



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 FR. RICHARD SIGNORE

Hello friends!!

I am delighted to be invited to take a share in the on-going life and community Spirit that is Holy Trinity. I have already seen on all sides the warmth of caring, and people gathering to address whatever project or need is wanting with a team effort. And then to make it fun, too! In just a few Sunday's, I think I can see 'What in God's name is going on at Holy Trinity!??!' And it is good and happy.

The fall season is a wonderful time to gather! The projects and programs get underway, and many voices make them strong and multifaceted. If you tend to stay on the edges of parish activities, your prayers and support deepen the gift the parish brings to its neighborhood. But please, look through the events and projects in this Tidings and plan to put in your oar where it most fits! These shared tasks build the sense of belonging, and help us discover our own personal well being. To serve well is a "gift to self" not to be missed!

God is so gracious! That which we need to do is that which bolsters our own happiness! I have already come to know Holy Trinity as a family that encourages everyone to make the personal contribution that is most truly "of themselves." What, by our nature we love to do, is key to understanding how God calls us to be of service.

So let God help you to a deeper appreciation of the gifts that have already been bestowed upon you. Share these with your parish family. And let it all become for the sake of God's Reign!

I remain, Yours in Christ, (The Reverend) Richard S. Signore

SENIOR WARDEN SPEAKING

As we move towards fall, cooler and shorter days, even cooler nights, we look forward to giving thanks for a bountiful harvest. While Thanksgiving might be in November, we will be celebrating a thankful harvest with our parish harvest supper on Saturday, October 19th, details of which are elsewhere in Tidings. We also have much more to be thankful for and to rejoice in the blessings of the Lord:

- The successful sale of the rectory, thank you Susan for all your hard work and going above and beyond to make sure everything went smoothly.
- We are thankful that Father Richard Signore will be our supply priest for Sunday services in October and November, and that he will be in town some Tuesdays and/or Thursdays to better acquaint himself with the parish.
- We give thanks to Hope for the posters adorning wall space in the parish hall, stairwell, Undercroft and nursery, to Hector our sexton, and Chris our parish administrative secretary who are both working hard and proving to be true blessings to our parish.
- We are truly thankful for the family worship team who put together a tremendous booth for the Southbridge Cops and Kids day, thank you for your hard work.
- We also give thanks for Hope, family and friends who all worked exceedingly hard to make the Holy Trinity coffee and apple crisp booth at Rice O Rama a huge success, thank you for your dedication and hard work.
- We are thankful for our parish community; there was a great turn out for the picnic with the Bethlehem Lutheran Church. Thank you for showing up and taking part.
- More blessings include completion of repairs inside the church and to the flat roof. We are also blessed with financial support to move forward with the repairs to the portico and foyer columns. How truly blessed we are!

Starting in October there will be a Sunday service at 9:30 am. If you have questions, concerns or comments please know that I am always available via email abritinusa@gmail.com. or cell phone [774 200 4279](tel:7742004279).

Yours with gratitude and blessings. Tamsin Lucey, Senior Warden.

FRIDAY MORNING CHIKUNG/TAICHI CLASS

- 7:30-8:30 am ongoing throughout the year except on last Fri of each month, holiday weekends and summers
- Optional meditation from 8:30- 9:00 am
- Fee: \$5/class or \$35/8 months (payment made at the class)

ChiKung is translated to mean working with life energy to improve health and harmony. Tai chi is a sequence of slow, intentional movements or gestures that flow from one to another. The focus is both moving with ease, while working to deepen the breath to quiet the mind and achieve a sense of relaxation. Posture improves, as does strength and coordination. It has been shown that regular participation in this style of exercise leads to better balance and reduced risk of falling.

This class has been operating for the past 10 years and welcomes new students. No previous experience with ChiKung or Tai chi is necessary. If you have any health concerns, you should check with your physician before participating. Dress in loose, comfortable clothing and bring water.

Anyone interested should call the instructor, Charlene Pilon, at [508 864-7588](tel:5088647588) before attending.

Inclement weather policy: If Southbridge schools are cancelled the classes will be cancelled.



NEW DEVELOPMENTS FOR "ALL CAN DO" KRIPALU YOGA!

Thursday evening classes have been added to the weekly schedule, starting October 3, AND you can get a 6-class "passcard" which is valid for 2 months!

Here are the details: Yoga classes currently are held Wednesday mornings, 9 - 10:15, and (as of October 3) Thursday evenings, 5:30 - 6:45. Passcards are available for \$50 and with each card, you can come to any six classes within a 2 month period, giving you greater flexibility and no worries about missing a class if you are unable to come for any reason. Plus, they are

a great value!

Of course "drop-ins" are still very welcome; the rate is \$10 per drop-in.

"Kripalu" in Sanskrit means "compassion". Kripalu Yoga classes involve guided breathing techniques, movements, postures and brief meditation to enhance health in body, mind, and spirit. Classes at HTC are gentle with options given for more challenge if you wish, and are perfect for beginners as well as those with some yoga experience!

Give it a try! The instructor is Sharon Palmer, M.Ed., Certified Kripalu Yoga Teacher and RYT-200. For more information or to register, please call Sharon at [\(413\) 245-3474](tel:4132453474) or email palmer00013@gmail.com

**Stewardship is "using the gifts God entrusts to us to do the work
God is calling us to do."**

LIKE US ON FACEBOOK! HOLY TRINITY CHURCH SOUTHBRIDGE

OCTOBER BIRTHDAYS

2—Kurt Frisch
3—Peg Nelson
4—Will Pieczynski
7—Chris Briere
8—Jerry Helbig
10—Beverly Kollios
14—Cathy Theodoss
14—Dorothy Frisch
18—Anita Bullard
18—Eric Bullard
19—Jean Frost
24—Marilyn Theodoss
31—Joseph Ballou

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

**IN OCTOBER THERE WILL BE
ONE WORSHIP SERVICE AT
9:30 a.m.**

**THANK YOU TO ALL WHO FILLED BROWN
PAPERBAGS TO HELP SUPPORT THE BLESSED
JOHN PAUL II FOOD PANTRY.**

**VESTRY MEETING MINUTES AND FINAN-
CIAL DOCUMENTS ARE AVAILABLE BY RE-
QUEST. 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.

THURSDAY AFTERNOON CHIKUNG/TAI CHI CLASS

3:45-4:45 pm

\$66 / 6 week class

Starts October 10 – November 14

Starts November 21 – Jan 2 (no class Thanksgiving and Christmas week)

This class is sponsored by Quality Physical Therapy. Please call their office at [508 347-8141](tel:5083478141) or visit their office at 179 Main Street (former location of Rom's Restaurant), Sturbridge to register by cash, check or charge card.

ChiKung is translated to mean working with life energy to improve health and harmony. Tai chi is a sequence of slow, intentional movements or gestures that flow from one to another. The focus is both moving with ease, while working to deepen the breath to quiet the mind and achieve a sense of relaxation. Posture improves, as does strength and coordination. It has been shown that regular participation in this style of exercise leads to better balance and reduced risk of falling. Dress in loose, comfortable clothing and bring water.

Anyone interested should call the instructor, Charlene Pilon, at [508 864-7588](tel:5088647588) before enrolling.

Inclement weather policy: If Southbridge schools are cancelled the classes will be cancelled.

Community Harvest Supper

Coming together to celebrate the harvest is a time honored tradition.

Please join us:
**Saturday, October 19 from
4:00 to 6:00 p.m.
in the Parish Hall.**

There will be a community Harvest Supper of sausages cooked on the BBQ, peppers and onions, baked potatoes and squash casseroles, with apple desserts, and apple cider. Parishioners are invited to bring a crock pot squash casserole OR apple dessert to share.



Please see Tamsin Lucey for details, questions, or if you would like to help.

Tidings of Holy Trinity- October 2013



UNO DOUGH RAISER™
A Tasty Way To Raise Dough

Come support a DOUGH RAISER to benefit

The Bling Bling Sisterhood

A Ministry of Quabog Valley Baptist Church, Brookfield, MA

Uno® will donate up to 20% of your check the **BLING!**

All Day, October 20th

Location:
Hobbs Brook Plaza (Wal-Mart)
100 Charlton Rd.
Sturbridge, Ma 01566

DINE IN OR TAKE OUT

Unodoughraisers.com

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 any 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.

The Bling Team will be on hand to pass out special BLING favors! All monies earned will offset our January Conference!

The Royal Order of the Bling Bling Sisterhood designed for Mini-Blings in 3rd grade and Bling Sisters in 4th-6th grade. The group helps the girls see the difference between what the world values and what is truly valuable. It is accomplished through crea-

tive activities, crafts, chapel and meaningful ceremonies. The group is open to all, regardless of location. It is important for our young girls to understand how their Creator sees them. Please support this group by dining at UNOS with the above coupon. The Bling Team will be on hand with special favors for the day for those who come out and support them. They are also organizing a Bling Rock and Roll Toilet Paper Drive. Those on food assistance are not able to purchase toilet paper with their credit and is the least donated item at food shelters. Please help donate to this great cause! Also, please join the Bling Bling group on November 9th from 11am-4pm for a pasta lunch and dance marathon. This is a family event! See Chris Bolte for more information.

United Thank Offering

For all things great and small, for children and then grandchildren
for towering white clouds on a summer's day and tiny purple
crocuses poking their heads out after a late winter's snowfall
for knowing that weeping may last the night but joy will come in the morning
for being able to move beyond the tears because something is
over to smiling because it happened
for realizing that by living in the past or anticipating the
future we miss the very things right before our eyes
for faith and family and friends...
for all blessings great and small
Good Lord I give you thanks. Amen.

Marjorie Reeves-Briden, President, Province 1 Episcopal Church Women

What a lovely prayer to reflect on as we look forward to our Fall United Thank Offering Ingathering at Holy Trinity Church. Throughout the year grateful parishioners continue to expand the "circle of thankful people" by filling their United Thank Offering boxes in thanksgiving to God for all of the blessings in their lives. Our offerings, when combined with those of others, enable God's work (in the form of grants) to be done both at home and around the world.

Our UTO Fall Ingathering will take place on Sunday, October 20, 2013. During the service our individual contributions to the UTO will be joined with those of other parishioners. Special envelopes for this purpose will be available both in the pews and on a table in the rear of the church. Donations for UTO can also be mailed to the church at any time prior to October 20. Checks should be made payable to Holy Trinity Church with a memo for UTO. (Please do not bring coin boxes to church.) The Diocesan Fall Ingathering will be held during the Diocesan Convention on Saturday, Oct 26. At that time, Holy Trinity's combined donation will be presented by our delegates attending this event.

If you do not have a UTO box but would like to join the many others who say daily prayers, give offerings and show an awareness of God's abundance in our life, please speak with Barbara Kalber.

The finance committee met on August 27. There were no motions to bring to the vestry, but we did decide on some allocation of excess cash into sub funds, which were approved by the vestry and you can see them on the statement of financial position. We also started an equipment fund and started an insurance reserve so we can pay much, if not all, of the insurance (over \$5,000) when it comes due in January rather than spending \$50 to finance it.

On the income side: We are just now starting to see the income fall below budget...this is mostly from unpaid pledges. The unpaid pledge figure is \$5,970.

On the expense side: The usual large amount was under spent for clergy and organist. The largest other under budget line is youth Christian formation.



Thanksgiving Pies

Advance Notice

We will be offering homemade pies for sale in time for the Thanksgiving Holiday. The selection will be the same as last year – Traditional Apple and Dutch Apple Pies, Apple Crisp, Pumpkin and Pecan Pies. Please look for the order forms in the Sunday service bulletins and place your orders early. Don't forget to invite neighbors, friends, family, and co-workers to place an order as well! We will be cooking in the kitchen at church on Tuesdays and Wednesdays in October and November. Anyone interested in helping to make pies should contact Tamsin for exact dates and times. Donations of ingredients and to help offset the costs are always welcome.

Tamsin Lucey - (774)200-4279 or abritabroad@charter.net

THE MISSION PLATE BY SUZY SHARP

Thank you so much for your donations to Health Teams International. To date we have collected \$213.20. It will be greatly appreciated and used wisely.

My plan for the next several months is for the mission plate to go toward programs that our HTC children and families can rally around. I want their excitement and involvement. And that will be contagious for the rest of the parish!

Church World Services is one of the programs the families are supporting. Money raised goes towards blankets and needed items for victims of earthquakes, floods, and other disasters. As the temperatures drop in our own areas, we can imagine how it is without shelter and warmth. A warm blanket can mean so much to a child and to the parents trying to keep that child warm.

Thank you for all your donations over the past months. Our thankfulness for our own blessings helps us to become more generous each and every day.

Dear Members of Holy Trinity Church,
I would like to thank you all for the wonderful gifts given upon my departure. I was totally blown away! I am so fortunate to have known and worked with you over these past 8 years. You're all great people!

Also, I know Eileen D. had a little to do with arranging things (yes, my wife told me). Thank you Eileen and all of you.

I hope the future holds great things for all of you as well as Holy Trinity Church.

My Best, Always, Ken Bisson

THANK YOU!!!

More Stories from the Vestry and Finance Committee

The Parish

Of course the most joyful and exciting news is the search committee's recommendation to call Fr. Richard Signore and the mutual acceptance by the vestry and Fr. Richard. I believe our prayers have been answered! The sad new is the loss of long time parishioner, Norma Hancock, who died on September 18, 2013 at the age of 97. Among other ministries, she served as Senior Warden for nine years.

The Rectory

The rectory sale was finalized and deed filed on September 13, 2013. The house was purchased by Jim Callahan, he loves old houses, also owns an 1860 house in upstate NY and has experience fixing them up. He will start work on the outside of the house first. On Saturday we received a funds transfer of \$97,993.61. One might ask, "What happens to all that money?" By diocesan Standing Committee rules, when a rectory is sold the net proceeds go into a Restricted fund with income only being used toward the clergy housing allowance. We are permitted to take some upfront costs of selling the rectory out of the net proceeds and the balance will be sent to the Trustees For the Diocese of Western Massachusetts to be placed in the restricted fund, and it will become part of our Endowment Fund.

The Church Building

Just a reminder that our church building will be 150 years old in 2019 and we can not say, "When are they going to fix the building." We must all take a stewardship interest in the building if we want to preserve it for continued mission and ministry.

In August, we reported on the **Phase** plan to address building repairs. We are happy to report that **Phase #1** is complete: the leaking flat roof over the foyer is fixed (the roofers had to replace the flashing on the entire depth of the building.), along with the cracked plaster in the balcony (no structural damage), and the cracked plaster on the foyer wall, narthex window and an additional window in the balcony. The final cost, with the additional work included, was \$6,835, which was under the estimate of \$7,385.

The vestry agreed that we could move forward to **Phase #2**: to restore the portico/canopy over the main entrance and fix the four column bases at the foyer entrance and paint these areas. Through unexpended clergy and organist expenses in 2013, we have been able to set aside \$4,500 toward the total estimated cost of \$13,000. Parishioners have expressed a desire to help finance this cost, and it is for this reason we have reached out to the congregation to raise the needed \$8,500. As Tidings goes to print we have \$2,810 with a matching pledge of up to \$3,000, for a total of \$5,620. With the \$4,500 committed by the vestry we are short \$2,880....I am sure we can do this! Thanks be to God!

Update on the Burner Booster project: The burner boosters have been installed, The boilers were serviced and cleaned, the leaking pressure valve replaced, and we have a confirmed price of \$3.25 for 2,200 gallons of oil. With the 1,400 gallons in the tank, and the guaranty of 15% reduction in oil use, this should get us through the winter.

~We thank everyone for their continued prayers and support! ~

Susan Howland, treasurer and finance committee chair

ANNUAL STEWARDSHIP PROGRAM

"Flourish in Faith" is the theme of our annual stewardship program. Every week between Sunday October 6, 2013 and Sunday, November 10, 2013 you will have an opportunity to explore scripture and deepen your faith. The contributing writers plant seeds of stewardship and faithful giving in connection with Luke's Gospel. The bulletin inserts will have questions for you to think about and Father Richard will take a couple of answers from parishioners during the service. If you would like to preview the readings and questions in advance of the Sunday service they are available on our website under the stewardship tab.

Sunday November 3, 2013 we will celebrate All Saint's Sunday and Commitment Sunday. Pledges will be completed and offered as an act of worship. After the service there will be a Parish meeting to celebrate our gifts and resources.

Nancy Waugh

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Office Hours:

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

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

unless otherwise noted

Rev. Richard Signore, Supply Priest

The Episcopal Diocese of Western
Massachusetts

The Rt. Reverend Douglas Fisher

Sunday Services

9:30 a.m. Rite II Choral Holy Eucharist

Save These Dates

Tuesday, in October—8:30 a.m.—Tuesday Morning Coffee &
Conversation

Wednesday, in October—9:00 a.m.—Yoga

Thursday, in October—3:45 p.m.—ChiKung/Tai Chi (beginning
10/10)

5:30 p.m.—Yoga

Friday, in October—7:30 a.m.—Tai Chi (except 10/25)

Saturday, October 5—8:00 a.m.—Diocesan D.O.K. Meeting—Parish
Hall

Sunday, October 13—9:30 a.m.—Family Worship

Monday, October 14—6:45 p.m.—Vestry Meeting

Saturday, October 19—4:00—6:00 p.m.—Community Harvest
Supper

Sunday, October 20—9:30 a.m.—UTO Ingathering

Monday, October 21—7:00 p.m.—Stewardship Prayer Group

Sunday, October 27—9:30 a.m.—Family Worship