

TRINITY BAPTIST CHURCH

# TRINITY TIMES

Belong. Become. Be.

Dear Church Family,

This past week our state moved into Phase 2 of our COVID-19 response. I rejoice with others who are able to open their businesses and who can enjoy some of the activities we could not enjoy in the past few months. I am prayerful that through this phase we will continue to be aware of our actions and habits that will not only protect us but others as we continue to respond to the Coronavirus.

In this Phase 2, churches are exempt from the government recommendations. Although we can meet, due to several factors we believe the best choice is to wait until the current Phase 2 ends. This is due to several reasons. First, although churches are exempt, there is still a strong recommendation that gatherings over 10 people not occur inside. Second, in our recent survey, only one third of the congregation indicated it was currently comfortable in returning to worship. In fact, many comments indicated that our membership would delay returning to a large group meeting. Third, the restrictions related to worship would mean a worship experience that is very limited. Considering these factors, our worship team feels that our best way forward is to wait until this Phase is complete. It would be our hope that at that time more of our congregation would be ready to return to worship on our campus.

Our Advisory Team, which was appointed as a team from the Trustees, adopted the following mission statement.

***"Because we love our community of faith we will seek to move forward by minimizing risks and trusting our congregation to act responsibly."***

Out of this mission statement we have come to several recommendations. Let me share them with you.

**We must be responsible for others.** We are reminded by the Apostle Paul that we should not look only to our interests but also to the interests of others. We are constantly told to submit to one another and to put the other before self. Our "People Team" has developed recommendations and our Trustees have approved these. These recommendations are what we are going to ask anyone who enters the building, for any reason in the foreseeable future, to do. These recommendations can be found in the newsletter as well as online. The heart of the recommendations includes three important matters.

**1. There is a health self-screening guide that we ask all to honestly adhere to.** This list of health questions concerns your risk of exposure and your risk of exposing others. The guide will be posted on the entrance doors to the church as well as on the website. We encourage all to look at this screen before entering the building.

**2. We are asking everyone who enters to wear a mask while in the building.** This is another way that you can help everyone feel comfortable in gathering for worship and other activities. Remember, the mask may protect you but most of all it protects others who may have higher risks. If you do not have a mask, we have cotton masks that will be available at the entrance doors that have been made by a wonderful group of volunteers in the church.

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**3. Social distance when on campus.** Our sanctuary and other rooms that will be utilized will be used with the goal of social distancing when we are on campus. This obviously means we are going to have to be flexible when it comes to room use.

**We are currently planning to begin in person worship on June 28.** We hope that as we move through Phase 2 we will be able to offer worship in person on this date. Our teams and committees will be working toward this goal. We will plan worship opportunities that will ensure our ability to social distance and to observe the “people team’s” recommendations.

**But what about...** Yes, these first steps leave us with a lot of matters still to be decided. Let me address some of those questions.

**What about Sunday School?** Our Sunday School is the backbone of our church. We value our relationships and discipleship we receive in these small groups. **Your Sunday School Class may need to adjust its time for virtual meeting.** We are so excited that in many situations, classes are having better participation than they were attendance. This is wonderful. We encourage you to continue your online presence. Our Sunday School Council is meeting to design a plan for meeting in person and options for classes.

**What about Children and Youth?** Children and Youth ministry is one of the hardest parts of ministry to restart. Helping keep our children and students safe is one of our greatest concerns. Our Children’s Ministry is going to be meeting with our “People Team” in helping us make plans for the restarting of ETC and other children’s ministries. We are enlisting the input of experts on these matters. Our goal is to adopt the best practices we can as we begin. In addition, our Student Ministry is seeking to discover creative ways to meet.

**When will the office be open?** We plan to re-open the office for office hours on June 1. However, we ask that you limit your visit to the campus and office to limit exposure risk to our support staff. Our staff will work in a staggered schedule through Phase 2. As we have stated above, all of the recommendations for entry will need to be followed by staff and any visitors to the building.

There are of course other matters that I have not addressed, but these are the important steps we are taking to return to various ministries and programs. I cannot express my gratitude to our leadership and to our congregation in this time. You have been faithful and patient as we seek to do this in a way that honors our Advisory Team’s mission statement. We are minimizing risk and we are trusting each other as we continue to be the church in this difficult time.

## STAFF CONTACT INFO

<b>ASSOCIATE PASTORS</b>	Dr. G. Jeffery Roberts Senior Pastor jroberts@tbcraleigh.com
Rev. Steve Byers	Worship & Music slbyers@tbcraleigh.com
Rev. Karen Metcalf Eickhoff	Education & Discipleship kmetcalf@tbcraleigh.com
Rev. Spencer Good	Administration sgood@tbcraleigh.com
Rev. Lydia Tatum	Ministry & Missions ltatum@tbcraleigh.com
Rev. Christian Davis	Students & Recreation cdavis@tbcraleigh.com
Rebekah Gordon	College & Young Adults rgordon@tbcraleigh.com
Katie Medlin	Children & Preschoolers kmedlin@tbcraleigh.com
<b>SUPPORT STAFF</b>	
Jan Brown	Financial Administrator janbrown@tbcraleigh.com
Reenie Shore	Pastoral Secretary rshore@tbcraleigh.com
Bonnie Cole	Ministerial Secretary bcole@tbcraleigh.com
Noel Evans	Ministerial Secretary nevans@tbcraleigh.com
Bentley Williams	Weekday Director preschool@tbcraleigh.com
Debbie Surface	Weekday Preschool Admin.
Ashbey Jones	Facilities Manager
Rev. Wayne Rogers	Organist
Ramona Green, Barbara Bowen	Pianists

**Belong. Become. Be.**



## STAFF ANNIVERSARIES

**Rebekah Gordon**, Assoc. Pastor of College and Young Adults, celebrates her 3rd year anniversary with Trinity Baptist Church on June 1st.

**Wayne Rogers**, Organist, celebrates his 28th year anniversary with Trinity Baptist Church on June 1st.

Please take the time to say a personal word, write a note or place a phone call to Rebekah and Wayne or offer words of encouragement and support for the fine job they are doing.

## DEEPEST SYMPATHIES

To **TBC Member Dottie Mitchell** and her family upon the passing of her husband and **TBC Member Ken Mitchell** on May 8.

To **TBC Members John and Phyllis Kitchens, and their children Chris Kitchens, Charlie Kitchens, Erin Banks, and Rachel Wall** and their families upon the passing of John's brother, David Kitchens, of Midland, NC, May 9.

To **TBC Members Henry and Courtney Taylor and their daughter Eleanor Taylor** upon the passing of Henry's grandmother, Eleanor Victoria Taylor, of Faison, NC, on May 11.

To **TBC Members Mike and Venetta Bowersox and Ben and Kelli Wood (and their children Kenley, Parker and Delaney Wood)** upon the passing of Mike's brother and Kelli's uncle, David "Fred" Bowersox of Pennsylvania on May 16.

To **Doug and Eileen Dills and TBC Members Craig and Heather DeVault (and their children Jack and Mark DeVault)** upon the passing of Doug's mother and Heather's grandmother, Macy Dills, of Gastonia, NC on May 16.

To **TBC Members Rev. Wayne and Denise Rogers** and their family upon the passing of Denise's father, Ted Austin, of Raleigh on May 19.

To **TBC Members Anderson, Cameron, and Brian Ivey** upon the passing of Anderson and Cameron's mother, Deanna Ivey, on May 21.

To **TBC Members Mike and April Debnam** and their family upon the passing of April's aunt recently.

## INSIDE THIS ISSUE



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## PLEASE READ



### FACILITY ENTRANCE & USE

For the foreseeable future,

- **access** to Trinity Baptist is **restricted**;
  - facility is **normally locked** and **generally not open** except for defined activities.
  - **activity entrances** are **restricted** to those announced with the activity.
  - **facility activity use is limited** with soft barriers limiting parts of the campus, These **should NOT be crossed** except for emergency egress.
  - **furniture** and **equipment** are **arranged** and marked **to permit social distancing**. These **should NOT be rearranged** without permission of the activity organizer.
  - **if facility access is required** beyond the times or bounds of participation in a defined activity, contact:  
Rev Spencer Good      work: +1.919.787.3740      email: [sgood@tbcraleigh.com](mailto:sgood@tbcraleigh.com)

- **to enter Trinity Baptist**, we ask everyone...

1. **self-screen**, not entering if sick or having a high risk of carrying COVID-19.
2. practice **social distancing**; avoiding contact with others and surfaces.
3. **enter through defined entrances**.
4. **practice good hygiene**.
5. **wear a mask** covering your nose and mouth at all times (except for those age 2 and under).

(Separate information is available for self-screens, masks, and good hygiene.)

### Social Distancing (aka Physical Distancing)

- Put as **much distance as practical** between people.
- **Best means** of **minimizing the spread** of COVID-19.
- **Minimize contact** with surfaces that may have been touched by others.
- **Why?** People are **contagious before they know they're sick** with COVID-19.



### Our intent: follow governmental or tighter guidelines

- **Maintain a minimum of 6ft spacing** between yourself and others
  - in outside areas & parking lots.
  - approaching doors and in queues.
  - inside facilities (particularly areas with poor airflow).
- **Avoid touching people and surfaces** (especially those commonly used by or exposed to others).
- **Sanitize hands** and surfaces **frequently** (especially after contact with people or surfaces).
- **Families** should **isolate as a group** and social distance from others.
  - Special protections needed for those with high-risk of severe COVID-19 symptoms.
  - Special attention needed for children to protect them and others
    - ♦ struggle to social distance from adults, other children, available toys and surfaces.
    - ♦ children 2 & under should not wear masks, and others may struggle to wear masks.
    - ♦ laughs, screams & tears can be a source of COVID-19 contamination.



# PRECAUTIONS

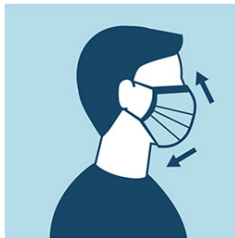
## WEARING FACE MASKS

COVID-19 Precautions: For the foreseeable future, to enter Trinity Baptist, we ask everyone self-screen, social distance, avoid contacting others and surfaces, practice good hygiene, and (except for those age 2 and under) wear a mask covering your nose and mouth at all times. (For those without effective masks, supplies are planned at Trinity.)

### How to Properly Wear a Face Mask

#### Proper face coverings:

- Include multiple layers of tightly woven fabric
- Are secured with ties or ear loops
- Allow for breathing without restriction
- Able to be machine laundered and dried without damage or change to shape
- Should...



Cover from nose to chin and sides of face



Fit snugly over and seals against nose, cheeks and chin

- Wash hands before and after wearing your mask.
- Handle mask by ties or ear loops to put on and remove your mask.
- When removing mask, do not touch face with hands or outside of mask.
- After removing mask, launder daily or dispose of mask, remember to wash your hands.

- DON'T:** Touch or Reach Under your Mask
- DON'T:** Wear Mask Below your Nose
- DON'T:** Wear Mask so it just Covers Tip of your Nose
- DON'T:** Leave your Chin Exposed
- DON'T:** Wear the Mask Loosely with Gaps on the Sides
- DON'T:** Push Mask Under Chin
- DON'T:** Put Mask on Children 2 or less





## PRECAUTIONS

### PARTICIPANT SELF-SCREENING

COVID-19 Precautions: For the foreseeable future, to enter Trinity Baptist, we ask everyone self-screen, social distance, avoid contacting others and surfaces, practice good hygiene, and (except for those age 2 and under) wear a mask covering your nose and mouth at all times.

With these precautions, it is not possible to remove all risk of COVID-19 transmission to you or from you to other persons. For your health, and the protection of others in your church family, we ask everyone take this Participant Self-Screen prior to entering our campus.

*If you respond yes to any questions below, please consider if you should attend any activity at Trinity (or elsewhere) today.*

#### 1) Today's health – Any Potential Symptoms of COVID-19

For the protection of your church family, please answer yes or no if you...

YES NO

- ☐ ☐ **Have a fever** above 100.0° Fahrenheit.
- ☐ ☐ **Have unexplained coughing**, or **new loss of taste** or **smell**.
- ☐ ☐ **Have difficulty breathing**, or shortness of breath, or rapid breathing.
- ☐ ☐ **Have any cold or flu-like symptoms** (including any fever, cough, sore throat, respiratory illness, chills, body aches, headache, diarrhea, nausea/vomiting or runny nose).
- ☐ ☐ **Have an unexplained rash**, swollen hands/feet, or red skin/eyes (particularly in children).
- ☐ ☐ **Do not feel good**, or unexplained tiredness.

#### 2) Potential COVID-19 Exposure –

For the protection of your church family, please answer yes or no if in the last 14 days you or any member of your family...

YES NO

- ☐ ☐ **Have had** a positive **COVID-19** test.
- ☐ ☐ **Believe you have had COVID-19**.
- ☐ ☐ Have difficulty breathing, or shortness of breath, or rapid breathing.
- ☐ ☐ **Have experienced any cold or flu-like symptoms** (including fever, cough, sore throat, respiratory illness, difficulty breathing, chills, body aches, headache, diarrhea, nausea/vomiting or runny nose).
- ☐ ☐ **Have had contact** with someone who has or may have had **COVID-19**.
- ☐ ☐ **Have returned from international travel** or a domestic **COVID-19 Hot-Spot<sup>(1)</sup>**.
- ☐ ☐ Worked in an environment with **high-potential of COVID-19 exposure**.

**3) High Risk of developing severe COVID-19 symptoms, including death –**  
 For your protection, note you may be at high risk of severe COVID-19 symptoms if...

**Regardless of age, have chronic disease/underlying medical conditions** that your physician deems makes you High-Risk for severe COVID-19 symptoms (Examples include:

lung disease, moderate to severe asthma, heart disease, immunocompromised, cancer, severe obesity/BMI>40, diabetes, kidney dialysis, liver disease, etc. Source: CDC)

Are **over 65** years of age. (80% of US deaths are in people over 65)

(<sup>1</sup>) Current COVID Hot-Spots can be found at <https://coronavirus.jhu.edu/us-map>.

Source: Adapted from CDC

Trinity Baptist Church POSTED: 5/22/2020



## PRECAUTIONS

### GOOD HYGIENE - HAND SANITIZATION

COVID-19 Precautions: For the foreseeable future, to enter Trinity Baptist, we ask everyone self-screen, social distance, avoid contacting others and surfaces, practice good hygiene, and (except for those age 2 and under) wear a mask covering your nose and mouth at all times.

#### Practice Good Hygiene Hand Sanitization

##### Why & When?

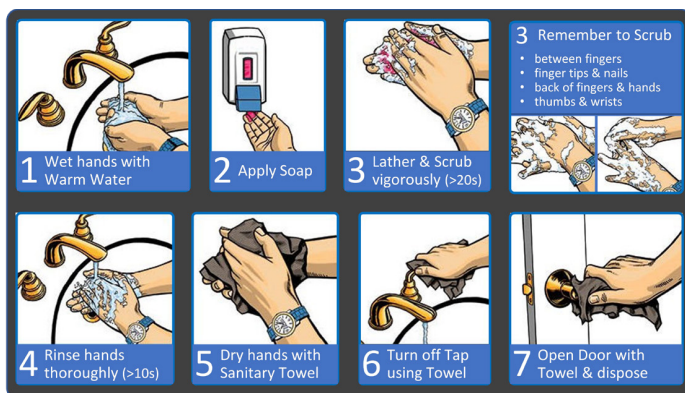
- **Our hands** are a major **way germs move...**
  - from our mouth, nose, and eyes to another person or surfaces another may touch.
  - from another person or surface to our mouth, nose, and eyes.
- **Avoid touching**
  - **your own mouth, nose, and eyes**
  - **any person**
  - **any surfaces, especially surfaces commonly used by others, e.g., door handles, chairs, pencils/pens, etc.**
- **Sanitize Hands frequently**
  - after touching any of the above.
  - prior to
    - ♦ placing and after removing masks
    - ♦ eating
  - using the restroom

##### Ways to Sanitize Hands:

1. **Proper hand washing – removes grime, debris, other contaminants, and germs, and is the CDC's preferred hand sanitization method.**
2. Proper use of **hand sanitizers** – kills germs
  - **Germs** can be hidden from hand sanitizers by debris, grime, and other contaminants.
  - **Hands should be free of grime, debris, and other contaminants** for hand sanitizers to work.
  - **Hand sanitizer should be**
    - ♦ **Liberal dispensed** into palm
    - ♦ **Spread thoroughly**
      - Front & back of fingers & hands
      - Between fingers & around thumbs
      - On finger tips & nails
    - ♦ **Allowed to air dry**

**COVID-19 PRECAUTIONS Hand Washing continued on page 8.**

## Proper Way to Wash Your Hands:



Source: Adapted from CDC & UCLA Environment, Health, and Safety

Trinity Baptist Church POSTED: 5/22/2020

## MINISTRY & OUTREACH

Rev. Lydia Tatum

### NRM Food Pantry Needs

Canned chicken | Canned salmon | Spaghetti sauce  
Spaghetti noodles | Canned soups | Peanut butter | Jelly  
Rice (regular sized bags) | Cereals | Granola  
Canned pasta with meat | Spam | Vienna sausages  
Non-refrigerated country ham products | Beef jerky  
Cleaning supplies (new, unopened) | Toilet paper | Paper towels

Food can be delivered to the ROC entrance of Trinity or to NRM's Thrift Shoppe donation door.



Don't forget to follow North Raleigh Ministries on Facebook and Instagram for the most up-to-date information on how we can be Good News in our neighborhood!

Contact Lydia for more ways to make a difference for God's Kingdom in your community! [ltatum@tbcraleigh.com](mailto:ltatum@tbcraleigh.com)



## Sunday School Devotionals

The Reflection Devotionals and Open Windows and other adult magazines are a big hit. We decided to order more. Please let me know if you would like a copy of either of these. You can call me at 919-522-3358 or email at [kmetcalf@tbcraleigh.com](mailto:kmetcalf@tbcraleigh.com). We should have these available by this Thursday.

### NOMINATING COMMITTEE

We are still a church and church programs need to continue. The Nominating Committee will be working during this time at home and social distancing. Please be open to how you can serve in the 2020-2021 church year in Bible Study, Discipleship and Sunday School. Mary Brown is our committee chair and you can reach her at [mpbrown57@gmail.com](mailto:mpbrown57@gmail.com) or (919) 606-4832 or you can reach Karen at [kmetcalf@tbcraleigh.com](mailto:kmetcalf@tbcraleigh.com) or (919) 522-3358.

### "Keep Calm and Disciple On"

I heard this phrase in a webinar I am attending each week. I realize it is not unique but seems very appropriate for these 2020 life circumstances. I hope you are able to make the effort to be calm, center yourself and find a way to grow during this interruption of life. I challenge you to:

1. Read the Bible
2. Spend time with God...pray and listen.
3. Reflect with a book or devotional
4. Visit and fellowship with other Christians in a virtual way. Call, email, zoom or Google Meet with friends.
5. Make a list of your blessings
6. Count your hopes not your dreads
7. Dream about the future
8. Think about God, listen to Christian/devotional music
9. Study with your small group or Sunday School.
10. Do an online Bible study:
  - a. Check out [www.maxlucado.com](http://www.maxlucado.com) for daily devotionals or his new virtual Bible study beginning on June 15 entitled: "Facing your Giants."
  - b. [Wmu.com](http://Wmu.com) offers free discipleship resources for all ages with an emphasis on being missional. There are 4 to participate already.
  - c. [Cbf.net](http://Cbf.net) will direct you to several good sites for bold faith resources and includes all age resources. Check out: [nurturingfaith.net](http://nurturingfaith.net)—password= hope, [nextsunday.com](http://nextsunday.com), and [baptistwaypress.org](http://baptistwaypress.org).
  - d. [Ntwrightonline.org](http://Ntwrightonline.org) provides courses for more in-depth study.
11. Be creative and share your faith and gifts with zeal.

Making disciples is challenging but God is with us. Jesus set the example. May we look to Him. Keep Calm, Disciple On!

## How Can I Help My Neighbor in Need?

Donate and Volunteer with our Missions Partners!

### North Raleigh Ministries

- In preparation for volunteer opportunities opening up in May, NRM is asking for our seamstresses to help by making masks for the volunteers. Fabric is available at NRM for these projects. Contact Lydia for supplies.
- Food donations can be brought to the ROC entrance at Trinity and placed in bins anytime any day.

[www.northraleighministries.com](http://www.northraleighministries.com)

### Raleigh Rescue Mission

- Encouraging notes to residents can be mailed to: "Raleigh Rescue Resident" at PO Box 27391 Raleigh, NC 27611. Or, emailed to: [VirginiaG@raleighrescue.org](mailto:VirginiaG@raleighrescue.org) who will distribute them within RRM.
- Food: breakfast food (eggs, bacon, sausage, cereal, pancake mix, syrup, etc), Ground Beef/Turkey, Pasta. Plastic products (forks, spoons, knives) & napkins.
- Supplies: Sanitization (wipes, Lysol, hand sanitizer), Baby needs (diapers, baby wipes, formula).
- Food and supply donations can be dropped off at 314 E Hargett Street.

[www.raleighrescuemission.org](http://www.raleighrescuemission.org)

### Redirection-NC

- Please pray for these ladies and this pandemic as well as our continued ability to give these women the assistance they need to succeed.
- Donate Food Lion gift cards for groceries. Mail to: Redirection-NC at PO. Box 20231 Raleigh, NC 27619.

[www.redirection-NC.com](http://www.redirection-NC.com)

### Welcome House Community Network

- Donations of \$50 gift cards for food security purposes to Food Lion, Walmart, or a Visa Gift Card. Mail these to Trinity Baptist Church c/o Rev. Lydia Tatum PO Box 97368 Raleigh, NC 27624
- Snail mail 'Welcome' encouragements to our guest family of seven and 'Praying for you' cards and letters to Mujib, our house host and interpreter.
- The Welcome House mailing address is 4420 Leadmine Road, Raleigh, NC 27612.

[www.cbfn.net/wyatt-give](http://www.cbfn.net/wyatt-give)

### Wake County School Partners

- Serve as a technology assistant to children navigating online learning from home.
- If you are interested in serving in this unique way, please contact Lydia for more information and to be connected to the coordinating social worker for these families.

## RESOURCES FOR SENIORS

**A Note From Trinity Member, Mark Valletta**

As the days at home can be long I wanted to let each of you know about a 30 day challenge that we are doing at Resources for Seniors where I work. It provides entertaining and interesting activities to do to help ease the days spent at home. I hope you will participate. There is absolutely no cost or obligation of any kind. Just a bit of good fun with a chance for prizes too!

**Here's the 30 day challenge link:**

[www.resourcesforseniors.com/pdf/rulesfor30daychallenge.pdf](http://www.resourcesforseniors.com/pdf/rulesfor30daychallenge.pdf)

And here's the link to our website which is loaded with valuable information for all us seniors. Spend a bit of time browsing our website. You may be amazed to learn of all the opportunities we have as citizens of Wake County.

[www.resourcesforseniors.com](http://www.resourcesforseniors.com)

## CONNECTIONS TO BEAT QUARANTINE

### **Need Something From the Store but Coronavirus Keeping You In?**

Our young adults want to help! As we have made contacts with our church members over the last week, over and over we have heard that folks want to help. Rebekah Gordon would like to coordinate our young adults to make any errand runs that are needed. All you need to do is call or email her at (919) 257-3798 or [rgordon@tbcraleigh.com](mailto:rgordon@tbcraleigh.com).

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### **Need a Friend to Talk to but Coronavirus Keeping You Alone?**

Well, we can help with that too! I have seen our Sunday School classes doing an amazing job keeping in touch with one another and keeping up to date in where to find the hot commodities in the store this past week! But, if you are not connected with a Sunday School Class and need someone to talk to, please contact Lydia Tatum at (919) 750-3965 or [ltatum@tbcraleigh.com](mailto:ltatum@tbcraleigh.com). We are here to love and support!



We want to celebrate our Children's Ministry Grads. Do you have a preschool grad? Kindergarten grad? 5th grade? Send a picture of your graduate to [kmedlin@tbcraleigh.com](mailto:kmedlin@tbcraleigh.com) so we can celebrate them!

## We need YOUR help to help Celebrate our Children's Ministry Grads!!



**ABCDEFGH,**

Graduation day is here, yippee!

**HIJKLMN OP,**

You learned your numbers and ABC's.

**QRST UV,**

You also met new friends and grew up along the way!

**WXYZ and Z,**

We're just as proud as we can be of you here at TBC!

We want to celebrate all of our Trinity Children's Ministry's Graduates (preschool, kindergarten and 5th grade) Will you help us celebrate them? We would love to involve our Trinity family to encourage our young graduates. We are asking that you send a card or note of encouragement to our graduates. Interested in participating? Contact Katie at [kmedlin@tbcraleigh.com](mailto:kmedlin@tbcraleigh.com).





# PRESCHOOL & CHILDREN'S SUNDAY SCHOOL

*at home*

**Families:** each week I am emailing out the Sunday resources.

## PRESCHOOL RESOURCES

**Lifeway is offering our preschoolers Sunday School curriculum ONLINE for FREE!**

What to expect:

I provided the link

You go to the link

Download and print off the Activity Page

Watch the Bible Story Time with Miss Lindy video together

Print off or view on your device the conversation guide and discuss the Bible story with your kids

Watch the Miss Lindy's Library video

Pray together

Print the coloring page for an additional activity for your kids

## GRADE SCHOOL RESOURCES

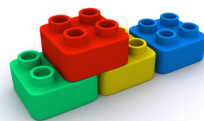
We are providing the teacher's guide each week

AND we are providing one of the Sunday School teachers OR myself telling the story with some discussion questions.

**If you aren't receiving these emails let me know.**

## Bible Skills...

*at home*



Learning our Books of the Bible are something we practice every Sunday in our Sunday School classes. Here are some fun and easy ideas to try at home!

1. Hopscotch - Write the books of the Bible in the squares of the hopscotch. (OR just pick a few especially for younger children... the first five books for example, the first 4 of the NT, etc) As kids run/hop through the board, have them repeat the names they land on to help with memorization.
2. Stack the Cups - Put the books of the Bible on the lips of plastic cups and start stacking in order. If there is more than one person, race side by side for an easy indoor game. Again, make small goals like learning the first few books and then start adding on.
3. Legos- Have any legos at home? Write the books of the Bible on paper and tape to legos start stacking in order. Again, make small goals like learning the first few books and then start adding on.

The ROC will be closed until further notice. As a result, ROC Volunteers will not be needed to volunteer for their shifts until notified otherwise.



## ZOOM FITNESS

**Zoom Yoga:** Tuesdays @12pm

**Zoom Senior Strength and Stretch:** Thursdays @12pm

Each class taught by Laurel Cavanagh!

Please Contact Christian Davis for the link each week.

### GROUP FITNESS CLASSES

Fitness Classes will NOT meet until the ROC has reopened

#### **STROLLER STRIDES**

M, W, F • 9:15-10:15 am

Missy Currin: [missycurrin@fit4mom.com](mailto:missycurrin@fit4mom.com)

#### **YOGA**

M • 3:15-4:15 pm

Laurel Cavanagh [laurelcyoga@gmail.com](mailto:laurelcyoga@gmail.com)

#### **FIT4MOM: BODY BACK CLASS**

T, Th • 5:30-6:30 am

Missy Currin: [missycurrin@fit4mom.com](mailto:missycurrin@fit4mom.com)

#### **DANCE-IT GROUP FITNESS**

Tue, Thr • 8:30-9:30 am

Kathy Wilson: [kathyknits62@gmail.com](mailto:kathyknits62@gmail.com)

#### **SENIOR ADULT STRENGTH & STRETCH**

Tue & Thr • 10:00-11:00 am

Laurel Cavanagh [laurelcyoga@gmail.com](mailto:laurelcyoga@gmail.com)

#### **CAMP GLADIATOR**

M, W, F • TBC Parking Lot

5:00-6:15 am

Amy Banfer: [amybanfer@campgladiator.com](mailto:amybanfer@campgladiator.com)



TRINITY BAPTIST CHURCH

**NH5K**

BENEFITING **BACKPACK BUDDIES**

**9.12.20**

The 14th Annual **NORTH HILLS 5K**  
Raising money for Backpack Buddies

### Race Details

Saturday, September 12, 2020

Trinity Baptist Church,  
Recreational Outreach Center (ROC)  
4815 Six Forks Road Raleigh, NC 27609  
(1/4 mile north of North Hills Shopping Center)

**[www.NorthHills5K.com](http://www.NorthHills5K.com)**

<b>7:00am</b>	Race Day Registration on the TBC campus (inside the ROC)
<b>8:30am</b>	Group Warm Up and Stretch
<b>8:45am</b>	100-Yard Dash for Kids (7 yrs old and younger)
<b>9:00am</b>	NH5K Run / Walk
<b>9:00am</b>	Senior Stroll (60 and over; held at ROC indoor walking track)
<b>10:00am</b>	Awards Ceremony

### **NORTH HILLS 5K Beneficiary – Backpack Buddies**

BackPack Buddies is a program that runs in several U.S. cities and seeks to provide children from food-insecure homes with healthy weekend meals during the school year. The children are identified by school officials, then receive a backpack containing six well-balanced meals along with two healthy snacks at the end of every week. All food is non-perishable. The food is placed in a backpack, so the need is less noticeable to other children.

According to Feeding America, 1 in 4 children are at risk of hunger in North Carolina. During the 2018-19 school year, 2,300 children were served, every week, across 72 schools in our area. This was a total of 80,000 backpacks full of food delivered to schools for children to take home.

### **HOW CAN YOU HELP?**

- Encourage Your Business or a Business You Know to Sponsor!
- Register to Race!
- Volunteer on or Leading Up to Race Day!
- Make a Donation to Backpack Buddies Through the NH5K!

Email [cdavis@tbcraleigh.com](mailto:cdavis@tbcraleigh.com) for more NH5K or Sponsorship info.

# STAY CONNECTED

## WHILE WE MUST BE APART

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While our congregation is having to be physically separated, we can use social media to stay connected.

During this outbreak, all of our social media accounts are active and posting. Follow us and interact with us.



FACEBOOK



INSTAGRAM



WORDPRESS

### Church Accounts:

facebook: trinitybaptistchurchraleigh

instagram: @tbcraleigh

### Student Accounts:

instagram: @tbcstudentsraleigh

blog: tbcstudentsraleigh.wordpress.com

We encourage you to interact on all platforms and with all accounts. Lets make a point of intergenerational fellowship even during our time apart.

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Remember to send correspondence to:

Trinity Baptist Church  
PO Box 97368  
Raleigh, NC 27624



### Stewardship

(YTD total through 4/30/2020)

YTD General Funds Needs (Budget)	\$1,080,704.45
YTD Operating Receipts	\$1,119,720.92
YTD Operating Expenses	\$916,842.01

When you provide a check as payment, you authorize us either to use information from your check to make a one-time electronic fund transfer from your account or to process the payment as a check transaction.

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