

Trinity Episcopal Church

200 South Second Street
Pottsville, PA 17901

Phone: 570-622-8720

Fax: 570-621-3221

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Pottsville, PA 17901

DEADLINE FOR SEPTEMBER TOPICS MONDAY AUGUST 22

July Birthdays

- 1 - Tony Bacon
- 3 - John Pritiskutch, Lea Bortner
- 4 - Jerry Simatos, Thomas Graf
- 6- Leigh Ann Siminitus
- 9 - Frederic Bacon
- 10 - Renee Motsko
- 11 - Kendyl Burda, Peggy Graf
- 12 - Maggie Nabholz
- 14 - Karen Moran, Adam Kauffman
- 19 - Betty Uranko
- 21 -Marion Kemfort
- 22- Gerald Field
- 25 - Miriam Harris, Ruth Fasold, Jessica Nabholz
- 28 - Nancy Buehler, Daniel Burda, Jean Ebling,
Janine Hinnershitz, Nancy Williams
- 31 - Robert Bednar

August Birthdays

- 1 - Connie Guensch, Dawn Bacon, Ralph Imschweiler
- 2 - Donna Ross
- 4 - James Coulson, Payge Dalton
- 6 - John Fahenstock
- 7 - Chris Nabholz, Kya Henry
- 8 - Alana Spotts
- 12 - Doris Kauffman
- 15 - Allen Greiner
- 16 - Edna Rauco, MacKenzie Menuchak
- 18 - Dotte Kelly, Anne Marie Brennan
- 19 - Caleb Reedy
- 22 - Kathy Burda, Kirk Yeager
- 23 - Delaney Burns, Layne Reedy, Peter Bortner
- 24 - Joan Moyer, Bill Reese, Waverly Bacon, VI, Katie Schreppel
- 25 - Patrick Moore Sr.
- 26 - Cynthia Ryland, Kory McElvaney, Connor Hileman
- 27 - Michelle Brenneman, Justin Lindenmuth
- 30 - Frank Yuengling, Carter Yeager
- 31 - Nanci Billie, Bill Malarkey





TRINITY TOPICS

The Newsletter of Trinity Episcopal Church
POTTSVILLE, PENNSYLVANIA

Phone: (570)- 622-8720
Web: www.trinityepiscopalpottsvillepa.org
Email: trinitypottsville@verizon.net

JULY/AUGUST 2011

Trinity Parish Picnic



Sunday July 17th

at

Zion Red Church Picnic Grove

Route 61
Orwigsburg

11:00am Holy Eucharist

Picnic to follow

Join Us!!!

Fun! Food! Fellowship!

***Hamburgers, Hot Dogs and Drinks
Provided***

PLEASE SIGN UP
on Chapel Bulletin Board



Trinity's Mission Statement

*“To be a Christ-centered parish, that knows Christ and makes Him known to others
by sharing our gifts, striving for justice,
and respecting the dignity of every human being.”*



A Thought about Stewardship

“Let us with gladness present the offers and oblations of our life and labor to the Lord.”

The Book of Common Prayer p.377

Our offerings, the money we joyfully give to the church, represent to God our life and labor.

Our oblations, the bread and wine, symbolize God’s gifts to us.

Together, they represent our labor, our time, and our abilities.

However, God does not want just our gifts. God wants the “givers” -- God wants us!!!

A word from “Trinity” the Church Mouse

Dear Parishioners,

In summer especially we rejoice in God’s Creation. To be a Christian is to be an ecologist. That is because we know that God has called us to be faithful stewards of all that God has made.

Trinity

P.S. Have a wonderful and re-creating summer.



Don't Forget your UTO Blue Boxes

Summer is a great time to count God’s Blessings.

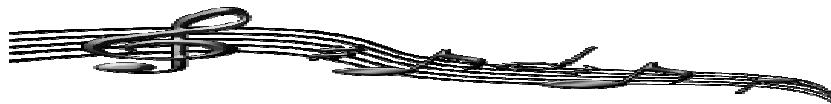
**As you count those many blessings,
please remember them by dropping a coin in your UTO Box.**

The coins add up quickly to help others.

Our “Ingathering” for UTO will be Sunday, September 18th.

**Our offerings will then be presented with others from around the diocese
at the Diocesan Convention, October 7th & 8th.**

THE MUSIC CORNER by Cora A. Gamelin-Osenbach



As we begin the summer months of July and August, we will temporarily leave our beautiful sanctuary for nature's calmness that surrounds us at the Chapel of the Resurrection in Charles Baber Cemetery. At the 9:15 a.m. service, we will sing hymns including the Doxology, giving thanks for our gifts and blessings.

The choir is having a summer break, but music for a new fall season is already being chosen, and rehearsals will begin on Wednesday August 31. We welcome new members to join our fellowship and music making to enhance our worship. As St. Augustine said, "he who sings, prays twice." We meet on Wednesdays at 7:30 in the parish lounge—our first service in the sanctuary will be September 11.

The 2011-12 Concert Series is in place and begins on Sunday September 25 at 4 p.m. Please see the enclosed flyer and mark the dates on you calendar. Our fifth season will prove to be a very exciting one. If you are interested in becoming a patron or helping in any way, please contact Cora at the church.

TRINITY ARTISTS – an early reminder that our annual art exhibit will take place on Sunday November 20 in conjunction with our concert series. Please start your creative process now in a medium of choice so that you can be ready to share your talents with the parish and community. Thank you!

Topics Newsletter Now Online!



Good news! You can now access this complete Topics newsletter in newsletter form along with those from the past few months on our parish website!

Simply go to www.trinityepiscopalpottsvillepa.org and click on the link to the Topics newsletter in the tabs on the left side of the page.

Continued thanks to Pam Foley for all of her hard work on our well-done website and for making our newsletters accessible in this way!



Vestry Highlights

- Summer schedule will begin on Sunday, July 3rd at Charles Baber Cemetery.
- The new parish directory has been completed and mailed out.
- The Confirmation class is complete and has been a great group to work with. Confirmation will be during the Bishop's visitation on September 25, 2011.
- Al and Kurt spoke about items on the property review that was done, and they prioritized things accordingly.

Please Remember in Your Prayers

Those serving in the armed forces especially:

Michael Steinruck, Cassie Kauffman Holm, Tom Austerberry, Joseph Nangle, Erik Ryland, Larry Reedy, II, Stephen M. Reier, Michael J. Reier, Jeffrey J. Bohanick, Ethan Garrity, Jake Shirey, Eric Walls

Those sick or in need of healing: especially:

Duane Barnhart, Anne Barton, Ray Barton, M. Jean Bedford, Henry Bigg, Alexis Bohr, Ron Boris Jr., Ron Boris Sr., Darlene Bouch, Betty Bradley, Ivana Bradley, Joan Cake, Sara Conlen, Phyllis DeMarco, Jean Ebling, Norm Emery, Ruth Fasold, Jerry Field, Ken Fisher, Margaret Frederick, Ron Frederick, Dorothy Frye, Herb Harris, Ida Heckman, Holly Hedstrom, Robert Hubler, Larry Kachelries, Dotte Kelly, Martha Kline, Barbara Kull, George LaHoop, Lena Levkolic, Jeff Lippencott, Anthony Merlino, Jr., Robert Miller, Rose Morgan, Espn Murphy, Rita Murphy, Wendy Nabholz, Heidi Nangle, James Oerther, Michael O'Malley III, Maxine Peroutka, Betty Price, Elizabeth Pritskutch, Jennifer Robinson, Donna Ross, John Ross, David Rupnow, Harry Russell, Bill & Tina Rutecky, Julie Sells, Rayne Slackus, Abigail Smith, Heather Anne Smith, Vivian Smulley, George R. Stone Jr., Wendy Stone, Kathy Strouse, Lora Hart Wentzel, Tish Wetherill, Sophie White, Nancy Williams, Peter Williams, Mary Witman, Arlen Zerbe, Ron, Bob, Joan, Judy, Lea & Trent, Mike, John, Paul, Mark, Betty, Jen, Linda, Ben, Kim, Jessica, Tom, Jane, Lois

NEWS FROM MARION C. PRICE

Senior Adventures

Thursday, July 21- Friedensburg Country Inn, Friedensburg

Thursday, August 18 - Basille's, Tamaqua

Thursday, September 29 - Top of the Eighties, West Hazleton

Come join us for some good food, a few laughs and a general good time.

We leave Trinity at 11:00 AM. Call Kathy Burda at 621-3220 to make your reservations today.

Healthy Resolutions - 2011 All programs held at Trinity in lounge at 10:30 am. No registration required, open to the public.

Friday, July 22 - What is a Vegan? Bring your curiosity and your taste buds for an hour of exploration into eating vegan. Presented by Lee Yeager.

Friday, August 26 - Don't Have a Heart Attack Over Medicare, Debbie Pauzer, Diakon Apprise, will give insights into the Medicare Program.

Friday, Sept. 23 - Inspired Jewelry by Beth Shields. Beth will present natural stones and crystals that promote positive energy and healing.

Identity Theft is the fastest white collar crime in the United States. Over 10 million Americans fall victim to this crime every year from ordinary citizens to celebrities, young and old, and from all socio-economic backgrounds. Identity thieves can operate boldly by picking your pocket or rummaging through your trash and your mailbox. And, they can operate invisibly, through breaching online security systems, on your own computer or on commercial or other computer systems. Other times, they openly lure you under false pretenses into providing your social security number, financial account numbers, passwords, PIN numbers and other personal information. But regardless of how they acquire the information, the thieves may quickly apply for loans or credit cards, lease cars, make purchases, defraud utility companies or rent apartments using your identity; or, they may hold onto your information for a matter of years and then begin to use it, after you have been lulled back into a sense of security.

Some helpful hints to prevent identity theft:

Promptly remove mail from your mailbox and deposit mail in US Post Office receptacles.

Empty your purse/wallet of extra credit cards or ID cards, including your Social Security card.

Memorize your PIN numbers

Never give out personal information over the phone.

Stop credit card companies from sending pre-approved applications to your home by calling 1-888-5OPT-OUT.

Be certain you receive and review monthly financial statements and bills.

Make inquiries about unexpected bills, credit card charges or bank account debits.

Shred credit card receipts, bills and other financial information, as well as magazine subscription labels.

Regularly review your credit report from all three credit reporting bureaus.

You are entitled to one free report annually from each bureau, which can be obtained at www.annualcreditreport.com or by calling 1-877-322-8228. There are many other companies which, for a fee, will provide round-the-clock monitoring services for all three credit reports and issue alerts at any activity. Although these monitoring services cannot prevent identity theft, they may help identity rogue or unauthorized activity swiftly and enable consumers to address the problem quickly.

Remember, nobody is more effective at preventing and protecting fraud than the individual.

If you are a victim of identity theft, file a report with local police, close bank and credit card accounts and contact the credit reporting bureaus to freeze or place a fraud alert on your credit report.

Reprinted from the Pennsylvania Office of Attorney General "A Consumer Reference Guide For Seniors".

Senior helpline 1-866-623-2137 or www.attorneygeneral.gov

Skin Cancer develops primarily on areas of sun-exposed skin, including the scalp, face, lips, ears, neck, chest, arms and hands and on the legs in women. But it can also form on areas that rarely see the light of day. Skin Cancer affects people of all skin tones, including those with darker complexions.

Here are some features to look for:

Asymmetry-half of the abnormal skin area is different than the other half

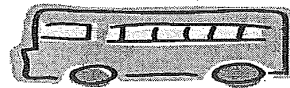
Irregular borders

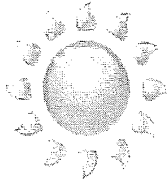
Color varies from one area to another with shades of tan, brown or black (sometimes white, red or blue)

Diameter is usually but not always) more than 6 mm in size (diameter of a pencil eraser)

Any skin growth that bleeds or will not heal

Skin Cancers may have different appearances. They can be small, shiny, waxy, scaly and rough, firm and red, crusty or bleeding or have other features. Therefore, anything suspicious should be looked at by a physician.





UVB/UVA

UV radiation is part of the light spectrum that reaches the earth from the sun. It has wavelengths shorter than visible light, making it invisible to the naked eye. These wavelengths are classified as UVA & UVB.

The UVA & UVB penetrate the atmosphere and play an important role in conditions such as premature skin aging, eye damage (including cataracts) and skin cancers.

They also suppress the immune system, reducing your ability to fight off these and other maladies. By damaging the skin's cellular DNA, excessive UV radiation produces genetic mutations that can lead to skin cancer. Both the U.S. Department of Health & Human Services and the World Health Organization have identified UV as a proven human carcinogen. UV radiation is considered the main cause of non-melanoma skin cancers, including basal cell carcinoma and squamous cell carcinoma. These cancers strike more than a million and more than 250,000 Americans, respectively, each year. Many experts believe that, especially for fair-skinned people, UV radiation also frequently plays a key role in melanoma, the deadliest form of skin cancer, which kills more than 8,000 Americans each year.

Most of us are exposed to large amounts of UVA throughout our lifetime. UVA rays account for up to 95% of the UV radiation reaching the Earth's surface. Although they are less intense than UVB, UVA rays are 30-50 times more prevalent. They are present with relatively equal intensity during all daylight hours throughout the year, and can penetrate clouds and glass.

UVA, which penetrates the skin more deeply than UVB, has long been known to play a major part in skin aging and wrinkling is the dominant tanning ray, and we now know that tanning, whether outdoors or in a salon, causes cumulative damage over time. UVA contributes to and may even initiate the development of skin cancers.

UVB, the chief cause of skin reddening and sunburn, tends to damage the skin's more superficial epidermal layers. It plays a key role in the development of skin cancer and a contributory role in tanning and photo aging. Its intensity varies by season, location and time of day. The most significant amount of UVB hits the U.S. between 10 am and 4 pm from April to October. However, UVB rays can burn and damage your skin year-round, especially at high altitudes and on reflective surfaces such as snow or ice, which bounce back up to 80% of the rays so that they hit the skin twice. UVB rays do not significantly penetrate glass.

The following are some preventive guidelines you can use to protect yourself this summer:

- Seek the shade, especially between 10 am & 4 pm.
- Do not burn.
- Avoid tanning and UV tanning booths.
- Cover up with clothing, including a broad brimmed hat and UV blocking sunglasses.
- Use a broad spectrum (UVA&UVB) sunscreen with an SPF (Sun Protection Factor) of 15 or higher every day. For extended outdoor activity, use a water resistant, broad spectrum (UVA&UVB) sunscreen with an SPF of 30 or higher.
- Apply 1 ounce (2 Tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours, or immediately after swimming or excessive sweating.
- Keep newborns out of the sun. Sunscreens should be used on babies over the age of six months.
- Examine your skin head-to-toe every month.
- See your physician every year for a professional skin exam.
- Most dermatologists recommend a broad spectrum, water-resistant sunscreen of SPF 30 or higher.

The FDA announced new guidelines for sunscreen labels, that become effective for the summer of 2012.

- Sunscreen labels cannot claim protection against skin cancer or early skin aging unless the product protects from both UVA & UVB radiation. Products that don't protect against both, or have a SPF of less than 15, will be required to carry the warning - "This product has been shown only to help prevent sunburn, not skin cancer or early skin aging."
- Companies will also no longer be able to claim a SPF greater than 50, unless they can provide results of further testing that support a higher number.
- A product cannot claim to be waterproof, or sweat-proof, or a sunblock. No ingredient can totally block the sun and there's no product that is waterproof.

Trinity Episcopal Church Concert Series

Calendar of Upcoming Events
for the 2011-2012 Series



Harp Principals!
November 20, 2011

Harpists Janet Witman and Mindy Cutcher are known both nationally and internationally and have extensive solo and orchestral experience. Graduates of the Curtis Institute and the Oberlin Conservatory of Music, Ms. Witman and Ms. Cutcher will present an eclectic program showcasing their exquisite instruments in duets – a first for our area!



Canon Mark Laubach
April 15, 2012

A must see concert! Canon Laubach is organist at St. Stephen's Episcopal Church in Wilkes-Barre. Winner of the 1984 American Guild of Organists National Young Artists' Competition, he has continued to thrill audiences here and abroad, both live and on his critically acclaimed compact discs. Special guest, soprano Cara Gamelin-Osenbach will perform Weinberger's powerful "The Way to Emmaus" with Canon Laubach.



Jennifer Laubach
Carol Comine
September 25, 2011

A leading singer in the Lehigh Valley, mezzo-soprano Jennifer Laubach has numerous recital and oratorio performances to her credit in addition to owning the Da Capo Music Center in Easton. Carol Comine is pianist, teacher, composer and Steinway artist. What a beautiful collaboration to open our 5th season!

This annual service once again brings the promise of Jesus' birth in scripture readings and inspirational choral anthems. The Trinity choir is under the direction of Franklin Osenbach and will be accompanied by Cara Gamelin-Osenbach, Director of Music, at the Trinity organs.



Advent Lessons and Carols
December 4, 2011

These five extremely talented women with a wide variety of performing experiences will once again grace our series. Back by popular demand, this Reading area quintet will present a diverse program ranging from Baroque to Contemporary to showcase their virtuosity.



Eye Woodwind
Quintet
May 20, 2012

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 web: trinityepiscopalpottsvillepa.org

July 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sunday Services @ Chapel of the Res- urrection — CBC					1	2
3 Pentecost III 8:00am Holy Eucharist 9:15am Holy Eucharist	4 <u>OFFICE CLOSED</u>	5 7:00pm Diakon Belly Dancing	6 10:00am Diakon Zumba 12noon Holy Eucharist	7	8	9
10 Pentecost IV 8:00am Holy Eucharist 9:15am Holy Eucharist	11 6:00pm TCC Mtg.	12 6:00pm Vestry Cookout @Rectory 7:00pm Diakon Belly Dancing	13 10:00am Diakon Zumba 12noon Holy Eucharist	14 7:00pm HALOS	15	16
17 Pentecost V 8:00am Holy Eucharist 11:00am Holy Eucha- rist & Parish Cookout	18	19 7:00pm Diakon Belly Dancing	20 10:00am Diakon Zumba 12noon Holy Eucharist	21 11:00am Senior Adven- tures, Friedensburg	22 10:30am Healthy Resolutions	23 Pozza/Hopkins Marriage
24 Pentecost VI 8:00am Holy Eucharist 9:15am Holy Eucharist	25 4:30pm Soup Kitchen	26 7:00pm Diakon Belly Dancing	27 10:00am Diakon Zumba 12noon Holy Eucharist	28 7:00pm HALOS	29	30
31 Pentecost VII 8:00am Holy Eucharist 9:15am Holy Eucharist						

DATE	READERS	ALTAR GUILD	CHALICE BEARERS	GREETERS USHERS	COUNTERS	LAY EUCHARISTIC MINISTERS	ALTAR FLOWERS
July 3 8 a.m.	K. Kovalovich		B. Rutecky	C. Gearhart B. Rutecky	A. Portland B. Bednar		
9:15 a.m.	OT J. Brocius NT T. Malarkey POP J. Bednar	K. Portland A. Portland B. Bacon	J. Bednar	E. Barnwell B. Bacon			
July 10 8 a.m.	C. Field		G. Moyer	C. Gearhart B. Rutecky	N. Buehler H. Mitchell	C. Field to Carol Greiner	In Loving Memory of David E. Frey by his Family
9:15 a.m.	OT A. Portland NT J. Giansello POP H. Mitchell	K. Portland A. Portland B. Bacon	E. Barnwell	J. Mansell T. Malarkey			
July 17 8 a.m.	K. Kovalovich		C. Petlansky	C. Gearhart B. Rutecky	B. Bednar N. Buehler		In Loving Memory of Robin L. Thornburg, Esq. by Mother Nancy Thornburg and Family; and In Loving Memory of Marie Lucille Gamelin by Cora & Frank Osenbach
9:15 a.m.	OT F. Brocius NT F. Osenbach POP T. Malarkey	K. Portland A. Portland B. Bacon	A. Portland	E. Barnwell B. Bacon			
July 24 8 a.m.	C. Field		G. Moyer	C. Gearhart B. Rutecky	B. Bednar A. Portland	H. Mitchell to Nancy Williams	
9:15 a.m.	OT J. Bednar NT P. Bortner POP F. Brocius	K. Portland A. Portland B. Bacon	H. Mitchell	J. Mansell T. Malarkey			
July 31 8 a.m.	K. Kovalovich		B. Rutecky	C. Gearhart B. Rutecky	A. Portland H. Mitchell	P. Bortner to Walter & Ruth Bohnenblust	
9:15 a.m.	OT H. Mitchell NT F. Osenbach POP A. Portland	K. Portland A. Portland B. Bacon	J. Mansell	E. Barnwell B. Bacon			

August 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 _____	2 _____	3 ___ Rector on 10:00am Diakon Zumba <u>NO Midweek Eucharist</u>	4 Vacation _____	5 _____	6 _____
7 <i>Pentecost VIII</i> 8:00am Holy Eucharist 9:15am Holy Eucharist	8 _____	9 _____ 7:00pm Vestry Mtg.	10 ___ Rector on 10:00am Diakon Zumba <u>NO Midweek Eucharist</u>	11 Vacation _____ 7:00pm HALOS	12 _____	13 _____ -
14 <i>Pentecost IX</i> 8:00am Holy Eucharist 9:15am Holy Eucharist	15 _____	16 _____	17 ___ Rector on <u>NO Midweek Eucharist</u>	18 Vacation _____ 11:00am Senior Adventures- Basiles It Alain Delight, Tamaqua	19 _____	20 _____
21 <i>Pentecost X</i> 8:00am Holy Eucharist 9:15am Holy Eucharist	22	23	24 <u>NO Midweek Eucharist</u>	25 7:00pm HALOS	26 10:30am Healthy Resolutions	27
28 <i>Pentecost XI</i> 8:00am Holy Eucharist 9:15am Holy Eucharist	29 4:30pm Soup Kitchen	30	31 <u>NO Midweek Eucharist</u>			

DATE	READERS	ALTAR GUILD	CHALICE BEARERS	GREETERS USHERS	COUNTERS	ALTAR FLOWERS
August 7 8 a.m. 9:15 a.m.	C. Field OT J. Brocious NT T. Malarkey POP F. Brocious	K. Portland A. Portland B. Bacon	B. Rutecky J. Bednar	C. Gearhart B. Rutecky J. Mansell T. Malarkey	B. Bednar N. Buehler	In Loving Memory of Kay Collier by the Family
August 14 8 a.m. 9:15 a.m.	K. Kovalovich OT A. Portland NT J. Giansello POP J. Bednar	K. Portland A. Portland B. Bacon	G. Moyer H. Mitchell	C. Gearhart B. Rutecky E. Barnwell B. Bacon	H. Mitchell A. Portland	In Loving Memory of Dr. Wilton R. & Alda Glenney, John R. & Bertha Glenney, and John R. Bamford by Mary Alda Bamford and Family
August 21 8 a.m. 9:15 a.m.	C. Field OT F. Brocious NT F. Osenbach POP T. Malarkey	K. Portland A. Portland B. Bacon	B. Rutecky E. Barnwell	C. Gearhart B. Rutecky J. Mansell T. Malarkey	A. Portland B. Bednar	In Loving Memory of Marion V. Sheaffer by her Church Family
August 28 8 a.m. 9:15 a.m.	K. Kovalovich OT J. Brocious NT P. Bortner POP H. Mitchell	K. Portland A. Portland B. Bacon	G. Moyer P. Bortner	C. Gearhart B. Rutecky E. Barnwell B. Bacon	H. Mitchell N. Buehler	