



# JULY TIDINGS

Volume 2, Issue 7

July 2020

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Diane Nichols—Sr. Warden  
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Dear Friends,  
The Bishop is still considering allowing us to open in July. We have a new hurdle—that is to say, a Diocesan checklist to which we need to respond with our action plan for every aspect of how we gather. This is what "Love" looks like; how deeply they wish us to do this safely and with care. And so we will! Another obstacle will be the local rates of infection as Worcester and Leominster have high rates, and drive up the county statistic on which the decision to reopen is based. And so we will!!! This is what "Love" looks like.

All hurdles cleared and the day arrived, we will follow Diocesan and State guidelines which will require:

- no organized social contact or conversation before or after

- the service;
- masks will need to be worn;
- A single singer may act as "cantor" at a distance of 20 ft. from the nearest human; the congregation will not sing. If you have been belting the hymns out to your TV or computer monitor, that option remains only to those who stay home!!
- Three people to a pew, every other pew remains empty. (Single family households may crowd a pew together);
- No coffee hour or food;
- Bathroom, if used, should be sanitized by the one using by wiping down sink, faucet, handles, toilet seat, and flush handle, before and after use. If there is a line, stay 6 ft away from the person in front or behind you;
- Fans will be set to exhaust at all

- windows so as not to circulate any virus that may be breathed, coughed, or sneezed;
- Prayer books and hymnals only sanitized if there is a second service the same day;
- No handshakes or hugs at the Peace, but a simple heartfelt solemn bow, to be a moment to rest in our love of one another. It is a "Spirit" thing, rest in it just a second as you bow in return.

And so we will!

***We will send out an E-Vite when we have a firm date to reopen the church. We are aiming for July 19. Facebook Live will continue even after we open.***

Remember to Bless God, who in all of this is here to go the journey. Love abides; and so we will!!!

*May God embrace you with Peace;*

*(The Reverend)*

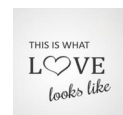
*Richard S. Signore*

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## July Birthdays

- 1—Sam Pieczynski
- 2—Peter Lucey
- 6—Diane Nichols
- 15—Paul Aloia
- 29—Norma Kennedy
- 29—Ryan Bousquet



## Masks Anyone?

Hope Wilson is making masks: \$3.00, for the earpiece style, and \$3.50 for the over-the-head and neck-back-band style. They are double layered, all cotton, pleated face coverings using an adjustable back band for a better fit. They are available in five sizes: small children's, youth (twins), small, average and large adult sizes. She has 147 patterns to choose from including special fabric for "Sunday go to meeting" masks.

Hope is making masks as a ministry to provide affordable masks to the public and charges a small fee to cover her costs. In Hope's words, "I feel that it is God who gave me the gifts and talents and this is one way I can share these with others in spite of my physical limitations!"

The fabrics and information on how to order are available on Hope's Facebook page called: "Cotton Masks Made in Southbridge." Send Hope a message on that page for ordering.



## Mission & Outreach

In 1971, eleven doctors and two journalists organized Doctors Without Borders. The purpose was to help people suffering in the midst and wake of major disasters, and do it without regard to politics, religion, national boundaries, race, or gender. They were to remain independent, neutral, and impartial in providing medical care anywhere in the world. Today, they are responding here in the USA and globally. Right now they are working with local authorities to help with the impact of Covid-19. This is especially important in places with fragile healthcare systems. They are partnering with programs to help the homeless and housing insecurities in NY City, Puerto Rico and Native Americans in the southwest.

Please give to the Mission Plate, online or in person during July and August, so that we can support Doctors Without Borders.

*Thank you so much,  
Suzy Sharp and Daughters of the King*



## Congratulations to the 2020 UTO Grant Recipients!

-by the UTO Board

**Thank you** to everyone who, through a personal spiritual discipline of gratitude, contributed to the United Thank Offering's 2019 Ingathering. As a result of your gratitude and generosity, we raised **\$1,548,013.66** in thank offerings. Of this, \$30,600 went to support six Young Adult and Seminarian Grants within the focus of *Holy Gifts: Bringing together our blessings and gifts to breathe love, liberation, and life into our communities*. Additionally, UTO awarded 27 grants as a part of the annual grant process that utilizes the remainder of the 2019 Ingathering funds, or \$1,484,693.66. This year, the focus of our granting process was *Bless: Share faith, practice generosity and compassion, and proclaim the Good News of God in Christ with hope and humility*. The UTO Board received almost \$3.4 million in requests in 2020. With your help and the encouragement that you give to others to join the United Thank Offering, we hope to raise additional funds in the coming year to support even more of our wonderful applicants next year. Remember that every penny given to the United Thank Offering is given away the following year to support innovative mission and ministry in The Episcopal Church. Since our official founding in 1889, UTO has awarded 5,331 grants for a total of \$140,177,924.73. The 2020 UTO Grant list is now available for download [here](#). Or you can order a copy of the brochure from the UTO Distribution Center [here](#).

*Gratefully yours, Diane Nichols, UTO Coordinator*

## Musical Notes from our Organist

Happy Summer everyone and welcome back to the church building. I am looking forward to seeing everyone in a safe manner. We will not be doing any singing during the church service, though we will be using cantors occasionally. We have to use live music when we are using Facebook live because of copyright laws. I encourage anyone who has access to the internet to search for their favorite hymns. Many times, the words in our hymns are beautiful prayers, and we should use the text of our hymns for our meditation/prayer time such as "God Himself is With Us."

God himself is with us

let us now adore him,  
and with awe appear before him.  
God is in his temple--  
all within keep silence,  
prostrate lie with deepest rev'rence.  
Him alone  
God we own,  
him, our God and Savior;  
praise his name forever.  
2 God himself is with us:  
hear the harps resounding!  
See the crowds the throne surrounding!  
"Holy, holy, holy"--  
hear the hymn ascending,  
angels, saints, their voices blending!  
Bow thine ear  
to us here:  
hear, O Christ, the praises  
that thy church now raises.

3 O thou fount of blessing,  
purify my spirit;  
trusting only in thy merit,  
like the holy angels  
who behold thy glory,  
may I ceaselessly adore thee,  
and in all,  
great and small,  
seek to do most nearly  
what thou lovest dearly.

Here is the Mormon Tabernacle Choir singing, "Come Thou Fount of Every Blessing," another hymn that we use.

<https://www.youtube.com/watch?v=gPKpkraqBwNs>

*God's blessings,  
Anne*

## New Monthly Adult Social Studies Group

The topic of systemic racism is everywhere now. It's a highly charged and complex issue with lots of conflicting opinions and no simple answers. Even for those of us who want to find a way to help, it's hard to know where to start or what to do. And yet, as followers of Jesus, we are called to find a way. To this end, the vestry authorized a sub-group to find a way to help us, as a parish, engage with this crucially important social issue.

Systemic racism is very different from individual racism and most of us don't really understand fully what this means or what it has to do with us in our day to day lives.

So, following a suggestion from Tamsin, as she shared the letter

from her daughter Sarah, which Fr. Richard sent out through Mail Chimp email, we decided education would be the best starting point.

Rather than everyone reading the same thing, we decided to encourage everyone to read or watch or listen to whatever they find helpful. There are some good suggestions in the letter from Sarah, but you may find others that speak to you more clearly. We all take in information in different ways. It's important to find the one that works for you. When we come together we will each share what we have learned that has direct meaning for us in our personal lives.

The Social Studies Group will meet

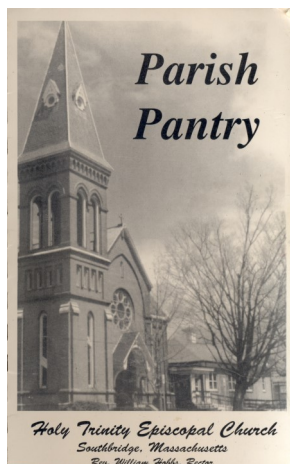
monthly. Our first meeting will be Wednesday, July 15 @ 7:00 in the Zoom Room. Invitation and reminders will be included in the weekly Mail Chimp email.

Please join us! Feel free to contact any of us if you would like further information.

Yours in Christ,  
**Fr Richard**, 617-281-5183 or [richard.signore@verizon.net](mailto:richard.signore@verizon.net)  
**Lana Pieczynski**, 704-458-6204 or [lane.pieczynski@gmail.com](mailto:lane.pieczynski@gmail.com)  
**Lynn Garland**, 508-801-4638 or [lynn24gar@gmail.com](mailto:lynn24gar@gmail.com)



## The Cookbooks of Holy Trinity Church



In this edition of *Tidings* we will profile recipes from the 1990 Holy Trinity Cookbook **The Parish Pantry**. The cookbook committee was: Mary Demers, Jean Earnest, Diane Osimo, Carol Ouellette, and Marilyn Theodoss. The Rector was The Rev. William B. Hobbs.

We will start the menu with an appetizer from Bobbie Helbig: *Sesame -White Bean Dip*. The salad is *Brenda Baker's Health Salad*. The main course is courtesy of Barbara Kalber: *Shrimp or Scallop Bake*. We conclude the menu with Judy Reich's *Peanut Butter Balls* and Marilyn Theodoss' *Lemon Lush* (Ask Marilyn about the history of this dessert.)

In the next edition we will feature recipes of those that are no longer with us, but live on through their recipes. *Blessings, Susan Howland*

### SESAME-WHITE BEAN DIP

- 1 (19 oz.) can white kidney beans, drained
- 1/4 c. tahini (can use hummus-tahini dip in dairy section)
- 2 Tbsp. fresh lemon juice
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1/4 c. olive oil
- 1/4 c. chopped green onions
- 1 Tbsp. sesame seed, toasted

Combine first 5 ingredients in food processor (or blender) with machine on; add oil and process until smooth, 30 seconds. Stir in green onions. (Can be made ahead; cover and refrigerate up to 24 hours.) Sprinkle with sesame seed. Serves well with Garlic Pita Chips.

*Bobbie Helbig*

### HEALTH SALAD

- 10 c. grated fresh carrots
- 2 c. seedless raisins
- 3 cans (8 1/4 oz. each) pineapple tidbits (I use hunks and cut them in half)
- 1 c. flaked coconut
- 1 c. roasted hulled sunflower seeds
- 1/2 c. mayonnaise
- 1 tsp. lemon juice

Combine all ingredients in large bowl. Cover and chill 2 to 3 hours. If it seems a little dry, add more mayonnaise to taste.

*Brenda Baker*

**MORE RECIPES ON PAGE 5**

## The Cookbooks of Holy Trinity Church

### SHRIMP OR SCALLOP BAKE

- 1 lb. fresh shrimp or scallops, cleaned
- 2 Tbsp. sherry or lemon juice
- 1/3 c. bread crumbs
- 3 Tbsp. melted butter or margarine
- 2 Tbsp. chopped parsley
- 1/4 tsp. garlic powder

Place shrimp or scallops in a single layer in a 10-inch pie pan. Sprinkle with sherry or lemon juice. Combine rest of ingredients and sprinkle over fish. Bake at 400 ° for 15 to 20 minutes or until crumbs are browned.

*Barbara Kalber*

### CHOCOLATE PEANUT BALLS

- 3c. Rice Krispies
- 1 box confectioners' sugar
- 1 stick oleo, melted
- 18 oz. jar crunchy peanut butter

Mix all together and form small balls. In double boiler melt ½ bar paraffin and 12 ounce package chocolate morsels. Dip peanut butter balls and spread on wax paper to harden.

*Judy Reich*

### LEMON LUSH

Crust:

- 2 sticks butter or margarine
- 2 c. flour
- 1 c. chopped walnuts

1st Layer:

- 8 oz. cream cheese
- 1 c. confectioners' sugar
- 1 c. Cool Whip

2nd Layer:

- 2 pkg. instant lemon pudding
- 2 2/3 c. milk

Top Layer:

- Cool Whip

Crust: Cut 2 sticks of margarine into 2 cups flour; mix in 1 cup chopped walnuts. Pat into a buttered 9 x 13-inch pan. Bake 15 to 20 minutes at 350°.

1st Layer: Beat cream cheese with confectioners' sugar until smooth; fold in Cool Whip. Spread on cooled crust.

2nd Layer: Combine 2 packages of instant lemon pudding with 2 2/3 cups milk. Beat until smooth. Spread over 1<sup>st</sup> layer.

Top Layer: Spread with a thin layer of Cool Whip.

Refrigerate several hours. Freezes well.

*Marilyn Theodoss*

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(trinity)

**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**

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

**Celebrant and Preacher  
The Rev. Richard Signore**

**Save These Dates**

Tuesdays & Thursdays—8:00 p.m.—Service of  
Compline

Wednesday, July 15—7:00 p.m.—Adult Social  
Studies Group via Zoom



Website



Facebook



Tithely—Giving