



TRINITY TIMES

FEBRUARY 2010

Trinity Episcopal Church

Trinity Episcopal Church
484 Lime Rock Rd.
Lakeville, CT 06039
Telephone: 860.435.2627
www.trinitylimerock.org
trinity@trinitylimerock.org

Office Hours:
Wed.– Sat.
9 am –noon

The Rev. Heidi Truax

Linda Lloyd
Senior Warden

Alexis Dorf
Junior Warden

Geoffrey Brown
Clerk
John Lloyd
Treasurer

Al Dorf, Bob Reid
Assistant Treasurers

Christine Gevert
Organist/Choir Director

Gretchen Hachmeister
Sunday School

Lisa Brennan, *Bookkeeper*
Jeff Silvernale, *Grounds*
Junior Wright, *Sexton*
Alexis Dorf, *Trinity Times*

FROM THE VICAR'S DESK:

Have you heard about the seals in La Jolla, California? A news article last month caught my eye because I went to The Bishop's School in La Jolla for High School, and so spent some of my free time at the beach that the article mentions.



It turns out that a colony of harbor seals inexplicably took over a beach called Children's Pool about a decade ago. A battle has raged in the courts for several years as to whether the seals should be allowed to stay or be evicted. I would imagine that the presence of dozens of seals in that small harbor makes swimming for humans less than pleasant. It is also feared that perhaps the seals make the beach dangerous because



where there are seals there are usually sharks as well.

I don't want to bother with all the legal details, but suffice it to say that there were good arguments on both sides of the case. I don't know how many hundreds of thousands of dollars and hours of court and attorneys' time was spent on this. But finally a judge has now ruled that the seals can stay put. The last line in the article states, "The seals basked on the beach, oblivious as usual to the fuss."

I thought to myself, now that is the way to enjoy life, and live in the Presence! Maybe we should all strive for a seal's life; basking in the sun, barking to one another,

and swimming and playing in the salt water. It sounds very inviting and relaxing on a cold winter day sitting at my computer in Lime Rock, Connecticut.

But I would like to suggest that although we might envy the seal's ability to live totally in the moment, we really should be grateful that we have the brains and the ability to do more as the stewards of creation. God has given us the resources with which to try to understand the mystery of the world. I marvel that God has a place and a vocation for each one of us no matter where we find ourselves. We just have to discover what that vocation is, or in what new direction God may be calling us.

Trinity Church has the tools and opportunities to do just that. In our upcoming season of Lent we are offering worship and study that offer the best of both worlds; some times of sitting and basking in the Presence, and times to discuss and make sense of our faith. It is in our parish community that we can best further our understanding, and discern our vocation. We are so fortunate to live in a part of the world where we have the luxury to be able to pray and study, and do not have to struggle daily just to find a meal or a bit of shelter.

Please take advantage of all that Trinity has to offer this Lent, beginning with the holy and humbling service of Ash Wednesday. You will find our schedule of services and classes below in this newsletter. Who knows, maybe you'll discover that your true vocation really is to bask in the sun on a beach in La Jolla, or bask in the presence of God in our beautiful spaces of Trinity Church.

Wishing you a prayerful and meaningful Lenten season,

Fondly,
Pastor Heidi

2010 ANNUAL MEETING

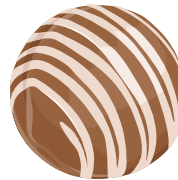
Trinity's Annual Meeting and potluck lunch was held on Jan. 31, after the 10:30 Liturgy.

Election results included the re-election of Linda Lloyd as Senior Warden, Geoff Brown as Clerk and John Lloyd as Treasurer. Alexis Dorf was elected as Junior Warden as Roy Bickley has retired from that post. New Vestry members are Lynn Gaffney and Al Swide.

Roy was thanked for his service, as were outgoing Vestry members Martha Baer and Al Dorf.

Other business included acceptance of the reports of the various committees (available on line at the Trinity website), discussion of the budget by the treasurer, and review of upcoming plans and programs for the year.

BACK BY POPULAR DEMAND!



A few years ago the ECW sponsored a "chocolate Sunday" during the coffee hour, with proceeds going to ECW's ministry at Trinity. By all accounts, it was one of the best coffee hours ever, so it is back!

On Sunday, Feb. 14 (what day could be more appropriate than Valentine's Day?) we will again enjoy "chocolate Sunday". Parishioners are asked to bring anything chocolate –brownies, cookies, cakes, tartes, pies, candy– for the table. Buy a paper plate for \$5.00 and load it up with as much chocolate as you can stand!

Coffee and tea will be offered as always, and we will have edibles for those whose preferences run to anything "not chocolate" or whose diets preclude such indulgence!

HELPING HAITIAN RELIEF EFFORTS

Crescendo has been honored by being asked to be one of 10 choirs participating in the videotaping of an original song, *Brighter Way*, by Amy Wolff, founder of the zyOzy Foundation, which funds global efforts to reduce extreme poverty.

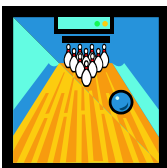
The foundation will put together the videos from the various choirs and use it to raise money for the victims of the earthquake in Haiti. Non Crescendo members who would like to participate in this memorable event can contact Christine for the music.

The recording will take place at Trinity on Saturday, February 6 from 10 am to noon. For further information about this project, visit www.zyozzy.org.

NEWS FROM OUR YOUNG PEOPLE!

Pastor Heidi invites all young people over the age of 7 to participate as worship assistants at the 10:30 service on the last Sunday of each month. They will be the readers, ushers, acolytes and lectifers those mornings, and a "youth friendly" homily will be offered.

Please speak with Pastor Heidi if a young person in your family is interested in this ministry.



It's not just about Sundays! Our young people will go bowling on Saturday, Feb. 13. They will meet at the church at noon for carpooling to the bowling alley. Friends are always welcome! Please contact Pastor Heidi if you

plan to attend or if you wish to chaperone the group.

PREPARING FOR LENT



On Shrove Tuesday, Feb.16, Trinity will offer Evensong at 6 pm and follow it with our traditional pancake supper at 6:30. Evensong is a beautiful and uplifting way to close the day, and John Lloyd's pancakes can't be beat! Please plan to attend, and bring a friend!

On Ash Wednesday, Feb. 17, the Ash Wednesday liturgy and imposition of ashes will be offered at noontime and 6 pm. This solemn service is reminder that, as Genesis tells us, we are all dust and to dust we shall return, and an important door into the season of Lent.

During the season of Lent, Noonday Prayers will be offered each day the office is open, Wednesday through Saturday. The 20 minute service will include scripture, prayers, and time for reflection. If you are so inclined, bring a bag lunch to eat afterwards with other worshippers.

ADULT EDUCATION DURING LENT



It is the hope of the adult education committee that offering two different kinds of programs at different times and locations will offer the flexibility that parishioners with busy lives need in planning for their Lenten observances this year.

During Lent we will be participating in a Tuesday ecumenical book group at the Congregational Church in Salisbury, reading *Christianity for the Rest of Us* by Diana Butler Bass. The group will meet at 9:30 am for those who prefer the morning and at 7 pm for those preferring that time. If you wish to order a book, please speak to Alexis, who will place a group order.

Also during Lent, on Sunday mornings Pastor Heidi and Alexis will be leading a discussion group, *Being Present to Presence: Exploring varieties of Spiritual Practice*. Coffee will be ready at 9:00, with discussion starting at 9:15.

We hope that these two options (or both!) will be of interest to parishioners during the period of reflection and *metanoia* that Lent offers us.



THOUGHTS FROM THE TRACTOR

After a more than usually chaotic month – an 8 day visit from granddaughters age 1 and 3 at Christmas, the engagement of our middle daughter, and a 4 generation celebration of my mother's 90th birthday, I welcome the "sound of sheer silence"!

Each morning my Zen alarm clock sounds a single note, once. I rise and make my way to my rocking chair in my office, wrap myself in my prayer shawl and try to still the "monkey mind" which is already chattering its plans, lists, and "don't forget"s. In this time of quiet and early morning light, I hope to be able to be simply present to Presence. I grew up learning that prayer is words - articulations of contrition, petition and intercession and sometimes even praise if I could

stop worrying about everything else long enough to give thanks for my blessings.

Now I simply sit for a while, content to be in that place where all is known and nothing further need be said. At first this struck me as cheating, somehow, that I ought to be communicating with God. Now I tend to think that perhaps I ought to keep quiet and let God communicate with me! Sometimes the inner voice does speak – an idea comes from seemingly nowhere – and other times it is just in companionable silence with me.

And in that silence I find wholeness, beauty and peace.

-Alexis Dorf

As we move into the season of Lent, this prayer found beside the body of a child at the Ravensbruck concentration camp offers us further reflections on the matter of forgiving our enemies during this time of conflict and confrontation on many fronts.

O Lord, remember not only the men and women of good will, but also those of ill will. But do not remember all the suffering they have inflicted on us. Remember instead the good things that have come to us thanks to this suffering - our comradeship, our loyalty, our humility, our courage, our generosity, and the greatness of heart which have all grown out of this. And when they come to judgment, let all the good things that have come out of this be their forgiveness. Amen.

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