

The *Trinitarian*

Our Mission: To know Jesus Christ and to make Him known through our good works.

Church of the Holy Trinity

February 2010 Newsletter

Brad's Ink

Grace to you and peace from God our Father and the Lord Jesus Christ. (From Paul)

The Lord be with You.

(From Worship services and Buddy's article)

I see you! (From my sermon on January 24)

Greetings to God's people at Holy Trinity as we live our lives in prayer and thanksgiving for all that God has bestowed upon us. As I write this, we are preparing for our Annual Meeting — I hope to see many of you there.

We have a very busy month of February scheduled. I pray that you will strive to deepen your spiritual life through our worship and fellowship.

February 7: our Children's Sunday because too many of the children and their families will be out-of-town on February 14.

February 13: extremely busy with a Vestry Retreat to perform our Mutual Ministry Review in the morning and afternoon, to be followed by a Quarter Auction in the evening.

February 14: Women of Holy Trinity will meet to plan for Bishop Sutton's visit.

February 16: Shrove Tuesday Pancake Supper.

February 17: Ash Wednesday with services at Noon (spoken) and 7 PM (with music).

February 21: Bishop Sutton's visit and pot luck luncheon coordinated by Jean Bloyer and the Women.

February 23: Evensong followed by the program for our first "Soup Supper."

The program for the Lenten "Soup Suppers" after the opening Evensong will be based on the book *Sitting at the Feet of Rabbi Jesus*. The idea behind the book is that the Gospels are much richer if we know how Jesus' Jewishness and the culture shaped both the disciples and the Gospel writers.

My initial plan is to cover one or two chapters a week as we immerse ourselves in the 1st Century Jewish Culture. We will have a short (15 – 20 minute) teaching followed by discussion of how that information deepens our spiritual understanding. Please come and join us Tuesday nights in Lent at 6:30.

As part of the Diocesan Nominating Committee for the Diocesan Convention, I encourage you to please consider running for Diocesan office. For those of you who want the Diocese to think differently on certain issues, this is the way to help influence the discussions. There are opportunities to serve on two different committees:

- 1) The Standing Committee – those that advise the Bishop, vote on who can be a priest in this Diocese and vote on bishops elected in other Dioceses. If we were ever without a bishop, the Standing Committee is the "Ecclesiastic Authority" until the new bishop is elected.
- 2) The Diocesan Council - the "Vestry of the Diocese." I am currently on the Council representing Harford County. The open positions are "at-large" positions to represent all of the Diocese. If you are elected to Diocesan Council, we can carpool to the meetings.

Please consider both of these opportunities to represent Holy Trinity and Harford County at the Diocesan level.

May God Bless you and hold you in His arms.

The Lord be with You!

– Fr. Brad



Annual Meeting
January 31

News & Notes...

Altar Guild

Work Shop and Luncheon • Saturday, March 6

The work of the Altar Guild goes on quietly behind the scenes and is often unnoticed since worshipers do not ordinarily think about the usual furnishings of the altar and sanctuary, or who has put them out, or who cares for them.

The Altar Guild is a special ministry whose mission is to care for everything that relates to the Altar. We invite all who think they might enjoy this ministry, as well as all who are currently serving, to attend this workshop for learning and for fellowship. The Altar Guild is an equal opportunity ministry, open to men and women, husband/wife or parent/child teams!

Want to learn more or update what you already know or just join friends for lunch? Please come on **Saturday, March 6, 10:00 am – 1:00 pm** for a special workshop. RSVP (we want to have enough food!) to Frances Mason [H: 410-638-2305, W: 410-306-2269, cell: 410-322-5916] or the church office if you are planning to attend.

Altar Flowers

A flower chart may now be found at the back of the church. If there is a special anniversary—baptism, wedding, death, etc. — that you would like to remember by placing flowers on the church altar, please sign up for the appropriate Sunday. Flowers may be ordered from any florist you choose. Amanda's Florist in Havre de Grace has a key to the church and can deliver the flowers at any time. Other florists will need to contact the church office and/or Altar Guild volunteers to arrange a delivery time. During the summer months, lovely garden flower arrangements are also available at Harman's produce stand in Churchville and can be ordered ahead by talking with Paula Harman.

Kitchen Cleaning

Kitchen cleaning day is scheduled for February 6. The kitchen, ovens, glassware cabinets and all other serving areas need a good clean out. Many hands make light work, and we hope to see you at 10 in the kitchen. Cami will bring a light breakfast and coffee. We should be able to make quick work of this, and enjoy the fellowship of being together.

Bishop's Visit & Luncheon • Feb. 21

Please make note that the Bishop will visit Holy Trinity on February 21. A reception and lunch is planned following the 10 o'clock service. We ask that all bring a dish to share, plates and cutlery. Sign-up sheets are posted in the back of the church and Parish Hall. Cami is coordinating.

Book Review

Wolf Hall – a novel by Hilary Mantel

Wolf Hall won the Man Booker Prize this year. I read the book and loved it. Don't be put off by the fact that it won a fancy literary prize or that it is thick enough to use as a doorstop – this book is a page-turner!

Students of the Protestant Reformation will be familiar with the story of Wolf Hall: the politics of the court of Henry VIII in the 1530's at the time of his courtship of Anne Boleyn and of his divorce from Katherine of Aragon. It is a powerful and fascinating retelling of the fall of Wolsey, and the rise of the Boleyns. It is also about the early attempts at religious reform, the controversy over the vernacular Bible, and the persecution, imprisonment, torture and death that was meted out to people of all persuasions from all sides.

Do not make the mistake of thinking you have heard all this before! Hilary Mantel retells this old story in a completely new and fresh way – through the eyes of Thomas Cromwell, the quintessential self-made opportunist and yes-man. In Wolf Hall, Mantel's portrait of Cromwell is a nuanced one and a much more sympathetic one than we are used to. He is a caring man and loves small dogs, he is a loving husband and father, a generous benefactor, neighbor, and employer. He is loyal and yet vengeful. He is principled and yet single-mindedly ambitious and ruthless. He is a polymath and a student of the scriptures. He is a great deal more intelligent than his opponents, and understands human nature only too well. And yet he does not seem to understand himself. To me the character of Thomas Cromwell is the most appealing aspect of an absorbing, fascinating and intellectually challenging book.

Nothing is as it seems. Men and women rise and fall on the apparent whim of the monarch and yet everything is ruled by the urgent need to produce a male heir to the throne and ensure the stability of the realm. Cromwell is there at every council, taking advantage of the instability to acquire more offices and more power.

Eventually, the Boleyns' power begins to look a little shaky. What will become of them all, and their protégé Cromwell, if Anne cannot produce an heir? Throughout the book we have heard of Wolf Hall where the Seymours live. Their downtrodden daughter Jane is at court and has attracted Cromwell's notice. At the close of the book Cromwell is about to travel to Wolf Hall. Does he even understand his own motives? Have the political winds begun to shift again?

– Elizabeth Pratt

Journey into Relationship

by Buddy Coffey

As I wrote last month, all of us are on a journey, the “journey of a lifetime.” Life is dynamic and as we make progress in our spiritual, intellectual, physical, and emotional journeys, we encounter many people along the way.

Journeying is almost always done in the company of others. At my Exploring Ministry Retreat last month, many of the participants agreed. One man said that at times it seems that God “just plops someone down in front of me who is exactly who I need to know at the time.” A woman related that God just keeps filling her “dance card” with new people with whom she is to interact. I offered that my deepest spiritual moments and most profound spiritual realizations have been as part of my companioning with others.

This shouldn’t surprise us, because Christians see God’s very nature as relational. While somewhat mysterious and difficult to grasp, the Trinity models the Father, Son, and Holy Spirit in deep relationship. We learn that “God is love” (1 John 4:16), and that quality inherent in God means that God is in relationship. The verse continues by saying “Whoever lives in love lives in God, and God in him.” We see that the concept of relationship carries over to us.

In his high priestly prayer, Jesus yearns for us to be in relationship with each other to the same degree that he and the Father are in relationship. (John 17:21). The Trinity are in a relationship of total oneness, and here Jesus prays that all of us would experience just as much oneness with each other: “that all of them [that is, us] may be one, Father, just as you are in me and I am in you.”

All of us have our close “companions along the way” of this incredible spiritual journey we are on. Some we relate to more closely than we relate to others; some we see every day; some live a thousand miles away. Over months and years and through transparent openness, mutual respect, and deep sharing we begin to get a glimpse of the oneness that Jesus wishes for each of us.

It is easy for us to be in close relationship with our companions, but what about everyone else?

Jesus prayed that we *all* may be one, in close relationship that approaches the relationship of the Father, Son, and Holy Spirit. What a challenge!

Perhaps this simple idea will help us meet that challenge.

A few weeks ago I was presented with an idea so simple that it startled me. “Why didn’t I think of this?” I asked myself. “Will it really work? In particular, will it help me journey into relationship with others whom I might not if left to my own thoughts?”

How many times have we heard the phrase, “The Lord be with you”? Hundreds of times? Thousands? We automatically respond, “And also with you!” We use this

exchange as a call to worship, a call to prayer, and a call to awareness before the Eucharist and other parts of our liturgy.

The phrase in some form is used throughout the Bible, from the book of Ruth (2:4) to the Annunciation, when the angel Gabriel told Mary, “The Lord is with you.”

What if I told you that we could use this same phrase as a prayer? What if upon encountering others we silently said, “The Lord be with *you*”? That’s the idea that startled me with its simplicity. But as much as the idea startled me, its positive effects on me startled me more.

You see, for the past few weeks, I have used “The Lord be with you” as a silent prayer whenever I interact with somebody. I use it as a prayer for each of them, but more importantly I use it as a prayer to remind me of how much each person matters to God.

I’ve used it with coworkers, business associates, family members, and even those of you I see at church. I use it when answering the phone, with servers when ordering food in a restaurant, and with cashiers when I pay my bills. I use it in friendly relationships and with those whose interactions with me may be on the prickly side.

I have no idea how this simple, silent prayer affects them, but I do know how it affects me. I can’t remember how something so simple has changed me so much. The immediate effect is that my mind and heart “soften” to others. My short phrase reminds me that the same Lord who is with me is available to them, too. I remember that just as part of me is in my creations of music, drama, or writing, our Lord is evident in all of his creation, too.

When I silently say, “the Lord be with you,” it’s almost as if the other person pops out of the scenery so that I can see him or her in three dimensions. They become distinctive, valuable, and of incredible worth. They are no longer just part of the furniture of life; I can actually “see” them for who they really are.

Now will this action all of a sudden make me best friends forever for whomever I’ve said this prayer? Of course not. But what I’ve found is that slowly but surely, the prayer is changing me. I am becoming more open, more accepting, and more relational.

I begin to take more interest in the other person as a person just because he or she is a person, not just an object of my interest. Whatever selfish interest I may have had in the

**The Lord
be with
you.**

relationship begins to dilate and thin, and I start to relate to them in a very different way.

As I realize that each person matters to God, he or she begins to really matter to me. The waitress at Waffle House is no longer just a waitress but someone I know by name, someone who I take interest in, and someone who really does matter. The person taking forever in front of me at the soda machine becomes less of an annoyance and instead becomes a real, living, three dimensional person with whom I can relate a little bit better.

Will praying “the Lord be with you” silently for others have the same effect on you that it’s had on me? There’s no way to know for sure, but I think it will. Besides, what have you got to lose?

The Lord be with you!



Reminder to Recycle Christmas Cards

It’s time again to recycle your Christmas cards! Plastic bins have been placed around the church and parish house to collect the cards. Just put yours in the bin — uncut, please. This is an easy way to help the church earn money and recycle at the same time.

We also welcome anyone interested in helping with processing the cards for shipment. If you have any questions, please contact us. (Candi’s e-mail: candg5841@comcast.net)

– *Yoshiko McCrory & Candi Fitzgerald*

Holy Laughter

One Sunday morning, the pastor noticed little Alex was staring up at the large plaque that hung in the foyer of the church. The plaque was covered with names, and small American flags were mounted on either side of it.

The seven-year old had been staring at the plaque for some time, so the pastor walked up, stood beside the boy, and said quietly, “Good morning Alex.”

“Good morning pastor,” replied the young man, still focused on the plaque.

“Pastor, what is this?” Alex asked.

“Well, son, it’s a memorial to all the young men and women who died in the service.”

Soberly, they stood together, staring at the large plaque. Little Alex’s voice was barely audible when he asked, “Which service, the 8:00 or the 10:00?”

A Little Bit of Humor... B-I-B-L-E

A father was approached by his small son, who told him proudly. “I know what the Bible means!”

His father smiled and replied, “So, Son, what does the Bible mean?”

“That’s easy, Daddy! It stands for “Basic Information Before Leaving Earth.”

Leave it to a child to figure it out.

I Stand at the Door

A new pastor moved into town and went out one Saturday to visit his parishioners. All went well until he came to one house. It was obvious that someone was home, but no one came to the door even after he had knocked several times. Finally, he took out his card, wrote on the

back “Revelation 3:20” and stuck it in the door.

The next day, as he was counting the offering he found his card in the collection plate. Below his message was a notation “Genesis 3:10”.

Revelation 3:20 reads: “Behold, I stand at the door and knock. If any man hear my voice, and opens the door, I will come in to him, and will dine with him, and he will with me.”

Genesis 3:10 reads: “And he said, I heard thy voice in the garden, and I was afraid, because I was naked.”

Holy Hole in One

There once was a priest who really loved to play golf. He awoke one Sunday morning to a beautiful sunny day and thought, “I’ve just got to play golf today!”

He called over the assistant priest and told him he didn’t feel well and asked him to say mass for him. The assistant priest agreed and the priest snuck out the back door with his golf bag.

An angel in heaven, after watching all of this, went to God and said, “He is ditching his duties to go play golf. He should be punished!” God replied that He would keep an eye on the situation.

The priest decided to drive a long distance away to ensure he wasn’t seen by anyone from his church. He took his first shot and got a hole in one! As the priest danced around celebrating his good fortune, the angel went to God and said, “God, I am surprised at you! That doesn’t seem to be a severe punishment to me!”

God replied, “Who is he going to tell?”

Let me introduce myself...

Steve Christy

Tell me about yourself. . . .

Steve Christy, married a little over two years to Cherie. I've been a Test Manager with US Army Developmental Test Command at Aberdeen Proving Ground since I retired from the Army five years ago. Cherie & I have four dogs, five cats, five hives of bees, way too many houseplants, lots of ideas about gardening & landscaping we're putting into practice. Our grown children are out of the house, though Cherie's daughter Erica & her family live just across the Mason-Dixon Line. This past summer Erica made us grandparents – can I really be a grandpa?



How long have you been at Holy Trinity. . . .

Almost five years, and I find that I'm liking the eight o'clock service more and more. It's a quiet, contemplative service.

What drew you to Holy Trinity?

Cherie. Not long after we met she mentioned that she would be reading at the upcoming service, and I brazenly

invited myself along. Been inviting myself along for nearly five years now.

Favorite church event or function?

When Cherie & I announced our intention to marry in the church, we invited the Parish to our Scottish-themed wedding and the reception. We had a number of kilts in the crowd, including Fr. Brad! We found it rather touching that a few folks told us that they had been members of this parish for years (decades!) and ours was the first wedding they had been invited to attend.

Involvement with the church. . . .

I have just wrapped up a three-year term on Vestry, and I served as Registrar for the last two of those years. Cherie & I have been Lay Eucharistic Ministers and Lectors for several years, and though it seems we spend about half the time sitting alone in the pews while the other is serving, we hope to continue our service. We've worked a lot of the meet-the-public events like Holy Cow and Breakfast with Santa, as well as the semi-annual work days.

Tell me something interesting. . . .

For the past year or so I've been offering yoga classes (free!) in the Parish House on Wednesday evenings. My personal interest is in Ashtanga or "Power Yoga" with lots of movement, hand-balance positions, strength training. But for the classes at the Parish Hall I try to offer something for everyone, regardless of their fitness (or lack of it). Yoga is more than stretching & breathing, though we do work on those. We also work on strengthening the all-important central core to improve balance, posture, and strength. I keep my own back problems in check with this kind of work. I offer basic positions or asanas for everyone, then I step it up a notch to challenge those with a bit more ability. I tell folks, "Do what you can; flexibility will come with practice." I also ask, "Who knew stretching could be so hard?"

**When the song of the angels is stilled,
when the star in the sky is gone,
when the kings and princes are home,
when the shepherds are back with the flocks,
then the work of Christmas begins:
to find the lost,
to heal those broken in spirit,
to feed the hungry,
to release the oppressed,
to rebuild the nations,
to bring peace among all peoples,
to make a little music with the heart...**

**Let the work of Christmas begin,
and let it begin with you.**

— from Howard Thurman's
"When the work of Christmas begins"

Jan Hammill read this at the conclusion of her sermon at the Epiphany Day service this year. Since we are still in the Epiphany season, it seems fitting.

— submitted by Jane Scocca

News? Photos? Articles of interest?

Send articles, photos, and news to our editor, Kerry Kittle (kittlekj@gmail.com) or the church office (office@htrinitychurchville.org) by the 15th of the month.

We'd love to have you "introduce yourself" or suggest the name of someone to feature in this regular column!

National Wear Red Day

by Jean M. Wilson, MSN, RN, CCE

When most of us think of February, we think of Valentine's Day. We think of candy, flowers, and hearts. But February is actually more important than one day, because it is Heart Disease Awareness month. Although the American Heart Association sponsors "National Wear Red Day" on February 5th, which is targeted towards women, they are actually bringing about awareness for heart disease for both men and women. Wearing red on February 5th is our chance to speak out against heart disease. Heart disease is the number one killer of women in America. According to the American Heart Association, one in three adult women in the U. S., have some form of the disease. Many people think of heart disease as a "man's disease," but more women die of heart disease than men. The good news is that most of the risk factors for heart disease can be controlled by monitoring your blood pressure and cholesterol, exercising regularly, and learning to decrease and control the stress in your life. Let's take a look at the risk factors for heart disease and what you can and can not control.

Risk factors that you can not control or change include: race and heredity, gender, and age. Risk factors that you can control or change to decrease your risk of heart disease are: cholesterol, blood pressure, smoking, physical activity, obesity, diabetes, stress, birth control pills, and alcohol and illegal drug use.

Cholesterol is a fat-like substance that is found in the body's cells and blood. Cholesterol can build up in the arteries, known as plaque. This plaque narrows the arteries, decreasing blood flow. Plaques can rupture causing blood clots that block flow of blood or travel to the heart or to the brain, causing a heart attack or a stroke. It is important to learn what your cholesterol levels are so that if your levels are high, you can work with your doctor to create a diet low in fat, and develop an exercise plan. If you are overweight, a diet and exercise plan can be created to help you lose those extra pounds. In some cases, diet and exercise do not work alone, and your doctor may need to prescribe medications. Remember to eat a healthy diet with whole grains and fresh fruits.

Exercise can be fun and can decrease your risk of heart disease. Yoga, walking, swimming, and dancing are good

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The American Heart Association recommends at least 30 minutes of physical activity almost every day.
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Wearing red on February 5th is our chance to speak out against heart disease.
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ways to get your body moving, but you could also take part in racquetball, bike riding, and playing with your kids or grandchildren. The American Heart Association recommends at least 30 minutes of physical activity almost every day.

Stop smoking! Talk to your doctor about the best plan for you to be successful in this endeavor.

Reduce your blood pressure as high blood pressure makes the heart work harder. Women have a risk of high blood pressure when they are 20+ pounds overweight.

You can learn more about the other risk factors such as birth control pills, obesity, diabetes, heredity and race by getting on the American Heart Association's website at <http://www.goredforwomen.org> or you can contact me at nursewilson@zoominternet.net. This website provides information about heart disease and stroke in general, risk factors, and solutions as well as diet and exercise tips.

Please join me on February 5th by wearing red to increase the awareness of heart disease in our country.

Happy Heart Month,
- Jean

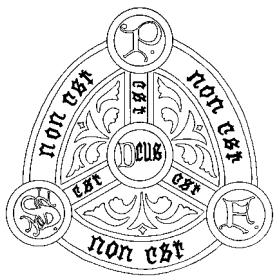
February Birthdays

5 Rod Ricklefs	15 ... Stanley Scibek
Jane Sayre	18 ... Sarah Streett
Elizabeth Bender	20 ... Kathryn Rose Taylor
6 Connie Woodson	22 ... Lee Thomas
7 Jim Smith	28 ... George Thomson
8 Pam Stump	

Holy Trinity Church Calendar

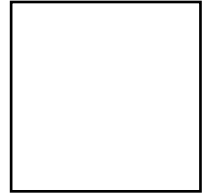
February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 BBBS: 12:30 PM Yoga: 6 PM Worship Cmt: 6:15PM Girl Scouts: 7PM Choir: 7 PM	4 Bridge Club: 7PM	5 Wear Red Day Girl Scouts: 6PM	6 Kitchen Clean- Out: 10 AM
7 HE: 8AM, 10AM- Coffee Hour C. S: 11:30 AM C.T.C.: 11:30 AM Installation of Vestry	8 Vestry: 7:30 PM	9 Bible study: 7:30 PM	10 BBBS: 12:30 PM Yoga: 6 PM Choir: 7 PM	11 Bridge Club: 7PM	12 Girl Scouts: 6PM	13 Vestry Retreat Quarter Auction
14 HE: 8AM, 10AM- Coffee Hour C. S: 11:30 AM C.T.C.: 11:30 AM Women of HT: 11:30 AM	15	16 Shrove Tuesday Pancake Supper: 6:30 PM	17 HE: noon, 7PM Yoga: 6 PM Girl Scouts: 7PM Choir: 7 PM	18 Bridge Club: 7PM	19 Girl Scouts: 6PM	20 Scrapbooking
21 Bishop Sutton at HT HE: 8AM, 10AM Luncheon: 11:30 C. S: 11:30 AM	22 Prayer Shawl: 7:00 PM	23 Soup Supper followed by Evensong: 6:30 PM	24 BBBS: 12:30 PM Yoga: 6 PM Choir: 7 PM	25 Bridge Club: 7PM	26 Girl Scouts: 6PM	27 Bro. of St. Andrew
28 HE: 8AM, 10AM- Coffee Hour C. S: 11:30 AM C.T.C.: 11:30 AM						



Church of the Holy Trinity

P.O. Box 25
 Churchville, MD 21028
 410-836-2227 • htrinitychurchville.org



Bishop's Reception • Feb. 21
Coffee Hour hosts needed for all other Sundays!

Rota • February 2010

Date	Time	Eucharistic Minister	Lector	Crucifer	Acolytes	Ushers	Altar Guild	Nursery
2/7	8:00	Cami Rogers				Walt Rowe	David & Dorian Robinson	
	10:00	Jim Wollon	Sally Carnohan	Jack Pollard	Sara McCollum Joe Pollard	David & Dorian Robinson		Chad Wolfe
2/14	8:00	Gene Fitzgerald				Walt Rowe	David & Dorian Robinson	
	10:00	Jay Evans	Tyler Van Deusen	James Hopkins	Maggie Hopkins Justin Voelker	David & Dorian Robinson		Jean Bloyer
2/21	8:00	Joan Kelly				Walt Rowe	David & Dorian Robinson	
	10:00	Cherie Christy	Steve Christy	Tyler Van Deusen	Margaret McGuirk Kyle McCollum	David & Dorian Robinson		Will Dettwiler
2/28	8:00	Bob Woodson				Walt Rowe	David & Dorian Robinson	
	10:00	Tyler Van Deusen	Moira Ricklefs	Will Dettwiler	Emily Pollard Maria Voelker	David & Dorian Robinson		Lori Dehner

Please note: If you are unable to serve on the assigned Sunday, please arrange for a substitute and call the office as soon as possible so that the worship leaflet can be updated accordingly.

Each of the columns represents a ministry opportunity. Listen carefully; perhaps God is calling you to serve.