



TRINITY TOPICS: August 2018

Warden's World

With August comes the end of summer and the close of traditional vacation time. Since some of you will still find time for travel and getting away, I would like to suggest you consider visiting a local Episcopal Church around your vacation destination.

On two separate occasions during our Tuesday morning book studies, Diana Bodenmiller commented on her trip to Philadelphia and attendance at the historic Church that so many of the original framers of the Constitution attended. The history and legacy experienced in the structure added great meaning to her visit with her granddaughter and visits to the Liberty Bell, Independence Hall, and the National Constitution Center.

Since spring, Susan and I have traveled East on separate weekends to visit my brother who suffers from ALS. On Pentecost we attended Christ Church in Alexandria, Virginia built in 1767. Two weeks ago, we worshiped at Christ Church St. Michael's Parish founded in 1672 on the Chesapeake Bay, Maryland

Historic Christ Church in Alexandria counts George Washington and Robert E Lee as notable members. Former Priest at Trinity, Pierce Klemmt, retired from this Parish several years ago. The members are very diverse coming from Washington D.C. and surrounding areas; many families with young children attend (I believe there were six baptisms as it was Pentecost Sunday). When asked to say the Lord's Prayer in their native tongues for Pentecost, we were amazed at the sounds of various languages from throughout the Sanctuary.

Worshippers at Christ Church in St. Michael's were made up of mostly retirees. We felt right at home. I believe there were only two children under the age of twelve and most worshippers looked just like us, grey hair and all. They were very friendly but did not request our assistance in any upcoming activities or events--- a true vacation.

These Churches seemed vibrant and healthy. However, I would venture to guess that, like Trinity, they have traveled the ups and downs of congregational life through their several centuries. It is good to visit other places and attend other Churches. Regardless of where you are, it is very special to stop and realize that you are saying those words of the Liturgy in that strange pew as our Trinity Family is worshiping the exact same words in Troy Ohio. A visitor may even be sitting in your pew at Trinity.

Peace,

Jim





PONDERINGS FROM REV. NANCY



I love the prayer of "Slow me down, Lord". This hung on my mother's refrigerator the entire time I was growing up, and now it is on mine. In our hustle and bustle world it is hard to find time to just sit and be still--to listen to music, to the birds, to the breeze, to God's voice speaking to us.

There is a saying very popular these days to "stay in the moment". This simply means to focus on what you are doing in the moment. Gardening is a great example – you are focused entirely on planting or weeding and not on the other chores that need to be done. This single-mindedness actually becomes a prayer. Now that I am at home a little bit more, I am definitely not "in the moment" as I jump from one chore to another and don't stick with just one. Not restful or prayerful. Working on a sermon, however is very in the moment as I "live into the scripture " and reflect.

A lovely way of taking a midweek break is the Wednesday evening Celtic service at 7 pm. I highly recommend its thoughtful and peaceful time, prepared by Susan.

A suggestion is to read this prayer and take time with what "jumps out at you"- a word or phrase and reflect on them. May these words help us all to slow down , smell the roses, and continue to rest and relax in God's everlasting love.

*Slow me down, Lord!
Ease the pounding of my heart by the quieting of my mind.*

*Steady my harried pace
With a vision of the eternal reach of time.*

*Give me . . . Amidst the confusions of my day,
The calmness of the everlasting hills.*

*Break the tensions of my nerves
With the soothing music of the singing steams
That live in my memory.*

*Help me to know . . . The magical power of sleep,
Teach me the art . . . Of taking minute vacations of slowing down.
To look at a flower; To chat with an old friend or make a new one;
To pat a stray dog; To watch a spider build a web;
To smile at a child; Or to read a few lines from a good book.*

*Remind me each day
That the race is not always to the swift;
That there is more to life than increasing its speed.*

*Let me look upward
Into the branches of the towering oak
And know that it grew great and strong
Because it grew slowly and well.*

*Slow me down, Lord,
And inspire me to send my roots deep
Into the soil of life's enduring values
That I may grow toward the stars
Of my greater destiny.*





INFORMATION TO KNOW!



Please keep Jackie Speicher Trombley and the families of John and Jackie in your thoughts and prayers. John died at UVMC on Tuesday, July 24. The memorial service will be held on Saturday, August 25 at Trinity. Visitation at 10:00 am. The service will begin at 11:00 am followed by lunch in the Parish Hall.



Also, keep in your prayers Rev. Nancy and her family whose aunt died in Chicago. The service was July 28th.

Also, keep in your prayers the Brugger family. Rachel, Rebecca and Katalin's grandmother died recently.

SPECIAL AUGUST SUNDAYS:

August 5 8:15 am and 10:30 am
The Rev. Jason Leo will be presiding at both services .
(Rev. Nancy will not be here this Sunday)

August. 12 10:30 am
The Rev. Abby Flemister and Jerrilyn Kaiser who is the new chairperson of PIMIL will be with us to talk about the Ebola Relief Project in Liberia.

August 19 8:15 am and 10:30 am
William Lutz Executive Director of New Path, Inc. will be at Trinity to talk about New Path which is a faith-based, non-profit organization that works tirelessly to partner with other organizations, churches and more importantly people to meet their needs through Christ. New Path was first established in 2001 and has a number of ministry offerings serving all of Miami County and portions of Montgomery County as well.

Fridays at Bakehouse

Rev. Nancy invites you to join her at BakeHouse Bread Company on the Square



This is a part of our effort to be seen in the community and an opportunity to meet with Rev. Nancy on an informal basis to get to know her better, to talk to her about any concerns, ideas, or to just share some time and a delicious BakeHouse snack or lunch with her.

Please call the office before you head out to be sure she hasn't been called away and can't be there.

(Please note: Rev. Nancy will not be at Bakehouse, Friday August 3, as she is travelling to Illinois)

Other appointments can be made to meet with Rev. Nancy by calling her at 652-1587 to set up a time. She is most generally in Troy on Tuesdays and Fridays.



NEWS TO KNOW



August Birthdays and Anniversaries

**Sarah Kraynek (8/4), Bill Woryk (8/15), Brenda Sleeper (8/19),
Joanne Gamblee (92 on 8/27), Alicia Campbell (8/27),
Bob Schmidt (8/30), Dan and Joan Swank (8/23), George and
Joanie Gutermuth (8/25), Dean and Deb Matthews (8/28),
Robert and Kimberly Schmidt (8/28)**



Kids Matter Book Drive

The Trinity Outreach Committee thanks all those who contributed books or donated toward the purchase of a new book for this Annual Book Drive for children at Garden Manor.



Matters of the Heart Training - August 23, 8:30am - 10:30am offered by Ohio's Hospice of Dayton

These topics will be covered: Being present and helpful to those who are critically ill, dying and/or grieving; Methods for offering support and guidance; Maintaining boundaries to help ensure self-care.

Location: Ohio's Hospice of Dayton, Community Room
324 Wilmington Ave., Dayton OH 45420



A hot breakfast will be available starting at 8:15 am.

Please RSVP: www.ohiohospice.regfox.com/matters-of-the-heart-2018
or call Barb at 937-256-9507, ext. 4447.

Please sign up to host a Coffee Hour. There is a calendar in the Parish Hall to choose a week. Coffee Hour is a special time for fellowship, so please help with this ongoing opportunity. Questions? Talk to Evanthia.





FROM OUR DIOCESE

Important message to all congregations of the Diocese of Southern Ohio

Always remembering that worship spaces have been seen historically as sacred places of sanctuary and welcome, and a refuge for the stranger, we must also acknowledge that violent incidents of armed massacre are happening with increasing frequency in churches and public places across the country. We can no longer assume "it will not happen here," and feel it is incumbent on every congregation to have a plan of action and response should such an event occur in their church. Thus, prayerfully, we urge each congregation in the diocese to begin immediately developing detailed plans for securing their churches and congregants should an active shooter situation occur.

Recent events are calling all of us to remain true to our Christian calling of welcome, while at the same time taking steps to assure the safety of congregations gathered together. We believe such planning will increase confidence and a sense of security for all, and hopefully lessen panic and chaos should such a horrific event occur. Some helpful steps would be:

- Designate a Church Safety and Security Team, as well as a Security Director who is the point person for preparing and carrying out plans and training.
- Contact community and nearby police for advice and training of vestry and church leaders, who will then train others Consult Section #32 (page 83) of the [SafeChurch Resource Packet](#) (2008) for further details.
- Request a "walk-through" of the building with police to determine building safety, necessary changes or additions, and probable guidelines for the security plan
Consider combining with leaders and clergy from nearby churches for training sessions with local police authorities

We trust that each congregation will have plans and training in place by Sunday, September 9, 2018. Prayers for peace, and strong advocacy with elected officials against gun violence, for increased mental health services, increased opioid treatment resources, and for public awareness must be encouraged. With careful proactive measures now, we can ensure that our places of meeting and worship, and those who work and worship there, will not be vulnerable to unpredictable acts of violence, should they occur.

If you have further questions, please contact Diocesan Council 1st Vice President Lisa Barker at barker.203@osu.edu.

Church Safety At Trinity

Our Vestry has been working on implementing a Church Safety Program. David Cobb is heading this committee and has reached out to many different churches, our local police and sherriff for information available and is arranging for all members interested to be trained in CPR and the use of the AID device.

This committee will be working with key people in the congregation to put in place a plan for emergency situations such as medical, weather, and unfortunately for an incidence of a violent encounter.

We will keep you updated on the dates and times for training and other information to know.



