begin the evening together with supper from 5:30 to 5:50 in the fellowship hall and end the evening together with a brief closing devotion. Each group will have adventures designed for them.

**Children 4 years to 5th Grade:
Adventures Around the World**

Our children will explore the people, creatures and world that God created.

Youth 6th–12th Grades: Adventures in Faith

The youth will explore God's call on their life and the adventure that comes with following Christ. Jared Brown will lead this journey through games, discussion and other activities.

Parents: Adventures in Parenting

Parents of infants through high schoolers will explore the joys and pitfalls of parenting. Pastor Jeff Price will guide the class in the difficulty of parenting in our modern world. Topics will include creating family times, communication, discipline, and helping kids navigate the digital world. Parenting classes will be on Sunday and Monday nights. Then on Tuesday night, parents can drop their kids off, go have a date, then join their kids back at Trinity for closing devotions.

There will be a nursery all three nights for children infant through 3 years of age of participating parents. These adventures are open to members and visitors so spread the word to your friends! Watch for more details and registration information in May.

2019 Easter Egg Hunt







5 Surprising Health Benefits of Church Attendance

Going to church is good for your soul, sure, but did you know it may have other benefits, too? There are at least 5 surprising improvements you might experience in a few areas of your life if you attend church services regularly.

Better sleep

Instead of reaching for the Ambien, you might want to think about incorporating daily Mass into your routine. A recent study found an association between better sleep and church attendance. According to the study authors: “More religious adults in particular tend to exhibit healthier sleep outcomes than their less religious counterparts.”

Researchers posit that religious involvement may limit an individual’s “mental, chemical, and physiological arousal associated with psychological distress, substance use, stress exposure, and allostatic load,” thereby promoting better sleep outcomes in practicing individuals.

Less risk for depression and suicide

With all of the recent news concerning the suicide of high-profile celebrities and sky-rocketing depression and suicide rates overall, it is certainly worth looking into factors that may help protect against depression and suicide risk. High up on that list of factors is church attendance.

In a 2016 study published by JAMA Psychiatry, researchers found that, between 1996 and 2010, “women who attended any religious service once a week or more were five times less likely to commit suicide.” And while Protestant women attending weekly services had better protection against suicide risk than the average non-practicing woman, Catholic women were seven times less likely than practicing Protestant women to commit suicide.

More stable, happy, and sexually satisfying marriages

According to the Institute for Family Studies, “the couple that prays together, stays together,” that is, couples who practice their faith through regular church attendance together tend to report significantly higher relationship quality than those couples who do not attend services together.

What’s more, attending church together seems to make for sexier marriages, too. According to the Marriage and Religion Research Institute, “Adults aged 18 to 59 in intact marriages who worshiped weekly were most likely to report enjoying intercourse ‘extremely’ or ‘very’ much with their current sexual partner, according to the National Health and Social Life Survey (1992), the most detailed analysis of sexual behavior in America.”

Longer life

It seems like striving to get to heaven may actually keep you on Earth a little bit longer. According to 2016 study from JAMA Internal Medicine, women who reported attending religious services “more than once a week had a 33 percent lower risk of dying during the study period compared with those who said they never went.” Women who attended once a week also benefited from a 26 percent lower risk of mortality than their non-attending counterparts. The study did not examine the association between religious attendance and mortality in men, and most of the women studied were Christian. Researchers concluded that “Religion and spirituality may be an underappreciated resource that physicians could explore with their patients, as appropriate.”

Lower blood pressure

A 1998 study found that “religiously active older adults tend to have lower blood pressures than those who are less active.” By “religiously active,” researchers meant those who engaged in frequent church attendance, praying, and studying the Bible. Researchers found that “among participants who both attended religious services and prayed or studied the Bible frequently, the likelihood of having a diastolic blood pressure of 90 mm Hg or higher was 40 percent lower than found in participants who attended religious services infrequently and prayed or studied the Bible infrequently.” Interestingly, “those who frequently watched religious TV or listened to religious radio actually had higher blood pressures.”

Trinity Youth Group

The Trinity Youth Program is dedicated to growing young hearts in a relationship with Christ and each other. Every week we meet on Sunday nights from 5:30-7:30 for a time of fellowship and fun while we learn about God's love through group activities and adventures. Our Youth Ministry partners with parents and



the community to plan everything from exciting trips and themed lock-ins to supporting outreach projects like Stewpot and sending care packages to our Trinity kids who are far from home at college. Everything we do with the Trinity Youth is to show that God's love is not bound by human conditions and faults but is free to everyone that will take it. We seek to mirror that love in each other, our community, and the world at large.

Sunday School Classes: Spring 2019



The 6-12th grade Sunday School class, also known as *Donuts with Jesus*, will conclude our study of Big Questions About Faith. It's not too late to jump in on the discussion, so join us 9:15-10:15 on Sunday mornings!

Each session encourages our youth group to look to Scripture, as well as our faith tradition, in relevant ways to discern the best way to approach the answers to our faith questions. Throughout the month of May we will be focusing on one specific point of faith, and that is *Hope*. Is hope necessary for us to be a Christian? What use is hope during a crisis? Join us on Sundays to find out!

Youth Group Events Spring 2019



April 27-28: Lock-In

Trinity Youth Lock-In will be held starting at 7:30pm Saturday the 28th and ending after church on Sunday! This year's theme is Escape Through Faith, where we will explore all of the ways people have escaped in the Bible with God's help—and really look into that one time someone escaped in a different way than the rest!

May 5: He's Back! Now What?

We often talk about the big events in the life of Christ: His birth, teachings, death, and resurrection. But what happened afterward? Join us at Youth Group to explore what happened next to the people that followed Christ and how their lives would be forever changed by meeting Him! Join us Sunday night to see where scripture ends and legend begins.



I KNOW he was really special. But dead men don't come back. He's standing behind me, isn't he ...



As a mother
COMFORTS her child,
so will I COMFORT you.
Isaiah 66:13

May 12: Your Mother's Day

Moms, you won't want your kids to miss this Youth Group! This Sunday night will be all about the mothers in our lives and everything they do for us. Kids, think *you* can do better? Come for a challenge and see if you can do better than Mom as we race to see who can do her work the fastest!

Summertime with Trinity Youth

June 1: Hiking Petit Jean

Join us for a daytime hike at the beautiful and historic Petit Jean National Park. We will explore the ancient caves to view Native American Rock art and walk the trails to view the 95 foot Cedar Falls! If you would like to join as a youth or adult volunteer, just call or text Jared Brown at 870-299-0989.



June 9-11: Y-Go to Youth Group?

The Youth Group will be meeting June 9, 10, and 11 from 5:30-7:30 to explore our faith and how Youth Group is important to our growth as Christians. The last day of Y-Go will be spent at Wild River Country!

June TBD: Camping at Greers Ferry Lake

Keep an eye out, the Youth Group is planning a camping trip! Pack your tent, grab the bug spray and sunscreen and join us at Greers Ferry Lake for a couple days of camping in the great outdoors! Learn the basics of how to start your own fire to cook your marshmallows—and learn how to light that spiritual fire within yourself and others. If you would like to join as a youth or as an adult volunteer, text/call Jared Brown at 870-299-0989.



July 6-11: Junior High Jubilee at Mo-Ranch

Trinity will be taking kids to Mo-Ranch this year to see old friends and meet some new ones! Junior High Jubilee is more than playing in the rapids of the



Guadeloupe River, it's a time to enjoy fellowship with other Presbyterian youth, worship God, sing, dance, play, and grow as Christians.

July 15-20: Triennium

Trinity will be taking a group of youth with the Arkansas Presbytery to Triennium! We will spend five days



together at Purdue University in worship, small groups, recreation, and mission. We look forward to this fun, faith-building, friendship-making, and very often life-changing experience!

July 28-August 2: Interfaith Ecology Camp at Ferncliff

Through team-building activities, hands-on environmental education sessions, communal living, and sessions focused on teaching leadership skills and understanding each other from a faith perspective, this camp will help prepare the leaders of tomorrow to be successful and sustainable in a multi-faith world.



May 19 is Youth Sunday

On Sunday, May 19, Trinity's Youth Group will lead the 10:30am worship service with a skit, special music, a sermon by our very own Jared Brown, and much more! Mark your calendars and make plans to attend.

