

# THE TRINITY NEWS

February, 2024 ~ Trinity Episcopal Church ~ 5171 Shelburne Road ~ Shelburne, VT 05482



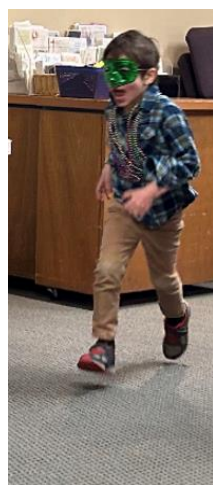
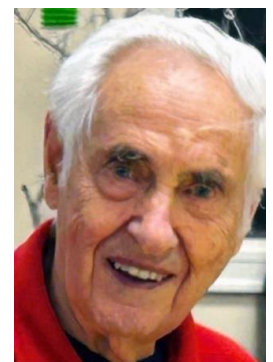
## *Shrove Tuesday Pancake Supper and Mardi Gras Trinity Episcopal Church February 13<sup>th</sup> 2024*





*Thanks to all the folks who made this event such a success. AND welcome to all who came for fun and fellowship on Shrove Tuesday.*

*By popular request, we will be dining together again next year!*



*And a good time was had by all!*

## BACKSTORY PREACHING

I recently completed the Backstory Preaching (BsP) program to become a lay preacher. BsP is an online ministry to assist lay and ordained preachers in sermon preparation and delivery. It was founded by The Rev. Dr. Lisa Cressman who has over 25 years of experience as an Episcopal

priest, spiritual director, and retreat leader. Dr. Cressman developed an approach to sermon preparation based on both spiritual depth and practical discipline and integrates life, prayer, and spirituality to communicate God's message.

BsP combines its sermon prep process with the practice of Lectio Divina:

1. **Lectio (Read):** The preacher reads the Scripture and attentively while paying attention to any phrases or verses that resonate with your life experiences or personal journey.
2. **Meditatio (Meditate):** After reading, the preacher reflects on the text and considers how it connects to their own backstory, struggles, joys and encounters with God.
3. **Oratio (Pray):** The preacher prays for God's guidance in understanding the text and for the ability to share it authentically with the congregation.
4. **Contemplatio (Contemplate):** In this phase, the preacher merges the Scripture and their own personal experience to enhance the message they want to convey. The goal is to share heartfelt truths and not just intellectual insights.

With the insights gained from Lectio Divina, the preacher then crafts the sermon bridging the gap between the Scriptures and contemporary life to foster a sense of community and shared faith journey.

As part of the ministry, each member of the cohort prepared a sermon on Lent 2 Year B (February 25, 2024.) After selecting the scriptural text for the sermon, we followed the process of Lectio Divina and crafted our

sermons. At the conclusion of the 6-week classes for ministry on February 22, 2024, we preached our sermons to the cohort.

Participating in the BsP ministry was an inspirational and joyous experience for which I am eternally grateful to The Rev. Dr. Fred Moser for asking me to consider being a lay preacher.

*Christine Faris*

## NOTES FROM THE VESTRY

The Trinity vestry met on Thursday February 22nd. We welcomed two new members to the vestry - Christine Faris and Wendy Eberhart. We also elected Jim Jarvis as Junior Warden for the upcoming year. Christine, Wendy and Jim will be our Convention Delegates for the fall diocesan convention.

We reviewed the Parochial Report being sent to the Diocese which includes a summary of participation and programs of the past year. We also spent time on the Budget for 2024. There were a number of changes that needed to be made reflecting the change in Fred's position, a change in our cleaning service contract, building repairs needed for both the church and the rectory and planning for a part time Office Assistant. We were able to put back into the budget monies for ministries such as Outreach that have not been funded in recent years. The revised budget will be presented at an upcoming parish community meeting in March. The vestry voted to accept this budget for the upcoming year.

We resumed work on Ministry such as Pastoral Care, Stewardship and Finance, Buildings and Grounds, Liturgy and Worship, Children's Ministry and Outreach. Vestry members each took an area of interest and will invite others to join as we move toward constellation with other parishes.

Jim Jarvis gave a report on long term building issues and possible funding. We will discuss this in more depth at our next meeting in March.

## TALES FROM THE RECTORY

Things are progressing nicely in the rectory, as our Congolese friends get settled into their routines, and we shake out the impact of a few unoccupied years.

You'll see a new storm door at the entrance, along with safety railings on that patio and stairs, and a rain gutter to control runoff and icing.

We had two no-heat reports in February. One was caused by "kid" fingers messing with the thermostat. The other was a failure of the last unreplaced sub-assembly in the heating plant, now replaced. A final check of the burner and systems says A-OK.

On top of that, the clothes dryer stopped working on the 22nd. The belt between the motor and the dryer drum had broken. Roger Marcotte responded and fixed it in a day's time.

## CHILDREN'S MINISTRY

The Sunday school train continues to roll! Over the past month the group explored stories from Jesus's ministry including Jesus feeding the five thousand and the parable of the lost sheep, played various games, and participated in crafts such as creating picnic baskets, decorating fish cookies, and diving into a design challenge to make sheep out of a smorgasborg of materials. The children decorated an Alleluia Banner, and

Yay for local vendors!

In general, we've remediated all systems. Two windows in the second-floor bedrooms were replaced with fire-code compliant escapes. All fire alarms were replaced with new, and escape ladders are in each of the second-floor bedrooms. The new windows need drapes, but the US Committee on Refugees and Immigrants believes they have them.

Still remaining to do: Replacement of the ice shield on the east side of the rectory roof, and new rain gutters on that wall. In addition, improving drainage around ground level basement windows, and basement doors. Most of this will wait until Spring.

Respectfully,  
Jim Jarvis,  
Jr. Warden.

on Shrove Tuesday some of the kiddos hid the banner in a secret location in the church. We can look forward to seeing it on Easter! The kids have hidden it well, and will present it on Easter Sunday. (The congregation won't have to look for it.) A source involved in the hiding told me, "It might be hard to find, I think it would take sooooo long, but maybe we could do "hot and cold to help them."

## OUTREACH



Thank you all for your support and donations to the Tiny Free Pantry in Shelburne. Please remember leave donations *anytime* in the basket in the hallway under the office window. Trinity Outreach Committee stocks the pantry the third Wednesday of the Month.

## MUSIC

Fred picks out the hymns, and they all come from the Hymnal 1982, with occasional supplementation from Wonder Love and Praise, LEVAS II, My Heart Sings Out, and Voices Found.

I record the hymns on my computer using Logic Pro X, and edit videos with Final Cut Pro.

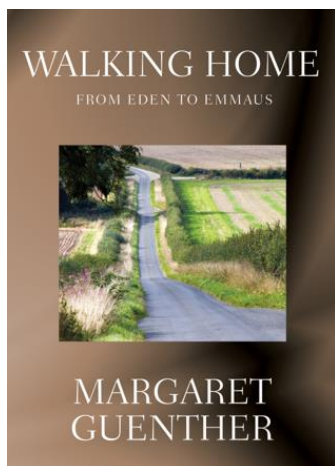
For preludes and postludes, I choose music that's stored in my head that seems appropriate for the themes of the service. I draw on my knowledge of hymns and spirituals, jazz standards, traditional Celtic music, and compositions by myself and my friends. If a song I know is mentioned in a sermon, I often try to find a way to use it as a postlude that day.

*Michael Hartigan*

## ALTAR GUILD

The Altar Guild is running well with Sandy Walsh, Margaret Lowell, and Mary Lollis now serving. We will want one more person to join us for the summer, to help when members are traveling.

## TRINITY BOOK DISCUSSION GROUP



The Trinity Book Group continues to meet on Tuesdays from 5-6 pm. During Lent, we are reading Margaret Guenther's book Walking Home: From Eden to Emmaus. The author takes familiar walking stories from Holy Scripture and develops themes and areas for discussion. We recently worked with the chapter "You Can't Go Home Again" focusing on the Garden of Eden, the story of Lot's wife in the chapter titled "Don't Look Back" and Hagar's story "The God Who Hears". We continue to welcome anyone interested in listening in even if you have not read the material. If you need the NEW Zoom link. please email Diane Rooney at [dianeroon\\_ey123@gmail.com](mailto:dianeroon_ey123@gmail.com).

# RECIPE of the MONTH

## MAPLE PUDDING CAKE *From an Old Vermont Cookbook*

### What You Need:

- 1 1/2 cups unbleached flour
- 2 teaspoons baking powder
- 3/4 cup white or maple sugar
- 3/4 cup milk

- 1/4 teaspoon salt
- 1 1/2 cups pure maple syrup
- 3/4 cup water
- 2 tablespoons butter

### How to Do IT:

Preheat oven to 350° F. Combine flour, sugar, baking powder and salt. Stir in milk. Spread batter in an 8" or 9" greased baking pan or dish. Combine syrup, water and butter in a saucepan and heat until butter is melted. Stir to combine. Gently pour the heated liquid over the batter in the pan and bake about 45 minutes until the cake is lightly browned. The maple syrup mixture will sink to the bottom where it forms a pudding-like sauce. Cool briefly, and top with whipped cream or ice cream.

*Betty Ann Lockhart*

## COFFEE HOUR ... Coffee Hour Is Much More than Coffee!

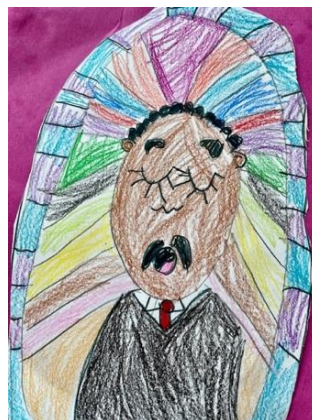
At coffee hour, it's wonderful to enjoy some nice snacks and coffee, lemonade, or juice but the best part is getting to talk to your fellow parishioners about how they are doing, what's happening at church, current events, or other topics. Coffee hour contributes significantly to our sense of community as a parish. It's so fun to see the kids run around too.

If you haven't signed up to host coffee hour before, it's very simple. Everyone will love what you bring and there's no need to bake if that's not your thing. If you'd like to host with someone else, feel free to ask me, Sarah Ray ([sclarksonray@gmail.com](mailto:sclarksonray@gmail.com)) to be your partner or help you find one. The sign-up is to the right of the coffee counter in the McClure Room. See you at coffee hour!

## SPECIAL EVENTS ... and ... ART



Easter  
Egg Hunt  
on  
Easter  
Sunday  
After  
Church



Dr. Martin Luther King Jr.  
by Iris Mills



Clay Sculpture  
by Rosetta Mills

# SCHEDULED EVENTS

## Women's Breakfast



The Women's Breakfast meets the third Saturday of the month at Trinity Church at 9:00 am. Paulette Hammond hosts the breakfast, and we each bring a dish, or drink, veggies, dip, fruit, etc. to share.

Please email Paulette at [phammond679@yahoo.com](mailto:phammond679@yahoo.com) if you would like to be added to the email group. NOTE: However, we are meeting on the 23<sup>rd</sup> of MARCH, which is the 4<sup>th</sup> Saturday, because too many will be traveling on February 24<sup>th</sup>.

P.S. Gail took all the pictures!



## Men's Breakfast

The Men's Breakfast meets the first Saturday of each month at PANERA'S in South Burlington. Mark Dillenbeck is the host, and breakfast is at 8:00 am.



We welcome all Photos, Art, Drawings, Poems, Stories, Cartoons and News from around the Parish. AND we are looking for folks who would like to help with creating The Trinity News in any capacity.

Please contact

Peg Jarvis [pegjarvis@comcast.net](mailto:pegjarvis@comcast.net)

Marge Sharp [margexsharp@gmail.com](mailto:margexsharp@gmail.com)

Wendy Eberhart Editor

Paige Corologos with Photos and Photo Requests

**The Rev. Dr. Fred Moser ~ 5171 Shelburne Road  
Shelburne, VT 05482 ~ 802-985-2269  
[fredmoser@trinityshelburne.org](mailto:fredmoser@trinityshelburne.org)**

## **Greetings Everyone!**

It's time to gather stories and articles to include in the March edition of The Trinity News. We are looking/asking for photos, stories, poems, drawings, Lenten reflections, the Easter schedule and coming events.

How do you feel about The Trinity News? Please check whatever applies, and either bring the note to church, drop in the Suggestion Box in the hallway, send it to the parish office, or text/message me, [jarvismarguerite@gmail.com](mailto:jarvismarguerite@gmail.com) with your preferences. At the moment we have no idea how many readers are out there. Please let us know if you would like the team to continue. Just check what applies and help us decide if it's actually being read.

- I enjoy reading The Trinity News.
- Please continue to publish The Trinity News.
- I might like to be part of the team in some capacity

Our team looks for news from the parish, but getting submissions sometimes feels like pulling teeth! There are lots of interesting and relevant happenings to chat about, stories to share, photos, artwork, poems, anecdotes, committee happenings, notes, photos, coming events such as Shrove Tuesday Pancake Supper, Recipes, Coffee Hour, a Suggestion Box, Children's Ministry, Vestry Notes, Outreach, Priest's Corner, Prayer Shawls, The Memorial Garden, The Tiny Free Pantry, and possible New Committees. We welcome your input and ideas.

Thank You,  
The Trinity News Team

P.S. Thanks to those attending church who have filled out the survey. It is hoped that those who are still in our Parish Directory will respond as well.