



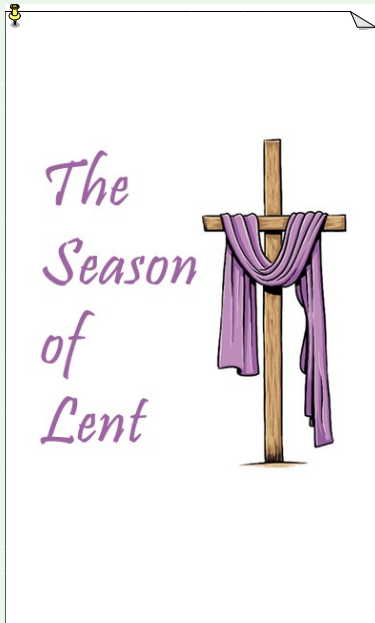
Messenger

TRINITY EPISCOPAL CHURCH

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Lent 2013

AN OUTREACH TOWN HALL AND CELEBRATION BRUNCH



The Outreach Ministry has grown by leaps and bounds in the last year. Not only is the budget significantly larger than at any time in Trinity's history, but also there are new people, projects and energy. It is truly a centerpiece, along with worship, here at Trinity.

When we increased the budget to \$15,000, we wanted to give the congregation confidence that these ministries would not require frequent fund-raisers. In some ways we have been able to abide by that promise, but there are regular things like the Food Pantry, the Haiti medicines, Trinity's Closet, Columbus House, etc., that are ongoing. We want to give you a chance to talk through this situation, plus all of the new and expanded pro-

jects of the Outreach Ministry.

Worship on **Sunday, February 3**, will be designed around conversation and dialogue about how we serve as Christ's hands in the world. Plan to add your voice. The First Sunday Breakfast will take place as usual. There will be a celebratory brunch following the 10:00 o'clock service with a variety of tasty dishes reflecting our Outreach diversity, and displays about all of the work that Trinity does in the world.

The Outreach Ministry meets monthly on the 2nd Sunday in the Guild Room. Everyone is invited and encouraged to take part.



FROM THE RECTOR



Lent...what to give up? I've never been a great one for Lenten denial. I've certainly had my years, but nothing that I recall as having been enriching to my spiritual life. Then I started to try different things. Instead of denial, I began to look for something that needed to be added to my life and awareness; regular meditation or prayer, reading, doing things for others. These Lenten disciplines were much more effective in helping me to experience Lent in a life-giving way. Well, this year, I'm going to try to combine the two ideas, and I invite you to join me in an unplugged Lent.

Imagine how much more time we would have for the people in our lives if we simply turned things off—the television, the computer, phones and tablets. We all use most of these things in our work lives, but they have also invaded our time outside of work. How many of you discover that you sit at the breakfast or dinner table with some sort of electronic device shining up at you? The evidence of this electronic tyranny is everywhere. Conversation is an art that needs to be practiced; we are denying our children the practice that it requires. We

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Submission deadline for the following *Messenger* is the 15th of the current month. Please e-mail to **ajfree-man@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 an editor. Editorial rights are reserved for clarity and to fit space constraints.

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A color issue is on **trinitybranford.org/news**

Trinity Leadership

Senior Warden: Mark McElrath

Junior Warden: Rodney Hayes

Parish Clerk: Ellen Shirey

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Assistant Treasurer: Katherine Rowe

Vestry

Andy Campbell, Janet Daley, Dru Dodd, Kelley
Esposito, Terry Kron, Ed Monico, Peter Otis,
Carol Schaller, Kathy Sanchez

Staff

Parish Administrator: Jane Dougherty

Sexton: Nancy Williams

From The Rector *(Continued from page 1)*

multi-task so well that we don't need to look at the people we're with, we talk to them as we text. What happens if we miss the sadness in their eyes or the tension in their posture? What if they need us to see that they are hurting, but we are too distracted?

My plan is to make more time for people, books and God by turning off things that have screens when I am away from the office – except for that sermon writing thing. Please consider what this idea of abundant denial might do for you.

Peace,

Sharon +

SPIRITUALITY MINISTRY

Lenten Series

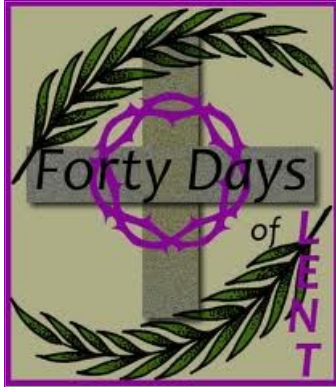
Bishops Ian, Jim, and Laura provided a loving and strong presence in Newtown after the horror at the Sandy Hook Elementary School. They went immediately to support the two Episcopal congregations and their clergy, The Rev. Mark Moore at St. John's in Sandy Hook and The Rev. Kathleen Adam-Shepherd at Trinity in Newtown. Our bishops sat with families and first responders and held up the clergy who were called to be so strong for their folks.

In the month since the killings, our bishops have given a great deal of thought to how we as a diocese will enter into Lent and find the new life that comes with Easter. They gathered a group of clergy to design some Lenten materials; Rev. Sharon was one of them. Lent is a time for drilling down into the human condition and right now our condition is overwhelmed with violence. Therefore, it seems like a good idea to take advantage of the diocesan Lenten study materials and engage for ourselves all of the ways that violence is present in our lives and what we are called to do in response to it.

Our Wednesday night Lenten suppers – soup, bread and salad – will be our chance to find the Christ-like response to the violence. Please come. (see page 5, Christian Education Ministry)

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WORSHIP MINISTRY



Beginning on Ash Wednesday, February 13, 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 seeking an intentional experience of sacrifice.

Lent has a distinctive liturgical flavor. There are distinctive 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 begin the actual worship with something called The Penitential Order, found on page 351 of the *Book of Common Prayer (BCP)*. 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.” And 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 page 350 of the BCP. 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.

So, 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 10:00 am 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, the 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. Worshippers will enter the church to prepare for the service in silence. There will not be an entrance hymn. Instead the choir, acolytes, ministers, and celebrant will enter in silence, and the service will begin with the Penitential Office.



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.

Flower Ministry

We are setting up a new system to track special flower requests at Easter and Christmas. We apologize to Janet Constantino, the Hyder and Rowan families, for omitting their loved ones names in the Christmas bulletin. To avoid this problem in the future, a

(Continued on page 5)

Parish Life Ministry



By Peter Hayes, Chair

The activities of Parish Life have just begun for 2013. We have already completed another successful Twelfth Night celebration.

I would like to take this opportunity to thank all of those folks who worked so hard during the year to make the Parish Life Ministry a success and my job easier. In no particular order: The Rev. Sharon, Peter Schuller, Mike and Dru Dodd, Peter & Bobbe Otis, Jane Dougherty, Mitch and Lisa Davis-Rucinski, Mike and Ann Freeman, Frank Zemina, Jim and Gena Eggert, Peggy Esposito, Dottie Packer, Sandy Baldwin, Jeff Kron, Mike McGuinness, Jim Atkinson, Kris Lockwood, Martha Monico and our energizer bunny Jen Zehler and all of her helpers (little and large), and all of the other parishioner's who have volunteered to help out on various events. I especially thank my wonderful, talented and beautiful wife Rodney for putting up with me when I get a little crazy with Parish Life stuff.

Shrove Tuesday Pancake Supper

I am looking for volunteers to put on a Pancake Supper for Shrove Tuesday. Because the upcoming time between Twelfth Night and Ash Wednesday is so close, and with the tragic recent events in Newtown, the Rev. Sharon and I agreed we should have a more subdued event this year. If you are interested in running the dinner or just helping with the setup, cooking, and clean-up, please email me ASAP! parishlife@trinitybranford.org.

Easter Egg Hunt Anyone?

If we can get it organized, I think it would be nice if we were able to have an Easter Egg hunt this year. Any ideas or volunteers? More to follow.



Trinity Book Group

By Cindy Sheppard

February 6 *Silent Rebellion* by Christopher Metzger will be discussed in the Guild Room at 7 pm. This is the story of an 18

year-old member of a peace-loving Amish community who receives a draft notice. He's arrested for draft evasion and found guilty. If he renounces his church teachings and reports for duty, the sentence will be suspended. What will he choose?

March 6 *The Social Animal* by David Brooks

Described by Amazon as a #1 New York Times Best Seller

With unequaled insight and brio, *New York Times* columnist David Brooks has long explored and explained the way we live. Now Brooks turns to the building blocks of human flourishing in a multilayered, profoundly illuminating work grounded in everyday life. This is the story of how success happens, told through the lives of one composite American couple, Harold and Erica. Drawing on a wealth of current research from numerous disciplines, Brooks takes Harold and Erica from infancy to old age, illustrating a fundamental new understanding of human nature along the way: The unconscious mind, it turns out, is not a dark, vestigial place, but a creative one, where most of the brain's work gets done. This is the realm where character is formed and where our most important life decisions are made—the natural habitat of *The Social Animal*.

First Sunday Breakfast, February 3

Gather together at 9:00 am in the undercroft for a delicious breakfast and fellowship. On the menu is Egg McTrinity, juice, tea or coffee. \$3.50 per adult, \$2 per child, \$10 family maximum. Please sign up in the foyer, call the office or email: firstsunday-breakfast@trinitybranford.org. Thank you!

Trinity Transitions

We celebrate the birth of Lucille Concetta Anderson, born to **Julie and Jon Anderson**. We look forward to meeting Lucy!

In Loving Memory

The families of **Isabell Davis** and **Alexandrine Koontz** mourn the loss of their loved ones. Both Isabell and Alex were long-time members of Trinity Church. May their souls and all the souls of the departed, rest in peace, amen.

The Crafters Group

Monday nights at 6:30 pm is definitely going to be full of fun and creativity for all! We've got an eager group of experienced and would-be crafters, who will undoubtedly produce wonderful handmade items that will sell like hot cakes at the Fair!

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WORSHIP MINISTRY

(Continued from page 3)

special spreadsheet will be developed to track names as the donations are received.

This first year, at Easter and Christmas, everyone will be asked to submit the names of those in whose memory the flowers are being given. After this year, you will only need to give us names to be added or deleted. Please watch your Sunday bulletin for a form to use to submit names of those to be remembered. This new system is being modeled after the one **Ruth Knowlton** uses to track weekly altar flower donations. Our hope is that it will be as efficient as that one is. This is such an important ministry, we want to make sure it is always accurate. Thank you in advance for your understanding as we develop this new system.

A Quiet Ministry In The Back Of The Church



Did you ever feel that you could use some extra prayer? Every Sunday, at both services a gentle prayerful presence is available the baptismal font during communion. **Eileen Cavanaugh** (below), at the 8 o'clock service, and **Roberta (Bert Rowe)** at the 10:00 o'clock service are trained lay prayer leaders. They receive individual prayer requests and join in prayer with those who stop by.

Prayers vary—for those sick in need of healing, for a new job to come soon, for family and friends in distress to receive relief. Prayers can also be offered in thanksgiving—achievement, anniversary, new life, for all your blessings, whatever is filling your heart and mind with gratitude and joy.



After communion, simply go to the baptismal font and say what it is for which you want to pray. If someone is ahead of you, just wait a couple of minutes on one side, there's time, prayers are short. The prayer team is part of

the Spirituality Ministry.

CHRISTIAN EDUCATION MINISTRY



By Martha Monico
Chair

Adult Forums

February 17th, Sunday, 9:00 am

Janet Constantino and **Rev. Sharon** will tell the story of their visit to Haiti in more depth and with pictures.

March 17th, Sunday, 9:00 am

Judge Barry Shaller will talk about his book, *Veterans On Trial, The Coming Court Battles Over PTSD*. After unveiling this invisible injury among the walking wounded, Schaller offers far-reaching solutions for returning Veterans and their families. He specifies what political and judicial officials, military leaders, legislators, and the mental health communities can do to meet their responsibilities to the men and women who serve our nation.

Lenten Series

For five Wednesday's starting February 20th, 6:30 pm, we will discuss violence in our society and what we as Christians in the Episcopal Church can do to help reverse this epidemic.

Youth group

Anyone in grades 5-12 meet the third Sunday of the month with **Jen Zehler**, **Paul Coppola**, and **Rev. Sharon** to talk about something, to do something and to eat something.

Sunday school

Preschool through 8th grade have classes during the 10:00 am service every Sunday to explore their faith and develop a faith journey.

The Crafters Group

(Continued from page 4)

Anybody can join at any time. Contribute ideas. Contribute to production. Let your creative side take over! When was the last time you did something new and different for which you made time? Remember the rule: If it's on the schedule it gets done! So mark your calendar for **February 11th** (sea shell wreaths) and **February 18th**. And did we mention interesting and fun people to get to know? Our capable leader is Peggy Esposito. Questions for Peggy? thecraftersgroup@trinitybranford.org.

OUTREACH MINISTRY



By Janet Constantino
Chair

Help For Earthquake Orphans

At the December Vestry meeting, Rev. Sharon presented the request from the village committee in Kayamit, Haiti. One hundred earthquake orphans were placed in this small village up in the mountains, and they do not have the resources to provide school uniforms and books. The Vestry approved the expenditure of \$2,800 to be wired to the convent in Gros Morne which will distribute the funds to the village committee.

When I and Rev. Sharon were in Kayamit, we were impressed by the organization and energy of the residents of the town. They were well prepared for the clinic and came as a group at the end to talk and sing for the volunteers. Rev. Sharon feels that they will be good stewards of the funds that we are sending. We will then let the Holy Spirit decide what might come next.



Operation Fuel

United Way Operation Fuel is a temporary crises intervention program for families in CT who fall through the gaps. Operation Fuel is funded by direct private donations, state dollars, and the Add-a-Dollar program, where utility customers can choose to add a dollar to their utility payments. *All Add-a-Dollar contributions are matched by the utility company, effectively doubling the customers' contributions for Operation Fuel.* Don't forget to check the Add-A-Dollar box on your utility bill!

SPIRITUALITY CONTINUED

(Continued from page 2)

Love Arrived on the Meal Train

By Dave Pearson



We made it through my 10-day hospitalization, followed immediately by a bunch of days without power due to hurricane Sandy, then home to get things in order. Then Jo-Ann found herself in the hospital for a five-day stay. What was good old Dave to do about meals—especially dinners? The phone rang and it was Rev. Sharon telling me that Meal Train was on its way. What is Meal Train, you may ask in a questioning fashion.

Well, it was started in Burlington, VT, in January 2009, by Michael and Kathleen Laramée and co-founder Stephen DePasquale. According to their website, their mission is “to simplify and promote interpersonal relationships between friends, families, and neighbors through meals.” The logic is to coordinate the “giving of meals around significant life events; it makes life easier and allows friends to assist during a time of need.” That certainly was the case for Jo-Ann and me. It’s “a free solution that simplifies the organization of giving and receiving meals.”

Trinity Episcopal Church is among hundreds of organizations that have signed up to provide this outstanding service, and it certainly seems logical to continue to do so. What a wonderful way to show friendship and love. We benefitted significantly from the tasty and excellent dinners provided us by **Katy Blanchette, Eileen Cavanaugh, Peggy Esposito, Ann Freeman, Lois Lehr, and Pat Kelly-White.** We are most grateful to them, and for the caring nature that is so characteristic of our church.

A note from the Church office: Please remember to let Jane know when a few meals will help ease a challenging time for your Trinity friends, neighbors or family.

Spirituality *continued*

Communications Ministry

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.

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.

*"Love is seeing God in the person next to us;
meditation is seeing God within us."*

*Sri Sri Ravi Shankar,
Indian spiritual leader*

Trinity strives to be as transparent as possible on any topic for every parishioner. To that end, the password protected parishioners-only web site hosts the following: meeting minutes for Outreach, Vestry, Table of Chairs, Finance Ministry and Memorial & Gifts; key financial documents; archives of Messenger, information helpful to newcomers, and more. You will also find current schedules for a variety of ministries. Sunday bulletins go up on Friday if you want to check if you're on the worship schedule! Something missing? Email communications@trinitybranford.org.



The 2012 annual report is available. It reflects another year of accomplishments in every ministry and extraordinary compassion and giving by parishioners. If you do not find copies in the Parish Hall there are more in the office. Please contact Jane. Photos in print copies

are in black and white, but there's an online color version at trinity-branford.org/news. The pictures are worth the visit.

FINANCE MINISTRY

The Legacy Society

We begin 2013 with a healthy new Legacy Fund and a soon-to-be inaugurated Legacy Society. This initiative and the generosity that made it possible bodes well for the future of our parish. At a date to be announced, a spring celebration is in the planning for those who have become Living Legacy donors **and those who have already included Trinity Church in their estate plans.** A list of the Legacy Society, as we have compiled it, is in the office. Please help us to make sure that our records are correct by calling to confirm that your name is on the list. If you would like more information, please let Rev. Sharon know.

From Your Countesses In The Office

Please use this year's giving envelopes. Throw out the old ones! Account numbers change from year to year, dates fall on different days of the week – all designed to trip up the countesses!

And, our friendly tip! To save on the check writing, it is not necessary to write out one check for each week when you are submitting for multiple weeks at one time. A single lump sum check will do it since the only date recorded is the date of the entry.

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

Parish Office 203-488-2681

e-mail: trinitychurch@trinitybranford.org

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
And AT&T Channel 99
7:00 PM Sundays

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RETURN SERVICE REQUESTED

FEBRUARY SPECIAL DATES

- 3 – Outreach Town Hall & Celebration Brunch,
both services
- 4—Columbus House, New Haven
- 3 - First Sunday Breakfast
- 6 - Trinity Book Group, 7:00 pm
- 11 - Crafters Group, 6:30 pm
- 12 - Pancake Supper, Shrove Tuesday
- 12 – Spirituality Ministry, noon
- 13 – Ash Wednesday: Holy Eucharist with Imposi-
tion of Ashes at noon and 7:00 pm
- 17 - Adult Forum 9:00 am
- 17 - Youth Group, 4:30 – 6:00 pm
- 18 – Church office closed
- 18 – Crafters Group, 6:30 pm
- 20— Lenten Series - #1 of 5, 6:30 pm

MARCH SPECIAL DATES

- 3—First Sunday Breakfast
- 4—Columbus House, New Haven
- 4—The Crafters Group, 6:30 pm
- 6 - Trinity Book Group
- 6 – Lenten Series - #3 of 5, 6:30 pm
- 13 - Lenten Series - #4 of 5, 6:30 pm
- 17— Adult Forum 9:00 am
- 17 - Youth Group, 4:30 – 6:00 pm
- 18—The Crafters Group, 6:30 pm
- 20 - Lenten Series - #5 of 5, 6:30 pm

Room location and a complete calendar may be found at,
trinitybranford.org/news/calendar