



Messenger

TRINITY EPISCOPAL CHURCH

Published by Trinity Episcopal Church — on the Green in Branford, Connecticut

February/March 2012



**Mardi Gras – Fat
Tuesday at Trinity!**

February 21, 6:00pm

Come one, come all!

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Outreach Spotlight: Basic Needs in Branford

If you, or any one you know in Branford, should find yourself in need of some help, it's a really good thing to know about the Branford Counseling Center.

Located at 342 Harbor Street, the Counseling Center is a licensed psychiatric outpatient and substance abuse facility for adults and children and also serves as a clearing house and point of entry into the safety net in Branford.

The Counseling Center is the first stop for people in many kinds of need: utility assistance, rent and mortgage assistance, short term emergency shelter, food, medication costs, transportation, and more. The Basic Needs Fund at the Counseling Center serves as the emergency assistance



mechanism for Branford residents.

Funding from the Town of Branford for the Basic Needs Fund covers less than half of the need. The rest must come from grants and private contributors. Last year, Trinity's Outreach Ministry made a modest gift to the Fund. We hope to be more involved and more generous with them this year. It is a good way we can help our neighbors.

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From the Rector



When I was young, Palm Sunday was just one more Sunday, with added pomp and greenery that I really didn't understand. I was like the people along the road, watching the parade, enthusiastically waving as he went by: "Oh look, there he is! Aren't we lucky to see the one everybody is talking about!" There was no awareness of the

greater story playing out. The reading of the Passion Gospel was like some badly conceived play, thrown together that Sunday morning. It never touched me.

I don't remember when it happened, when the horror and despair of that day became real for me. But since then, I have not been able to read of his death on Palm Sunday or Good Friday without tears. I know that it was after I was ordained a priest that the weight of that Gospel became heavy. It was up to me to make that story real, to make him real. When I realized how long I had

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From the Rector

(Continued from page 1)

gone without being touched by that story, without feeling the grief of his friends and the shame at human callousness, I understood that it was my calling to pierce the collective disconnect between well-known phrases like “he was nailed to the cross” and “he breathed his last breath” and “he died for us” and the true human suffering and the divine toll.

I am sure that the experience last year of a sobbing Rector trying to read scripture was surprising to many of you, possibly unseemly. Every year, I hope that I will be stronger and not crumble, but I realize that if we are worth his suffering, then his suffering is worth a few of our tears.

We generally think of Lent as preparation for Easter and ultimately it is. But for me, I need Lent to be prepared for the story of Calvary and the cross and the blood which was so freely given so that I might understand love.

So, may you find something deep in this season of Lent, may you find a connection to Jesus so that his suffering may cause you some sadness. Only then can Easter joy blossom completely.

Sharon +

Welcome to Trinity!



We are indeed fortunate that **The Rev. Dr. Claire Tenny** found Trinity and feels at home here.

Claire is originally from New York, though she has lived in many parts of the country. A physician and a priest,

she came to Connecticut to do a psychiatry residency at Yale, which she will complete this June. Prior to coming to Yale, Claire had worked at the Cathedral of St. John the Divine, as well as at churches in North Carolina and Illinois.

She happened upon Trinity one Sunday this past fall and knew she had found her church home. Claire lives in West Haven with her cat, Delilah, and enjoys gardening, reading, and walks on the beach.

We are grateful Claire can celebrate Sunday worship when Sharon needs the coverage. Thank you, and welcome!

Submission deadline for the following *Messenger* is the 15th of the current month. Please submit hard copy to the office or e-mail ajfreeman@comcast.net. Photographs are welcome.

It is respectfully requested material not be formatted (no bolds, underlines, bullets, truncated lines, unusual spacing, etc) since graphic design software doesn't know what to do with it!)

Articles and event notices will be reviewed by our editor. Editorial rights are reserved for clarity and to fit space constraints.

Communication Ministry Members

<i>Features</i>	Rev. Sharon, Ann Freeman, Jim Atkinson
<i>Editor</i>	Jo-Ann Pearson
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Trinity Officers

Mark McElrath, Senior Warden
Sherry Jones, Junior Warden
Ellen Shirey, Clerk of the Parish

Vestry and Council of Ministry members, see website.

Worship Ministry

Worship during Lent

Beginning on Ash Wednesday, February 22nd, we will enter the most self-reflective time of the year. It is not meant to be strictly about giving something up but reflecting on what it is we truly need, removing things from our lives that interfere with our spiritual growth and seek an intentional experience of sacrifice.

2011 introduced Lent with a distinctive liturgical flavor. There were new altar hangings and vestments, no Alleluias at all, and a different structure to the service. We began with the silent entrance of the choir, no flashy procession. And then we began the actual worship with something called The Penitential Order, found on page 351 of the Book of Common Prayer. It creates a distinctive difference in the following ways:

- The traditional opening sentences are replaced with those for Lent: "Bless the Lord who forgives all our sins." The congregation's response is "His mercy endures forever."
- Then we get very traditional and recite The Decalogue, which is church speak for the Ten Commandments. It is found on the previous page. From the very earliest days of the Anglican Church, the Ten Commandments were meant to be recited every week, along with the Lord's Prayer and the Creed. We honor that tradition in Lent.
- A short reading from scripture follows the Decalogue.

The Penitential Order ends with the Confession and Absolution.

Be prepared for this introspective beginning to our worship and enter into the season of Lent with seriousness and discernment.

Music in Lent

By Ron Baldwin, Music Director & Organist

Worshippers at the 10:00am Eucharist on the Sundays in Lent will notice many significant changes in the service music at Trinity. These changes will help to underscore the Lenten mood and message of penitence and



the preparation for the events of Holy Week and Easter.

At the beginning of the service there will be no organ prelude nor an entrance hymn.

The Prayer Book directs that during Lent the Gloria be replaced by another hymn. Throughout Lent the choir will sing a variety of settings of *Kyrie Eleison* or the *Trisagion*.

We will continue to sing the Psalm of the day to a simplified Anglican chant setting which allows easy congregational participation.

The music for the Sanctus will be a beautiful setting by the great 19th century Austrian composer, Franz Schubert from his *Deutsche Messe*. We will be singing an English adaptation by Richard Proulx, an American church musician.

For the *Lord's Prayer* we will be singing the traditional words in the well known setting by Albert Hay Malotte. For years this has been a popular setting for a solo voice. We will be singing an arrangement of it for congregational singing.

The Fraction Anthem will be a modern plain song setting of *Agnus Dei* by David Hurd. It is a simple yet eloquent dialogue between the celebrant and the congregation.

All of these musical changes should help us realize that this is a very different time of the year in the church as we anticipate the glories of Easter.



Spirituality Ministry

Lenten Series: Soup and Saints

On the Wednesdays of Lent, beginning on February 29th, Trinity's Lenten Series will bring us the stories of saints and their wisdom for our consideration and meditation. Soup and salad will be served at 6:30pm and the program will follow at 7:00pm. Please call the office to sign up so our chefs will know how much soup to make.

Lenten Meditations

Episcopal Relief & Development's 2012 Lenten Meditation is a tool to help guide us to a deeper understanding of God's call in our lives. This year, it provides a particular emphasis on promoting health and fighting disease while preparing ourselves for healing. This pocket-sized booklet is available to anyone who wants one. Look in the Parish Hall or contact the office.



Ideas for spiritual growth during Lent

Random acts of kindness

Help a child learn. Help someone you know, for free. Visit with someone who lives alone. Offer free babysitting to busy parents. More ideas at

randomactsofkindness.org

Forgive

Don't hold onto anger and resentment. Ask God to help you forgive. A burden will be lifted from you.

Time is a gift, spend it wisely

Re-evaluate how you spend your time. Is it edifying? What could you do to better serve others? What can go?

Make time for your children

Be actively present to your children. Plan some special time together-- just for them.

Volunteer

Make time to volunteer once a week or at least a few times during Lent. Time is as valuable as money and volunteering is a no-cost alternative.

Create a good habit

Insert more of the good stuff into your life, such as being more positive, more encouraging, more considerate.

Pray more

Set aside time in the morning or evening for prayer. Focus on reading the Bible, listening to God, or reading a daily devotional (use the Lenten Meditations).

Reflect and appreciate

Slow it down. Focus a little time and thought on what God really asks of you. Meditate (go to a Thursday night Meditation session at Trinity)

Stewardship

Have you heard about the Meatless Monday campaign? We all love our steaks, burgers and chicken dinners but we must also be aware of their impact on our health and on the environment. Meatless Monday is an initiative from the Johns Hopkins School of Public Health which encourages us to cut meat out of our diet for just one day a week. The benefits are wide ranging:

- Cutting back on meat is budget friendly
- Reducing the amount of meat you eat is good for your heart and your blood
- Vegetables, legumes and nuts have a much smaller carbon footprint than any meat.

For your body: the more you replace meat with other wholesome foods, the more you will reduce the likelihood of stroke, heart attack and diabetes. A diet rich in whole fruits and vegetables can also help you lose weight.

For the planet: meat uses vastly more resources to produce and creates more pollution. So, if a family of four that takes the Meatless Monday challenge it will be the equivalent of not driving for five weeks, or approximately 320 miles.

So, what might it look like at Trinity? We could have regular meatless pot luck suppers, a recipe bank and a support group. It could be a very good Lenten discipline and way to begin a healthy habit. It's good stewardship.

Christian Education Ministry

Night Watch at the Cathedral of St. John the Divine, New York City

Six members of the *Confirm not Conform* class and their adult traveling companions took the train to Harlem on Friday, January 27th for an adventurous night in the largest cathedral in the world. While sleeping in the gym of the Cathedral School may have seemed ordinary, the nighttime musical tour of the grand organ, the journey on the labyrinth and a Eucharist near midnight in the mystical space beneath the vaulted dome were anything but ordinary. The reverberation carrying every sound for eight seconds through the massive stone cathedral was mystery enough.

The Cathedral is an architectural study in numerology –



particularly the study of the number seven. The author of the book of Revelation, known as John the Divine, wrote letters to seven churches revealing the unfolding apocalypse and the war between heaven and the evil powers on earth. So the Cathedral dedicated to his name is built on the number seven. All measurements reflect the number seven; there are seven side altars in the nave, seven chapels surrounding the high altar; the *seven code* is everywhere, if you know how to see! Young eyes were opened to so many wonders on this trip!

Godly Play's Excellence To Be Studied

By Cathy Seibyl

Trinity is one of 100 parishes recently invited to participate in a doctoral dissertation research project that examines the impact of Godly Play on the spiritual well-being of children. The invitation was extended to Trinity because of our excellence in implementing the Godly



Play method. The Reverend Cheryl Minor, co-rector of All Saints Episcopal Church in Belmont Massachusetts, and a Godly Play trainer, is the principle investigator. To date there have been very few empirical studies of Godly Play in the United States and Europe so there is much to gain and learn from this research.

There are two groups of children that are the focus of the study; 7 to 9 year olds who are currently participating in Godly Play and, 10 to 12 year olds who have had Godly Play in the past but are not currently enrolled in Godly Play. Child participants and their parents/caregivers will each be asked to complete a questionnaire. Of course, participation is voluntary and there is no identifying information on the questionnaires.

The Godly Play teachers are excited about this study, our participation, the findings as well as our ability to support this important Christian Education curriculum. Trinity will soon be identifying a parishioner who will help coordinate our involvement. Letters of invitations to participate in the study will be sent to Trinity families in the next month or two. Once data collection and analyses are completed, The Rev Minor will share her results with our Parish.

If you have questions about Godly Play or this study please don't hesitate to contact either:

Martha Monico, Chair of Christian Education Ministry,
edmarthamonico@yahoo.com;

Cathy Seibyl, Godly Play Coordinator,
cathy.seibyl@snet.net.

Parish Life Ministry

Mardi Gras – Fat Tuesday at Trinity!



Laissez les bons temps rouler!
(Let the good times roll!)

Many Christian churches mark the night before Lent begins with a pancake supper symbolizing the using up of fat and leaven before the season of fasting. Trinity is ending ordinary time in a

more extravagant way, more in the spirit of New Orleans with beads, Zydeco music, jambalaya and a Festival of Desserts!

Make your reservation for the **Tuesday, February 21st** extravaganza by calling the office. The evening begins with wine and cheese in the Guild Room and then a New Orleans style march to the Parish Hall to the feast. You do not want to miss this! Seating is limited to 70.

First Sunday Breakfast, March 4th

The menu is french toast, sausage, juice and coffee. It's \$3.50 per adult, \$2 per child, \$10 family maximum. Please RSVP to the office, or use the signup sheets in the Narthex (back of the church) and Parish Hall. It helps our shoppers to shop with confidence!

Trinity Book Group, March 7th

Still Alice is a compelling debut novel about a 50-year-old woman's sudden descent into early onset Alzheimer's disease, written by first-time author Lisa Genova, who holds a PhD in neuroscience from Harvard University.

Parishioners who mourn

Kim Tucci on the loss of her father, Jim Benti.

Candace Fazio on the loss of her mother, Lorene Golino.

Susan Anderson on the loss of her mother, Susan Bromirski.

Gina & Patrick Freeman, and Samantha, Alex & Victoria, on the loss of Gina's mother, Germaine Branchini/Grandma Gerri.

Leadership



By Mark McElrath
Senior Warden

On Sunday January 29th we held the 228th annual meeting of Trinity church. Thanks to the communications ministry we have a new format and a ton of information in our annual report. * As I look back on 2011 I am very proud of how much we have accomplished since Sharon and Peter joined us.

The first Vestry meeting of 2012 will be held Tuesday, February 14th at 7:00 pm. I look forward to working with the new leadership team as we set initiatives for 2012.

I wish to encourage everyone to be involved in any of the various ministries of Trinity. We have a lot going on and the excitement and energy continues to build. There truly is something for everyone. Alternatively, if you see an unmet need, or something that interests you but isn't active at Trinity, please consider what we can do together and step forward.

* *Hard copy annual reports are available in the narthex, foyer and parish office. On the trinitybranford.org website, go to either News or About Us for the link to download, in color! However, detailed financial reports are found only in the print version.*

Thank you Regis for twenty faithful years as Trinity's Treasurer!

Sharon presented Regis with an elegant gift to acknowledge twenty years of devoted service to Trinity.



© Peter Otis

The Poets of Lent

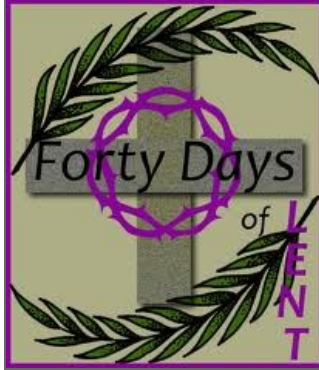
This year, Lent falls so that it is framed by two of the great Anglican poets, **George Herbert** (1593-1633) and **John Donne** (1571-1631).

George Herbert's day in our calendar of Lesser Feasts and Fasts, is February 27th the date of his death at age 40. He was a brilliant student at Cambridge where he went intending to become a priest. But he came to the attention of King James I and was drawn into public life. After a term in Parliament, he returned to his religious studies. Ordained in his late 30s, he spent his ordained life as the rector of a little country parish. Those few years before his death were the inspiration for his most famous work; *A Priest in the Temple: or The Country Parson*. On his deathbed, he gave the manuscript to his friend Nicholas Ferrar with the instruction to publish it if he thought the writings might "turn to the advantage of any dejected poor soul". Otherwise, Ferrar was to burn them. Fortunately, Ferrar was wise enough to see the brilliance in his friend's verse. Some of Herbert's poems were called "pattern poems" as the shape of the written verse created images such as an altar or wings. Others, such as *King of Glory*, *King of Peace* and *Let all the world, in every corner sing*, have been set to music and are a part of the Anglican hymnody. Here is one of his finest.

LOVE

Love bade me welcome; yet my soul drew back,
Guilty of dust and sin.
But quick-eyed Love, observing me grow slack
From my first entrance in,
Drew nearer to me, sweetly questioning
If I lack'd anything.
A guest, 'I answer'd, 'worthy to be here:'
Love said, 'You shall be he.'
'I, he unkind, ungrateful? An, my dear,
I cannot look on Thee.'
Love took my hand and smiling did reply,
'Who made the eyes but I?'
Truth, Lord; but I have marr'd them: let my shame
Go where it doth deserve.'
'And know you not,' says Love, 'Who bore the
blame?'
'My dear, then I will serve.'
'You must sit down,' says Love, 'and taste my
meat.
So I did sit and eat.

John Donne comes to us at the very end of Lent, his day is March 31st. In contrast to George Herbert, John Donne became the Dean of St. Paul's Cathedral in London. Great crowds gathered to hear him preach. In 1623, after a serious illness, he wrote a series of *Meditations* on the themes of health and sickness. One of them became his best known work and contains the lines "... any mans death diminishes me, because I am involved in Mankinde; And therefore never send to know for whom the bell tolls; It tolls for thee."



Donne's brilliant poetry often reflected his wit and cynicism about human motivation but in his later life, the demands of the Gospel on every day life and the power of faith. His poem, *Death Be Not Proud* came from his own brush with death and his conviction of eternal life in Christ. Here is his sonnet to the power of the Trinity.

Death Be Not Proud

Batter my heart, three-person'd God; for you
As yet but knock; breathe, shine, and seek to mend;
That I may rise, and stand, o'erthrow me, and bend
Your force, to break, blow, burn, and make me new.
I, like an usurp'd town, to another due,
Labour to admit you, but O, to no end.
Reason, your viceroy in me, me should defend,
But is captived, and proves weak or untrue.
Yet dearly I love you, and would be loved fain,
But am betroth'd unto your enemy:
Divorce me, untie, or break that knot again,
Take me to you, imprison me, for I,
Except you enthrall me, never shall be free,
Nor ever chaste, except you ravish me.

You are invited to open yourselves to Lent, knowing that we do not come to this season untouched by the wisdom of those who have gone before. Poets, prophets and country parsons all bring their gifts to us. Let them take root in your Lent.

Outreach Ministry Fair

Everyone is invited to the Outreach Ministry Fair on February 19th during the expanded coffee hour. Come and learn more about our programs, or volunteer to help in upcoming events and community services that Trinity supports.

Trinity Episcopal Church
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The Rev. Sharon Gracen, Rector
Ronald Baldwin, Organ Master &
Choir Director

Parish Office 203-488-2681

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www.trinitybranford.org

Worship at Trinity

Sunday

8:00 AM Holy Eucharist Rite II

9:45 AM Sunday School and
Nursery Care

10:00 AM Holy Eucharist Rite II
With music and choir

Televised on Channel 18
An AT&T Channel 99
7:00 PM Sundays

Wednesday

12:10 PM Eucharist & Healing
Service, Guild Room

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RETURN SERVICE REQUESTED

March 2011, Special Dates

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			29 Lenten Soup Series 6:30 pm	1 Meditation 6:30 pm	2 World Day of Prayer	3
4 First Sunday Breakfast	5	6	7 Lenten Soup Series 6:30 pm	8 Meditation 6:30 pm	9	10
11	12	13	14 Lenten Soup Series 6:30 pm	15 Meditation 6:30 pm	16	17
18	19	20	21 Lenten Soup Series 6:30 pm	22 Meditation 6:30 pm	23	24
25	26	27	28 Lenten Soup Series 6:30 pm	29 Meditation 6:30 pm	30	31 John Donne Day