



HOLY TRINITY NEWS

March 2020



Father Rob's Reflections

March 2020

Dear Holy Trinity Family,

Our time of Lenten preparation is here. A time that begins with feasting on Shrove/Fat Tuesday (Sundays in Lent are Feast Days by the way), followed by beginning our Penitential Journey on Ash Wednesday. We continue our clock-like liturgical journey with 5 Sundays in Lent for a total of 40 days---yes 40 like 40 years in the wilderness for the Hebrew People; 40 days on the Mount for Moses to receive the 10 commandments; and 40 days in the desert for Jesus whilst being tempted by the devil, etc. As I continue to emphasize, everything we do has meaning and connection. It will culminate with the beginning of Holy Week, after reading the Passion Narrative at the Palm Sunday Service. Then, we spend 5 days worshipping every evening at 5:30pm to prepare for the Resurrection to come on Easter Sunday. It's palpable, real, hard, freeing, disciplined, and wonderous---if we allow it to work the way it is prescribed. We are in it. We are living it. We will arrive soon!

Now, starting with Ash Wednesday a **dramatic, but somewhat subtle, change should be noticed for Lent.** Using a very old and much practiced tradition, the penitential purple is being donned as usual but in a slightly different way. Yes, our beautiful altar, pulpit, and lectern hangings are the same. But I want you to notice the **purple veils covering our crosses** and even the Crucifix. And because of the already dramatic impact of the veils, there is no linen hanging to cover the triptych this year. When you see the veiled crosses and the powerful color connection to the colors in the triptych angel's wings, etc...I believe you will see the power of this slight change.

Why do we do this? Well, one priest explains it thus: "The **theological significance of the veils** is found in how they offer an outward and visible reminder of the penitential nature of the season. The veils obscure from our vision the beautiful and holy images that inform our worship life, and in doing so remind us that our sinful nature has obscured our vision of God's truth. The veils are one of many ways we are invited in Lent to embrace a penitential disposition — a disposition that engages our sinfulness and renews our vision of that which is good and holy. When Easter arrives and the veils are taken away, we are blessed with the unveiled splendor of resurrection glory, as it is revealed in the images of faith

that surround us. The removal of veils at Easter serves to remind us of where our Lenten disciplines have sought to bring us, and that is to a place of renewal, refreshment, hope and a clearer vision of the Kingdom of God." (Church of the Good Shepherd, Diocese of Upper SC) Let me know how it touches you!

Alright, now remember to pick up your **Lenten Meditation Guides from ERD** (Episcopal Relief and Development) and let us know if we need more. And also please pick up your **"mite" boxes like last year for ERD again.** Use the boxes to put coins or cash (checks are cool too) as a discipline in Lent. Perhaps place it on your kitchen counter or dinner table where everyone can see it. Invite everyone, including and maybe especially children, to contribute. Make it a family event to give to the Episcopal Relief and Development that helps at home and abroad with so many different programs. We'll collect these on Palm Sunday. Again, you may bring them up as a family or as individuals, according to your preference.

Also, as you know our parish was one of three to start the Swanton Community Food Shelf. I am thus on one the Board. So part of our annual drive, the board surmised, is to offer a **"Humble Food Drive" during Lent.** Please bring whatever food items you wish, maybe keeping in mind what our needy brothers and sisters might use at Easter for their meal. No hams (unless canned) or Turkeys as there is no place to keep them at the Food Shelf. Checks are very good too! This event will be part of the Lenten discipline of taking on something as we give up something in lent. It will culminate with an opportunity for families or individuals to being up their food gifts to the altar on **collected on Sunday, March 29th, 2020---both services.**

And lastly, this year **each Wednesday during Lent (beginning on March 4th)** I will offer a midday **healing service at 12:30**, followed by a **light soup and bread lunch.** You may pray for yourself or another for healing. It is a great time to be a part of the healing service we have in the Book of Common Prayer.

That's it! See you on Sunday!

Love in Christ, Fr. Rob +

HUGE THANK YOU TO DON FOURNIER AND HIS TEAM OF MEN FOR A FANTASTIC SHROVE TUESDAY PANCAKE SUPPER!!!!!!!

Lenten & Holy Week Activities

March 1st---First Sunday in Lent---**pick up your Episcopal Relief and Development (ERD) Lenten guides if not already done, and your ERD mite boxes,** i.e. boxes for the family to daily, or so, put coins and bills in the box to support ERD activities worldwide--to be presented at the altar on Palm Sunday. **After each 10 am service during Lent (March 1, 8, 15, 22, 29) a special Sunday School class taught by Father Rob and Mike Ellis on the book The “Seven Last Words” of Jesus by Fr. James Martin, SJ. The class will begin at approximately 11:30 am in the chapel March 1st.** Books may be picked up in the office or at the first class.

Weds, Mar 4, 11, 18, 25 and Apr 1--Healing service in the church at 12:30 each day followed by a light soup and bread lunch. Come to pray for personal healing or for the healing of another.

(Get ready to dedicate your **Easter Lilies** and turn in the funds for the number of lilies you want—more on this soon)

March 29th---Sunday Lent 5---"**Humble Food Drive**" for the Swanton Community Food Shelf. Please **bring any foods to offer** for folks to use for Easter dinner (no hams or Turkeys please, unless canned ham) or just food needed by those in or community—bring to the altar as you enter church that day. Place your goods in the Food Shelf box at the base of the altar or all around it. **OR write a check to community food shelf** for its ongoing work.

HOLY WEEK

April 5th---**Palm Sunday services beginning**, as is our custom, **in the parish hall**--with the Liturgy of the Palms--Both services. **Mite Boxes taken at the altar** and offered by individuals or families during the offertory. And Holy Week officially begins after the reading of the **Passion Narrative (be ready to take part** in the passion reading as called, or volunteer ahead!)

MAKE YOUR EASTER SUNDAY REALLY CHARGED BY COMING TO EACH HOLY WEEK SERVICE!

Monday, April 6th---5:30 pm—Evensong

Tuesday, April 7th—5:30 pm---Evensong

Wednesday, April 8th—5:30pm---Tenebrae

Thursday, April 9th---5:30 pm---Maundy Thursday—Seder (begins in the Parish Hall) and Stripping of the Altar, Eucharist, and The Watch

GOOD Friday, April 10th

NOON Crosswalk beginning at Nativity

5:30 pm--Good Friday Liturgy, The Way of the Cross and communion from the Reserved Sacrament.

Sunday, April 12th---**EASTER SERVICES at 8am and 10am** ---10am service **Flowering of the Cross**---**all children bring a small bunch of flowers** (any type, but we'll have extras) to decorate the cross. **FESTIVAL HOLY EUCHARIST—RESURRECTION SUNDAY!**

Vestry Notes from Vestry Retreat of February 8, 2020

Open prayer by Rob and Devotion by Mike...Reflection on Leadership and Baptism and Thanksgiving...Story of the creed and baptism as our gateway to entering the church.

Ice Breaker: “House on Fire” Confirmed that we all value our experiences and history.....

Explored our Ministry Together...Top Ten Ways to Thrive as a Vestry Leader. Allowed us to explore how our “Faith Meets Structure”

Spiritual Life: Be mindful of including spiritual life in you daily life...work to be intentional.

Sunday Connections: Reflect on our vision as a worshiping community. Try to be visible to others outside of our church community.

Giving: Strive to tithe....Establish a feeling of joy in knowing that all comes back to us in blessings.

Ministry: Engage in community! Remembering from John 13: “Joy to serve and be served”

Lead: Find your healthiest center and lead from there. Support the mission of the church.

Speak: Talk up your church...as Paul said: “Speaking the Truth in Love” Avoid Triangulating.

Confidence: Give voice to the church...share decisions not discussions.

Budget: Vestry members are agents of the parish. All commissions work needs to be made aware of our fiduciary responsibility. Vestry members are responsible to be aware of budget details.

Trustee: Vestry members are trustee of Diocese. Rest/Sabbath: Sabbath is a concept(not Sunday) as members, we need to balance work with rest.

Reflection/Questions:

How do we as a vestry, go about decision making?

How do we work with each other?

What about secrecy?

Welcome KILEY

Kiley Boutah, our new Administrative Assistant, will begin her ministry with us on Mon, March 2. She will be in the office mon-Fri 9 am-2 pm. I know you will welcome her heartily.

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Daylight Savings time starts March 8

“Community Addiction Workshops” Series

The Holy Trinity Recovery Ministry welcomes Dr. Ed Haak and his Team to present a series of ten “Community Addiction Workshops” in the Parish Hall. The Workshops will provide community members educational material to help answer the questions of “How, Why and What” physically, neurobiologically and psychologically happens in people suffering from addictions; in simple, understandable terms and concepts.

All workshops will be held on Tuesdays from 6:00 to 7:30 PM at Holy Trinity Episcopal Church.

March 3- Hx of opioids, 2 Main Causes

March 17- 2 parts of brain, Fire drill

March 31-Med Ds model, Parity test, Relapse

April 14-Life Matrix

April 28-Opioid Effect Graph

May 5-Dopamine Pleasure Graph

May 26-AA/NA Meeting

June 9-Recovery Plan June

23-closing, Q&A

Healing Service Weds,
Mar 4,11,18, 25 & Apr 1 12:30
followed by soup luncheon

Babette’s Feast

The film Babette’s Feast is a story of the opening of the hearts of a small, puritanical community on the coast of Norway by the generosity of a French refugee cook. Recently called a “cinematic icon of the Eucharist” in a sermon, the film explores love and generosity in the context of a meal and their ability to transform lives. The film is a faithful adaptation of a short story of the same name by Isak Dinesen. Since the Eucharist is the continued self-giving of God begun at the Creation and renewed in the Incarnation, it is His primary act of generosity continued into time. Babette’s Feast helps us to explore that generosity, and does it with the image of a meal, its transforming quality and its locus as the place of transformation.

Vestry Minutes February 8, 2020

Approval of January Minutes: Discussion to amend minutes to read there was a savings of \$4,000 to the external audit and to change the word Don.

New tenet in lower 40 Grand. Moved in this last Tuesday. State inspection completed.

Pledge dollars and rental income in on track no added expenses anticipated at this time.

Working on completing Parochial Report to the Diocese.

Acknowledged that contents in Sheldon house and the assets made from them would be used to take care of disposal expenses.

40 Grand needs door replaced in bedroom and repair of light. Renters have signed new contract.

Check on refund from Efficiency VT on new freezer.

Sabbatical:

Rob has approval of Bishop on sabbatical work.

Request that vestry ponder the possibility of using some continuing education dollars to support sabbatical.

Administrator Assistant: Rob is still exploring options for hiring assistant.

Previous interviews were not successful.

Hoping to offer a candidate another option for hourly wage. He will follow-up. New posting has been sent out. Motion & seconded offer up to \$20 per hour to qualified candidates.



Open Door Dinners

Wed Mar 25 - Church of the Nativity
Thurs, Apr 30, May 28, Jun 25 - HTC

Food Shelf Needs: Tea, Canned pasta, & Peanut Butter

A Lenten Invitation from Bishop Shannon
I am pledging to fast on Ash Wednesday and on each Wednesday of Lent, and if your health and situation allow you to join me, I invite you to do so. As the Presiding Bishop and his partners in the Reclaiming Jesus movement write, "Fasting weekly can help us to stop, pay attention, wake up, interrupt our schedules, go deeper, and listen for God and the Holy Spirit in ways that might lead us to new places in our hearts and minds."

I would also like to invite you to join me in reading "The Restoration Project: A Benedictine Path to Wisdom, Strength, and Love," by Christopher H. Martin. Each of the six weeks of Lent, we will read a chapter of the book and gather either on Facebook or on a Zoom call to reflect on the ways that we might embrace the practices of Benedictine spirituality to keep God at the center of our lives in this difficult and divisive time for our nation and our world. Look for more information about how to join the conversation beginning the week of March 2, and order the book from Hopkins Bookshop.

I look forward to our Lenten journey together and, at its conclusion, to rejoicing with you in the season of Easter.

Peace and blessings,
Bishop Shannon



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Fri. is ordinarily Fr. Rob's Sabbath

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MARCH BIRTHDAYS

- 6 Drew Wood
- 7 Suzy Kenyon
- 9 Hugh Kenyon
- 11 Jason Bushey
- 14 Ayden Burnor
- 17 Brian Collins
- 18 Helen Short
- 26 Donald Fournier
- 30 Sandy Hersey



Hold the Date!

Our annual Trash to Treasure sale will take place on May 16th. Please begin to hold special items for our sale! Items can be brought to the church the week of May 10th-19th. Set up date will be Friday, May 15th. Contact Deanna Edwards or Mary Wood with questions about this event.