

#### The Herald

#### Trinity Episcopal Church

The Rev. J. Peter Swarr, Rector 580 Forest Avenue, Portland, Maine 04101 • Phone (207) 772-7421





February 2024 Volume 64, #2

Wednesday, February 14 at NOON

Service of Holy Communion with imposition of ashes

#### Before the Fast Comes the Feast!



Please see page 6 to learn all the details about our "SHROVE TUESDAY" event at Trinity! Yes, there will be pancakes, but there will also be Jambalaya as Trinitarians compete to cook up the best batch of this Southern sumptuous supper dish! And there will be JAZZ....All that Jazz!



#### · Clergy & VESTRY ·

The Reverend J. Peter Swarr,
Rector
The Rev. Larry Estey,
Priest Associate
The Rev. Heather Sylvester,
Deacon
The Rev. Dr. Roy Partridge,
Assisting Priest

Tim Dunn, Acting Senior Warden Bill Gordan , Junior Warden Donna Downing, Clerk Bill Spear, Treasurer

Class of 2024 - Ida Connolly, Michael Morin & Tim Dunn Class of 2025 - Polly Sewall, Pam Cleghorn & Russ Dumond Class of 2026-Abby More, Tom Keating and Margo Slining

#### VESTRY MEETINGS

3rd Tuesday at 7 PM-Ogden Room Vestry meetings

#### NEWSLETTER

#### The Berald

is published eleven times a year, on or near the 20th of each month. [July/August issues are combined.]

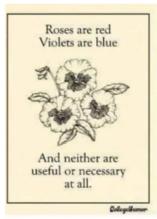
DEADLINE for all copy is on the 11th of the month.

Please email copy to the EDITOR:

Dibbie Appleton dib@maine.rr.com

#### PETER'S PONDERINGS

It seems as though Christmas was just with us and the season of Epiphany has just arrived, and yet, in a flash, Lent will soon arrive. On February 14, in conjunction

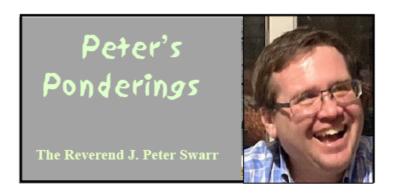




with Valentine's Day the season of Lent arrives bidding Christians to a time of intentional renewal and focus where we set our eyes upon Easter and our faith.

With Lent comes a very noticeable shift in the way worship and life at Trinity takes place. Our liturgy becomes more formal, with the opening of our service beginning with something called the penitential order. An unfortunate term, but ultimately something that asks us to turn our eyes to introspection and self-consideration, which seems quite appropriate in a season where we seek to grow closer to each other, our neighbor and a God who loves us.

At its heart, at its very best, penitence really is about Ponderings continues on page three ->



continuing from page two

introspection and growth. It is NOT about a sense that we are unworthy or that we are judged. It is NOT about a God who looks at us and sees us as unloveable or unforgivable. The story of Christ, the story of God reaching out to humanity again and again and again is a story that tells us that WE ARE LOVED.

So I want to be sure that as we enter into this season of Lent with terms like sin and penitence, we are really clear what we are talking about here. We are talking about an opportunity for us to grow, to recognize where we can become more open to the LOVE and GRACE which is already waiting for us. We don't need to earn it or prove to God we are worth forgiving.

No. We are already forgiven and already loved.

This penitence, this season of intentionality, this season of preparation and fasting is about US opening *OURSELVES* to the love of God made known to us in Christ.

My hope and prayer as we enter into Lent, then, is that we all can experience Lent as an invitation to experience the pre-existing love and grace of God. To open ourselves to it and to make ourselves more open to being people who live in its embrace and guidance.

May this season of Lent be one of renewal and hope for you and may it help usher in a joyful Easter of celebration and joy for us all.

Peter †



During a January snow storm, the Vestry met via Zoom. After the minutes were passed (with one correction), the rector gave his report which included a long list of pastoral concerns. There are a number of parishioners in need of prayer and Peter ended this portion of his report with a prayer for the pain and hardship being felt in our community.

Peter also provided attendance numbers and reported that the first Sunday School gathering of the new year was snowed out. The State Street shelter is not ready to open as planned so Trinity's shift there will be moved into March, 10-16.

Peter was away last week on personal time and praised Paula Levier for holding down the office and managing everything in good style!

Peter spoke briefly about upcoming Adult Formation classes. Please see pages seven to nine and read about what is offered. Peter also spoke of rain damage from our recent torrential rain events! So also did our Jr. Warden, Bill Gordan.

Bill discussed a bathroom sump pump in the Day School, our noticeable roof leaks (chapel, kitchen, Peter's office) and we will be seeking bids soon with the hope of being able to financially manage a new roof for Trinity. Our two bathroom floors are to have new flooring and new carpet is coming for the Forest Avenue entrance.

Bill Spear, Trinity's Treasurer, gave his routine report for January, reporting that for the year we had a surplus of \$14,010, not the projected deficit of \$13,482. This is great news. Bill explained (in reference to our need for a new roof) that we have already set aside \$17,000 in our Capital Improvement Fund and that our budget for the new year will enhance that fund, taking it to \$30,000. Still a drop in the bucket (pun intended) when one considers a new roof could cost \$100,000! We will be seeking bids and perhaps find one a little less painful!

The Vestry Retreat will be held at St. Mary's in Falmouth on Saturday, February 10, from 9-1 p.m.

A large amount of the meeting time was devoted to going through the Budget figures and in the end, the vestry voted unanimously to accept this proposed budget.

A motion was made, discussed, and then tabled to consider using our Easter and Christmas offerings and giving to a designated charity. More discussion needed, perhaps at the vestry retreat.

In closing, members heard nominations and voted on the Ruth Barnard Award.



#### Wednesday, February 28 1 p.m. in the Ogden Room



"The Hare is an astounding new literary thriller from a celebrated author at the height of her storytelling powers."

January Book Club is January 31 at 1 p.m. in the Ogden Room



#### Trinity's Labyrinth Open February 18

Next Trinity labyrinth walk is Sunday, February 18, from 1:30-4 p.m. in Lincoln Hall. We hope you can join us for this contemplative experience.

If you need more information about our labyrinth offerings, feel free to email the Trinity office, or to Robin Morin at:

#### sacredvessel@outlook.com

Weather closures will be posted on the Trinity facebook page or sent out to the labyrinth email list.

#### Labyrinth / 2024

January 21, 2024 1:30-4 February 18, 2024 1:30-4 March 24, 2024 1:30-4 (Palm Sunday)

and our

April 21, 2024 walk will be an outdoor walk at Robin's home labyrinth for Earth Day.

#### Jambalaya and Jazz: Fat Tuesday

February 13 at Trinity 5 - 6:30 p.m.

Every year Lent rolls around...and just before Lent's arrival comes a day called Shrove Tuesday or Fat Tuesday...the day when Christians have traditionally held a party to prepare for Lent and get all the goodies out of the pantry which folks don't tend to eat during a long period of traditional penitential fasting.

These days, Lent isn't necessarily observed in the same way (with strict dietary fasting)...but the tradition of holding a Fat Tuesday gathering is a wonderful, fun way for us to mark the turning of this church season.

Last year we introduced "Jambalaya and Jazz." which resulted in delicious fun for all who attended. We hope to revisit that fun and musical/culinary flair this year on February 13. We'll repeat last year's format: Members of Trinity are invited gather in Lincoln Hall for dinner from 5:00-6:30 PM. We will have Jambalaya, pancakes, sausage, and ice cream

sundaes. There will be music, singing, and activities for kids (who knows, maybe some dancing might break out, too...).



NOTE the following two sign-up opportunities!

If you think you might come, consider signing up on the easel outside of Lincoln Hall so we have a sense of how many folks to expect at our Jambalaya and Jazz Fat Tuesday Event.

And because it was so successful last year, we will host another Jambalaya contest to determine the community's favorite. Folks who want to share their culinary skill can sign up to bring their version of Jambalaya for all to sample and vote on. Note: a winner of last year's voting had never made Jambalaya before! So, all are welcome to give it a shot. If you are interested in taking part in the Jambalaya cookoff, sign up today on the sign-up sheet just outside of Lincoln Hall.

At the end of this all parish event, beginning at 6:30pm, Peter will offer a brief service which helps usher us into the season of Lent and will also offer the imposition of ashes, helping us transition into the great forty days of Lent as we prepare for the celebration of Easter. As always, you are welcome and you are wanted at Trinity! — The Gammons

#### Adult Education at Trinity in January

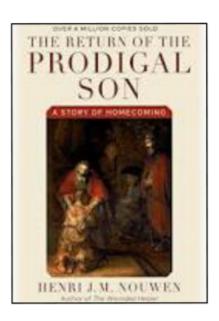
January 22-February 12 Ogden Room 6-7 p.m.

#### New start time for this class:

It begins Monday, January 22. Peter is leading a multi-week adult education book study of Henri Nouwen's book, The Return of the Prodigal Son: A Story of Homecoming. This moving and thoughtful meditation by Henri Nouwen helps us reflect on the parable of the prodigal son and invites us to see the story from multiple different points of view. No matter how you have interacted with this classic story told by Jesus, this work by Henri Nouwen is rich and moving.

Classes will begin at 6 p.m. and end around 7p.m., meeting in the Ogden Room. Books are available in the Parish Office and a donation of 11 dollars is welcome (though not necessary) to help offset the cost of the book

Sign up soon so you receive information about plans for the first gathering on January 22, 2024





Trinity's Altar Guild could use a few more members. This special lay ministry is charged with the maintenance and preparation of the altar and its furnishings at Trinity. It is open to both women and men. Our work is divided monthly among our members but we could use a few more pairs of hands. If you are interested in joining us, please speak to the rector and he will put you in touch with a guild member.

7

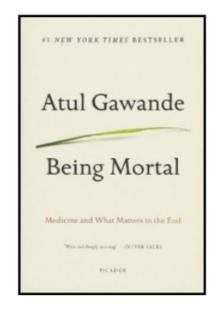
#### Adult Formation: Faithful Living and Faithful Dying

Begins on Monday, February 26.....

On Ash Wednesday, as ashes are placed on our foreheads, the prayer that is said is "remember that you are dust and to dust you shall return". These are true words. But they also can be hard words. Most of us don't really want to ponder our mortality. And yet, at the heart of Christian life is the call to be a people who follow in the path of Christ. And Christ lived fully aware of his death.

As such, Christians have long understood that we are called to a vocation of Holy Living and Holy Dying. Let me explain. We are called to live in such a way that we love God and love our neighbors, and also live in such a way that we consider that our days will end, that they are not limitless. And as such we are called to be good stewards of the time we have.

Our adult formation series this Lenten season will invite us to take time in this season of preparation and introspection to do a little consideration of what being a good steward of our limited lives might be like. We will do this in three distinct ways.



1) We will begin on Monday, February 26 at 6 p.m. by gathering in the Ogden Room to discuss the first six chapters of Atul Gawande's critically acclaimed book Being Mortal which examines the inescapable realities of aging and death and how the medical system (Dr. Gawande is a renowned medical doctor) often fails folks as they face these challenges. We will finish the book discussion on March 4.

#### Continuing from page 8

#### Adult Formation: Faithful Living and Faithful Dying

- We will then turn our attention on March 11 to funeral planning and burial wishes.
- March 18 we will consider other important advanced planning such as advanced medical directives and wills

While this discussion may well seem morbid, it is in fact something that is key to Christian stewardship and is based in our hope and belief that our faith is a faith grounded in Resurrection hope. We are a people who believe that this earthly life does not have the final word, and thus our attention to these important questions is in fact a sign of our Christian faith and care for those who come after us.

Peter Swarr †



Jambalaya & Jazz event of 2023! Plan to come to this year's event. See page 6 for details!



#### February 2024

Sunday	Monday	Tuesday	Wednesday
28 8 AM Service in church 10 AM Service in person and livestreamed 9:45am -10:45am Sunday School in Ogden Rm. 11:30am Sacred Ground in Ogden Rm. 5:00pm -8:00pm Renaissance Voices in Sanctuary	9:00am –12:00pm Monday Morning Crew 12:00pm Noonday Prayer Service 6:00pm –7:00pm Adult Education / Ogden Rm. 7:00pm –8:00pm AA in Lincoln Hall	30 12:00pm Noonday Prayer Service 5:00pm –8:00pm PCO in Sanctuary	31 1:00pm Book Club in Ogden Rm.
4 8 AM Service in church 10 AM Service in person and livestreamed 11:30am Sacred Ground in Ogden Rm. 5:00pm -8:00pm Renaissance Voices in Sanctuay	5 9:00am -12:00pm Monday Morning Crew 12:00pm Noonday Prayer Service 6:00pm -7:00pm Adult Education / Ogden Rm. 7:00pm -8:00pm AA in Lincoln Hall	6 12:00pm Noonday Prayer Service 5:00pm –8:00pm PCO in Sanctuary	7
11 8 AM Service in church "SOUPer Bowl Sunday" ingathering for Project FEED 10 AM Service in person and livestreamed HERALD DEADLINE 9:45am -10:45am Sunday School in Ogden Rm. 3:00pm -7:00pm Portland Ukulele Social Club in LH 5:00pm -8:00pm Renaissance Voices in Sanctuary	12 9:00am -12:00pm Monday Morning Crew 12:00pm Noonday Prayer Service 6:00pm -7:00pm Adult Education / Ogden Rm. 7:00pm -8:00pm AA in Lincoln Hall	13 12:00pm Noonday Prayer Service 5:00pm -8:00pm PCO in Sanctuary 5:00pm -7:00pm Shrove Tuesday "Jambalaya & Jazz"	14 12:00pm Ash Wednesday Noontime Service 1:00pm -5:00pm Laundry Love
18 8 AM Service in church 10 AM Service in person and livestreamed 11:00am Trinity Service Corps. 11:30am Sacred Ground in Ogden Rm. 1:30pm -4:00pm Labyrinth in Lincoln Hall 5:00pm -8:00pm Renaissance Voices in Sanctuary	19 President's Day/ Office Closed 9:00am –12:00pm Monday Morning Crew 7:00pm –8:00pm AA in Lincoln Hall	20 12:00pm -4:00pm Lift Group 12:00pm Noonday Prayer Service 5:00pm -8:00pm PCO in Sanctuary	21 10:00am –11:00am Park Danforth
8 AM Service in church 10 AM Service in person and livestreamed 9:45am -10:45am Sunday School in Ogden Rm. 5:00pm -8:00pm Renaissance Voices in Sanctuary	26 9:00am -12:00pm Monday Morning Crew 12:00pm Noonday Prayer Service 6:00pm -7:00pm Adult Education / Ogden Rm. 7:00pm -8:00pm AA in Lincoln Hall	27 12:00pm Noonday Prayer Service 5:00pm –8:00pm PCO in Sanctuary	28 1:00pm –3:00pm Book Club in Ogden Rm.

<u> </u>		
Thursday	Friday	Saturday
1 12:00pm Noonday Prayer Service 6:45pm -8:15pm Choir Rehearsal  February	2 12:30pm –4:00pm Mary Frances in Sanctuary 7:00pm –8:00pm AA in Ogden Rm.	3 12:30pm –4:00pm Mary Frances in Sanctuary
8 12:00pm Noonday Prayer Service 6:45pm -8:15pm Choir Rehearsal	9 12:30pm –4:00pm Mary Frances in Sanctuary 7:00pm –8:00pm AA in Ogden Rm.	10 9:00am –1:00pm Vestry Retreat 12:30pm –4:00pm Mary Frances in Sanctuary
15 12:00pm Noonday Prayer Service 6:45pm –8:15pm Choir Rehearsal	16 12:30pm –4:00pm Mary Frances in Sanctuary 7:00pm –8:00pm AA in Ogden Rm.	17 12:30pm –4:00pm Mary Frances in Sanctuary 4:00pm –10:00pm Lincoln Hall in use/ Paula
22 12:00pm Noonday Prayer Service 6:45pm -8:15pm Choir Rehearsal	23 12:30pm –4:00pm Mary Frances in Sanctuary 7:00pm –8:00pm AA in Ogden Rm.	24 12:30pm -4:00pm Mary Frances in Sanctuary
29 12:00pm Noonday Prayer Service 6:45pm –8:15pm Choir Rehearsal	1 12:30pm –4:00pm Mary Frances in Sanctuary 7:00pm –8:00pm AA in Ogden Rm.	2 12:30pm –4:00pm Mary Frances in Sanctuary

### Daily Meditation Book at Trinity Living Well Through Lent 2024: Practicing Forgiveness with All Your

Practicing Forgiveness with All Your Heart, Soul, Strength, and Mind



Trinity is pleased to offer to any who are interested daily meditation booklets from Living Compass, Living Well Through Lent, 2024.

This booklet will serve as a wonderful resource for those who would like to take a few moments each day in Lent to focus their thoughts and spirit on this season of preparation and renewal.

Booklets will be available at Trinity beginning on **Ash Wednesday.** 

#### **Collecting Socks & Undies**



The giant red stocking is still hanging around at Trinity. It got buried under the balsam tree in the sanctuary with your wonderful gifts of warming things for Maine Needs. Those have gone to Maine Needs now.

We are still hoping to gather in underwear —boxers & briefs and ladies underwear up to size 10 — and SOCKS...

to help those on the street through Preble Street Resources.

We'll present our gift on Valentine's Day! Thank you.



NOW is the time to register for Camp Bishopswood! Check out the camp at <a href="mailto:bishopswood.org">bishopswood.org</a> and learn all about it. Trinity does have scholarships to offer, unless you have waited too long to ask! Please speak to the rector if you are interested in camp for your children!

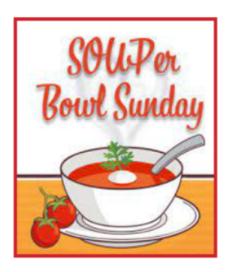
#### SUNDAY SCHOOL AT TRINITY

Our first Sunday School in the new year got snowed out. However, here are the dates for Sunday School in February.

#### February 11 and February 25

As always, all children and parents are welcome at Sunday School which takes place in the Ogden Room from 9:45am until 10:30am. Friends are also always welcome! For more information, reach out to Peter Swarr at

priest@trinitychurchportland.org





Service Corps will meet as usual on the third Sunday of the month, February 18.

#### February 10!

A long-standing outreach at Trinity is our annual collection of items related to SOUP: stews, gumbos, soups of all flavors (canned) and crackers on the day of the Super Bowl.

We will be collecting such goods in the back foyer at Trinity for PROJECT FEED. If you have an extra cloth bag, with a few cans in it, that would be....well, super! Thank you.





#### Bag for OLD EYE-glasses on the hall table -



Clynk bags are available in a basket on the desk in the church office. Take your filled green bag(s) to a Hannaford Clynk collection site and the funds earned by your recycling will be added to our Trinity account. We are grateful for your help in this way.

Many thanks to Margo Slining who now manages our Clynk account!

The nickels add up and help our bottom line!

Thank you!

## What MAINE NEEDS



#### 332 Forest Avenue

You hear about MAINE NEEDS and now many of you seem to be bringing donations for Maine Needs and leaving them in the hallway next to the St. Elizabeth's collection box. But there seems to be some confusion as to what they need, hence the following note from Donna Downing who serves as a volunteer at Maine Needs:

"There are multiple guidelines for donating, and people are donating clothes we don't accept, e.g., business clothes (suits, blazers, lined wool skirts or slacks), very dressy clothes (think party!), out of season clothes (e.g., short sleeves, shorts), and clothes that are stained/dirty, torn. I recently had to throw out some of the donated clothes that were badly stained and torn. We're always looking for gently worn, casual clothes that someone between the ages of 18 and 45 might wear. And of course, new clothes are wonderful to get as donations and to give to those who have so little. Dignity! But we want to thank everyone for thinking of donating to worthy programs like St. E's and MAINE NEEDS."

-Donna Downing

#### Second Wednesday of the month: 1-5 p.m. *Always need volunteers!*



NEXT Event! February 14 1-5 p.m

Despite a terrible rain and wind storm in the morning of Jan. 10, we were able to serve about 50 people. We assume that many people were affected by the storm and couldn't come as usual. It gave us an opportunity to spend a little more time with those who came, and train some new volunteers.

Every volunteer is deeply appreciated at Laundry Love. Our next event will be Wed. Feb. 14, Valentine's Day and Ash Wednesday, too.

- The Rev. Deacon heather Sylvester



Sheets, blankets, quilts, & pillows are needed for distribution in February and toothbrushes & toothpaste, an ongoing monthly need. Kitchenware like pots and pans always useful. Boots still being handed out. NO clothing (except coats) is accepted at St. E's! Many thanks to all of you who keep our St. E's bin full!

—Dibbie Appleton & Lynne Gammon



Project FEED is a food pantry located in Woodfords Congregational Church in Portland. Hundreds of needy people in the area receive emergency food annually.

Volunteers are needed to run the pantry which is open 1:00-3:00 p.m., Tuesdays, Wednesdays, Thursdays, except holidays and school storm closings.

Call or email Delene Perley for more information: at 310-8721 or deleneperley@gmail.com.

Project FEED could use your help! Here is a list of items we can always use: sugar, flour, tea bags (not flavored) cooking oil, cereal and pasta or rice. These items CANNED: milk, beans, fruit, pasta, tuna, chili, beef stew, corn beef hash and veggies. The only beverages we offer would be frozen OJ, and Qt. bottled juice (cranberry, grape, etc.) There is a Project FEED basket in the back foyer. Thanks for your help!

Our thanks to Linda Gordan, a Project FEED volunteer, who gets Trinity's donations to Project FEED.



#### HOSTS NEEDED!

We always need coffee hosts. Please look at the calendar on the board just inside Lincoln Hall and see if there is a Sunday where you can help us keep this tradition going. Please!

#### FEBRUARY TRIVIA!

- 1. February is the only month of the year that can go without what occurring?
- 2. What is the birthstone for the month of February?
- 3. What is the name of the moon that can appear in February?
- 4. What tradition began in Scotland and takes place on Leap Day, February 29? This is a leap Year!
- 5. How many U. S. presidents have been born in February?
- 6. The Wright Brothers had their first powered flight on February 17 in what year?



#### **FEBRUARY**

- 1 Karen Spear
- 4 Doug Crosby Joan Newcomb
- 17 Edith McCormick
- 18 William Gordan
- 25 Theresa Gaudet Steve Pollock
- 26 Carl Hanson Thomas Downing
- 28 Grace Connolly

#### Did We Miss YOUR birthday?

Let the office know when it is, and next year our lists will be more complete!

#### TRIVIA ANSWERS

 a full moon 2.amethyst
 snow moon 4. women proposing to men 5. Four (Washington, Lincoln, Harrison and Reagan) 6. 1903

#### February 2024 Schedule

#### ■ SUNDAY, February 4, 2024

8 a.m. Mary Dumond, layreader 10 a.m. Tim Dunn, layreader (PR) Russ Dumond, L. (LES & PSM) Ushers: Ida Connolly & Cathy Jackson

#### ■ SUNDAY, February 11

8 a.m Dibbie Appleton, layreader 10 a.m. Kris Lemay, LR (PR) Maizie Argondizza L. (LES & PSM)

Ushers: Bill and Karen Spear

■ WEDNESDAY, February 14 - **NOON** — *Ash Wednesday* layreader, Dibbie Appleton

#### ■ SUNDAY, February 18

8 a.m. Mary Dumond, layreader 10 a.m. Tom Keating, LR (PR) Lynne Gammon, L. (LES & PSM) Ushers:: Tim Dunn & \_?

#### ■ SUNDAY, February 25

8 a.m.Alice Moisen, layreader 10 a.m. Alice Moisen, Layreader (PR) Stu Tisdale, L (LES & PSM) Ushers: Susan & Russ Hicks

#### **KEY**

L = lector

PR = prayers

Les = lesson

PSM = psalm

#### Trinity's Little Library Gets a Royal Redo!

He was christened "Royal" and when he does anything, he does it with gusto and style. We all know him as SKIP HOYT and once again, Skip accepted the challenge — this time not to build our little Library — (he did that in 2015) but to give it a new life! A 'Royal' Reincarnation.

Eight winters of snow and rain and summers of hot sun did a number on our Little Free Library. The paint blistered and worse, the plywood

separated into many layers like the traditional French pastry millefeuilles found in a Napoleon!

Something had to be done!





And Skip has done it; he gave it a 'Royal' do-over. It has been bolstered here, propped there, has a strong new door and the icing on the cake —Skip took on the repainting where new paint was needed!

Books have been loaded into our Little Library and we are off and running with this popular little outreach now back in business

Thank you SKIP HOYT for knowing just what to do, and doing it in Royal style!

# TRINITY EPISCOPAL CHURCH

Return Service Requested 580 Forest Avenue Portland, Maine 04101

# TRINITY EPISCOPAL CHURCH 580 Forest Avenue Portland ME 04101

Email: office@trinitychurchportland.org Website: www.trinitychurchportland.org OFFICE: 207-772-7421 Hours: 9:00AM - 2PM — M, T, W, and Th.

The Rev. J. Peter Swarr, Rector Weekday NOON Prayers on M, T, and Th - streamed on YouTube/Facebook; The Rev. Larry Estey, Assisting Priest

Services: 8:00 a.m. —The 10 a.m. service is streamed ONLINE on YouTube & Facebook -

The Rev. Dr. Roy Partridge, Assisting Priest Dr. Mary Frances Fest, Minister of Music The Reverend Deacon Heather Sylvester Paula Levier, Parish Administrator

Rory Nickerson, Arts/Crafts Liaison for Sunday School



You

Access from Parking Lot behind the church.