

MARCH TIDINGS

Volume 4, Issue 3

March 2022

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See, I am doing a new thing!

Now it springs up; do you not perceive it?

I am making a way in the wilderness

and streams in the wasteland. [Isaiah 43:19]

Your Vestry has chosen this passage from Isaiah as our motto, our guiding principle, for 2022. It is an expression of hope and trust. It calls us to look carefully for obscure paths and for hidden refreshment as we journey through this “in-between-time”. It means that our compass will be the promise that God’s ways will become clear when we are ready to see them, and that what we *need* will always be available to us—even though we may not find what we *want*.

I hope that this passage will guide us through the weeks

of Lent. Lent has been called a journey from ashes to fire: from the ashes with which we mark our foreheads to the new fire of Easter morning. At the beginning of our journey, we are prepared and confident, convinced that this year we will do it right: We’ll keep our resolutions, we’ll stay on track. No wrong turns, no side trips, nothing forgotten, nothing needed. We tend to expect an wide open highway with clear signposts. We may forget that because God is indeed doing a new thing for us, in us, and through us, we are likely to lose our way now and then. The passage from Isaiah reminds us that our Lenten journey will take us to the place where we feel most vulnerable. At the end of Lent we can look

back and see strewn behind us all the things that we no longer need to block our vision, narrow our options, or give ourselves false comfort: our excuses, our defenses, our procrastinations, our self-protection, our self-indulgence. We will come before Christ with light-filled hearts and open minds, surprised by the joy of discovering obscure paths and hidden refreshment.

What really matters is that I have taken the fundamental decision to begin the journey.
[Alessandro Pronzato]

Judith+





MORE THAN ENOUGH

Lent: Making More Than Enough Space

The process of letting go of something that once added value to our lives can be uncomfortable, even painful. In letting go of old patterns that no longer serve us, we make space for new, healthier ones. The Lenten season is an excellent time for recentering, reevaluating, and recommitting to letting go of whatever it is that holds us back from living a fuller life. We all deserve to make space for ourselves.

It takes intentionality and discipline to commit to making space for all the delightful and messy parts that come with our fullness. We can make more than enough room for it by engaging in rituals— rituals that anchor us in a special time and place, which disrupt thought patterns, reframe perspectives, and ultimately transform the ways we relate to ourselves. I've struggled with anxiety my entire life. And while there are many things in the world that warrant an anxious response, there are certain thought patterns that I experience simply because they are addictive, even when I know they are destructive.

Lent invites us to employ all of our senses and bodies in a way that is even different from each Sunday's set of holy practices and meditations. The very act of engaging in ritual, religious or secular, creates sacred space for subtle mental transformations. Though sometimes difficult to commit to, ritual importantly disrupts daily life, allowing for new connections with ourselves, the light, and the enough-ness, that's within us already. In making space for ritual, I craft a sacred space for me, allowing room for my whole human experience to exist in, to take up space.

To make space for my complete fullness, anxious thoughts and all, I like to commit to small, attainable rituals. I try to dedicate a little time every day to tidying my room while listening to one of my coveted ambient playlists. The smell of Earl Grey tea and jasmine incense is calming for me, so I make sure I have access to those scents nearby. And if I need to, I journal to confront my racing thoughts on paper. The point of this is not to have a quick fix, it's more about integration, as my therapist would say. But it's also about finding expansion within and outside the constraints of our bodies. Rather than repressing and making anxiety smaller, I make intentional room for it, a tangible place for it to go. Even when it feels like there is no room, ritual makes the room to confront, process, and make space for healing. It's in these moments, in my own way, that I can remind myself that I deserve to be kinder to myself. | tens.org



Questions For Reflection:

In the context of Stewardship, we can think about the ways that Lent makes a spiritual space that affirms *more than enough-ness* after healthy letting go. What might you need to let go of in order to make space for your fullness— whether it be your spirituality to blossom or space to simply exist in?

Elise Mills, TENS' Staff Writer, is a recent graduate, writer, and musician from San Francisco. She looks forward to taking afternoon naps with her cat.



Vestry Highlights: February 9, 2022

Resolved

- ◆ Chose a Scripture passage to be our guiding principle for 2022: Isaiah 43:19

*See, I am doing a new thing! Now it springs up; do you not perceive it?
I am making a way in the wilderness and streams in the wasteland.*

- ◆ Appointed Standing Committees
- ◆ Formed planning teams for a Vestry Retreat to be held in the spring or summer

Discussion

- ◆ Reviewed the Parochial report
- ◆ Shared responses to Parochial Report Narrative Questions

During the past year, how have you named, addressed, and worked to dismantle the injustices of racism in yourselves, congregation, and communities?

Looking toward the future, what changes do you hope to see in your faith community?

- ◆ Reviewed Ministry Reports
- ◆ What have we done well?

welcoming our children and youth; handling the storm with prompt rescheduling of worship on Zoom

- ◆ What could we have done better? We did well on everything



- 1—John Grant
- 2—Susan Grant
- 7—Laura Gervais
- 9 – Jack Burns
- 10 – Benjamin Normandin
- 12—Abigail Bullard
- 31—Christopher Ballou

Bishop Visit Reminder

On Sunday May 15th we will welcome Bishop Fisher to Holy Trinity.

This is a wonderful opportunity for our community to affirm our faith together.

I would like to talk with adults and youth who would like to be confirmed or received into the Episcopal Church during this service. Whether or not we have a formal “confirmation class,” we will have several different opportunities to prepare for an affirmation of faith. We will also have a class on Holy Communion designed for our younger children. Please contact me at lee.holytrinitysouthbridge@gmail.com or by phone at 716.949.8194 so that we talk together about what will be most meaningful for this exciting moment in the spiritual journey we share.

Family Worship Updates March 2022

Happy Spring!

A few upcoming events, updates and save the dates:



Ash Wednesday : Ashes to Go at Bethlehem Lutheran Church (345 Main Street Sturbridge) at 7-9 am and 4-6 pm. Mother Judith will distribute ashes along with Pastor Dan. There will also be services at Holy Trinity at noon and 7pm.

Lenten Program- Each household will receive a bag of objects to participate along with the congregation. (See Mother Judith's description for the details.) Coloring pages and weekly scriptures will be added.

Mite Boxes- Coin collection will be ongoing for the diocesan ministry called Human to Human. Boxes will be available to decorate (for the parish) and to take home. Dig out those coins!

Family Sundays- March 6, April 10 (Palm Sunday), May 15 (Bishop's Visitation), and June 5 (Feast of Pentecost). Children and youth are invited to join in leading the worship service! Readers, ushers, musicians, acolytes, altar guild and coffee hour participants are welcomed.

Holy Communion Class- This class will be offered in a retreat format for our young children aged 5-7, but other ages can be included (Please see Mother Judith for questions.) The class will be held Friday evening May 13 and Saturday May 14. The class will have their Holy Communion together during the Bishop's visit on May 15, 2022.

Please regularly check our Family Worship Facebook page for other updates and discussions!

March & April "Lent" Mission Plate

For March & April our "Lent" the Mission Outreach will be

Human to Human (www.humantohuman.org) . Human to Human is a direct action ministry of the Episcopal Diocese of Western Massachusetts that supports outreach programs providing direct services to community members facing economic, social support, and services challenges. A few of these ministries include:

Walking Together (www.walking-together.org; Director: Rev. Meredith Ward) is a Worcester-based ministry of presence with our neighbors.

Laundry Love provides regular free laundry service for financially challenged individuals and families.

Building Bridges (www.buildingbridgesma.com, Director: Rev. Chris Carlisle) is a Holyoke-based ministry committed to embracing & reconciliation with veterans who continue to be isolated from the very society they once fought to protect.

Marie's Mission (www.mariesmission.org) is a Worcester-based ministry that provides diapers, hygiene supplies, education on childhood health and youth literacy training to young families.

Community Roots Neighborhood Services provides coffee, snacks, occasional lunches & arts & crafts.

-Robin Yates (Member of the Mission and Outreach Committee)

Daughters Of the King: Update on the Liberian Project

The "Daughters" have joyous news to share with everyone at Holy Trinity Church! We have applied for and received a grant from the Province 1 D.O.K. for \$3,000 to be used for the Liberian Project. With these funds, we will be able to totally fund all shipping costs including the costs of purchasing the barrels used to ship all the supplies to Liberia. This means that we will NO LONGER be asking for monetary donations to fund the shipping costs. I want to thank everyone who has contributed financially toward the shipping costs over the past year. You have made it possible for the "Daughters" to initiate and sustain this important mission.

The receiving of this grant enables us to go "full-steam ahead" on collecting supplies. We will be financially able to ship supplies to Liberia now. I realize it has been difficult to afford the shipping costs for our small parish. This \$3,000 grant is truly God sent! So, we are actively asking for all donations of children's and women's clothing, school supplies, toiletries (shampoo, bath soap, toothpaste, cocoa butter, etc.) and P.P.E supplies.(face masks, hand sanitizer, bleach, etc.). These supplies are shipped directly to the Episcopal Church in Buchanan, Liberia. The local churches in Liberia run the boarding schools which provide shelter for the children and support for their families. Please, donate what you can. Every little bit helps these children living in widespread poverty. Donations can be dropped off in the foyer before and after our church services.

For His Sake

Susan L. Grant

President of the Mary and Martha Chapter of the Daughters of the King

The Fitzpatrick Fund Scholarship

The Fitzpatrick Fund is a memorial to Royce Fitzpatrick Jr. and his mother, Loretta P. Fitzpatrick.

Scholarships are given to a worthy young person who is a member of Holy Trinity Church to be used toward the purchase of textbooks and/or learning materials, including electronic devices, and used in an institution of academic or vocational learning after secondary school.

Criteria for this award are church membership, need, good character and the desire to better oneself and begin anew, not necessarily previous standards of scholarship.

The Fitzpatrick family wishes the recipient perseverance, faith and the joy of learning in any goal of learning after secondary school.

To apply send a letter addressing the above criteria, the school you will be attending and school year. Send to the Priest and wardens:

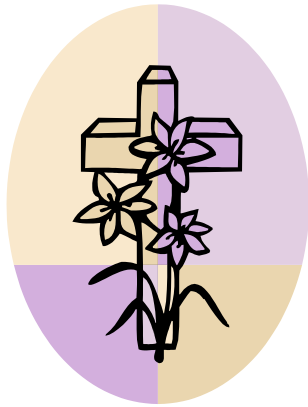
The Rev. Judith Lee: jlee.holytrinitysouthbridge@gmail.com

Lynn Garland, Sr. Warden: lynn24gar@gmail.com

Susan Howland, Jr. Warden: howlands@charter.net

or Holy Trinity Church, 446 Hamilton St., Southbridge, MA 01550





Easter Memorials

This Easter, you may wish to have a loved one remembered or to express special thanks to God for His blessings in your life. To do so, please complete this form and return it with your donation to the Church office by **Sunday, April 10**. The donations collected for these memorials are used to purchase the flowers that decorate the sanctuary on Easter Day.

Exact wording of memorial will be:

Easter gifts for flowers are given to the Glory of God...

_____ in Thanksgiving for the life of _____

(Name of your loved one or ones)

OR

_____ in Loving Memory of _____

(Name of your loved one or ones)

OR

If this gift is in Thanksgiving of a person who is living, choose the following:

_____ in Thanksgiving for the Blessing of _____

(Name of person or blessing)

given by _____

[Your name(s) – please use exact wording you would like to have published. You may, for example, say something like “by his family” or “by her husband” followed by your name or you may simply use your name(s).]

Please return this information sheet, along with your donation, to the church office or drop it in the offering plate by **Sunday, April 10**. Donations of any amount are appreciated and will off-set the cost of the flowers for decorating the church on Easter Day. Please make checks payable to Holy Trinity Church with the notation “Easter Flowers” on the memo line.

Do you know someone who would appreciate Easter flowers from the church? Please write their name and address here so arrangements can be made to bring them flowers:

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Office Phone: (508) 765-9559

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(trinity)

**The Episcopal Diocese of Western
Massachusetts**

The Rt. Reverend Douglas Fisher

Sunday Services

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

Mother Judith Lee

Priest in Charge

SAVE THE DATES

Shrove Tuesday Pancake Supper – Tuesday March 1st 5:30-6:30

Ash Wednesday – March 2nd

Ashes to Go – 7-9am & 4-6 pm – Bethlehem Lutheran Parking Lot
[\[345 Main St, Sturbridge, MA 01566\]](#)

Noon – Holy Eucharist with Imposition of Ashes in the church

7 pm – Holy Eucharist and Imposition of Ashes in the church

March 6th 1st Sunday in Lent – Youth will share leadership

We will have coffee hour following the service.

March 20th Coffee Hour and Lenten discussion following the service

Thursday March 24th –7pm Journey's End Refugee Film Festival



Website



Facebook



Tithe.ly—Giving