

February 2016
Volume 4, Issue 2

Trinity Episcopal Church

Lenox, MA



A peak inside:

- Godly Play at Trinity
- Upcoming Events
- Holy Week in Lenox
- Godly Play: Jonah and the Whale
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SERVICES

SUNDAYS

7:45 a.m. - Holy Eucharist

10:30 a.m. - Holy Eucharist with Hymns, Godly Play

5 p.m. - Evening Prayer

DAILY

7 a.m. - Morning Prayer (8 a.m. on first Saturday of every month)

3 p.m. - Holy Eucharist (1st and 3rd Mondays at Pine Hill)

7:30 p.m. - Sung Compline (1st Wednesday of the month)

A Message from our Rector

Dear People of Trinity Church,

Where do you find the presence of God? This is one of the most important questions that we should ask ourselves and this is one of the most critical questions we could ask as a church. In the many conversations I've had with parishioners, the answer to this question is both as unique as each of us are, and there are also some common themes. People find God in the experience of worship. For some people God is present through the prayers that they have said their whole lives. For others, God is revealed in the challenge that comes by praying in new ways. For many people, the experience of beauty is a key way that they see the goodness of God shining through creation. Some of us find God's love revealed in music and

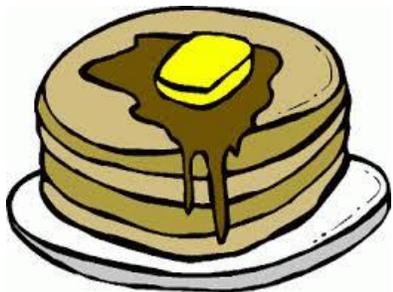
others find that the visual arts allow us to understand God better. Many of us feel the Holy Spirit at work in our time of fellowship together. Whether it is a reception with a hundred people or whether it is two friends sharing a cup of coffee, we see the incredible goodness of God revealed in each other's faces. And of course, God comes to us in the presence of our brothers and sisters in need.

Parishes like ours are called to hold all of these perspectives together. Trinity is a community where we find comfort in the things that are familiar and comfortable for us. Trinity is also a community where we can be challenged to see God and the world in different ways. We are a family of Christians committed to

sharing our different experiences to lift up our brothers and sisters. The challenge for us is to nurture and honor our distinct experiences while remaining one community of faith.

Lent is a time when we remind ourselves of the ways that God has been revealed to us, and Lent is also a time when we reach out to see God in new ways. I look forward to sharing this time of preparation with you all, and I look forward to our celebration of Easter.

Yours in Christ,



Thanks to David and Noah Pott!

The Pancake Supper this year was a fantastic success! Over fifty people came out on a February evening to enjoy fantastic pancakes. This was a truly wonderful evening of fellowship and fun.

The Pott's Gluten Free Pancakes

- 2 cups total of assorted GF flours (like a combination of almond meal, brown rice flour, millet flour, corn meal, buckwheat, garbanzo bean flour, coconut flour, or oat flour)
- A handful of sunflower seeds
- A handful of slivered almonds
- A handful of rolled oats (if there is truly a gluten allergy, these need to be marked as gluten free)
- 2 tsp baking powder
- 1 tsp baking soda
- 1 tsp salt
- 3 eggs
- 3 tbsps canola oil
- 1.5 cups rice milk (or regular milk if preferred, or soy, etc.)

A bunch of blueberries, or better yet, frozen raspberries.

Mix the dry and wet ingredients separately, then combine, adding more liquid if needed for the right consistency, and finally add the fruit.



J2A students prepare ashes for Ash Wednesday



Thanks to everyone who helped out!

Lenten Observances

Additional Opportunities for Prayer

Finding time for prayer can be a powerful part of our practices for Lent. At Trinity, there are many opportunities for prayer during the week, and we have a few extra during Lent.

If you are an early riser, we say Morning Prayer every day at 7am in the chapel. Morning Prayer is a service based on reading the Psalms and the Scriptures. This service is brief, lasting usually about twenty minutes. This is a wonderful way to frame the day in prayer and offer up prayers for the work that we do during the day.

On Sunday at 5pm we say Evening Prayer (Rite I) in the church. The other bookend to Morning Prayer, the evening service gives a time to reflect on the events of the day and bring the weekend to a close.

On Tuesday morning at 9am, the Holy Eucharist will be offered in the chapel.

Finally, at 5pm there will be time set aside for contemplative prayer. This is simply a time of silence when we can be still in the presence of God and try to listen for God's voice.

If there is some other way you would like to expand your prayer life, please speak to the rector.

Lent Quiet Day

Saturday, February 27

9:00am to 1:00pm

Ways of Praying

"But I don't know how to pray!" Many people want to pray, but might not know how. For our Lenten Quiet Day, we will practice three types of prayer: lectio divina or prayerful reading of Scripture, prayer through focused meditation, and contemplative prayer. The quiet day this year will be led by the rector.

We will begin with prayer at 9am, after which we will begin our silence. Breakfast will follow the service, and there will be two more addresses during the morning. We will conclude with a simple lunch and prayers just before 1pm.

Despite the name, Quiet Days can be a lot of work. Resting in silence in the presence of God can be challenging but it is almost always refreshing as well. I hope you can make this part of your Lent devotions this year. If you would like to come, please let the office know so that we can plan food appropriately.

Holy Week and Easter



March 20

Sunday of the Passion: Palm Sunday

7:45am *Trinity* Liturgy of the Palms & Holy Eucharist (Rite I)
 9:00am *St. Helena's* Liturgy of the Palms & Holy Eucharist (Rite II)
 10:30am *Trinity* Liturgy of the Palms & Holy Eucharist (Rite II)
 5:00pm *Trinity* Evening Prayer

March 21-22

Holy Monday & Holy Tuesday

7:00am *Trinity* Morning Prayer
 5:00pm *Trinity* Evening Prayer

March 23

Holy Wednesday

7:00am *Trinity* Morning Prayer
 6:00pm *Trinity* Simple Supper and Table Communion

March 24

Maundy Thursday

7:00am *Trinity* Morning Prayer
 5:30pm *St. Helena's* Holy Eucharist with Footwashing
 7:30pm *Trinity* Holy Eucharist with Footwashing
The Maundy Thursday Watch continues until 7am on Good Friday



March 25

Good Friday

7:00am *Trinity* Morning Prayer
 12:00pm *Trinity* Good Friday Liturgy
 2:00pm Ecumenical Walk with the Cross (*beginning at Church on the Hill and ending at Trinity*)
 7:30pm *St. Helena's* Good Friday Liturgy

April 4

Holy Saturday

7:00 *Trinity* Morning Prayer
 7:30pm *Trinity* Great Vigil of Easter (*followed by a reception in the Rectory*)

April 5

Sunday of the Resurrection: Easter Sunday

7:45 *Trinity* Holy Eucharist (Rite I)
 9:00 *St. Helena's* Holy Eucharist (Rite II)
 10:30 *Trinity* Holy Eucharist (Rite II) with Hymns and Trumpet
(Easter egg hunt following the service weather permitting)



Lenten collection for Syrian Refugees

Refugees are in the news every day. It's east to feel helpless to address this human disaster. Our diocese lists the following ways we can help:

1. Donate - In 2015 Outreach, on behalf of us all donated a total of \$3,500 to NuDay Syria, Episcopal Relief & Development and The International Rescue Committee
2. Advocate for a Christian response (write our members of Congress, bring the subject up with friends)
3. Donate needed items (see below and list following)
4. Volunteer to support new Americans (hands on opportunities for those willing to get involved)

One way in which we at Trinity can easily give immediate help is to donate desperately needed items to send to the refugee camps. See the attached list. Maybe you missed the Jesse Tree and have gloves, hats and scarves to donate. Maybe some of our younger members are outgrowing their winter mittens, gloves and hats. Maybe you can stretch your budget to buy an extra can of tuna, rice or some powdered milk.

After Easter the donations will be boxed and brought to The Islamic Center in West Springfield, our closest collection point. From there they are taken to Boston where they are loaded onto a container ship.

We are so incredibly lucky to live in America, surrounded in safety by family and friends. We should not, we cannot ignore this awful situation afflicting our fellow humans in the Middle East. Let's get involved!

- Jeff Kittross

Needed Items for Syrian refugees

- Blankets, winter hats, gloves, scarves
- Walkers, canes, thermometers, bandaids, etc
- Liquid baby formula, teething rings
- Powdered milk, canned tuna, rice, protein bars
- Vitamins, children's vitamins
- Acetaminophen, Antihistamines, anti-fungal creams & ointments
- Aspirin, Excedren, children's Dimetapp, Clartin
- Cough suppressants, decongestants, Cortisone cream
- Ibuprofen, Motrim, naproxen, tylenol, pedialyte
- Loperamide anti-diarrhea, Pepto-bismol, robitussin

A more descriptive list can be found in the narthex and on the bulletin board in the parish hall.

Upcoming Events around the Parish

Lenten Work Day & Palm Crosses

Saturdays in Lent are busy! On Saturday, March 12, we will have a parish cleanup day at 9am. We will be polishing and dusting the church to get ready for Holy Week. Depending on how many people can come, we may also do some work on the Parish House as well.

Saturday, March 19, we will be meeting to make Palm Crosses for Palm Sunday. The crosses are appreciated by our shut-ins and parishioners who like to share them with friends or use them as bookmarks and so on during the year. Please join us in the Parish House on Saturday, March 19 from 10 to 11. It's fun and not hard. Tutoring will be available.



Sung Compline

Led by a women's choir organized by our own parishioners, Compline is the service of the day when we reflect on the events of the day and offers an opportunity to take a break from the busyness of the day. This service will be held on the first Wednesday of the month, so the next service will be on Wednesday March at 7:30pm.

Calling all Cooks

Cookie Cookbook –

It has been suggested that Trinity do a cookbook. A cookbook is a major project and the Christmas Fair and Silver Tea group decided it was more than we were able to take on. However, inspired by our popular and profitable cookie trolley at the Silver Tea, we decided we could manage to put together a collection of cookie recipes to have at the Silver Tea. So...we need cookie recipes that you are willing to share. Phoebe Tondel, Annee Goodchild, and Emily Kittross will be collecting your recipes or you can leave them in the narthex or office.

Rhubarb Festival –

Parish Life is planning to take Trinity out in the community with a table at the second annual Rhubarb Festival to be held Saturday, May 28 in the Reading Park next to the Lenox Library. The requirement for taking part is to feature an item with rhubarb. We have located a bottled fruit drink called Raspberry Rhubarb Ramble (carried in stores such as the Vermont Country Store) and we will sell that. We would also like to sell rhubarb cookies and need cooks to make cookies. We have a simple thumbprint cookie recipe. The thumbprint would, of course, be filled with a jelly containing rhubarb. Please let Emily Kittross know if you are willing to make cookies and/or help at the Festival.

Outreach Opportunities in Lent

The churches in Lenox are joining us with the "Fill a bag for Lent" project to help our local to pantry. If you haven't heard about this project it is simple to take part. The next time you do your food shopping pick up a brown paper bag and collect non perishable foods to put in your bag. Bring your offering to the narthex on Palm Sunday. Michael will bless all of the offerings and they will be delivered to the pantry for our neighbors in need. The Lenox food party serves the needs of the citizens that live in our town and is located in the United Methodist Church on Holmes Road. If you have any questions please speak to Virginia Giddens or Gail Street.

Buildings and Grounds Update

Under the guidance of Steve Peters, our Senior Warden, we are making progress on some of our goals to maintain and improve our buildings. Already the lighting in the kitchen in the Parish House has been greatly improved with the installation of two sets of track lights. These new LED bulbs provide much better illumination and use about one tenth of the electricity as the previous lights.

Steve is working with a local electrician to convert most of our lights to LED lights. Not only will this change reduce our carbon usage, it will also save the parish a significant amount of money. Also, with the new LED technology, there should be very minimal difference in the actual lighting of the buildings.

Looking ahead, the vestry is putting

together a new Buildings and Grounds committee. This group would be primarily responsible for researching and recommending larger projects to the vestry. These projects include item such as a ramp for access to the Parish House and other capital projects. If you are interested in helping out, please see Steve Peters.

Welcoming Newcomers

Over the past few months, we have seen more and more new faces on Sunday morning, and we want to make sure that everyone is included in the life of our congregation. We are having a few events to help us come together as a community.

Introduction to the Episcopal Church: On Sunday mornings, when the he is not at St. Helena's, the rector will lead a discussion on the Episcopal Church especially for people who may be joining from another branch of the Church. These sessions will be held between the services from 9:30-10:10am. Our first date will be Sunday, February 21st and our second Sunday will be March 6th.

Godly Play – Jonah and the Whale

Godly Play has played an important part in the ministry of Trinity Church over the past twelve years. On any given Sunday, our smaller parishioners are welcomed to the Godly Play circle to experience storytelling and ministry in a way that is both personal and profound. At the beginning of the lesson, the children wait to enter the storytelling circle until they are settled and “ready” to really listen to the stories of the Bible. When everyone is sitting quietly, the storyteller begins to share the day’s lesson.

Recently, the Godly Play and Godly Journey children gathered to hear Annie Haftl tell the story of the Prophet Jonah. In Godly Play, Jerome Berryman teaches that prophets are “people who can speak for the One True God” and also “people who bring (s) people close to God by what they say and do.” Prophets also those who “come so close to God and God comes so close to them that they know exactly what God wants them to do.” In the Jonah story, the children also learn that prophets don’t always follow God’s directions.

After the story has been presented, the storyteller asks “wondering questions” which encourage the children to delve deeper into the story to help them glean meaning and deepen their understanding of the material. I wonder what part of the story you like best? I wonder what part of the story is the most important part? I wonder where you see yourself in this story? What part of the story is about you? I wonder if there is any part of the story we can leave out and still have all the story we need?

On this particular Sunday, the children explored the mystery of Jonah in extensive detail and the discussion ranged far and wide. Sometimes as storytellers we sit back in awe and appreciation of the children’s curiosity and intellect. This was truly one of those days. The kids explored the difficulty of making new friendships with people whom you share nothing in common. They talked about the importance of feeling sad and confused and how those feelings play an important part in making us appreciate the good in our lives. They made comparisons between the Bible story and the Pixar movie “Inside Out.” Their discussion even led them to talking about Quantum Theory.

The Godly Play circle at Trinity Church can be a magical place. On the best days, the children gain a deeper understanding of their relationship to God and others. They learn to see themselves in the stories of the Bible and they learn to connect how they feel about God and how they feel about themselves as they grow up and define who they are.

Save the Date! Sunday, April 3rd

The afternoon of Sunday, April 3rd, Bishop Fisher will be joining us for a Festival Eucharist in Thanksgiving for the Covenant with St. Helena’s. Details to will be coming shortly.

Additional Reports

In our efforts to get the Annual Report completed, a few reports were inadvertently left out of the final report. I am very sorry for the oversight and the reports are included here. - Michael

Altar Guild

Members: Ruth Arisman, Betsy Bemis, George Bergen, Debbie Burke, Cathy Fabian, Eugenie Fawcett, Dawn Fillio, Claudine Joyner, Emily Kittross, Lavinia Meeks, Wendy Philbrick, Beryl Wells

The Altar Guild is responsible for preparing for services in the church and chapel. Ruth, Betsy, Emily, Lavinia and Wendy setup and cleanup for the Sunday services, usually taking one weekend a month. Debbie and Eugenie cleanup after the 8 o'clock service and get things ready for 10:15. George helps both the 10:15 and 8:00 crew and we all work together to cover special services. We welcome our new member, Dawn, who will join the regular rota in February.

Other duties include caring for the linens, changing the hangings, and polishing brass and silver. Claudine and Beryl wash, iron, and fold the linens that we used every week. Ruth continues to take care of the fair linen, washing some of it at home and having it ironed commercially.

The changing colors of the hangings reminds us all of the liturgical seasons and special celebrations. Many thanks to all who have helped with this task, especially Heather Heim, Jeff Kittross, Gail Street and the Rector. It is a privilege to work behind the scenes to enrich our liturgy. It is not necessary to be a formal altar guild member to take part. We hope some of you will want to help when we have special work days and from time to time be willing to help with some of the heavy lifting. New members are always welcome. Please speak to the Rector or member of the Altar Guild for more information.

Silver Tea

The parish hall looked beautiful with fresh wreaths, rosemary and boxwood trees, paperwhites and poinsettias. The bake table offered soup and coffee cake mixes, savory rubs, herb dips, quick breads, and special cookies. The cookie trolley overflowed with a amazing variety of cookies. The knitted animals at the craft table were a big success. The candy bar was back at the kids' table which was filled with wrapping paper, candy bark and more. The red "Trinity" reusable bags proved to be popular and many were happy to receive a Trinity plate as a bonus.

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Silver Tea (cont'd)

As always the tea table had a wonderful supply of goodies. The lunch of soup and sandwiches was well received. People lingered over lunch and tea. It was especially nice to have carolers from town join us courtesy of the Chamber of Commerce. Income was \$3048, expenses were \$983, giving us a profit of \$2065 which will be sent to the Gordon Clem Academy for scholarships. Expanding Opportunities (headed by Beverly Gilbert Stone) made \$1400. Beverly and her assistant, Sheryl Tripp, tell us that Trinity is their most profitable sale.

There was lots of good spirit getting ready for and during the Christmas Fair and Silver Tea. The three workshops for assembling ingredients for the soup and coffee cake mixes, planting paperwhites and decorating the wreaths were well attended and we had fun being together. It was the many volunteers who made the event successful. Thanks to everyone.

Parish Life

Garden Party

Parish Life had another good year. At our Garden Party on May 10 we sold dozens of beautiful annuals and served a delicious luncheon. It was a great day and we plan a repeat on Mother's Day weekend in 2016.

Luncheons

Our get-together luncheons are a lovely venue for meeting new Trinity Friends. This year our luncheons were held on May 20, July 1, & August 26. We will be continuing these events this spring as soon as weather permits.

Tag Sale

Our annual September event was a Tag Sale held in the Parish House on September 26. We have used some of our profits from the Tag Sale to purchase a few needed items for the Parish House kitchen. In September 2016 we hope to have a table at Apple Squeeze in Lenox.