



Lifeline

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August 2022

The Church of the Holy Trinity

An Episcopal Church

office@holytrinityoxfordmd.org



A Message from Our Rector, *Fr. Kevin M. Cross*





CHEERS and APPRECIATION

- **Thank you to all** who so generously contributed to our appeal for helping fund the relief efforts in response to the flooding in eastern Kentucky and the tornado that hit Smith Island. Your continued prayers are needed as well.
- **Thank you to Cora, our choir and guest musicians Michelle Webb, George Wadelton, Nevin Dawson, Ashley Watkins, Lee Phillips, Larry Denton and the Smith Island choir** for sharing their musical talents to enhance our worship services in July.
- **Thank you to Robin's Nest** for the beautiful landscaping around the church and parish hall.
- **Thank you to the painters** who, working in the heat, repaired and painted damaged trim on the parish hall building.
- **Thank you to the Scottish Highland Creamery** for the refreshing and delicious treats on our annual Ice Cream Sunday.
- **A special thank you to Michelle Mactavish** for all of her time and talent keeping our buildings and grounds in tip top shape this summer.
- **Thank you to our parish administrator Connie**, for keeping us all on track and for her welcoming presence in person and on the phone.
- **A posthumous thank you to Kenny Anderson** for his generous bequest to our endowment fund. We will miss your smiling presence "Froggy."
- **Thank you to Dick Moore** for repairing our piano and tuning it back to perfection.
- Much appreciation to all who pray for those in need of healing.

Blessings. Fr. Kevin

Holy Trinity Milestone

Marriage

Catherine Snow & Jarrett Gajkowski 8/6/2022

Connie's Corner



"No matter what people tell you, words and ideas can change the world."— **Robin Williams** as John Keating in *Dead Poets Society*

"Just don't give up trying to do what you really want to do. Where there is love and inspiration, I don't think you can go wrong."— **Ella Fitzgerald**

"Our lives are stories in which we write, direct and star in the leading role. Some chapters are happy while others bring lessons to learn, but we always have the power to be the heroes of our own adventures."— **Joelle Speranza**

"The moral of my story is the sun always comes out after the storm. Being optimistic and surrounding yourself with positive loving people is for me, living life on the sunny side of the street."— **Janice Dean**

"When I stand before God at the end of my life, I would hope that I would not have a single bit of talent left and could say, I used everything you gave me.—**Erma Bombeck**

"Written by Connie Greenhawk

Have you heard them singing in the trees
Locusts, welcoming a hot summer, unleashed
and free

God's voice will not be drowned out
He will come to you like it was a shout
Listen, just open your ears
Let His message come to you without any fears
Absorb it way down, deep in your heart
And from Him you will never be apart
He will calm you when the storm rages
His love guiding you through all the phases
Of faith, of love, of goodness and kindness
Following His lead, His word will lead you to a
lifetime of success.

If you would like to submit a favorite saying or thought, email to Connie at office@holytrinityoxfordmd.org

Service – The Christian Way

The Christian life is one of other centeredness. This way of life is not infrequently counter-cultural to the narcissism and egocentricity of this world. Jesus' message of servant to all was radical for its time and continues to be for our time. It is not an easy road to travel for any of us. Yet to be a devoted disciple we must turn our eyes outward. Private piety is fine and good but if it does not lead to service, then our spiritual journey is on the wrong path. This summer we set as a challenge the adoption of consciously driven habits of Acts of Kindness. I hope you have been able to integrate this practice into your life. Not only will each act send ripples of goodness out into the world, but those ripples will also build into a wave that can transform the world.

I think we all have had the experience that when we give, we receive in turn, it seems paradoxical that when you give away part of yourself, you end up being filled up. While that should not be the motivation for acts of kindness it does show that serving is the way life as it is meant to be lived. God's kingdom is about abundance not scarcity.

I recently came across a new book that draws attention to another benefit of living a life of service. Serving others benefits one's health.

Physician scientists Stephen Trzeciak, M.D., and Anthony Mazzaelli, M.D., just published a study on the health impact of serving others. In their book, **The Wonder Drug**, *“they illuminate, through neuroscience and captivating stories from their clinical practices, how being a giving, other-focused person is a secret superpower. Serving others—and pitching in to the world in general—is the evidence-based way to live your life. Kinder people not only live longer, they also live better. Science shows that serving others is not just the right thing to do, it's also the smart thing to do. Wonder Drug will make you rethink your notions of “self-care” and “me time,” and realize that focusing on others is a potent antidote to the weariness that so many of us feel in modern times. Getting outside of your own head, outside the swirl of self-concern that may dominate your mental chatter, is, ironically, one of the best things you can do for yourself.”*

Some of the proven potential health benefits Drs. Trzeciak and Mazzaelli found in their studies from serving others are: longer life; better control of blood pressure; fewer cardiovascular events like heart attacks & strokes; better functional status in the elderly; less chronic inflammation; slower aging; better willpower and physical stamina; more energy; better sleep; less depression; less anxiety and more happiness and fulfillment.

Jesus set an example of service throughout his ministry. Perhaps one of the most dramatic teaching moments was at the Last Supper. Rather than going along with the custom of the host or servant washing another's feet, Jesus washed the feet of all the apostles. Jesus the teacher, rabbi, prophet, and God himself served others and encouraged the apostles to do the same. *“For I have set you an example, that you also should do as I have done for you.”* John 13:15 Jesus fed the poor, healed the sick, lifted up the downtrodden, and gave hope to the hopeless. We are to do no less.

Esther de Waal in her book, **Seeking God The Way of St. Benedict**, writes *“to obey [in the Benedictine tradition] really means to hear and then act upon what we have heard, or, in other words, to see that the listening achieves its aim. We are not being truly attentive unless we are prepared to act on what we hear. If we hear and do nothing more about it, then the sounds have simply fallen on our ears and it is not apparent that we have actually heard them at all.”*

However, living life as a servant isn't just about the big notable acts. A servant mentality is shown in the small acts many more times than the public big acts. One of our parishioners wrote about an act of kindness: *“A lady whom I did not know, had her knee replacement surgery on June 6. I heard about it and made the famous Dolly Parton cream vegetable soup and delivered it along with a Get Well Card yesterday. She was surprised and most appreciative.”* A ripple of goodness was sent out to the world with this one kind act. Greeting the day and others with a smile, offering to help an elderly person carry their groceries, or offering a kind word to someone in need of lifting up – all these acts are the stuff of day-to-day life. And each of these small acts sends positive energy out into the world. This is the kind of energy that animates God's kingdom. This is the kind of life we are called to live.

Blessings. Fr. Kevin

MISSION SECTION



Mission Team Update

Your Mission Team met in late July. The agenda of our meeting was focused on responding to the flood disaster in eastern Kentucky, addressing the local food crisis, and planning for other Mission activities.

We approved the allocation of the following funds from the church mission account:

Salvation Army of eastern Kentucky: \$2000 for flood relief

Neighborhood Service Center: \$2000 for local food relief

St. Vincent de Paul: \$2000 for local food relief

Children's Home Foundation (a diocesan ministry): \$1000 for trade training scholarships

Talbot Mentors/Mid Shore Scholars: \$1500 scholarship for local scholar

In September we will take up our biannual collection for the Talbot Care Pack program which benefits children coming from food scarce households.

Our own food relief program, Wednesday Lunch Bunch continues to provide delicious soup and meals to the homebound population in Oxford and Trappe. Costs of the food have seen a dramatic increase. The Just Once Per Year (JOPY) program will continue to seek funding to cover the cost of the food supplies. We are extremely grateful to our Soup Meister and Delivery teams.

We also discussed the local effort to support the relocation of a Ukrainian family to the eastern shore. While much research has gone into this effort, the primary church leading the effort withdrew after assessing the level of commitment this would incur. Our team continues to assess how we can best be of help during this crisis.

In addition, while not discussed at the meeting, a contribution from the Rector's Discretionary fund has been directed to support Project Purple which will be highlighted during the month of September, National Recovery Month.

God has provided us with talent and an abundance of good fortune. We are blessed to be able to share that abundance with God's family throughout the world. We have received many accounts of Acts of Kindness and hope to share some of those with you in next month's Lifeline .

Smith Island Relief

On Sunday August 7th, we held the community of Smith Island in prayer at our Holy Eucharist service. Smith Island was hit by a tornado on August 4th. Several homes and structures were damaged. While a recovery effort was already underway, they were in need of financial support to assist with the clean up and restoration.

We were most fortunate to have a presentation at that service about Smith Island from our music director, Cora Bruner. Cora's doctoral dissertation was on the traditions and music of the Smith Island communities. In addition, Cora shared with us hymns sung by the island's church choirs.

A relief collection was taken up at the end of the service which raised over \$3000. (Some contributions were still being received as of the time of this article.) I have been in touch with Paster Everett Landon, the acting mayor of Ewell, Rhodes Point, and Tylerton. In response to our prayers and support he wrote: *"It is so encouraging and uplifting to know there are congregations like yours who are praying and supporting us. The people of Smith Island are grateful to you and to our gracious Lord and Savior. May God continue to bless you all."*

Thank you all for your compassion and generosity.

Educational Section

Worship Support Opportunities for You

Pre-Covid parishioners were involved in many areas of Worship Support that due to the pandemic were curtailed or placed on hold. We are on the path to returning to a sense of normalcy in society and at church. While there still is a need for vigilance and caution, it is now time to resume a more normal level of functioning. Worship is a collaborative activity of the people of God. At Holy Trinity we have many paths to become facilitators of our worship activities.

- **Altar Guild** (leader: Ginny Wagner) Sets the sanctuary and altar for regular Sunday and weekly services as well special services, such as baptisms, weddings, and funerals.
- **Flower Guild** (leader: Suzanne Litty) Provide flowers and other appropriate altar decorations for Sunday services and special services such as Christmas, Easter, Thanksgiving, concerts and other services as requested.
- **Choir** (director Cora Bruner): Spreads the joy of our faith through singing at our services.
- **Lectors** (leader: Kathy Becker) Read Scripture and prayers during services.
- **Ushers** (leader: Suzanne Fischer) Greet attendees, assist with seating, collect the offering, and carry communion elements to the altar.
- **Acolytes** (leader: Kathy Becker) Assist priest at the altar for the celebration of Holy Communion.
- **Broadcast** (leader: Gordon Fronk) Initiates the broadcast and directs the broadcast camera during worship from an iPad controller.
- **Fellowship Host:** Sponsors one of our Sunday Fellowship Hours. At the present time we schedule a fellowship hour after the first Sunday of the month's 9:30 am service. We provide beverages and treats but hosts are always welcome to bring their own delicious delights.

If you are interested in offering your services for any of these roles you may speak to the committee leader, or Fr. Kevin, or call the office for more information. We look forward to having you involved in helping us offer thanks and praise to our good God.

- Fr. Kevin

Sunday School Adventures!

This Fall we will continue to use Bible stories to learn what God calls us to do. We will use stories from both the Old and New Testaments. In addition to the Bible story, there will be an accompanying project reinforcing the story. We also plan to join at the Peace to take part in the service. The children love being a part of our church family!

If you have children, grandchildren, or friends who might like to participate, please call the office and leave a message or email Barbaracross22@gmail.com. Please put in the subject line, Sunday School.

We will have the Blessing of the Backpacks in September. Please watch future mailings for that date.
Barbara Cross

Educational Section



Church of the Holy Trinity Women's Luncheon Celebration & Meeting NEWCOMERS & LONGTIME MEMBERS WELCOMED!

**Monday, September 12, 2022
Parish Hall – 10:30 AM**

ALL Women of Holy Trinity – Mark your Calendars! On **Monday, September 12**, there will be a women's luncheon and meeting to celebrate the success of this past year's Christmas Bazaar and Plant Sale, make decisions about how these funds should be distributed to local charities, talk about the 2022 Christmas Bazaar, and discuss ideas for the future of the Episcopal Church Women (ECW), the official name of the organization that brings us together in support of local mission work.

This is always a joyful event that brings together longtime members and welcomes new ones! Enjoy camaraderie, delicious food, meaningful decision-making about funds distribution, and celebration of the positive difference our fundraising makes to causes we all hold dear. Please plan on joining us!

RSVP to Sandy Kaufman at either sandykaufman1@aol.com or by phone at 410-226-5301. ALL women of the Holy Trinity are welcomed!

Bishop San's Annual Visit

Bishop San's annual visit to Holy Trinity will be held on Sunday, September 4th at our 9:30 am service. Bishop San will have much news to share after his attendance this summer at the General Convention of the Episcopal Church in Baltimore and the Fifteenth Lambeth Conference in England. The General Convention is held every three years. The Lambeth Conference is a much rarer gathering which meets every ten years. At the Lambeth conference bishops from throughout the Anglican Communion gather in England for joint consultation on internal Anglican matters, relations with other churches and religions, and theological, social, and international questions. We will host a fellowship time with Bishop San subsequent to our celebration of Holy Eucharist. Please plan on joining us for this special day.

Just Once Per Year Lunch Bunch Program

THE LUNCH BUNCH NEEDS YOUR DONATION

The cost of food has risen dramatically yet this faithful group continues to prepare and deliver food to those in need. Please send in your donation today to support this worthy mission. Remember to write LUNCH BUNCH on the memo line of your check.

Sharon Paz

MUSIC

Music Notes

August Service Musicians

August 14 8 and 10 a.m. service The Piano Ladies
4 Piano 8 Hand Music

August 21 Linda Sattler, Piano

August 28 Martha Britt, Piano

Cora will be taking vacation time August 20 - September 2.

Instrument Updates:

The unexpected repair and restoration work on the Yamaha Baby Grand piano has been completed. We are very appreciative to Dick Moore, who came out of retirement to do emergency repairs on the action and perform the restoration work. After a few more tunings, it will be in tip-top shape!

Pipework has been completed on the Visser Rowland Pipe Organ. Due to scheduling difficulties, the pipes will be re-installed and the organ tuned mid-September. Our organ technicians say the pipes now sound better than ever!

One of our keyboards had to be replaced, due to age and electrical issues. A replacement has arrived, just in time for The Piano Ladies Sunday, August 14th. Over the summer we have had to incur unexpected expenses due to the emergency repairs of our instruments. Therefore, we have invited a number of our incredibly talented guest musicians to join us in an afternoon of fun, familiar musical selections. Please mark your calendars and join us!

An Afternoon of Great Music

With Local, Professional Musicians

Sunday, August 28, 2022

4:00 p.m. at the

Church of the Holy Trinity

502 S. Morris Street, Oxford, MD

Featuring



Denise Nathanson
Cello



Ashley Watkins
Flute



Melissa Wise
Soprano

Also,

The Delmarva Trio
4 Piano 8 Hands

A free will offering will be collected to Benefit the Church of the Holy Trinity Musical Instruments fund. Call the Church office at 410-226-5134 for more information.



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The Church of the Holy Trinity



Lifeline



MISSION

The Church of The Holy Trinity, an Episcopal Parish in Oxford, Maryland: a caring Christian community dedicated to growing in God's love through worship, study, service and fellowship.

Who We Are

We are a small parish with a big heart comprised of committed people willingly sharing their talents to help those in need.

We are all seekers on a spiritual journey; encouraging of others also on the journey, and non-judgmental of where one might be on that journey.

Service Schedule is as follows:

Sunday Holy Eucharist Services are held 8:00 am and 10:00 am with the first Sunday of every month a combined service at 9:30 am in person and Broadcast