



August 2009

~ Trinity Tidings ~

Trinity Episcopal Church

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**From the Rector**

Note the sunflowers at the top of the page. It's August, deep into summer, so sunflowers are perfect to tell us the time of year. In the Church Year, we're in the Season after Pentecost, a long green season that lasts until the First Sunday of Advent. This is the season in which our lessons from Holy Scripture on Sundays show us Jesus teaching and preaching and healing as he moves through Galilee towards Jerusalem. We see him in conversation with the disciples, with large crowds, and with ordinary individuals, saying and doing extraordinary things.

This is Year B, in which we read primarily the Gospel of Mark, but we also have many passages from John's Gospel, making up for Mark's brevity. The last Sunday in July, we began a serial reading of John 6, in which Jesus feeds five thousand people, walks on water, and speaks extensively on what it means that he is the Bread of Life. Neither the disciples nor the crowds seem to understand Jesus, because what he does and says is so different from what they expect. Even so, Simon Peter will say this a few weeks from now in John 6:69: "Lord, to whom can we go? You have the words of eternal life. We have come to believe and to know that you are the Holy One of God."

We have come to believe and to know . . . What comes first is the intangible, faith, not always to be expressed in word, or at least in logical form. After the intangible, the tangible—what we can describe in taste, touch, smell, hearing, and sight.

As most of you know, I recently spent nearly two weeks in Anaheim, California, at the 76th General Convention (GC) of The Episcopal Church. That convention meets every three years, with a House of Deputies (clergy and lay persons elected by their diocesan conventions) and a House of Bishops. This year, 832 deputies were seated, representing 110 dioceses, and up to 150 bishops. We're a huge group of people representing an international group of dioceses, from our own, to Ecuador, to the Convocation of Churches in Europe, to Puerto Rico, to Haiti, to Japan, to Taiwan. We are not, nor have we been for many years, a "national" church.

Each GC has a theme. This year, our theme was an African word, from the Bantu language, *Ubuntu*. The

word is really a whole concept of relationship, meaning roughly, "I am, because you are." In other words, I know who I am because you help me to do that, and you know who you are because I help you in the same way. I do not exist in a vacuum; I cannot exist without you, another human being. Only in relationship do I know even very basic things about myself—that I'm attractive or athletic or unusual or funny or good at math (or not).

Consider how different this is from the famous statement of René Descartes, "I think, therefore I am." The individual and the individual's ability to express him or herself in thought is all that is necessary to be human. There's no inherent need of a relationship with other people to be, to exist—which is why Cartesian philosophy is called "existentialism." Together with the western ideal of "rugged individualism," existentialism makes the concept of *ubuntu* difficult for many of us to grasp.

On the other hand, here's what Jesus says in Jn 15:9-12: "As the Father has loved me, so have I loved you; abide in my love. If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. I have said these things to you, so that my joy may be in you and your joy may be complete. This is my commandment, that you love one another as I have loved you." The love of the Father is the love of Jesus is the love which makes it possible for us to do and be what Jesus asks of us. "I am because you are . . ."

The disciples have come to believe and to know that Jesus is the Holy One of God, because Jesus has a relationship with them—because of him, they are beginning to understand who they are and what they are called to do. Being formed in relationship expresses the concept of *ubuntu*.

If we really believe that we need each other to be and to become most fully who God calls us to be, then we will treat each other with care and respect, even when we're seriously angry. We will make a habit of assuming the best of each other, rather than the worst. When we do these things, the whole atmosphere will change. Rather than lobbying to get our way, we can focus on mission, together. The concept of *ubuntu* greatly helped the GC; it can help us here at Trinity Church, as well. --TEW

## ABOUT OUR PARISH FAMILY

### AUGUST BIRTHDAY WISHES



Bev Ramage	8/04
Chris Nichols	8/06
Chris Heupel	8/07
Harlan Meyer	8/09
James Darrow	8/12
Mary Webb	8/14
Jane Horning	8/16
Debra Bricker	8/18
Jeff Miller	8/21
Olivia Sbanotto	8/21
Carmen Nickens	8/24
Emily Crain	8/26
Victoria Sbanotto	8/26
Evan Newcorn	8/26
Bill Willer	8/31

### AUGUST ANNIVERSARIES



Charles & Barbara Niedner	8/02
Oliver & Mary Hagan	8/03
Arthur & Brenda Bergantz	8/05
Bix & Jane Fisher	8/07
Bev and Dan Ramage	8/13
Rick & Jane Lackey	8/20
James & Jane Hood	8/21
David & Doris Westfall	8/21
Chris & Michelle Heupel	8/21
David & Betty Bowen	8/24

### DEPARTED:

*Gayle Kenniston*, friend of Judy Hodge; *Kenneth Token*, husband of Carol and former parishioner of Trinity. May their souls and the souls of all the departed through the mercy of God, rest in peace.

### THANKSGIVINGS:

Please contact the office at 636-949-0160 if your birthday or anniversary was not included so we can enter it into the computer.

*Trinity Tidings*  
Articles for the *Trinity Tidings* can be emailed to Deanna Miller at [dymiller@charter.net](mailto:dymiller@charter.net).

### ALZHEIMER'S ASSOCIATION

Walk to end Alzheimer's. You're invited to grab a friend and participate in the Alzheimer's Association Memory Walk to join the nationwide fight against this devastating disease. This is an escalating health epidemic; left unchecked, 16 million Americans will develop the disease, including 10 million baby boomers by mid-century. Walks scheduled are:

Saturday, Sept. 12 at Forest Park Upper Munny Parking Lot;  
Sept. 19 at Laurel Park in St. Peters, Mo; Sept. 26 in Bicentennial Park in Boone Terre, Mo.

Registration is at 8 am with walks beginning at 9 am. On line registration is available now at [www.alzstl.org](http://www.alzstl.org). You may also call the Memory Walk Hotline at 314-801-0440.

Walk together to make a difference!

## DO YOU NEED A PRAYER?

If you would like someone to pray for a friend, please place your requests in the little box on the table in the entrance of the Church. Your requests are kept confidential, and prayers will be said everyday for one week.



you or in the of the Church. for you

We all need help sometimes, so please don't be afraid to ask for a prayer! We are here to help each other get through the rough times and the good times!

## LET US PRAY FOR YOU!

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### HAPPY BAPTISMAL ANNIVERSARY



HOLLY MURRAY  
SARAH HORNING  
AVRIL ARTHURTON-BRUDY

***You mark a place in your journey of formation today.***

***Celebrating this anniversary reminds us, challenges us, and encourages us, to follow Christ Jesus.***

***God Bless you as you celebrate the anniversary of your baptism.***

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### PRAYER SHAWL MINISTRY

We will resume meeting again on **August 12<sup>th</sup>** at 11:30 am, and every second and fourth Wednesday thereafter. If anyone knows of someone in need of a prayer shawl, please let Betty know.

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***“IF WE WANT TO DANCE THE DANCE OF CHANGE, WE CANNOT STAY IN ONE PLACE.”***

- Yoruba saying -

The dictionary has lots of meanings for “change”.

- Change is different from what it used to be; it is transformation; it is modification; it is to pass from one phase to another.

Change means that we are alive; it is re-birth and therefore can be exciting, invigorating and inspirational. Change means movement.

Change can also be risky, but without risk nothing new ever happens. Trinity is about to make changes in the way we do some things.

We are about to change our Mission and Vision Statements; we are about to improve our website; we are about to change how we set up our programs and committees so that far more people will be involved.

This is an exciting time for Trinity because it means that we are moving, and this is an opportunity for everyone to be involved as we move forward. The new Membership Team is about to incorporate some of these changes to present to the congregation at a Potluck Luncheon in September – the date to be announced shortly.

We need your prayers and we need your support. May God Bless us as we dance the dance of change!

Betty

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### TRINITY'S BOOK CLUB

Our Trinity Book Club is on vacation for the month of August, but hope you will consider joining us in September. Sometimes the books that we read you might not necessarily have picked to read on your own, but usually find ourselves enjoying these. We meet the first Thursday of the month in the church library at 2 pm and we always have goodies to eat and drink. Watch for more information in the bulletin or call Jane Horning at 946-7975.

## August Serving Schedule

### August 2, 2009

#### 8am

Eucharistic Minister  
Keith Hazelwood  
Usher: Bill Warren  
Acolyte: Will Whistler-Brown

#### 10:15am

Eucharistic Ministers  
Nancy Noel  
Mark Vogel  
Lector: Avril Arthurton-Brudy  
Ushers: Judy Makins & George Johns  
Acolytes: S: Cindy Lackey  
C: Becky Lackey  
T: Heather Braucksick  
T: Kendra Braucksick

### August 9, 2009

#### 8am

Eucharistic Ministers  
Pat Willmering  
Usher: Bob Sundermeyer  
Acolytes: C: Elijah Bowen  
T: Madison Bowen

#### 10:15am

Eucharistic Ministers:  
Grace Nichols  
Carolyn Hackman  
Lector: Bob Brown  
Ushers: David Bricker & Debra Bricker  
Acolytes: S/C: Will Whistler-Brown  
T: Kathy Longton  
T: Ben McCune

### August 16, 2009

#### 8am

Eucharistic Minister  
John Nichols  
Usher: Pat Willmering  
Acolyte: Mark Meyer

#### 10:15am

Eucharistic Ministers:  
Jon Murray & Judy Makins  
Lector: Sydney Griffith  
Ushers: Bob Brown & Holly Murray  
Acolytes: S: Cindy Lackey  
C: Becky Lackey  
T: Heather Braucksick  
T: Kendra Braucksick

### August 23, 2009

#### 8am

Eucharistic Minister  
Bob Brown  
Ushers: Keith Dowling  
Acolyte: Mark Meyer

#### 10:15am

Eucharistic Ministers:  
Avril Arthurton-Brudy  
Grace Nichols  
Lector: Judy Makins  
Ushers: Bob Horning & Jim Gigliotti  
Acolytes: :S/C: Will Whistler-Brown  
T: Ben McCune

### August 30, 2009

#### 8am

Eucharistic Minister  
Keith Hazelwood  
Usher: Bill Verhine  
Acolyte: TBA

#### 10:15am

Eucharistic Ministers:  
Mark Vogel  
Carolyn Hackman  
Lector: Mike Nichols  
Ushers: Iris Wright & Jackie Halter  
Acolyte: Nancy Noel

### September 6, 2009

#### 8am

Eucharistic Minister  
Pat Willmering  
Usher: Bill Warren  
Acolyte: Will Whistler-Brown

#### 10:15am

Eucharistic Ministers:  
Nancy Noel  
Grace Nichols  
Lector: Barbara Ritter  
Ushers: Judy Makins & George Johns  
Acolytes: S/C: Jessica Heupel  
T: Heather Braucksick  
T: Kendra Braucksick

Please Note: Acolytes need to be robed 15 minutes prior to the service.

If you find that you cannot serve, please find a replacement and notify the church office so the bulletin will reflect the change.

Thank you.

## OUTREACH NEWS

### THANKS!!

Many Thanks to the Trinity Volunteers who helped make the St. Charles County Food Drive sponsored by the Interfaith Partnership a huge success! On Saturday, July 11, Betty Bowen, Sydney Griffith, Jackie Halter and Judy Hodge, along with members of the Interfaith Partnership in St. Charles County, collected over 2300 non perishable food items and \$995 in cash donations. The food was given to FISH and the cash will be used to purchase perishable items for all the food pantries throughout the St. Charles County area. Free hot dogs, drinks and ice cream were available to everyone thanks to the generosity of Ali Kahn, the owner of the Mobil Gas Station where the event was held.

### INTERFAITH PARTNERSHIP IN ST. CHARLES COUNTY:

This multicultural, interdenominational, ethnically diverse group meets on the third Tuesday of each month at 7 pm. behind the Spencer Library (*as of fall 2009 meetings will be held at B'nai Torah Synagogue at 1701 St. Peters-Howell Road*). Several Trinity members (*Jackie Halter, Judy Hodge and Joan Wright*) along with Tamsen Whistler and Betty Bowen attend meetings. The Partnership exists to promote education about all faith groups through dialogue and discussion and service to our community. Everyone is welcome and encouraged to attend.

### ECW:

Thanks to Trinity ECW (*Episcopal Church Women*) for contributing 400 journals to ECM (*Episcopal City Mission*)! In late November we will wrap the journals to be used as Christmas gifts for the young people in the detention centers. If you have purchased journals for ECM, please bring them in November. If you don't have space to store them, bring them to Trinity and we will store them. The chaplains tell us that journaling is a very important part of their service to these troubled young people.

### ADOPT A CLASS:

Adopt - A - Class School Supply Drive to benefit Youth In Need, supported by **The Crooked Tree Coffee House**: Give the gift of learning to thousands of kids throughout eastern Missouri. Bring unused school supplies of any kind to the Crooked Tree Coffee House (*located at 559 First Capitol Drive in St. Charles*) between Aug. 1 and Aug. 20. The supplies will be given to the Youth In Need organization. Supplies will benefit children, teens and families participating in Youth In Need's early child development services, youth residential programs,

foster care case management, and other important outreach services for youth. For more information, come by the coffee house or contact Lucy Schuering at 636-757-9334, or [lschuering@youthinneed.org](mailto:lschuering@youthinneed.org). For more about "Youth In Need", log onto [www.youthinneed.org](http://www.youthinneed.org). If you are unable to deliver school supplies to The Crooked Tree Coffee House, you may bring them to Trinity and we will deliver them for you.

### ANGEL FOOD MINISTRY:

Remember to place your order for \$30 of food and receive a \$52 - \$78 value. The menu changes every month. Many specialty boxes of food are also available. Also, please consider donating a \$30 box of food to the food pantries. Meats and perishable items are always needed. Trinity is averaging at least 3 - 5 donations each month to FISH. Pass the word about this deal to your friends and family. It is available to everyone! On the day you pick up your food, free breads and pastries from the St. Louis Bread Company are also available to all.

*"No act of kindness, no matter how small, is ever wasted." --Aesop*

### STEWARDSHIP

Vacation time is here  
our favorite time of year.

Beaches, Sun shine,  
Mountain air so clear,  
remember dear friends  
while you're away,  
your Church is still here.  
The lights are on, the A/C still runs  
and the Message is clear,  
CHRIST is alive and well  
and dwelling here.

So please send your pledge by mail or Cyberspace,  
so that when you return all tan and fresh faced,  
we will be here to welcome you back in your place.

Okay now that you all know that I am NOT a Poet,  
please do remember that you can mail your weekly or  
monthly pledge from your vacation site or before you  
leave. Your Church never goes on vacation and GOD  
knows where his people are at ALL times. If you  
choose to make up your gift when you return, one  
check for the entire time is okay and very helpful to the  
Vestry Counting people. Thank you all for your support  
and help to make our Church the loving, caring, safe  
haven of GOD that it is.

The Stewardship Committee

**SIGNATURE BOX**

*Balanced nutrition and variety with enough food to feed a family of four for a week.*

- 1.5 lb. Ribeye Steaks (4 x 6 oz.)
- 3 lb. IQF Split Chicken Breast
- 1 lb. Boneless Center Cut Pork Chops
- 2 lb. Mac & Beef Dinner Entrée
- 1.5 lb. Breaded All White Meat Chicken Nuggets
- 1 lb. 80/20 Lean Ground Beef
- 1 lb. Bake or Fry Fish Sticks (32 sticks)
- 1 lb. Frozen Corn
- 1 lb. Frozen Baby Lima Beans
- 1 ct. Cello-Wrapped Iceberg Lettuce
- 2 lb. Sweet Potatoes
- 15 oz. Pork & Beans
- 1 lb. Rice
- 32 oz. 2% Shelf Stable Milk
- Dozen Eggs
- Dessert

**\$30.00**

**SENIOR & CONVENIENCE MEALS**

***For Seniors or People on the Go!***

*Ten perfectly seasoned, nutritionally balanced, fully cooked meals—just heat and serve. Each meal has been developed with the dietary needs of senior citizens in mind, and contains 3 oz. of protein, a starch & two vegetables or fruit.*

- Chicken Cacciatore** with Rice, Cauliflower and Vegetable Medley
- Macaroni & Beef** with Noodles, Carrots, Zucchini and Red Peppers
- Chicken & Noodles** with Corn and Brussels Sprouts
- Meat Lasagna** with Green Beans and Cauliflower
- Chili with Beef & Beans**, Corn, Red Peppers and Peas
- Macaroni & Cheese** with Broccoli and Lima Beans
- Boneless Pork Patty** with Roasted Sweet Potato, Sugar Snap Peas, Broccoli & Cauliflower
- Sweet & Sour Chicken** with Rice, Sugar Snap Peas and Carrots
- Spaghetti & Meatballs** with Corn, Peas & Carrots
- Fettuccini Alfredo** with Broccoli/Carrots, Zucchini/Red Peppers and Brussels Sprouts
- Desserts:** 5 Cookies or Cracker Variety, 4 oz. Pear Fruit Cup, 4 oz. Pineapple Fruit Cup, 4 oz. Regular Applesauce, 2.8 oz. Frozen Orange Juice, 2.8 oz. Frozen Apple Juice

**\$28.00**

**FROZEN AND DRY MIX ALLERGEN-FREE FOOD BOX**

*Processed to eliminate the eight top serious allergens: Peanuts, Soybeans, Milk, Eggs, Fish, Crustacea, Tree Nuts and Gluten (wheat, rye and barley). Great for children and adults!*

**Allergen Free Frozen Food Products**

- 2 lb. Breaded Chicken Drumsticks
- 1 lb. Breaded Chicken Tenders
- 1 lb. Breaded Chicken Nuggets
- 1 lb. Breaded Cube Steak

*Battered with water, white rice, brown rice, modified tapioca starch, flax seed, sugar, salt, spices, dehydrated garlic, spice extractives and oleoresin paprika.  
Breaded with white rice, brown rice, modified tapioca starch, flax seed, sugar, dextrose, salt, spices, dehydrated garlic, spice extractives and oleoresin paprika.  
Breading is pre-browned in Canola oil.*

**Allergen Free Dry Mix Products**

- 1 lb. Pancake/Waffle Mix
- 1 lb. Blueberry Muffin Mix
- 1 lb. Pizza Crust/Flat Bread Mix
- 1 lb. Breading Mix
- 8 oz. White Gravy Mix

**\$40.00**

**AUGUST SPECIAL #1**

**\$23.00**

**6.5 lb. Assorted Meat Grill Box**

- 1.5 lb. Bone-In New York Strip Steaks (2 x 12 oz.)
- 2 lb. Boston Butt Pork Chops (4 x 8 oz.)
- 2 lb. Lean Hamburger Steaks (4 x 8 oz.)
- 1 lb. Italian Sausage with Cheese

**AUGUST SPECIAL #2**

**\$22.00**

**4.5 lb. Steak Combo**

- 2.5 lb. Ribeye Steaks (4 x 10 oz.)
- 2 lb. Sirloin Steak (4 x 8 oz.)

**AUGUST SPECIAL #3**

**\$22.00**

**10 lb. Assorted Chicken Grill Box**

- 5 lb. IQF Boneless Skinless Chicken Breast
- 4 lb. Leg Quarters
- 17 oz. Ready to Cook Cornbread Dressing

**AUGUST SPECIAL #4**

**\$22.00**

**Premium Fresh Fruit and Veggie Box**

- 3 lb. Fresh Idaho Baking Potatoes
- 2 lb. New Crop Large-Medium Yellow Onions
- 1 head Fresh California Sleeve Romaine Lettuce
- 1 bag Fresh Gourmet Caesar Salad Croutons (5 oz.)
- 1 pint Fresh Vine-Ripened Grape Tomatoes
- 1 head Fresh Green Cabbage
- 1 lb. Sweet Cello-Pack Carrots
- 6 Tree-Ripened Peaches
- 1 lb. Fresh California White Seedless Grapes
- 1 Fresh California Vine-Ripened Honeydew Melon
- 1 Fresh California Vine-Ripened Cantaloupe
- 4 California Valencia Oranges
- 4 California Large Juicy Lemons

Orders Due: **August 9, 2009**  
Distribution Day: **August 22, 2009**

*Please contact your local host site for information*

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