



# Tidings of Holy Trinity Church

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

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## A MESSAGE FROM THE REV. JUDITH FREEMAN CLARK

Dear friends of Holy Trinity Church,

I have to admit: I look ahead with pleasure to summer vacation with Robin and our family. To experience true leisure is a gift! But many of us (even those who are retired) have a lot on our plates, which means that leisure time can be difficult to locate. Like you, and like so many others, I can (and do) fall too easily under the spell of the "Tyranny of the Urgent." My vision, even when on vacation, can quickly become clouded by the specter of *too much to do and too little time in which to do it*. I have to work hard at maintaining resilience and energy, and keeping a positive outlook.

On *better* days, I work at being positive with the help of God's grace. But on some days I stumble along silently, feeling like a failure and hoping God will rescue me. I wish I would magically discover strength, patience, courage, enthusiasm, hope — whatever seems to be in too-short supply. And I long ago discovered that the difference between my "*better* days" and my not-so-good days is simple: it's prayer.

If I begin my day in prayer, or if I retreat into a quick prayer while I'm busy "doing" and "being," I find a place of peace, strength and love. In other words, I connect with God.

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

Continued from page 1.....

Of course, at those times when I think I'm too busy to pray, I'm still connected. But I'm not connected to God. Instead, I'm tied to whatever worry, pain and distraction might be uppermost in my mind. Not surprisingly, this kind of connection makes me feel worried and fragmented.

For those not in a regular habit of the practice of prayer, it can seem like work. If you're unaccustomed to it, prayer can seem like a duty, a chore, or even a bit of a "holy obligation."

In reality, of course prayer is none of these things. Prayer is a joyful experience that opens us to God's voice. It connects us with God's strength. Prayer is about love — it helps us maintain our relationship with God. Prayer reminds us that God is right here beside us, waiting for us to connect. As St. Augustine, Bishop of Hippo in the fourth century, tells us, God "*attends to our longing*," God has "*no cares but to take care of us*." (Augustine, *Confessions*, p. 222) This being the case, we might well ask ourselves, "Why do we stumble along, silently, hoping God might spare us a little time? Why don't we tell God what we require? Why don't we ask God to provide?" I wish I had good answers to questions like these. But I don't. There just seems to be something obstinate or blind in us, at times, that prevents us from seeing how much God loves us and how ready God is to give us what we so desperately need.

I commend to you the practice of prayer. Unlike any other leisure activity, prayer is the practice which can re-create and replenish us far more effectively than any vacation. Through prayer, we find our "better days" increasing (and all those other days disappearing...). This summer, in addition to enjoying time with my family and friends, my goal is to spend more leisure time with God. I hope you will find opportunities to do the same. May your "better days" grow in number through your connecting with our loving God, and may you discover a clearer pathway to peace, strength and love.

Blessings,

**Judith +**



### "All Can Do Yoga" Classes

Ongoing "All Can Do Yoga" classes are offered at Holy Trinity Church in the parish hall on Wednesdays, 9 - 10:15am. 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, and all ages 12 and up are welcome!

Each session offer 6 classes, the next starting July 10. (there will be NO class on July 31 and August 7) The fee is \$50 for 6 classes, paid in advance, or \$10 per class for drop-ins. Everyone will need a yoga mat and blanket; yoga blocks are recommended but not required. Please contact Sharon to register or for more information.

[\(413\) 245-3474](tel:4132453474) or email [palmer00013@gmail.com](mailto:palmer00013@gmail.com).



**EAT, DRINK & RAISE MONEY!**

**Come support a DOUGH RAISER to benefit  
Holy Trinity Church**

**UNO® WILL DONATE UP TO 20% OF  
YOUR CHECK TO THIS FUND**

**Date:**

**Tuesday, July 23 2013**

**Location:**

**Hobbs Brook Plaza( Walmart)  
100 Charlton rd  
Sturbridge, Ma 01566**

Please present this certificate at the time of payment to have up to 20% of your check's value, excluding tax and tip, donated to the organization above. Not to be used with other coupons or discounts. Tickets are not to be distributed in the restaurant or within the perimeter of the parking area. Valid only for the date listed above.

**[unodoughraisers.com](http://unodoughraisers.com)**

**DINE-IN  
or  
TAKEOUT!**

**Present this to your server**



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## VBS NEWS

Calling all Kings and Queens, Princes and Princesses! This year's Vacation Bible School will be held Aug 5-9 from 9am to 11:45. Registration forms are available in the office or from Eileen DeMings.

We need YOU to make this another successful outreach mission. This is what we need:

1. Volunteers to participate DURING camp- teachers, assistants, crew leaders. Teens are perfect for this type of leadership role!

2. Set Decorators to work with Trish O'Brien and classroom decorators to set-up and break down between days. This is a great opportunity to help if you work during the day!

3. Clean-up crew- The staffers will be VERY tired on Friday Aug 9 and would really appreciate a crew to break down the sets.

4. Donate specific food and classroom materials. Look for a list in the church. Many times you have what we need right in your home that we could borrow for the week!

5. Sponsor a child- For the past two years, we have been able to give every child a gift at the end of VBS, let's make it three years! Sponsor sheets will be ready in July.

AND... Come to the July 3 cookout and the UNO's night out on July 23rd. Both events are fundraisers for VBS!!!

Please pray for all the children we can reach with our VBS mission!! Stand Strong for GOD!!

Any questions? Call, text, email Eileen DeMings 617-429-1798

[eksullivan99@dpcv.org](mailto:eksullivan99@dpcv.org)



"The bill for our Fair Trade coffee used at coffee hour and other functions was paid by an anonymous donor: \$130. Thank you to the Coffee Angel"

### GOD MOMENT

*Sent in by Carolyn Anderstrom*

Teddy, our cat, was dying. At 17 it was his time for this journey. His life started tough but he lived well and long but towards the end he was very frail and fragile. Another cat, his son, Noah watched over Teddy mostly they went their different ways, but as the end drew near Noah choose differently. He climbed in behind Teddy wrapping himself around Teddy and holding him – giving him peace a love.

### SUMMER OFFICE HOURS

The office will be open on  
Tuesdays & Thursdays  
from 9am-12 Noon.  
(unless otherwise noted  
in the bulletin)



### ECW NEWS

The ECW met for fellowship and a potluck lunch at Bobbie Helbig's house. We all agreed to send \$100 to the New Hope Battered Women's Shelter and \$100 to sponsor 3 children for VBS and help with the snack and lunch expenses for VBS.

## **JULY BIRTHDAYS**

4 - Teddy DeMings  
14 - Joe Pieczynski  
22 - Trish Briere  
23 - Joe DiSalvatore  
24-Barbara Meservey  
28 - Chris Bolte

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

**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.**

### YOUTH CHRISTIAN FORMATION

Join us for Family Worship on the 2nd & 4th Sunday @ 9:00 am (July 14 & 28). Look in the Sunday service bulletins or on the web site for other possible Youth Christian Formation activities during July.

*~Lana Pieczynski*

### LOAVES AND FISHES MINISTRY

Each month, we come **together** each with a "loaf or fish" and collectively we provide food that comprises a meal; protein, vegetable, starch, fruit, milk and juice. Thank you for bringing food during June – 5 bags were dropped off at The Blessed John Paul II Food Pantry. The "Summer Salad" recipes have been posted on the board and will be at the back of the church on Sunday, July 14<sup>th</sup> and 21<sup>st</sup>. Please take one or two, bring the food, and place it in the basket before Sunday, July 28<sup>th</sup>.

*With Love, Peace and Joy in our hearts and Service & Ministry on our minds.  
Pat Bair, Marlene Duke, Josh Spooner and Tamsin Lucey.*

## MAY FINANCIAL SUMMARY

- Income is stable at present. Expenses are \$10,000 under budget, but primarily because of the organist and clergy lines being underbudget, and the excess is being put in building and search committee funds.
- Oil is over budget because we started the year with a low tank, but there is 1400 gallons to start the next heating season and \$5,000 reserved in a fuel fund. We used 3,819 gallons in the 2012-13 heating season.
- The building insurance and workers comp insurance are prepaid through the end of the year.
- We budgeted \$500 to renew the photocopier contract, but instead we will buy our own toner and pay repair/maintenance if necessary. I would also suggest we put aside \$150 a year to purchase a new copier...their life span is now only 3 to 4 years and the cost to replace is under \$500.
- Fitzpatrick interest was re-invested (\$356.73), as there were no scholarship requests.
- The United Thank Offering ingathering money (\$304.50) was sent to the diocese. Complete financial reports can be found on the website with the Tidings, or by request.

*Susan Howland, Treasurer*

## DEACON'S CORNER

What a wonderful heartwarming celebration you gave me for my 90<sup>th</sup> birthday. I can never thank you enough. I also have cards to read and pictures to look at anytime I wish to revisit you. I must confess I had times of wonderment of just to whom they are writing! I thank you for all of it, for being my beloved church family. I have been blessed by having you in my life. I revisited you in the pictures: Mrytle Albee, The Weirs, The Cobdens, and lots of parishioners like Mrs. Dmuchovsky, Frances Thompson, Summer Bible Schoool, Barbara Echols, the Hancocks, Hammonds, Carol Hanson, Kollios's, Barbara Wilson, Jean Lyon, the EFM group, and Marilyn Theodoss. When Dan Weir suggested I study for the Deaconate, my reaction was, "I could never wear a collar and stand up and be counted." But by the grace of God and love of friends, I did! Getting through my shyness and fears were the main hurdles. Visiting parishioners became my favorite thing. Giving sermons was a huge challenge at first, but even that became easier. Being your Deacon was a never-ending, growing experience, and never-ending lesson. My good friend, Merlynn Dixon, sent me some Celtic blessings recently. I pass on part of one to you:

*May you realize that the shape of your soul is unique. That you  
have a special destiny here. That behind the facade of your life,  
something is happening that is beautiful, good, and eternal.*

*May you learn to see yourself with the same delight, pride and  
expectation with which God sees you.*

*Blessings to all,  
Mary Hicks*

### THE MISSION PLATE

Thank you so much for your generous donations for the victims of the Oklahoma tornados. We will be sending close to \$600.00 to *Episcopal Relief and Development* to help in their recovery. Please keep them in your prayers as recovery is a long process, and the storms continue.

The mission plate will be moving to the front again for July. As you approach the rail for communion, consider a donation of \$1.00 or \$2.00. If we all do this together each Sunday, at the end of July we will have funds to help a child attend our local *YMCA Day Camp*. (The cost per child is \$168/week) Summer is here! Did you attend a camp where you enjoyed swimming, boating, arts and crafts, and more? Let's make it possible for someone's child!

May the Lord bless and keep you.  
May we be a blessing in the lives of others.

*Suzy Sharp, Coordinator of Mission and Outreach*

### HTC 3RD OF JULY COOKOUT TO SUPPORT VBS

Please join us for a Holy Trinity 3rd of July Cookout to support Vacation Bible School!

**WEDNESDAY, JULY 3, 2013**  
**Food served 6:00 p.m. to 7:00 p.m.**

**Where** - Holy Trinity Church

**What** - An all Parish and Community Cook Out

*\*Hamburgers and Hotdogs; \*Baked Beans and Baked Potatoes; \*Apple Pie and Watermelon;  
\*Iced tea and Lemonade!*

*Free will donation will support VBS (suggest \$5.00 per person).*

**RSVP helpful but not necessary.**

**Rain or Shine please join us in this community celebration!**

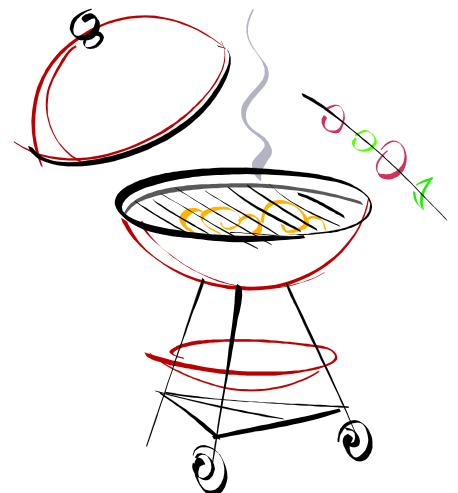
\* We are looking for help setting up on Tuesday @ 4 p.m.

Food will be served Wednesday at 6:00 p.m.

\*You are invited to ask friends, neighbors and family to come with you for an early celebration of the 4th at HTC's 3rd of July Community Cookout. Please let Tamsin or Susan Howland know if you are able to provide baked beans or lemonade.

*Tamsin Lucey, [abritinusa@gmail.com](mailto:abritinusa@gmail.com); 774-200-4279*

*Susan Howland, [howlands@charter.net](mailto:howlands@charter.net); 508.248.6112*



### SENIOR WARDEN SPEAKING

Summer has arrived –Hazy, Hot, and Humid, at Holy Trinity the ceiling and free standing fans are turning. For all the Sundays in July and August we will have one service at 9:00 a.m. Please adjust your alarm clock accordingly, arrive for 9:00, and enjoy the service in the cool of the early morning. Change will also come as we thank Judith for her ministry of being our supply priest in recent months and wish her a joyful summer, and we welcome different supply priests for the summer. Ushers will be encouraging us to wear our name badges so that our supply priests may know who we are. Please wear your name badge! There will also be a change in our sexton; on June 30<sup>th</sup> we say farewell to Ken Bisson and on July 1<sup>st</sup> we welcome Hector Chapa. I invite you to extend true Holy Trinity hospitality to our supply priests and new sexton. Ushers will also be making parishioners aware that there are now Holy Trinity “book marks” that give the our church details, mailing and email addresses, phone numbers office hrs. etc. Take one home and keep it on your fridge! There are also business cards that you are encouraged to take and give to friends and neighbors as a reminder to them to join us for the July 3<sup>rd</sup> Cook Out, Family Worship, invite children to attend VBS, or just come for a regular Sunday service! Thank you to all that helped with the yard work in June – the mulch will keep weeds at bay and plant roots cool, the weed and feed will make the grass lush and with rain – very green, the overall effect is a nice, well cared for, inviting front yard. Lastly the rectory was placed on the market in mid-June and is under contract of sale. We anticipate a closing date at the end of July. As we welcome visitors in our midst – as worshippers, priests, guests of the July 3<sup>rd</sup> cook out, and to all the people we meet in our daily lives, for the first time or for the n<sup>th</sup> time: Let us extend Gods Love, share the Peace that is within us and show the Joy we find in Jesus, our risen Lord and Savior. If you have comments, concerns or questions please know that I am always available via email [abritinusa@gmail.com](mailto:abritinusa@gmail.com) or cell phone 774 200 4279.

*I remain your humble servant, With gratitude and blessings, Tamsin Lucey*  
Be the change you wish to see in the world. Mahatma Gandhi

"Stewardship is not about the church's need to receive. It is about our need to give."

**THERE WILL  
ONLY BE ONE  
WORSHIP  
SERVICE IN JULY  
AND AUGUST.  
9:00 a.m.**

**LIKE US ON  
FACEBOOK!  
HOLY TRINITY  
CHURCH**

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](mailto:holytrinitysouthbridge@gmail.com)

Web site: [holytrinitysouthbridge.org](http://holytrinitysouthbridge.org)

### Summer Office Hours:

Tuesday 9:00 a.m. - 12:00 p.m.

Thursday 9:00 a.m. - 12:00 p.m.

\*unless otherwise noted\*

The Episcopal Diocese of Western  
Massachusetts

The Rt. Reverend Douglas Fisher

## Sunday Services

9:00 a.m. Rite II Choral Holy Eucharist

### Save These Dates

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

**Wednesday, in July—9:00 a.m.**—Yoga Class (except 7/31)

**Wednesday, July 3—6:00 p.m.**—All Parish and Community cookout

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

**Monday, July 15—7:00 p.m.**—Stewardship Prayer Group

**Wednesday, July 17—3:45 p.m.**—Daughters of the King—HTC