

# THE SAINT TIM'S TIMES



## First Timer Fun

*by Avery, 8th grade*

This weekend [November 19-21] was my first time going to Fall Conference at Trinity Center. We left Friday afternoon and came back Sunday. This was my first time ever attending a camp at Trinity, so I didn't know what to expect. I am so glad I decided to go. I ended up having a great time, met lots of people, and made some new friends.

The weekends' theme was "different seasons" in life. I learned people can be in many different seasons spiritually. For example a happy season, waiting season, busy season, and many more. At camp, we also played many games and did fun dances called Energizers! Being outside was so nice and we couldn't have asked for better weather.

I made so many good memories at the Camp Trinity Fall Conference and cannot wait to return for more! Learning about the "seasons" I can go through as a Christian has taught me a new perspective. Thank you Mrs. Kristine, Mrs. Martha, and Camp Trinity!



## Iceland: The Land of Fire and Ice

*by Wendy Proctor*

Last spring, my good friend and partner in crime, Valerie Foster, asked me “Do you want to go to Iceland?”. My immediate response was sure, that sounds like fun. That is how this story began.

I started on the journey to get my passport. It appears you need a non-washed, intact birth certificate to get a passport, however that is another story. The trip was booked through The Council on Aging, and although I was not ready to accept that title, the price was right. At the first meeting we were advised it would be cold and very rainy, so no jeans. Hmm, jeans are my entire casual wardrobe. I was also surprised to find out my travel mates were not OLD, and very mobile as a group. This will be a fun trip!

On October 1st, we boarded a plane and flew overnight to Iceland. The plane was full and sleeping upright in a little seat did not happen even with being post Lobster Fair tired. In the morning we arrived and started our tour with a delicious Icelandic breakfast buffet and plenty of coffee. I was amazed at the diversity of the terrain, from glaciers, waterfalls, moss covered lava fields, geysers, and black sanded beaches.

Icelanders are very environmentally savvy making good use of the geothermal energy to bake delicious breads and heat their homes. The people of Iceland were friendly and most spoke fluent English. Children in school learn an additional two languages. Our tour guide, Hinrik, grew up in Iceland and was very knowledgeable and patient. Hinrik shared the real effects of global warming he had witnessed, showing us how much some of the glaciers had melted since he was a boy.

We toured much of the island including swimming in the Blue Lagoon, and visiting the cathedral with the Leif Eriksson tribute, built partially by our tour guide’s father. We learned that Icelandic culture is rich with stories passed down over the years, and we especially enjoyed the stories of the trolls. We did have the awesome opportunity to see the Northern Lights, and they were beautiful. Luckily, while we were there, we did not experience any earthquakes or volcanic eruptions. We will continue to pray for all the Icelandic people as they experience earthquakes and anticipate a volcanic eruption.



*this photo was taken at the Barbie-themed class!*

## Connecting in the Community

by Judy Tucker

I have always enjoyed being with people. I have not always enjoyed exercising. About forty years ago, I discovered ‘group exercise classes’ with people, a variety of purposeful movement, and music! I enjoyed it so much that I became an aerobics instructor. Initially the classes were all taught on land. Water classes were a new concept and seemed to be targeted towards an older population. Fast forward several years and I became the older participant. For the past 15 years I participated in a variety of water exercises. Two years ago, when the ECU Health Wellness Center reopened after Covid, I became a certified water aerobics instructor.

Throughout my experiences as a participant and instructor. I not only have improved my overall health but have gained new, now old, friends! I have been exposed to a variety of people, personalities, and cultures. Somehow, in the pool, we become one, focused not only on the movement, but on helping each other. My faith taught me to love my neighbor, and exercising with others has provided an opportunity to witness that in person over and over. Most recently, a Spanish speaking participant who spoke limited English, struggled to understand the instructions. With a smile, one woman moved beside her to help, while another recognized the language barrier and began translating! Not long after, all three were smiling, laughing, and working together!

When I am the leader, I try to provide verbal and visual cues, as well as encouragement. My goal is to see a smile on each face at least once during the class! Mixing pleasure and work is vital to our wellbeing, and spiritual health. Yes, exercise can be spiritual! As with physical health, our spiritual health needs both individual and community training and reinforcement.

At the end of each class, I try to offer thoughtful and positive words. Today I shared that “Some things may not always possible, but nothing is possible, if we do not try!” Find an activity that you like and maybe challenging. Join me in the pool! Work on your faith, individually but also in community! See you at church!