



Trinity Tribune

The Newsletter of Trinity Church in Staunton, Virginia

August 2011

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Bicycle Prayers

One of the things I love most about summers in the Shenandoah Valley is the time I get to spend bicycling. Okay, I love that about spring and fall in the Valley, too! Being out on a bike — whether on roads in the countryside or the trail by the New River or up on the Blue Ridge Parkway; whether it's a blazing hot day in high summer or a mellow afternoon when the leaves have changed; whether the sun is shining or I'm racing ahead of a looming thunderstorm — being out on a bike is a place I love to be. I'm surprised Lee doesn't get awfully tired of my biking stories, and of the snapshots of me and my bike I bring back from places like Elkhorn Lake or Loft Mountain; but I think she understands that cycling is one of my great joys.

I find cycling good for the body — and I also find it good for the soul. There is a thing that happens sometimes when I'm out on a good ride: I'm cruising along, my legs and arms and lungs and heart are all working, my body has risen into a rhythm that feels smooth and exerting and energizing all at the same time, the bike is rolling easily and the miles are passing, the colors and textures and sounds and smells around me are sharp and vivid in my awareness — and it seems as though my mind quiets down, all the background chatter that usually fills my mental environment grows still, and I'm simply *there*, pedaling and experiencing, experiencing and pedaling, giving and receiving in a constant cycle of Being in body and in mind and in soul. I suppose it's like the “runner's high” I used to hear people talking about

when running was so popular a few years ago; I suppose it has a bit of a Zen quality to it. It feels like freedom and expansiveness and joy and gratitude, all going round-and-round each other and growing together, like the wheels of my bike that roll me down the road.

I think this experience is a kind of prayer. Not “specific prayer,” like prayers of intercession or petition when we ask God for some particular blessing for ourselves or for those we love. But “open prayer,” prayer that seeks nothing more — and nothing less — than a keen sense of the presence of God, the flow of God’s creative power into the coming-together of the present moment, the return of thanks to God for the gift that this moment, just this moment and no other moment, should *be*. One of the gracious gifts of God that come to me on the trail is this experience of “bicycle prayers.”

I like to think of these moments as “bicycle” prayers for another reason, too: because moments like these help me hold together the “bi-cycles,” the two rounds or twin phases, that complement and compete with each other in life. For many of us, life can seem like a tug-of-war between activity and passivity, work and play, exertion and rest, giving and receiving, togetherness and solitude, the public face we show to others and the private heart that nobody knows, the body and the spirit, the *suchness* of the world and the *allness* of God. Keeping my balance on two wheels sometimes seems like an apt metaphor for keeping my balance between two sets of claims on my life, two sets of forces in my world. And the joy and expansiveness that come in those prayer-moments of simply *being there* on my bike in God’s creation help me to stay focused on the grace that gives me balance, the gift of God that moves me onward, the creative love of God that weaves the worldly many into one. The rhythm of my bicycle reminds me of the rhythm of my life, and the rhythm of the life of Christ within me.

And in that sense, I suppose that “bicycle” prayers aren’t limited to bicycles, but come to us *whenever* God’s grace gives us balance for work and play, speech and silence, *doing* and *being* in the presence of God. May your late-summer months be filled with bicycle prayers — and I’ll think of you when I’m out on the road.

Peace,
Paul+



Summer Opportunities for Spiritual Development and Fellowship at Trinity

Summer Sundays

Mark your calendar for our last **Summer Sunday on August 21**. These special family-friendly Sunday gatherings at Trinity are a great way for everyone, particularly families with children, to join us for fun and fellowship. Come on August 21 at 5:30 pm for **dinner and jam session featuring Bill Wellington as MC**. Everyone is invited, and our youth, in particular, are invited to bring their talent and instruments to share. A dinner of BBQ, mac and cheese, sides and dessert will be served for \$5 a person. Contact Stephanie Otteni for more information, 255-5773 or sotteni@comcast.net.

Gospel Du Jour, a discussion of the scripture readings for the day, continues each Sunday through the summer at 9:00 a.m. All adults and teens are welcome to join us, so plan to grab a hot cup of coffee and meet in the Foster Room for some, no doubt, stimulating discussion! If you would like to see the readings before the discussion, go to the Lectionary Page at <http://www.lectionarypage.net/> and click on the pertinent date.

Mass on the Grass continues every Wednesday at 6:00 pm. this summer through August 17. We gather for a simple Eucharist service under the big trees in the churchyard, then share a potluck meal by the Parish House. Join us for this informal service and the fellowship that follows.

This month's **Novel Theology** is on **Tuesday, August 23 at 7 pm**. Karen Martin will lead the discussion of the book *Home* by Marilyn Robison. "Robinson's beautiful novel, a companion piece to her Pulitzer Prize-winning *Gilead*, is an elegant variation on the parable of the prodigal son's return. The son is Jack Boughton, one of the eight children of Robert Boughton, the former Gilead, Iowa, pastor, who now, in 1957, is a widowed and dying man. Jack returns home shortly after his sister, 38-year-old Glory, moves in to nurse their father, and it is through Glory's eyes that we see Jack's drama unfold." All who read the book are encouraged to come.

New Season for Children's & Youth Choirs beginning in September



Calling all children and youth to an exciting new season of music making here at Trinity Church! Parents, please note the rehearsal schedule is changed from last year:

CHILDREN'S CHOIR — STARTING SEPTEMBER 8
Boys & Girls, Kindergarten through Grade 3
Rehearsals on Thursdays 4:15 – 5:00 in the Church
Directed by Constance Harrington and Kristin Reichert

JUNIOR YOUTH CHOIR — STARTING SEPTEMBER 7
Boys & Girls, Grades 4 – 6
Rehearsals on Wednesdays 4:15 – 5:25 in the Church
Directed by Randall Swanson assisted by Constance Harrington

SENIOR YOUTH CHOIR — STARTING SEPTEMBER 7
Boys & Girls, Grades 7 – 12
Rehearsals on Wednesdays 5:30 – 6:40 in the Church
Directed by Randall Swanson assisted by Constance Harrington

The schedule of Sunday services for each choir is forthcoming and will be similar to that of previous years. The weekday rehearsal periods will be a few minutes longer for each of our choirs this year as we begin using the Royal School of Church Music (RSCM)* *Voice for Life* program, which welcomes young singers of all abilities into the joy and art of singing. Choir members will progress through various levels of training (including skills in music reading), earning awards and medals for each level attained, while having a great deal of fun along the way.

Beginning this year, in addition to the musical training they will be given, singers in the junior and senior youth choirs will also receive a small stipend for their committed work in service to the music ministry at Trinity Church. We have all been graced over the years by the glorious music our youth have contributed to our services, and they work very diligently to take their music making to ever-new heights. The stipend program will be based on regular attendance, RSCM training level, and general commitment to the ministry of music.

Our children's and youth choirs are open to all young people in the Staunton community and surrounding area regardless of church affiliation, so please help us spread the word!

Randall Swanson
Director of Music

**For more information on the Royal School of Church Music, please visit RSCM America at www.rscmamerica.org or RSCM world-wide at www.rscm.com*

A Word from the Associate Rector

When the rain first began to fall I had no idea that what presented itself as a potential problem would turn into such an opportunity. Our group of twenty-three Honduras missionaries had accepted an invitation to an evening worship service at Santa Cruz church, the church we had been working on during the day. We arrived in Copan Ruinas at the beginning of rainy season which meant that on several afternoons and evenings the rains came in spectacular fashion, with torrents of rushing water running down cobblestone streets and most of us who didn't bother with umbrellas or raincoats arriving at restaurants freshly drenched in cool water. This particular evening we realized in order to get to the



church which was at the top of a hill and at the end of a very dirt road we would have to try a different method of transportation. It was pretty obvious our school bus that we had normally been riding in was not going to make it through the mud. So at our fearless leader Oakley Pearson's direction, eight three-wheeled taxis arrived at our hotel. We all kind of looked at each other, muttering "really?" and proceeded to get into the taxis that were headed to the church. And thus the adventure began. The drivers competed with each other to see who could give the most thrilling ride, who could pass whom, who could make their passengers scream the loudest and fear for their life and who could make the most people shriek with laughter. Who would have guessed when we planned this trip to Honduras that one of the most spectacular moments would be riding in a taxi?

At the end of our trip as we were heading to the airport I asked everyone to answer three questions that I would like to share with you because they speak of the many different ways we experienced Honduras:

What is one of your favorite things about this trip?

- ~seeing a new culture and way of life. And the coke with the real sugar
- ~getting to know people in another community and getting to know others in our own community better! Pool and taxi ride pretty cool, too!
- ~teaching Isabel (the daughter of our bus driver) and some other children some English
- ~the people here are so inspiring and even though they don't have the best, they still give their all.
- ~the taxis

- ~the taxi ride
- ~the Honduran kids, taxi and freedom
- ~the entire experience including the people of Honduras
- ~the taxi ride and meeting all the Honduran people
- ~not getting sick!
- ~spending time with the children
- ~hanging out with the kids and the taxis
- ~change of pace
- ~revisiting friends
- ~seeing old friends
- ~being like everyone else (a gringo!)
- ~working and speaking with the people
- ~experiencing the land and the people
- ~returning to a familiar place
- ~the community effort of the group to help the people of Nueva Esperanza
- ~getting to put rock and cement in places where we had first dug out and redug
- ~I loved going to the (Mayan) ruins and becoming friends with Isabel
- ~the gringo convoy
- ~actually digging in the Honduran dirt and being within a community



Where did you see God at work?

- ~In the children helping us at the worksite
- ~in the various worship services, in the harmony of the groups of people
- ~in the children and adults who helped whenever they saw it needed
- ~through the people, how they acted toward us
- ~how people who have so little do not seem lacking
- ~no one getting hurt
- ~in the beauty of the rainforest
- ~in the eyes of the children
- ~in the children, the people, all of us at work and during the church services
- ~whenever we were on the bus in the mud, we were slipping and sliding but he got us through
- ~in the faces of the people
- ~in the people and their kindness
- ~when the sun came up; He keeps them in poverty but He gives them food, help and happiness
- ~in the children's eyes
- ~in people with hope who live in situations many might see as hopeless
- ~in his people, we are all the same yet different
- ~in the ability to communicate with each other even though we didn't share a language
- ~in the people of Nueva Esperanza
- ~when I was tired and wanted to stop working I found the strength that I didn't know I had that came from God
- ~Shelby blessing a child at communion in Santa Rita
- ~in the beautiful birds
- ~in the spirit of the group, how well we worked together
- ~in the hard work, play and the instant friendship the kids gave

Something you were thankful for over the course of the week?

- ~getting better after being sick
- ~the wonderful group of people to travel and work with
- ~the wonderful food and the selfless people to work with
- ~not getting sick and the great people
- ~not crashing the taxis
- ~the chance to meet a new me
- ~our experienced leaders!
- ~the good fortune to live in a country where clean water and food is available
- ~all of the people that have supported me through the years, and that I used my drive to care about people this week
- ~everything we have, I didn't realize how lucky we truly are; good plumbing
- ~clean water and great plumbing!
- ~relationships made/formed with people
- ~people's patience and ability to rise above obstacles
- ~I got sick but was only sick on the weekend, so I could play with the kids during the week.
- ~all of the good help and spirit that the youth bring with them
- ~opportunities
- ~Teo
- ~Wendy
- ~having enough food
- ~Dana
- ~Coffee
- ~having education & opportunities
- ~everything went very smoothly even though we were such a large group
- ~everyone working well



Certainly many of our expectations were met, many were surpassed and there were many surprises along the way. And that is how the journey into God is: some aspects of it we can foresee, many expectations are surpassed and yet there are many surprises along the way. What so amazed me was how the group worked together and took care of each other. In addition to the surpassed expectations, there were certainly moments of uncertainty, of disappointment, of doubt, but with the commitment of the group and the work of the Holy Spirit those moments were woven into a greater good, the good of being witnesses to and instruments of God's work in the world. The rains in life will come and interfere with *our plans*. When the rains come can we ask God for the three wheeled taxi so we can get on with the work and the joys of what He's got planned for us?

Faithfully,
Shelby+

Thanks to Wendy Amato for the photos!

Parish Calendar for August 2011

Sunday	Monday	Tuesday	Wednesday
	1 Shelby Owen day off Paul Nancarrow's day off Randall Swanson's day off 11:30 am Noon Lunch (MH) 6:30 pm Mindfulness Meditation (FR)	2 9:00 am Morning Prayer (FR) 9:30 am Staff Meeting 11:30 am Noon Lunch (MH)	3 10:30 am Hea 11:30 am Noo 6:00 pm Mass
7 (8 Pentecost) 8:00 Holy Eucharist - Rite I 9:00 am Gospel du Jour 9:00 am Trinity "Drop in" Choir Rehearsal 10:00 am Holy Eucharist - Rite II	8 Shelby Owen day off Paul Nancarrow's day off Randall Swanson's day off 11:30 am Noon Lunch (MH) 6:30 pm Mindfulness Meditation (FR)	9 9:00 am Morning Prayer (FR) 9:30 am Staff Meeting 11:30 am Noon Lunch (MH)	10 10:30 am Hea 11:30 am Noo 6:00 pm Mass
14 (9 Pentecost) 8:00 Holy Eucharist - Rite I 9:00 am Gospel du Jour 9:00 am Trinity "Drop in" Choir Rehearsal 10:00 am Holy Eucharist - Rite I	15 The Assumption Shelby Owen day off Paul Nancarrow's day off Randall Swanson's day off 9:30 am Rotation Meeting 11:30 am Noon Lunch (MH) 6:30 pm Mindfulness Meditation (FR) 7:30 pm Vestry Meeting	16 9:00 am Morning Prayer (FR) 9:30 am Staff Meeting 11:00 am Meals on Wheels 11:30 am Noon Lunch (MH) 12:00 Noon Prayer Service (Braxton Room)	17 10:30 am Hea 11:30 am Noo 6:00 pm Mass
21 (10 Pentecost) 8:00 Holy Eucharist - Rite I 9:00 am Gospel du Jour 9:00 am Trinity "Drop in" Choir 10:00 am Holy Eucharist - Rite II 5:30 pm Summer Sunday dinner and jam session 7:30 pm Staunton Music Festival: "Summer Seranades"	22 Shelby Owen day off Paul Nancarrow's day off Randall Swanson's day off 11:30 am Noon Lunch (MH) 6:30 pm Mindfulness Meditation (FR)	23 9:00 am Morning Prayer (FR) 9:30 am Newsletter Assembly 9:30 am Staff Meeting 11:30 am Noon Lunch (MH) 7:00 pm Novel Theology "Home" (FR)	24 St. Bartho 10:30 am Hea 11:30 am Noo 7:30 pm Staur "
28 (11 Pentecost) SACRA Sunday 8:00 Holy Eucharist - Rite I 9:00 am Gospel du Jour 9:00 am Trinity "Drop in" Choir Rehearsal 10:00 am Holy Eucharist - Rite I	29 Shelby Owen day off Paul Nancarrow's day off Randall Swanson's day off 11:30 am Noon Lunch (MH) 6:30 pm Mindfulness Meditation (FR)	30 Paul Nancarrow at Continuing Education Conference 9:00 am Morning Prayer (FR) 9:30 am Staff Meeting 11:30 am Noon Lunch (MH)	31 Paul Nancarro Education Cor 10:30 am Hea 11:30 am Noo

Day	Thursday	Friday	Sat.
Morning Prayer (Chapel) Noon Lunch (MH) on the Grass	4 Shelby Owen day off 11:30 am Noon Lunch (MH)	5 Shelby Owen day off Randall Swanson day off 10:45 am Baldwin Park Eucharist 11:30 am Noon Lunch (MH) Office closes at noon	6 <i>Tranfiguration of Our Lord</i>
Morning Prayer (Chapel) Noon Lunch (MH) on the Grass	11 Shelby Owen day off 11:30 am Noon Lunch (MH)	12 Newsletter Deadline Shelby Owen day off Randall Swanson day off 10:30 Ritenour Service 11:30 pm Noon Lunch (MH) Office closes at noon	13
Morning Prayer (Chapel) Noon Lunch (MH) on the Grass	18 Shelby Owen day off 11:30 am Noon Lunch (MH)	19 Shelby Owen day off Randall Swanson day off 11:30 pm Noon Lunch (MH) Office closes at noon	20 7:30 Staunton Music Festival "On the Danube"
<i>Home</i> Morning Prayer (Chapel) Noon Lunch (MH) Staunton Music Festival: "Heroes (?)"	25 Shelby Owen day off 11:30 am Noon Lunch (MH)	26 Shelby Owen day off Randall Swanson day off 11:30 am Noon Lunch (MH) Office closes at noon 7:30 pm Staunton Music Festival: "Baroque Inside/Out"	27

Morning Prayer at Continuing
 Conference
 Morning Prayer (Chapel)
 Noon Lunch (MH)

Parish House Facilities

- BR = Braxton Room
- FR = Foster Room
- GR = Gooch Room
- MH = McCracken Hall

For Example

One of the things that accompanies the inevitability of aging is the fact that your children grow up also. This might seem a completely obvious observation, but I can safely say that many a parent never recognizes or acknowledges that their children have in fact become adults. A couple of years ago my father was sure that I had no idea about how to use his prized riding lawnmower in spite of the fact that I was nearly sixty years old and had spent the previous thirty plus years working with all sorts of different tools and machines professionally. To him I was still the little kid who always had trouble remembering how to set the choke and wasn't strong enough to pull the rope on our old push mower. I suppose in some ways this is a perfectly normal situation but it can certainly lead to unnecessary intergenerational friction (in our case my suggesting that he park the mower somewhere different than its normal spot).

It does however almost always happen that those who had before represented the future suddenly become the present and the torch is passed if not willingly at least in actual practice. It might be when someone graduates from high school or college, when they get their first real job, when they get married or when they have children, but suddenly the parent who is paying attention realizes that their child has arrived at the milepost of adulthood. Some parents anticipate that this is going to happen and begin the transition in nurturing way while others are oblivious to the fact until something profound or startling happens to open their eyes to the fact.

At that point a parent might also realize that they have influenced their child not only intentionally and positively but also in ways they might not have wanted. It might be how they react to stress, how they drive or how they treat other people but at some point you will see something of yourself in a child that you probably did not want to see. And the flip side of that would be seeing your child do something completely opposite of how you do it precisely because they did not like the way that you did it. In either case you are an example, good or bad, and realize how deep the responsibility of a parent goes.

As practicing Christians one of the things that helps to guide us is to remember and try and be "Christ-like" in all that we do. This means that our actions as well as our words need to adhere to His example. In the relatively brief New Testament there are many examples of how Jesus went against the practices of that time in that society in order to recognize the heart and humanity of whomever he happened to be dealing with. In doing so he set the bar almost impossibly high for us, but nonetheless something we should knowingly try to emulate.

It is also abundantly clear that this is something that you can't fake. "Do as I say not as I do" has a very short shelf life with children. They can spot a phony a mile away especially when it is their parent and they have no trouble letting you know about it. Hypocrisy in parenting is a sure way to reduce your sphere of influence, something that we have

already acknowledged as pretty much on the decline anyway as your children grow. So you have been , are and probably will be an example for your children, a point that every parent needs to be aware of.

If you recognize and accept this responsibility and all the changes that naturally ensue, your adult children can be as much a joy as they were when they were young (or more). The way that the world works these days they can teach you important stuff that may have passed you by *eg* all things electronic or technology based. Since their education has likely been different than yours, they will know about things which likely will baffle and surprise you. If you are lucky they will have a more open mind about people places and things than you do and thus be good for you to be around.

If you are blessed and want them, children and even children's children become a big part of your adult life. You have them and then you have to figure out how to deal with them. Dealing with them is not simply coexisting but more importantly teaching them how to act and how to be. This teaching needs to have a very large component of "example setting" or it will likely eventually fall on deaf ears. This is a very good thing to help and keep you focused on how you want to live your life in order to ensure that they too will become good examples for their children. And while this pretty much eliminates living on "cruise control" it fosters an attitude of mindfulness that in the end will be more satisfying and successful.



SUMMER

Ted Jordan

Meet Three New Confirmands – and welcome them to Trinity!

Winona Emerson – Resident of Staunton for the past 5 years or so, Winona is from the great State of Texas. Upon retirement from being a school principal, she and husband James were looking for somewhere with ‘seasons’. Driving through the Shenandoah Valley to visit her son in Alexandria, they made a stop in Staunton. They thought it beautiful, with Shakespeare and music and art offerings, and decided to make this ‘home.’ Sadly, her husband James became ill, and died in January of 2010. But with repeated visits to Trinity, it was clear she had found a church ‘home’ and thus it was that she chose to become confirmed and a happy member of the Trinity Church family. Winona enjoys reading, traveling, gardening and working (so much for retirement!) She’s now assistant principal at Stuarts Draft Middle School. Welcome, Winona!

Ann Roberts – Hails from Cleveland, Ohio. At Baldwin-Wallace College, Ann majored in French. The Junior Year Abroad in France inspired her to pursue a career using her bi-lingual expertise. Upon graduation from college, then business college, with skills in shorthand and typing, she aspired to become a bi-lingual secretary at the United Nations. Sadly, those slots were filled, that goal had to be revised! A sister and brother-in-law who live in Charlottesville brought her to the area over many holiday visits and eventually she found Staunton. Here she is, at another one of the ‘best times of my life’ confirmed at Trinity and active in the Noon Lunch Program. Ann notes that “Today, I pray to God BEFORE setting a goal...” She realizes that God has a plan for her life (which could always change if circumstances warrant) and she is sometimes quite surprised where she ends up when she follows the plan! Welcome, Ann!

James W. Robertson – Chorister extraordinaire! Many of you know James – he’s been involved in choir and other Trinity endeavors for a couple of years. What you may not know, is that this energetic gentleman with deep Virginia roots, was actually born in Flushing, New York; returned to Virginia for his schooling (University of Richmond) where he majored in Speech and Dramatic Arts and Studio Art and continued professional training at Pratt Institute in Brooklyn with a degree in Interior Design. Professionally he worked in the field of Store Planning and Design in New York City with clients ranging from Neiman Marcus to the Navy Exchange. Continuing education was just that: including Psychology and Education, leading to a certification to teach Social Studies. While he never actually taught social studies, he put his theatrical interests to work at his Youth Group in the church in New Jersey where he became the star of four plays with the central character of “Psalty, the Singing Songbook”. Yes, he danced and sang and he was a book.

James wants to end with a reflection: “There was a time when disco music was really popular and.....beyond the thump of the music were some terrific lines, one of which follows:

Look at him in his orange pants and green shirt,
That’s no country boy, that’s a miracle.

So if you see James wearing brightly patterned pants by Lilly Pulitzer, one of his personal clients, just remember, **that’s no country boy!**” Welcome, James!

Noon Lunch Program

Due to a change in our staff at Trinity we did not send out our usual update in June, therefore this one will be for May/June. We hope now to be back on track and should be sending out news each month. We are extremely grateful to all of our volunteers for their devotion to our ministry. Without you, this program would not be what it is today. God Bless you all for helping Trinity continue this gift of Feeding the Hungry in our community.

With school out and summer upon us, there have been record temperatures and no lazy days for our volunteers. There has been an increase in families with children coming for lunch each day of the week.

For May: Due to our ECW Luncheon on May 5th, lunch was served across the street at Central United Methodist. We thank Pastor Sault and one of the teams from Covenant who prepared a picnic lunch for our guests. The Pathway Group from the Office on Youth complete their school year of volunteering twice each month but will be back in the Fall. During the 21 days we served 658 meals to 123 guests while 105 volunteers worked 450 hours.

For June: We welcomed back the Sr. High Group from the Office on Youth who served meals three days and The 1st Church of God, who will serve one day a month now through October. The Garber Family has continued to prepare a meal each month for the Office on Youth groups to serve. We are grateful to all of them. During the 22 days we saw our numbers increase with 827 meals enjoyed by 152 guests while 132 volunteers donated over 473 hours to our program.

Again our partners in the community – Food Lion, Stuart Hall, Kroger and SACRA – were a great deal of help to us with their generous donations of food; May - 571 lbs. and June - 598 lbs.

We are very grateful for all of the fresh garden produce that magically appears in our kitchen along with donations of other kinds of food and supplies. Again we say "Thank You" and "Let us always be ever mindful of the needs of others". God Bless you all.

If you are interested in our program or have questions, please call Kay Cracas at 886-5923, cell 849-7768 or Beverly Stone at 886-5995.

Kay Cracas
July 15, 2011



Parish Family

Special Gifts

A gift has been given to the Noon Lunch Program in honor of **Beate Harnad** on the occasion of her birthday, June 8th.

A very generous gift has been given by David Smail in honor of **Patricia Smail** for the St. Mark's School Project of the Haiti Collaborative.

A bequest to Trinity has been received from the estate of **Tom Simmons**.



Births

Charles Felix Jordan, son of Grayson and Heather Jordan of Brooklyn New York and grandson of Dana Flanders and Ted Jordan, was born Sunday, July 24.

Boaz Samuel Slater Lee, born July 2 to Joel Lee and Joanna Slater, grandson of Louise Temple and Fritz Rosebrook.

Deaths

Patricia Smail (member of Trinity, wife of David Smail)

Bob Holsinger (member of Trinity, husband to Orlean Holsinger)

Lois Glock (dear friend of Louise Temple)

Roscoe Conklin (uncle of Robert Stuart)

Announcements

Thank you to all those who participated in decorating and cooking for the Bishop's Reception on July 10th. It was lovely to have so many gathered to welcome Bishop Powell, and to rejoice with the newly confirmed parishioners. Thank you, Trinity Episcopal Church Women (**ECW**) for the combined efforts that coordinated this special event.

Quiche Makers Needed Newcomers to Trinity are presented with a homemade quiche delivered by volunteers from the Membership Development Committee. The Committee is looking for several volunteers to make the quiches which can be prepared in the Trinity kitchen or made at home. If you would like to help, please contact Katie Cathey (886-6450) or Misa Stuart (886-2441).

Ritenour Rest Home is looking for a handyman. The hours are flexible. They do not need a person with specialized training but rather a person who can fix simple things and assemble/disassemble beds. If you are interested call Debbie at 885-0191.

Downtown Blood Drive Thursday, August 4 Sunspots Studios is hosting a blood drive on Thursday, August 4, from 2 to 6PM, with Virginia Blood Services, the sole provider of blood to the hospitals in our area, including Augusta Health, Rockingham, UVA, Martha Jefferson, and all Richmond area hospitals. To sign up, call Sunspots (885-0678) or email info@sunspots.com. Walk-ins are also welcome.

August Birthdays

2	Diana Cabell Jane Malone Matthew Jones	16	John Stathos Elaine Boody
3	Amelia Herring	17	Anita Richardson
4	Carol Brown Emily Romig	18	Brett Romig
5	Tom McPherson Libbey Malone	19	Bob Boyle Carol Morency Tom Beam Vickie Einselen
6	Martha Dudley	20	Tinty McGirr
7	Mary Timberlake Beau Robson	21	Bob Baldwin
8	Caroline Sheridan Annemarieke LeLiveld James LeLiveld Benjamin Spagnoulo Jack Jones	22	Geri Carney
11	Ann McPherson Linda Mahler Kyle Vanhoy	23	Jamie Simmons Martha Rose
12	Don Plambeck Wayt Timberlake Pete Hickman	25	Ken McCollum
13	Willson Tuck	26	Martin Brown Ralph Ruedy Richard Landreth
14	Chuck Jones Trudi Parr Betsy Pinkston	27	Dave Cangalosi Lynn Hogg Misa Kobayashi Stuart Paul Duncan
15	George Carney Bill Mitchell Alex Kyler Buckley Cason	28	Roger Snyder Nick Baldwin
		30	Bill Frazier
		31	Nick MacNeil

