



# **TRINITY TOPICS**

***The Newsletter of Trinity Episcopal Church***

**POTTSVILLE, PENNSYLVANIA**

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**May/June 2018**

Dear People of God at Trinity,

“Death is conquered, we are free, Christ has won the victory!”

The triumph and celebration of Easter Sunday has passed, but the victory of Christ’s resurrection is with us always. God’s love for us is so great that he gave his only begotten Son so that our victory will be eternal life. We are all witnesses to the power of darkness into light, death into life and we need to carry that message to all we meet.

A recent devotion mentions how we recommend our favorite electrician, plumber, hairstylist, etc. to others because of their great service and we want to share that with our friends and colleagues. “As Christians, we have experienced the best service of all time — Christ offers himself, his very life, for the sake of the whole world.” We need to share this service with everyone we know and others we may meet. Through our belief and faith we can offer hope and the grace of God to all in our daily lives.

The great commandment of Maundy Thursday instructs us to love others as we have been loved. The love and welcoming here at Trinity is palpable as evidenced by our visitors who return in joy to worship and know the loving service of Christ through us as witnesses to the victory of love, light and life!

With gratitude for the loving spirit of this parish and the victory of our Lord that continually shines through us.

Your Vestry

### **Trinity Church’s Mission Statement**

“Living, loving, sharing in the name of Jesus Christ”

### **Vision Statement**

“Honoring the past as we build a strong foundation for the future, while sharing our Christian faith through service to the community.”

## **UTO Boxes**

We have celebrated the victory of our Lord Jesus Christ over death. He is the greatest gift of all to us. Let us continue in our daily lives to be grateful for all the blessings in our lives. We have the opportunity to demonstrate that sense of thanksgiving each day with our UTO boxes. Even a few pennies each time you are blessed will count up when we have our annual Ingathering in September. Thank you for celebrating the blessings in your lives with your offerings to create blessings for others.

## **Stoles for Kurt**

As we approach the ordination day for Kurt (see invitation notice), we are collecting your gifts toward the stoles he will use as a deacon in all liturgical seasons. The Vestry has gifted a white stole, another parishioner has gifted a purple stole and the funds received from the parish will purchase a red stole (which he will use for his ordination) and a green one. If you would care to contribute, please earmark your gift for Kurt and place in the offering plate or mail to the office. All stoles will be blessed at his ordination.

## **Chapel of the Resurrection**

Please note that our summer services at the Chapel of the Resurrection in Charles Baber Cemetery will begin on Sunday, June 17 at 9 am. They will continue through Sunday, September 9 which is also Baber Day in the afternoon.

Please mark your calendars.

## **Ordination Day—Transportation**

As you can see from the invitation from the Diocese, Kurt will be ordained to the Diaconate on Saturday May 19 at 11 am at the Cathedral in Bethlehem. A 14 seat passenger van is already full. If you are interested in going, please ask if other parishioners who are driving have room for more passengers. Van departure will be from the church at 9:15 am and departure from the Cathedral back to Pottsville will be at 2 pm.

## **Summer Reading Camp News**

Plans are progressing for Summer Reading Camp. Pottsville School District is in the process of identifying and referring children who are experiencing challenges with reading for enrollment in camp. However, there are still some openings remaining and we are working with Assumption, Gillingham, Schuylkill County Child Development, and SWiC to fill those spots.

The Pottsville Library will also be working with us to plan a visit to the library and to help the children obtain library cards. Our collection of donated books is growing; many thanks to those parishioners who have donated books. There is a book list at the rear of the church with suggestions for those people who still may want to donate but are unsure of what to purchase. Many local businesses have donated free or reduced priced lunches for the children and Weiss and Giant have donated gift cards.

Our next volunteer meeting will be after church on Sunday May 6 in the lounge where we will discuss matching the students with activities that are appropriate for their reading level. It is still not too late to become involved in camp as a volunteer. In addition to volunteering to work with the children, people can help by assembling packets of materials for camp. We will need to have 3-4 activities planned and ready for 4 different groups of children each day. When we have chosen the activities we will need help with things such as cutting out game pieces, collating papers, making up cards for word walls etc. These are things that can be done at home and would be a tremendous help in getting each day off to a good start for the children. Anyone who is interested in helping should contact Barb Tokarz at 570-739-4123 or [bpt9@verizon.net](mailto:bpt9@verizon.net)

## **The Music Corner** by Cora A. Gamelin-Osenbach

As we come to the close of another choir season, we are grateful for those who commit their time and talent to the Glory of God through music. As Saint Augustine prayed, “those who sing, pray twice”. We always welcome people who may be interested in joining the choir, however; as with many things, change must come and there will be forthcoming information about our music program in the July/August edition of the TOPICS. We are also grateful for Lea Bortner’s time with the children who offer their singing and chime playing gifts several times a year. It is a delight to have them enhance our worship. We are blessed and grateful for all involved in the music program.

### **Concert Series**

Another delightful concert was offered on April 8 with Trio Jolie. The audience was enthralled by the combination of flute, oboe and cello and the trio was thrilled by the audience reaction and the great fellowship at the reception.

Many thanks to all who contribute to this community outreach. Blessed are the patrons, bakers, cooks, flyer maker, tablescape artist and clean-up crew for they shall be rewarded with a heavenly feast!

On May 20, the last concert of our eleventh season will feature the Tapestry Cello Ensemble presenting a wonderful program for this unique ensemble combination. Please see the enclosed flyer. We will seek once again goodies for this reception. Sign-up sheets will be on the bulletin board and in the ambulatory. Many thanks in advance.

### **Susan Starr Memorial Awards**

On Sunday, May 20 (Pentecost), awards will be given to our graduating seniors. This is a wonderful recognition of our young people who have contributed to the life of our parish and who are beginning the next step in their journeys.

### **Sunday School News**

On May 13 we will celebrate Mothers’ Day by distributing flowers to all the ladies for mothering us throughout the year. This will also be our celebration of Ascension Day as we once again host Bubble Sunday in front of the church following the service. This visual representation helps us recall Jesus’ ascension into heaven. Bubbles and light refreshments will be provided. All are welcome to join us!!!

We will celebrate Pentecost on May 20 with a Red Sunday party in the lounge following the service. Our graduating seniors will be recognized that day as well.

June 3 will be the last day of Sunday School, Church School Sunday. Our students will be participating in various aspects of the service.

The date of the Annual Parish cookout will be on June 10. Watch the weekly bulletin for more information.



By the Grace of God and with the people consenting,  
the Right Reverend Sean W. Rowe  
Bishop of the Diocese of Bethlehem  
will ordain

Kurt Kriztofer Kovalovich  
&  
Jennifer Marie Scott

to the Sacred Order of Deacons  
in Christ's One Holy Catholic  
and Apostolic Church

on Saturday, the Nineteenth of May  
two thousand and eighteen  
at eleven o'clock in the morning

at the Cathedral Church of the Nativity  
321 Wyandotte Street  
Bethlehem, Pennsylvania.

Your prayers and presence are requested.

Reception following

Clergy: Red stoles

# Trinity Episcopal Church Concert Series

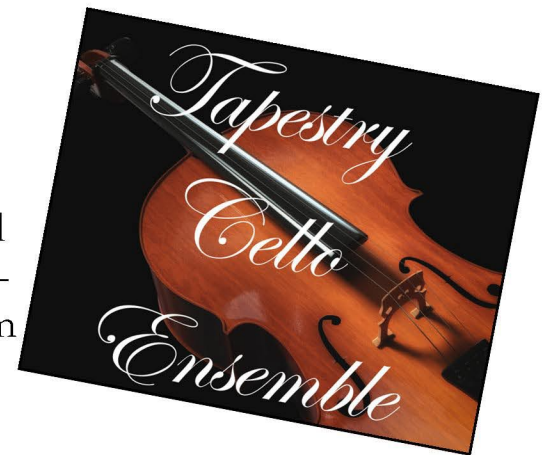


Sunday May 20, 2018  
at 4 pm

## Tapestry Cello Ensemble

*Nancy Baun  
Amy Butler-Visscher  
Sean Neidlinger  
Daniel Shomper*

Nancy Baun (friend of our series), Amy Butler-Visscher, Sean Neidlinger and Daniel Shomper will share their joy of cello chamber music with us, presenting creative arrangements of masterworks from the Renaissance, American Song Book, Tangos, classical themes and Broadway.



Tapestry members have performed in many international music centers, played under some of the most acclaimed conductors, taught at colleges and universities throughout the mid-Atlantic area, and studied with some of the most important cellists of our time.

**Come meet the Artists at a post-concert reception in the lounge.**

**No Admission Fee - Free Will Offering Taken**

For more information, contact Trinity Episcopal Church  
200 S. Second Street, Pottsville, PA 570-622-8720  
[trinitypottsville@verizon.net](mailto:trinitypottsville@verizon.net) [trinityepiscopalpottsvillepa.org](http://trinityepiscopalpottsvillepa.org)

***Trinity is Handicapped Accessible***

***Upcoming Events***

***FAIRFIELD DUO***

***CORA GAMELIN-OSENBACH, SOPRANO***

Sunday October 14, 2018 at 4 pm

# May 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 12Noon Healing Service	3	4 7:00pm Ballroom Dance	5
6 <b><u>EASTER VI</u></b> 9:00am Service 9:00am Church School	7 7:30pm AA	8 7:00pm CBPT	9 12Noon Healing Service	10	11 7:00pm Ballroom Dance	12 12:30pm Service for Bishop Sean, St. Stephen's Pro-Cathedral, Wilkes-Barre, 2:00pm Reception
13 <b><u>EASTER VII</u></b> 9:00am Service 9:00am Church School	14 7:30pm AA	15	16 12Noon Healing Service	17	18 7:00pm Ballroom Dance	19 11:00am Kurt's Ordination to the Diaconate-Cathedral Church of the Nativity, Bethlehem
20 <b><u>PENTECOST</u></b> 9:00am Service Susan Starr Memorial Awards 9:00am Church School 10:30am Vestry 4:00pm Concert Series	21 4:30pm Soup Kitchen 7:30pm AA	22 1:00pm MPTF	23 12Noon Healing Service	24	25 7:00pm Ballroom Dance	26
27 <b><u>TRINITY SUNDAY</u></b> 9:00am Service 9:00am Sunday School	28 7:30pm AA	29	30 12Noon Healing Service	31		

# June 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 7:00pm Ballroom Dance	2
3 <b><u>PENTECOST II</u></b> 9:00am Service 9:00am Church School Program	4 7:30pm AA	5	6 No Noon Service	7	8 7:00pm Ballroom Dance	9
10 <b><u>PENTECOST III</u></b> 9:00am Service Church School Picnic	11 7:30pm AA	12	13 No Noon Service	14	15 7:00pm Ballroom Dance	16
17 <b><u>PENTECOST IV</u></b> 9:00am Service <b><u>CHAPEL OF THE RESURRECTION- CBC</u></b>	18 4:30pm Soup Kitchen 7:30pm AA	19	20 12 Noon Healing Service 12:30pm Shannon Fund Board Meeting	21	22 7:00pm Ballroom Dance	23
24 <b><u>PENTECOST V</u></b> 9:00am Service <b><u>CHAPEL OF THE RESURRECTION- CBC</u></b>	25 7:30pm AA	26	27 No Noon Service	28	29 7:00pm Ballroom Dance	30



## News from Marion C. Price Trust Fund

**Fibromyalgia** is a painful, chronic disease that affects the musculoskeletal system accompanied by fatigue, sleep, memory and mood issues. Researchers believe that fibromyalgia amplifies painful sensations by affecting the way your brain processes pain signals. The cause is unknown and much about the condition remains a mystery.

Symptoms sometimes begin after a physical trauma, surgery, infection or significant psychological stress. Much about the condition remains a mystery.

The variable nature of the symptoms frequently makes it a difficult condition to diagnose. In the past, doctors would check 18 specific points on a person's body to see how many of them were painful when pressed firmly. Newer guidelines allow a diagnosis of fibromyalgia if a person has had widespread pain for more than 3 months – with no underlying medical condition that could cause the pain.

The pain is often described as a constant dull ache. Sleep is often disrupted by pain, some have reported restless leg syndrome and sleep apnea. A symptom commonly referred to as “fibro fog” impairs the ability to focus, pay attention and concentrate on mental tasks.

In general, treatments for fibromyalgia include both medication and self-care. The emphasis is on minimizing symptoms and improving general health. No one treatment works for all symptoms.

Medications can help reduce the pain and improve sleep. Common choices include: pain relievers, antidepressants and anti-seizure drugs.

A variety of different therapies can help reduce the effect that fibromyalgia has on your body and your life. Such as: physical therapy, occupational therapy and counseling.

Self-care management include: reducing stress, getting enough sleep, exercising regularly, pacing yourself and maintaining a healthy lifestyle.

Complementary and alternative therapies for pain and stress management aren't new. Therapies such as: meditation, yoga, acupuncture and massage therapy may help relieve the pain and therefore reduce the stress.



**Choose a diffuser that's right for you** – a device designed to diffuse (spread or scatter) a scent efficiently. There are 4 different kinds of diffusers on the market today: nebulizing, ultrasonic or humidifying, evaporative and heat.

A nebulizer diffuser works basically the same way a perfume atomizer works. The airflow blowing across the surface of the oil at the top of the tube blows the oil away in a fine spray or mist. These quickly saturate the air with oil, are best for therapeutic use but can typically be louder and use a lot of oil.

Ultrasonic or humidifying diffusers utilize electronic frequencies to cause a small disc under the surface of a liquid (usually water) to vibrate at a very fast rate. They humidify the air and conserve oil but typically need cleaning often.

Evaporative diffusers use a fan or the existing air current. The fan blows air from the room through some sort of pad or filter that has essential oils dropped onto it. These are often a personal diffuser, worn as a necklace pendant, bracelet or mesh bag. These provide aroma for a small area and are pretty quiet.

Heat diffusers are usually plugged into an outlet to produce stronger smells. These provide aroma for a small area and are silent. But the oil components evaporate at different times and high levels of heat alter the oils.

**Heart disease** is the leading cause of death in the United States. Stroke is the 5th leading cause of death in the U.S. Together, heart disease and stroke, along with other cardiovascular diseases, are among the most widespread and costly health problems facing the nation today. Fortunately, they are also among the most preventable.

The leading controllable risk factors for heart disease and stroke are: high blood pressure, high cholesterol, cigarette smoking, diabetes, unhealthy diet, physical inactivity and obesity.

Overtime, these risk factors cause changes in the heart and blood vessels that can lead to heart attacks, heart failure and stroke. It is critical to address risk factors early in life to prevent these devastating events and other potential complications of chronic cardiovascular disease.

Controlling these risk factors remain a challenge but are an important aspect of preventing heart attacks and stroke.

Knowing your blood pressure, blood lipids and blood sugar and taking measures to maintain in a healthy range is an important step. Another crucial step is to eat a balance diet. This should include plenty of fruits and vegetables, whole grains, lean meat, fish, reduced salt, sugar and fat intake, alcohol in moderation, increase physical activity and avoid tobacco use.



# Charles Baber Cemetery Preservation Trust

## Splashy Spring

Spring seemed slow to come this year, especially for those of us who were eagerly awaiting the longer sunlight hours, the warmer weather, and the chance to play outdoor activities, like baseball, or golf, or tennis. Even with April having cold, dreary, and snow flurried weather in the first two weeks, the trees and shrubs at the Baber Cemetery knew spring had arrived. The 'Red Sunset' red maple, stretching from the chapel to 16th Street, already had red leaf buds appearing by the first week of April. The red buds were only opened two weeks before they quickly changed to green. The yellow daffodils at the chapel came next. But to spread out the red, pink, purple, and white colors, the tulips, azaleas, flowering and Kousa dogwoods, and the magnolia inside the front gate all waited until May to bloom. The various dogwoods are in bloom in different colors. Their flowers, although all have four petals, are in different shapes. The flowers on the dogwood south of the Atkins mausoleum are fuchsia colored with a white dot on each of its four petals and a white center. The white blossoms of the callery pear and the Japanese tree lilac, both by the barn, have appeared. They are both fragrant, although some don't like the strong odorous smell from the callery pear. We are waiting for the newly planted red buds at 16th Street, and the two baby kwanza cherry aside of the pond to bloom with their pinks and reds. Seldom seen because of their location along the terraces below the chapel and along the Woodland loop hillside down from the Middle School parking lot, the tall and skinny black cherry trees, with their flaky bark that looks like burnt corn flakes glued to the bark, have blossomed with small white buds.

The two babies and one mature copper beech, by the Pott plot and to the east of the chapel, have shed their dried leaves that stayed on the trees all winter. So did the swamp white oak by the pond. The London planetrees along the West Market Street wall have shed their seed balls with the fine down laying in the gutters. Their bleached yellowish-green spotty bark, that was seen so prevalently during the winter, will now take on a smooth gray colored bark before peeling again in the late fall. The tall chocolate colored cryptomeria to the east and west of the chapel are replacing their brown dried poodle dog needle clusters with emerald green needles. The Japanese red maples are draped in their lacey burgundy and green leaves. The star-shaped leaves of the sweetgum, and the soft fern-like leaves of the dawn redwood, both east of the pond, are slower and later in appearing. The evergreens, like the eastern white pine, the Norway spruce, the yews, and the arborvitae that were so prominent in the winter months among the barren trees, will now fade into the background, as the deciduous trees grow full and overpowering with their leaf volume. Under the Norway spruce, the grass is dotted with many of their long and large dried pine cones.

The Japanese Larch, which is the only conifer tree to lose its needles during the winter, has grown its long, dangling shoots with its soft needlelike spurs. These trees are located down by the very tall Eastern White Pine and often go unnoticed. The zigzag or saw tooth-like knobby spurs of the two adult Ginkgos will grow into large fan-shaped leaves. Two last must-see tree growths are the growing and unfurling of the leaves of the Homestead Hybrid Elm to the east of the pond, and the green and yellow tulip-shaped flowers of the tall Tuliptree inside the main entrance. The Elm's leaves are long, narrow, and serrated. They grow together in balls and almost look like a small head of leafy green lettuce. As they unfurl, the leafy head gets larger and larger until the leaves can break free of each other and expand outward. It's amazing to see. The Tuliptree's flowers appear around Memorial Day. Our garden cemetery has such a wide and varied shade of greenery with each species carrying its own distinct green coloring. So much to see. Come and visit if you can!

# **Charles Baber Cemetery Preservation Trust**

## **Spring Clean-up**

April is always a busy and frantic month for the cemetery workers. They have large broken branches to cut up, pick up, and haul away from our Eastern White Pine, and smaller branches from other trees, like the Norway Maples and the London Planetrees, and plenty of twigs from all the other trees. Then there is the clean up from the winter debris of blown paper throughout the property, especially from the school children who cross the property each day, and from trash hauling days with high gusty winds that blow the neighbor's trashcans and trash along Market Street and 16th Street. All of our lawn mowing and weed whacking equipment had to be serviced after the branch and trash cleanup. Then they had the cleaning of dirt, mud, leaves, and twigs from the drain grates, from the drain basins, and from the brick gutters leading to the drains. And finally, the work crew is ready for a long summer of grass mowing. Sometimes we are fortunate enough to get helpers for six weeks from Career Link, but last year there was a program cut back, and no one was looking for that type of work.

## **Memorial Day**

The Thursday or Friday before the Memorial Day weekend, depending on the weather and the school schedule, the 4th grade Pottsville Area school children come to the cemetery to replace all last year's worn veterans' flags. The program is run by the Joint Veterans' Association. The children are jubilant and excited because they are skipping their afternoon classes, they are outdoors, and it is like an Easter egg hunt, where they have to find the old and worn flags to replace them with the new ones. Following the return of the old flags to the Veterans' Association, the children are lead in prayer or read an essay or poem about Memorial Day by a Trinity Church representative, like Kurt Kovalovich. This is followed by a 21 gun salute and the playing of taps.

## **Arbor Day, Friday, April 27th**

While this insert for the *Topic* newsletter is due before we celebrate Arbor Day, at the time of this writing, there are four Red Bud trees and 6 European Hornbeam trees available for sponsorship. The Canon Rev. Clifford Carr will do the tree blessings again this year at the 2:00 PM service. As in the past, students from Nativity and Pottsville High Schools will read poems or essays about trees. Many thanks to Norm Kauffman who digs holes and plants the baby trees for the Arbor Day service. The sponsorship to date is: (1) In Loving Memory of Daniel W. Guers, given by Jeanne M. Guers and Family; (2) In Loving Memory of Michael & Violet Puzauskie and William & Violet Heywood, given by the Puzauskie, Baker, Burns and Bartashus Families; (3) In Loving Memory of my Husband, Joe Kocher, given by his Wife, Joann Kocher, (4) In Loving Memory of the Warne and Hildreth Families, given by Ellen Hildreth; (5) In Loving Memory of James and Kathleen Hampford, given by the Hampford Children; (6) In Loving Memory of Dorothy and Henry Asson, given by Peggy Moser; (7) In Loving memory of Kathleen A. Daniels, given by Patricia and Allen Brennan; (8) In Loving Memory of Horace Love, given by Fred and Dona Brown (9) In Celebration of the Ordination of Deacon Kurt Kovalovich, given by Carol Field.

## **Thank you!**

Thank you to all parishioners who made a contribution to the Charles Baber Cemetery Preservation Trust in response to our donation letter request sent out in February. Your contributions were greatly appreciated since January through May are lean months with no income coming in and large expenses, like labor costs and heating oil bills for the chapel, having to be paid. If you haven't sent something in, please consider giving a charitable donation to this unique garden park and cemetery. Your check should be made payable to the "Charles Baber Cemetery" and mailed to the office (200 S. 2nd St., Pottsville) or dropped in the collection plate.

## **Trinity Episcopal Church**

200 South Second Street  
Pottsville, PA 17901  
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Return Service Requested

**Deadline  
For  
July/August "Topics"  
Friday, June 15, 2018**

Non-Profit Org.  
U. S. Postage  
PAID  
Permit No. 305  
Pottsville, PA 17901

### **May Birthdays**

2 – Carol Ann Bigg  
5 – Evelyn Barnwell  
6 – Kellon Jones  
7 – Cara Kovalovich  
8 – Paul Barnwell  
11 – Pam Foley, Jim Rinehart  
12 – Gabrielle Menuchak  
16 – Bonnie Eckert  
18 – Jacquelyn Curtis  
24 – Elaine Howells  
26 – Mason Frederick  
28 – Tom Dodds  
29 – Jack Mansell  
30 – Nancy Cairns  
31 – Marria Walsh

### **June Birthdays**

2 – June Bednar  
4 – Ann Beaver, Robert Petlansky  
Corrine Gearhart, Aralyn Schenck  
6 – Michael Pozza  
11 – Keith Grabowski, Brady Hess  
12 – Howard Mitchell  
13 – June Reedy  
14 – Lynn Holden, Karen Fehr  
19 – Paul Harley, Emmeline Stone,  
Joanne Barton  
20 – Mitchell Bradley  
24 – Robert Wetzel Jr.  
25 – Frank Osenbach  
26 – Ronald Frederick, Teagan Wehr  
28 – Mickey Bradley  
29 – Zachery Brennan  
30 – Robert Bedford