



Messenger

TRINITY EPISCOPAL CHURCH

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March 2011

The Journey of Lent—40 Days in the Desert

Souper Lenten Series

*Spiritual Journey;
what does it mean,
where are we going,
how do we know where
we are now?*

March 16, 23 & 30

April 6 and 13

6:00 pm, Parish Hall

Soup, bread & salad

The Judean Desert is a forbidding place. It is huge, empty and cruel, and oases are far apart. Survival in this desert is almost always miraculous. Just as the Israelites learned to depend on God and God alone during their 40 years wandering in the desert after being rescued from slavery in Egypt, Jesus relied on divine strength and grace to withstand hunger and thirst and temptation to take an easy route away from this place of challenge.

Lent is our annual desert exercise. The traditions of this 40-day season include fasting, self-denial, prayer and study. This year, our **Lenten series** “**Souper Wednesdays**” will begin with a simple supper of soup and salad at 6:00 pm.

Starting on March 16th, the five-week series will focus on *Spiritual Journey*; what does it mean, where are we going and how do we know where we are

now? When you RSVP to the office, please indicate whether you will bring soup, salad or bread.

But before we get to Lent....A Festival of Desserts!

Christians have traditionally held some festive event that helped people to prepare for Lent. Mardi Gras (Fat Tuesday) and Shrove Tuesday Pancake Suppers were the most common way to use up the sugar and eggs in the larder before the fasting of Lent.

At Trinity, we are creating a new tradition—The Festival of Desserts, on the last Sunday before Ash Wednesday, **March 6th, at 6:00 pm**. You are encouraged to eat a modest, protein-filled supper and then come to church, with your favorite, most outrageous dessert. Enjoy the variety and store up the memory of sweet excesses until the chocolate eggs and jelly beans appear on Easter morning.

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From the Rector



While I served as Canon Pastor at the American Cathedral in Paris, one of the wonderful benefits was that clergy conferences were not held in large hotels near a casino but places like Provence and Rome, staying in renovated abbeys. I had numerous occasions to say, “I love my job!” And then sometimes even that sentiment was not

enough.

In 2002 St. James Episcopal Church in Florence, Italy, hosted the annual clergy conference. As a part of our time in that extraordinary, art-filled city, we visited the Convent of San Marco, which is famous for its frescoes by Fra Angelico. That artist’s interpretation of the annunciation—the angel Gabriel’s visit to Mary—had long been a favorite of mine. However, I was unprepared for the experience. Most of the frescoes are found in the cells of the convent, but *The Annunciation* grabs you before you are ready.

It becomes visible as you mount a wide

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From the Rector

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staircase. As I did so with my clergy friends, the power of the image hit me in a wave—as I climbed I discovered that I was barely breathing. The muted color punctuated by Mary’s deep blue robe and the angel’s wings, the geometry and interior space of the vaulted patio, and the simplicity all provided the perfect setting for the expression on Mary’s face. It is as if she understands everything in a moment—the blessing and responsibility, joy, and the anguish. Her expression exudes gravity and acceptance. You can almost hear her questioning her worthiness and ability to accept this call to carry and care for such a child all the while preparing to say, “Let it be with me, according to your will.”

March 25 is the Feast of the Annunciation, conveniently nine months before Christmas. On that day, take a moment to contemplate Mary’s story and the implication of Christ’s incarnation

in your life. Accepting such a gift is a responsibility and great blessing.

Peace, Sharon+



Education Ministry

How Episcopalians Read the Bible (And Why More Should)

from The Episcopal Handbook

Polls come out annually showing how many Bibles people own (the average American home has four), yet how utterly clueless we are about what’s in it. A recent poll says 10 percent of us believe Joan of Arc was Noah’s wife. While Episcopalians probably score about average in this category, it’s not for lack of exposure, or a definite interpretive model toward understanding the Holy Scriptures.

In general, Episcopalians have two rules when it comes to interpreting the Bible. The first is that we read it together. The second is that we interpret it responsibly. As children of the English Reformation, which brought us the English Bible, we are strong believers in everyone’s ability to read and interpret Scripture. We like to think that the observations of the farmhand, the homemaker, the nurse, and the auto mechanic are integral to arriving at what it is the Scriptures are saying to us.

However, we also believe there is a place for reasoned, informed, and educated opinion on the matter. When we read the Bible we are apt to do so alongside a study book called a commentary. We also think it fitting to hold and attend classes that expose us to the finest Bible

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Submission deadline for the following months *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 an editor. Editorial rights are reserved for clarity and to fit space constraints.

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Worship Ministry

New Altar Hangings and Colors for Lent

Recall that Trinity had new altar hangings for Advent that introduced non-traditional blues. Purple, the traditional color of royalty, is more familiar as we look forward to the coming of the King. However, blue was often appointed in medieval times and later in English use. It is becoming increasingly popular as the color for churches wishing to highlight their Anglican identity. Trinity's hangings were very well received, not only for their beauty but also for sparking interest to learn more about the "new" color.

We'll also be using new altar hangings for Lent, and these will be a bigger departure from traditional colors because the new colors are ash, oxblood and black—very contemporary. The new hangings are given in memory of **Louise Gilpatrick**. Louise was an energetic, dynamic, hard-working person. She was deeply involved in Trinity for many years in several ministries. She also was a great cook, as witnessed by her wonderful cookbook, *What's A Cookin'?*, the sale of which continues to benefit Trinity, and she was just a great lady.

Lent (Ash Wednesday to the day before Palm Sunday): Violet is the color of Lent in traditional Roman use. Lenten white, a natural or off-white hue of unbleached linen, is the usual color of Lent in the traditional English use. Essentially unused and unheard of in the United States is the Lenten Array. It was an English custom to use unbleached linen and sackcloth together with oxblood and ash (dark gray or black) opheys (strips of ornamentation) for vesting the clergy, the altar, the ambo, etc., until Passiontide (Palm Sunday to the beginning of the Easter Vigil). It was a symbol of fasting and penance.

We hope this historical color edification has been of interest to you, and we trust you'll enjoy our new contemporary colors.

Music in Lent

By Ron Baldwin

Worshippers at the 10:00 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. 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 cele-

brant 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. Each Sunday we will sing a different setting of the Kyrie or Trisagion.

The Psalm for the day will be sung to a plainchant psalm tone. The austerity of plainsong is in keeping with the somber mood of Lent. The simplicity of the chant makes it easy for the congregation to participate.

The music for the Sanctus will be an effective setting by a musician from Delaware, Jack Warren Burnam. He also is the composer of the beautiful Fraction Anthem which we have been singing most Sundays. One interesting aspect of this Sanctus is that its harmony begins and ends not on a traditional harmonic chord, but on a slightly dissonant seventh chord—and then a moment of silence. This acts as a moment of anticipation leading us into the body of the Eucharistic Prayer.

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 plainsong 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.

Stewardship

Taking better care of the environment is sometimes as simple as changing your cleaning products. Remembering that everything we use to clean our sinks, tubs, dishes and clothing makes its way into the water supply should give us all pause.

There are any number of products easily available, Simply Green, 7th Generation, and others that clean every bit as well and do not pollute. Actually, baking soda and white vinegar will take care of almost everything you need to clean.



Spirituality Ministry

Back in January, Rev. Sharon introduced us to Pierre Teilhard de Chardin's idea that, "We are not human beings seeking a spiritual experience; we are spiritual beings having a human experience." Such a shift of perspective opens up many possibilities for us to contemplate our human experience--the highs and the lows, the sickness and the health, the living and the dying. De Chardin invites us into the experience of life as a spiritual journey--with a sense of purpose and growth toward spiritual maturity.

At Trinity, we are focusing that work within our Spirituality Ministry. The ongoing work of providing pastoral care and presence in the form of Communion and friendship is now enfolded into this larger vision.

End of life issues We have a good number of people who are involved at the Connecticut Hospice, either as employees or volunteers. We celebrate and support them. End-of-life issues require critical thinking and planning. The Spirituality Ministry will offer yearly sessions to inform and assist members of Trinity with funeral planning, living wills, hospice care, and other related topics.

Prayer and Meditation are central spiritual practices. We now use a prayer meditation during Sunday worship and at the Healing Eucharist on Wednesday. We ask everyone to set Tuesday between noon and 1:00 pm aside to pray through the Trinity prayer list. More prayer and meditation opportunities will come through this Ministry.

Rome to Canterbury is a special spiritual journey program for those raised Roman Catholic who now find themselves at Trinity. Monthly gatherings of *RtoC* will begin this spring.

World Day of Prayer, March 4th

World Day of Prayer is a worldwide ecumenical movement of Christian women of many traditions who come together to observe a common day of prayer each year on the first Friday in March. For 2011, the WDP Committee of Chile developed the theme *How many loaves have you?* They invite everyone to ponder the context of Chile and the real situations of our lives and communities. They ask: What are your gifts? What can you share? Reflect on the meaning of the theme.

Everyone (not just women) is invited to participate in a service of song and prayer at the First Baptist Church, Main Street, Branford, Ct, at 12:00 noon on March 4th. Refreshments follow the service. Everyone is welcome.

Education Ministry

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scholarship available. And Episcopalians believe in and rely on an educated clergy who go through a minimum three-year graduate divinity program. Parishioners often look to clergy as resources for Bible interpretation. Despite these convictions, Episcopalians are usually the first ones to admit we're not Bible experts. Many of us think we should read the Bible more often. And many of us are thankful that we have much knowledge at hand should we decide to do so. Although we still wouldn't know who Noah's wife was; the Bible never names her.

Sharon's *Introduction to the Bible* course has reached the mid-point, so it seemed like a good time to check in with participants on their thoughts. They only had time for high-speed quotes in the high-speed classes, but the trend to high satisfaction is clear!



"fascinating" ... "awesome" ... "terrific" ... "fabulous"

"Sharon's a real story-teller" ...

"first time in years I've wanted to read the Bible" ...

"whirlwind but informative" ...

"fast-paced but informative and interesting" ...

"Sharon's got energy and enthusiasm and a gift for entertaining" ...

"Sharon is professorial in her depth of knowledge" ...

"love it, stimulating" ...

"through Sharon's story telling she makes the Bible more understandable and relevant" ...

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Outreach Ministry

Parishioners and guests enjoyed an evening of song followed by international entrees and desserts. The band included our own **Bill Bray** and **Cheryl Hyder**.

Known as the Power of Praise and Worship Band, it was formed at the United Methodist Church. Bill and Cheryl sang lead vocal several times, and Bill even wrote one of the songs.



Ask Bill what's so funny and watch him get in trouble with Betsey—again!!

The Outreach Ministry members worked hard to set out a wonderful selection of entrees provided by themselves and Sharon, and the yummy desserts came from the attendees—what a selection!!

Proceeds from the evening go to the Branford Fuel Assistance.

Our thanks to the Outreach Ministry folks for a great evening!!

More photos on www.trinitybranford.org.

Dinner with Friends—March 11th

Meals are more fun when they are shared. Trinity will host **Dinner with Friends** on Friday, March 11th. Enjoy a satisfying dinner that you don't have to cook, and fellowship at the table, perfect for those who live alone, or a chance to spend time with old friends or make new friends.

March's menu is ham, for just \$8.00. Dinner is served at 6:00 pm. First come, first served!

The menu plan for the year may be found on [www.trinitybranford.org/news & events](http://www.trinitybranford.org/news&events)

Finance Ministry



Phoebe Burbine



Mitch Rucinski

The Trinity Fund Trustees Appointed

Part of Trinity's endowment is held in The Trinity Fund. The founding document calls for six trustees. The Rector is a permanent ex-officio member. Vestry asked for and received permission to appoint three members from the congregation and two from the Vestry.

At the annual meeting Julie Anderson was elected from the congregation, and the remaining positions are filled through appointment.

A complete description of The Trinity Fund along with all the funds in Trinity's portfolio, may be found on the parishioner portion of www.trinitybranford.org.

Parishioners



Julie Anderson



Dave Pearson



Perdita Norwood

Parish Life Ministry

Welcome to Trinity!

Julie and Jon Anderson will forever be known at Trinity as the first marriage performed by Sharon. They have settled in East Haven and work locally, Julie at People's United Bank, and Jon at D.C. Hall Rental Service and self employs as snowplow/shovel/roof rake extraordinaire!



Julie loves to cook, bake, garden and entertain, while Jon is keen on fishing and practical jokes. Julie joins the Trinity Fund as a Trustee. They worship at the 8 o'clock service, and they've encouraged other family members and friends to join Trinity. They are:

Rich and Sue Anderson of North Branford

Rich is Jon's dad and Sue is Jon's favorite stepmother, who considers Jon to be her middle son in between her biological sons Stephen, 30 and Todd, 25. For 33 years as a nurse, Sue has cared for the elderly at Farmington Care Center in Farmington. She loves to boat and fish, read, garden and talk! Rich has worked as an ironworker and supervisor in the ironworker industry most of his working life. His favorite hobbies are fishing, boating, gardening and reading. Sue and Rich can generally be found at the 10 o'clock service.



Peggy Esposito is Jon's aunt, Rich's sister and Sue's favorite sister-in-law. Peggy lives in East Haven just a stone's throw from Jon and Julie, while her own daughter and son-in-law live in England. Peggy has worked as a buyer for many years. She loves to bake, read, garden and shop with Sue. Peggy has joined the Trinity

Book Group, Strictly Social event planning, and she will be a lector at the 8 o'clock service.

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Trinity Book Group

The Trinity Book Group is having its next gathering on Wednesday, March 2nd, at 7:00 pm in the Guild Room. All are welcome. The book selection is *Treasure Island*, a classic adventure novel by Scottish author Robert Louis Stevenson, narrating a tale of "pirates and buried gold." This classic was first published in 1883 and is considered a coming-of-age story, an adventure tale known for its atmosphere, character and action, and also a wry commentary on the ambiguity of morality. If you would like more information about the Trinity Book Group, please call the office or email Alison at AlisonBarbaro@comcast.net.

Calling all Gardeners ...

The Trinity Gardeners is a new ministry in the life of this parish. Come together, share your ideas, sources for seeds, community garden participation, and make plans to contribute to the Branford Food Pantry with some of your produce. The first meeting of the Trinity Gardeners is yet to be scheduled; those interested should email Gena Eggert at gpeggert@comcast.net.

First Sunday Breakfast, March 6th

This month's yummy menu is V-8 or orange juice, scrambled or fried eggs, sausage, hashed brown potatoes 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.

A special invitation goes out to our newer members. This is a great way to meet other parishioners from both services, and lets us get to know you a little bit. Breakfast is in the undercroft, through the doors to the Parish Hall, down the stairs.

In Memoriam

Nancy Hendricks

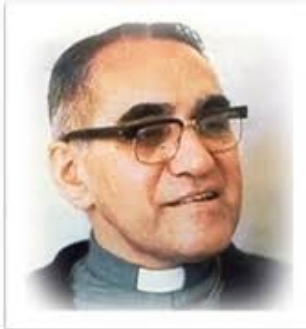
May her soul and those of all the
departed rest in peace.

Saint of the Month

Background

The Episcopal Church publishes *Lesser Feasts and Fasts*, containing feast days for various men and women the Church wishes to honor for their commitment to Christ and their witness to their faith. Such witnesses, by the grace of God, live in every age.

Oscar Romero, March 24



Oscar Arnulfo Romero y Galdemez was born Aug. 15, 1917, in San Salvador. At 12, he was apprenticed to a carpenter, but was later able to attend seminary. His family's economic circumstances forced him to withdraw to work in a gold mine. Later he entered another seminary and was eventually sent to the Georgian University in

Rome to study theology. He returned to his native land after being ordained. He worked among the poor, served as an administrator for the Church, and started an Alcoholics Anonymous group in San Miguel.

When he was appointed a bishop, radicals distrusted his conservative sympathies. After his appointment as Archbishop of San Salvador in 1977, Romero began protesting the government's injustice to the poor and its policies of torture. He met with Pope John Paul II in 1980 to complain of El Salvadoran terror and assassinations. He also pleaded with the U.S. government to stop military aid to his country, but the request was ignored.

Romero was shot to death while celebrating Mass at a small chapel near his cathedral on March 24, 1980, the day after he preached a sermon calling on soldiers to disobey orders that violated human rights. He had said, "A Bishop will die, but the Church of God which is the people will never perish." The Roman Catholic Church declared him a servant of God, and he is honored as a martyr by many Christian denominations worldwide. A statue of Romero stands at the door of Westminster Abbey included in a commemoration of 20th century martyrs.

A Prayer

Almighty God, you called your servant Oscar Romero to be a voice for the voiceless poor, and to give his life as a seed of freedom and a sign of hope: Grant that, inspired by his sacrifice and the example of the martyrs of El Salvador, we may without fear or favor witness to your Word who abides, your Word who is life, even Jesus Christ our Lord, to whom, with you and the Holy Spirit, be praise and glory, now and forever, Amen.

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Welcome to Trinity!

Maureen Shea (in photo with nephew Ted) is a long-time friend of Peggy Esposito. Married to Robert Ashton, an East Haven fireman/paramedic, she is mother to Shannon and Dustin and grandmother of three active boys, Dustin 8, Gregory 7 and Anthony 4. Maureen has worked as a buyer and property manager. Maureen adds the Columbus House ministry to her community activities of cooking for the homeless with St. Claire's Ministry and volunteering at the Shubert Theatre. She loves to garden and flower arrange, and keeps fit through yoga, walking and playing with those grandsons!



Ted Paluha (in photo to right) is nephew of Maureen Shea. He owns T&S Flooring, and sits on the board of directors for the builders association of eastern Ct. He likes hiking (ask him about Mt. Washington!), working out at the gym and his old corvette. And he's quite the baker! Ted attends the 8 o'clock service.

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Education Ministry

How much do you know about the Bible? Or Christian history? Or different way of praying? Or Christian stewardship? Or Christian theology? Do you even know why most—but not all—Christians worship on Sundays?

The point is, no matter what your age, there is much to learn from classes offered at Trinity. If you are interested in learning about a certain religious topic, speak to Sharon.

Learning is part of loving God with one's mind. Christian education helps us understand what living as Christians is all about. So go ahead, ask about a class that might interest you.

"It is not enough to have a good mind," said the French philosopher Rene' Descartes.
"The main thing is to use it well."

Learning about Christian beliefs and practices is using one's mind quite well. Your church is a place for you to learn. It has a class for you.

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The Rev. Sharon Gracen, Rector

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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
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
		1	2 Trinity Book Group	3	4 World Day of Prayer	5 Intro to Bible #7
6 First Sun- day Breakfast; Festival of Desserts	7	8	9 LENT BEGINS Ash Wednes- day	10	11 Dinner With Friends	12 Intro to Bible #8
13	14	15	16 #1 Souper Wednesday, Lenten Series	17	18	19
20	21	22	23 #2 Souper Wednesday, Lenten Series	24 Oscar Ro- mero's Saint Day	25 Feast of the Annuncia- tion	26
27	28	29	30 #3 Souper Wednesdays, Lenten Series	31		