

TRINITY TIDINGS

Holy Trinity Episcopal Church

FROM THE RECTOR . . .

Dear Friends,

Jesus had a plan for the kingdom and he instructed his disciples as to how they could obtain their desired results. "Love your Lord, your God with all your heart, mind and soul and love your neighbor as yourself." "Go forth into the world making disciples wherever you go."

Planning is critical so that we can see the big picture of what it is we are trying to accomplish but also on the details of how to get there. Planning enables us to provide tangible benchmarks for success. Planning also helps to get us back on track when we are drawn down other paths. Planning helps us to refocus and to stay on mission. We see a very focused Jesus in the book of Mark who will not take his eyes off of Jerusalem no matter what people do to distract Him.

Sometimes a plan will start with a simple objective. The civil rights movement was constructed around attainable objectives. One was as simple as, "Make sure blacks do not have to sit in the back of the bus." While equal rights remains somewhat intangible, attainable objectives drew the picture that angered, excited and motivated a movement. The desire to change the picture evolved into a plan.

This spring Holy Trinity, as a whole body of Christ, will endeavor to develop its strategic plan for ministry and programs that will take us into the future. Your input is valuable and it will be asked for and considered. When opportunities arise to participate in the development of the Plan please participate. We are all parts of the body and all need to help in ascertaining what Christ's plan for Holy Trinity will be for the future.

Jesus had a plan. Help to make Holy Trinity a vital part of that plan.

Blessings,

Fr. David



HOLY TRINITY
EPISCOPAL
CHURCH

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THE HOLY TRINITY STAFF

THE REV. DAVID R. WILT
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THE REV. CHARLES A.
BROWNING, II,
ASSOCIATE RECTOR

THE REV. CANON HOWARTH L. LEWIS, JR.
DEACON

ELIZABETH BROWN
DIRECTOR OF
CHRISTIAN EDUCATION

SARAH LIDINSKY
YOUTH DIRECTOR

MACE GRAHAM
DIRECTOR OF MUSIC

CAROL A. PROVERA
PARISH ADMINISTRATOR

BRIAN NEHEMIAS
SEXTON

SUNDAY SERVICES
8 A.M. AND 10 A.M.
EVENSONG
WEDNESDAYS AT 5:30 P.M.
HEALING SERVICE:
THURSDAYS AT 10 A.M.

Holy Trinity is called to be a witness of God's love to the people of our community and to the world through our open minds, and our open hearts. All baptized persons are welcome to receive the Sacrament of the Holy Eucharist. We are a community on a spiritual journey, seeking to grow in faith and service through our worship, education and outreach programs.

JANUARY BIRTHDAYS



- | | | |
|--|--------------------------------------|----------------------|
| 1 Jeff Lewis, Russ Miller | 12 Dorothy Deviney | 26 William Hudson |
| 2 Ian Graham, Heather Luttier, Simone Hoover | 15 Savannah Lambert | 29 Brittany Thornton |
| 5 Jennifer Woods | 15 Ginny Donn | 30 Connor Dougherty |
| 8 Robert Urquhart | 19 Logan Parker | Julie Fernie |
| 9 Jim Guinnessy, Sean Brodrick | 20 Carol McCracken, Gay Shepard | 31 Bailey Paine, |
| 10 Mary Blake, Barry Ande | 21 Stephan Robinson | Jennifer Ryan |
| 11 Darcy Farnan, Jane Sturgis | 22 Ashley Howard-Smith | |
| | 23 Jan Ferlisi, Cameron Kamps | |
| | 24 Rusty Grant | |
| | 25 Marilyn Rasnick, Kathleen Sorgini | |

If your name has inadvertently been omitted from this list, please call the Parish Office and accept our apologies

WOMEN'S BOOK CLUB

MONDAY, JANUARY 7:00 PM

Selection : Let the Great World Spin

By Jeffrey Zaslow

Hostess: JoAnn Maddaford

RSVP to JoAnn Maddaford at 688-0013

Obtain books through the library, book store, or Amazon.com.

Questions, please call Andrea Thomas at 236-6456



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TO EVERYONE
WHO HELPED WITH
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PARISH REGISTER

Weddings

Megan Michelle Prescott and Brett James Perera 12-17-2011

Kimberly McNichol Riggs and Daniel Scott Perolio 11-12-2011

Funerals

Phillip Lee Heaton 11-14-2011

June McKenna Sturrock 12-09-2011

Transfers

Paul and Karen Neff

to All Saints Church, Jensen Beach, Florida 12-08-2011

Baptism

Alora Michelle Wilt 12-18-2011

From the desk of : *The Rev. Canon Howarth L. Lewis , Jr. , FAIA, Deacon*

We are just into this New Year and we have already begun to wonder whether it is really going to be a happy new year. While our problems tend to increase like our federal taxes, as we add up our holiday debts and look at our credit card bills, we might seriously question how happy this year of our lives will be.

No one of sane mind would ask for troubles, but we know that the days of this New Year will have their fill of minor and major problems, troubles and trials. If the gem of the God-seed within each of us is to be made brighter and more beautiful by these problems, we will need to recall the words of the holy man, St. Francis de Sales. He said, "Do not look forward to what may happen tomorrow; the same everlasting Father who cares for you today will take care of you tomorrow, and every day. Either God will shield you from suffering, or God will give you unfailing strength to bear it. Be at peace, then, and put aside all anxious thoughts and imaginations."

A realistic view of the coming weeks and months tells us we will have times of trial. Each time you respond to a difficulty using the compass of the Gospels; meeting hate with love, greeting anger with peace, and holding the pain of others with compassion – that hidden gem within your heart grows brighter and brighter. If we truly understand the purpose of these brief years of life given to us, we might actually find a new year to be happy *because* it will be full of opportunities.

So, perhaps the best greeting for the New Year is to wish you "A _____ New Year" and let you fill in the blank with what your heart tells you is the best adjective.

God bless you all,

The Rev. Canon Hap Lewis, Deacon

ANNUAL MEETING THIS MONTH

WEDNESDAY, JANUARY 18th, AT 6 P.M

INTHE CHURCH



A pot luck supper will follow in the Parish Hall. The main meat dish will be provided, but we will need salads, casseroles, and desserts.

Four new members will be voted in at the Annual Meeting with four rotating off the Vestry this year. We extend our sincere gratitude to each of them for their devoted service to Holy Trinity.

THANKYOU!

CALLING ALL CURSILLISTAS...January 21 Ultreya (Onward ! Or Proceed Further On)

Southeast Florida is hosting the National Episcopal Cursillo Committee meeting from January 18th to the 22nd. On Saturday there will be an Ultreya at St.Gregory's, 100 NE Mizner Blvd. in Boca Raton. There will be a Pot Luck dinner and Gathering Music at 6:00pm and the Ultreya begins at 7:00pm.

Let's try to have a good representation from Holy Trinity. Musicians are encouraged to bring their instruments. We will carpool from the Church

WOMEN'S BIBLE STUDY

The Women's Bible Study group has been established. The first meeting will be on Tuesday, January 10th, from 12 o'clock noon to 1:00 pm. The book "Women of the Bible" will be the study guide. This book offers the opportunity to study and discuss 52 women in Scriptures...some well known women such as Eve as well as the lesser known women such as Abigail in 1 Samuel. Our group will meet to discuss and share ideas about the legacy that each of these women left and explore the possible similarities between the challenges they faced and the challenges we face in our time. We plan to "Brown Bag" this gathering and meet in the library. The book will be available for purchase at the Church from Elizabeth Brown. If you have any questions, please call Nancy Drum at 840-8945 or email ndrum@bellsouth.net.



JANUARY DUTY ROSTER

If you cannot serve, please find a substitute

Page 5

SUNDAY	JANUARY 1	JANUARY 8	JANUARY 15	JANUARY 22	JANUARY 29
LECTORS	Lessons and Carols	8-TLipscomb 10-BWeaver, SHedstrom, MLewis	8-JLansing 10-BHadsell, JLewis, CLewis	8-NMaas 10JRichardson, MFarnan MRvinelli	8-JFroyen 10-ELee, BForbes, JMaby
CHALISTS	9-ADean, AThomas, SBlackwell	8-DVarella 10-BWeaver, CLee	8-CDorsey 10-JFroyen, NDrevich	8MMcCampbell 10-JRichardson, MROvinelli	8-SBlackwell 10-ELee, TBrown
GREETERS	8-MHadley 10-SWilt, JGuinnessy JBayard	8-B/RWalton ,ADean 10-JSturgis, VScherff PHannah, NDrum	8-MJohnston, BWalton 10-SBryant, BSmith	8- TLipscomb, CWilson 10-PTickner, JMaddaford	8-MHadley 10-SWilt, JGuinnessy, JBayard
VESTRY GREETER	CAdams	JFroyen	JLansing	JRichardson	No information
COFFEE HOUR	8-SHeaton, MBromley 10-- no information	8-B/RWalton 10-- no information	SMichaelides 10-- no informa- tion	8-SHeaton 10-- no information	8-MHolley 10-- no information
TELLERS	Team I	Team II	Team III	Team IV	Team I
USHERS	Team I	Team II	Team III	Team IV	Team I
ACOLYTES	MFarnan IDolce, KAdams, MaNahom	BThornton MCollins NCollins MoMcClure	SLuttier MPuc LPuc MeNahom	EHammell SLambert MxMcClure EDickens	MHedstrom BHammell KaAdams MaNahom



ALTAR GUILD

8am: ADean, CMacon, SJones

10am: AThomas, PDeHon, JMaddaford

The Rev. H. Wynen Holy Trinity Church's former Assistant Priest has been called to Grace Episcopal Church, Lopez Island, Washington, as Vicar.

Blessings and best wishes can be sent to Nancy and Fons at their new address:

292 Whiskey Hill Road, Lopez Island, WA 98261

or

fwynen@gmail.com or nancy.wynen@gmail.com

YOGA FOR EPISCOPALIANS—A HEALING DISCIPLINE

From an article by Linda Brown Holt published in *Episcopal News Monthly* August 2010

Writer and educator Linda Brown Holt attends St. Stephens Episcopal Church in Florence, N.J. She has practiced yoga since childhood and studies with Vijayendra Pratap of the SKY Foundation in Philadelphia



Like many ideas and systems developed in the early years of civilization, yoga has gone through many metamorphoses over time and it has passed through many cultures. In the West it is best known as a fitness and holistic health regime taught at spas, YMCAs, schools, and yes, even Christian churches. It is largely a mainstream activity often prescribed by physicians, psychologists and many religious leaders as a way to counter the physical and mental stresses of our time. Yet in the not so distant past—say 70 years ago—Americans laughed at the notion of swamis, their heads swathed in turbans, either charming snakes or lying on beds of nails. Now we know the principles have been tried and tested over thousands of years. An Indian scholar named Patanjali collected and expressed them as universal truths. They are often referred to as the “eight limbs of yoga”. The principles of yoga are in fact guidelines that practitioners of other ethical and religious systems around the world readily can acknowledge as either similar or identical in spirit to their own. Each faith may add its own religious content to the mix, but few believers would argue with a holistic approach that covers all aspects of humanity from the physical and the social to the devotional and sublime.

Of course, there is much more to yoga as many of us practice it today. There are different approaches to yoga that suit different personality types: devotional or bhakti yoga for those who live from the heart; the yoga of knowledge, jnana, for those who prefer an intellectual approach; and so forth. And there are little things in yoga that may be surprisingly familiar to Episcopalians:

Asana or postures. When we rhythmically kneel, rise, sit, and genuflect the flow of postures contributes to our devotion and well-being

Aum. The holy sound “aum” is repeated by many in yoga practice. Is it a coincidence that it sounds so similar to amen?

Mantra or holy words. Repeating a simple prayer or name of God can remind us of God's presence in our lives.

Mudra or hand positions. We fold our hands in prayer or lift them up unto the Lord. It is a blessing to use our hands for worship as well as work.

What a wonderful consistency we find in life if we let go of our biases and open our hearts and minds. We live in a world wracked with fear and confusion, especially in regard to ideas and practices that in any way are related to religions not our own.

Yoga is a way of living and knowing that can be purely secular (atheists often substitute nature or energy for the idea of the divine) or an adjunct to our own religion or part of a religious tradition not our own. Yoga can teach us to improve our posture or sharpen our focus during Mass. Perhaps best of all, it can open doors to dialogue with people from other traditions and enrich our understanding as it helps us heal the aches and pains of body and heart.

The nominating Committee reports that voting on the following Vestry nominees will take place at the Annual Meeting on Wednesday, January 18th at 6:00 pm.

JOSEPHINE BAYARD

Josephine Bayard was born and raised in Wilmington, Delaware and moved to Florida permanently in 2009 and became a member of Holy Trinity in October of 2009, transferring her membership from St. John's Episcopal Church in Jackson, Wyoming. She had been a member of St. John's for 12 years and served on the altar guild, lay ministry, choir and the wedding committee at the Chapel of the Transfiguration in Grand Teton National Park. She received an undergraduate degree in Organizational Management from Palm Beach Atlantic University in 2006. In May of 2011 she received an M.S. in Mental Health from PBAU. She teaches yoga and is currently looking for employment in the mental health field. She attended Cursillo 105 in 2011 which was a wonderful experience and drew her closer to God. Currently, Josephine is a greeter and serves on the wedding and flower committees.

DOUG DUNCAN

Doug Duncan is married to Cathy and they have two children, David and Carrie. David lives with his wife and two children in Jacksonville, Florida. Carrie will be married at Holy Trinity in March of 2012, and she and her husband will make their home in Atlanta, Georgia.

Doug is an attorney and has been a member of The Florida Bar since 1980. He practices exclusively criminal defense, both trials and appeals, with his firm Roth & Duncan, P.A.

Doug was recently elected Chair of the Palm Beach County Criminal Justice Commission for a two-year term. He has also served as Chair of The Florida Bar, Criminal Law Section; Chair of the Fifteenth Judicial Circuit Judicial Nominating Commission; President of Palm Beach County Criminal Defense Lawyers Association.

Doug and his family are avid Florida Gator Fans, and have been football season ticket holders for many years.

Doug and Cathy are members at Mayacoo Lakes Country Club where both enjoy playing golf and tennis.

KERRY O'MALLEY

Kerry O'Malley was born in Chicago, IL and moved to West Palm Beach, FL with her family at the age of 12. Her love of travel began at the age of 20 and soon led her to become a travel agent specializing in luxury travel (now home-based and self-employed). She's visited over 40 countries and it was during her first trip to China in 1996 where she fell in love with the country and felt the calling to become an adoptive mother. Kerry returned to China in early 1999 to adopt her then 12-month old daughter, Mei Lin (now almost 14 years old). She returned again in 1995 to adopt her son, Tian Bao, who was almost 5 years old (now age 11-1/2). Thankfully, Kerry's children also have a love for travel and have even been back to China to visit. Kerry has been a member of Holy Trinity for over 17 years and she and her children have been active with the Youth Group, Vacation Bible School, the Christmas Pageant, the Soup Kitchen at St. George's, and the annual Bike & Build group on New Year's Eve.

JIM RICHARDSON

Jim Richardson has been a member of Holy Trinity since 2001, and has served in the past as a vestry member and as a senior warden. Prior to this, he has also served as a vestry person and as a junior and senior warden in two other Episcopal parishes. Jim has a doctorate degree in Education, and has taught in the public school system in New Jersey, served in the New Jersey State Department of Education as the Director of Special Services, and as an Assistant Superintendent of Schools. He has also taught at Rutgers and Monmouth Universities. Here at Holy Trinity, Jim presently serves as the chair of the Finance Committee, reviews all incoming invoices and signs all weekly payout checks, coordinates the Outreach Commission, sits on the Endowment Committee, sings in the choir, serves as a lector and chalice bearer, and co-chairs the Memorial Garden Committee.

Holy Trinity Episcopal Church
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