



TRINITY TOPICS

The Newsletter of Trinity Episcopal Church

POTTSVILLE, PENNSYLVANIA

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July/August 2020

Isaiah 43: I am about to do a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert.

In March, as we entered Lent, no one could have predicted the confusion and anxiety we experience daily today. In May, as spring was bursting forth, we anticipated a grand re-opening of our sanctuaries, excited to finally meet, greet, and offer physical affection to one another. But July is upon us, with continued restrictions on worship, on meeting and greeting, on our very gathering in person together as the Body of Christ.

But we are still here. We are still ministering, albeit in different and rather unsettling ways at times, but yet we minister. Vestry has elected to withhold our gathering in person until the authorities ease restrictions on our in-person worship, yet we will still minister and worship as one. Weekly ZOOM services are and will continue to be held and we worship together. A new ministry for those with food insecurities has been developed. Our contributions to the emergency food pantry continue in a different manner. And we still acknowledge watershed events in the lives of our parishioners and friends. In addition to the in-gathering of the folks of the Episcopal Church of Schuylkill County, we engage and welcome worshippers from across the lands.

We long for a time when we will be near one another again, but there are ways to do it safely now. Make a call, grab a lawn chair and meet one another across a porch rail. Drop a meal on a stoop with a note of encouragement. Call a parent of one of our church school members, and leave a box of sidewalk chalk, a bottle of bubbles, or coloring books on a mailbox post. More importantly, when you think about someone, call them. Reach out, and touch in a different way. Ministering continues, differently, but effectively.

Time will pass, and though we long for the gathering, we will continue to find new ways to be the Body of Christ in the world. God renews and refreshes through the unlikeliest of methods in the context of the most unusual circumstances.

May the peace of Christ envelop and sustain you until we meet again!

Revelation 21:5: See, I am making all things new again....

Father Kurt+

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.”



Zoom Services

Father Kurt has been celebrating services via ZOOM. It is a wonderful way to feel our sense of community in worship and love. We do not know when we will be able to return to the church, so if you are interested in attending a ZOOM service, please contact Father Kurt at nomenk3@hotmail.com or 570-640-1738. He will be most happy to include you. For now, ZOOM services are scheduled for Sundays at 9:30. Schuylkill County is now in the Green Phase and we wait for word from the Diocese regarding their guidelines and the guidelines of CDC. Once we can celebrate Communion together with the permission of the Diocese, we will once again gather in the church for those who feel comfortable.



Susan Starr Award

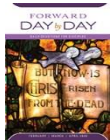
Our congratulations to Brent Burns on his graduation from Blue Mountain High school and the sole recipient of this year's award. This award is given every year to our graduating seniors through the late Susan Starr's generosity to our parish students. Brent is the son of Robert and Dawn Burns and plans to further his study at Pennsylvania College of Technology in Williamsport in welding. God bless Brent and his future endeavors.

Wednesday Healing Service

Now that we are in the Green Phase, hopefully, there will be no problem gathering once again in the fall for this service. Once again, please attend you feel safe and comfortable.



only if



Forward Day By Day

The latest edition of these daily meditations is now available. If you would like a copy, please call the office and Edna will mail one to you. This edition is May/June/July.

Lay Eucharistic Visitors

There will be no home or nursing home visits for Communion during the summer months. Because of the Covid-19 virus, we do not know when these will resume. We pray that everyone is safe and well. Please call the church if need anything and we will do our best to help however we can. God bless all



visits you of you!



UTO Offerings

Even though 2020 has been very difficult with the COVID-19 virus, we still have so many blessings to be grateful for. A community of caring and loving health care professionals and first responders, workers in essential services and our faith community staying in touch and helping each other. God's love and faithfulness embrace us and we can show our gratitude by continuing to change lives by filling our UTO boxes with change. Hopefully, we will be back to regular services in the fall for our UTO Ingathering. Thank you and God bless you!



A special Thank You from Corinne Gearhart for all the birthday greetings, telephone calls and flowers on her recent birthday. Also to the Big Bird who dropped all the balloons on her front porch. She is overwhelmed by the biggest birthday celebration that she ever had.



The Music Corner

by Cora A. Gamelin-Osenbach

Choir

We pray that soon we will be able to lift our voices in praise with the great hymns of the church. As many of you may know, singing produces much more aerosol than speaking, so it is considered more risky for spreading the virus. Hopefully, the choir will once again be able to prepare for our Christmas celebration with beautiful anthems.

Concert Series

Because of the uncertainty of larger groups gathering as we enter the fall season, a preemptive and proactive strike has changed our concert series to 3 events in the spring of 2021. Our artists have been very cooperative and all agreed that changing dates was preferable to cancelling their engagements. So, we are so pleased to announce that on March 14, 2021, Samantha Wood, Ruben Balboa III and John Kline IV will present their unique program for voice, viola and piano. The highly anticipated return of the Mendelssohn Piano Trio will happen on its originally scheduled date of March 28 and Organist Cody W. Mead will present his keyboard gifts on Sunday, April 18. The concerts will be fairly close together, but the dates do not conflict with other series in our community and it is a blessing to be able to have them at all. Thank you for your support and we look forward to being able to present a full season despite the virus. And if we are really fortunate, perhaps the parking garage will be completed by the spring of 2021! Please see the season flyer included with this issue of the TOPICS.



Summer Reading Camp News

COVID-19 has affected many areas of our lives and Summer Reading Camp is not an exception. Our camp staff was faced with the difficult decision of whether camp should be held this year, or if it would be safer for all involved if we canceled. After reviewing the CDC guidelines for summer camps, it became apparent that we would be unable to meet the guidelines for social distancing with 30 campers. There would be additional considerations concerning health and safety regulations that would make it difficult to have many of the activities that the children enjoyed. As a result, we will not be holding Summer Reading Camp as planned this summer.

We still wanted to do something to benefit the children, especially since they have been out of school since mid-March. The camp staff decided that we will hold a drive-through distribution of learning materials and groceries on Wednesday, July 15 from 10:00-12:00 at Charles Baber Cemetery. Dairy Queen donated coupons for ice cream, McDonald's donated Happy Meal coupons, and we have gift cards from Giant and Weis to help defray some of the expenses for the groceries. If anyone would be interested in assisting us with preparing the learning packets and assembling grocery bags, please contact Barb Tokarz. Donations of books (on the list that was supplied in last month's Topics) are always welcome as well as cash donations to help cover the cost of some of the grocery items.

Trinity Episcopal Church Concert Series



Calendar of Upcoming Events for the 2020-2021 Series

****TENTATIVE SCHEDULE - SUBJECT TO CHANGE****



March 14, 2021

***Samantha Wood, soprano
Ruben Balboa III, viola
John Kline, IV, piano***

What a treat of a trio! Both Samantha and John are Pottsville natives who have gone on to significant careers. Their recital of two seasons ago brought down the house with their artistry. Now add to the mix the viola virtuosity of Ruben and our audience will be delighted with an eclectic mix of instruments and repertoire.



March 28, 2021

***Mendelssohn Piano Trio
Peter Sirotnin, violin
Fiona Thompson, cello
Ya-Ting Chang, piano***

An audience favorite since their first appearance, this internationally acclaimed Trio loves performing in Trinity's beautiful sanctuary. They will present a program that includes Beethoven's C Minor Trio in honor of his 250th anniversary year and the Brahms C Minor Trio inspired by and infused with Beethoven's spirit.



April 18, 2021

Cody Willmot Mead, organ

We are so pleased to welcome back Mr. Mead at the request of many audience members. A native of Bloomsburg and a superb organist, he is excited to oblige. Currently the Director of Music at St. Joseph's Catholic Church in Danville, Mr. Mead developed a robust music program at historic St. Mary's Catholic Church in Newport, RI - the site of John F. Kennedy's wedding to Jacqueline Bouvier.

Sunday Afternoons at 4:00

No Admission Fee - Free Will Offering Taken

Handicapped Accessible

Reception following the concerts to meet the Artists

For more information, please contact Trinity Episcopal Church
570-622-8720 email: Episcopalch200@gmail.com

200 S. Second Street, Pottsville, PA 17901
web: trinityepiscopalpottsvillepa.org

NEWS FROM MARION C. PRICE TRUST FUND

Food Allergies – By the time you are over 50, you think you know which foods you can eat and which you can't. Because of this, you might be shocked if you develop a food allergy later in life. Actually, as we get older, changes in our bodies can lead to food allergies.

Aging can cause your stomach to produce less gastric acid, resulting in some nutrients leading to an alteration in the immune system.

The most common allergen people develop as adults, according to the Northwestern Medicine Study, is shellfish. Other common adult-onset food allergies are to milk, peanuts, tree nuts, fish, eggs, wheat, soy and sesame.

Identifying a food allergy can be challenging in people 50 and older. The symptoms may not be as clear cut as when you're younger and can involve the respiratory system, skin, nose, mouth, ears, gastrointestinal tract or even the heart.

It's not uncommon for a health care professional to mistake food allergy symptoms in an older adult for problems with a medication, sleep issues, viruses, autoimmune diseases, general aging or gastrointestinal problems like irritable bowel syndrome. The longer a person continues to eat the allergen, the more serious the reactions can be, a particular concern in people with other health issues. Patients themselves may never consider a food allergy to be the root of their health issues, which can add to the difficulty in diagnosis.

Be sure not to ignore any new reaction you might have to a food or substance. By paying close attention to this reaction and determining its cause, you will be better prepared to eat safely and avoid further reactions. Living with a food allergy can be complicated and challenging. Your allergen could be an ingredient in foods you would never imagine finding it in.

Here are some helpful tips for managing your allergy:

- Read the ingredient list on all foods.
- Inform your doctor of any suspected allergic reactions.
- Avoid cross-contamination if others in your home continue to eat the allergen. Don't share the same unwashed cutting board, for example.
- Be clear with restaurant staff and verify that they can prepare your food allergen-free.
- Alert family and friends so the food you consume from them is allergen-free.
- Don't cheat! Even one bite of your allergen can be life-threatening.
- Avoid over-the-counter antihistamines, they can contribute to falls and urinary tract infections in the elderly.
- Avoid outdoor activities when the pollen count is particularly high.
- Be sure your air conditioner is serviced regularly and equipped with a High-Efficiency Particulate Air (HEPA) filter that can remove allergens from the outside air and keep them from entering and circulating in the house.
- Speak to your allergist and their staff for guidance.

Peripheral Neuropathy is damage or dysfunction of one or more nerves that typically results in weakness, numbness and pain, usually in your hands and feet. It can also affect other areas of your body.

Your peripheral nervous system is the network of nerves outside your brain and spinal cord.

Peripheral neuropathy can result from traumatic injuries, infections, metabolic problems, inherited causes and exposure to toxins. Diabetes is a leading cause of neuropathy.

Every nerve in your peripheral system has a specific function. Nerves are classified into:

- Sensory nerves that receive sensation, such as temperature, pain, vibration or touch from the skin.
- Motor nerves that control muscle movement.
- Autonomic nerves that control functions such as breathing, digestion, blood pressure, heart rate, sweating and bladder control.

If you have neuropathy, the symptoms you feel will depend on the type of nerve that is damaged. The most commonly described feelings are sensations of numbness, tingling (pins and needles) and weakness in the area of the body affected. Other sensations include sharp, lightening-like pain, or a burning, throbbing or stabbing pain.

Some peripheral neuropathies develop slowly - over months to years - while others develop more rapidly and continue to get worse. The way your condition progresses and how quickly your symptoms start can vary greatly depending on the type of nerve or nerves damaged and the underlying cause of the condition.

The best way to prevent peripheral neuropathy is to manage medical conditions that put you at risk, such as diabetes, alcoholism or rheumatoid arthritis. Eating a diet rich in fruits, vegetables, whole grains and lean protein helps keep your nerves healthy, with your doctor's okay getting at least 30 minutes of exercise at least 3 times per week and avoiding factors that may cause nerve damage, including repetitive motions, cramped positions, smoking and overindulging in alcohol are some healthy lifestyle choices that will support nerve health.

Complications of peripheral neuropathy can include:

Burns and skin trauma - You might not feel temperature changes or pain.

Infection - Your feet and other areas lacking sensation can become injured without your knowing.

Falls - Weakness and loss of sensation may be associated with a lack of balance and falling.

Seek medical care right away if you notice unusual tingling, weakness or pain in your hands or feet. Early diagnosis and treatment offer the best chance for controlling your symptoms and preventing further damage to your peripheral nerves.

Due to the Coronavirus, the MPTF Board has regretfully decided to suspend transportation assistance to our parishioners indefinitely. If you need transportation to medical appointments please call Kathy Burda at 570-621-3220 and she will try to assist you with alternative arrangements.



Charles Baber Cemetery Preservation Trust

The Value of Freedom

Memorial Day, a day of honoring and remembering our deceased war veterans and loved ones, is followed by the spectacular firework filled celebration of the Fourth of July, a day signifying our independence and freedom from British control. Both days pay tribute to our and the nation's freedom and include wars fought for the freedom of other countries. We, American's value freedom. Any loss of our freedom is a hard concept to grasp. To some of the younger generation, their so-called loss of freedom is from too much parental control or the implied restrictions of their school system. To others, loss of freedom could be from imprisonment, or slavery through things like sex trafficking, or labor camps. To the majority of us Americans who are not imprisoned or enslaved, freedom is taken for granted. We are free to buy, walk, shop, wear, attend, vacation, drive, eat, travel and socialize any time we want and at any location, store, restaurant, college, church or temple we want. We have no restrictions or limits except as curtailed by our jobs, health, money, and time. We had absolutely no concept of what the loss of 'freedom' actually meant.

And then along came COVID-19. Everything shut down - our stores, restaurants, gyms, schools, car dealerships, hairdressers, churches, businesses, and manufacturing facilities. We were forced to shelter at home, wear masks and gloves, use hand sanitizer, not hug or kiss anyone (except our immediate family, and then only if they were not elderly), shop at a limited number of open stores with a limited number of items or no items like toilet paper, paper towels, Clorox wipes, hand sanitizers, certain meats, and canned vegetables and fruits. We could not purchase cars, clothing, work-out, attend church or schools or colleges, visit anyone in nursing homes or hospitals, hold weddings or social functions like birthdays, graduations, anniversaries or even go to funerals. Our whole world came to a screeching halt. And then we remembered and valued our freedom because we no longer had any.

However, one of the ironies of life, is that through the shelter at home mandate, many of us found something that had always been free and available to us at all times, we just never noticed it and appreciated it. It was the ability to go outdoors. To walk in our yard, garden or neighborhood. To enjoy the weather no matter that is was overcast or raining or snowing. While we had to observe social distancing guidelines, people everywhere were getting outside and walking, jogging, doing calisthenics, yoga, exercising, walking their toddlers, pushing baby strollers, and walking their pets. Pet adoptions were soaring through the roof. Here at the Charles Baber Cemetery, we saw many new walkers - many with pets, many couples, many sets of parents guiding their toddlers on tricycles or pushing baby strollers, some fathers throwing balls to their children down by the pond, some with skateboards, and one on a hoverboard.

Being outdoors provides freedom and puts control back into our lives. Here at the Baber Cemetery, the trees have all unfurled into full volume, providing lots of shade from the upcoming summer heat. It is glorious to see all the trees gussied up in their greenery. Now you can recognize species of trees because their leaves provide the fingerprint of identification. The leaf laden out-stretched branches of the oaks (red, white, pin, swamp white, and chestnut), maples (Norway, sugar, sycamore, red, 'red sunset' and box elder), beech (American and copper), and London planetree, provide plenty of shade. The eastern white pine, because of its thick branches, irregular shape, and close proximity to the other white pines provides plenty of cool shade. And our single tulip tree and white ash also offer shade. Other species like the elm (slippery, American, Siberian, and homestead hybrid) have branches that may sweep outward, but their leaves are tiny and serrated and the depth of their shade isn't as

great. The linden (American basswood and little leaf) provide immediate shade under the tree because their branches tend to curve upward. Other trees like the black locust, black walnut, black cherry, and ginkgo, are tall with their leaf mass centered around the top, so very little shade is offered at ground level. And then you have low-lying evergreens, like the yews, eastern red cedar, and the Norway spruce, that provide lots of shelter and shade to the ground critters.

If you really want shade, try the dirt paths down from the terraces and the chapel. They are filled with lots of maple and oak and a wide variety of unidentified saplings that fight a constant battle for some fleeting glimmers of sunlight. And then you have a hide-away spot called the Maplewood Avenue loop along the hillside by the middle school. This loop is cool and shaded by black walnut, many Norway maples, sugar maples, red maples, black cherry, American beech, red oak, sassafras, and box elder. It is also filled with low lying shrubs like the viburnum, mock orange, and honeysuckle. At this time of year, the honeysuckle is in full bloom and very fragrant.

And finally, you have the really adorable trees that are wonderful to see, but offer very little shade like the callery pear, the dawn redwood, black gum, coffee, lilac, magnolia, dwarf red maples, hornbeam, and bald cypress. Come, walk among the cool shade trees, relax, and enjoy your new-found "freedom".

**22nd Annual Baber Appreciation Day on Saturday, Sept 12, 2020 NATURE & HISTORY
WALKING TOURS(3:00), PICNIC BEGINNING 4:30, BAKE SALE (3:00-6:00)
BASKET RAFFLE (3:00-5:30), THIRD BRIGADE BAND (4:00 -5:45), SOLEMN EVENSONG (6:00).
This event may or may not happen this year. We will keep everyone posted.**

CEMETERY UPDATE

Employees: We have a new (20 hour per week) part-time employee, John. Greg, last year's full-time employee, has left for another job. We still have Tom and Randy. Both Tom and Randy did a fantastic job of cleaning up the grounds in early spring. They kept ahead of the fast-growing grass and everything looked nice for Memorial Day. And Career Link just told us that they will provide one employee for the summer months.

If you see Tom and Randy, please take the time to acknowledge what a great job they are doing!

Planting and clean-up: Carol F. cleaned all the winter strewn paper and debris from the hillside and removed all the Christmas wreaths and flowers. Kurt K. planted the two large metal urns inside the main entrance. And thanks to Kurt, the main entrance will be sporting American flag banners above its iron gates.

Arbor Day tree planting and blessing: The April 24th Arbor Day service which was postponed, is now officially canceled for this year. Our tree planting window of opportunity has closed for the year.

Kubota: We purchased the new Kubota in April for \$13,053. To date through the generosity and kindness of parishioners, board members, and friends of the cemetery, (including one charitable foundation and two out-of-state plot owners), we were able to raise \$11,018 for the Kubota. We still have a shortfall of \$2,035. We are accepting donations of any amount. If you wish to donate, please fill in the form below and mail it to the office at 200 S. Second Street, Pottsville, PA 17901. Please make your check payable to the Charles Baber Preservation Trust.

THANK YOU TO EVERYONE WHO ALREADY MADE A DONATION!

Charles Baber Preservation Trust - **Kubota**

Name _____ Phone: _____ Amount: _____

July & August 2020

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Services will not be held in the church but please join the Zoom service on Sundays at 9:30. Once the pandemic decreases, additional information regarding services will be made available. Please stay safe.

Trinity Episcopal Church

200 South Second Street
Pottsville, PA 17901
Phone: 570.622.8720
Fax: 570.621.3221
Return Service Requested

**Deadline
For
September/October "Topics"
Monday, Aug. 17, 2020**

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July Birthdays

1 – Tony Bacon
2 – John Pritiskutch
3 – Lea Bortner
4 – Jerry Simatos
6 – Leigh Ann Siminitus, Alice Sapp
9 – Sharon Albright
11 – Kendyl Moyer
14 – Kitty Murray
20 – Reynolds Hostetter
21 – Allesondra Pritiskutch
25 – Miriam Harris
28 – Nancy Buehler, Daniel MacArthur,
Janine Hinnershitz
30 – Emerson Albright
31 – Robert Bednar

August Birthdays

1 – Connie Guensch
2 – Donna Ross
4 – James Coulson
8 – Alana Spotts, Sandra Snyder
12 – Doris Kauffman
16 – Edna Rauco, MacKenzie Menuchak
18 – Dottie Kelly, Anne Marie Brennan
22 – Kathy Burda
23 – Delaney Burns, Layne Reedy, Peter Bortner
24 – Waverly Bacon IV
25 – Patrick Moore Sr.
26 – Cynthia Ryland, Jake Oerther
27 – Justin Lindenmuth, Elliot Wehr
28 – Tracy Frederick
30 – Frank Yuengling
31 – Nancy Billie