



# Tidings of Holy Trinity Church

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## A MESSAGE FROM THE REV. JUDITH FREEMAN CLARK

Dear friends of Holy Trinity Church,

As I prepared for Holy Week this year, I thought about Jesus' emphasis on two things. First, how prayer refreshed his spirit — enabling him stay close to God. Second, how closely connected he was to his disciples, and how like a family they all were to each other. The example Jesus sets — to be intentional about our life with God, and to care both for ourselves and for those we love — is challenging to live into. Too often, our hope to be compassionate with others (and with ourselves), and to maintain a strong connection to God, is pushed aside by the rush and stress of daily affairs.

We are now enjoying that interval which the Church terms the "Great 50 Days of Easter." Perhaps this year during the Great 50 Days we might want to focus on Jesus' example, and consider what his Resurrection means for us on a personal level.

*How many of us have felt "too busy" to spend time with a friend?*

*How often do work-related tasks eliminate family time?*

*How do we regularly step away from all other responsibilities and enjoy a hobby or special interest — take a walk, relax with a book, play an instrument, or simply day-dream?*

*Have we a regular prayer practice?*

*Do we honor that practice?*

*A Message from the Rev. Judith Freeman Clark continued on page 2....*

*Holy Trinity is called to recognize, communicate and celebrate God's presence within, among and around us.*

*Continued from page 1.....*

Consider how Jesus' actions instruct us. Without words, simply by *living* in a way that honors what matters most, Jesus teaches us. His good example points us toward intentional prayer, healthy self-care, and loving attention to those closest to us. In the lessons appointed for Holy Week we see this repeatedly:

"Jesus...went, as was his custom, to the Mount of Olives; and the disciples followed him. When he reached the place... he withdrew from them, knelt down, and prayed..." *From Luke 19, appointed for Palm Sunday*

"Six days before the Passover Jesus came to... the home of Lazarus..." There they gave a dinner for him. *From John 12, appointed for Monday in Holy Week*

"[Jesus was] at supper with his friends..." *From John 13 appointed for Wednesday in Holy Week*

"Having loved his own who were in the world, he loved them to the end..." *From John 13 appointed for Maundy Thursday*

"Jesus...went out with his disciples... to a place where there was a garden, which he and his disciples entered." *From John 18 appointed for Good Friday*

Two themes are apparent in these verses. First, *we are to spend time in prayer*. This is vital if we truly want to hear God's call and maintain a wholeness of self. Second, *we are to be in fellowship with those we care about*. For Jesus, this occurs within the context of home and garden, conversation and laughter, shared meals and mutual support. Jesus' lessons challenge us. But if we ignore the challenge we say, in effect, that the Resurrection doesn't mean all that much. If we spend too much time at work (whatever our "work" is), we diminish our capacity to be loving caregivers. If we do not pray regularly, God's presence recedes into the background of our consciousness. By failing to care for ourselves, we do not honor the light of Christ within us. And if that light is not nurtured within us, we cannot carry it to others.

Perhaps you maintained a Lenten discipline during the 40 weekdays before Easter Sunday. How life-changing might it be for us to take on a new discipline: to focus, as Jesus does, on fellowship and prayer? Can we place God, our loved ones, and ourselves ahead of *all* other demands of today's busy, over-committed lifestyles? Can we remember Jesus' call -- simply to love God and love each other? Can we, this year -- finally -- live as if the Resurrection matters?

*In Christ's name,*

*Judith +*

### **SERVING ON SUNDAY MORNING**

If you are interested in becoming an acolyte here at Holy Trinity Church, to serve at either the 8:00 a.m. or the 10:15 a.m. service, please speak with Judith+ our supply priest about training for this ministry.

### **"THE ROLE OF THE ACOLYTE"**

*An Acolyte can be defined as a person whose intention it is to serve at the altar.*

The second line of the "Meditation of the Acolyte", found in the back of the church, reads "I bear the Cross of Jesus" Matt 27:32. The Crucifer (cross carrier) carries the symbol of our Faith high for all to see. The Crucifer follows in the footsteps of "Simon of Cyrene" who, on Good Friday carried the cross for Jesus. The Cross also reminds us that we too are asked to carry that cross, the cross of our faith, in our daily lives and through which we are called to everlasting life.

Servant-leaders are people, who in a quite unimposing way, help wherever needed to enhance, help and bless others in their personal devotion and worship of God. This includes acolytes, altar guild, readers, and providers of nursery care etc.

*~Chris Briere*

## **"ALL CAN DO YOGA"**



"All Can Do Yoga" class at Holy Trinity Church, Southbridge, MA. Always wanted to try yoga? This class is for you. Been to some classes but not really experienced? This class is for you as well. "All Can Do Yoga" explores movement, breathing, and postures, allowing you to discover what your body can do and how your mind reacts.

This class is fun and will help you feel great!

This session will offer 6 classes, held Wednesdays, 9:00 to 10:15 a.m. April 3 - May 8, (no class on April 17) at Holy Trinity Church, 446 Hamilton St., Southbridge, MA 01550. The fee is \$50 for 6 classes, paid in advance. Please register before March 27th. \$10 for drop in classes. Everyone will need a yoga mat and blanket; yoga blocks are recommended but not required. Please contact the instructor, Sharon Palmer, a Certified Kripalu Yoga Teacher, to register or for more information. (413) 245-3474 or email palmer00013@gmail.com.



### **GRACIE'S ATTIC**



## **The Rev. Mary Hicks, our retired Deacon, celebrates her 90<sup>th</sup> birthday on May 28, 2013.**

To bring cheer and send congratulations you are invited to participate in a "Card and Memory Party." Mary's family is creating a memory scrapbook filled with stories, letters, poems, memorabilia, cards and pictures gathered from her family and friends, which will be presented to her on her birthday.

Here are three ways to participate; all submissions must be received by May 15th 2013 or sooner:

1. Email memories and pictures to Patty Brown, Mary's daughter-in-law, at [wildspiritartstudio@gmail.com](mailto:wildspiritartstudio@gmail.com). Patty writes: "Please put Mary 90 Birthday in subject title. I will then print them out on quality paper and arrange it artfully into the memory scrapbook. Please feel free to submit images and memories as they come to you. You can send memories as often as you want. Please send by May 15th 2013 or sooner so I have time to assemble everything beautifully." (If you do not have email, or need digital assistance, you can give your memories and photos to Susan Howland and she will scan and email them for you.)
2. Create your own 8 1/2" by 11" memory book page or pages. (**Must be 8 1/2" by 11".**) Mail to Patty Brown at 1870 East Shore Drive, Ithaca NY 14850. Please send by May 15th 2013 or sooner so everything arrives in time to place in the scrapbook.
3. Send cards, letters, pictures and memories directly to Mary at R404 88 Masonic Home Road, Charlton MA 01507.

If you need help getting started contact Susan at [howlands@charter.net](mailto:howlands@charter.net) or 248-6112 and we will get you a list of suggestions, prompts, starting points.

### **"MEAL-IN-A-BAG" MINISTRY FOR THE ST. MARY'S FOOD PANTRY**

On Sunday, April 28<sup>th</sup>, Rev. Judith will bless the food brought in for the "Meal in a Bag" Ministry. This ministry provides complete meals including protein, vegetables, starch, fruit, milk and juice. Every month, we come **together** each with a "loaf or fish" and collectively we **provide** meals for families in need. The labels will be on the board at the back of the church on Sunday, April 14<sup>th</sup> and 21<sup>st</sup>. Please take one or two, bring the food and place it in the basket before April 28<sup>th</sup>. At the end of March we donated 5 complete meals. Thank you for your contribution. This ministry only exists because of the support from parishioners.

*Pat Bair, Marlene Duke, Josh Spooner and Tamsin Lucey.*

### **NOTE FROM THE OFFICE**

The office will be closed the week of April 14<sup>th</sup>. If you need to speak to someone during that week, please contact our Senior Warden, Tamsin Lucey, at 508-347-1414.

**VESTRY MEETING MINUTES AND FINANCIAL DOCUMENTS ARE AVAILABLE BY REQUEST. IF YOU WOULD LIKE A COPY, PLEASE CONTACT CHRIS BOLTE, PARISH ADMINISTRATOR, DURING OFFICE HOURS OR BY EMAIL.**

**HOLYTRINITYSOUTHBRIDGE@GMAIL.COM OR 508-765-9559 TUESDAY OR THURSDAY.**

### **APRIL BIRTHDAYS**

1-Karen Ballou  
1 - Anna Burns  
5-Beverly Lavallee  
6 - Nolan Bachand  
10-Loreal Drayton  
18-Susan Howland  
19-Sтивен Anderstrom  
23-William Nelson  
24-Brenda Baker  
27-Aaron Anderstrom  
27-Patricia Bair

If we are missing anyone or have the wrong date for this month's list, please contact the office.

### **GATHERING ON HAMILTON STREET**

So starts the GREAT JOYOUS season of EASTER. Come share the great news and joy of the resurrection with soup and fellowship on Tuesday, April 2<sup>nd</sup> and Tuesday, April 16<sup>th</sup>. Soup will be ready at 5:00 p.m. and is available until 7:00 p.m. Special Easter placemats make interesting reading and topics for conversation. Ask a friend or family member to join you. Interested in helping to make soup? No experience necessary, just come and help anytime after 4:00 p.m.

~Tamsin Lucey

### **YOUTH CHRISTIAN FORMATION**

Join us for Family Worship on the 2nd & 4th Sunday @ 10:15 am (April 14<sup>th</sup> & 28<sup>th</sup>) . Look in the Sunday service bulletins or on the web site for other possible Youth Christian Formation activities during April.

**Please note: Family Worship is NO longer offered on the 1st and 3rd Tuesday nights.**

~Lana Pieczynski

### **Holy Trinity Church February 2013 Financial Figures**

Total Monthly Receipts: \$5,496 Income was down due to snowstorms.

Total Monthly Income Required for Budget: \$9,671

Total Monthly Expenditures: \$10,259

\*We purchased 1250 gallons of oil for \$4,352 in January, which will be averaged out over time.

\*Thank you for your Foodshare donations in the 1st quarter – \$90.51.



### SEARCH COMMITTEE UPDATE

As the Parish Profile Committee has completed the work on the Parish Profile (and what an spectacular job they have done!!!), the "baton" is passed now to the Search Committee to begin compiling interview questions and prepare for the screening process of potential candidates. This is indeed a VERY exciting time in our parish! We are all interested in who God might be calling to our parish and I'm sure there will be many questions going forward about the candidates being brought before us. The diocesan office has advised the Search Committee that we must be extremely discreet and confidential about all information regarding candidates. This is to ensure that we respect the privacy of the those candidates and to protect the current role in which they are serving.

We will do our best to communicate as much as we can to the wider parish without breaking this confidentiality. Thanks for your understanding and appreciation of the delicate situation those on the search committee will be in over the next several months. We also want to share that this will be a very prayerful process and we will be seeking God's guidance and wisdom throughout the journey.

Those serving on the Search Committee are as follows: Pat Bair, Bart Krug, Hope Wilson, Sally Baum, Pam Graham, Mick Kalber, Bobbie Helbig, Mary Burns, and Lana Pieczynski (chair).

Thank you and please continue to keep us in your prayers as we start this exciting process.

*In Christ's Service - Lana Pieczynski*

### ALTAR FLOWERS

A note about donations for flowers: Please continue to sign up for altar flower donations. The sign-up sheet is on the table at the back of the church. **No amount is too small.** The cost of the altar flowers is \$25, and there is a \$6 delivery fee each week. Since we have taken the cost of weekly flowers out of the operating budget if no one has signed up, no altar flowers will be provided. A donation has been received to make up the difference between a donation given and the actual cost of the flowers. Another option is to sign up for altar flowers and bring the flowers or arrangements yourself. If you choose to do this, please indicate that you will be bringing something on the sign-up sheet.

Thank you to all who have helped to make our altar beautiful. ~Jean Frost

### LIVING THE GOSPEL LIFE

#### *Daily Devotions for Christians on a Mission*

In January some parishioners started using daily devotions from Living the Gospel Life. I believe that parishioners at Holy Trinity Church can relate to the mission statement for Living the Gospel Life. "To inspire, challenge and equip Christians in a missional approach toward a faith in action: a faith seeking to express itself in the home, the neighborhood, the workplace, the school the community and the congregation." These daily devotions start with a Bible passage, follow with a reflection and prayer, then finish with a personal challenge. During Lent I started a blog posting the Bible passage, reflection, prayer and challenge. I posted my responses to daily challenges and two or three others also joined me. This blog is accessible via the Holy Trinity Website [www.holytrinitysouthbridge.org](http://www.holytrinitysouthbridge.org) under the Christian Education Tab, where you can read my responses to the daily challenges. Living the Gospel Life is a quarterly publication. The next issue for April through June is available on the display cabinet in the Narthex. Please take one and discern for yourself its usefulness in your journey of faith. If you are interested in joining a blog for Easter Tide please talk with me.

*With gratitude and blessings, Tamsin Lucey.*

### Senior Warden Speaking:

It is already April and Eastertide is upon us. The Great Joyous 50 days when we celebrate the Risen Lord, Jesus our savior has conquered death and invites us to an everlasting life. Given this rebirth, how can we fail to be Happy and Joyous? At Holy Trinity we have much to be joyous about – the Parish Profile Committee have completed their task and produced a wonderful document, inviting and easy to read, beautifully laid out, an accurate portrait of who we are now and where we see ourselves in the future. Please join us on Sunday, April 7<sup>th</sup> after the 10:15 a.m. service to view the profile on the big screen during hospitality hour.

The search committee have met and started their work. Please pray for them that they might discern faithfully who God is calling to be our next rector.

As spring approaches, look for information; in the Sunday bulletins, on the web page and facebook, about spring cleanup for the church grounds. If you have not **LIKED** Holy Trinity yet on Facebook – please do so NOW so you will receive on your Facebook page updates of happenings at HTC! If you have not visited the website recently – please do so NOW and you will be surprised to see what is happening at HTC. [www.holytrinitysouthbridge.org](http://www.holytrinitysouthbridge.org)

Please contact me if you have any questions, suggestions, or comments. I am always available via email [abritinusa@gmail.com](mailto:abritinusa@gmail.com) or cell phone 774-230-2479. *With gratitude and blessings, Tamsin Lucey.*

### GOD MOMENTS

We all have them – even if we don't realize it. Holy Trinity is unique in Sharing God Moments during church services. To include a wider audience, for those who might be more comfortable with the written word, and those who have many to share, we now invite **you** to **also** share your God Moments via Tidings. If you would like to share a God Moment with fellow parishioners, please get them, either by email or in person, to the Senior Warden who, in the absence of a rector, edits each Tidings. We will include God Moments, edited if necessary and as space allows. We look forward to receiving your God Moments. ~Tamsin Lucey, Senior Warden

### ZUMBA FITNESS CLASSES

Zumba is an energetic, done at your own pace, Latin dance exercise program. This 1 hour program is offered every Wednesday at 6:15 p.m. at Holy Trinity. Everyone is welcome. Wear comfortable clothing and sneakers, bring water to drink, and a towel to wipe down with! Wendy Boutin, the instructor, makes everyone feel welcome. Scheduled cancellations will be announced in the bulletin and on the website. Come join the fun – 16 and over!

See Tamsin or Bridgette if you have any questions.

### PLEASE PASS THE BREAD...AND THE RICE WAFERS

Perhaps you know someone who is on a gluten-free diet -- someone who must avoid foods made with wheat, and a variety of other grains. But you may be unaware that to remain gluten-free, this person cannot receive wheat wafers at Holy Communion. Today, Episcopal churches often include special gluten-free wafers when celebrating Holy Eucharist. This sign of the radical hospitality and infinite respect that God offers everyone is a gesture of inclusivity and welcome to everyone, without exception.

At Holy Trinity Church on Maundy Thursday, we began offering a gluten-free rice wafers upon request. This adjustment to how we celebrate Holy Eucharist means it can be generally assumed that persons with celiac disease will be comfortable (and safe) accepting *both* wine and a gluten-free wafer at Communion.

All those seeking gluten-free Communion at Holy Trinity Church are invited to speak to the priest at the communion rail, saying simply, "Rice wafer, please."

Alleluia! Amen! **Judith +**



## DEACON'S CORNER

Dear friends,

When I began visiting as a deacon, I was unsure and nervous. As time passed and my experience grew, visiting people became my favorite thing to do. This month, I want to share some hospital visitor tips found in "Sharing" magazine, published by the Order of St Luke's (an ecumenical healing ministry). I find these tips helpful, and hope you will, too.

### Tips for Hospital Visitors

- Before a visit, pray for the person you're going to see. Remember to give thanks for God's healing presence.
- Before leaving for your visit, make sure you are not wearing cologne or any other scents or fragrances.
- When you arrive at the person's room, be sure to cleanse your hands before entering. Hand-cleaner is available in all hospitals, usually in a dispenser on the wall next to the door of each room.
- Announce yourself quietly when you arrive. Ask the person if you may come in for a visit. Tell him/her that you do not plan to stay long.
- People appreciate a good listener — try to be one.
- If the person has questions about medical issues, reply that you cannot answer them because they are beyond your expertise. Gently suggest that the person speak with a member of his/her care-giving team.
- Do not:
  - sit on the bed (remain standing, if you must)
  - squeeze or shake the person's hand
  - talk about your illnesses or personal concerns
  - offer food/beverages
  - criticize the hospital, or the doctor(s)
  - speculate or make judgments about the person's condition or illness
- Most people deeply appreciate prayer but are shy about requesting it! Remember: you represent the healing Christ.
- Offer to pray with the person. If you are unsure or nervous about doing so, there are many fine resources available on pages 458-461 of *The Book of Common Prayer*, and elsewhere in the Prayer Book.
- Remember that you promised not to stay over-long when visiting! After your prayer(s), bid a quiet good-bye to the person. Remember to thank him/her for the opportunity to visit.
- When you leave the person's room, be sure to cleanse your hands again.

I believe ten or fifteen minutes is sufficient time for a visit. After surgery, or when a person is recovering from illness, s/he is not in a position to "entertain" or play host. People in the hospital need rest!

I hope you will use these suggestions as you prepare for a visit to someone in the hospital. I know you will each be blessed by the visit. To which I add my blessings... *Mary Hicks*

## PARISH PROFILE PRESENTATION

On Sunday, April 7th, following the 10:15 a.m. worship service, please join us for a presentation to view our beautiful new Parish Profile. \*\*Our Guest Celebrant & Preacher on April 7th will be The Venerable Bill Coyne.

## NICHOLAS ONYANGO OKONDO

You might never meet Nicholas but you can have a profound influence in his life.

Through the organization Childreach, now called PLAN, Holy Trinity Church has pledged to sponsor Nicholas. Our monthly donations of \$30 help provide for his education, health, food and clothing, and support the entire community to become a place where children can grow to reach their potential. On the table at the back of the church is a PINK sign-up sheet where you can pledge to donate either the full monthly donation of \$30 OR any part thereof. Please prayerfully consider making a difference in Nicholas' life.

Questions: talk to Tamsin Lucey.

Holy Trinity Church, Episcopal  
446 Hamilton Street  
Southbridge, MA 01550

## Holy Trinity Church

446 Hamilton Street  
Southbridge, MA 01550

Office Phone: (508) 765-9559

E-mail: holytrinitysouthbridge@gmail.com

Web site: holytrinitysouthbridge.org

### Office Hours:

Tuesday 9:00 a.m. - 1:30 p.m.

Thursday 9:00 a.m. - 1:30 p.m.

\*unless otherwise noted\*

Supply Priest — Rev. Judith Freeman Clark  
The Reverend Mary Hicks, Retired Deacon

The Episcopal Diocese of Western  
Massachusetts

The Rt. Reverend Douglas Fisher

## Sunday Services

8:00 a.m. Rite II Holy Eucharist (said)

10:15 a.m. Rite II Choral Holy Eucharist

### Save These Dates

**Tuesday, in April—7:30 p.m.**—Bible Study

**Wednesday, in April— 9:00 a.m.**—Yoga Class (except 4/17)

**6:15 p.m.**—Zumba Class

**Tuesday, April 2—4:00 p.m.**—Gathering on Hamilton Street

**Sunday, April 7—Guest Celebrant & Preacher—The Venerable  
Bill Coyne**

**11:30 a.m.**—Parish Profile Presentation

**Monday, April 8—6:45 p.m.**—Vestry Meeting

**Wednesday, April 10—3:45 p.m.**—Daughters of the King

**Sunday, April 14—10:15 a.m.**—Family Worship

**Tuesday, April 16—4:00 p.m.**—Gathering on Hamilton Street

**Wednesday, April 17—MAY TIDINGS ARTICLES DUE**

**Sunday, April 28—10:15 a.m.**—Family Worship