

The Tempo

Holy Trinity Episcopal Parish

*A people passionately seeking to
love with the heart of Christ,
think with the mind of Christ, and
act in the world as the Body of Christ.*



AUGUST 2017

AUGUST CALENDAR

Thursday, August 3

7:00 pm Cottage Meeting for
Neighborhood Group #1

Saturday, August 5

8:00 am Kitchen Ministry Cleanup

Sunday, August 6

8:00 am Holy Eucharist
10:30 am Holy Eucharist
5:00 pm Holy Eucharist at St. Paul's
6:00 pm Cottage Meeting for
Neighborhood Group #10

Sunday, August 13

8:00 am Holy Eucharist
10:30 am Holy Eucharist, Backpack
Blessing

Thursday, August 17

7:00 pm Cottage Meeting for
Neighborhood Group #3

Sunday, August 20

8:00 am Holy Eucharist
9:30 am Kitchen 101
10:30 am Holy Eucharist
Noon Kitchen 101
5:00 pm Evening Prayer at St. Paul's
7:00 pm Vestry Meeting

Friday, August 25

6:00 pm Cottage Meeting for
Neighborhood Group #9

Saturday, August 26

Tba Parish Hall Birthday Party

Sunday, August 27

8:00 am Holy Eucharist
9:00 am Ministry Fair
10:30 am Holy Eucharist
11:50 am Ministry Fair

Thursday, August 29

11:00 am Thrift Shop Luncheon

Friday, August 31

6:00 pm Cottage Meeting for
Neighborhood Group #7

ONGOING EVENTS

Sundays 11:45 am Lemonade Under the
Bell Tower

Tuesdays

11:00 am Reflectionary Bible Study
2:00 pm Staff Meeting
6:00 pm E/M (beginning August 22)

Wednesdays

7:00 pm Choir Rehearsal

Thursdays

10:30 am Holy Eucharist Clemson Downs
(1st Thursdays only)

Keeping the Faith: Suz's Monthly Message

My Dear Sisters and Brothers in Christ,

I've recently been reading a book by Brian McLaren, *We Make the Road by Walking*. McLaren states in the Preface to this book that he writes "to help groups and individuals seize this moment and walk wisely and joyfully into the future together." I am struck by the aptness of the image of Christians walking into the future together, discovering the Way of Jesus and making it real and visible as we go.

Consciously or not, we are making the Way of Jesus real and visible in our corner of Creation. I invite you, my dear friends, to be conscious as you make the road. Be conscious of your companions along the way. Be conscious of your attitude: are you fearful and anxious, or are you hopeful and joy-filled? Be conscious of God's presence in and around you, and give thanks for God's love for you. Be conscious.

I fear that the alternative to consciousness is a distracted and disturbed wandering in a trackless wilderness. I see and hear many indications that more and more people are losing their sense of direction and relying on the winds of restlessness to move them from place to place. I have heard from several of you of a sense of feeling lost in the current disturbing political division that seems more disruptive than ever. It is true that the common discourse of civic life has all too frequently devolved into hardening of positions and shouting over one another instead of reasoned dialogue. It's hard to know where to turn for reliable information in a fast-changing landscape of current events. I don't have any words of wisdom for you in that regard other than this: check your sources.

What I can speak to, and must, is the spiritual malaise that can occur when we get caught up in the temporalities of life. I encourage you, dear ones, to pay attention to the way you are making as you go. We have a reliable compass, our Anglican tradition of Scripture, Tradition, and Reason to guide us, and Jesus is our True North, drawing us ever onward toward the Source of Light and Life.

We disciples of Jesus who are gathered and formed at Holy Trinity are walking together into the future, whether we consciously choose to do so or not. Even if we stand still, the progression of time will move forward, creating something of a "way" in our wake. However, that is not the spirit I see at work in this Parish. On Sunday mornings, as we gather for worship, I see engaged, joyful disciples leaning forward into life in Christ. Throughout the week, in our church office, at the Day School, on campus, in the community, on Facebook, I see engaged, joyful disciples making the road by walking. Whatever else we do, let's be mindful of our relationship to God and each other so that we can "seize this moment and walk wisely and joyfully into the future together."

Send out your light and your truth, that they may lead me,
And bring me to your holy hill and to your dwelling;

That I may go to the altar of God, to the God of my joy and gladness...

(Psalm 43: 3-4a)

Grace & peace to y'all, Suz

The Tempo is a publication of
Holy Trinity Episcopal Parish
193 Old Greenville Highway
Clemson, SC 29631-1335
Phone: 864-654-5071
Fax: 864-654-5066

www.holytrinityclemson.org

Submissions are due by the 22nd
of the month by e-mail to:

htchurch@holytrinityclemson.org or
ibbrh@bellsouth.net

The Rev W. Andrew Waldo, *Bishop*

Staff

The Rev. Suzanne Cate, *Rector*

The Rev. Christopher Wilkerson,
Transitional Deacon

The Rev. Tom Davis, *Rector Emeritus*

Chloe Cashwell, *Family Ministry*

Becky Bowman, *Minister of Music*

Cynthia Spejewski, *Organist*

Lynne Farmer, *Parish Administrator*

Cynthia Spejewski, *Parish Secretary*

Jim Hylkema, *Sexton*

Suzanne Watkins, *Day School Director*

Vestry Members*

Paul Anderson, *Senior Warden*

Kathy Crouse, *Junior Warden*

Rebecca Eidson, *Clerk*

Jack Davis (St. Paul's)

Kaleb Ellison (Buildings & Grounds)

Byron Harder (Outreach)

Kathy Hunter (Pastoral Care)

Tommye Hurst (Canterbury)

Bill McDaniel (Engagement)

Meredith McTigue (EDS, Stewardship)

Iris Reed (Worship)

David Robb (Newcomers)

Kathy Sparks (Outreach)

Hap Wheeler (Family Ministry, EDS)

Joe Yanes (Hospitality)

*Ministry Team assignment in parentheses
following the Vestry members' name

WHY DO WE DO THAT?

Back in the Spring, I preached out questions and doubts, inviting the congregation to submit their burning faith questions. Several questions I received deal with Holy Scripture, and I've been working my way through them this summer. This month, I'll answer the question, "*How are the readings selected for our services?*"

In most liturgical churches, the readings for Sunday morning worship are set forth in a three-year cycle called a lectionary. A lectionary can best be described as an "orderly sequence of selections from Scripture to be read aloud at public worship by a religious community."¹ The Episcopal Church uses the Revised Common Lectionary, as do by many main-line Protestant denominations. It is the product of collaboration between several ecumenical groups and based on the Roman Catholic three-year cycle developed in the late sixties. The Revised Common Lectionary (RCL) was adopted as our official Sunday lectionary by the General Convention of The Episcopal Church in 2006, with some adaptations for our liturgical particularities.

The RCL is structured around the three Synoptic Gospels (synoptic means "see together"), Matthew, Mark, and Luke, that present accounts of the life, death, and resurrection of Jesus with significant common material. Each year in the cycle focuses on one of the Synoptic Gospels, with occasional insertions from the Gospel of John (in this case, occasional means "suitable for the occasion"). Selections are also provided each Sunday from the Hebrew Scriptures and the Acts of the Apostles, the Epistles, and the Book of Revelation. During the Season after Pentecost, the Hebrew Scriptures present choices for worship planners: there is a semi-continuous track that follows a more or less continuous reading from week to week, or there is a thematic track that has been compiled to complement the message of the Gospel thematically. It is my practice to choose one track and stick with it throughout the long, green season.

Also included in each weeks' lections are selections from the Psalter, the Book of Psalms. The Psalms probably comprise the most ancient collection of writings in our Holy Scriptures. They were most likely sung on different occasions—some in the Temple of Jerusalem and some in preparation for worship there. The Psalter has been used as a keystone of the Offices of the Hours (monastic prayers at set times throughout the day) for centuries. When we read with one voice or chant the Psalms in our worship, we are wading into a stream of tradition that has ancient and deep sources.

People often ask if it is terribly constraining for a preacher to follow a lectionary, rather than choosing the Scriptures from which to preach. My response is that, yes, it is often constraining, and thanks be to God for that! It is difficult enough for this preacher to get out of the way of the Holy Spirit without adding the temptation to focus on Scriptures that don't challenge or perplex me. It is most often in the challenge and perplexity that the Holy Spirit does Her work inspiration, in my experience. A set lectionary mitigates the all-too-human tendency to forget Who is at work in our reading of Holy Scripture.

¹John Reumann, "A History of Lectionaries: From the Synagogue at Nazareth to Post-Vatican II," *Interpretation* 31 (1977) 116.

LIMINAL SPACE: Deacon Christopher's Monthly Message

Notes from the In-Between

Peace and greetings in the name of Christ Jesus our Savior! And welcome to the in-between, a place both wondrous and strange that we enter during any time of transition.

And there is a *lot* of transition going on these days!

On a personal level, my family and I have (finally!) moved into our Clemson home, so we are transitioning into our new residence — even as I am transitioning to living out of boxes from living out of suitcases, as I've done for the past two months. We are transitioning from living deep in the forest wilderness of God's Holy Mountain, AKA Sewanee, to living in the midst of human civilization again, from being geographically outside the diocese to being back in a parish, and on a larger scale from being a seminary family (our identity for the past three years) to being a clergy family. And that's just the Wilkersons ...

At Holy Trinity, there are transitions aplenty afoot. In the past few months, this parish has doubled its number of full-time clergy, added to the staff, and engaged in the intense and important work of translating its mission statement into concrete goals and reviewing the structures and programs needed to achieve those goals. Difficult endeavors in the best of times.

Whether we would describe these as “the best of times” is perhaps a conversation for another time (feel free to share your thoughts with me at one of the Neighborhood Group Cottage Meetings over the next couple months, by the way!), but in our state and our nation at the moment, we are certainly experiencing myriad transitions. The same is true all around the world.

Welcome to the in-between.

Culturally, we often treat “in-between-ness” as something to push through, preferably as quickly as possible, in order to arrive at the Next Thing. Don't dawdle; don't waste time. Got places to be and things to do. Either that or we treat it as wishy-washy indecisiveness: “Yer either fer us, or agin' us!” Make up your mind, already.

There is an old Cherokee belief, however, that in-between things are sacred—precisely because they are in-between. The beach is a sacred place because it is in-between the land and the sea; a mountain is sacred because it is in-between the earth and the sky.

In-between places are places where *connections* can be made.

Fortunately, we have similar teachings in our own faith tradition. As we say in the Rite I Prayers of the People, Jesus Christ is our great mediator and advocate—in-between struggling humanity and the ultimate Godhead, connecting us to God. Our Anglican tradition is famous for its *via media*, the “middle way” between Roman Catholicism and Protestantism. Often that expression is misunderstood to be a patchwork borrowing of “a little from Column A, and a little from Column B.” More accurately, our *via media* is a reconciling and a unifying of opposite poles along a common axis. Jesus Christ, again, is the perfect example: in our theology, we understand Jesus Christ to be both fully human and fully divine at the same time. Not “half and half,” but truly and deeply “both and,” in a new and transformative way.

In a parallel to that, our popular culture tends to define “mystery” as “a problem to be solved.” But our tradition teaches something different: a mystery is a reality to be experienced, not a puzzle for us to figure out.

Thus, instead of arguing, for instance, about *how* exactly Christ is really present in the Eucharist and getting bogged down in arcane discussions of transubstantiation vs. consubstantiation vs. memorial reenactment, etc., Anglican theology says, “Christ is really and truly present in the Eucharist; *come and experience it for yourself!*”

Times of transition and in-between-ness are rarely comfortable. The thing about the in-between, about interstitial spaces, though, is that those are the places where real connection becomes possible — connections even between things that at first glance seem to have nothing in common with each other. So I invite you (as I encourage myself!) to experience these transitions in our lives and our community and our world as fully as we can, and to fight the urge to hurry and push through them. God can use opportunities like this to help us get *connected* ... if we'll give God the



Liturgical Training

September 10



Attention, all acolytes, lectors, intercessors, and Eucharistic ministers:

Mother Suz and Deacon Christopher will hold a Liturgical Readiness Training Session on 10 September 2017 at noon in the Parish Hall and the Nave—all you ever wanted to know about what to do when, where, how, and why during the Eucharist. We extend a special invitation to those who have not yet served as a liturgical ministry to come and try it out!

Lunch will be provided. So plan to attend after worship that morning and we'll get our liturgical service team tuned up, trained up, and ready to go for the year! See you there!

Register Your Child for the HT Children's Choir Program!



Registrations are now being accepted for the Holy Trinity Children's Choir Program! Registration forms and a brochure are available in the church office and at the Welcome Desk. (Registration will be open between June 11 and September 6.) Take advantage of this wonderful opportunity to provide valuable music instruction and meaningful participation in the life of the church for your child.

Contact Wanda Campbell at H: 864-654-2013, C: 864-650-6212, or email: wandacampbell425@gmail.com or Becky Bowman at email: rebeccabowman76@gmail.com for more information.

Holy Trinity's Nave Restoration Project

Several months ago, Suz Cate asked me to do some preliminary investigation on updating the décor of the church, specifically new carpet, new upholstered seats for the choir members, and hopefully, adding cushions for the pews. The present carpet and upholstery on the choir seats is almost 20 years old and is showing its age. Not long ago, protective covering was put up on the exterior of the windows to keep the sunlight from coming in, so new carpet would be protected.



The campaign for the new carpet has been extremely successful and we are very close to reaching our goal. If you have not already done so, please send in your donation so that we can update more than just the carpet. I have contacted the company representative to place the order for the new carpet and get a timeline on when the installation can occur.

Mickey Harder



CHRISTIAN FORMATION

Holy Trinity Ministry Fair

Sunday, August 27

Come and see the many and wonderful ministries of Holy Trinity at the Ministry Fair! The Holy Trinity Ministry Fair will take place in the Parish Hall on Sunday, August 27, between services and following the 10:30 am service. The primary purpose of the Ministry Fair is to celebrate the many vital ministries of Holy Trinity, and to provide information about what each ministry does to support our mission *to love with the heart of Christ, to think with the mind of Christ, and to act in the world as the Body of Christ.*

Our Ministry Teams will be gathered into “neighborhoods” according to areas of ministry. Those general areas of ministry are: Worship, Formation, Care of People, Church in the World, and Administration. Plan to come by the Parish Hall to see what the people of Holy Trinity do in response to God’s call to make, equip, and send disciples of Christ into the world! Continental breakfast will be provided between services, and a Sundae Bar will be set up after the 10:30 am service.



A Note From Your Senior Warden

I wanted to pass along a short but happy note about our finances. As I think all of us are aware, we have two loans with First Citizens Bank tied to our capital campaigns: one for the Prism campaign, through which we bought Trinity Place, and another for the campaign called The Walls, which was used for the razing of the Methodist church building. We still owe money on these—about \$460,000 on the Prism loan and \$255,000 on The Walls loan. But there’s good news to report.



The Vestry has successfully refinanced both loans, which were originally scheduled to mature in 2019. And even better, we finalized the terms before the recent hike in interest rates. The basic terms of both loans lock in our interest rate at 4 percent until 2024. (We were also paying 4 percent under the previous terms.) The total closing costs, including both loans, came to \$1,800—also reasonable. If any of you happen to know Bill Harley or John Ducworth of First Citizens, I’m sure they would welcome and appreciate much-deserved kind words.

I want to thank everyone who has given to these campaigns—those of you who have continued to give toward your pledge, those of you who’ve continued to give above your pledge, and those who continue to happily surprise us with new pledges. Because of your continued gifts, and because we have also been able to meet our payments out of parking revenue, the impact on our operating budget has been minimal. If you are new to the parish we especially encourage you to feel instrumental in this ongoing church family commitment.

I don’t think any of us are in church to be in debt, so the sooner we are out of it the closer we will be to fulfilling our reasons for getting into it. One of those reasons was our shared commitment and ministry to future generations at Holy Trinity—so that they may, as we do, **love** here with the heart of Christ, **think** here with the mind of Christ, and **act** here and in the world as the body of Christ.

Paul Anderson



CHRISTIAN FORMATION

Family Ministries

“O God, you have taught us through your blessed Son that whoever receives a little child in the name of Christ receives Christ himself: We give you thanks for the blessing you have bestowed upon this [Holy Trinity] family in giving [us] children.”

BCP p.443: Thanksgiving for a Child.

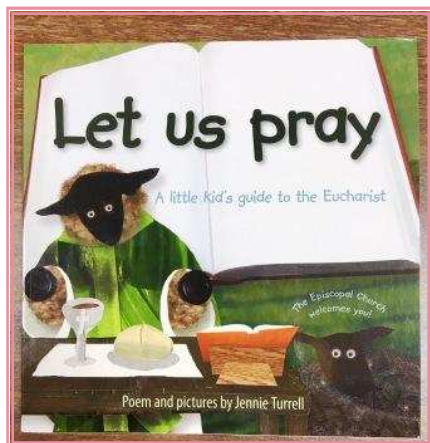
Over the summer, many areas of parish leadership have been taking a time of sabbatical to focus on core goals in different ministry areas. We have been doing the same in the area of Family Ministries. In researching how other parishes implement best practices of training and preparing children for a lifetime in the pews, we found a common thread to be resources that welcome and affirm the presence of children in the adult worship time. As we begin our program year, you will notice several resources aimed at welcoming and engaging children in our worship services.

We have purchased copies of the book Let Us Pray: A Little Kid’s Guide to the Eucharist by Jennie Turrell. These will be located in the pews along with the Book of Common Prayer and Hymnal. Since following along in the BCP might be a stretch for some of our youngest parishioners, this book uses pictures to help them grasp some of the fundamentals of our Episcopal worship. The text allows early readers to follow along with the prayers and basic order of service.

Another resource is our play area, located in the Narthex, to the right of the double doors. This space is perfect for young children who might need to stretch out on the floor and play with a few toys during the service. Speakers and large windows allow the children to see and hear everything that happens during our worship time. Our play area also has a rocking chair available for parents with young children who are feeling fussy, might need to eat, or just need some extra snuggles with Mom or Dad during the service.

We hope these resources help parishioners of all ages to feel welcome and at home in our worship space. Stay tuned for additional information about our upcoming Fall programming!

Chloe Cashwell



Fall 2017 Sunday School

It's time to start gearing up for Sunday School! If you have any interest in leading, assisting, or being involved in any way with Sunday School this fall, please contact Chloe Cashwell or Christopher Wilkerson.

Chloe Cashwell: (864) 654-5071 ext. 6 or ccashwell@holyltrinityclmson.org

Christopher Wilkerson: (864) 654-5071 ext. 5 or cwilkerson@holyltrinityclmson.org

Details for Sunday School for the fall season of 2017 will be in the September *Tempo* and *HT Notes*.



CHRISTIAN FORMATION

Kitchen Ministry Clean-Up Day

Come and join us on Saturday, August 5, 2017, at 8 am to help clean the kitchen area of the Parish Hall. The kitchen is an integral part of our church life; come and help make it sparkling clean for the upcoming church school year. We will be doing a deep clean of the kitchen appliances as well as some serious scrubbing and organizing!

We will also be doing an inventory of kitchen supplies (this would be a great ministry for older elementary kids or the youth!). Contact Kathy Crouse (864-710-1726) or Beth Kunkel (864-320-3033) with any questions.



Ingathering/Donation Area in Narthex



Collection baskets and bins for donations of food and other items are located in the Narthex to the left as you enter the building. The area to the right is a designated space for our littlest members and their parents to use as needed, and we would like to keep it free of potential hazards (like plastic bags). Thanks so much for your generosity to the various agencies we support with contributions of much needed items.

Holy Trinity Book Group

The HT Book Group (formerly called the Men's Book Group) was inactive during the summer. We will resume at 8 am, Saturday, September 9th at Moe Joe's Coffee House on Rt. 93 in Clemson.

The book for the first session will be: *Biocentrism: How Life and Consciousness are the Keys to Understanding the True Nature of the Universe* by Robert Lanza with Bob Berman. It is available on Amazon. Any questions about the Group can be addressed to Hap Wheeler (864-506-6518 or email to wheeler@clemson.edu).

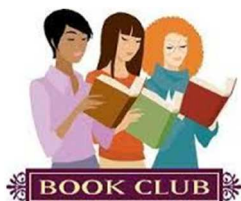


Hap Wheeler

Women's Book Club

The Women's Book Group took a hiatus for the summer but will resume on August 30 at the Central - Clemson Library. We meet every Wednesday at 12 noon (bring your own lunch) to 2:30 pm. The new year will begin on August 30 and our book will be "Flunking Sainthood" by Jana Reiss.

For more information, contact Kathy Naeseth by email at Kathynaeseth@icloud.com or phone 410-533-1910. You may also contact Wendy Brookes by phone (864-557-5683) or email (wbross76@gmail.com).



Kathy Naeseth

Family Movie Night

On Friday, July 28, from 5:30-7:30 pm, young families watched *MOANA* (rated PG) and enjoyed pizza and popcorn. The kids brought blankets and pillows to stretch out on the floor during the movie. This was a fun night of fellowship for our families to check in with each other before the summer ends.

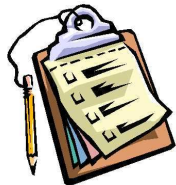




CHRISTIAN FORMATION

Family Information Forms

We will be updating our parish directory again and need help in gathering information not only from and about new families, but also from members whose information may not be complete or is outdated. You can go online:



<http://www.holytrinityclermson.org/new-member-information/> and fill in the information online, or you can contact the office (864-654-5071) and have the form sent to you via email or snail mail. Updated information should be received by August 1.

If you don't like the picture in the current directory, send us a new one. If you don't have a photo in the directory, send us one of your favorites to (htchurch@holytrinityclermson.org) or drop by the office and have a picture taken at the office.

Kitchen Use



Please make plans to attend one of the upcoming "Kitchen 101" sessions with Beth Kunkel to learn about the appropriate way to use the Holy Trinity kitchen appliances as well as food

safety procedures. If you or your ministry team uses the kitchen, you are required to attend one of the sessions.

This includes at least one member from each breakfast team, youth and youth leaders, Church Staff (including Day School), Family Promise, Canterbury and Canterbury cooks, Reception Teams and Coffee Hour Hosts. Each session should last about 30 minutes.

There will be 4 sessions (more will be added if needed):

- August 20 at 9:30 am
- August 20 at Noon
- September 10 at 9:30 am (or shortly afterwards when breakfast team is done)
- September 10 at Noon

Please contact Kathy Crouse (710-1726) with any questions.

Cottage Meetings with Deacon Wilkerson



Thursday, August 3 – Neighborhood Group #1
(Ashley & Monaco Estates/Countrywalk) – 7:00 pm
Bill & Carmen Purkerson – 864-654-8430
111 Dogwood Terrace Lane, Clemson, SC 29631

Sunday, August 6 – Neighborhood Group #10 (Pendleton Rd) – 6:00 pm
Hap & Carolyn Wheeler – 864-654-2311
201 Augusta Rd., Clemson, SC 29631

Thursday, August 17 – Neighborhood Group #3 (Central/Six Mile) – 7:00 pm
Jeffrey & Tah-teh Yang – 864-654-4350
205 Mountain Dale Rd., Central, SC 29630

Friday, August 25 – Neighborhood Group #9 (Clemson) – 6:00 pm
Al & Sally Mathiasen – 864-654-1733
232 Holiday East, Clemson, SC 29631

Thursday, August 31 – Neighborhood Group #7 (NE Seneca) – 6:00 pm
Tom & Frankie Witmer – 864-886-0658
224 Wynmere Way, Seneca SC 29672

You should get an email from the Neighborhood Coordinator for your group before your meeting. If you cannot attend the meeting for your neighborhood group, try to attend another one. Please let the coordinators for that other group know that you are coming.

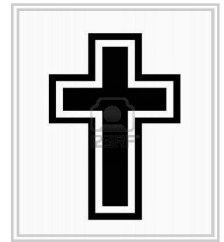


CHRISTIAN FORMATION

Sunday School Class for Fall 2017

“Living as if we are going to die”

Your Pastoral Care Committee has developed a forum and Sunday school class for Fall 2017 on both spiritual and practical issues for the end of life. All ages are welcome—these are conversations particularly valuable to have with family members in different generations. The class will be based on the book: *Faithful Living, Faithful Dying: Anglican Reflections on End of Life Care*, but the book is optional because its style is rather academic. We will explain key ideas from the book so that those who don't choose to read it won't miss anything crucial.



Please join us for an adult forum on September 10 and then a Sunday school class that will meet weekly until early November. If you have questions in advance or questions that you hope will be raised about one of these topics but don't want to bring up yourself, email Pam Mack at pammack@clemsun.edu.

- Sept. 10: **Adult forum: Living as if we are going to die**
Discussion: Things I've learned and things I wish I had known
- Sept. 17: **Ch. 1: Having the conversations**
Chapter: How death came to be so hidden Teaching: Having conversations about end of life wishes with loved ones. Principles of Christian conversation
- Sept. 24: **Ch. 2: Faith perspectives on dependence and death: different understandings**
Chapter: Death pushes us to realize we have to let go of earthly things—potential for growth
Discussion: We have many beliefs about death—there isn't one answer we are supposed to believe as church members.
- Oct. 1: **Ch. 3: Ethics and planning ahead: wills, planned giving and passing on our stories**
Chapter: We need to express our ethics and values in our end of life choices: think about the family and community, not just the individual Teaching: Wills, planned giving, recording family stories
- Oct. 8: **Ch. 4: Goals of medicine and choices**
Chapter: Using our medical power responsibly to individual, family and community, artificial hydration and nutrition, pain relief, argument against medical aid in dying Teaching: Examples: Why people stop eating, feeding tubes, total sedation, voluntarily stopping eating and drinking
- Oct. 15: **Ch. 5: Treatment choices**
Chapter: The basis of our thinking should be not autonomy but the purpose of life, this requires that the person making the decision has all relevant information Teaching: Medical power of attorney, living wills, distribute and discuss Five Wishes
- Oct. 22: **Ch. 6: Accepting death, hospice, and being a friend**
Chapter: How clergy and congregations can support the dying and their families Teaching: The value of involving hospice early, rituals around death
- Oct. 29: **Ch. 7: The church as community**
Chapter: Clergy roles at the time of death, rituals for difficult circumstances Teaching: Funeral planning and the paperwork that follows
- Nov. 5: **Ch. 8: Broadening the conversation: the future of health care**
Chapter: Ethics and health care policy Discussion: Health care policy on a Gospel basis.

Pam Mack



CARE OF PEOPLE

Highlights of Health Research*



Diet and Blood Clots—Choline, a nutrient in meat and eggs, may increase production of a chemical that makes blood clot more easily.

Cancer—(1) Low-dose Aspirin at least 3 times per week decreased the risk of breast cancer. A review of 119 studies revealed that vigorous exercise also decreased the risk. But the risk was increased by drinking 7 or more alcoholic beverages per week. (2) An analysis of 17 studies showed that women who breast fed their children had an 11% lower risk of developing endometrial (womb) cancer when compared with women who had not breast fed. Breast feeding for 6-9 months led to an even lower risk. (3) Most people will make sufficient Vitamin D by exposing their skins (without sunscreen) to the sun for 5-30 minutes twice a week. Melanoma and other skin cancers are on the rise.

Swimming and Diarrhea—Outbreaks of diarrhea after swimming are increasing. The CDC has cautioned people that they should not swallow pool water, and that no one should swim until 2 weeks following diarrhea.

Seat Belts and Fatal Car Crashes—More than 18,000 youths (less than 15 years old) were involved in fatal car crashes between 2010 and 2015. Forty-three percent of those who died were improperly buckled in a seat belt or not buckled at all.

Legalization of Marijuana—The number of teens and young adults diagnosed with marijuana intoxication or who tested positive for marijuana increased in Colorado following legalization of the drug. The reports were made from emergency rooms and urgent care facilities in the state.

Pregnancy—(1) Taking folic acid throughout pregnancy may help an infant's psychological development, compared with taking the supplement for only 3 months. Higher folic acid levels at the end of pregnancy were good predictors of a child's emotional intelligence and resilience at age 7. (2) Cigarette smoking during pregnancy raises the risk of damage to fetal organs. (3) Women who gave birth from ages 35-39 were 20% more likely to have complications when compared with women 25-29. Risks were 5 times higher for women 50 and older.

Menopause and Obesity—Obese women going through menopause may have a higher risk of hot flashes so extreme that they interfere with work and activities. These women also have a higher risk of joint and muscle pain as well as urinary problems. Exercise can help reduce the effects of hot flashes.

Gun Safety—Gun-related injuries lead to 5,790 hospitalizations and 1,300 deaths yearly in children 17 and younger.

Cardiovascular Health—(1) Meeting some or all of the American Heart Association's "Life's Simple 7" goals for cardiovascular health decreased the risk of coronary heart disease and stroke in the elderly. The risk was decreased 16% in people who met 3-4 goals and 29% in those who met 5-7 of the goals. They were compared with people who met 2 or fewer goals. (2) A review of 42 clinical trials showed that a decrease in systolic (top number) blood pressure to 120—124 mm. of mercury among patients on antihypertensive medication/s was tied to a lower risk of cardiovascular disease and death.

Alcohol and Cognition—A 30-year study revealed that heavy and even moderate consumption of alcohol contributed to cognitive decline as measured by the degree of atrophy in the hippocampus of the brain. Subjects were compared with non-drinkers, and the fastest decline was observed in heavy drinkers.

Alzheimer's Disease and Sleep—Chronic sleep problems may lead to an increase in amyloid plaques (believed to be involved in development of Alzheimer's disease).

*As reported in ANA SmartBrief (A regular briefing from the American Nurses Association for its members) from April 19, 2017 to July 19, 2017. Unless otherwise stated, the results below were reported by only one study during the time period given above; it is possible that similar findings may have been reported at other times. If you cannot locate a study in the literature, contact me at marymartof@gmail.com. All suggestions for this column are welcome.



CHURCH AND THE WORLD

BLESSING OF BOOK BAGS COLLECTION OF SCHOOL SUPPLIES



We are, since July 16, collecting book bags (backpacks) and school supplies for Helping Hands Children's Shelter. Look for the bins in the Narthex (to the left as you enter).

On Sunday, August 13, we invite all students to bring their book bags to the 10:30 am service. We will bless all the book bags that have been collected, as well as those our students will carry with them to school. We will also offer special prayers for students and teachers as they begin the school year.

So All May Eat



Our So-All-May-Eat garden by the playgrounds is producing an abundance of vegetables and flowers this summer. This abundance is being shared with parishioners on Sunday and with CCC during the week. When you see a cart or table in the breezeway on Sundays with vegetables or flowers, please take what you wish. And, if you have extra in your home garden, feel free to bring it in to share. Any extra will be taken to CCC on Mondays; they love to be able to supplement their clients' food packages with fresh produce and are excited about the possibility of also providing fresh flowers.

Beth Kunkel

Episcopal Relief and Development Needs our Help



Episcopal Relief & Development reaches over 3 million people annually, through long-term programs and disaster response efforts with local partners in approximately 40 countries. South Sudan and Haiti are just two examples where Episcopal Relief and Development has been trying to help. In South Sudan millions of people have been affected by ongoing political violence and changing weather patterns that have put the agriculture system at high risk. Over 5.5 million people are facing extreme hunger and 60% of the population is in need of urgent aid. Haiti is one of the most economically challenged countries in the world with 80% of its population living in poverty. To learn how you can help please visit www.episcopalrelief.org.

Carlo Troise



CHRISTIAN FORMATION

A Thank You from Ben

29 June 2017

My dear Friends:

Thank you for the memorable birthday celebration in Moorman Parish Hall on Sunday, the twenty-fifth of June, 2017.

The music was superb, especially the choir's stirring rendition of "Lift High the Cross" with its "hackle-raising" descant! ZOUNDS! Also, the flags, the flowers, the choir's "Happy Birthday," the caramel cakes, and the repetitious playing of "La Marseillaise" (which I dearly love!)

I am most appreciative of your gift of *Reflections of South Carolina* with signings, which I cherish.

However, it is your warmth and love that help me to sustain my faith and friendship with my "family" at Holy Trinity Episcopal Church, Clemson, S.C.

Ben Skardon

Ever Faithful,

Centenarian

July 26, 2017

Now I must add a further note of appreciation for the delivery I received on my actual birthday, which I spent with my family on Edisto Island. I was so moved by the outpouring of good wishes in the form of boxes of cards and notes too numerous to count! I have brought them home and plan to open them slowly in order to savor each and every one. Although words seem inadequate to express my gratitude, once again I must simply say thank you to my Holy Trinity family.

Ben

Sincerely,

EPISCOPAL DAY SCHOOL

Day School Job Opening: Assistant 3K Teacher <http://www.holytrinityclemson.org/episcopal-day-school/employment/>

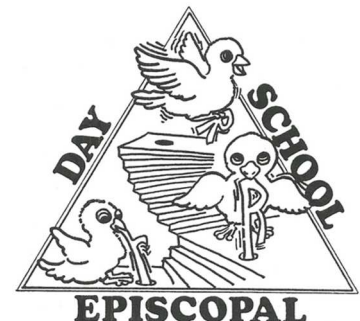
Teacher Position Opening: 3-Year-Old Class (3K) Assistant Teacher.

Hours: Monday-Friday from 8:30a.m.-12:30p.m

Workdays/Calendar: from August 14, 2017-June 5, 2018, as defined in the school calendar.

Minimum Qualifications:

- At least six months of verifiable experience caring for children
- High school diploma or equivalent
- Available and willing to attend training classes and occasional school events
- beyond normal working hours
- Must meet all South Carolina Child Care Licensing staff requirements to be hired

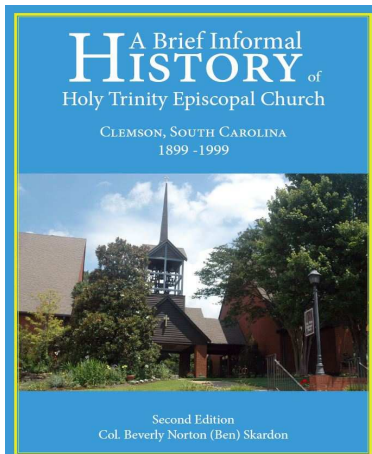


Visit the website for details and an application: <http://www.holytrinityclemson.org/wp-content/uploads/2017/01/Application-for-Employment.pdf>. Contact: Suzanne Watkins, swatkins@holytrinityclemson.org, (864) 654-0298



CHRISTIAN FORMATION

Hot Off the Presses!



Be sure to get your copy of A Brief Informal History of Holy Trinity Episcopal Parish 1899-1999, written by our beloved Col. Ben Skardon. In honor of his 100th birthday, the book was revised to include more recent events of the parish as well as some beautiful photographs showing the growth of the little church up on the hill. The hard bound book will be available towards the end of August and will be \$35 to help cover printing costs.

A huge thank you to everyone that spent countless hours put this second edition together: Ben Skardon, Carolyn and Hap Wheeler, Carol Yardley, Harold Woodell and Kathy Crouse. PrintIT, out of Seneca SC, did work on the layout and the printing.

A Parish Birthday Party



The Parish Hall is Turning 20!

In celebration of the Parish Hall turning 20 this fall, we want to have a Birthday Party! Please join us on Sunday, September 10, 2017, at 5:00 pm.

Bring pictures to share of memories you have of events in this great space! We will also be collecting “birthday gifts” for the Parish Hall kitchen if you are interested. A listing of items needed will be in the Narthex.

Also at the event, there will be a book signing of the Holy Trinity History Book by Col. Ben Skardon. Books will be available for \$35 each.



CHURCH AND THE WORLD



SINGING Rooster

Fresh Singing Rooster inventory for your summer enjoyment!!

Your sales force is here all summer to keep you supplied with delicious Singing Rooster Coffee. Please purchase and share a bag with family and friends of this delicious farm-fresh Haitian Mountain Blue coffee - ground or whole bean. Thank you and enjoy!!



St. Paul's Thrift Shop closed for the summer after business on June 29th. It will re-open on Thursday, September 7th. For donations during July and August, contact either Diana Manly (944-5731), Wendy Longo (722-5477), or Sally Mathiasen (654-1733). Thank you for your support.

Clemson Community Care

Clemson Community Care will be facing an increased demand for food over the next couple of months. During the summer, our clients' children are out of school and will be eating breakfast and lunch at home.

We will need more food items that children enjoy eating such as peanut butter, jelly, canned pasta, and cereal. We also have a shortage of powdered milk and flour. Thank you for your continued support; our local community depends on us for assistance with food and utilities.



Family Promise

Our beautiful cookbook created with the support of local communities to benefit the mission of Family Promise is here. Proceeds help Family Promise of Pickens County assist homeless families. The price is \$20.00. Pay with cash or check payable to FPPC place in the box in the church office. A table with cookbooks will be in the breezeway following each service on Sunday morning—you can also get your cookbook there. Don't forget to get one for the important people in your life—friends and family, a great hostess gift, or a gift for special occasions. Thank you!



Liz Halpin

More on Our Daily Rest

Our Daily Rest is located at 525 East Main Street, Seneca, SC. It was conceived in 2005 by a group of community leaders to help meet the challenge of the hundreds of homeless families in Oconee County. Funds were raised, the building built, the doors were opened and homeless families are being served.

Sustained by donations and volunteers, your help is always needed. A small group from Holy Trinity (Judy Surak, Mary Bowman, Robbie and Kevin Hughes) have served "a good home cooked meal" to the folks at the shelter, on the second Tuesday of each month, for the past 7 years. This group of cooks truly receives much more benefit than is given!

Kevin and Robbie put their whole hearts into this service every single time. Kevin begins each meal on Tuesday by introducing us, saying we're from Holy Trinity, that we are grateful to be here and wanted to cook a meal that would be what we'd serve in our home on a Sunday. Then he tells about the menu, I say a prayer, and then we serve. What a joy! For more information on Our Daily Rest, please see their web site:

<http://ourdailyrest.org/about/>.

Judy Surak



Flower List



The flower sign-up book is in the lobby for people to designate flowers in memory of, in honor of, and/or in thanksgiving for their loved ones or for a special occasion. Available dates are August 6, 27, September 10, 17, and 24. Please sign up!

Lemonade Under the Bell Tower

It is time for Lemonade under the Bell Tower after the 10:30 am service.



Please sign up for Lemonade Under the Bell Tower by going to <http://signup.com/go/9bh9zV>

AUGUST BIRTHDAYS

- | | |
|----------------------|----------------------|
| 8/2 David Johnstone | 8/12 Jack Elam |
| 8/2 Judy Surak | 8/12 Roger Gomes |
| 8/3 Robbie Hughes | 8/14 Bill Hurst |
| 8/3 Julie Lewis | 8/14 Cindy Thackham |
| 8/4 George Runz | 8/15 Tah-Teh Yang |
| 8/6 Jane Hamilton | 8/16 Beth Carney |
| 8/6 Carl Redd | 8/16 Sharon Lane |
| 8/8 Antonio Burch | 8/16 Carlo Troise |
| 8/8 Amelia Linvill | 8/17 Noah Harrington |
| 8/10 Mary Ann Prater | 8/20 Eric Crouse |
| 8/10 David Robb | 8/20 Rachel Smith |
| 8/10 Connor Smith | 8/21 Tom Davis |
| 8/11 Frank Johnson | 8/24 Nancy Pate |
| 8/11 Barbara Lewis | 8/26 Byron Harder |
| 8/11 Libby Woodell | 8/26 Terri Mayberry |
| 8/12 Jack Davis | 8/27 Muriel Kaye |



August Birth Flower:
Poppy



August Birthstone:
Sardonyx

Financial Update as of July 31, 2017

Operating Fund

| | Monthly Budget | Monthly Actual | Budget YTD | Actual YTD |
|-------------------|-----------------------|-----------------------|-------------------|-------------------|
| Income | \$42,958.00 | \$55,760.79 | \$300,704.00 | \$317,344.84 |
| Expenses | \$42,957.00 | \$47,576.24 | \$300,703.00 | \$279,893.26 |
| Income +/-Expense | \$1.00 | \$ 8,184.54 | \$ 1.00 | \$ 37,451.58 |

Trinity Place Fund

| | |
|---|--------------------------------|
| Phase II-Prism Pledge Offerings | July 1, 2011-----June 30, 2016 |
| Amount Pledged | \$735,600.00 |
| Offerings received as of July 31, 2017 | -\$811,306.34 |
| | + \$ 75,706.34 |
| The Walls Campaign | |
| Amount Pledged | \$171,945.00 |
| Offerings received as of July 31, 2017 | -\$159,034.22 |
| | \$ 12,910.78 |
| First Citizens Bank Notes Payable as of July 31, 2017 | \$715,814.92 |