

The Trinity Times

AN OASIS PARISH IN THE DIOCESE OF MISSOURI



TRINITY EPISCOPAL CHURCH

MARCH 2007

ST. LOUIS, MISSOURI

Notes for the Journey

By The Rev. Anne Kelsey

Each New Year Black Oak Books in Berkeley prints a broadside, which is given as a gift to the customers of the store. Over the years I collected many of them, one of which hangs over my desk. It is an Inuit song, from *Earth Prayers*, and in stressful times a good reminder of peace.

And I thought over again
My small adventures
As with a shore-wind I drifted out
In my kayak
And thought I was in danger,

My fears,
Those small ones
That I thought so big
For all the vital things
I had to get and to reach.

And yet, there is only
One great thing,
The only thing;
To live to see in huts and on journeys
The great day that dawns,
And the light that fills the world.

A scientist might describe light as energy, and be able to draw a diagram of how light works according to the laws of physics. But in scripture, poetry, and theology it is God who is often described as light. Mysterious, unknowable, and awe-inspiring, God who is light is essential

to human existence, not only in the physical realm, but the spiritual one as well. Light was the first thing God created, and Christians understand light as Jesus Christ. We begin the most important worship of the year proclaiming “The light of Christ” as the paschal candle illuminates the darkened church at the Easter Vigil.

We’re accustomed to lighting candles on the Advent wreath to mark the weeks before Christmas, but perhaps now is the time to develop a personal liturgy of light to mark the days before Easter. As the Anglican communion and the Episcopal Church grapple with the issues which sorely divide us, let us remember that God who is light continues to shine in our hearts. If God can shine in our hearts, then God’s goodness will beam rays of hope in the world. This is not a spiritual cliché, but describes the way we know and understand God’s presence in our lives. As Lent progresses this year may God’s presence be known more and more in our lives, and in the lives of those we touch.

Blessings,

Anne +

Ashes to Easter

Don't miss out on these important Lent events :

- Bible Study on *Sundays at 12:15* in the library.
- "Searching for the Wrong-Eyed Jesus", Friday, *March 23 at 7:00 p.m.* A documentary film .
- Stations of the Cross with music from Taize on three Wednesdays in lent: *March 7, 14 and 21.*
- Holy Eucharist in the Chapel each Thursday at 6:30 a.m., followed by breakfast at Majestic Café.
- Palm Sunday: *April 1.* We will celebrate one service only at *10:30 a.m.* The Rt. Rev. George Wayne Smith, Bishop of Missouri, will make his pastoral visit that day.
- Agape Eucharist: *April 3* at 6:00 p.m. Due to limited space, you must sign up.
- Maundy Thursday, *April 5 at 7 p.m.* Holy Eucharist, Washing of the Feet, Stripping of the Altar and Procession of the Reserved Sacrament.
- Good Friday Liturgy with Eucharist, *April 6* at noon and 7:00 p.m.
- The Great Vigil, *April 7 at 9 p.m.* Lighting of the new fire, renewal of Baptismal vows (or Baptism), with Choral Eucharist.
- Easter Day, *April 8 at 8 and 10 a.m.* Hail Thee Festival Day!

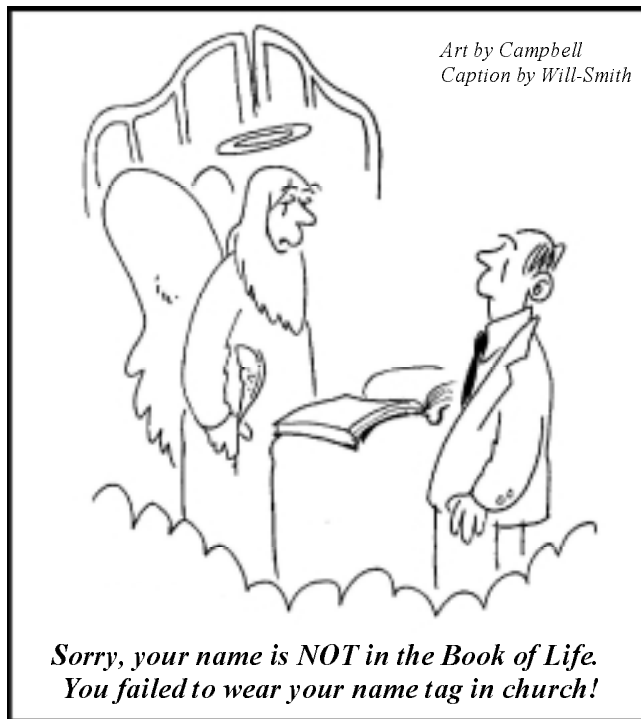
Come to the Lenten Reflections

By Georgia Johnston

Ursula Goodenough, Professor of Biology at Washington University and author of *The Sacred Depths of Nature*, will give two presentations at Trinity Episcopal Church.

- Thursday, March 1, 7-8:30 p.m.: The Epic of Creation: How do we connect with evolution? How is our connection with the environment spiritual? How do the environment and spirituality connect?
- Thursday, March 8, 7-8:30 p.m.: The Ethics of Creation: Dr. Goodenough will lead us to think about and discuss how spirituality can be applied to our relationship with the environment.

Welcome the Seeker



Welcome the Seeker — Seriously!

The Welcome Committee is looking for a few of our friendly, outgoing folks to serve as a greeter before the 10:30 a.m. service. The only prerequisite is a willingness to spend a little time once a month looking for new faces and making them feel comfortable at our very favorite Episcopal church.

If you would like to give one hour a month to this new ministry, please email Jeff Wunrow (jeff@jeffwunrow.com) or Brian Alms (balms1014@sbcglobal.net), or find one of us at church.

Thanks very much!

Trinity Book Group Open to All

The Trinity Book Discussion Group will meet at 7 p.m. March 24 at the home of Lawrence and Barbara Holmes, 4225 West Pine. The book for discussion is "Rising Tide: The Great Mississippi Flood of 1927 and How It Changed America," by John M. Barry.

Connected Though Christ

By Lisa Will-Smith

This is a short story about being connected – it could be titled “It’s a small world.” But I like to think of this recent experience as being about our connections to one another through Christ.

Many of you know that I work as a probation and parole officer for the state. I have been working with a client who was paroled last spring. His parole requirements include attending an anger management class.

When I told him he needed to take care of this requirement, he said, “I’ve already done that before I went to prison.” “Sorry,” I told him, “you have to do it again.” He went on about what a good teacher he had and how he was going to find him so he could take the class from him again. I told him that was fine.

He returned a month later for his office visit. Of course I wanted to know how his search for his “teacher” had gone. “You know, I went by there,” he said, “but the place was closed. He wasn’t there.”

“Oh, I see,” I replied. I was thinking that this guy was trying to pull one on me, that he had never taken a class, and if he had, he was not trying to reconnect with the person who taught him before. This went on for some months.

Then I received a call from a local agency. The counselor said my client had contacted them and she was sending him to class on one night a week. It would cost him \$20 per class plus an assessment fee of \$60. My client also called me and said he did not like this arrangement at all because he did not have to pay when he took the class from this guy named Charlie. He was going to continue looking for a free class.

Not long after I got this call, my client reported for his monthly meeting. Now he had plans to go to a different agency because he could do his anger management class for free. He was happy about finding a free class, but he was also surprised and sad to learn from the people at this agency that his former teacher, Charlie, had died suddenly. “We can’t replace Charlie,” they told my client, “but we will teach you anger management.”

When my client told me this, I asked him if he had taken his class with Charlie at a building on Lindell. “That’s right,” he told me. “That was the place I told you had closed.”

I told my client that I had also known Charlie. I felt pleased that Charlie had been so important to my client, that my client had remembered his name and had sought him out to get more help. Many of the folks I work with don’t remember or care about the professionals who try to help them.

It is a real honor to Charlie Watts, who worshipped at Trinity for many years, and whose wife Anne still does, that this man tried so hard to find him again. We are the Body of Christ. Often, we don’t know how much we impact people.

Trinity Food Ministry Report

By Steve Turner

The needs of our clients do not go away when the snow falls and the temperature drops. Although it is sometimes more difficult for folks to get to the pantry, we continue to serve a large number of people -- 403 in January.

Among these is Ms. L.M., who will be 90 in August. She lives with her daughter, who says that Ms. M. is almost totally blind and recognizes her family members by the sound of their voices. Her daughter is planning a big birthday celebration in August. Ms. M. frequently asks for Ensure, which we give her when we have some in the pantry.

Come in the south parish hall and see the updates to some kitchen equipment: a new commercial stove, a new commercial dishwasher and a new gooseneck for the sink. The parish and the food ministry are sharing the cost for these improvements. Many generous donors fund the purchase of food for distribution through Trinity Food Ministry. However, we incur other expenses to keep the ministry viable. Donations will be gladly received for funding the new dishwasher.

As reported each month, the hot lunch program continues to feed approximately 65 guests each week. The folks from numerous churches who prepare and serve the hot lunch enjoy a great sense of fellowship. Service to the poor unites us all.

Please Remember in Your Prayers

Protection and Safekeeping

Kathi McDonald at St. George's College in Jerusalem
Kiri Haggans, serving in the Peace Corps near Osh, Kyrgyzstan
John Worland, Scott Lehrmann, Martin Burkart, Keith Burkart, and Eran Eaton, serving in the military
Emily Gerteis, studying in Tanzania

Those who are sick, and facing or recovering from illness or surgery:

Jan Dunlap, broken wrist.
Margo Skinner, lung disease
Nancy – pray for strength and courage
Camilleann Nelson – surgery on her hand

Mourning

Al Adams—death of his mother.
Tom and Hazel Kirk—death of Tom's brother.

Parishioners with ongoing challenges:

Dee Scott
Kayte Foxworth
Jackie Judd
Margaret Kane
Camilleann Nelson
Emma Johnson
Mary Moore
Betsey Gardner
Betsy Roth
Jeanie Ader

Family Members:

Preston Forester, cousin of Cheryl Sharpe, paralyzed in car accident
Natasha Watts, pregnancy
Joyce Clement, Alexah Strongheart's aunt - cancer
Parker Connor, Kathy van Bakergem's father
Lois Wright, mother of Denver Wright
Wesley, nephew of Nancy Cadenhead
Christopher Edwards - pancreatic lesion
Geoff Kraft - Margo Skinner's son
Dorothy Fisher - Gil Fisher's mother
Rebecca Turner - Steve Turner's mother.
Cathy, Caroline, Margaret, Luke and Jim Will, relatives of Lisa Will-Smith and Mimi Will

Friends:

Richard Adams, friend of the Wrights, acute leukemia
Ann Adams, friend of the Wrights, alzheimer's
John Paul, friend of Kate Worland, struggling with post-traumatic stress syndrome
Marie Porter, friend of Gregory Smith
Fran Jackson, friend of Gil Fisher, knee surgery.
The Walker Family, friends of Gil Fisher, mourning
Bill Russell, former Trinitarian – heart surgery.
Penny and Howard Miller, friends of Gil Fisher
Cindy Greer, friend of Denita Pruitt, mourning
Randy and Mike, friends of Gil Fisher
Rose Davis, friend of Joan Dunbar
Mary O'Neal, friend of Joan Dunbar
Majel Brumley, former Trinitarian - breast cancer

A Morning Resolve

I will try this day to live a simple, sincere, and serene life, repelling promptly every thought of discontent, anxiety, discouragement, impurity, and self-seeking; cultivating cheerfulness, magnanimity, charity, and the habit of holy silence; exercising economy in expenditure, generosity in giving, carefulness in conversation, diligence in appointed service, fidelity to every trust, and a childlike faith in God.

In particular I will try to be faithful in those habits of prayer, work, study, physical exercise, eating and sleep which I believe the Holy Spirit has shown me to be right.

And as I cannot in my own strength do this, nor even with a hope of success attempt it, I look to thee, O Lord God my Father, in Jesus my Savior, and ask for the gift of the Holy Spirit.

From Forward Day by Day

Hymn #365

Submitted by former parishioner, Kathy Barton

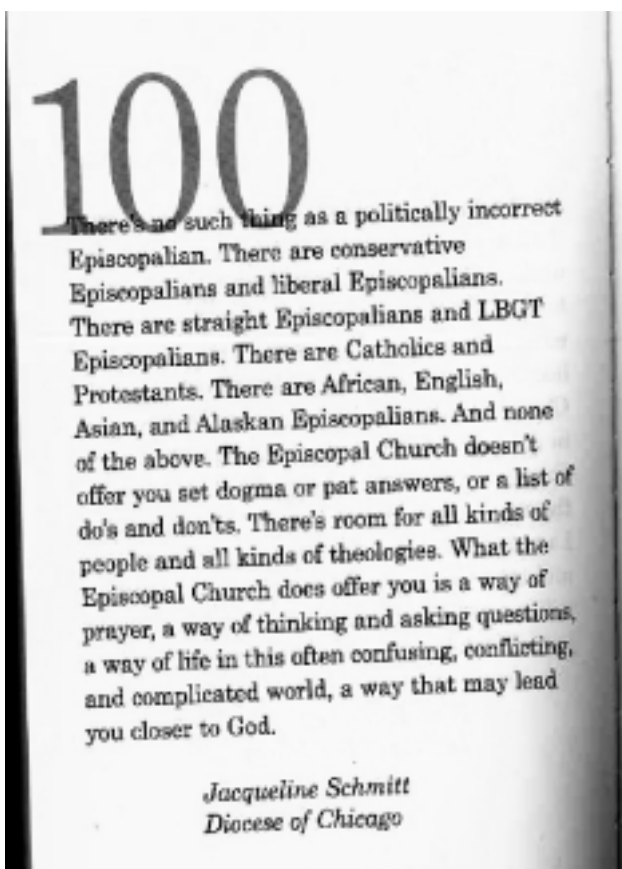
A minister was completing a temperance sermon. With great emphasis he said, "If I had all the beer in the world, I'd take it and pour it into the river."

With even greater emphasis he said, "And if I had all the wine in the world, I'd take it and pour it into the river."

And then finally, shaking his fist in the air, he said, "And if I had all the whiskey in the world, I'd take it and pour it into the river."

Sermon complete, he sat down.

The song leader stood very cautiously and announced with a smile, nearly laughing, "For our closing song, let us sing Hymn #365, *"Shall We Gather at the River."*



*From "101 Reasons to be Episcopalian,"
compiled by Louie Crew*

Trinity Arts

By Alexah Strongheart

The current exhibit "Winter Solstice" will be coming down the week of March 21st. If you have not yet had a chance to view it, please stop by the North Parish Hall and do so.

Trinity's Stations are on exhibit at Holy Communion (U-City) this Lent. The Stations will be featured on the Episcopal Church and the Visual Arts <http://www.ecva.org/> beginning sometime in March. Trinity has been the featured congregation on this website for a number of months now. The Stations will be featured on the Episcopal Church and the Visual Arts <http://www.ecva.org/> beginning sometime in March. Trinity has been the featured congregation on this website for a number of months now.

The Trinity Arts Committee has determined the themes of the next two exhibits. The first will be: "Bring in the Reign of God through Millennium Development Goals". Submissions of paintings, collages, poetry, short stories, mixed media, music, etc. are requested the third week of May and will be hung for Trinity Sunday.

Below are the Millennium Development Goals (More information is available on the United Nations website: www.undp.org/mdg/basics.shtml.)

- Eradicate extreme poverty and hunger
- Achieve universal primary education
- Promote gender equality and empower women
- Reduce child mortality
- Improve maternal health
- Combat HIV/AIDS, malaria and other diseases
- Ensure environmental sustainability
- Develop a global partnership for development

The second theme is "Saints" and submissions are requested the first week in October and will be hung in time for the Day of the Dead and All Saints Day.

General information for submissions:

All work must be able to be hung on the wall and have wire attached to the back for installation. Please attach to the work your name, the name of the piece, the medium, and a short statement (optional).

Meet Matthew Owings: Active Trinity Member, Scholar and Gentleman

By Lisa Will-Smith



Matthew Owings

Matthew Owings has been busy at Trinity ever since he came here in 2001. He has been active as an acolyte, a diocesan delegate, and a vestry member and now serves the wider church on the Standing Committee.

He is a quiet, soft-spoken guy who might go unnoticed if it weren't for all he does at Trinity. He grew up as a United Methodist, but after high school he started exploring other churches. He discovered the Episcopal Church and has remained a member of one Episcopal church or another since his initial spiritual exploration began. He says he was drawn to the Episcopal Church because of the liturgy.

Matthew is originally from Kansas City, having grown up there with his parents and sister. He first attended St. Andrews, a large suburban church where he was confirmed. Wanting to worship in a smaller community, he left St. Andrews to attend St. Mary's Episcopal Church in downtown Kansas City. St. Mary's, like Trinity, is an Anglo-Catholic church. Later, he became friends with an Episcopal priest at Grace and Holy Trinity Cathedral, where he was a member until he and Robb Blackwell, his partner of about 10 years, moved to St. Louis.

They moved here because Robb wanted to be closer to his family, who live in Farmington. Since Matthew and Robb like larger cities, they settled in St. Louis. Matthew and Robb make their home in the Bevo area, along with their three cats and a dog.

Robb, a digital artist, works for Rodgers Townsend LC in downtown St. Louis. Although Robb does not worship at any organized church, he has volunteered his time to help Trinity by designing the current logo and Trinity tee-shirts sold during Trinity's 150th anniversary celebration last year. (See page 7 for a story about *Band Together*, the band that Robb plays in for enjoyment.)

Matthew taught mathematics at the Gateway Institute of Technology for three years, although his teaching certificate is in history--what he truly enjoys.

Trinitarians may know Matthew's name because he was for a time on the prayer list. That's because last year, on Maundy Thursday, Matthew was told by his doctor that his medical test results indicated cancer. That news shook him, but luckily he was with Harry Leip and Jeff Wunrow at the time he received the call and had the support of his friends. The three of them had been preparing for the foot washing at Trinity later that evening by getting pedicures.

It turned out that Matthew, thankfully, did not have cancer, but he did have a serious lung disease, which required that he take prednisone, a steroid that gave him so much energy that he said he would stay up for days. While that was a hardship, he turned it into a blessing by changing his lifestyle and exercising five times a week to burn off extra energy.

He is no longer on the steroids, but his illness changed his life in other ways too. "It's because of that illness that I decided to go back to school and get a Ph.D. so I can teach at the university level, which is really what I want to do," Matthew said. The illness made Matthew realize that life could be short, so one had better try to realize one's dreams instead of settling for something less. He is taking three classes in the doctoral program in political science at the University of Missouri - St. Louis.

With the help of his partner Robb, his church community, his doctors, and his new exercise program, Matthew is medically fine now. He does not take medications any more, but he still exercises, which he has come to enjoy.

Why is Matthew's spiritual/religious life important to him? He paused thoughtfully and said, "It gives me direction and a purpose. My background is in ethics... my spiritual and religious life has practical implications for how I live my life."

Editor's Note: Getting pedicures to prepare for the foot washing for the Maundy Thursday service is not required, but perhaps many more of us will begin this practice thus making Matthew, Harry and Jeff trendsetters.

Check Out Local Band

Robb Blackwell, Matt Owings partner, plays saxophone in a band called, "Band Together." It is an all-volunteer community band that provides an opportunity for lesbian, gay, bisexual, straight and transgendered musicians to perform and have fun. The band will be celebrating its 10-year history by having its "Tenth Anniversary Concert" on March 17 at the E.Desmond Lee Concert Hall, beginning at 8 p.m. Admission is free.

The group does not hold auditions and welcomes anyone over the age of 18 to bring his or her musical talent to the band.

For non-players, music lovers and patrons, Band-Together has organized into band-related groups including the BandAides, BandFriends and the BandTogether Color Guard.

The group does not hold auditions and welcomes anyone over the age of 18 to bring his or her musical talent to the band.

Interested in Merton Contemplation?

by *Sandra Roeder Singer*

I am seeking a few people from the congregation interested in dialogue that goes deeper into spiritual reflection and contemplative living. A new series, "Bridges," has produced two booklets, which introduce Thomas Merton and contemplative living.

"Contemplative living is a way of listening and responding to our everyday experiences by consciously attending to our relationships with self, others, God, and all of nature. The goal of contemplative living is not merely the personal fulfillment of those who pursue it. Its ultimate goal is a global society that is profoundly just and at peace, as God intended it to be."

"Contemplative dialogue in the context of Bridges involves reflecting deeply on a variety of themes in the context of everyday lives. At its richest, it is simply listening to others without judgment or evaluation and sharing with them one's own experiences, thoughts, and questions as they flow from the session themes and from one's lived experiences."

Please contact Sandra Roeder Singer (314-727-9202 or sandraroeeder@prodigy.net) or the Rector if you have questions or want to participate. You can find information about the "Bridges" series at www.comtemplativeliving.org, or you can download the Leader's Guide at www.avemariapress.com.

"An Inconvenient Truth" Wins Oscar

by *Lisa Will-Smith*

Although watching the "Oscars" is generally not viewed as a spiritual experience, it is noteworthy that "An Inconvenient Truth" was awarded an Oscar, and during the award ceremony, the audience was directed to go to the www.oscar.com website to learn more about what we can do in our personal lives to help the environment. Here are some of the suggestions they listed:

- Look for more fuel-efficient, less polluting cars. A car that gets 20 miles to the gallon will emit about 50 tons of carbon dioxide over its lifetime. Double the gas mileage and you cut the emissions by half. Investigate the many new ultra-clean alternative fuel vehicles available. Consider extra features such as automatic transmission and 4-wheel drive -- they are often unnecessary and eat into gas mileage.
- Switch to compact fluorescent bulbs. Change the three bulbs you use most in your house to compact fluorescents. Each compact fluorescent bulb will keep half a ton of carbon dioxide out of the air over its lifetime. And while compact fluorescents are initially a lot more expensive than the incandescent bulbs you're used to using, they last ten times as long and can save \$30 per year in electricity costs.
- Compost. Composting reduces the burden on overcrowded landfills and gives you a great natural fertilizer for plants and gardens. Buy a composting setup at a garden supply or hardware store. Start with yard trimmings, fruit and vegetable food scraps, and coffee grounds. If you don't know how to compost, check out this handy guide.

The information on the Oscars website referenced The Natural Resources Defense Council (NRDC), a non-partisan environmental and advocacy organization. The NRDC was the source for the suggestions above. For more information, go to their website, www.nrdc.org.

Let's remember that one of the Millennium Development Goals is to: ***Ensure environmental sustainability.***

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<p style="text-align: center;"><i>Trinity Mission Statement</i></p> <p>Trinity is a progressive Episcopal church where our commitment to the radical gospel of Christ calls us to worship God, welcome the seeker, sustain the faithful, and serve those in need.</p>	<p style="text-align: center;"><i>Rector: The Rev. Anne Kelsey</i> <i>Affiliated Clergy: The Rev. Michael Randolph</i> <i>The Rev. William Baker</i></p> <p>Phone: 314.361.4655 Fax: 314.367.3552 E-mail: trinity-cwe@sbcglobal.net web: trinityepiscopal.net</p> <p>The Trinity Times is published monthly for the parishioners and friends of Trinity Episcopal Church, St. Louis, Missouri. Editor: Lisa Will-Smith</p>
<p style="text-align: center;"><i>Holy Eucharist</i></p> <p>Sunday: 8:00 a.m. Rite I and 10:30 a.m. Rite II Wednesday: 6:00 p.m. Thursday: 6:30 a.m.</p>	<p style="text-align: center;"><i>Vestry</i></p> <p>2008: Jim Andris, David Crawford, Gil Fisher, Bill Layher 2009: Martha Bradley, Anne Hennig, Matthew Owings, Jan Parker 2010: Fritzi Baker, Ellie Chapman, Dolores Friesen, Jackie Judd</p>

Saintly Sightings

By Margaret Emert



On March 25, we celebrate one of the most important and touching events described in the Gospel of St. Luke, *The Annunciation of our Lord Jesus Christ to the Blessed Virgin Mary*. Chapter 1 of

Luke tells of the Angel Gabriel's visit to Mary and of Mary's trembling voice as she submits to God's will in this matter.

So important was this day to Christians that for centuries many European countries assigned March 25 as the day when the number of the year changed -- March 25, 1202, followed March 24,

1201, for example. In England, this day was called *Lady Day*.

The Annunciation was seen as the beginning of the Christian era, when God was made human, assuming a fleshly body and human nature. Just as Mary was called to be the handmaid of the Lord, so the church today is called upon to respond to God's will for the world. Mary was not forced into doing God's will but rather responded willingly, gracefully, and positively, not knowing what lay ahead.

And Mary said, "Behold I am the handmaid of the Lord; let it be to me according to your word." Amen