



Caution: Attending Church May Become Habit Forming... and it May Even be Helpful to Your Health!

I like coming to Trinity Church for the eight o'clock service on Sundays. (Full disclosure: the 10 o'clock service is pretty good too and it has music and hymns!)

Although a newcomer to Trinity, I have been a regular eight o'clocker at my previous parish in Massachusetts where I attended the early service for years. Some might ask why would you choose to get up so early on a Sunday morning....my first response is: why not? But there is more, much more to it than that.

When my wife, Debbie, and I made our permanent residence here in the Pocono's, I wanted to find an Episcopal Church where I could continue my early morning habit. So, I visited Trinity. I was looking for a place to worship, a place where I could come for prayer, reflection and thoughtful worship, all of which helps me to "recharge" and prepares me for the week!

Years ago, before becoming a regular church attender, I would find a quiet place to pray and reflect, usually in or near the woods with the rays of sunlight filtering through. I learned, in time, that for me worship became more meaningful when I began participating as part of a worship community. It has been my experience that practicing one's faith in community strengthens my faith.

From my first visit to Trinity I felt comfortable and welcomed...eight o'clockers are a special breed....early risers being only one characteristic! For me the smaller congregation makes the service more intimate, more personal and I am less apt to be distracted. I like to look up over the alter, at the stained glass window, with the early morning sun shining brightly into the church and as I gaze at the beautiful woodwork inside the church, I almost feel like I am in the woods. The added benefit is worshiping in a community.

The combination of prayer, quiet reflection, and community makes me feel restored and healthy body & soul. I feel fortunate to have discovered what so many already knew....Trinity Church is a special place.

Peter Gonze

Submit your news to Trinity Times News Editor,
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Birthdays & Anniversaries



May Birthdays

3 Donald Ayers
16 Tegan Paige Vincent
17 Leroy Reaves
21 Michael Goodwin
22 Benjamin Gower



May Anniversaries

3 Wendell & Jutta Moser
16 Bob & Vickie O'Grady
19 Nelson & Chandanie Baboolal

O God, our times are in your hand: Look with favor, we pray, on your servants as they begin another year. Grant that they may grow in wisdom and grace, and strengthen their trust in your goodness all the days of their life; through Jesus Christ our Lord. *Amen*

May Calendar of Events

May 4-11 - Family Promise Host Week
May 7- Trinity at Food Pantry, 8:30 a.m. - Noon
May 10 - Pocono Mountain Ecumenical Hunger Walk
May 12 - Trinity Crafters, 10:00 a.m. - Noon, Library
May 17 - Spring Clean Up, 9:00 a.m. - Noon
May 18 - Red Cross "Run for the Red" Marathon
Vestry Meeting, 11:45 a.m., Library
May 16 - Newsletter Deadline for Information
May 23 - Newsletter Mailing
May 31 - Rain Date Spring Clean Up, 9:00 a.m. - Noon

Our Prayers have been requested for:

Mary Baker
Sean Beech
Ed Benintende
Lee Connolly
Fr. Bob, Neil Criste-Troutman
Randy Criste-Troutman
Bishop Jack Croneberger
Leeann Flynn
Victoria Forstein
Will Klopp
Paige Kozak
Becca McConnell
Rob McMahon
Jim Rawson
Lois Rothrock

Christopher Rose
Dudley Rowell
Katrina Troutman
Jon & Austin

Heavenly Father, giver of life and health: Comfort and relieve your sick servants, and give your power of healing to those who minister to their needs, that those for whom our prayers are offered may be strengthened in their weakness and have confidence in your loving care; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen*

Tales from a Welsh Corgi by Patricia Goodwin

Cheers, once again, it's me, Huw Morgan. I wonder, have you ever been lost? Have you ever felt the urge to just 'get-up-and-go'??? I guess you can include me in the last group, considering I had an adventure like that one day last Fall. It all began on a typical Sunday afternoon, after a Sunday morning when my folks went to church and as usual, they came home, had a cup of tea and dad would take me for my walk after which we all would settle down for a rest, me on the deck in my favorite spot.

On this given afternoon a lady was strolling past our house. I watched her for a bit and then discovered that if I nudged the gate it would open, and off I went, to the top of the drive way and I joined that lady, matching step for step! She kept saying for me to go back home but I kept on going, until we reached her house, about 1/2 a mile away. My folks were oblivious to all of this until the security guard came to the door. asking my dad if he had a dog, to which he said 'yes, we do, he is usually on the deck here' and started looking around and found that I wasn't there! The guard explained that a neighbor lady had been out walking and that I had followed her home. Thankfully she remembered the number on our house. called security and they came to our house to deliver the news of my escape. The guard told dad that if he got his car he could follow him to where the lady lived and bring me back home. Boy, was I surprised to see dad turn up! He called my name and I quickly ran to him . and got in the car, but not before dad thanked the lady for calling security and thereby saving my hide because despite being keenly intelligent and clever dogs, Corgi dogs aren't good at finding their way home if they get lost!

This was a close call, let me tell you but we can all learn from our mistakes. And a mistake isn't always a bad thing if there is a lesson to be learned. My folks learned to make certain the gate was properly closed. To be honest, I'm not so sure I learned anything, I might just go for another walk given the chance!! Now that they know they are dealing with a canine who has a bit of 'wander lust', my new motto could be 'have 4 feet, will travel'. Happy wandering to all of you, but remember, it is always good to be back home.



A little Christian Humor!

A minister decided to do something a little different one Sunday morning. He said "Today, in church, I am going to say a single word and you are going to help me preach. Whatever single word I say, I want you to sing whatever hymn that comes to your mind.

The pastor shouted out, "Cross." Immediately the congregation started singing in unison, "The Old Rugged Cross."

The pastor hollered out "Grace." The congregation began to sing, "Amazing Grace, how sweet the sound!"

The pastor said "Power." The congregation sang, "There is Power in the Blood!"

The pastor said, "Sex." The congregation fell in total silence. Everyone was in shock. They all nervously began to look around at each other afraid to say anything. Then all of a sudden, from way in the back of the church, a little old 87 year old grandmother stood up and began to sing, "Precious Memories."

Treasurer's Report

March 2014 Treasurer's Report

Prepared by P. Gonze

Income Statement and Balance Sheet reports with detailed line items prepared and **posted on Bulletin Board**

Summary Report focusing on major Variances vs 2013

- Income Statement Overview:

Full Year Budget assumes +14% in total Revenue & +2% in total Expenses vs. 2013

- March actuals:

- ✦ Revenue vs 2013:(\$498) Expenses vs 2013: (\$9159)

- ✦ Plate, Non pledge, Holy day, Special Gifts & Events down for the month

Other revenue items up: Prior Year Pledge & Pledge Offerings

- January-March actuals

- ✦ Revenue vs 2013: even with last year Expenses vs. 2013: (\$5635) -14%

- Pledge Revenue +10% (including prepaid pledge); +6% (without prepaid pledge)

- Pledge Revenue up; other income items down year to date

- Expense items higher than last year (YTD) Pension, Medical, Liability/Fire insurance (each are timing variances), Snow removal and Rectory expenses which are permanent variances

- Several one-time expense items reported in January remain in the mix

HOWEVER, year to date our Net Income (including gain on DIT from Dec 2013) is at ~\$3160 !!!

Comments:

- ✦ We have yet to receive the Diocesan Assessment which will be ~\$6000 and will deplete cash on hand; this is a budgeted item but will impact cash

- ✦ Performance vs. 2013 year to date continues to **suggest** that we are on track (or heading in that direction); BUT remember we are still projecting a significant deficit for the year (~\$21,500)

Over the next couple of years we will need to add families to the list of regular attendees at Trinity. I recommend that we include a monthly update on visitors and new members so that we can track not only our financial resources but our success in attracting, receiving and welcoming new members!

- Balance Sheet

Cash and gain on DIT are up, other items are normal ins & outs on spending accounts; we will have to dip into reserve accounts once Diocesan Assessment invoice is received (Note: December payment has yet to be cashed!)

Food Pantry Numbers

Hello Everyone,

Today I ran the census for April and we are over 300 families this month. We are seeing steady growth for the last 3 months for the first quarter of the year. 14 new families were signed in for April what we see is some families are getting by and new families are replacing them .

310 Families Served = 575 Adults

320 Children

128 Seniors

1, 023 People served

These numbers make for a busy Pantry. I know you all represent groups and organizations who have given us continuing support and we are forever grateful for your help. Please try to support our walk with your members who enjoy the great outdoors and join us on a fun walk around Tobyhanna Lake . Refreshments will be served, save the date May 10th noon to 4 PM. Tobyhanna State Park Pavilion near boat launch to register. See you there.

Thanks again,
Lorraine Naiko

REFLECTIONS

So we enter the Easter Season for 2014 - He is not here, He is risen. Someone once said to me that "the Easter Season is so wonderful"- and it is - "they rolled the stone away from the sepulcher to let Jesus out!!". Ever wondered why the stone was found to be rolled away from the entrance to the tomb that first Easter morning?. To let Jesus out? I don't think so, I believe that it was to let us mortals in. Y'see He had been resurrected not resuscitated; there is an enormous difference.

My concise dictionary defines resuscitation as : "to revive, especially from apparent death or from unconsciousness". I am sure that a good medical dictionary would expand on that!. I could not find a satisfactory concise definition of "Resurrection"! - at least not one that worked for me. Jesus did not only become alive again, His body was changed in a way and by a process that perhaps we as humans cannot comprehend et alone understand - Jesus is the same; yesterday, today and forever.

He could appear inside a locked room and disappear just as rapidly - some recognized Him, some did not. I have my own ideas of what happened inside the tomb that first Easter morning but I am going to leave these thoughts right there before I get into theological and scientific hot water. There is a great hymn that unfolds some thoughts about Christ our risen Lord, it was written by Michael Saward ; unfortunately it is not in our hymnbooks but begins:-

Christ Triumphant ever reigning
Savior, Master, King.
Lord of heaven our lives sustaining
Hear us as we sing.
Yours the glory and the crown
The high renown, the eternal name.

M.J.G.

A visit with Julie Beech



Julie Beech misses all her friends at Trinity. Trinity was the most difficult to leave behind.

She now has a new, loving life with her grandson, Sean, his wife Jen, 7 year old Hailey, 3 year old Chloe and two dogs, Yoda and Buddy. As you can imagine, she is leading an active life. At the time I visited, she hadn't found a church that felt like 'home'.

We visited St. Stephens Episcopal Church in Ridgeway, about 10 minutes from her home. We entered a small, wooden church sitting amid the gravestones of those who helped build it. It was built in 1854! (see picture www.ststephenssc.org) We came in the side entrance and immediately 2 people came over and welcomed us and asked if Julie wanted to take communion at her seat. At Peace, almost everyone came over to greet us. It was so similar in friendliness to Trinity. The Priest, Father Robert Eldridge, ("call me Father Bob") is a retired army chaplain and is a Long Term Priest at Large. His sermon was interesting and moving.

There is only one service, 10:30, and church was over at 12. We were invited to the Parish Hall for something to eat. We met with the 40 or so parishioners for a delightful baked potatoe buffet, salad, brownies and sweet tea. Everyone came over and talked with us. It was a caring experience. Julie joined that very day. When we left, 3 men escorted Julie to my car. It was a Sophia Loren experience!

Julie has been to elementary school functions, helped with homework and told stories to the girls on her lap. Everywhere they go, Julie goes too. She loves children and dogs in her bed to greet her. Her love for chocolate is as strong as ever and Jen keeps a stash in

a container in the kitchen.

We had a terrific 4 days together including a lovely all day outing to the outdoor mall. While you had snow, Julie and I were having lunch at Panera's outside. After we ordered, the manager served us outside. Southern hospitality.



Julie thought she was in the last chapter of her life. Her family has given her another one.

Jill Long

