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NOUS

AUGUST 2026

Reflective Note

It was such a gift to gather together and celebrate the life and ministry of Don Allen. If you missed the service, you can [view it online](#):

Over the course of my decade here, it has been a privilege and a gift to get to know the “extended” Trinity family - those who grew up in the church but who no longer live here. Most of the opportunities to get to know these family members have been at memorial services, which feel as much a homecoming as homegoing. For those who actually grew up together here, I know it is even more so!

[Click here to read the full article!](#)

Worship

8/9 - 11th Sunday after Pentecost - Judges 4-5 (Deborah)

8/16 - 12th Sunday after Pentecost - Acts 16 (Lydia) - Blessing of the Backpacks

8/23 - 13th Sunday After Pentecost - Luke 2 (Anna)

8/30 - 14th Sunday after Pentecost

What's in Session?

The Session met on July 19, and had a hard time narrowing this list down to three items, as good and important work was done and conversations shared.

- We are excited to share that Trinity has been invited to participate in a new, grant-funded program, a Seminary for Every Congregation, that is a joint project of Eastern Mennonite Seminary, Union Presbyterian Seminary, and Louisville Presbyterian Theological Seminary. The program accompanies each participating church as it engages a central question animating its common life - such as the ongoing work of discerning the future of our grounds. This central question becomes the lens through which theological learning takes shape. Congregations will engage in yearlong cohorts where each church's pastor and a small team of lay leaders learn together, with mentors helping them grow in Bible study, community engagement, trauma-aware care, and planning for future ministry. If this is of interest to you, we still have room for 1-2 congregation members to participate. Reach out to Stephanie to let her know. You can also find Ethan King after worship to learn more. Ethan and his wife, Jordan, have been worshipping at Trinity, and Ethan is the Project Coordinator for the program at EMU. We are excited!

- Before we even knew about this opportunity, the Harvest team was working on a plan for the fall retreat. We learned that Massanetta Springs wasn't available for any of our preferred days, so we started branching out... to EMU! Mark your calendars for our fall retreat, which will take place on Sunday, September 27, in the Seminary Chapel at

Easter Mennonite. More information will be forthcoming.

- There will be NO livestream on Sunday, July 26, as planned, nor on August 2, as the tech team simply doesn't have the volunteers with particular expertise needed to make it happen. Let this be a reminder to reach out and thank team members for the amazing ministry they provide week in and week out. We are so blessed! Feel free to take this opportunity to catch up on services you might have missed, which can be accessed on our YouTube channel: <https://www.youtube.com/@TrinityHarrisonburg540/streams>

In Our Prayers



God of surprises,
when I think you are not present in my life,
you reveal yourself in the love of friends and family
and nurture me in your never-ending affection.

God of surprises,
when we think you are not present in our community,
you labour to make us of one heart

and cause us to share gladly and generously.

God of surprises,
when people think you are not present in our world,
you bring hope out of despair
and create growth out of difficulty.

God of surprises,
you are ever with us.
When the days go by and our vision fades,
keep surprising us.
When our hope dims and our patience wears thin,
keep coming to us.
Teach us to keep our lamps lit
and to be prepared,
that we may see your loving presence among us.

By Francis Brienon from "Prayers Encircling the World: An International Anthology"

May you notice the *God of Surprises* in your own life,
in our community, and in the world
as you engage with your own prayers and with the weekly prayer list

[Prayer List](#)

Fellowship



August Birthdays

Andy Sale, 3rd
Richard Slough, 4th
John Henderson, 9th
Vickie Carothers, 11th
Carolyn Hinshaw, 11th
Sarah Ann Whitmore, 19th

Jason Brown, 20th
Mary Jean Kempfer, 25th
Stephanie Gardner, 27th
Karen Leigh, 28th
Stephanie Sorge, 29th

August Baptisms

Rick Orem, 1st
Bill Sanders, 12th
Michele Davis-Sinclair, 16th
Leslie Tucker, 19th

Judy LePera, 20th
Adrienne Pannell, 25th
Stephanie Gardner, 27th
Sid McMillin, 30th

Get To Know our House Steward:

Lizzy Healy (Class 2028)

How long have you been at Trinity?

20 years!

Favorite Bible story?

Genesis 25

Path you almost took but didn't

I started college at the University of New Haven and I was offered some incredible opportunities including work on an NIH-funded research study about postpartum health in minority populations. I turned down this job offer to continue my teaching as a learning assistant for General Chemistry and Anatomy. I was on track to graduate and complete my Dietetic Internship with Yale/New Haven Health, but I decided to leave the University because I did not feel valued, I was living alone in a high-crime area, and I was struggling to process the sexual harassment I experienced during my timethere. I decided to come home and attend JMU, leaving the more "impressive" path behind in favor of what I hoped would be greater stability. JMU has not been everything I hoped it would be, but I have found a renewed sense of community and the stability I was longing for.

Most meaningful thing...**In the past year?**

Last May, I completed my capstone project on the Mediterranean-DASH Intervention for Neurodegenerative Delay. This project was dedicated to my Aunt Lori and Grammy and I was so thrilled to finish this before they both passed in the coming months. Since then, I have collaborated with Laura Morris, daughter of Martha Clare Morris, the founder of the MIND diet, to put together a presentation proposal for the annual Food and Nutrition Conference and Expo.

In the last decade?

In October 2024 I went to Minneapolis by myself for a conference and while I was there I got to see Allie Ostrander, one of my idols, run in a local 10k race. Allie is an incredible inspiration for me in my eating disorder recovery and it was the opportunity of a lifetime to get to see her compete in this race after narrowly missing the 2024 Olympics. I returned to Harrisonburg feeling more excited than ever to chase my dreams.

In life?

I started eating disorder recovery about 9 years ago and it has been the privilege of a lifetime. It has taken me years to reclaim my health and that is why I am so passionate about helping others do the same. In my Dietetics education, I have advocated on the state and national level for insurance coverage for eating disorder treatment, universal free school breakfast, and state licensure for dietitians. I hope to continue my advocacy work as I begin my career.

Free Concert

FREE CONCERT!

**LEVITT AMP
HBURG
2026**

**WEDNESDAY
August 12 @ 6:30pm**

WITH LOCAL OPENER AT 6PM

FABIOLA MÉNDEZ
Folk, Afro-Caribbean, Jazz

Turner Pavilion Lawn | 228 S Liberty St in Downtown Harrisonburg

HDR **LEVITT**
HARRISONBURG FOUNDATION FOR EDUCATION FAMILY FOUNDATION

Join us downtown for a free concert at Turner Pavillion! Look for the Trinity group **Wednesday, August 12, at 6:30 pm**. All are welcome to join us!

Nurture

The August neurodiversity word for the month is Pathological Demand Avoidance.

Children and adults who identify as [Pathological Demand Avoidance \(PDA\)](#) or Pervasive Drive for Autonomy “avoid everyday demands using ‘social strategies’ as a way to avoid tasks or demands and who possess a strong need for autonomy and control, require unique supports, and are socially oriented. To learn more about PDA, check out the information posted [here](#) and the video available [here](#).

Mission

Backpack Program

Now that it’s almost time to go back to school, we will be collecting non-food items for the Backpack Program. Contact Virginia Healy for more information on what we’re collecting.

Volunteers Needed



The Clothes Closet has an urgent need for two 1st Wednesday volunteers. The time volunteers are needed is from 6:15-7:45pm. If you are able to help on the 1st Wednesday of every month starting now and into the future, please contact Kathy Gillette by phone, text, or email.

Interfaith Paths to Peace Events



**8th Annual
HIROSHIMA-NAGASAKI
FLOATING CANDLE
COMMEMORATION**

★ August 8, 2026 at 7pm ★
Free & open to all

At the pond at Thurman-Hutchins Park
3734 River Rd. Louisville, KY

- **4:30pm** Pre-Event Drum Circle
- **7pm** Program including:
 - Music
 - Spiritual reflections by diverse faith leaders, including “Ceremonial Sundance Chief” Steve McCullough
 - Keynote remarks by artist & author Jill Baker
 - **Lantern-lighting ceremony at dusk**

No amenities.
Bring
Water, Snacks,
Blankets,
Lawn Chairs,
Flashlights!

FREE,
but RSVPs are
encouraged.
All ages, faiths,
backgrounds
welcome!

 — Interfaith —
Paths to Peace



August 8, 2026
at 4:30 pm
FREE

**Thurman-
Hutchins Park
Pond at
3734 River Rd.**



[Learn More & RSVP](#)



Trinity Presbyterian Church gathers on land that was part of ancestral hunting grounds and travel routes of various groups of indigenous peoples. We acknowledge, with gratitude, these stewards of the land through the ages.

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Our mailing address is: 725 South High Street Harrisonburg, VA 22801

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