



# HOLY TRINITY NEWS



AUGUST 2023

## Sit! Stand! Down!

Sometimes Fran has Sophie do “doggie push-ups.” This entails giving her commands to Sit, Down, Stand in random order, treating her every so often.

Robin Williams referred to Sunday worship in the Episcopal Church as Calisthenics.

Many of us recall learning as children (if we were raised in Episcopal churches) that “We stand to praise, we sit to listen and learn, and we kneel to pray.”

We have been asked on various occasions whether there should be directions in the worship bulletin as to the appropriate posture at various times in the liturgy. Sometimes the person asking expresses confusion and a desire to “get it right.” Other times they imply that everyone would feel more comfortable if everyone was doing the same thing.

Let me (Fran) tell you a story. I was in seminary where we had Eucharist once a week, Morning Prayer the other weekdays. I was sponsored by a parish where the custom was to stand for prayers, although some would kneel for confession; we all stood for the Eucharistic Prayer. The majority of students and faculty chose to kneel for confession and the Eucharistic Prayer. I felt uncomfortable standing in the midst of those who knelt, even to the point of feeling pressured to fit in and kneel (although no one said anything to that effect). Finally, I decided to move to the balcony where most of the people stood during the prayers. We both believe that each individual should adopt the postures that help them worship, that one size does NOT fit all. Some people prefer to sit for prayer (this is the norm for many Protestant churches), others choose to kneel as they make their petitions to God, others have taken to heart Eucharistic Prayer B’s “you have made us worthy to stand before you”, or they feel the Eucharistic Prayer is too full of praise and thanksgiving for kneeling and choose to stand. We affirm each one of you in your decision as to the posture you use. We may instruct you to sit for the readings, but beyond that do what empowers your worship – sit, stand, kneel, raise your hands, bow your head, genuflect, cross yourself, reverence the altar, etc. As Ann said in a recent sermon – we don’t have to agree to be a parish, we have only to love one another.

Fran Stanford

Ann Boyd

## **Take Back the Night**

**Tues, August 1, 5-8 pm**

**Swanton Village Green**

**burgers, hot dogs, Ben & Jerry’s ice cream**

**band Bad Horsey will be playing**

**Swanton churches, MVU Rescue, Caring**

**Communities, Fire Dept & Police Dept**

**Come and enjoy a night out in the Park!**

## Baptismal Ministry

One phrase heard frequently around Holy Trinity Church is Mutual Ministry, or Baptismal Ministry. While the phrase is often mentioned with reference to positive-times-in-the-past as well as hopes-for-the-future, there seems to be lack of clarity as to what is meant. Therefore I have scheduled two teaching/discussion sessions about Baptismal Ministry to help the Transition Team as they continue their work towards calling your next rector. These sessions will be held during coffee hour August 20 and 27 and will last no more than 45 minutes each. I look forward to discussing this very-Vermont way of accomplishing the mission of the church, that is, seeking Christ and sharing God’s love with the world.

-Fran Stanford



## Transition Update

Your Transition Team of 15 people has been working hard to move us down the path to calling a new rector. Much of this work is behind the scenes, so here’s a glimpse of what the team has been doing and how you can help:

The entire Transition process is grounded in prayer. Please pray with us. We’re all in this together.

The task of putting together the Parish Profile is two-fold: First, we are beginning to discuss the Twelve Questions about where we’ve been as a parish, where we are now, and where we hope to be in the future. Your responses to the Transition survey and our one-on-one conversations with you are the basis for our answers to many of these questions. Please continue to share with us your hopes and concerns. Second, the Holy Trinity Church website shows what is important to our parish. Much work has been done on History, Outreach, and Area Resources & Attractions, while other pages of the site are still under construction. Take a peek at our progress, but stay tuned...

We have a team that has begun to prepare the Rectory for use by visiting applicants. We as a parish will be discussing Baptismal (Mutual) Ministry on August 20 and 27 at Coffee Hour, before we complete our Parish Profile.

The team will continue to keep you updated as we move through the process.

## ART WALL

A thank you to the Marshall family for displaying the watercolor paintings of Marianne Marshall for the month of July and for helping us to celebrate her work at coffee hour on Sunday, July 16th when all the family was gathered from Texas and Vermont. Our next artist, also a watercolor painter, will be Bev Montiel. Bev will hang her paintings in August. Bev has been on the Vestry and a member of the church for the last few years and worked with the Seniors before coming to Holy Trinity. Bev is a retired Registered Nurse and we welcome her to the art wall.



**Support for People Affected by Flood**  
Many people have been asking about what some of the things are that we might do as a parish to support the people affected by floods in Vermont. Please know that your Outreach Team will have this on our agenda for our August 7th meeting. In the meantime, there is a special request from the Cambridge Front Porch Page for items that are needed. They are requesting the following items to aid in clean-up.

|                                |              |
|--------------------------------|--------------|
| White Vinegar                  | Pet Food     |
| Shampoo                        | Wet Wipes    |
| Toilet Paper                   | Paper Towels |
| Selection of Cleaning Supplies |              |

We will have paper bags with the list of items you might wish to add to a collection, to pick up on Sunday, August 6. We will collect through the month of August and have a blessing of our collection on August 27. We will keep you updated with other outreach support following our August Outreach Meeting.

Your Holy Trinity Outreach Team



Students, Teachers & School Staff Members

You are invited to the blessing of the backpacks at Holy Trinity Church on Sunday, September 10th at 10:00. Please bring your backpack, planner or special calendar to be placed at the altar and blessed for the upcoming school year.



## Bakers Gather in Bonnie's Kitchen

Bakers from Holy Trinity Church gathered on July 19<sup>th</sup> in Bonnie's dedicated kitchen, to make cookies to send to emergency, community service providers and the people who experience loss due to the recent flooding in Lamoille County. We measured, mixed, baked and packaged about 35 dozen cookies.

It was very fitting that we happen to select the 5 year anniversary of our long time parish member, Bonnie Fournier's, death. Many of you might remember Bonnie as the long time cook at Rock Point Camps.

Dr. Ann Boyd made our delivery to very appreciative people in the towns of Jeffersonville and Cambridge. We will continue to keep all families and individuals in our prayers as they work to recover from the latest flooding throughout our state.



## Let's all Recycle!

### Stewardship & Creation Care

**There is once again a recycle bin in the kitchen (found in a corner in the basement). All recyclables go in it. Tuttle's instruction poster is on the bin & on the fridge. There is also a kitchen composter on the kitchen work space. All food scraps go in there – coffee filters & coffee grounds, etc. This will be emptied weekly or more often if necessary. You can volunteer to take it to Hudaks, if you wish. Only things that cannot be recycled or composted go in the garbage can. Thanks for pitching in!**

### Intercessory List

**The Pastoral Care Team updated the Special Need, Nursing Home, and Sick lists. If your loved one is no longer on the list, please call Kiley and ask her to add them.**

### Birthdays & Anniversaries

**If your special days are not noted in the bulletin or acknowledged with a card, ask Natalie or Kiley for a blue sheet and they will have you fill it out with all your dates and contact information.**



## Grief Luncheon

**Sat, Sept 16, noon In the Parish Hall  
This is an offering that Ann has done elsewhere  
Everyone is welcome!  
People experiencing grief & allies  
Sign up in September**

## Calendar

Tue 8/1 – Take Back the Night on Village Green, 5-8 pm  
Sun 8/6- Pastoral Care mtg, 9:15am  
Mon 8/7- Outreach meeting, 9am  
Mon 8/14- Vestry meeting, 5:30pm

## PHOTO CONSENT

The Transition Team was advised by our consultant that people should have given their consent to have photos of themselves or children posted on our website or Facebook page. Please find an "Opt Out Form" on the chest in the narthex and please sign it if you don't want your photos published. "Opt Out Form" only needs to be returned to Kiley if you DON'T want your photos displayed?



### **Announcing an opportunity to be part of the Sacred Ground Circle this fall and winter**

Join people from St. Paul's and Holy Trinity Church, Swanton, this fall and winter for Sacred Ground, a film and reading based dialogue series to help us learn about this country's history and our own histories of race, oppression, and privilege. Designed by The Episcopal Church, this course is for everyone but especially for white people.

"I was an inaugural participant in St. Paul's Sacred Ground Circle. I can only say that the experience changed how I view the world. I consider myself well-read and well-educated, and while I knew of much of the history we reviewed, I did not fully grasp it or its implications. I came away from the program both grief-stricken and determined to make things better. I believe anyone who invests the time in Sacred Ground will be equally moved." (Susan Stock)

We welcome you to participate in this life-changing experience with us this fall. The circle will be facilitated by Greta Getlein, Ann Boyd, and Wanda Strickland with space for twelve more. We will meet in-person at the Cathedral on Saturday mornings for two hours, though the first and last sessions will extend over the lunch hour (lunch will be provided). We will begin our circle in September and end just before Easter next year:

Sept 9 (first session, 9:30 - 2:00)

Sept 30, Oct 14 & 28, Nov 18, Dec 2, Jan 20, Feb 3 & 17, March 2 (all sessions from 9:30 - 11:30)

Last session on Mar 16 (9:30 - 2:00)

Talk with Ann or Fran for more information, or to register. You can also check out the Sacred Ground Website.

## Vestry at a glance

July 10<sup>th</sup>, 2023

- St. John's not selected for grant.
- Sunday attendance up.
- Replacement safe to be ordered.
- Donation to Swanton Village Public Works for their assistance with cleaning out the planter.

## **Music at Grace, Sheldon**

Friday, August 3: Champlain Consort

Friday, Sept 1: Jocelyn Pettit and Ellen Gira

Friday, September 15: Frevo!

Friday, October 6: Nobby Reed

## Reflections on the Sermon July 16

The Golden Rule

Pure gold is beautiful & valuable

Living a Golden Rule Life is lovely & precious too

Take a deep breath and think about the last time

you had a disagreement with someone you love

Consider how the situation might have change

Even if the other person was more in the wrong

How might your practicing the Golden Rule have

altered your conflict

Jot a few notes down in a journal and then talk with

the Lord about it in prayer

You'll glow more golden when you do

-Linda Bruyette



Rev. Al & Mel at the Atlantic Ocean, Portland, ME

I simply want to say again how grateful we were for your hospitality on our recent cycling trip across the continent. While we have many memories of our trip the most memorable moments were our interaction with people like you.

Our prayers go out to you and the people of your congregation as you continue to faithfully follow in the footsteps of Christ.

Peace

Al Cassel

Ed. -Al and his wife Sandy (who drove the SAG van) and Mel spent the night in our parish hall on their way east.



### More Thank-you's

Much thanks to my church family for helping me celebrate my recent birthday. From phone calls, cards, personal congratulations, to lunch at Jeff's! I appreciate and enjoyed the thoughtfulness.

-Mary Gladden

Dear Holy Trinity Family:

Thank you so much for your response to my recent car accident and injury. The outpouring of cards, gifts and get well wishes has been so comforting.

I want to especially thank the CANVAS BAG MINISTRY who presented me with an astonishing and beautiful canvas bag of goodies and gifts of all kinds. I appreciate all the individuals who contributed to this awesome gift.

I am truly blessed to have each and every one of you as a support system. It has made this difficult time much more tolerable. I have certainly felt a lot of love. You are all truly a blessing to me and to our church. Many thanks again for all that you have done to help me with my healing journey.

Much love, Tammy Farr

Dear Friends,

Thank you for your donation of \$1000 to be used towards our Hoyer lift scale. We thank the congregation for their generous support of our center. It will help make our job so much easier and, more importantly, will help with the medical care of our participants as we continue to provide quality adult day services.

Sincerely, Sue Chase

Executive Director, Care Partners Adult Day Center

Dear Friends,

On behalf of the staff, volunteers, and Board of Directors of Martha's Community Kitchen, thank you for your generous Outreach grant of \$1000. **Thank you for remembering us and sharing your blessings!** With great joy, we announce the reopening of the dining room area to seniors. This is the first phase of gradually reopening **our** community dining room. We hope you will soon be able to come and join us for a hot meal and lively conversation.

Sincerely, Donna J.A. Corrigan  
for Martha's Community Kitchen

Volunteer Drivers Green Mountain Transit  
Need a ride? Green Mountain Transit is a business of volunteer drivers. The cost to you is nothing. Pick you up, bring you home or to some other destination. Drive you to the grocery store, hospital, doctors appointment, to see a friend, wherever you need a ride, - includes Burlington. A wonderful service. 802-527-2181



## AUGUST BIRTHDAYS

- 5 Lou Anne Wood
- 13 George Murphy
- 14 Madison Dittmar, Charlie Moore
- 15 Laura Wood
- 20 Adilynn Patterson
- 25 Ethan Garrison
- 31 John Fournier



## AUGUST ANNIVERSARIES

- 7 Sandy & Dick Hersey
- 10 Paul Leduc & Thomas Brusio
- 12 Mary & David Wood
- 13 Wally & Kathleen Good
- 28 Suzy & Hugh Kenyon  
Shelley & Shawn Robtoy



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