



The TrumBulletin



A **Publication** of the Trumbull Church of Christ, 2 Drew Circle, Trumbull, CT. 06611
203-261-5201

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REPLACE FRET WITH TRUST

Psalm 37:1 begins by saying, “Do not fret.” In fact, that phrase is used three times in the first eight verses of Psalm 37. In the original language, the word “fret” is defined as “to gnaw, wear away, to eat away.” About twenty years ago, I remember hiking in the White Mountains of New Hampshire, along a river where beavers apparently frequented. I knew this because you could see their chew marks on many of the trees as you walked along the river and trail. The trees were at different stages of being gnawed to the ground by these beavers. Some trees had slight rings around their trunks where the beavers had just started to chew on them. Other trees had several inches of wood chewed out of them. Some trees had fallen to the ground because the beavers gnawed through the entire trunk. There are things in our lives that we allow to gnaw at us and eventually eat away at us until they destroy us, just as a beaver gnaws at a tree.

Psalm 37 shares more with us than simply, “do not fret.” The Psalm goes on to give us positive substitutes for worry. First, in Psalm 37:3, it tells us to “Trust in the LORD and do good.” Trust meaning that we should not attempt to live life on our own and cope alone, but rather go to a greater source for strength... go to GOD. Second, Psalm 37:4 tells us, “Delight yourself in the LORD.” This means to rejoice in God and what He has done for you. Let God provide the joy in your life. Third, Psalm 37:5 says, “Commit your way to the LORD.” This is a choice we make to act according to God’s will and not our own. It takes giving all of your worries and fears over to Him. Finally, Psalm 37:7 says, “Be still before the LORD and wait patiently for him.” Let us be at peace in knowing that He has a plan for our lives and He will direct our paths, on His time and for His purpose, not ours.

Rather than worry, let us choose to pray. Philippians 4:6-7 says, “Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” These two verses can be divided into three basic stages. First, we are given a premise to stop worrying. Second, we are given a practice to start praying. And third, we are given a promise of peace. We must follow the first two stages in order for the third to occur. So, let us not fret. Let us put our trust in God. Our hearts will be more at rest when we rest on our LORD.

~Ron Saracino

NEWS & NOTES

Wed. Night Bible Study via
zoom -7pm
**Fri. Sept 8 @ 6:30 pm Young
Adult Devo at the building.
Ages 18–29**

**Sat, Sept. 9th 10 am Ladies
and teen girls bible study at
the church building
Sept. 19 9:30 am-Tues.
morning Ladies Bible Study
Contact Mary Lou/Lisa if
interested**

**Spooner House is in dire need of
nonperishable items
Barnabas Project** if interested in
joining contact Mary Lou (475)
529-5751

*Pray for the **Toyer family** (friends of Beulah) in Trinidad. **Roland Had a 2nd stroke and is not doing well.**

*Pray for **Grace Christiansen**, who recently had surgery on her heel.

*Pray for **Nadine** who will be having a PET/CT scan soon.

*Pray for Nadine's friend, **Christine Nelson**, she is dealing with many losses and is quite ill from cancer.

*Pray for all those living in Maui.

*Pray for **Chester** (friend of Joanne and Bob's), he was mauled by his dog.

*Pray for **Toni Bonadio** who is having several health Challenges.

*Pray for **Irene Aschen**, she will be having hip replacement surgery Sept. 6th.

*Pray for **Emille Jones** who will be going for a second opinion soon.

*Pray for **John Westkott**, (Friend of the Pancoast's) who has salivary gland cancer.

*Pray for **Karen McMullen** who will be having surgery on her esophagus.

*Pray for **Dorthea** who is having an interventional pain procedure On her spine.

*Pray for **Kimberly**, (friend of Greg Saracino) who has been diagnosed with a serious illness.

Esther Aggrey is participating in an effort to help young children in Ghana, she will be collecting school supplies and other items (see list in back) until October.

***Pray for our families, children and teachers as they begin a new school year.**

Derin and Kristen want to thank all the families that came to yesterday's Families with Young Children event. Everyone had a great time! Pictures are posted on the back door.

*Pray for those dealing with cancer and chemo treatments- **Judith Gomez, David Fritzinger, Cohen** (Ron's friend), **Sarah** (Angela's niece), Tom Byer

***Prayers for all those who have lost loved ones this past year.**

*Pray for adult children to develop a relationship with God

*Pray for our **country & our leaders in government**, **first responders and health care workers.**

*Pray for **families, relatives, friends and people we are reaching out to**, that they may turn to the Lord.

Special prayers for our church leaders.

Prayers for all families caring for their elderly or sick loved ones: Allie Saracino-Cherie, Bob and Joanne Discala-Virginia, Greg & Linda

***Pray for those suffering from long term illnesses:** Nadine Keller, Linda Cerminara, Jeremy Sazone, Flo Repecko, Pat Yagowski. Meegan and Irene, Sylvia Sandoval, Nuris Gomez, Mildred, Karen O, Angela's mom Connie Scalzo, Anthony Katz., Jasmyn Malagutti, Daniel Ruiz., Zak Pappas Fernandes., Jim Walkup's brother (Sam), Cyrus (Zach's friend) dad who has brain cancer, Lance Flood, Zach Saracino, Joshua Ruiz, Brody Streety & all children with diabetes.

*Anyone interested in helping with **World Bible School**- contact Ron

***Opportunities** to serve: any men willing to participate in worship service in other capacities for the church, please contact Bruce Post. Anyone interested in leading and/or helping with the building or church house maintenance please contact Bruce Pancoast.

Please bring nonperishable food items for the **Spooner House** - a list of all items needed is on back table: Jelly/Jam/Peanut Butter, Cereal/Oatmeal, Canned Meats: Chicken, Tuna, Corned Beef Hash, Canned Ravioli/Tomatoes, Pasta Sauce, Canned Fruit/Applesauce, Crackers/Snacks, Pancake Mix/Syrup, Ramen, Hamburger/Tuna Helper, Baked beans/Pork and Beans, Canned/Dried Beans (i.e. Black, Chick Pea, Cannellini, Kidney, Pinto), Rice/Rice-A-Roni, Soup/Stew/Chili, Instant/Canned Potatoes/Yams. Bring these food items to the building to be delivered to the Spooner House. Please make sure that items do not have expired dates. Thank you

Wednesday Bible Classes: 7:00 p.m

,participate online via Zoom

Elders: Bruce Pancoast 203-452- 0426
203-913-8345

Minister: Ron Saracino 203-913-8345

Spanish Ministry: Elmer Sandavol
914-914-486-9146

Deacons: Ray Fernandes 203-502-8871

Luis Ruiz 203-610-2396

Bob Discala 203-521-7252

Patrick Keller 203-218-9517

Derin Wilson 203-360-1695

Bible class 10 am, Worship service 11 am

Online bible class and worship service

Go to our website :

trumbullchurchofchrist.org

Week of 8/27//23

Song Leader: Greg Payne

Lord's Table: Ray Fernandes

Closing Prayer: Pat Keller

Usher: Ray Fernandes

Week of 8/20-8/26/23

Donations: \$ 1510

Expenses: \$2687

