

Volume 1

January, 2016

Happy
New
Year

TRINITY EPISCOPAL CHURCH

Trinity Times News of Trinity Church

Sunday School News

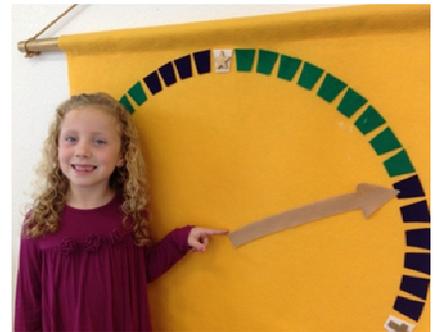
Each Sunday morning you can find several children engaged in **Godly Play**, the curriculum for Trinity Church's Sunday School program, for preschool through age twelve. We begin with the Collect of the Day, usually read by one of the older children, the lighting of the Christ Candle "to remind us that Jesus is present with us as we listen to God's word," and changing the Circle of the Church Year, "the way the Church tells time."



We also occasionally sing together, led by Margaret Gythfeldt, who comes to us with experience in inspiring children to sing from her days of teaching elementary school. After that, it's story time.

Through the Season of Advent, we have been journeying with the prophets, the Holy Family, the shepherds and the kings to Bethlehem where a child was to be born.

We are all getting ready to enter the great Mystery of Christmas! These days, many people are so focused on shopping and other preparations for Christmas that they miss the Mystery that it is all about. On Epiphany Sunday we will remember the arrival of the Magi and the gifts they brought and even get to smell some of them. We are learning to be like the prophets who come so close to God and God comes so close to them that they know what is most important.



After hearing the story of the day, the children each decide on their individual work, how they will process what they have learned, with a story itself or through art, or by thinking about or reading more about that day's lesson. Then, before going upstairs to join their families at worship, the light of the Christ Candle is "changed," so that "the light that used to be in just one place at one time can be in all places at all times."

It is such a joy to see our youngsters thinking about and growing in closer relationship with God through these lessons; and even my own spirituality has been enhanced through the stories and journeys I take together with our children.

Please prayerfully consider whether you might be called to also be blessed by **Godly Play** as I have been. If so, please feel free to contact me at bgessner@verizon.net or by phone at 570-460-9335. Christmas Blessings to you from all of us in **Godly Play!**

Barb Gessner

Submit your news to Trinity Times News Editor,
Jill Long jillwilsonlong@gmail.com
or call 610 - 597-4559

Birthdays & Anniversaries



January Birthdays

2 Charley Day
2 Wendell Moser
9 Don Scheck
14 Ingeborg Yeich
19 Ed Benintende
23 Carolyn Tolley
23 Janet Orner
23 Cindy Hill



January Anniversaries

21 Leroy & Dorothy Reaves

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*

January Calendar of Events

Jan. 4 - Office reopens from Christmas Holiday

Jan. 6 - Trinity at Food Pantry

Jan. 10 - Vestry Meeting, 11:45 a.m., Library

Jan. 11 - Trinity Crafters, 10:00 a.m. - Noon, Library

Jan. 16 - Popcorn & Movie Night, 5:00 p.m., Covered Dish followed by movie, Library

Jan. 17 - Internet/Social Media Information Session, 11:30 a.m., Library

Jan. 22 - Newsletter Deadline for Information

Jan. 23 - Popcorn & Movie Night, Snow Date

Jan. 25 - Trinity Crafters, 10:00 a.m. - Noon, Library

Jan. 29 - Newsletter Mailing

Parish Life

All the ministries at Trinity are part of "Parish Life".

It is all about living, helping, caring and loving all, and especially those within our own "Trinity Family". Participating in a Trinity ministry, or just being a part of the events that take place within the congregation is a stride towards belonging to the ministry of Parish Life.

It is getting to know each other in more ways than just sharing a hand shake or a hug at peace time each Sunday.

It is truly caring for each other and helping out in a small way to make Trinity a better place and a community that is enticing to join.

Let us all follow the teachings of the gospel and in doing so make the "Parish Life" at Trinity worth Living!

May your holidays be filled with Love & Peace.

Be Safe and Enjoy! *Marie & Grace*

Christmas Bazaar, 2015



Words from the Senior Warden

Questions? Please ask!!!

The Vestry met on December 13th with a full agenda. One of the most pressing items was the 2016 Budget. As I mentioned in last month's newsletter, the Vestry had some difficult issues to discuss.

We have all been aware that for years Trinity has drawn money from the Parish savings account (DIT) to balance our annual budget. In other words we spend more than we bring in for contributions. Even though we had generous pledges during our Stewardship campaign, the simple fact is we don't have enough income to pay for a full time minister.

Father Bob and the Vestry have discussed this situation for over a year. While none of us want to go down this path, there really isn't an alternative. We do not have any discretionary spending items left to cut. Expenses are bare bones as it is. We must leave some money in our reserve account to handle large capital expense items such as a roof repair, furnace replacement or some other extraordinary expense.

As of January, Father Bob will go from full time to part time through the end of June. That will mean two days a week in the office and Sunday services. He and the family will continue to live in the Rectory. In July we will switch to a long term supply priest who will have some office hours during the week and will be here for Sunday services.

I have been in dialog with Anne Kitch, Canon to the Ordinary, who has been working with us for the past year as we evaluated options to get Trinity back onto a strong financial platform. To achieve this it is imperative that we have a balanced budget. That means our expenses cannot exceed our contributions.

It is important to remember that each of our Ministries is led by members of our Parish. These are active and engaged ministries, whether it is Family Promise, Food Pantry, Hospitality, Buildings & Grounds and many others. The energy and participation from all involved in each activity is the heartbeat of our Parish. Many hands make light work, so please lend a hand where you can and where your passions lie.

Yes, this is a change from where we have been. This impacts Father Bob, Neil, their family and each of us. Transitions are never easy. I and each of the members of the Vestry member are available to listen to you, hear your thoughts, concerns, and ideas. Call us, email us or chat with us after your Sunday services. There will be many questions, and items we haven't even thought about....so please ask. Many hands make light work!

Peter Gonze

Happy New Year!

HAPPY NEW YEAR! After talking with healthy eater Brant Bailey (8 o'clocker), Gerry and I decided that one of our New Year resolutions would be to eat healthier. Brant advised using natural (raw, unbleached) sugar instead of "refined" white sugar in baking. Portioning is equal. I found a recipe on-line for these muffins.

One of the plusses I found was eating 1 muffin about 45 minutes before dinner resulted in being less hungry!! Of course, eat it slowly. It's also a nice little dessert. I also substituted raw sugar in my sugar loaded crumb cake. It was a little less sweet, and with no sugar rush to keep me hungry, I didn't look for a 2nd piece! (refined sugar makes you hungry!!)

Do you have a healthy recipe? Submit to jillwilsonlong@gmail.com

BANANA-DATE-WALNUT MUFFINS

1 cup whole wheat flour or white whole wheat. (Try organic)
¾ cup unbleached white flour
1 TBS baking powder
¼ tsp salt
1 tsp cinnamon
½ cup natural (unbleached) sugar
3 very ripe bananas, mashed (1-1/4 cups) Hint: Squeeze the skins to begin the mashing
½ cup vanilla soymilk, almond milk or other non-dairy milk (I used almond milk)
1/3 cup natural apple sauce
1-2 TBS agave nectar (optional) I used 1 TBS
¼ cup chopped dates, try snipping with a scissor (I overflowed the ¼ cup)
¼ cup chopped walnuts (omit to reduce fat)

Preheat the oven to 400 and spray a muffin pan with non-stick spray. Sift together the flours, baking powder, salt and cinnamon. In another bowl, mash the bananas with the sugar, milk, applesauce and agave nectar.

Pour the banana mixture into the flour mixture and stir just until combined. Add the dates and walnuts, and pour into 12-16 muffin cups. (Muffins are dense and won't rise much) Bake for 15-20 minutes, until a toothpick comes out clean.

Prep time: 10 minutes Servings: 12-16

Each muffin 144 calories, 2g total fat, 3g protein, 31g carbohydrate, 0mg cholesterol, 171 mg sodium, 2g fiber. (without nuts – 128 calories and trace fat)

Our Prayers have been requested for:

Mary Baker
Sean Beech
Gary Bender
Ed Benintende
Alex Backora
Marva Cannonier
Fr. Bob and Neil Criste-Troutman
Victoria Forstein
Bill Gessner
Annaliese Harris
Alexis McNeese
Jenn Morse
Wendell & Jutta Moser

Jim Rawson
Fr. Charles Rice
Lois Rothrock
Heather
Patti

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*

DID YOU HEAR? TRINITY HAS A FACEBOOK PAGE!

Well, if you read the weekly bulletin you probably are aware that Trinity is on Facebook. You may be asking yourself, "Is this important?". Yes it is! It is an effort to reach out into the community, to make connections, and to show people all the wonderful things Trinity has to offer. If you use social media, you know that by "liking" us on Facebook you help spread the word to many about our parish.

Not on Facebook? If you are interested in learning how to use it, please talk with Cathy Siglin or Becky Hendricks. We'll try to set up some "tutoring" in the new year. Also, your public library would be happy to assist you with Facebook on a one-on-one basis.

Cathy Siglin