



# The In Touch

Volume 61, Issue 7

*Our Mission: To Seek, Know, Love and Serve Christ in all Persons and in all Creation*

## Ramblings from the Liturgist...

I woke up one day and I was old! 83 years old! How did I get here? Where did the time go? The hardest thing for me to accept was that my strength and ability to get things done has decreased considerably. I used to be able to work all day at my chores- now I'm pretty much used up by noon! I read my Daily Devotion and I look for answers- sometimes I find them somewhere else. Here's one that appeared on Facebook and I saved it- titled "Let yourself Rest" " If you're exhausted, rest. If you don't feel like starting a new project, don't. If you don't feel the urge to make something new, just rest in the beauty of the old, the familiar, the known.

If you don't feel like talking, stay silent.

If you're fed up with the news, turn it off.

If you want to postpone something until tomorrow, do it.

If you want to do nothing, let yourself do nothing today.

Feel the fullness of the emptiness, the vastness of the silence, the sheer life in your unproductive moments.

Time does not always have to be filled.

You are enough, simply in your being.

Daily situations and problems that once gave me no pause, now gives me sleepless nights. Here's another piece of advice that helps me. Goes like this— "Anxiety often arises when we feel the pressure to solve everything at once. Pause- breathe deeply. With Gods strength, one step at a time is enough.

You're not alone - and you're stronger than you think."

From Mindful Christianity.

And here is a simple prayer that says it all.

Stress— comes from trying to make things happen on your own.

Peace— comes from leaving everything in God's hands.

Amen

And here is another simple prayer—"Everything will work out in the end. You don't need to know how. You just need to trust God and believe that it will"

And I'll close with this from my little blue prayer book—  
O God, our Father, help us to make use of our later years with cheerfulness  
and joy, not lamenting our loss of strength, nor afraid of what the years may  
bring. Give us thankful hearts for all that makes old age less anxious and  
more secure. If we must suffer at the end, help us to receive gladly all that is  
done for us.

I am very blessed to have what I have and am able to do what I do and I give  
thanks everyday.

Happy July

*Georgeann Wright— Liturgist*

The old things are still the best:  
old jeans, old jokes, old tunes,  
old movies...and old friends.



**Notice: We need volunteers**

***Readers for Sunday's & Altar Guild Members***



7/1~7/31 ~ Ryan Krieger  
~ Stephanie Fort  
~ MaryAnn Tveit  
~ Logan Krieger  
~ Sheila Shoquist  
~ Carol Grim  
~ Dean Tveit  
~ Berneice Corrin  
~ Madalynn Jenkinson  
~ JoAnne Harvey  
~ Lee Grim  
~ Rick Windschitl



7/20 ~ Mike & Tricia Brennard



7/8 Rev. Lynn Naeckel



7/8 ~ Jan Menefee  
7/10 ~ Connor Weir  
7/13 ~ Emma Mattsen  
7/20 ~ Caryn Noland  
7/27 ~ Sara O'Kane  
7/27 ~ Tessa Walls

***Watch Holy Trinity Livestream On Facebook***

*Service bulletin is on our website: [www.ifhtec.org](http://www.ifhtec.org)*

*Sundays @ 10:00 am*

*Services can also be viewed on KCC-TV*



***“Outdoor Services”***

***Irv Anderson Amphitheater***

*Hwy 11 East, Voyageur Lane, International Falls, MN 56649*

***Dates Will Be:***

***July 19<sup>th</sup>, Aug. 2<sup>nd</sup> & 16<sup>th</sup>***

***Bring Your Own Chair***

# July '26 Sunday Service Lay Responsibilities

Dates	Celebrants	Acolytes	Lectors & Lessons	Greeters
<p>5 <b>Holy Eucharist</b> 10:00 am 6<sup>th</sup> Sunday after Pentecost</p>	<p>Rev. Dr. Samantha Crossley Deacon: Lee Grim</p>	<p>Lee Grim</p>	<p>Carole Johnson</p>	
<p>12 <b>Holy Eucharist</b> 10:00 am 7<sup>th</sup> Sunday after Pentecost</p>	<p>Rev. Dr. Samantha Crossley Deacon: Lee Grim</p>	<p>Lee Grim</p>	<p>Jeanne Corrin</p>	
<p>19  <b>Holy Eucharist</b> 10:00 am 8<sup>th</sup> Sunday after Pentecost</p>	<p>Rev. Dr. Samantha Crossley Deacon: Lee Grim</p>	<p>Lee Grim</p>	<p>Linda Vance</p>	
<p>26 <b>Holy Eucharist</b> 10:00 am 9<sup>th</sup> Sunday after Pentecost</p>	<p>Rev. Dr. Samantha Crossley Deacon: Lee Grim</p>	<p>Lee Grim</p>	<p>Georgeann Wright</p>	



# JULY 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4 <a href="#">Altar Guild</a> Donna & Karen 
5	6	7	8	9	10	11 <a href="#">Altar Guild</a>  Donna & Karen
Holy Eucharist 10:00 a.m.						
12	13	14	15	16	17	18 <a href="#">Altar Guild</a>  Georgeann & Michele
Holy Eucharist 10:00a.m.						
19	20	21	22	23	24	25 <a href="#">Altar Guild</a>  Georgeann & Michele
 Holy Eucharist 10:00 a.m.	Newsletter Deadline (Andy Berry)					
26	27	28	29	30	31	
Holy Eucharist 10:00 am						
