



*Disciples of Jesus Christ called to bring God's light into the world:  
through worship, serving, learning and sharing the Good News!*

Dear Trinity and Zion,

As I write to you, my medical leave is set to begin in three days.

The "3 Day Effect" is a term coined by Utah bookseller/river runner Ken Sanders, who noticed a significant shift in group members on a three-day rafting trip. It boils down to this: your brain needs a break from technology and everyday stresses; it takes 3 days in nature for your brain to relax. Because—science.

David Strayer, a cognitive psychologist at the University of Utah has had similar experiences: "When we slow down, stop the busy work, and take in beautiful natural surroundings, not only do we feel restored, but our mental performance improves too."

The *next* three days for me will NOT be that.

Still, I think that this time away to heal will have some of the things that will help me to experience the 3-Day Effect.

I will not be checking my email; I will not be texting as much. If you would like to drop me a note, please give it to Justina or Sara and they will be sure that I get it.

I will be spending time outside as I recover, allowing the increased Vitamin D, fresh air, and birdsong to support my healing. I will be moving more slowly.

Thank you for your abundant grace and your willingness to join together and support one another in my absence. Thank you for collaborating with me to plan for this time. It eases my mind to know you and I both have a plan to get through this. Thank you for continuing to work together and care for one another as you have always done so well.

Three Days: the time it takes for Jesus to rise from the tomb. A time in which God showed the world that in three days, God can bring life out of death.

Life out of death, beloveds. That's what God does. Over and over again.

*Faith, hope, and love...  
Pastor Marie*

Date	Worship Leader	Format	Communion
May 3, 2026	Phillis Becker	In House	No
May 10, 2026	Congregation Led	In House/Zoom	No
May 17, 2026	Rev. McKusick	In House/Zoom	Yes
May 24, 2026	Sara Manning	In House	No
May 31, 2026	Rev. McKusick	In House/Zoom	Yes

To virtually participate in Sunday Service, please join us at 10am on Zoom.

Zoom Phone: 1 646 558 8656 Meeting ID: 3158666474 Password: 13350

We invite ALL congregational members to step forward and help over the next few months to participate in the Sunday worship services. There are sections of the worship service that anyone can help out with as you are able. Mobility issues can also be overcome by participating from the pews. We know we have a strong, determined congregation that will rise to the occasion and grow even stronger during Pastor Marie's medical leave. Don't wait to be asked to help. Ask yourself, what can I do? Let Justina Kane know you are willing to share a small part of Sunday worship and keep the momentum going for Rev. Marie Duquettes' return.

[jkane@trinityherkimer.org](mailto:jkane@trinityherkimer.org)

Church Office: 315-866-6474

### **Chicken & Biscuit Dinner**

Now is a great time to call a friend and invite them for a night of fellowship, friendship, and a hot nutritious meal. This delicious chicken and biscuits with all the sides for \$11.00 is a deal. Tips are included!!!! Bring a friend, bring family and enjoy an evening out. All the details can be found on the flyer on the last page.

### **Serving & Sharing**

Thank you to Pastor Marie, for adding so much to our Lenten lunch, with her very brilliant writings.

We will be holding a chicken and biscuit fundraiser to help raise funds for new doors on May 14th from 4pm to 6pm. Tickets are available for dine in or take out. Please let us know if you would like to help or donate. There is a sign up sheet on the glass table in the Narthex. Can you help sell tickets? Please contact Yvonne at [ywinter@trinityherkimer.org](mailto:ywinter@trinityherkimer.org).

Other ways *YOU* can help...

- Keep an eye on the Weekly Announcements for a May Highway Cleanup date. Join us in keeping God's world beautiful!
- Our meal at the Herkimer Reformed church will be on Saturday, May 23rd from 5pm to 6pm. Please come to volunteer or eat and have fellowship. Contact Cathy Mayton-Collins if you can help ([cmayton-collins@trinityherkimer.org](mailto:cmayton-collins@trinityherkimer.org))
- Can you help make a baked good for coffee hour? Please let JoAnn know ([jblaise@trinityherkimer.org](mailto:jblaise@trinityherkimer.org)).
- This summer we will be serving lunch at the Vacation Bible School at Christ Episcopal Church in Ilioupolis.

Join us for breakfast in May on **Wednesday**, May 6th or 20th at 8:30am at Ann St. Deli in Little Falls.

### **DONATION FOCUS**

For the month of May, our donation focus will be canned fruit. Each month we will have a different donation focus, but other items will always be in need and accepted. Thanks to all who continue to donate!

### **Learning**

#### **BOOK GROUP**

TLC Book Group will meet on Friday, May 15th at 10am. We will be at the JAVA shop on Mohawk St for this meeting. Our book is *Maisie Dobbs* by or any book in the series by Jacqueline Winspear. It takes place in London after WWI Masie Dobbs is a private investigator and psychologist. An interesting read.

Looking ahead: June 10th. *The Littlest Library* by Poppy Alexander

## WOMEN OF FAITH

"God who leads us: Resurrection and Life"

The man of unclean lips (Isa 6:5) is struggling to believe that God has sent him. How foolish he had been shouting, "Here am I; send me!" (Isa 6:8) In the bright light of day, the task seems overwhelming. God had asked Isaiah to give the people a message they did not want to receive, proclaim God's judgement on wayward kings, and speak God's truth to the kingdom of Judah as the threat of exile grew. How could he possibly do such a thing? He was only one man, and a flawed one at that. Why had God made him a prophet? But God had called out to Isaiah. God had appeared in glory and "blotted out" his sins to prepare him to serve (Isa 6:7). Isaiah has his work cut out for him!!

Please read: Isaiah 25-6-10a and John 11:1-44 in preparation for our time together. We will meet on Tuesday, May 19th at 7pm on Zoom. [Click here](#) to join on Zoom or if you prefer using the following join information:  
Meeting ID: 315 866 6474  
Passcode: 13350

Such a good time was had when members of Zion and Trinity got together for brunch at Denny's in March, that we got together again in April. Participants met at Munson on Friday, April 10th to visit the Art in Bloom exhibition. What a pleasure it was to see beautiful live floral arrangements paired with works of art in Munson's art collection and fellowship at lunch at the Brooklyn Pickle. We hope to plan other get-togethers during the summer months.



## FAITH ALIVE

"HE HAS RISEN, HE HAS RISEN INDEED" the most beautiful words to our ears. It's celebration time because of what Jesus did for all of us on the Cross. And what did Jesus do? A suggestion read John 3:16 and 14:6. Think of the words Grace, Believe, Love, Faith.

This is what Faith Alive is all about. A personal relationship with our Lord.

Again please notice the new beautiful Easter banner presently hanging in the sanctuary, portraying God's Love, Grace with an open end message from Jesus saying "Come, I love you".

Rose Snow supplied all the material and the special rocks, flowers, birds etc. The children and the young at heart were so excited as they worked together on this project to express the Love of Jesus and His sacrifice of Himself for all people.

Psalm 89: I. " I will sing of the loving kindness of the Lord forever, to all generations I will make known Thy faithfulness with my mouth"..... This is what Faith Alive is doing: sharing the blessings of the Lord in prayer, teaching to all those in Word and Action.

Gathering time in May will be the 10th and 24th. See you then!!

Along with Johnson Park Center located in Utica we have a new mission "Loaf's and Fishes" right here in Herkimer. We will be putting together blessing bags to go along with their lunches each week. Donations are acceptable. Please speak to Phillis, thank you.

### BIBLE STUDY

Every Thursday from 10 to noon in the fellowship hall. All are welcome. Knowledge of the bible is not required. If you have your own bible please bring it with you, if not we will supply one. We presently are studying the book of Hebrews and are continuing to discuss a different Psalm each week. With the Holy Spirit leading us also come up with some amazing topical studies. As we grow together in our Faith, always asking this question. What is the Lord teaching us? We always end by singing the Doxology. No worries my voice is always out of tune, but Jesus loves it anyway, it's the heart that matters.

### Worship, Music, and Prayer

#### BLESSINGS OF PRAYER:

" Draw near to God and He will draw near to you" (James 4:8)

#### PRAYER NOTES:

##### A New Start Each Day:

Being filled with the Holy Spirit is a continuous reality every day of our lives.

Personally I find it helpful to begin each day by silently committing it to God (even before I get up), thanking Him that I belong to Him, and that He knows what the day holds for me. Then I ask Him to use me that day for His glory, and to cleanse me from every sin that might hinder this.

Then I step out in faith, believing His Spirit will fill me as I obey and trust in Him. At the end of the day I know I'll be able to look back and thank Him for being with me and guiding me that day----and He was.

Stir me Oh, Stir me O Lord till:

- 1) Your compelling Word drives me in prayer.
- 2) I Pray in Your love/a personal relationship with You.
- 3) I Pray in Your Joy, praising Your Name
- 4) My Heart, will and mind say, Yes!
- 5) I am wholly Thine to use every day.
- 6) I learn to pray exceedingly;  
I learn to wait expectantly.

Spiritual food for thought: Praise includes the Joy of sharing our lives with Jesus and the Joy God takes of being present in our lives. What an awesome God we serve!! AMEN!

In His Service,  
Prayer Ministry

## Dude!

The first time I heard a woman say to another woman, “Dude!” I was confused. Wait...what? Are we calling our sisters Dude? Is that okay? In fact, it is more than okay. Since then, we have learned we call each other what the other WANTS to be called. It is just that easy.

Language changes all the time. Names have been changing forever. Simon becomes Peter (John 1:42). Jacob becomes Israel (Genesis 32:28). Sarai becomes Sarah (Genesis 17:15)

Merriam-Webster adds hundreds of words every year. To resist learning is not only to sound terribly dated, but it disrespects those who are telling us unfamiliar words that are not as offensive or more accurate.

For example, for awhile we called anyone with black or brown skin, African American. Until they began to tell us that is not accurate...they are not from Africa. They are from Brazil, or Southeast Asia, or France. People of Color became a common term to refer to people with darker skin, but that too is problematic because it assumes that White is the Default and everyone else is “other” because they have darker skin. Today, most people I know prefer that I refer to them as Black (capital B). I understand this: if people with different shades of pale are White, then people with different shades of dark are Black. The parallel is clear and does not assume that White is the “normal,” and everything else needs a two- or three-word descriptor.

As someone who spends their life working with words, it intrigues me how quickly language can morph. A recent article posted on BBC offers three reasons why language is always changing:

- Language is constantly adapting and changing to reflect our changing lives, experiences, and cultures.
- Language change enables us to accommodate current ideas, inventions, and technologies.
- It is not just the words themselves which change; the way in which we use them can shift, too.

Our language around faith and theology is not exempt from these shifting patterns.

When the Apostles’ Creed changed from “descended into hell” to “descended to the dead” people stumbled over the change for months but grew to appreciate the clarity. So much of what we associate with hell comes from cultural references in books and film, not from the biblical witnesses.

Perhaps you’ve noticed that the words we now use for the readings in the bulletin do not always match the NRSV bible you are reading from. That is because the ELCA, along with dozens of other denominations, is now using an updated version: the New Revised Standard Version updated edition (NRSVue), which came out in 2021.

Why the shift? The Yale Divinity Library for New Testament studies writes, “The NRSVue reflects discoveries of ancient texts [such as the Dead Sea Scrolls] and new insights made in the 30 years since the NRSV was last revised. This newly updated translation offers clearer, more direct, and inclusive language, and increased cultural sensitivity. The NRSVue includes over 10,000 substantial revisions and 20,000 minor revisions. The NRSVue changes include:

- "slave woman" to "enslaved woman" (Galatians)
- "wise men" to "magi" (Gospel of Matthew)
- "demoniacs, epileptics and paralytics" to "people possessed by demons or having epilepsy or afflicted with paralysis" (Gospel of Matthew)

Do you see the difference? The woman is not inherently a slave. She became enslaved. The Magi were not all men.

To call people possessed by demons, having epilepsy, or paralysis BY these afflictions is to disregard the part of them that is human and deserving of dignity.

Some call these kinds of changes “politically correct,” a disparaging term, that pits people against one another asking one to take a side. A better description as to why we make these changes is “culturally sensitive,” a term that suggests we want to be sensitive to terms others find offensive and terms that inaccurately or incompletely describe a person or people.

And because we at Trinity Lutheran Church are committed to welcoming ALL people, we too must continue to learn how to guard their dignity and call them by their preferred, more accurate names.

*Leaning into grace with you, Pastor Marie*

<https://www.friendshippress.org/pages/about-the-nrsvue> and  
<https://www.christiancentury.org/article/interview/even-better-bible>.

**THANK YOU!**

**TRINITY EVANGELICAL LUTHERAN CHURCH'S  
2026 FOOD DRIVE**

**Raised: \$115.00 + 50 food items**

Thanks to your efforts this year, more dollars have been raised, more lives have been changed, and the nation has seen the impact of people working together to help those in need. Thank you for working to transform the time around the Big Game into the nation's largest celebration of giving and serving.

**Monday, March 23, 2026**

  
**TACKLE HUNGER**

  
**SOUPER BOWL OF CARING**  
tacklehunger.org

  
**Alison Reese**  
Executive Director  
Tackle Hunger: Home of the  
Souper Bowl of Caring

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
<b>3</b> Worship Service	4	5	6 Breakfast at Ann Street Deli	7 Bible Study	8	9
<b>10</b> Faith Alive Worship Service	11	12	13 Council meeting via ZOOM	14 Bible Study Worship and Music Committee Meeting Chicken & Biscuit fundraiser dinner	15 Bookgroup	16
<b>17</b> Worship Service	18	19 Loaves and Fishes Meeting Women of Faith	20 Breakfast at Ann Street Deli	21 Bible Study	22	23 Community Dinner at Herkimer Reformed Church
<b>24</b> Faith Alive Worship Service	25	26	27	28 Bible Study	29	30
<b>31</b> Worship Service						

## Volunteer Schedule

	5/3	5/10	5/17	5/24	5/31
Counter 1	Amy Manning	Amy Manning	Mike Marusic	Mike Marusic	Mike Marusic
Counter 2	Kylene Jordan	Kylene Jordan	Cathy Collins	Cathy Collins	Cathy Collins
Reader	NA	Risleigh Roche	Dan Collins	Sue Harkins	Phillis Becker
Singer	TBD	Sue Harkins	Lori McKusick	Sue Harkins	Lori McKusick
Altar	NA	NA	Amy Manning		Kylene Jordan
Worship Leader	Phillis Becker	Congregation Led	Rev. McKusick	Sara Manning	Rev. McKusick

Please email [info@trinityherkimer.org](mailto:info@trinityherkimer.org) with any changes.

## Stewardship

Monthly giving needed to fund the approved budget of \$157,149 is \$13,095.75

### February Information

Actual Offerings Received for the month:     \$3,559.55  
 Actual Expenses Paid for the month:             \$17,564.60\*

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 Income is *short* by                                     \$14,005.05

Paid by using excess Fund Balance from prior years.

\*Pastor Marie's compensation for January was paid in February

### Did You Know:

The time after Pentecost is the longest season in the church calendar, lasting almost half the year. Sometimes this is called "ordinary time" because there aren't many special celebrations during those weeks. The liturgical color for the time after Pentecost is green, representing life and growth. Each week we hear a different story about Jesus' ministry from one of the four Gospels.

*The Lutheran Handbook copyright 2005 Augsburg Fortress*

## Our Church Family

We have many of God's children on Trinity's prayer chain for many and various reasons for healing of mind, body and or spirit. Intercession (praying for others) bringing before our Lord their concerns. What a blessing for those who pray and for those who are prayed for. The beautiful thing about prayer is that we can be anywhere, at any given time and connect immediately with our Lord and Savior Jesus Christ. God's love for all of us is so comforting for our souls. Please take 5 minutes to pray for those below. As Jesus says "you will be blessed"!!!

Here is the list of those who need support through prayer: Jim, Barbara, Edith, Gary, Ron, Rich, Jonah, Sonya, Rosemarie, Karen, Allen, Scott, Peter, Sheila, Pat, Linda, Klaus, Marie, Tim, Cathy, Judy, Paul, Rachel, Pauline, David, Theodore, Sue..... Thank you for your prayers!

## GOD'S GIFT OF NEW LIFE:

We rejoice with Jennifer and Matthew Maxwell and sister Samantha in the birth of their beautiful baby girl Elliot Ann Maxwell born March 12, 2026. She is the new granddaughter of our own Dan and Cathy Mayton-Collins. Sharing all the blessings of our Lord of love, joy etc. with her parents, sister and grandparents. Yes, congratulations God is good!!

## SHARING GOD'S GIFTS:

If I remember correctly I think it was on Palm Sunday that we were blessed to have Cooper Jordan be our reader of the Word of God. Cooper's reading was so powerful that it brought the congregation together, praising God with One Voice. Thank you Cooper for sharing your GOD given gift with all of us.

Prayerfully consider joining Trinity's prayer chain. You will find a great discovery full of love and joy not only in praying for others but recognizing the Holy Spirit as He helps us in guiding our prayers.

If you have concerns for the prayer chain or other personal family matters, which are kept in confidence, please speak to Phillis or call the church office 315-866-6474 and leave a message. Peace!

## MAY BIRTHDAYS

Donald Schrader  
Emily Madison  
Jodi Lally  
Hunter Becker  
Martha Smith  
Edna Briggs  
Shirley Miller  
Susan Schrader  
Chelsea Herrmann  
Eva Knoblauch  
Matthew Neff  
Derek Mizerak  
Ashley Crandall

Cole Taylor  
Erik Ruff  
Kerri Griffin  
Risleigh Roche  
Gary Manning  
Logan Christofaro  
Nicole Baker  
Louis Baldanza  
Morgan Hinckley  
Jared Marquissee  
Jonathan Minter  
Garrett Gerdau  
Goffrey Gerdau

Mary Dickerson  
Dillon Holmes  
Amanda Gebhart  
Eleanor Clements  
Marion Ruller  
Richard Starring  
Rachel Bruce  
Kurt Heidler  
James Stegemann  
Kylene Jordan  
Wendy Catera

## MAY ANNIVERSARIES

Lisa & James Woods  
Colleen & Jeff Gross  
Reagan & Dennis Shaut, Jr.

Kerri & Brice Griffin  
Becky & Rob Walrath  
Steven & Amanda Gebhardt

Kim & Rudolph Schrader

If you spot an error or omission, please notify the office. We will be happy to update this list!

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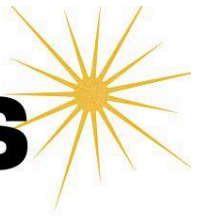
### Council Contact Information

President: Wendy Catera	315-360-7447	wcatera@trinityherkimer.org
Vice President: JoAnn Blaise	315-868-0291	jblaise@trinityherkimer.org
Treasurer: Amy Manning	315-868-9224	amanning@trinityherkimer.org
Secretary: Laurel Becker		lbecker@trinityherkimer.org
Mike Marusic		mmarusic@trinityherkimer.org
Phillis Becker	315-866-2379	pbecker@trinityherkimer.org
Yvonne Winter	315-263-7484	ywinter@trinityherkimer.org
Pastor Marie	315-316-1866	pastor@trinityherkimer.org
Office	315-866-6474	info@trinityherkimer.org

**Worship With Us  
From Anywhere!**  
**Call on your landline phone,  
use your computer or use  
your device!**  
**See Worship Schedule for  
details.**

If you would like to receive a copy of finalized Council meeting minutes please contact the office.

# Chicken & Biscuits Dinner



Thursday, May 14, 2026

4pm - 6pm

Trinity Lutheran Church

443 Henry Street, Herkimer, NY 13350

Tickets can be purchased by calling

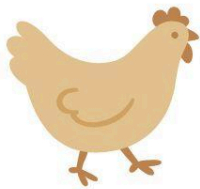
315-866-6474 or the night of the event.



\$11 for adults

\$6 for children ages 6-11

5 and under free



Take Outs Available

**Help us raise \$2,000 for new doors!**

Chicken & biscuits with  
mashed potatoes and  
gravy, two vegetables,  
dessert and beverage

