



Messenger

TRINITY EPISCOPAL CHURCH

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

Lent Thru Easter Sunday 2014

Lent

A Season of Spiritual Preparation



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REVELATION AT THE ANNUAL MEETING

Dear Reverend Sharon,

I have been doing a lot of thinking since the annual meeting. The role of stewardship has stayed with me, forcing me into self-reflection, uncomfortably at times.

The story I taught in the Godly Play room that Sunday was of the Good Samaritan. Is being a Good Samaritan that much different than being a good steward? "Who am I in the story?" is one of our reflecting questions at the completion of the parable. Surely I am not the High Priest? Maybe the Levite? But these people were the ones that saw the man suffering on the side of the road, hurt, suffering, scared, everything taken from him by the robbers. They were the ones that went to the other side of the road, neglecting the hurt man. The one that went to him was a stranger. He gave him medicine, his coat, carried him to the inn and paid for his stay until he was well.

Am I one of the people that crosses the road?

Do I look at my church from afar while eating at Pasta Così?

Do I admire the red doors as I spend money on coffee, ice cream, bagels and scones?

Do I give my church my pocket change, and then spend my dollars filling my belly with decadent treats?

Am I the Good Samaritan? I'm afraid not. I expect my church to be there each week, with open doors and comfortable pews; with song books and homilies; with hot coffee and tea; with treats for the children, that magically appear each week.

I expect to be loved, comforted, accepted, blessed, renewed, connected, and safe.

I expect that my church will cover me with a coat, give me shelter, and renew me to health if I was robbed, hurt, or left on the side of the road to die.



I expect that there are materials for the Godly Play rooms, pillows, tables, crafts, art supplies, a feast.

But yet I walk on the other side of the street when all these things are happening on a continuous, efficient, daily basis.

And mostly, I expect that when I have fallen to my knees my church community will pick me up, hold me up, carry me on, unconditionally, no expectations.

I don't want to be the Levite. It is becoming clearer to me each day as I pray and meditate that I must be the Good Samaritan, I must be the good steward, the good neighbor, the one who doesn't take without giving.

I will do my best to give what I have inside of me, to give back. It is monumentally important and crystal clear to me.

Thank you, Reverend Sharon, for your inspiration, your stewardship, your guidance, your word.

Sincerely,
Elizabeth Melvin



TRINITY STORIES - DRAWN INTO GOD'S MISSION

Submission deadline for the following *Messenger* is the 15th of the current month. Please e-mail to **communication@trinitybranford.org**. 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.

Messenger Contributors

Features Rev. Sharon, Ann Freeman

Editor Bill Baskin

Design Ann Freeman

Photos Peter Otis unless stated

Copy/Fold/Mail Lynn Aspland, Ruth Buell, Dru Dodd, Jane Dougherty, Bill Gilpatrick, Mary McCarthy, Judy Nelson, Roberta Rowe

A color issue is on trinitybranford.org/news

Trinity Leadership

Senior Warden Mark McElrath

Junior Warden Rodney Hayes

Parish Clerk Ellen Shirey

Treasurer Mike Freeman

Assistant Treasurer Katherine Rowe

Vestry

Maryann Allen, Andy Campbell, Judie Cavanaugh, Dru Dodd, Terry Kron, Mary MacDonald, Ed Monico, Kathy Sanchez, John Seibyl

Staff

Parish Administrator Jane Dougherty

Sexton Nancy Williams

Welcome to the first of what we hope will be an ongoing feature in The Messenger: members of Trinity sharing their experiences of having been instruments of God's work in the world.



**Ed Monico, MD
(Vestry Member)**

My name is Ed Monico. I am an Emergency Medicine physician at Yale-New Haven Hospital. We see lots of different things in the emergency room, sometimes very serious things.

One night a young man was brought in following a crash on his motorcycle. Of course, the ER staff did all that we could to save him, but we couldn't. The family was in the waiting room and I did what all ER docs do, I called for the Chaplain. They are much better at dealing with raw grief than we are, at least that's what we tell ourselves. Unfortunately, there was no chaplain available; and so it fell to me to tell a mother that her son was gone.

It was really hard. The emotion was tremendous; the mother began wailing. I knew that I could not leave her that way. I drew her over to a quieter corner and began to talk to her. I asked if her son had loved riding his motorcycle. She looked like she was flipping back through many memories and she then smiled and said, "Yes he did, more than anything." Then I told her that I had been with many people when they had died, and how rare it was for someone to have their last moments spent doing something that they loved. Other members of the family had drawn near, and soon they were all sharing their stories. The words that I had been given—and that's the only way that I can think of them—cut through the shock and helped a family begin their grieving process in a gentler way.

I'll still call for a chaplain the next time there is a need. But I know that God used me that night; and I'll have a little more faith that I'll be given what I need should it happen again.



You are invited to share your experience of having been instruments of God's work in the world. Contact Rev. Sharon or Ann Freeman, or submit in writing. We look forward to it!

WORSHIP MINISTRY



Sandy Baldwin
Chair

The Worship Ministry is in need of people interested in participating in Worship. We provide on-the-job training. Just speak with me to make the arrangements. Currently, we need ushers and acolytes.

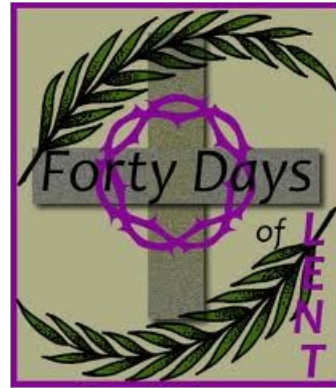
The Worship Ministry welcomes Carol Schaller and David Pearson as new lectors, at the 8:00 AM and 10:00 AM services, respectively.

Are you a student in fifth grade or older? Have you thought about being an active part of the worship service as an acolyte? If so, you are invited to observe the service from the altar area, so you can see what really is happening up there. This can be done any Sunday. Just ask me or Rev. Sharon to help you robe. There will also be acolyte training after the 10:00 AM service on March 23 and March 30. Please let either of us know if you are interested. We hope many young people will help with this very important role in worship.

We also say 'thank you' to Bill Gilpatrick, and Otty and Perdita Norwood, for their years of dedicated service as part of the Worship Ministry. They are taking time off, and are welcome back any time.



Bishop Ian Douglas, Rev. Sharon, and Trinity members who were either confirmed, received or re-affirmed, January 19.



Lenten mood, the message of penitence, and 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 that 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.



Parish Life Ministry



Peter Hayes
Chair

First Sunday Breakfast, March 2nd and April 6th

Gather together at 9:00 AM in the undercroft for a delicious breakfast and fellowship. On the March menu is blueberry pancakes and sausage, juice, tea or coffee. The April menu is homemade \$3.50 per adult, \$2 per child, \$10 family maximum. *Please* sign up in the foyer, call the office or email: firstsundaybreakfast@trinitybranford.org. Thank you!

Trinity Book Group By Cindy Sheppard

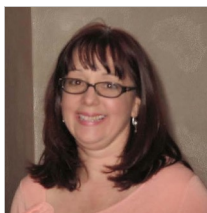
Tuesday, March 11 (note for this month only, a change in night and location) *Meander: Wooing Ms. Maudie*, by Blaney Colmore.

Meander is a novel, a love story between Maudie, the daughter of the president of the African nation of Zimbabwe and his late wife, and Oscar, son of a white American Episcopal priest and his successful realtor wife. The novel places their love affair in the historical circumstance of Zimbabwe plummeting into poverty and chaos.

And

Wednesday, April 2, *The Twelve Tribes of Hattie*, by Ayana Mathis

In 1923, fifteen-year-old Hattie Shepherd flees Georgia and settles in Philadelphia, hoping for a chance at a better life. Instead, she marries a man who will bring her nothing but disappointment, and watches helplessly as her first-born twins succumb to an illness a few pennies could have prevented. Hattie gives birth to nine more children, whom she raises with grit and mettle, but not an ounce of the tenderness they crave.



Trinity Transitions

We celebrate the birth of Connor Jacobs, born to **Heather and Wesley Jacobs**. We look forward to meeting Connor!

We had to say goodbye to the Costanzo family—Kathy, Vin and Faith. The Costanzos moved to Florida. If you have to go, this was great timing!

In Loving Memory

Rest in peace Barbara Stoddard, Rosamond Fouser, Edward G. Bjorklund and Helen Yocher.

With joy in the heart, think of me, with love.



This is a take-charge *Trinity Grounds* crew! We appreciate their friendly smiles and greetings, efficiency, and great service. *Left to right*: Christina Pepe, Claudia and Olivia Campbell, Rachel Pepe. Go team!



World Day of Prayer, March 7

The annual World Day of Prayer will be held on March 7 at noon in the Parish Hall at St. Mary Church. The service was written by the women of Egypt with the theme, "Streams in the Desert." A light lunch will follow.



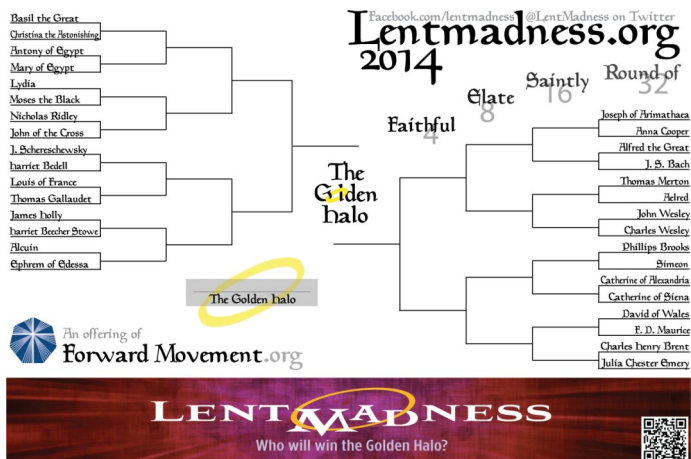
Trinity parishioners are participants in the service, and we are asked to bring four dozen cookies to share. If you can help with the cookies please speak with Ann Collier. All are welcome!

SPIRITUALITY MINISTRY

Lent Madness—March 12 thru April 9

Lent Madness began in 2010 as the brainchild of the Rev. Tim Schenck, who was a seminary buddy of Rev. Sharon. In seeking a fun, engaging way for people to learn about the men and women comprising the Church's Calendar of Saints, Tim came up with this unique Lenten devotion. Combining his love of sports with his passion for the lives of the saints, Lent Madness was born on his blog *Clergy Family Confidential*, <http://frtim.wordpress.com/>.

The format is straightforward: 32 saints are placed into a tournament-like single elimination bracket. Each pairing remains open for a set period of time, and people vote for their favorite saint. 16 saints make it to the Round of the Saintly Sixteen; eight advance to the Round of the Elate Eight; four make it to the Faithful Four; two to the Championship; and the winner is awarded the coveted Golden Halo. Details, lentmadness.org.



The first round consists of basic biographical information about each of the 32 saints. Things get a bit more interesting in the subsequent rounds, as we offer quotes and quirks, explore legends, and even move into the area of saintly kitsch.

Beginning March 12th, everyone is invited to take part when we come together on Wednesday evenings for a potluck supper, conversation about what we are learning, and whom we are voting for; and then we'll have Evening Prayer. Sounds like fun!

Health Ministry

We are so grateful to Janet Constantino, who has been the driving force starting the Health Ministry. Two nurses, Martha Monico and Sue Wharfe, will Co-Chair this important

(Continued on page 7)

CHRISTIAN EDUCATION MINISTRY



Martha Monico
Chair

Adult Forum, March 16

The March forum will be at 9:00 AM on the third Sunday, March 16th. As we go to print, the speaker is not yet confirmed; but *Trinity in Touch* and Sunday bulletins will bring that information to you. Save the date!

Godly Play
By Jen Zehler

The stories told during the season of Lent help the children prepare to enter the great Mystery of Easter. This year the teachers are excited to tell two new stories, which our budget allowed us to purchase. Both classrooms will hear the story of *The Synagogue and Upper Room*.

The first part of the lesson evokes the Liturgy of the Word, which the Christian Church developed from the readings of the Jewish Synagogue. The second part of the lesson evokes the liturgy of the table, which Jesus instituted during the Last Supper in the upper room. The story of *The Synagogue and Upper Room* is a joining of the Old and New Testaments forming a model of Christian worship.

In the older children's classroom, the children will hear the story of *The Greatest Parable*. This story is a series of four lessons. They present Jesus' public ministry, and the relation of his presence to the whole Christian language system. It provides a framework for continued reflection and insight about Jesus' elusive presence. In the context of the Godly Play classroom, this story is intended to show how Jesus is both our way for making personal, existential meaning, and our way for living together in community. What a precious gift to give to our children to help them prepare for this great mystery.

And of course, we will also have our Snuggly Story event on April 26—stay tuned for details in the Easter Messenger. Save the date!



OUTREACH MINISTRY

Leadership roles in the Outreach Ministry are changing. Janet Constantino steps back from being the Chair, succeeded by Maryann Allen as the Interim Chair. Maryann's role of Treasurer is being filled by Rick Cain. Kim Humphrey has stepped back as the recording secretary, and Janet Hager has stepped up. Many thanks and much appreciation goes to one and all for past and future service.



Maryann Allen
Interim Chair



Rick Cain
Treasurer



Janet Hager
Recording Secretary

Trinity's Closet, April 5th By Kathy Sanchez, Coordinator



Twice a year we assist local individuals and families (pre-identified by community service organizations) who are having a hard time making ends meet. They choose five household or personal items, and then

select from tables of gently-used clothing/bedding donated by parishioners. As you begin to look through your closets in anticipation of warmer weather, please consider donating any spring/summer items (jackets, shorts, pants, shirts) that you won't be using. If you would like to donate other items, laundry detergent, dish soap and new pillows are always appreciated. All donations may be left in the undercroft. If you can help set up the donated goods on Friday afternoon, April 4th, or assist our guests on the morning of the 5th, please contact me at trinitycloset@trinitybranford.org. Thanks!

Community Dining Room By Maureen Shea, Coordinator

Trinity volunteers help to cook breakfast at the Community Dining Room. Breakfasts run from 8:00 AM to 10:00 AM. If you can help, please reach out to Maureen at diningroom@trinitybranford.org.



March 8 ~ May 10 ~ July 12 ~ November 8

STEWARDSHIP MINISTRY

'Tis a gift to be simple, 'tis a gift to be free ...

We often confuse stewardship with our annual pledge campaign. But stewardship is much more than that. It is truly a way of living, using all that we have on God's behalf. As Christians, we should always hold the Christ lens up to how we spend our time, our talents and our treasure. If we truly commit to conscious stewardship, we will find ourselves changed, definitely for the better. Lent is a good time to consider and practice stewardship as living more simply.

Did you know that each person in the United States makes more than 4 pounds of garbage per day?; that we are all subjected to about 3,000 advertisements every day?; or that Americans, collectively, have accumulated more than \$9 billion in credit card debt? This is crazy. It is the end result of an observation that was made in 1955 by economist Victor Lebow, "Our enormously productive economy demands that we make consumption our way of life, that we convert the buying and use of goods into rituals, that we seek our spiritual satisfactions, our ego satisfactions, in consumption."

It doesn't have to be this way. We don't have to pass on this legacy to our children. Begin by looking at two things: your calendar and your bank card statements. They have quite a story to tell.



- Then, start weighing very carefully any purchase that you make. Is it really necessary? Was anything or anyone harmed to make it? Can you live without it?
- Buy real food, not processed or fast food.
- Reclaim family dinner time with electronics turned off.
- Give away lots of your stuff.
- Look at your calendar and decide not to do something - do you need to be this busy? Do your children need several sports and other activities all the time?
- Create some downtime for yourself and your family. Make time to talk, or just be, with each other.

Be a good steward of your life; spend it in the service of love, beauty, and peace.

'Tis a gift to be simple, 'tis a gift to be free ...



Spirituality Ministry *continued*

(Continued from page 5)

ministry, offering information and programs which respond to the interests of those who took the Health Ministry survey.



Martha Monico



Sue Wharfe

Saturday Morning Tai Chi Class starting March 1st, 9:00 AM, Parish Hall

In keeping with Trinity's support of integrative health education, we are fortunate to be able to offer Saturday morning classes in the ancient art of tai chi, led by Suzanne Hanley.

Suzanne has been teaching tai chi since 1996. She has studied with many tai chi and chi gong teachers. Currently, she teaches along the Connecticut shoreline, and also trains students to become certified teachers of tai chi.

What is tai chi? It is a form of exercise and meditation practiced for thousands of years in China. Tai chi originated as a Chinese martial art, but is primarily practiced now for its health benefits. Medical research has found evidence that tai chi is helpful for improving balance and general psychological health, and in particular is associated with general health benefits in older people. Focusing the mind on the low impact, continuous movements helps to bring about a state of mental calm and clarity.

Classes begin **Saturday, March 1 at 9:00 AM** in the Parish Hall. There is a nominal per-class fee to the instructor, dependent on the number of participants. No experience or knowledge is required, just a willingness to be open to new ways of movement, exercise, and being. No mat or equipment required. Just wear comfortable clothes and shoes. For further information contact either Sue Wharfe, Cathy Seibyl or John Seibyl (all in the membership directory).

"Oh these bodies that we wear, so changed by every seventh year, that in a new dress we appear. Limbs, spongy brain, and slugging heart, no part remains the self-same part, like a stream that stays, yet still departs."

Andrew John Young (1885-1971)
Scottish poet and clergyman



Buildings & Grounds Ministry

Spring Spruce-Up!

Mike McGuinness, Chair



Trinity should look her very best for Easter. Calling all able-bodied stewards of Trinity, to lend a hand on Work Day, March 22nd, between 8:00 AM and 1:00 PM. There's a list of cleaning and tidying chores to be done. No experience or skills necessary, just a willing heart. A great way to break dormancy and emerge into spring!

Also, calling all painters to paint the undercroft. Experienced painters preferred, and someone to be the foreman painter. This project offers exercise, fellowship and huge appreciation from the entire parish!



FINANCE MINISTRY

The Legacy Society Spring Celebration

The Trinity Legacy Society is made up of those people who have planned for Trinity's future, by including our church in their estate plans. All who contributed to the Legacy Fund, or have made provisions in their wills, are members of the Legacy Society. This spring, we will gather for a lawn and croquet party, to celebrate. The lawn in question is at Bill and Toni Schmitt's wonderful house on Linden Avenue. Stay tuned for details.

And by the way, if you haven't added Trinity to your will, it's never too late! The Legacy Committee—Dave Pearson, Perdita Norwood, Carol Schaller, Rev. Sharon—has simple language for such a provision, approved by our legal advisors.



OUTREACH MINISTRY *CONTINUED*

Working On The Dream

The school for the village of Kayimet is still a dream. We can help it become a reality. A Website—schoolforkayimet.org, and a Facebook page, are up and running. We already have proof that if we tell the story well, and gather people around a cause, then it works. Janet Constantino put it in her Christmas card, and said she wanted to name a classroom for her dad. That was all it took. Anthony's classroom has raised more than the \$7,000 needed. Please send the idea around to people that you know. Do you think that there are 1300 people who would give \$50 to help build a school? That's all it will take to make a dream come true. Thank you.



Trinity Episcopal Church
1109 Main Street
Branford, CT 06405

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

CLOCKS SPRING FORWARD MARCH 9 !!

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RETURN SERVICE REQUESTED

MARCH/LENT

- 1— Tai Chi Class Begins
- 2 – First Sunday Breakfast, 9:00 AM
- 3— Columbus House, New Haven
- 5 – Ash Wednesday: Holy Eucharist with Imposition
of Ashes at noon and 7:00 PM
- 7— World Day of Prayer, St. Mary's, Noon
- 8— Community Dining Room, 8:00 AM
Tai Chi Class, 9:00 AM
- 11 - Trinity Book Group, 7:00 PM (offsite location)
- 12 – Spirituality Ministry, noon
Lenten Series - #1 of 5, 6:30 PM
- 15— Tai Chi Class, 9:00 AM
- 16— Adult Forum, 9:00 AM
- 18—Vestry, 7:00 PM
- 22—Tai Chi Class, 9:00 AM
- 19— Lenten Series - #2 of 5, 6:30 PM
- 26—Lenten Series - #3 of 5, 6:30 PM
- 29—Tai Chi Class, 9:00 AM
Work Day 8:00 AM

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

APRIL/LENT THRU HOLY WEEK

- 2—Trinity Book Group, 7:00 PM
Lenten Series - #4 of 5, 6:30 PM
- 4—Set up for Trinity's Closet, 4:00 PM
- 5—Trinity's Closet
Tai Chi, 9:00 AM
- 6—First Sunday Breakfast, 9:00 AM
- 7—Columbus House, New Haven
- 9—Lenten Series - #5 of 5, 6:30 PM
- 12 Tai Chi, 9:00 AM
- 13 Palm Sunday
- 15 7:00 PM Holy Eucharist
- 16 Noon, Holy Eucharist
- 17 Maundy Thursday,
7:00 PM Holy Eucharist, Foot
Washing, Stripping of the Altar,
Watch
- 18 Good Friday
Noon Stations of the Cross
6:30 PM The Faces of Christ
7:00 PM Liturgy, *I Was There*
- 20 Easter Sunday