



AUGUST TIDINGS

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Dear Friends,
When shall we open?

It is becoming a "Rubic's Cube." While the great number of interlocking pieces keep moving, so then does the solution evolve. On one of our conversations with the Dean, testing our plan of re-opening, the Dean advised us: "you do know, if you open for in-person services indoors, your service cannot exceed 15 or 20 minutes." New epidemiological studies indicate after 20 minutes, the breath of all present is sufficiently mixed, that everyone is breathing each other's breath.

More so, in relative terms, transmission of Covid can happen from 1,000 particles, of which 3,000,000 particles might be sent airborne by a single sneeze. It was clear coming together in the sanctuary would not be like it was, like we hoped. The safe answer is to wait.

There remains too much we do not know. We have recently seen Massachusetts cases of Covid rising, as business venues open. And a report coming from the UK indicates the antibodies found in Covid survivors begin to shed, or reduce, after 3 weeks. So one may have immunity for a short time, but possibly it will wear off. These items are not

"proven," but there is evidence to be tested. In short, there is way too much we do not know, before we put everyone at risk.

Let's take a fresh look at the question when more data become clear, in late September. Please let me know how you are faring, or any special needs. We so look forward to being together!!!! It may be "next year in Jerusalem," but it will be!!

Peace and all blessings,
(The Reverend) Richard S. Signore

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August Birthdays

- 3—Phoebe Reith-Lowery
- 11—Emilynn Bousquet
- 11—Linda Spooner
- 14—Jared Burns
- 17—Suzy Sharp
- 17—David Monroe
- 20—Colleen DeMings
- 25—Braden Bullard
- 28—Fr. Richard Signore



Mission & Outreach

We will continue to support Doctors Without Borders in August. The organization is 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 with Native Americans in the southwest. Please give to the Mission Plate, online or in person, during August. We have collected \$46.00 to date. Thank you!



Report from the Adult Social Studies Class

We began our Social Studies class on July 15, from 7:00-8:00 pm, with a focus on systemic racism. Five of us gathered in the Holy Trinity Zoom meeting room to begin sharing what we have been reading and thinking about on this vitally important topic. Those present felt it was a good beginning and that we met the goals which are shown below.

GOALS FOR THE CLASS

1. Provide a place to explore how we can live into the mission of the church to work for racial justice;
2. Create a safe and supportive space for each person to share information, thoughts and questions;
3. Keep the conversation focused

on how the information we are sharing affects us personally. Strengthen our connections to each other, even through our areas of disagreement, as we wrestle with this complex and emotionally charged issue.

RESOURCES SHARED IN THE GROUP

The Cross and the Lynching Tree, book, author James H Cone
Me and White Supremacy, book, author Layla Saad
White Fragility, book and YouTube video, author and presenter Robin Diangelo

We will continue our sharing and discussion and hope others will join us. Our next meeting will be

on Wednesday August 19, from 7:00-8:00 pm. Look for the Zoom link in the weekly Mail Chimp email.

For any questions about the class, please feel free to contact:
 Fr Richard, 617-281-5183 or richard.signore@verizon.net
 Lana Pieczynski, 704-458-6204 or lana.pieczynski@gmail.com
 Lynn Garland, 508-801-4638 or lynn24gar@gmail.com

Yours in Christ,
 Lynn Garland



Forward Day by Day

The new Forward Day by Day books are available! If you would like to pick one up at the church, please call or email Chris in the office and make arrangements for pickup. The office is

open on **Tuesdays and Thursdays from 9 to Noon**. If you wish to remain in your vehicle, Chris will bring a book out to you. Thanks!

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A New Holy Trinity Church Cookbook Anyone?

The last Holy Trinity Cookbook was compiled and printed in 2000. Maybe it is time for another? A questionnaire will be sent out soon looking for recipes and a title for the cookbook. The survey will be available online and in paper format. In the meantime send recipes to Susan Howland

at howlands@charter.net or call 508-612-3198 (Voice or text) and we can talk.

Blessings, Susan



The Cookbooks of Holy Trinity Church

Holy Trinity Episcopal Church
Southbridge, Massachusetts
Cookbook
2000

A Taste Of Heaven



Last month we focused on recipes from **The Parish Pantry** Cookbook. As promised, this edition features recipes from all cookbooks of those who are no longer with us. May they rest in peace but live in our hearts through their recipes. Starting with some of the oldest recipes, what follows is a feast fit for a KING!

Rice Pudding

2/3 cup rice 3 eggs, beaten ½ cup raisins 1 tsp. vanilla ½ cup sugar
½ tsp. salt 1 quart milk

Use regular rice and put into pan of boiling water, 1 quart. Cook slowly 20 minutes. Remove and drain; pour into crockery bowl with milk and remaining ingredients, adding eggs last. Sprinkle with nutmeg; bake about 40 minutes in 400-degree oven until golden brown. Remove from oven; let cool. Serve in glass dessert goblets topped with 1 or 2 maraschino cherries and whipped cream.

Seaver Rice

Welsh Tarts

Mrs. Joe Reid (Doris)

2 Tbs. butter 1 ¼ cup sugar 1 ½ tsp. vanilla 8 Tbs. flour 1 egg ½ Tbs. baking powder Jam

Pie crust pastry

Line muffin pans with pastry and place teaspoon of jam in each. Cream butter and Sugar until well blended. Add beaten egg, flour, baking Powder and flavoring. Place a teaspoon of mixture over each tart. Bake 20 minutes at 350 degrees.

Party Rye Hors D'oeuvres

Elizabeth (Betty) Hammond

1 cup mayonnaise 3 Tbs. Parmesan cheese 1small red onion, coarsely chopped

Party rye bread (Pepperidge Farm) Additional parmesan cheese to sprinkle

Combine mayonnaise, grated cheese and chopped red onion. Spoon on Party Rye. Sprinkle with additional grated cheese and bake in preheated 400-degree oven, no more than 10 minutes *Recipe note: ask your guests to guess what the ingredients are.*

Evie Cobden's Cauliflower Surprise

Beverly (Bev) Kollios

1 medium fresh cauliflower 1 thinly sliced small onion 3 eggs, beaten 8 oz. Sharp cheddar cheese

1 pie crust Salt, pepper and paprika

Sauté onions in butter. Cook cauliflower until tender. Place in unbaked piecrust. Add beaten eggs; cover with cheese and sprinkle paprika on top. Cook on cookie sheet at 350 degrees for 30 minutes, or until set. (I brush the pie crust with an egg white beaten up a bit and bake it with weights on it for 10 to 15 minutes; then add the cauliflower mixture so the pie crust doesn't wind up soggy.)



MORE RECIPES ON PAGE 4

The Cookbooks of Holy Trinity Church

Cheese Puffs

Martha Lees

Tube of dinner biscuits 5 Tbs. butter ¼ cup cheddar cheese ¼ cup Parmesan cheese

Cut biscuits in quarters- roll in melted butter, then in mixture of shredded cheeses, then place on cookie sheet. Bake 450 10 min. or until golden.

Lime Punch

Nancy Normandin

2 trays ice cubes 3 cans frozen lemonade 4 cans frozen limeade 3 quarts 7-Up

½ gallon lime sherbet, before serving 1-5th Vodka (optional) before serving

Mix all ingredients; add sherbet and vodka just before serving.

Apple Salad

Ann King

1 cup apple, cubed ½ cup red grapes, halved 3 Tbs. chopped celery 1/3 cup lemon yogurt

2 Tbs. mayonnaise 2 Tbs. chopped pecans

In medium bowl combine apples, grapes and celery. In small bowl combine yogurt and mayonnaise; blend well. Pour yogurt mixture over apple mixture; toss gently. Sprinkle with pecans. (3- 1/2 c. servings)

Salad Nicoise

Norma Hancock

2/3 cup olive oil 1 Tbs. lemon juice 2 Tbs. vinegar 2 Tbs. Dijon mustard Salt and pepper to taste

1 clove garlic, finely minced 1 Tbs. chopped fresh basil, parsley and/or dill.

Put the above in a screw top jar and shake well. Can be made ahead and stored in the refrigerator.

8 new potatoes cooked 'till tender 1- 2 oz. tin anchovies 3 Tbs. capers 4 ripe tomatoes, quartered

½ lb. Green beans, cooked crisp tender 3 hard-boiled eggs, halved

2- 7 oz. Cans Italian Tuna, drained and flaked

1. Toss lettuce leaves with 2 Tbs. of dressing, arrange in deep platter or round dish.
2. Arrange potato slices in ring on lettuce.
3. Place tomatoes and string beans
4. Place tuna in center
5. Place eggs around tuna
6. Put anchovy fillets on top of eggs
7. Spoon dressing over whole salad

You may put the above in individual salad bowls.



MORE RECIPES ON PAGE 5

The Cookbooks of Holy Trinity Church

Mushroom Tapas

Pat Bair

2 tablespoons butter 8 ounces large, flat mushrooms, sliced 4 garlic cloves, thinly sliced

2 tablespoons chopped fresh parsley 2 tablespoons heavy cream Salt and freshly ground pepper

Heat the butter in a large frying pan. Add the mushrooms and garlic and cook for 5 minutes until the mushrooms are tender and have released their juices. Stir in the parsley and cream, season to taste and cook for 1-2 minutes more until piping hot. Serve with crusty bread. Serves 4

Shrimp Butter Dip

Fran Whittlesey

4 Tbs. Mayonnaise ¼ lb. melted butter 8 oz. Cream cheese 1 ½ Tbs. lemon juice

1 small grated onion Dash of garlic powder 1 – 4 ½ oz cans shrimp

Blend all ingredients until thick like whip cream. Makes a good dip.

Crab Mold

Fran Gleim

Fran served this crab mold at a choir dinner she and Ralph hosted at her house in the 1990's.

1 can cream of mushroom soup, diluted 1 package unflavored gelatin, softened in 1 Tbs. cold water

1 cup chopped onions 1 cup chopped celery 1 lb. crab meat, or copy Crab

1- 8 oz. package cream cheese, softened

Soften the gelatin in a little cold water. Add to mushroom soup. Heat to dissolve the gelatin. Cool and add remaining ingredients. Mix well. Fill fancy mold with mixture and chill. Turn out on bed of lettuce and surround with crackers to serve.

Cranberry Chicken

Nancy Normandin

4 boneless chicken breasts 1 can whole berry cranberry sauce 1 8 oz bottle French dressing

1 pkg. dried onion soup mix

Wash chicken and arrange in baking pan. Mix the rest of the ingredients and pour over chicken. Bake 45 minutes at 350 degrees. Serves 4

Spinach Casserole

Nancy Normandin

2 boxes frozen chopped spinach 1 can cream of celery soup 1 cup mayonnaise 2 eggs

1 large can mushrooms 1 large onion, chopped 1 cup grated cheese

Cook spinach and drain well. Mix with remaining ingredients. Put in buttered casserole Sprinkle with small amounts of breadcrumbs. Dot with butter. Bake 45 min. at 350. Serves 6-8.

More recipes from our dearly departed coming in the September Tidings: Sweets

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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, August 19—7:00 p.m.—Adult Social
Studies Group via Zoom



Website



Facebook



Tithely—Giving