



# SEPTEMBER TIDINGS

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Dear Friends,

And so, the plot thickens! The Bishop has opened the possibility of receiving the Eucharist in one kind; blessed bread, only, with a number of rules regarding the preparations and other rules to govern the actions of receiving and consuming. At the same time the epidemiologists continue to assert a 15-minute maximum length of any service, the short time it takes to share each other's breath and aerosols from breathing. It remains to be seen what shape of the liturgy would be grounded and satisfying, allow the time for blessing and receiving the consecrated Body of Jesus, and place us back in the world in under 15 minutes! I am

composing even as I write this letter! Something different on one Sunday a month? I will see if we can get the permission and offer this once or twice a month, and also send by Facebook Live, as we will always accommodate those who are not ready to risk exposure; and we honor their cautious wisdom.

In the season of graces, first dispensed in the action of Pentecost, the same deliberative passions created in the Church (the people of God), actions of outreach, mercy, love and acceptance. "He who has prepared us for this very thing is God, who has given us the Spirit as a guarantee" (2 Cor. 5:5) of what is to come: as

we simply make known a Gospel that renews one another and shows us 'the kingdom of heaven on earth,' (so Jean's prayer tells us!!). And with all this falderal over Covid, we have continued to ask deep, important questions: meeting by Zoom, building bridges to Liberia, and questioning our assumptions about race and community, while the Spirit drives us on. Jesus sanctifies every place, everyone. The Spirit, throughout the Pentecost season, grows the Church. God be praised; it is marvelous to behold!

*Your friend in Christ,*  
*(The Reverend) Richard S. Signore*

## September Birthdays

- 4 – Bart Krug
- 13 – Barbara Galli
- 27 – Rose Reith



Happy birthday Fr. Richard!  
Thank you for all you do for our parish!!!



## Mission & Outreach

If I recall correctly, it has been a while since we donated the mission plate to AIDS PROJECT WORCESTER. But now is a good time to collect during September and October as we remember the devastation that AIDS brought to our country, the world, and this state. Health crises can happen to anyone, in 1918, the 1980s, and today. Fortunately, we now have medications and treatment for AIDS, and people are living their lives in spite of infection.

AIDS PROJECT WORCESTER is a nonprofit organization dedicated to enhancing the lives and health of persons with AIDS, hepatitis C, and other sexually transmitted diseases. Maybe you are not worried about these diseases, but even in my retirement community in Arizona, STDs are a growing concern to health professionals. Education, prevention, early diagnosis, and treatment continue to be most important.

In addition, AIDS PROJECT

WORCESTER has been offering free Covid 19 testing in Marlborough and Worcester as part of Governor Baker's "Stop the Spread" initiative.

Please consider a donation of \$1.00/week for the next two months to help this very valuable organization. They will be most appreciative.

*Suzy Sharp and the Daughters of the King*

## Musical Notes from Anne

Greetings from your organist! While we are remote, I would like to play some favorite hymns during the offertory. Something you can sing at home and really connect to spiritually. Please

send your request to the office [holytrinitysouthbridge@gmail.com](mailto:holytrinitysouthbridge@gmail.com) or [anniebouv@gmail.com](mailto:anniebouv@gmail.com), which is my email address. This will begin the 2nd Sunday of September.

I pray that you and your families are well during this time.

*God Bless,  
Anne*

## Adult Social Studies Group

Our second Social Studies group met by Zoom on August 19 to continue our study of systemic racism with five people present. We began reviewing some information from the book How To Be An Anti-Racist, by author Ibram M Kendi. He provides some definitions of segregation, assimilation and antiracism that led to an interesting discussion. We also looked at some of the social policies and laws that contributed to the situation today. While the issues are far too complex for us to identify a solution, Fr Richard reminded us that the one thing we can always do is to shine our light and the light of Jesus.

### RESOURCES SHARED IN THE GROUP

1. How To Be An Anti-Racist, author Ibram M Kendi
2. "13th", A documentary on Netflix
3. "Holy Post: Race In America", YouTube Video Blog by Phil Vischer

We will continue our sharing and discussion and hope others will join us. Our next meeting will be on Wednesday, September 16, from 7:00-8:00 pm. Look for the Zoom link in the Mail Chimp email.

For any questions about the class, please free to contact:

Fr Richard, 617-281-5183 or [richard.signore@verizon.net](mailto:richard.signore@verizon.net)

Lynn Garland, 508-801-4638 or [lynn24gar@gmail.com](mailto:lynn24gar@gmail.com)

Lana Pieczynski, 704-458-6204 or [lane.pieczynski@gmail.com](mailto:lane.pieczynski@gmail.com)

## 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 all cookbooks of those who are no longer with us. This month is a continuation of just desserts.

### Fruit Cake

*Frances Thompson*

2 cups dates or raisins 2 cups nuts, whole 3 large eggs 1 cup sugar 1 cup flour

1 tsp. baking powder 1 tsp. vanilla 1 jar maraschino cherries, drained

Preheat oven to 300 degrees; grease and flour a loaf pan.

Mix dry ingredients well. Add dates or raisins and walnuts (do not chop.) Beat eggs gently until well blended and add to flour mixture. Add cherries gently. Pour into a greased and floured loaf pan. Bake at 300 degrees for 1¼ hours. Cool on a wire rack. Cut when cool.

### Chocolate Crowd Pleaser:

*Pat Bair*

2 pkgs. chocolate cake mix or brownie mix 3 pkgs. instant chocolate pudding

2 large containers of cool whip Shaved chocolate bar or chocolate chips to garnish

Bake chocolate cake or brownies as directed on package. Prepare instant chocolate pudding as directed on package, and refrigerate. Let cake/brownies cool.

In a large punch bowl, alternate layers as follows:

Crumble up 1/3 of cake/brownies into bowl. Add 1/3 of pudding. Add 1/3 of whipped cream. Continue layering, adding any extra whipped cream as last layer. Garnish with shaved chocolate bars or chocolate chips. Refrigerate until time to serve.

### Irish Orange Tea Cake (sponge)

*Ada Mae Crosbie*

6 eggs, separated, room temp. 1 ¾ cups sifted flour-sift before measuring ½ tsp. salt

6 Tbs. fresh orange juice 1 ½ cups sugar 1 Tbs. fresh grated orange rind

For icing: confectioner sugar and FRESH orange juice

Beat egg whites until foamy, add ½ cup sugar; beat to soft peaks. Beat yolks with remaining sugar 'til thick. Measure sifted flour with salt, blend into yolks, add juice, rind and beat 1 minute. Fold this into beaten whites with scraper just until blended. Pour into ungreased tube pan Bake at 350 degrees, 35 to 40 minutes. Invert on neck of bottle at least one hour. Drizzle over top icing made with confectioners' sugar and FRESH orange juice.



**MORE RECIPES ON PAGE 4**

## The Cookbooks of Holy Trinity Church

### Anise Cookies

*Mary A Demers*

$\frac{3}{4}$  c. Crisco 1 c. sugar 3 eggs  $\frac{1}{4}$  cup milk  $3\frac{1}{4}$  c. flour 3 tsp. baking powder  $\frac{1}{4}$  tsp salt  
1 ounce anise flavoring

Frosting; 2 c. of confectioner sugar  $\frac{1}{2}$  tsp. Lemon flavoring water (to make spreadable frosting)

Do not use electric mixer. Whip by hand sugar and Crisco. Add eggs and milk; mix until well blended. Add anise flavoring. Sift flour, salt and baking powder together. Slowly add to Crisco mixture, blending well after each addition. Batter will be thick. Roll into small balls. Place on ungreased cookie sheet. Bake 10 minutes in a 375° oven. Cookies will be light in color. When cool frost top with sprinkles if desired

### Applesauce Cake

*Priscilla Reich*

2 c. sifted flour 1 tsp. baking soda  $\frac{1}{8}$  tsp. salt 1 tsp. cinnamon  $\frac{1}{2}$  tsp. nutmeg  $\frac{1}{4}$  tsp cloves  
 $\frac{1}{3}$  c. shortening  $\frac{1}{2}$  c. brown sugar 2 eggs  $\frac{1}{2}$  c. molasses 1 c. sweetened applesauce  
 $\frac{1}{2}$  c. raisins, cut up  $\frac{1}{2}$  c. chopped nuts  $\frac{1}{2}$  teaspoon vanilla

Mix and sift dry ingredients and spices. Cream shortening; add brown sugar and cream until light. Add beaten eggs; beat well. Add molasses. Add dry ingredients alternately with applesauce; blend thoroughly. Add raisins, nuts and vanilla. Bake in greased loaf pan in 350° oven for one hour. Frost when cool.

### Pumpkin Bars

*Joan Quevillon*

4 eggs  $1\frac{2}{3}$  cups sugar 1 can or 2 cups pumpkin 2 cups flour 2 tsp. baking powder  
2 tsp. ground cinnamon 1 tsp. salt 1 tsp. baking soda

In a large bowl beat together eggs, oil, sugar and pumpkin until light and fluffy. Sift together dry ingredients. Add to dry ingredients and mix thoroughly. Spread batter in ungreased jellyroll pan. When cool frost with cream cheese frosting.

## A New Holy Trinity Church Cookbook Anyone?

The last Holy Trinity Cookbook was compiled and printed in 2000. Maybe it is time for another one! We are gathering recipes for a Thanksgiving launch, so the submission deadline is Nov. 1st. You can submit your recipe(s) by filling out this Google Form:

<https://forms.gle/uhTZRhjANcbFbb5G7> All instructions are on the form.

No computer or internet, no problem. Call the church 508-765-9559 and ask Chris Bolte to mail you a form.



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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, September 16—7:00 p.m.—Adult  
Social Studies Group via Zoom



Website



Facebook



Tithely—Giving