



HOLY TRINITY NEWS



January 2022

Father Rob's Reflections January 2022

Dear Holy Trinity Family and Friends,

As I reflect upon the light of the Epiphany, I am reminded that physical light travels at 186,000 miles per second. That is little faster than the blink of an eye. It's fast moving for sure. Kind of like Christmas and its celebration has passed us like the speed of light, and the season after Epiphany will do likewise I am sure. But as fast as they come and go, with each season we are called, perennially, to make time to ponder, reflect, and think. For our current season, we might ruminate on the spiritual light that came with the Wise men, and the fact that it does not pass away. It does not flash by us, but stays with us, in our hearts. It was designed, thru the birth of the incarnate Christ, to last forever. It is meant to have impact for Jew and Gentile, to bring hope to all and new life where darkness has prevailed. The light of Christ however, symbolized by the Christ candle of Christmas, grafted in the baptized, is not to stay dormant but is to then be shone from us to the world about us. This truth hearkens back to the children's song we all know, This little light of mine, where we repeat, " I'm gonna let it shine... hide it under a bushel, no, I 'm gonna let it shine." This childlike verse calls us to remember, as seasons come and go like the speed of light, that the light given to us in baptism may dim at times, may even weaken, but will never be extinguished. Its brightness is gifted to us. Its impact on others is determined by how well we decide we want to use it. It can be a light when someone is in need and we bring food or send cards. It is a light that shines when we support the Food Shelf, the coat drive, the mittens and caps on the Advent tree, the support of our little rose Brigit, addiction recovery ministries, the pre-covid continual use, often free, of our buildings for nonprofits, in well-formed and meaningful liturgy, and even in making our buildings of worship beautiful and well-kept as a beacon of hope and beauty on our corner of Grand Avenue in our community. Epiphany reminds us that we are all included in this Jesus light of salvation, and that

its spread and impact on others depends upon us, and our willingness to keep it from under that bushel. To intentionally set it up on the hill of our lives. 2022 is still fraught with COVID concerns, but what better time to shine, safely, our light to others as the Episcopal branch of the Jesus movement.

So, let those lights shine, and I'll see you on Sunday.

On news note:

We welcome Betsy Liley to our new treasurers position, made formal by our new vestry vote on the 23rd of January just after annual meeting that day;

Annual meeting, for safety, will be held immediately after church in the Nave without our gathering for food;

The organist/Music Ministry position will be handled as supply, on longer term basis, by the talented Sue Hogan as we continue to advertise the position. A small subcommittee has been formed to interview with me as applications come in. If you know of someone who is talented on the organ and can work with adults and children for choir, please refer them to me.

Love in Christ,
Fr Rob+



Upcoming Events

Jan 5, Wed, 9 am - Stone Soup making
Jan 6, Thur – Feast of the Epiphany
Jan 7, Fri - Commission reports due
Jan 17, Mon, 5- 6:30- Vestry meeting
Jan 23- Annual meeting
Feb 7, Mon, 4 pm – Outreach Meeting

Vestry at a glance
12-6-21

- Sheldon house property is being surveyed by TDH.
- Organist applicants are being looked at.
- Approved the 2022 proposed budget.
- Reinstate DHO's & continue to mask and social distance.

*Dear Holy Trinity family,
Thank you for your kind money gift at Christmas. It is very thoughtful, and I greatly appreciate your generosity.
Love to you all,
Fr. Rob*

*A sincere thank you to my Church Family for all the kindness. From a slice of pie to many rides to so many things, too many to list. It has and is still helping me through this stressful past almost two years. I feel blessed.
Mary Gladden*

Dear Reverend Spainhour,
Thank you so much for continuing your generous support for our ministry at Dartmouth Hitchcock Medical center. After a second challenging year for everyone in our region, we are especially thankful for your encouragement.
Wishing you all blessings for 2022,
Elizabeth Lowell
Episcopal Hospital Chaplaincy



14 on Jan 18

Dear Holy Trinity Episcopal Church,
May the Christmas Spirit bring you and your family hope, love and happiness.
I love you,
Brigith [your Little Rose]

Rev. J. Robert Spainhour,
Thank you so much for the air purifier – it's been working wonders – we are so grateful! Also so great to meet you. Keep in touch and hope you have a great holiday.

Justin Marsh
Pride Center of Vermont

Greetings,
Maquam Bay of Missisquoi, Inc. Thanks you for your generous contribution of \$1000 for the purpose of supporting the Abenaki Food Pantry. It is because of active and caring community members such as yourselves that we are able to continue serving our community providing essential and emergency assistance.

Chief Richard Menard
Abenaki Nation at Missisquoi Tribal Council



Dear Friends,
On behalf of the staff, volunteers and the Board of Directors of Martha's Community Kitchen, I am writing to thank you for your generous donation of \$1000. We are settled in our new home on Lake St and in 2020 we served over 42,000 meals. Your donation makes this possible. When this crisis is over, everyone is welcome to come and share table, a conversation and a warm meal.

Deacon Dennis Moore
Martha's Community Kitchen



Dear Fr. Rob,
Thank you for your generous donation of \$1000 to support Voices Against Violence. Thanks to you, survivors can find safety and support, and we can continue our longer-term efforts connected to prevention, transformative justice, racial equity, and community change.

Fr Rob and friends, let's end violence together. Thank you for this partnership.

Peace,
Paul Dragon, Exec. Dir.



**First Wednesday Stone Soup
Volunteers needed to prep & deliver**

We will continue to make Stone Soup throughout the winter. Volunteers can meet the first Wednesday of each month to prepare and package up a soup lunch for parish members who are homebound, sick, or would just benefit from a soup lunch. Please join us each month at 9:00 in Holy Trinity's Kitchen. Mask are required for all volunteers.

We will put out a basket for items to use in our soups. If you have something to add to our soup basket it will be put to great use in our future Stone Soup offerings.

January: Vegetable Stew
February: Corn Chowder March: Irish Stew
Please contact Mary Wood (802-524-5446 or golfwoodmd@comcast .net if you are interested in helping with any of the soup meals or would be willing to deliver meals. Thank You!

Next Outreach Meeting is Mon, Feb 7 at 4 pm.

Dear friends,

Based on recent directions given to us from the Covid Response Team, I will need to see vaccination cards of lectors, preachers, choir members, altar servers, ushers, and DHO's. Folks feel free to show me on a Sunday at church. Thank you for helping to keep everyone in our parish family healthy.

Love in Christ, Father Rob+

PSA - Vaccination Cards

Proof of vaccination is increasingly required at movie theaters, other entertainment venues and restaurants. Keep your card or a copy of it with you in your wallet or car.

Mission

"If churches saw their mission in the same way, there is no telling what might happen. What if people were invited to come tell what they already know of God instead of to learn what they are supposed to believe? What if they were blessed for what they are doing in the world instead of chastened for not doing more at church? What if church felt more like a way station than a destination? What if the church's job were to move people out the door instead of trying to keep them in, by convincing them that God needed them more in the world than in the church?"

— **Barbara Brown Taylor, Leaving Church: A Memoir of Faith**

We Are Saved by the Incarnation

There is an ancient Celtic belief, taught to us by Erigena, that salvation happened primarily through the incarnation rather than the crucifixion. It was the bringing together of heaven and earth, spirit and matter, creator and creation, that healed the world. Jesus is the celestial physician, the healer of the material universe, and he came to a world which was very sick. The world was out of balance (and still is) and the incarnation restored balance (and it stills does).

The cure for our spiritual illness is incarnation. It is by bringing the body and the soul into harmony that health is restored to the individual and it is by bringing the materiality of the world into harmony with the peace of Heaven that health is restored to humanity as a whole. Perhaps this is why Mary sang her famous Magnificat in anticipation of Jesus's arrival. Her prophetic prediction about Jesus' birth was that he would do as God has always done. She said,

"He has brought down rulers from their thrones but has lifted up the humble.

He has filled the hungry with good things but has sent the rich away empty."

This is very reminiscent of the words of John the Baptist who spoke of the coming of the Lord like this,

"Every valley shall be filled in, every mountain and hill made low.

The crooked roads shall become straight, the rough ways smooth.

And all people will see God's salvation."

The reason for Jesus to be born was clear to both these prophets who foretold his coming. God was coming to earth to set things straight, to bring our material culture in line with spiritual truth. The rulers of the world are the rich people who oppress the poor and they are the mountains which will be made low. The humble and poor are the valleys which will be raised up. There is a lack of balance in our society and Jesus came to make the crooked roads straight, fill in the gaps, and cast down the mighty. The incarnation was to restore balance and balance is what it means to be healthy.

And so Jesus is the great physician and harmony is the medicine our world needs. We need to bring our bodies and our souls together rather than hate our bodies for the sake of our souls. We need to work towards healing our broken society rather

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than assuming life on earth is a write off and will always be wicked. As heirs of Jesus' divine incarnation, we are the physicians now. We must work to heal the world. The medicine Jesus gave is slow acting by human standards. We have come a long ways towards understanding the illness which affects us and we have already made great improvements towards healing it. But there is still much work to be done.

If we wish to heal the world we must first heal ourselves. This is why the teaching of healing vices by their opposites is so essential in Celtic Christianity. The idea of contraries is what Mary and John were describing. It is a way of seeing the places where mountains and valleys are causing illness and counteracting them with their opposites. If a mountain is too high, it needs to be made low. If a valley is too low, it needs to be lifted up. It's a very simple but profound teaching.

So, my dear sisters and brothers, this Advent I encourage you to consider how the coming of the long expected Christ brought balance, how the rulers of the world responded to his message, and how we intend to respond to it today. How can we live out incarnational theology in our own lives? What mountains do you stand on? What valleys are you stuck in? How can we, as God's people, heal ourselves?
-Justin Coutts, newedenministry.com

**Diocesan Book Study:
"The Church Cracked Open"
Thurs in Jan & Feb**

In Thursdays from Jan 6 to Feb 17 from 6:30 to 8:00 p.m. on Zoom, Bishop Shannon will lead a diocesan book study of **The Church Cracked Open: Disruption, Decline, and New Hope for Beloved Community** by the Rev. Canon Stephanie Spellers. Spellers is the presiding bishop's canon for evangelism and reconciliation and was the keynote speaker at the Diocese of Vermont's 2018 convention.

"Since our time will be limited, we will not cover everything in the **study guide**," writes Bishop Shannon. "To aid our discussions, I recommend participants keep a journal of their reflections from the study. The study guide includes good prompts for reflection. I am looking forward to this time together to explore our life as an institution, faith and people, past present and future."

Download the study guide and **register online** with the diocese to receive your Zoom link for all seven sessions.



DECEMBER BIRTHDAYS

- 1 Lorie Bullard**
- 3 Jackson Gagne**
- 4 Paul Leduc**
- 14 Marc Poissant**
- 17 Mary Hartman**
- 18 Brigit Reyes**
- 19 Shirley Barratt**
- 20 Audra Lovelette**
Tony Martin Spainhour
- 25 Eadoin Murphy**
- 27 Alex Longe**



Just Born

Dec 20 Matilda Louise Comeau
Proud Parents: Kati & Andrew Comeau



Baptism
Dec 24 Jackson Fenix Wingard
Fr. Rob's grandson



Married
Jan 1
Meghan Goslin & Adam Fournier