



TRINITY TOPICS

The Newsletter of Trinity Episcopal Church

POTTSVILLE, PENNSYLVANIA

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May/June 2019

Dear People of God at Trinity,

The Light of the World came to be among us and dwell with us at Christmas. That Light was extinguished on Good Friday and brought us to a place of gloom and despair. At the Easter Vigil, the Light of Christ was returned to us in the new fire and the lighting of the Paschal Candle.

THANKS BE TO GOD!

Our world today can be a dark, fearful and challenging place, but Jesus, the Light of the World, promises to keep us from fumbling and stumbling in the dark. We can choose to be made new each day and together as disciples of the Light, we can share our love, our faith and the kingdom of God with each other, our communities and the world.

THANKS BE TO GOD!

Working together, we can continue to dispel the darkness and show forth the light that Christ illumines in each of us.

THANKS BE TO GOD!

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."



Chapel Worship

On Sunday, June 23 we will begin our summer worship services at 9 am at the Chapel of the Resurrection in Charles Baber Cemetery. These services will continue through September 8 which will also be the Baber Day celebration in the afternoon. Please join us in the serenity of nature and raise our voices to praise the Lord with thanksgiving.

United Thank Offering

Alleluia! As we continue to celebrate the resurrection of our Lord and Savior through Eastertide, let us remember our many blessings with our UTO blue boxes. No matter how small, there are blessings every day in our lives and by offering your small token of thanks, you are giving hope and light to countless others who benefit from the UTO. Our ingathering this year will be on September 22 and 29 when we are worshiping once again in the sanctuary. Thank you for your continuing gratitude and generosity!



Lay Eucharistic Ministers

The Communion visits to our shut-ins will continue through June 16 and then there will be a summer break. As people leave for vacations and long weekends, it is much more difficult to schedule these visits. However, if you would like a visit from one of our Lay ministers during this time, please call the office and someone will contact you. Regular visits will continue in mid-September when we return to the sanctuary.



Summer Reading Camp News

Applications for Summer Reading Camp are coming in and we anticipate that we will have 25 children enrolled from Pottsville Area SD, Gillingham, and St. Clair Area SD. ranging in age from 5-9. In addition to volunteers from Trinity, there are 4 volunteers from North Parish and an additional 4 from the community. Randy, Bob, and Tom are busy in the undercroft and will be finished with the painting and repairs in time for camp. They are preparing two additional classrooms for our use as well. Local businesses are once again donating free or reduced-price lunches for the program.

Our theme this summer is Camping in the Great Outdoors. We will be compiling some new materials to go with our theme this year and could use the help of willing volunteers to cut, paste and compile materials. If you would be able to donate some time to help with this, please contact Barb Tokarz. This is a job that could be done at home in your spare time.



Fundraisers

THANK YOU to everyone who helped make our Easter Candy and Soup Sales a success. We sold a considerable amount of Easter Candy and a large variety of soups. The combined sale of the candy and soup was over \$1300.00.

MAY 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 12Noon Healing Service	2	3 7:00pm Ballroom Dance	4
5 <u>EASTER III</u> 9:00am Service 9:00am Church School	6 7:30pm AA	7	8 12Noon Healing Service	9	10 7:00pm Ballroom Dance	11
12 <u>EASTER IV</u> 9:00am Service 9:00am Church School	13 7:30pm AA	14 7:00pm CBPT	15 12Noon Healing Service	16	17 7:00pm Ballroom Dance	18
19 <u>EASTER V</u> 9:00am Service & Soup Kitchen Volunteer Recognition 9:00am Church School 10:30am Vestry	20 4:30pm Soup Kitchen 7:30pm AA	21	22 12Noon Healing Service	23	24 7:00pm Ballroom Dance	25
26 <u>EASTER VI</u> 9:00am Service 9:00am Church School	27 Memorial Day Office Closed 7:30pm AA	28 1:00pm MPTF at Rectory	29 12Noon Healing Service	30	31 7:00pm Ballroom Dance	

June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 <u>EASTER VII</u> 9:00am-Service 9:00am Church School Followed by Bubble Sunday Celebration	3 7:30pm AA	4	5 12Noon Healing Service	6	7	8
9 <u>PENTECOST</u> 9:00am Service 9:00am Church School Followed by Parish Cookout	10 7:30pm AA	11	12 12Noon Healing Service	13	14	15
16 <u>TRINITY SUNDAY</u> 9:00am Service 10:30am Vestry	17 4:30pm Soup Kitchen 7:30pm AA	18	19 12Noon Healing Service	20	21	22
23 <u>PENTECOST II</u> 9:00am Service at the Chapel of the Resurrection	24 7:30pm AA	25	26 No Noon Healing Service	27	28	29
30 <u>PENTECOST III</u> 9:00am Service at the Chapel of the Resurrection						

News from Marion C. Price Trust Fund

Sleep – plays a vital role in good health and well-being throughout your life. Getting enough quality sleep at the right times can help protect your mental health, physical health, quality of life and safety.

The way you feel when you are awake depends in part on what happens while you are sleeping. During sleep, your body is working to support healthy brain function and maintain your physical health. While you are sleeping, your brain is preparing for the next day. It's forming new pathways to help you learn and remember information.

The damage from sleep deficiency can occur in an instant (such as a car crash) or it can harm you over time. For example, ongoing sleep deficiency can raise your risk for some chronic health problems. It also can affect how well you think, react, work, learn and get along with others.

If you are sleep deficient, you may have trouble making decisions, solving problems, controlling your emotions and behavior and coping with change. Sleep deficiency has also been linked to depression, suicide and risk-taking behavior.

There are several factors that affect sleep such as: mental stress, the food we eat, alcohol, caffeine, our sleep environment and the medication we take.

Sleep problems are not an inherent part of the aging process. Many older adults have good quality sleep until the end of their lives. But sleep patterns tend to change. Some people find it harder to get to sleep and they awaken more often during the night and earlier in the morning.

Older people respond differently to medicines that do younger adults. It is very important to talk with your health care provider before taking any sleep medications. The drugs stay in your body longer and can cause grogginess when you are awake, making it dangerous and prone to falls.

Measures to help you get to sleep:

- a light bedtime snack
- avoid stimulants such as coffee 3-4 hours before bed
- do not nap during the day
- moderate exercise
- avoid too much stimulation, such as violent TV shows before bed
- try to go to bed the same time every night and wake the same time each morning
- avoid tobacco products, especially before sleep
- practice relaxation techniques at bedtime, such as deep, slow, self-aware breathing. Inhale for 4 seconds, hold for 7 seconds, exhale slowly for 8 seconds and repeat several times.

2019 Medicare changes – Every year the federal health insurance program called Medicare sees some changes to the coverage it provides. Many of these changes come in the form of adjustments to costs, as the program is designed to pass on a portion of its costs to its participants and those costs typically rise slightly from year to year.

Medicare Part A is designed to cover expenses related to hospital stays as well as expenses for skilled nursing facilities. For most people, Part A comes at no cost but the hospital deductible for 2019 is \$1364, an increase of \$24 from 2018.

Medicare Part B covers expenses for medically necessary services and treatments to address a disease or medical condition. Doctor visits are the most common service under Part B, but coverage also includes diagnostic testing, ambulance services and medical equipment.

For most people, the Part B premium will be \$135.50 per month, that's an increase of \$1.50 from 2018.

Just like Part A, Medicare Part B comes with a deductible that you have to pay before coverage begins. For 2019, the Part B deductible will be \$185, that's \$2 higher than 2018.

Medicare Part D & Medicare Advantage benefits can change each year, meaning premiums and deductibles can go up and benefits can change. It is extremely important to review your plan each year for these changes. If you are not happy with these changes, the annual open enrollment period allows you to change plans to better suit your needs and budget. This year's open enrollment period is October 15th – December 7th, 2019 for a January 1, 2020 effective date.

File of Life & Wallet Med Cards – In the next couple of months I will be visiting churches and distributing Files of Life magnets and wallet med cards. Both will help rescue workers quickly find important information when every second counts!

The File of Life is a small, bright red magnetic holder that can be placed on the refrigerator and seen at once. The wallet med card is a small sturdy card that you can carry in your wallet.

They both have two-sided cards to fill in medical conditions, medication, insurance information, emergency contacts and more.

If you are transported to a hospital emergency room, information is immediately available to the medical staff. There is no wasted time in trying to get information to help to treat you if you are unconscious or confused or if your next of kin does not know the answers to the questions being asked.

Stroke Awareness – A stroke occurs when blood flow to the brain is blocked. Blood brings oxygen and nutrients to cells. Without blood, brain cells die. This means that a section of the brain starts breaking down and brain function is altered.

Strokes are usually painless but a sudden extremely painful headache with no known cause can mean a stroke. Other signs may include:

- sudden confusion, trouble speaking or difficulty understanding speech
- sudden numbness or weakness in the face, arms or legs on one side of the body
- sudden facial drooping on one side
- sudden trouble walking, dizziness, loss of balance or lack of coordination
- sudden trouble seeing in one or both eyes
- men and women can experience all the previous symptoms but women can also experience nausea, fast heartbeat or hiccups, pain in the face, chest or legs, full body weakness and shortness of breath.

If you notice any of these symptoms on yourself or someone else, **call 911 immediately**. Immediate treatment may minimize the long-term effects of a stroke and even prevent death. Stroke treatments work best if administered within 3 hours of the first symptoms. ***When in doubt, get it checked out.***



Charles Baber Cemetery Preservation Trust

Flush With Flowers

Flowers abound in abundance at the Baber Cemetery in the months of April and May. The 'Red Sunset' red maple, stretching from the chapel to 16th Street, started the show with their red leaf buds and red stems. The red buds were only opened two weeks before they quickly changed to green, but then their red and yellow winged samaras appeared and just as quickly dropped. By May the real pageantry of colors appear. The chapel becomes quite cheerful with its white and yellow daffodils, its red tulips, and its purple azaleas. Once the buds die off, the hostas inside the columbarium bed erupt open with their wide green and white striped leaves. Pinks, fuchsias, and whites are everywhere throughout the property with the dogwoods. They are few in number throughout the property, but mighty in color. Because we have a variety of species of pink and white dogwoods, a close-up is necessary to appreciate the differences in shades of coloring and of petal sizes and shapes. Competing with the dogwoods for attention are the hanging white flower clusters on the two callery pear by the carriage house and the one south of the pond by the lone stone bench. And competing for attention against the callery pear on the east side, and helping to frame the carriage house on the west in white, is the single, but lovely ivory silk Japanese lilac tree. The white blossoms of the callery pear and the Japanese tree lilac are fragrant, although some don't like the strong odorous smell from the callery pear. Adding a touch of pink on the east side of the pond are the two new plantings of Kwanza cherry trees with their double flower bloom. Their distant cousin, the weeping cherry to the east of the chapel, drapes its downward flowing white flower clusters to the ground. A new addition to the cemetery, are the six redbud trees planted inside the 16th Street entrance along the stone wall. Their tiny flowers are a deep fuchsia. Two amazing must see beauties are the magnolia and the tuliptree. The magnolia is inside the front gate. It has huge blossoms with the large petals white on the outside and pink on the inside. And standing tall and erect in tribute to the Veteran soldiers who play taps and fire the 21 gun salute at the Memorial Day flag replacement service beneath its upward spreading limbs, is the tuliptree inside the main entrance by the chapel. The tuliptree offers large yellow tulip-shaped flowers which drop to the ground to add warmth and comfort to the Veterans and to entice the school children replacing the flags to stop and notice.

Hidden 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 burnt cornflake looking bark, have blossomed with small white buds, which sadly go unnoticed because of the trees' locations, and because their blossoms are high and out of sight at the top of the tall, skinny trees. However, the single fire cherry, east of the chapel along the terrace by the staghorn sumac, joyfully displays its white showy flowers. And of course, the staghorn sumac, with their velvety antler branch feel, have tall greenish-yellow flowers in spring that go totally unnoticed until they turn into deep red pyramidal shapes as the summer progresses.

Although not as aesthetically beguiling as all the flowering trees listed above, there are two baby treasures that are charming in their own way: the Kentucky Coffee and the horse chestnut. The thin scrawny Kentucky tree has a long way to go before adulthood. However, the few flowers it does generate are small, white clusters on 4" spikes at the ends of the twigs. Their tiny white nubs are surrounded by five long, thin green outer petals. The horse chestnut is to the east of the coffee tree more toward the white pines. It has 5 long languid leaves that hang downward. Its pale yellow flowers cluster into a broad pyramidal shape that stands at least 6" tall.

In declining health, the Sycamore maple, east of the chapel, still offers an exuberant display of flowers and Samaras, as do the other two sycamores down from the Atkins mausoleum. This whole tree is remarkable. Its

bark breaks into patchy scales that expose a spotty pinkish inner trunk. Its leaves are wide with 2-5 coarsely toothed lobes. Its pale yellow flowers hang in impressively 5" long clusters. Its winged fruit (samaras), which hangs in huge clusters after the flowers are gone, has a wide wingspan of 2". The Japanese Larch, which is the only conifer tree to lose its needles during the winter, has re-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. And one cannot forget the Siberian elm by the Comloquoy mausoleum. Its multi-colored trunk striping of grey, brown, and orange support long graceful branches with light green leaves and long clusters of white circular disk flowers. Unfortunately, they are high up on the tree, and unless a branch breaks and falls to the ground, their beautiful and graceful white clusters of disks can't be appreciated. We have such a large "all natural" spring floral bouquet. Come and visit!

Arbor Day, Friday, April 26th

While this insert for the *Topic* newsletter is due before we celebrate Arbor Day, at the time of this writing, there are 4 eastern cedar inside the fence line to the south of the 16th Street gate, four pin oaks also by the 16th Street entrance, and two little leaf linden down towards the pond available for sponsorship. Deacon Dr. Kurt Kovalovich will do the tree blessings 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. Representatives from Pottsville City Council and from the Shade Tree Commission will also be there. Many thanks to Norm Kauffman who digs the holes and plants the baby trees for the Arbor Day service. The sponsorship to date is: (1) In Celebration of the 50th Wedding Anniversary of William and Darlene Bowler, given by daughters Janet Curtis and Dawn Burns and their Families; (2) In Loving Memory of Scott James Russell, given by Joanne Barton and Gladys Fogarty; (3) In Loving Memory of the Yannaccone Family, given by Elizabeth R. Salmeri; (4) In Loving Memory of William J. Woll, given by Barbara Woll; (5) In Loving Memory of Vladimor ("Wally") Maliniak, given by Carol S. Field; (6) In Loving Memory of Alvin and Mae Moser, given by Peggy Moser; (7) In Loving Memory of the Reverend D. Craig Lanois, given by Fred and Dona Brown. And one tree rededicated from last year: In Loving Memory of Daniel W. Guers, given by Jeanne M. Guers and Family.

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 Deacon Kurt Kovalovich. This is followed by a 21 gun salute and the playing of taps.

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 with large expenses, like labor costs, chapel heating oil bills, and insurances having to be paid. If you haven't sent something in, and if you attend summer services at the chapel, or walk the property, or enjoy reading about the trees, please consider giving a charitable donation to this charming 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.



The Music Corner

by Cora A. Gamelin-Osenbach

Choir

Alleluia! He is risen indeed! And with what joyful sounds greeted the resurrection of our Lord and Savior! Many thanks to Miss Lea for preparing the children to sing for Palm Sunday and also to our choir who arrived early before and stayed after services to prepare anthems for Palm Sunday, the Great Vigil and Easter morning. Thank you also to Lea and Tim Bortner for their special Communion music on Palm Sunday — we are blessed with many who offer their musical gifts here at Trinity. We are hopeful for a few more special musical offerings before moving to the Chapel for summer services on June 23.



Concert Series

Thank you to all for another successful season! Twelve years and counting! Our flyers are beautiful and professional thanks to Pam Foley; we have beautiful tablescapes by Allen Brennan; cooks and bakers too numerous to mention, but no less appreciated and those hardy folks who stay after to help clean up from the best receptions in town! We are blessed with gifted artists who are anxious to perform in our beautiful sanctuary and to interact with our patrons who are so thankful for the opportunity to hear them.

Season 13 will include the Messiah Faculty Brass Quintet on October 20 who wowed our audience many seasons ago. November 24 will be the return of the gorgeous voice of Jennifer Laubach accompanied by the prodigious skills of Pottsville native, John Kline, IV. And the final concert of the 13th season will welcome a new face — organist Paul Reese who is currently the organist at St. John's Episcopal Church in Lancaster, PA.



Sunday School News

This Spring we will begin our outreach project, the Heifer Project, which raises funds to purchase and donate farm animals to needy families in Third World countries to provide food and sustainable income. Watch for more information in the weekly bulletins about how you can help.

On May 12 we celebrate mothers and those that mother us with gifts of flowers during the service. Be sure to thank those special women in your lives for all they have done.

On June 2 we will remember the Ascension of our Lord through the visible presentation of Bubble Sunday on the front steps of the church following the service. Light refreshments and bubbles will be provided. All are invited to attend.

June 9 is Pentecost. We will wrap up our Sunday School year on this day. Certificates will be presented during the service and the drawing for Knoebels' tickets will also be done. Following the service, the Annual Parish cookout will be held outdoors in front of the fountain, weather permitting. Sign up sheets will be posted in the church closer to the event.

There will be no Sunday School classes held during the summer.



Mark your calendars for the church picnic at the Schuylkill Haven Island on July 21.

Trinity Episcopal Church

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Return Service Requested

Deadline
For
July/August "Topics"
Monday, June 17, 2019

Non-Profit Org.
U. S. Postage
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Pottsville, PA 17901

May Birthdays

2 – Carol Ann Bigg
5 – Evelyn Barnwell
6 – Kellon Jones
7 – Cara Messersmith
8 – Paul Barnwell
11 – Pam Foley
12 – Gabrielle Menuchak
16 – Bonnie Eckert
20 – Nicholas Lewars
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
Corinne 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