



# Messenger

## TRINITY EPISCOPAL CHURCH

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

May 2011

### Guatemala News!

Read about Loretta & Wiley's trip online.

See images of the Trinity sponsored children they visited.

Enjoy the stories and photos.

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## Episcopalians...part of a larger Anglican world

During the season of Easter, we will be reading from the book of The Acts of the Apostles, the history of the founding of the Church. The evangelical work of the original disciples (including Matthias who replaced Judas), plus Paul and his companions, spread the word of the Gospel throughout the Mediterranean. Once established, the Church flourished and grew in size and influence. Authority was centralized in Rome and until 1054 there was only one church—the holy, catholic, and apostolic church. Conflict with the Eastern Church in Byzantium led to what is called the Great Schism. East and West split. It would not be the last time.

The Protestant Reformation began in the 16<sup>th</sup> century and the once “only” church was split again. The founding of the Church of England was as much a product of the time of reformation as it was Henry’s desire for a new wife. In 1536, Henry wrestled the church in England away from Pope Clement VI, and the Church of England was officially formed. The split between Rome and England was one of the most acrimonious in the history of church fights, and some of that tension springs up from time to time, even today. That may be due in part to the sibling nature of the relationship. When the Church of England was founded, many things were retained from the traditions of the church, i.e. the liturgy, clergy that continue to be known as priests and bishops, all of whom claim to be

*(Continued on page 2)*

## From the Rector



for the next seven weeks. This “queen of seasons” (from one of our favorite Easter hymns) is one of joy and relief. That famous photograph on the cover of *Life* magazine of the soldier kissing the nurse in Times Square at the end of WWII is that kind of relief. The struggle is over, all that was bleak is

Alleluia, the Lord is risen! The Lord is risen indeed! Alleluia! What a relief to shout those words with joy on Easter morning and

now infused with hope, and anything is possible. Not only that, but we have a whole season to let this euphoria sink down into our cells and make Easter a part of us, not just a festival in the spring.

After the long winter, the solemnity of Lent and the recalcitrance of this New England spring, the renewal brought by Easter is particularly welcome this year. Hope is a powerful thing individually and collectively as it takes us beyond what is and into what might be. With every alleluia that we shout this season, let us proclaim our hope for the world for which Jesus overcame death and the grave.

Easter joy to you, *Sharon+*

## Worship Ministry

### Liturgy Notes ...

“Hear what the Spirit is saying to the Church.” This phrase is drawn from the book of Revelation. You’ve been hearing it for a while now instead of the traditional “The word of the Lord” after the readings. Why has this change been made?

At meetings of the Worship Ministry, we have had several discussions about the implied message in “the word of the Lord” and that within this new formulation. Referring to something as “the word of the Lord” has a dogmatic emphasis—one that leaves little room for interpretation and new discovery.

There are many texts that one may question as authoritative. Do we believe that God wants people put to death for behavior that a certain culture deemed to be sinful? If we read some of the difficult texts but then follow them with the invitation to hear them for their intent and complexity, we open the moment to deeper thought

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*(Continued from page 1)*

descendants of the apostles.

The Church of England eventually gave rise to the World Wide Anglican Communion by virtue of Britain’s global colonial presence. Wherever Brits went, they took their church with them. As colonies gained their independence, the church stayed. The Episcopal Church led the way as the first of the colonial churches to develop its own strand of Anglican Catholicism.

The Episcopal Church has just over 2.1 million members. Today there are 80 million Anglicans in 166 countries. Africa currently leads the way in growth. The Communion is a loosely affiliated body as each Province (countries or regions) of the church is independent with its own Primate or Presiding Bishop. There is no central authority, although the Archbishop of Canterbury is the titular head.

Every ten years, the bishops from around the world gather at Lambeth Castle, the official residence of the Archbishop of Canterbury, for the forging and maintaining of relationships. It is not always easy and conflicts arise, but we continue to muddle along together in the best Anglican way.

and possible conversation. To consider what the Holy Spirit might be communicating in any time about ancient texts is to dive below the surface of the words and resist simplistic interpretations.

It also protects us from hearing things for ourselves only; we need the gathered community to discern what the Spirit is saying in our time so that we hear things from a larger perspective.

You are invited to ponder the difference in the two phrases, what do they say to you? As always, your feedback is welcome.

Submission deadline for next month’s *Messenger* is the 15<sup>th</sup> of the current month. Please submit hard copy to the office or e-mail [ajfreeman@comcast.net](mailto: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.

#### Communication Ministry Contributors

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Mark McElrath, Senior Warden  
Kris Lockwood, Junior Warden  
Regis Conlon, Treasurer  
Roz Jones, Clerk of the Parish

**Vestry and Council of Ministry** members, see [trinitybranford.org](http://trinitybranford.org), parishioner site.

## Spirituality Ministry



By Bob Barnett, Chair

### Hospice Care

Hospice care for terminally ill patients stresses palliative treatment (management of pain) over curative treatment. Care is provided by a team of

doctors, nurses, social workers, chaplains and volunteers and can be delivered in a number of settings including the home, nursing centers and hospitals. Support is also provided for the family during the time the patient is receiving hospice care and through the bereavement process.

Connecticut has been a leader in America providing hospice care and Branford is the home of the nation's first inpatient hospice, Connecticut Hospice. Several members of Trinity volunteer there including **Gena Eggert** and her "therapy dog" Sophie, musician **Ed Hull**, and I am in the training program. **Roz Jones** is an employee.

**Kathleen O'Neil-Meyers** and **Tren Meyers** have offered their professional hospice care experience to the work of the Spirituality Ministry. Kathleen is a nurse manager of a unit in the Veteran's Administration, West Haven that serves both hospice patients and those with other needs. Tren has fifteen years experience in hospice care and is currently a Chaplain at Smilow Cancer Hospital Yale-New Haven.

If there are other Trinity members not mentioned who currently serve as staff or volunteer at hospice facilities, or if you want more information about care or volunteer opportunities at Connecticut Hospice, please contact me at 203-859-1331 or robertsbarnett@yahoo.com.

### More about the VA Hospice Program

The Community Living Center (CLC) at VA Connecticut cares for veterans in need of hospice and palliative care, long-term care, sub-acute care and rehabilitative care. Most are World War II, Korean War and Vietnam War veterans. There are opportunities to volunteer at the hospital whether it's as a friendly visitor to share stories or to be a presence for someone who is at the end of their life's journey. Weekends can be especially long for the residents on this unit. Volunteers would be welcomed to assist with designing activities that the

*(Continued on page 4)*

## Education Ministry

### Inquirer's Class – a slight change

An Inquirer's Class is for everyone, everyone who wants to learn more about the Episcopal Church. Rev. Sharon will be leading a five-week course beginning in the first week of May. Due to some scheduling conflicts for our rector, the first session will be held on Thursday evening, May 5<sup>th</sup>, at 7:00 pm. All subsequent classes will be on Wednesdays. Please contact the office to sign up for the class.

### What next for Bible Study?

Bible Study suggestions that came out of the Introduction to the Bible this winter include a class on the Parables of Jesus, who Paul is and what he says, an in-depth look at Genesis, and some work on comparative religion. Rev. Sharon is willing to prepare a course on any of these topics and would like to hear from you about your interest. The Introduction to the Bible will be repeated in the fall on Wednesday evenings.



The white and gold chasuble, made by Dru Dodd and given to Trinity by Dru and Mike Dodd.



## Spirituality Ministry *continued*

veterans would enjoy on a Saturday or Sunday afternoon. However volunteers would be welcome any time during the week. The CLC also needs assistance with the administrative duties associated with their bereavement support program. If interested, please contact the Volunteer Services Department at the West Haven VA at 203- 937-3814. It is an opportunity to give back to our veterans who have given us so much.

### An Excursion on the Spiritual Journey



**Rome to Canterbury** is the road that the Anglican church has taken historically, and now we offer an opportunity for members of Trinity who have come from the Roman Catholic tradition to talk with others who are making the same journey—to the Anglican way of doing things that can seem so close and yet so different at the same time. The first meeting of **RtoC** is

Tuesday, May 3<sup>rd</sup>, at 7:00 pm in the Parish Hall. All are welcome to what promises to be a great conversation.

### Spiritual Journey Lenten Series to continue as a monthly program

According to participants of the Spiritual Journey Lenten Series “It was the best Lent ever!”. The five-week program—designed and presented by Sharon and Peter—blended science and religion in ways that stimulated self-awareness and inward thinking. The goal was to equip those who embrace the concept “We are spiritual beings having a human experience,” to gain self-empowerment towards spiritual maturity.

Topics included raising awareness of how personality and outlook affect the ability to move forward, practicing awareness, understanding how the brain works and how to take control of negative thinking; how to meditate for spiritual and physical health; how to shed fear and stop unnecessary worry, the importance of forgiveness, and finally to struggle with the understanding of eternal life. The program caused participants to reflect on their human relationships as well as God. The bonus was the enhanced anticipation of Easter that everyone was feeling.

## Outreach Ministry

### Sharing Day (formerly Tagless Tag Sale) May 14, 8:30 am – 12:30 pm

Again this Spring, everyone is asked to share needed gently used, clean summer clothing – all ages, sizes and genders. Also needed are: dish and laundry detergents; general cleaning supplies; and personal items such as shaving cream, deodorants, shampoos (male and female), feminine products, diapers and wipes. All items may be left in the small room in the undercroft by the tunnel. Please, no bar soaps or razors as there are plenty left from the fall!

If you can help with the setup of Sharing Day on the 13<sup>th</sup>, or work on the 14<sup>th</sup> please contact **Dru Dodd** at 203-481-3152. Thank you!

### You Rose to the Lenten Challenge!

Your generosity filled the shelves with food. But, don't stop! There are so many hungry people who need our help. The Trinity in Touch e-mails will tell you which items are needed the most. Your sharing helps to fill tummies with food and hearts with love. Thank you.



### Fight Hunger! Trek with Trinity Trekkers!

Don't forget Sunday May 1, 2011 at 1:00 pm, College Woods Pavilion, East Rock Park, New Haven. We walk rain or shine. The money raised goes directly to providing groceries and hot meals to hungry children, families, and seniors throughout CT. Details on signing up and donating at [trinitybranford.org/news](http://trinitybranford.org/news)

### Community Dining Room

On May 14th, between 8:30-10:00 am Trinity needs volunteers to help prepare and serve breakfast at the Branford Community Dining Room. Please contact Laura Radulski if you are able to serve, [laura.radulski@snet.net](mailto:laura.radulski@snet.net)

## Parish Life Ministry

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### Trinity Book Group

The next gathering of the Trinity Book Group is Wednesday, May 4<sup>th</sup>, at 7:00 pm in the Guild Room. This month's selection is ***Three Cups of Tea***, a New York Times best selling book by Greg Mortenson and David Oliver Relin. The book describes Mortenson's transition from mountain climber to a humanitarian committed to reducing poverty and promoting education for girls in Pakistan and Afghanistan.

The book's title comes from a Balti proverb: "The first time you share tea with a Balti, you are a stranger. The second time you take tea, you are an honored guest. The third time you share a cup of tea, you become family."

All are welcome. If you would like more information about the Trinity Book Group, please call the office or send an e-mail to [AlisonBarbaro@comcast.net](mailto:AlisonBarbaro@comcast.net).

### First Sunday breakfast

Join old friends and make new friends while you enjoy a hearty breakfast of pancakes and sausage, juice, tea or coffee. \$3.50 per adult, \$2 per child, \$10 family maximum. Your RSVP greatly helps the organizers to shop and cook with confidence! Please sign up in the foyer or call the office or e-mail [michael.dodd@snet.net](mailto:michael.dodd@snet.net). Thank you!

### The 2nd Annual Lobster Dinner @ the Branford Festival - June 18

Trinity Church Lobster Dinner is back by popular demand! Eat in the Parish Hall or picnic on the green while you listen to the Saturday night entertainment, from 5:00 - 8:30 pm. Treat your family, or join with friends to enjoy lobster, steamers, corn on-the-cob, coleslaw, and your choice of beverage.

Tickets are \$25.00 each, cash or check. Checks should be made payable to Trinity Church. Questions, or to purchase tickets, contact **Mitch Rucinski** at 203-481-2230, **Stephen Sharma** at 203-258-5023 or the parish office.



### Welcome!



**Diane Doran** is retired and widowed, living in Guilford with her son Charles, one dog and five cats. She grew up in Branford and attended Trinity until her marriage. After exploring other churches, she feels like God has called her back to Trinity as a gift to her request for a beautiful spiritual home.

Diane enjoys the Trinity choir and plans to become more active in the Church and in the local community. Her interests include music, psychology and medicine. She enjoys various crafts including basket weaving, crocheting and silk floral arrangements. She has worked and volunteered at several convalescent homes in the shoreline area singing and playing piano to entertain the residents.

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### Strictly Social

Wanted! Adults over 21 looking for a good time! Mark your calendars for the following events:

#### Celebrate Cinco de Mayo, May 21!

Location: will follow. Time : 6:00-10:00 pm. Cost: \$5.00 per person to cover costs of paper goods and soft drinks. Required: bring your favorite Mexican dish and wear something festive. Optional: bring your own Tequila, Dos Equis or whatever you drink that's stronger than a soft drink. Contact: Peggy at [peggyesposito@yahoo.com](mailto:peggyesposito@yahoo.com).

#### Future events, dates and details to come

**July & August:** Summer Sunday Afternoon Beach Socials

**August:** Thimble Island Sunset Cruise

**September:** Mutt Strutt

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#### *In Memoriam*

**Elizabeth Ballou ~ Mary Morton**

May their souls and those of all the  
departed rest in peace.

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## Saint of the Month By Jim Atkinson

### 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.

### Dame Julian of Norwich, England



Of Dame Julian's early life we know little, only the probable date of her birth (1342). Her own writings in the *Revelations of Divine Love* are concerned only with her visions, or "showings," that she experienced when she was 30 years old. She had been gravely ill and given the last rites; suddenly, on the seventh day, all pain left her, and she had 15 visions of the Passion. These brought her great peace and joy. "From that time I desired oftentimes to learn what was our Lord's meaning," she wrote, "and 15 years after I was answered in ghostly understanding:

'Wouldst thou learn the Lord's meaning in this thing? Learn it well. Love was his meaning. Who showed it thee? Love. What showed he thee? Love. Wherefore showed it thee? For Love. Hold thee therein and thou shalt learn and know more of the same.'

Thus it was I learned that Love was our Lord's meaning."

Julian had long desired three gifts from God: "the mind of his Passion, bodily sickness in youth and three wounds—of contrition, of compassion, of will-full longing toward God." Her illness brought her the first two wounds, which then passed from her mind. The third, "will-full (divinely inspired) longing," never left her.

She became an anchoress (a woman who retires from society to avoid the temptations of the world and devote herself to religious duties) at Norwich soon after her recovery from illness, living in a small dwelling attached to the Church of St. Julian. She was famed as a mystic and spiritual counselor, and was frequently visited by clergy and lay persons, including the famous mystic Margery Kempe, who said: "This anchoress was expert in knowledge of our Lord and could give good counsel.

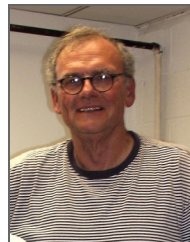
I spent much time talking with her of the love of our Lord Jesus Christ."

The Lady Julian's book is a tender, beautiful exposition of God's eternal and all-embracing love, showing how his charity toward the human race is exhibited in the Passion. She frequently referred to Christ as "our courteous Lord." Many have found strength in the words the Lord gave her: *"I can make all things well; I will make all things well; I shall make all things well; and thou canst see for thyself that all manner of things shall be well."*

### A Prayer

Lord God, in your compassion you granted to the Lady Julian many revelations of your nurturing and sustaining love: Move our hearts, like hers, to seek you above all things, for in giving us yourself you gave us all; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, forever and ever. Amen.

## Buildings and Grounds Ministry



By Mike McGuinness, Chair

To those who came to help on Work Day, thank you! Much was achieved! The inside cleanout and exterior cleanup generated four trips to the Transfer Station! See photos at [trinitybranford.org/zen/index](http://trinitybranford.org/zen/index).

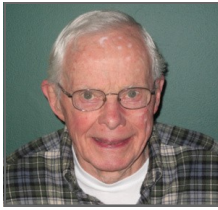
### Trinity's Having a Makeover!

The exterior painting of the Church and Parish Hall is underway. The preparation steps were tough to do because they required a few consecutive dry days! The carpentry aspect was to replace the decayed wood on the exterior of the Parish Hall, and the mold had to be killed on all exterior paint surfaces. The painting is expected to take about two weeks.





## Finance Ministry



By Bill Baskin, Chair

At its late-April meeting, the Finance Ministry discussed the Treasurer's Report for 2011 to-date, comparing receipts and expenditures against the year's budget, reviewed and discussed the organization and status, the repositories and investment strategies of the Church's several trust funds, named funds and operating fund accounts, and considered the functioning of the Stop & Shop program and volunteer recruiting matters.

The Trinity Fund trustees also elected the Chairperson and the Secretary and discussed distribution and fundraising issues. In addition to the Trinity Fund trustees—**Rev. Sharon Gracen, Julie Anderson, Phoebe Burbine, Perdita Norwood, David Pearson and Mitchell Rucinski**—the Ministry members are **Stephen Hooker, Cathy Seibyl and Bill Baskin**, Chairperson. Complete details at [trinitybranford.org](http://trinitybranford.org), parishioner site.

### Year-to-date Budget Status

Generally expenses appear to be on target, but pledge/donations/plate income is \$4,360 below expected, resulting in a first quarter shortfall of \$3,703. The full report may be seen at [trinitybranford.org](http://trinitybranford.org), parishioner site.

Treasurer's Report, March 31, 2011

Income	Expenses	Difference
\$65,754	\$69,457	-\$3,703

### Shepard Fund Scholarship Program

By Kris Lockwood

This year the Shepard Fund will award up to ten scholarships based on the number of worthy applicants. As in the past, the monetary amount of the scholarships will be dependent on the amount of interest earned on the Shepard Fund for this year. Along with the application we are requiring the applicants to submit an essay on "What impact Trinity Church has had on my life." Please make it 500 words or less and submit by e-mail to [juniorwarden@trinitybranford.org](mailto:juniorwarden@trinitybranford.org) by **June 1<sup>st</sup>**.

DEAR FRIENDS -

I WANT TO THANK YOU, FROM THE DEEP, DEEP PLACE, FAR BEYOND WORDS FOR YOUR THOUGHTS AND PRAYERS, YOUR CARDS, NOTES, MASSES SAID, AND YOUR GENEROUS GIFTS MADE IN MOM'S NAME. THESE GIFTS AND EXPRESSIONS OF LOVE WERE, AND ARE A WONDERFULLY (FULL OF WONDERS) HEALING SALVE. ENDLESS THANKS

MOM HAD A SPECIAL PLACE IN HER HEART FOR TRINITY AND FOR YOU TRINITARIANS. SHE NEVER FAILED TO ASK "HOW'S SO-AND-S AND DEVoured NEWS ABOUT BAPTISMS, HONOR ROLLS, EAGLE AWARDS AND OTHER GLAD THINGS

SHE, TOO, LOVED TRINITY SO WHEN I SAY THINKING ABOUT ALL OF YOU MAKES IT "ONE OF THE 10 BEST," SHE CONCURS COMPLETELY.

KATH AND SAM SEND THEIR BEST, WARM WISHES. LOVE, Hank

### Leadership Notes



By Mark McElrath, Sr Warden

Highlights from the April Vestry meeting: everyone was advised that Laura Radulski has resigned from the Vestry. A few names for a Vestry appointed replacement to complete Laura's term, which ends January 2012, were discussed. Also, the exterior painting has begun and will be completed as the weather allows.

Approved March Vestry minutes may be found at [trinitybranford.org](http://trinitybranford.org), parishioner site.

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Ron Baldwin, Organist & Music Director

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### 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 BCTV Channel 18  
and AT&T 99

7:00 PM Sundays

#### Wednesday

12:10 PM Eucharist & Healing  
Service, Guild Room

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## May 2011, Special Dates

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 1st Sunday Breakfast; Trin- ity Trekkers 1:00pm	2	3 Rome to Canterbury, 7:00 pm	4 Trinity Book Group, 7:00 pm	5 Annual Meeting ECW; 1 of 5 Inquirer Class	6	7
8 Mother's Day; Dame Julian Feast day	9	10	11 2 of 5 Inquirer Class 7:00	12	13 Sharing Day setup 6:00	14 Sharing Day; Community Dining Rm
15	16	17	18 3 of 5 Inquirer Class 7:00	19	20	21
22	23	24	25 4 of 5 Inquirer Class 7:00	26	27	28
29	30	31				