



# **TRINITY TOPICS**

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

**POTTSVILLE, PENNSYLVANIA**

**Phone: 570.622.8720**

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**July/August 2016**

Dear People of God,

As we take time in this summer season to relax and rejuvenate, we ask that you continue to pray for us and our efforts to grow together with our sister parishes in the county. Please offer your ideas for our shared/cluster ministry and be a part of this evolving process to be the presence of the Episcopal Church in Schuylkill County.

In the parable of the mustard seed, we are told our faith can move mountains, but perhaps “it takes mountain-sized faith to move a mustard seed.” This meditation quote underscores that our faith is the belief that no matter how small we consider our choices and decisions, they can change our lives and the world. The small moments of kindness and cooperation we share with each other and those in our sister parishes grow into great acts of love. The mustard seed can become the mountain.

Let us continually look for opportunities to share our ministry:

Helping at a booth at the Schuylkill County Fair – August 1-6

Helping at Pioneer Day in Ashland – August 20

Planning future combined worship services such as Thanksgiving and Lessons and Carols

We worship in separate spaces, but planting our collective mustard seeds will create a mountain of shared love with the common goal of spreading the Good News of Jesus Christ.

Thank you for your continued love, support and encouragement.

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.”

## **Susan Starr Scholarship**

The Susan Starr Scholarship was awarded to **John Curtis** and **Cole Demcher** on June 19 at the service in the Chapel of the Resurrection.

John Curtis graduated from Blue Mountain High School and has been a dedicated acolyte, church school member and has been on the Search Committee and the Emergency Preparedness Committee. He will attend Penn State University to major in Agribusiness Management.

Cole Demcher graduated from Pottsville Area High School and has also been a dedicated acolyte and church school member. He will attend Hofstra University to major in theater/drama.

The scholarship is in memory of Susan Starr, a former member of Trinity, who passed away in December 1994. Fulfilling her wishes upon her death, a scholarship was established to be presented annually to high school graduates enrolled in a college or university and is a dedicated parishioner at Trinity

Trinity has been blessed with these two young men and we wish them success in the future.

## **Anonymous Gift**

We are extremely grateful for an anonymous donation of \$1,000 toward our kitchen upgrades in the parish hall. There are new stainless steel counter tops and upgraded electrical connections that will make our fund raising dinners even better. If you stop by the church, please take a look at the improvements and many thanks again to the donor who helped make these improvements a reality! Blessings abound!

## **Schuylkill County Fair**

The Episcopal Church of Schuylkill County is sponsoring a booth at the Schuylkill County Fair, Monday, August 1, through Saturday, August 6, from 4 PM to 8 PM. Any time you can spare to volunteer at the booth is appreciated! Speak with any Vestry member for more information!

North Parish, in conjunction with the Episcopal Church of Schuylkill County, will have a presence at the Pioneer Days in Higher Up Park, Ashland, on Saturday August 20. Please consider helping at the booth in fellowship with our sister parishes! More information about times will be announced closer to the event.

## **The Music Corner**

by Cora A. Gamelin-Osenbach

Our summer services are held in the serenity of the Chapel of the Resurrection at Charles Baber Cemetery. We will sing an opening and closing hymn and enjoy the quiet music of the organ as we receive Holy Communion.

The choir is having a well deserved rest for the summer, but rehearsals will begin again in September as we return to the sanctuary for worship on September 18. More details will follow regarding a start up date. We want to continue the great music tradition here at Trinity. If you feel inclined to join a great group of people singing praises to God and enhancing the worship of our congregation, please speak to Frank or Cora.

### **Concert Series**

Our tenth season, yes, our tenth season, begins on September 18 with two local success stories. Tamara Wapinsky, soprano and John Kline IV, pianist are both Pottsville Area High School graduates and inspiring young artists. Please see the enclosed flyer with all the dates for our upcoming season.

Many thanks again for all the support in every aspect of what it takes to continue this great series. I look forward to a great celebration of our outreach as we begin a banner year! God bless all of you who help make these concerts possible!

### **United Thank Offering (UTO)**

“Our change changes lives”

Our blessings don't take a summer vacation and our offering of thanks should continue even as we rest and relax. When we think of the good times we are free to enjoy, please remember how fortunate we are and acknowledge those blessings with a contribution to your UTO box.

If you need a box, they are available on the table near the organ at the chapel. These small tokens of your gratefulness add up to great changes in the lives of many both here and abroad. As you remember the many blessings you are thankful for, your little tokens will really add up when we collect the boxes at our Ingathering on September 25 and October 2. They will then be presented at the Diocesan Convention on October 7-8.

Thank you and God bless you!

If you have any questions, please see Cora Gamelin-Osenbach.

# Trinity Episcopal Church Concert Series



## Calendar of Upcoming Events for the 2016-2017 Series

September 18, 2016



*Tammy Wapinsky and John Kline are both Schuylkill County natives who are sharing their incredible talents and careers with us to kick off our 10<sup>th</sup> season! What a privilege to host these young local artists.*



**Tammy Wapinsky, soprano**  
**John Kline, IV, pianist**

November 13, 2016



*We welcome back this delightful duo that enchanted our audience two seasons ago. Nora has been a loyal friend to our series with many combinations of her chamber group, Satori, and Candice captivated us with her playing.*

**Nora Suggs, flute**  
**Candice Mowbray, classical guitar**

March 26, 2017



*Stephen is now the organist at the Cathedral Church of the Nativity in Bethlehem. We are thrilled for his return to showcase his virtuosity on our Austin organ.*

**Stephen Williams, organist**

May 21, 2017



*Peter Sirotin, violin; Fiona Thompson, cello; Ya-Ting Chang, piano. This incredible trio loves our space and audience and asked to return for a third appearance. What a fitting way to end our 10<sup>th</sup> season with these musicians who are the Artists in Residence for the Embassy Series in our nation's capital.*

**Mendelssohn Piano Trio**

**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 200 S. Second Street, Pottsville, PA  
570-622-8720 email: [trinitypottsville@verizon.net](mailto:trinitypottsville@verizon.net) web: [trinityepiscopalpottsvillepa.org](http://trinityepiscopalpottsvillepa.org)

A MEMORIAL BIRTHDAY CONCERT  
TO CELEBRATE THE LIFE  
OF  
FREDERIC HOWARD TOONE BACON

SATURDAY JULY 9, 2016 AT 2:00PM

TRINITY EPISCOPAL CHURCH  
S. CENTRE STREET & HOWARD AVENUE  
POTTSVILLE, PA 17901



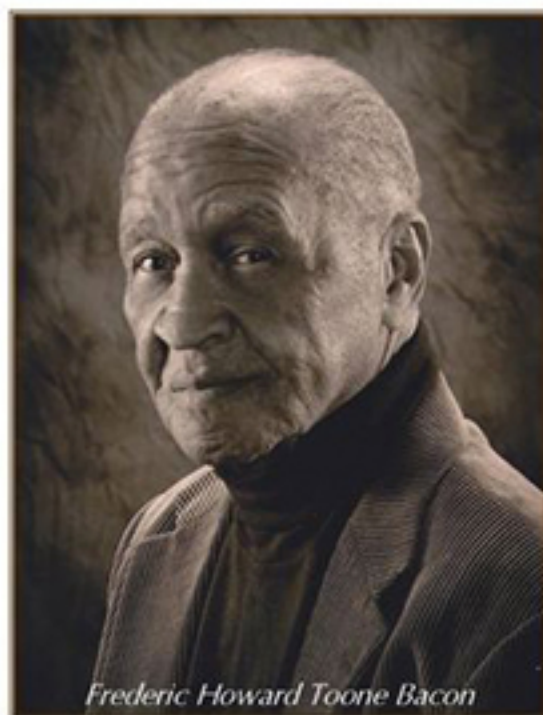
*Bennie Sims*



*John Kline, IV*



*Candice Mowbray*



*Frederic Howard Toone Bacon*



*Tatum Kai Harmon*



*Cora Gamelin-Osenbach*



*Franklin Osenbach*

Join us for this aural and visual feast of jazz, gospel, classical guitar, dance, opera and Freddie's fabulous artwork.

SPECIAL GUEST ARTISTS

Jazz Bassist **Bennie Sims** and his Gospel Choir

Dancer **Tatum Kai Harmon**

Classical Guitarist **Candice Mowbray**

Soprano **Cora Gamelin-Osenbach**

Tenor **Franklin Osenbach**

Pianist **John Kline, IV**

Reception following in the church lounge.

# July 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 <u>PENTECOST VII</u> 9:00am -Service <u>Chapel of the Resurrection</u>	4 7:30pm AA Meeting	5	6 <u>NO HEALING SERVICE</u>	7	8	9 2:00pm A Memorial Birthday Concert to Celebrate the Life of Frederic Howard Toone Bacon
10 <u>PENTECOST VIII</u> 9:00am - -HE II The Rev. Peter Harer <u>Chapel of the Resurrection</u>	11 7:30pm AA Meeting	12	13 <u>NO HEALING SERVICE</u>	14 Sr. Adventures Luncheon at Buddy's, Pine Grove	15	16
17 <u>PENTECOST IX</u> 9:00am HE II The Rev. Nancy Packard <u>Chapel of the Resurrection</u>	18 4:30pm Soup Kitchen 7:30pm AA Meeting	19	20 <u>NO HEALING SERVICE</u>	21	22	23 Parish Hall Rental 2:00 - 5:00pm
24 <u>PENTECOST X</u> 9:00am HE II The Rev. John Heffner <u>Chapel of the Resurrection</u>	25 7:30pm AA Meeting	26 1:00pm MPTF Meeting	27 <u>NO HEALING SERVICE</u>	28	29	30
31 <u>PENTECOST XI</u> 9:00am HE II The Rev. John Heffner <u>Chapel of the Resurrection</u>						

# August 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 7:30pm AA Meeting	2	3 <u>NO HEALING SERVICE</u>	4	5	6
7 <u>PENTECOST XII</u> 9:00am - Service <u>Chapel of the Resurrection</u>	8 7:30pm AA Meeting	9	10 <u>NO HEALING SERVICE</u>	11	12	13
14 <u>PENTECOST XIII</u> 9:00am - Service <u>Chapel of the Resurrection</u>	15 4:30pm Soup Kitchen 7:30pm AA Meeting	16	17 12noon Healing Service MPTF Luncheon	18	19	20
21 <u>PENTECOST XIV</u> 9:00am - Service <u>Chapel of the Resurrection</u>	22 7:30pm AA Meeting	23	24 <u>NO HEALING SERVICE</u>	25	26	27
28 <u>PENTECOST XV</u> 9:00am - HE The Rev. Peter Harer <u>Chapel of the Resurrection</u>	29 7:30pm AA Meeting	30	31 <u>NO HEALING SERVICE</u>			

## NEWS FROM MARION C. PRICE TRUST FUND

**Heat and Sun Exposure** — it is vitally important that we understand symptoms of heat related illnesses, especially for our seniors. Our bodies work hard every day to maintain a normal temperature. Excessive heat forces our body to work harder than normal, which is the root cause of heat-related illness.

Essentially the heat forces our bodies to work beyond their limits. For senior-citizens this can be dangerous and even deadly.

Seniors don't feel the heat the way younger people do, and so might not be aware of the risks of high temperatures. As we age our bodies lose some natural ability to regulate temperature making seniors more susceptible to temperature changes in the environment. One such change is that the subcutaneous layer of fat beneath the skin, which acts as natural insulation to heat and cold dwindles. Also because seniors perspire less, it's harder for them to keep cool which also increases their risk of becoming over heated.

The two most serious conditions for seniors that result from heat and exposure to high temperatures are heat exhaustion and heat stroke. They can develop quickly over a few minutes or gradually over several hours or days.

**Heat exhaustion** is a condition caused by loss of salt and fluid from the body that results from prolonged exposure to extreme heat. Symptoms include: headache, blurred vision, nausea, upset stomach, ashen appearance, low blood pressure, vomiting, sluggishness, fatigue, thirst, rapid weak heartbeat, sweating and moderate increase in body temperature.

Once you recognize this as heat exhaustion, it's imperative that you take action and move this person to a cool, dry place to lie down and rest. Apply cool water to the skin and fan the wet skin. Applying ice that is wrapped in a towel to the head, neck, armpits and groin areas help to bring down the body temperature, too. Also give them a cool drink. Electrolyte drinks are also good.

If left untreated, more severe symptoms of heatstroke can develop.

**Heat stroke** is a life threatening condition. It requires immediate medical attention. Heat stroke occurs when the body cannot cool itself, usually because sweat stops and the body's core temperature becomes too high. Conditions like obesity, cardiovascular disease and diabetes, as well as taking some medications commonly prescribed to seniors, being dehydrated or consuming alcohol in elevated temperatures, can all contribute to the increased risk of heat stroke.

Symptoms of heat stroke include: headache, dizziness, elevated or lowered blood pressure, disorientation, agitation, confusion, sluggishness, fatigue, hot dry skin, fainting, loss of consciousness, increased body temperature, rapid heartbeat and hallucinations.

Another major issue people can experience due to prolonged heat exposure is **dehydration**. People age 65 and older can lose their sense of thirst and tend to not drink enough. Older people have less ability to perspire, as mentioned earlier which is the mechanism to release heat from the body.

It can be life threatening to seniors because there is no longer enough fluid in the body to carry blood to the organs. Symptoms of dehydration include thirst, dry skin, fatigue, confusion and lightheadedness



### ***Some ways to beat the heat:***

1. Drink plenty and a variety of liquids — don't wait until you are thirsty but you should consult your health care provider if you have heart or kidney issues.
2. Skip your usual coffee or iced tea - the caffeine works as a diuretic
3. Wear light weight clothing that allows your skin to breathe
4. Stay inside where it is cool, use air conditioners and/or fans to allow the air to circulate
5. Switch to tasty cold dishes instead of heating up your kitchen and your body will use less water to digest smaller meals
6. Taking a cool shower or bath can help bring down your body temperature

**Senior Adventures** - Thursday, July 14<sup>th</sup> we will be traveling to Buddy's in Pine Grove for lunch. Wednesday, August 17<sup>th</sup> will be our brown bag at Trinity. We will join the noon Healing Service and enjoy some scarf art demonstrations.

**Medical Identity Theft** — Medical identity theft occurs when someone steals your personal information (like your name, Social Security number or Medicare number) to obtain medical care, buy drugs or submit fake billings to Medicare in your name.

Medical identity theft can disrupt your life, damage your credit rating and waste tax payer dollars. The damage can be life-threatening to you if wrong information ends up in your personal medical records.

- Guard your Medicare and Social Security numbers carefully. Be suspicious of anyone who offers you free medical equipment or services and then requests your Medicare number. Do not let anyone borrow or pay to use your Medicare ID card or your identity.
- Just walk away if someone approaches you in parking lots, shopping centers or other public areas and offers you free services, groceries, transportation or other items in exchange for your Medicare number.
- Simply hang up the phone if someone calls you claiming to be conducting a health survey and asks for your Medicare number.
- DO NOT give information to marketers who claim to be from Medicare or Social Security and ask for payment over the phone or Internet.
- Check all your medical bills, Medicare summary notices, explanation of benefits and credit reports. If you spot unusual or questionable charges, contact your healthcare provider, it may just be a mistake. If this doesn't resolve it report the questionable charges to Medicare at 1-800-633-4227.

Reprinted from the Office of the Inspector General's Stop Medicare Fraud brochure.

## **American Red Cross**

**Come to our Blood Donor Ambassador Training Event and become a volunteer.**

Co-sponsored by the Pottsville Free Public Library

**When:** July 11, 2016

**Where:** Pottsville Public Library  
215 W. Market St. Pottsville, PA 17901

**Time:** 1:00 p.m. -4:00 p.m.

Every nine minutes, American Red Cross volunteers bring help and hope to people in need. Join us and make a difference in your community.

**American Red Cross**  
Eastern Pennsylvania Region

For more information contact Bryan Payne by phone at 215-299-4803 or email at [Bryan.Payne@redcross.org](mailto:Bryan.Payne@redcross.org)



## Charles Baber Preservation Trust

**Arbor Day:** The day was overcast and rain began to fall at the opening of the ceremony, but all in attendance thought it was a refreshing and inspirational day. We were indeed fortunate to have The Rev. Canon Clifford Carr in attendance to bless the trees and to offer prayers at the beginning and conclusion of the service. Ten trees were planted - 5 swamp white oak, two Kanzan cherry, 2 Japanese maple, and 1 pin oak. One of the Japanese maples was planted at the upper level to the east of the chapel, and the 2nd was planted down the hill from the chapel where the underground spring rises to the surface. The pin oak was planted just inside the 16th Street entrance; and the cherry and swamp oaks were planted around the pond. Nine of the 10 trees were sponsored. While the sponsorship brought in \$3,600, the cost to remove the dead and dying trees this year was \$5,200. The sponsors were: Kanzan Cherry- in Memory of Gerald Field and Arnold Delin by Carol Field and Dolores Delin, and in Memory of my sister, Mary Ellen Mincer by Peggy Moser. Japanese Maples in Thanksgiving for the Life and Ministry of The Rev. Canon Clifford B. Carr by Nancy Buehler, and in Thanksgiving for the Life and Service of Frank Snyder by The Shade Tree Commission. Four Swamp White Oak trees: in Memory of Cora B. Landis (Mom Mom) by Dona and Fred Brown, in Memory of Paul & Mildred Allen and Lloyd & Ethel Allen by Bob & Peg Allen, Mary Ann & Bill Pugh, and Doris & Jeff Forsythe, in Memory of The Rev. Elmer J. and Dorothy C. Davis by Dr. Lydia Davis, in Memory of Charles Moran by the Moran and Botto Family. The remaining swamp oak tree was blessed, but not sponsored. One Pin Oak: in Memory of Kenward Kissinger by Niles Kissinger.

**Sixteenth St. rock wall:** Jane Kruse, Master Gardner, and Carol Field, apprentice, cleared all the rocks out of the dirt, laid 18 bags of topsoil, and have begun planting flowers. We will also plant two small trees. By the next issue, we will be able to tell you what has been planted.

**Leaf Vacuum\Gator:** As you read in the *Gatehouse Views* newsletter and in the May\June *Topics*, both our leaf vac and our Gator are on their last life and will have to be replaced this year. If we can only do one, then the leaf vac will be the priority. An estimate of cost of the leaf vac is \$4,000. The cost of a new Gator is \$14,000.

**Lower road north of pond:** Our gravel road to the north of the pond which leads downhill toward the soccer\baseball field washes out from heavy rains and forms deep ruts. This is surface runoff, an underground spring off the 16th St. hill and under the neighbor's property, and hillside runoff. The board has approved (1) the installation of two catch basins by the pond, (2) the creation of two retention ponds close to our property boundary by the soccer\baseball field, and (3) the installation of plastic pipes to carry the water from the basins to the retention ponds. The costs of materials will be \$5,000. Norm Kauffman will donate his labor. Another board member has kindly pledged \$2,000 toward this project. There is a \$3,000 shortfall at this time. The work will be done in late summer when the ground is dry. Please, if you can contribute toward this project or the Gator, or the leaf vac, we could really use the money. Make your charitable contribution payable to "Charles Baber Preservation Trust", memo mark the check for whatever project you wish to help with, and either mail your contribution to the office at 200 S. Second St., Pottsville, PA 1790, or if you are a parishioner, the check can be given to Norm Kauffman, Kurt Kovalovich, or Carol Field.

**Summer services** have begun at the chapel. It is so cool and fresh at the cemetery in early morning. All the trees are in full leaf volume and are dressed in many shades of green with a sprinkling of burgundy from the Japanese maples. The flowering shrubs are finished blooming. The hanging flowers, called catkins, on the red, white, swamp, and chestnut oaks have disappeared. And the catkins on the sugar, Norway, and sycamore maples have given way to winged fruit. The pale white floral disks on the Siberian elm have fallen making the ground look snowy. The feathery leaves on the dawn redwoods are canopying the narrow dirt road in the lower loop. There is so much to see. Every tree species has its own story. Stroll through and see.

## **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"  
Wednesday, Aug. 17, 2016**

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

### **July Birthdays**

1 – Tony Bacon  
2 – John Pritiskutch  
3 – Lea Bortner  
4 – Jerry Simatos  
6 – Leigh Ann Siminitus, Alice Sapp  
9 – Alexandra Matson  
11 – Kendyl Moyer  
14 – Kitty Murray  
18 – Jessica Swick  
19 – Betty Uranko  
20 – Reynolds Hosteller  
25 – Miriam Harris, Jessica Nabholtz  
28 – Nancy Buehler, Daniel MacArthur,  
Jean Ebling, Janine Hinnershitz  
31 – Robert Bednar

### **August Birthdays**

1 – Connie Guensch, Ralph Imschweiler  
2 – Donna Ross  
4 – James Coulson  
6 – John Fahenstock  
7 – Chris Nabholtz  
8 – Alana Spotts, Sandra Snyder, Emily McCall  
12 – Doris Kauffman  
15 – Allen Greiner  
16 – Edna Rauco, MacKenzie Menuchak  
18 – Dottie Kelly, Anne Marie Brennan  
20 – Matthew Foester  
22 – Kathy Burda  
23 – Delaney Burns, Layne Reedy, Peter Bortner  
24 – Joan Moyer, 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, Bill Malarkey