



# TRINITY TOPICS

## The Newsletter of Trinity Episcopal Church

POTTSVILLE, PENNSYLVANIA

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January/February 2020

Dear People of God at Trinity,

As we celebrate the season of Light — Epiphany — let us remember our Advent journey of Hope, Peace, Joy and Love. The birth of our Lord and Savior brought to life these four essentials of our faith life, not just for four weeks, but for all time.

Jesus is the Way of Love. Our lives revolve around that Love and with repeated practice of study, worship, prayer and the sacraments; we grow in grace and in holiness as we attempt to emulate the example of Jesus every day in every way. We need to turn in the Way of Love daily by waking, pausing, listening intently and choosing to follow Jesus.

Our Savior is our gift from God; the literal translation of Eucharist in Koine Greek, the language of the New Testament, is “good gift”. We receive this gift — the bread of life every time we receive Communion because Jesus himself is nourishment for the soul. In the sixth chapter of John, we are told that we will never hunger or thirst because of this gift of Jesus, the true bread of heaven.

Let us move forward in this new year and this season of Light bringing Hope, Peace, Joy and Love to those around us in our parish, our community and the world. The gift of Jesus is with us as we serve in His name with God’s grace.

Your Vestry

*February 26 — Ash Wednesday: Ashes in a Flash at different locations — if you are interested in serving for this community outreach, please speak with Deacon Kurt.*

*12 noon — Ash Wednesday service and Imposition of Ashes in St. Luke’s Chapel at Trinity*

*5:30 pm — Deacon’s Eucharist and Imposition of Ashes at Holy Apostles in St. Clair.*

### **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.”



## Annual Meeting

The Annual Meeting will be held on Sunday, January 19, 2020 beginning with the 9 am service. At the conclusion of the service and the election of Vestry members, the meeting will continue in the lounge with a light breakfast. Please plan to attend and ask questions so you can be more informed about your parish and the challenges we face and the blessings we have and offer to each other.

## Annual Meeting Reports and Vestry Biographies

Reports from all ministries and committees are due in the office no later than January 6, 2020. Also, short biographies from those standing for election to the Vestry are due by the same date. Please be prompt so that Edna can compile the booklet in a timely manner.

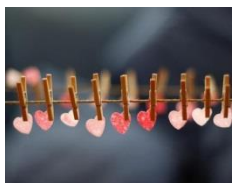


## Flower Donations

When flowers are donated for memorials or thanksgivings, please contact the church office if you want special flowers or colors in the arrangements. Please continue to sign the flower book in the ambulatory, but contact Edna if you have a special request. That will make our standing order much easier to handle with just one call and less chance for confusion. Thank you! The price for two arrangements on Sunday is \$35; however, if you want to offer more for something special, that can be arranged.

## Stewardship Cards

There are Stewardship cards available at each entrance. Please prayerfully fill them out with your pledge so the Vestry can plan to continue our ministries and with the hope that combined with a potential Diocesan grant, we may be able to have a part-time priest in our future.



## Line of Love

Winter is upon us, so if you can offer hats, scarves and gloves for the Line of Love our Parish Nurse Kathy Burda will appreciate your contributions. These items will be placed at the front of the church ready to offer this community outreach and ministry of warmth and love.

## Souper Bowl Sunday

On Sunday, February 2, 2020, we will have another soup sale fundraiser. The warm, delicious soups from our great cooks will be the perfect light supper or lunch for cold winter days. Containers will be available in the new year.





## The Music Corner

by Cora A. Gamelin-Osenbach

### Choir

What a joyful celebration of our Lord's birth was experienced at our two services on Christmas Eve. The children singing and chiming under the direction of Miss Lea was a crowning touch to the pageant and Family service. Thank you to Ryan Wehr for adding so much to the music with his guitar accompaniment. Much gratitude is extended to Pamela Foley for stepping in at the last minute to provide lovely organ music after Cora's accident. It is a blessing to have her in our midst and Father Tim to celebrate our services. Our choir's a cappella anthem was exquisite. Many thanks to them.



### Concert Series

Two great concerts in our 13th season so far and we look forward to welcoming organist Paul Reese In 2020. More details will follow in the March/April edition of the TOPICS, but be sure to put March 29, 2020, on your calendars. Thanks to our faithful patrons and audience and to our wonderful culinary volunteers who never disappoint with delicious offerings for our receptions. Many thanks to all!

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### Lay Eucharistic Visitors

There will be no assigned Lay Eucharistic visits during the months of January and February; however, if you would like someone to visit you with Communion, please call Kathy Burda or the office and someone will call upon you when the weather permits.



### Ash Wednesday

Wednesday, February 26 is the beginning of another Lenten season. Deacon Kurt will be offering Ashes in a Flash and is looking for volunteers to help him at different locations during the day. There will be a 12-noon service in St. Luke's Chapel with Imposition of Ashes and Healing. Also, in ministry with our sister churches, a 5:30 pm Deacon's Eucharist and Imposition of Ashes will be held at Holy Apostles in St. Clair.



## Church School

There will be **no Sunday School on January 19**. This is the day of the Annual Parish Meeting. A movie will be set up in the chapel for the children.

Throughout January and February, we will be collecting items for our annual outreach project for the local hospital pediatric unit. **We are looking for donations** of new items such as children's socks, Lego sets, books for various ages, matchbox cars, decks of cards, small notebooks and pens, crayons and coloring books, hair accessories, etc. to brighten a child's day while they are hospitalized. We appreciate ANY contribution to this project. Contributions can be given to any Sunday School teacher. Even one item can make a difference. If everyone does a little, together we can do a lot.

We will be hosting a **Valentine's Day party on February 9** in the lounge following the service. A sign-up sheet will be posted for anyone wishing to contribute food/drinks.

On **February 23**, we will be preparing for the Lenten season by symbolically "**burying the Alleluias**" during the service.

The Sunday School is also making arrangements to host the **annual MOVIE NIGHT**. The date has not yet been confirmed. Please watch the weekly bulletins for further details. As is our custom, our congregation as well as other county Episcopal churches, are invited to attend at no cost. Refreshments are provided. Please plan to join us for a family-oriented movie and some fellowship.

We will continue to collect loose change at the church entrances for the Pennies for the People project. This collection supports the local homeless shelter. Please help us to continue this important mission.

# January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 OFFICE CLOSED	2	3 7:00pm Ballroom Dance	4
5 II CHRISTMAS 9:00am Service 9:00am Church School	6 FEAST OF THE EPIPHANY Deadline for Vestry BIOS 7:30pm AA	7	8 12 Noon Healing Service	9 1:00pm Epiphany Study Group at the Rectory	10 7:00pm Ballroom Dance	11
12 FEAST OF THE BAPTISM 9:00am Service with Baptisms 9:00am Church School	13 7:30pm AA	14	15 12 Noon Healing Service	16 1:00pm—Epiphany Study Group at the Rectory	17 7:00pm Ballroom Dance	18
19 2 EPIPHANY 9:00am Annual Meeting and light breakfast <u>NO Church School</u>	20 Office Closed 4:30pm Soup Kitchen 7:30pm AA	21	22 12 Noon Healing Service	23 1:00pm Epiphany Study Group at the Rectory	24 7:00pm Ballroom Dance	25
26 3 EPIPHANY 9:00am Service 9:00am Church School	27 7:30pm AA	28 1:30pm MPTF Meeting	29 12 Noon Healing Service	30 1:00pm Epiphany Study Group at the Rectory	31 7:00pm Ballroom Dance	

# February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
<b>2 THE PRESENTATION</b> 9:00am Service 9:00am Church School  <b>SOUPER BOWL SUNDAY</b>	<b>3</b> 7:30pm AA	<b>4</b>	<b>5</b> 12Noon Healing Service	<b>6</b>	<b>7</b> 7:00pm Ballroom Dance	<b>8</b>
<b>9 5 EPIPHANY</b> 9:00am Service 9:00am Church School Followed by Valentine's Day Party	<b>10</b> 7:30pm AA	<b>11</b> 7:00pm CBPT Meeting	<b>12</b> 12Noon Healing Service	<b>13</b>	<b>14</b> 7:00pm Ballroom Dance	<b>15</b>
<b>16 6 EPIPHANY</b> 9:00am Service 9:00am Church School 10:30am Vestry Meeting	<b>17</b> 4:30pm Soup Kitchen 7:30pm AA	<b>18</b>	<b>19</b> 12Noon Healing Service	<b>20</b>	<b>21</b> 7:00pm Ballroom Dance	<b>22</b>
<b>23 LAST SUNDAY AFTER            THE EPIPHANY</b> 9:00am Service 9:00am Church School	<b>24</b> 7:30pm AA	<b>25</b>	<b>26 ASH WEDNESDAY</b> 12 Noon Imposition of Ashes, St. Luke's Chapel 5:30pm Deacon's Eucharist and Imposition of Ashes at Holy Apostles, St. Clair	<b>22</b>	<b>28</b>	

## News from Marion C. Price Trust Fund

**Blood Donation** - Saving a life is something almost everyone can do in their lifetime – it doesn't have to be a heroic rescue of someone drowning in a raging river or rushing into a burning building to retrieve a toddler either. It can be something as simple as rolling up your sleeves. One donation can save up to three lives.

Every 2 seconds someone in the United States needs blood. It is essential for surgeries, cancer treatments, chronic illnesses and traumatic injuries. Whether a patient receives whole blood – (the blood that flows through your veins) that can be transfused in its original form or separated into red blood cells that carry oxygen to your body's cells and carry away carbon dioxide to be exhaled from the body, platelets cells that help your blood clot when you get a cut or scrape or plasma, the liquid substance that carries the platelets through the body.

The blood type most often requested is type O. Type O can be given to patients of all blood types. Because only 7% of people in the United States are type O, it is always in great demand and often in short supply. Blood and platelets cannot be manufactured; they can only come from volunteer donors.

There are certain foods and drinks that can optimize your body for a blood donation. First and foremost, since you are losing fluid through a blood donation, make sure you stay hydrated before and after the donation. You should also consider bulking up on iron, which your body uses to make hemoglobin that distributes oxygen to various tissues and organs. Consider eating foods such as beef, pork, chicken, fish, eggs, spinach, kale, whole wheat bread, strawberries, watermelon and beans to help increase iron levels and avoid iron deficiency-related anemia from giving blood.

Try to avoid alcohol for 24 hours before your donation, as it can cause dehydration. Also watch your intake of fatty foods and "iron blockers" such as coffee, milk, cheese and red wine. Try not to take aspirin for 48 hours beforehand.

American Red Cross Blood Mobiles scheduled for January – February – 2020:

January 2, 2020 – Thursday at Auburn Ambulance Building 1 - 6 PM

January 9, 2020 – Thursday at Good Shepherd Building, Minersville 1 - 6 PM

January 10, 2020 – Friday at Fairlane Village Mall 1 - 6 PM

January 16, 2020 - Thursday at Jerusalem Lutheran Church, Schuylkill Haven 12:30 – 5:30 PM

February 14, 2020 – Friday at Friedensburg Fire Company 12- 5 PM

For more information call 1-800-RED CROSS or 1-800-733-2767.

**Heart Disease** covers several conditions such as coronary artery disease (CAD), arrhythmias, cardiomyopathy and heart failure.

Warning signs:

*CAD*- frequent chest pain called angina.

*Arrhythmias*-make your heart race, slow down or quiver.

*Cardiomyopathy* – breathlessness at rest or with exertion, swelling of the legs, ankles and feet, bloating of the abdomen, cough while lying down, fatigue, rapid heartbeats, chest discomfort or pressure, dizziness, lightheadedness and fainting.

*Congestive Heart Failure* – shortness of breath, fatigue, weakness, swelling in legs, feet and ankles, rapid or irregular heartbeat, persistent cough or wheezing, rapid weight gain for fluid retention, lack of appetite, nausea, difficulty concentrating, sudden, severe shortness of breath or chest pain.

*Heart Attack (Myocardial Infarction)* – chest pressure or discomfort spreading to back, jaw, throat or arm, nausea, indigestion or heartburn, fast or irregular heartbeats. Women don't always feel chest pain, they are more likely to have heartburn, heart flutter, loss of appetite, cough or feel tired or weak.

If you think you or someone else is having a heart attack, act fast, it is a medical emergency **CALL 911**. Do not attempt to drive them or yourself to the hospital.

Risk factors of heart disease:

- A diet high in greasy, deep-fried delights and a life full of financial, work and personal stresses will certainly take its toll on your heart.
- Gum Disease from gum decay can actually pose a threat to your cardiovascular health. Elevated bacteria levels associated with gum disease allow infectious agents to migrate deeper into your system.
- Fish and seafood can be contaminated with high levels of mercury, which is known to boost the levels of cortisol (a stress hormone that is linked to increased risk of heart attack and heart disease) in your bloodstream.
- Canned foods tend to be high in sodium and contain BPA, which has been linked to heart arrhythmias.
- The flu and other upper respiratory infections, including the common cold, trigger an inflammatory response in your immune system, which in turn puts added strain on your heart.
- Air pollution can cause blockage in your arteries that increase your risk of heart attacks and strokes.
- Smoking and increased alcohol intake.
- Elevated blood pressure and cholesterol levels.
- Being over-weight.

**What can you do to help avoid heart disease?** Exercise at least 30 minutes most days, maintain a healthy weight, eat a balanced diet, limit alcohol intake, keep your blood pressure and cholesterol within the normal range, quit smoking, manage your blood sugar levels if you are a diabetic and see your doctor regularly.

**Clothesline of Love** - will be hanging outside of Trinity in January. We are accepting donations of new or slightly used hats, scarves, socks and gloves to hang outside for those less fortunate.

**Lifeline** – is a federal government assistance program that provides qualified customers with a discount on their monthly phone service. Qualified customers will save approx. \$9.25 per month. To qualify you must have an annual household income of (1 person-\$16,862, 2 people- \$22,829) or be receiving one of the following: Supplemental Nutrition Assistance Program (SNAP), Veteran's or Survivors' Pension Benefit, Medicaid or SSI. For questions or more information call Verizon at 1-833-683-5077 or Kathy Burda at 570-621-3220.





# Charles Baber Preservation Trust

## Intentions and Resolutions

by C. Field

January rings in the new 2020 decade with a promise of freshness and rejuvenation. It brings a commitment and determination to keep the new year's resolution, to save money, to reduce credit card charges, to go on a diet, to be healthy and eat healthy, to keep in touch with forgotten or ignored friends, relatives, and neighbors, to talk less and listen more, to be a more loving and giving person, and numerous other heartfelt resolutions that were made to improve our well being, promote harmony and love, and to embrace and accept everyone we come in contact with. These are indeed noble endeavors for all who are able to maintain a well balanced straight forward course. However, for most of us who take a winding path fraught with landmines of stress and problems of health, money, job, children, schooling, housing, or elderly care, our well-laid plans often go array by the middle or end of January. So what can one do to remain focused and to at least attempt to follow through with those well-intended resolutions?

There are ways to remain focused and centered and somewhat in control of one's life and good intentions and resolutions. As Christians, most of us have adopted a lifestyle of God-centeredness and being kind and helpful to family, neighbors and strangers. We help out and give aid to the homeless, the soup kitchen, the community food bank, the clothesline of love filled with scarves, gloves and hats. We take communion to the shut-ins, we offer rides to those who don't drive or someone we see struggling to carry grocery bags to their house. We roll candy for the church, wash alter linens, count money, stuff envelopes and newsletter Topics, teach Sunday school classes, cook and serve a Thanksgiving dinner, give hugs and kisses at the county fair, lead the congregation for morning church service, and do many little things that often go unnoticed.

All of these are awesome deeds of goodness and kindness. They fill our souls with love and gratitude and make our hearts sing. And the final touches to this God-centered lifestyle is to be good to ourselves. To treat our minds and bodies with something special like a massage, or a nice hot bath or shower, or a relaxing day of reading a good book, or catching a fun movie, or watching a dynamite football game, or having a steaming cup of tea or coffee, or best of all, in my opinion, of taking a quiet walk through the Baber Cemetery.

At the cemetery, January can be a quiet month with just a small amount of snow, and while very cold or windy, it may not be very icy. There are reverence and serenity about the property. The trees seem to be vying for your attention. They are silently willing you to look at them. Notice the 100' tall green eastern white pine trees. Their branches grow askew in every direction giving them an irregular shape. Their cones are long at 5-1\2 inches. And they have long needles (4") that grow from one base in bundles of 5. Their bark is dark gray tinged with purple. Look at the many varieties of arborvitae (also called the northern white cedar) throughout the property with their flat leaves forming a fan-shaped spray. Some fan-shaped needle clusters are turned sideways like a fan on its edge, while others all fold downward, and still others all turn upward. Notice the eastern red cedar along the McBarron alley down from the 16th Street entrance. Some of them have bluish berrylike seed cones; and if there is snow on them, they looked like flocked Christmas trees decorated with blueberries. There are the yews (both trees and shrubs), dating back to ancient times, with their short stubby needles and their red berries. Their reddish peeling bark provided flexible wood for making bows. And to finish out the evergreens, notice the Norway spruce, primarily on the upper level down from the chapel. Their drooping branches hang low to the ground to provide shelter to the squirrels, chipmunks, and rabbits. They have stout drooping twigs with pointed needles that hang in long strands looking like tinsel draped on a tree. Their cones at 6", are very long.

Walk the many paths, roads, and trails on the property and let the trees refresh and refocus you.

## What Shape Do You Prefer?

The American medical profession had traditionally categorized people by shapes of pear, apple, hourglass, inverted triangle, or ruler. Trees, like people, are categorized by shape. They are round, spreading, pyramidal or conical, oval, vase or funnel, columnar, open, weeping, and irregular. While the trunks, limbs, leaves, and twigs are the major components of determining the tree's shape, The bark coloring and pattern also play an important role. The pattern can be block, smooth, rough, fissured, peeling, scaly, ridged, and interlacing. The trees at the Baber Cemetery offer a wide, entertaining and fascinating array of all of these tree characteristics and shapes. And February is the best viewing month to partake of this special viewing since the limbs, trunks, and bark are not camouflaged by the tree's leaves.

Let us begin first with the European hornbeam that line Market Street. Their tear dropped shape makes them look like giant Hershey kisses in the winter. Behind them, inside the wall on the west side, are the London planetrees with their patchwork bark and their bleached yellowish-white massive and contorted side branches that glisten and twinkle in the sunshine when rain freezes on them. Their downy soft fruit balls dangle from their twigs through the winter. Inside the gate, to the east, are the mighty white oaks standing 80' tall. They have pale whitish gray block peeling trunks and massive side branches with some curving downward as if trying to touch the ground. Oaks, in general, have a spreading or somewhat upright shape and they develop a broad crown. They look like giant sprigs of broccoli. Their acorns are surprisingly small at 3\4" with shallow cups. Across from the white oak are two chestnut oaks that are shorter (70'), but appear just as massive as the white. Their trunks have rugged blocky ridges and deep furrows which makes them look stocky. Their acorns are 1-1\4" long with deep cups. On the hillside down from the white oak are the red oak. The red oaks, at 90', are just as majestic as the white. Their acorns are 1" with shallow tightly scaled cups that are hairy inside. Down by the 16th St. entrance are the white oaks' cousins, the pin oaks. They are as tall as the white but have a relatively narrow upright habit with drooping lower limbs. Their bark is dark gray with broad relatively smooth fissures. Their acorns are small at 1\4" with very shallow lightly scaled cups. Their oval outline, because of the drooping lower branches, looks like someone's hair that comes in contact with static electricity. And the final relative to the white oak is the swamp white oak down by the pond. Because they are still babies, they look like open umbrellas with skinny straight trunks and a spreading crown. They look like the chestnut oaks with their leaf pattern but will look like the white oaks when older with a pale blocky peeling trunk. Their acorns are 1" with a deep and slightly fringed cup. One fun thing to do during the winter months is to gather up a handful of acorns from the base of the various oaks and then place the pile's side by side and notice the differences between each of the oak (beech) family species.

Moving right along, notice the Siberian elm by the Comloquoy mausoleum. They have spreading crowns and irregular branches that can have dense twig clusters. But most noteworthy is their multi-striped trunks. They have wide bands of dark orange, gray, and dark brown running down the length of the tree. Maybe it's a fashion statement to make them look skinny. By them are the hybrid elms with narrow trunks and large branches that shoot straight up. They almost look like stalks of celery. Also by them are the short squatty dawn redwood with their reddish-orange peeling trunks. Their crown is completely flat. They look like an orange that someone pushed down to flattened its top. And down from the dawn redwood are the sweet gum. They have a conical shape with a straight central trunk. They have a 1" spiky fruit ball that hangs dangling through the winter months. Some people collect the fruit and put it on picks in dried flower arrangements or in a glass bowl. The sugar, red sunset, Norway, sycamore and red maples are egg or oval-shaped. The red sunset and the red maple's twigs are red all year round. Their trunks are furrowed and plated with age. The dwarf Japanese are just gorgeous in their sensuous curving limbs. And one last cute must-see is the ginkgo. They are tall, thin, and gangly with wildly askew branches. Their winter twigs have knobby alternating spurs and look like a zipper.

With so many shapes to choose from, it is difficult to pick a favorite. Which one is yours?

## St. Nicholas Visit December 8, 2019



## Cookie Exchange and Christmas Bazaar December 8, 2019



## **Trinity Episcopal Church**

200 South Second Street  
Pottsville, PA 17901  
Phone: 570.622.8720  
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Return Service Requested

**Deadline  
For  
March/April "Topics"  
Monday, Feb. 16, 2020**

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

## **Birthdays**

### **January**

2 - Harry Ebling  
4 - Carla Kauffman  
7 - Courtney Rauco-Lewars, Margie Keyworth,  
Wanda Dodds  
8 - Herbert Harris, Jr.  
9 - Tish Malarkey, Elizabeth Cirelli  
14 - Mike McCabe  
16 - Daniel Hopkins  
18 - James Snyder  
22 - Joanne Kraft, Tim Bortner  
23 - Hank Beaver  
26 - Karen Portland  
27 - Ann Bacon, Cody Lewars  
30 - Al Portland

### **February**

1 - Phyllis Moehrle  
4 - Kathy Polcrack, Elise Scott  
8 - Norm Kauffman  
10 - Shelby Hostetter  
16 - Brent Burns  
20 - Erin Banonis  
23 - Patricia Brennan  
24 - Sara Wehr  
25 - John Fehr, Laura Weiner, Deliliah Howells  
29 - Cassie Kauffman Holm