

Trinity *Topics*

Warden's World

Over the past year, Triniteers have greatly supported our (quarterly?) Rummage Sales, with both contributions and working the events. Actually, this has been going on for several years, originally organized by Kim Schmidt and now handled by the Queen of Rummage, Millie Woryk.

We try to communicate where the proceeds go but realize that many of you are not familiar with Torrence Medical Fund. The fund originated back in 1987 and was named after long-time Trinity member Doctor E. Robert Torrence. He was also the person who donated all funding for our Holtkamp Tracker Organ.

The fund was not created by Dr. Torrence or funded by him. The not-for-profit has become self-sustainable through generous donations from Trinity Church, grants submitted by the Torrence Board, the Diocese, fund raising such as the Rummage Sales, Board Contributions, Family Foundations, and individuals.

Over the past five years the Fund has assisted 70 Miami County families with unmanageable short term medical bills at over \$47,000. So far in 2023 it has contributed over \$12,500 in assistance. The needs vary from old hospital or doctor bills, COBRA insurance coverage, prescription drugs, medical equipment, eyewear, and dental needs. The most prevalent in 2023 has been dental expenses.

The Board consists of Carole & Dave Cobb, Susan & Jim Beerbower, Millie Woryk, and Renee Mote. One hundred percent of donations are used for the services provided. At this junction of Thanksgiving and Christmas, the joy of giving and helping others is at hand. Should you feel inclined to provide some gifts, your contributions would be appreciated and used for the betterment of Miami County citizens with medical needs.

We would also like to thank all those who have provided in the past.

Be Safe, Be Well, We Love You

Jim



ONE STEP CLOSER WITH REV. EILEEN

This is an article sent to me by its author, a friend and member of the community for Spiritual Imagination, the community to which I also belong. I find it action provoking and if practiced a determined and counter- cultural way to see the world. After all the thoughts and actions of Jesus were revolutionary and counter-cultural, is that not “the way” ?

The Flow of Gratitude

I am grateful for the automatic coffee maker on a timer, ready for me seconds after my alarm goes off.

I’m grateful for the stillness of early morning darkness.

I’m grateful for the chance to start again with another conscious, deep breath.

I’m grateful for the way my dog scratches against the door when she needs to go to the bathroom.

I don’t write about my family—but I have wells of gratitude for them.

I’m grateful for the first snow in western Massachusetts, and even the mushy aftermath.

I’m grateful for friends who text me things that make me laugh in the middle of the day.

I gave up beer, but I’m grateful for non-alcoholic micro-breweries that make the holiday feel festive without the buzz.

I’m grateful for the way my contemplative prayer practice leads me to the still waters of Divine Presence, even when I resist being led.

I’m grateful for leaf-covered hiking trails a quarter of a mile from my house.

I’m grateful for the way the daily lectionary readings invite me into the sacred story of Jesus.

I’m grateful to live in a small town where I bump into people I know walking down the street.

I’m grateful for the Boston Celtics and the electric excitement I feel when cheering a game on TV.

You get the picture. I encourage you to make a list in a journal this Thanksgiving as a spiritual practice.

What are you grateful for? **To acknowledge gratitude consciously is not a one-off holiday moment post-pie; rather, it is to cultivate a transforming, appreciative awareness throughout your life.**

Each evening, I pray an examen practice before I go to bed, and I begin with gratitude. The Jesuit priest Ignatius developed the prayer of examen in the 16th century as a way to examine one’s conscience and, as Pope Francis has put it, “reread the day with Jesus.” Today, many people have adapted the examen prayer to modern life and societal needs: there are daily personal examens alongside examens for ecological justice and anti-racism. To pray an examen 2 is to engage one’s inner life with a set of honest questions and to respond to God and self truthfully, all with the goal of nurturing rest and relationship with God.

The version I follow is established in the new monastic community in which I'm a part. It has five simple steps, slightly modified from Ignatius: gratitude, noticing God's presence, acknowledging times when I did *not* notice God's presence, confession—or what I like to think of as being real with God—and asking for help for tomorrow.

Truth be told, I often fall asleep while I'm still giving thanks. But I think God's okay with that. I give back to God my fleeting awareness of the day's gifts, and often my body relaxes right away and I fall asleep. There's something sweet about it.

But on the evenings when I pray through the whole examen, I experience the further wisdom of matching gratitude with consciousness. I sift through my memories of the day, the times when I was connected and disconnected from God, the moments I acted through love, and the moments I did not. I bring to mind the stupid things I might have said, the petty defensiveness I might have shown, or the reactive judgment I might have offered (even if it was only in my head). And what happens when I tell the truth of my day back to God is that I become even more grateful.

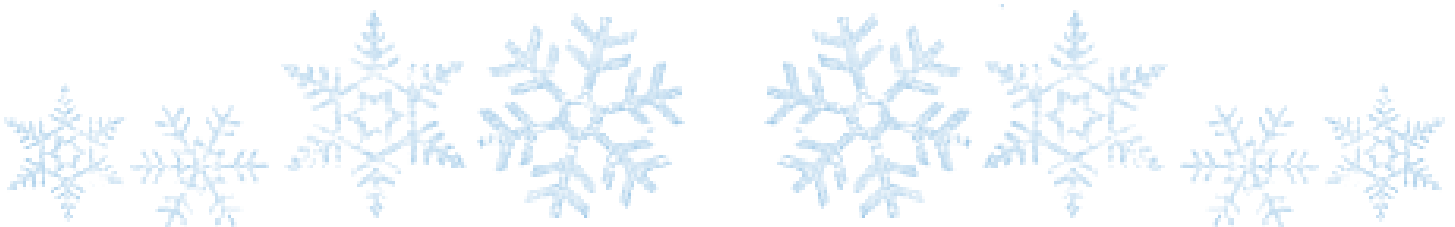
I can't quite explain this except to say that when I cultivate gratitude I experience it as a flow. I like to imagine God loving it when I sit down to tell Her about the rivulets of my day. God doesn't *need* to hear my prayer, but God knows that I need God to bear witness to my unburdening. She graciously indulges me every time.

Strangely, it's only when I acknowledge the ways I was not in alignment with love that my heart softens in a more relaxed and resonant gratitude. I am speaking from the experience and not the theology. I don't believe God needs me to "confess my sin," nor do I believe God is a severe Santa Claus checking his list and finding out who's naughty and nice. God doesn't need our confessions, if confession is another avenue for sneaky self-loathing or an imagined reprieve from divine punishment—but God does need our truthfulness. Truthfulness keeps us in trusting relationship, and trusting relationship keeps us grateful.

Gratitude is relational. When I cultivate gratitude, I am simultaneously cultivating relationships with God, self, and others. My energy of appreciation opens up within me an ability to receive the gifts of the present moment that have always been here. Just the fact that I am alive, writing these words to you, is incredible. But I did not see these gifts before the grateful awareness. Gratitude is not only my possible response to life, but if I join its flow, it is also life's response to me.

Throughout this season, may we participate in the flow of gratitude.

The Holy Ordinary



A TIME OF EXPENTENCY AND WAITING

ADVENT

The First Sunday of Advent is December 3.

December 17, Advent 3, following worship.

Hanging of the Greens

All are invited to help
in the greening of the church.

Items of color will be added after
the 10:30 Sunday, Advent 4 Service
on December 24.

Christmas Eve and Christmas Day Worship

DECEMBER 24 — CHRISTMAS EVE

SUNDAY MORNING

10:30 am: Sunday Worship - Advent 4

SUNDAY AFTERNOON

**4:00 pm: Christmas Eve Service
Holy Eucharist and Candlelight**

MONDAY MORNING

**December 25—Christmas Day
Christmas service begins at 10:30 am
and includes Holy Eucharist.**



Sunday, December 31
10:30 am
Lessons and Carols

Lessons and Carols



ADVENT RESOURCES



Resources for Advent From The Episcopal Diocese:

2023 Journeying the Way of Love: Advent Calendar

To accompany the "Journeying the Way of Love" curriculum, use the Advent calendar, which offers daily suggestions for engaging in the seven practices that encompass the Way of Love: turn, learn, pray, worship, bless, go, and rest. The calendar can also be used as a standalone resource—keep it at your desk or on your fridge and refer to it every day! The calendar can be downloaded using this link:

P:\At Trinity 2023\EN-2023-Advent-Calendar-for-Design-2.pdf

LETTER TO SANTA FOR KIDS AND GRANDKIDS

If you're looking for a way to help a child you love think about their Christmas list differently then we've got a free printable for you!

This one page letter offers fill-in the blank areas. One way to show Santa how Nice you've been this year, is to tell him what you're grateful for!

Next, there are categories for gifts the child might like. (We love that it asks them to think about something to share...this can be a gift they donate or something they can share with a relative or neighbor.)

Below is the link to copy and paste: ↓

<https://unitedthankoffering.com/wp-content/uploads/2023/08/Letter-to-Santa-with-Gratitude-Section.pdf>

DEAR SANTA,

My name is _____

This year I am grateful for:

PERSON _____

PLACE _____

THING _____

For Christmas this year I would like:

SOMETHING TO READ: _____

SOMETHING I NEED: _____

SOMETHING TO WEAR: _____

SOMETHING TO SHARE: _____

SOMETHING I WANT: _____

THANK YOU, SANTA!

SEE YOU SOON!

AN INVITATION . . .

Downtowners Christmas Concert – Wednesday, December 6 at 1:30 pm

Christ Episcopal Church (20 W. First St. Dayton) cordially invites everyone to a delightful Christmas concert featuring Percy Jones and Friends, performing a wide array of seasonal music with voice, harp, flute, violin, organ, piano, and dance. Reception to follow.

Church News To Know

DECEMBER

BIRTHDAYS AND ANNIVERSARIES

Joanne Howell (12/2), Joan Swank ((12/5),
Susan Beerbower (12/6), Benjamin Anticoli ((12/8),
Jennie Ambrosio (12/16), Kevin Pfeiler (12/19), Samuel Pfeiler (12/28)
Patrick and Elizabeth Jacobs (12/14)



CHRISTMAS FLOWERS

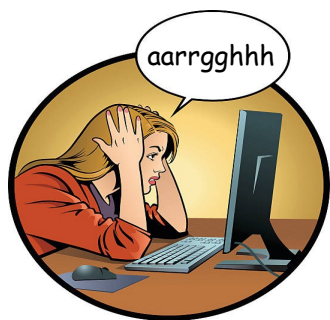
If you would like to donate towards Christmas Flowers in memory of a loved one, sign-up sheets are at the north entrance of the church and in the Parish Hall. You can also call or email the church office at 335-7747 or email to trinitychurch@trinitytroyohio.org by December 20.



STEWARDSHIP

As of this writing, we have received 28 pledges with 9 more expected. We are truly blessed to have the support of our members as we look forward to, what will be, a very busy and interesting year, as we continue serving our members and the community, and continue our search for a priest. We give thanks to Rev. Eileen, who will be available to serve Trinity and the parish throughout 2024 as needed.

TRINITY WEBSITE: www.trinitytroyohio.org



Technology is great If you know what you're doing! We had the website up and running and are trying very hard to find our way around the program to make updates and changes.

So far not the best success. But we are soldiering on. We have another zoom training session scheduled with the Website Designer.

Thankfully, Kevin Kirsch has volunteered to also be trained and assist on the website.

CHURCH SANCTUARY AIR CONDITIONING UPDATE:

We know it is hard to talk about air conditioning when today (Nov. 28.) it was 18 degrees when we awoke this morning. But, work has continued on installing the air conditioner in the sanctuary, including running required wires, etc. It will be a welcome relief for all this summer !

KIRKING OF THE TARTANS - 2023



Thank you, Pat Marchal, for taking pictures!



ON THE CALENDAR

Please join us after Sunday Services in the Parish Hall for coffee and fellowship.

SUNDAYS: 10:30 am Holy Eucharist, Rite II

MONDAY: Dec. 4: 10:00 am

Fellowship Committee

WEDNESDAYS: 7:00 pm:

Celtic Prayer Service

THURSDAY: Dec. 7 10:00 am:

Building and Grounds Meeting

MONDAY: Dec: 11 7:00 pm

Vestry Meeting - Workman Lounge

SATURDAY: Dec. 16: 10:00 am

Outreach Committee

SUNDAY: Dec. 24 10:30 am

4th Sunday in Advent

SUNDAY: Dec. 24 4:00 pm

Christmas Eve Service

MONDAY: Dec. 25 10:30 am

Christmas Day Service

SATURDAY: Dec. 30 3-4:00 pm

Worship at Story Point

SUNDAY: Dec. 31 10:30 am

Christmas 1: Lessons and Carols



ONE SUNDAY IN ADVENT



ONE MONDAY IN ADVENT