

The Tempo

Holy Trinity Episcopal Church

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.



JUNE/JULY 2019

JUNE/JULY CALENDAR

Sunday, June 2 and July 7

FIRST SUNDAY SERVICE

- 8:00 am Holy Eucharist
- 10:30 am Holy Eucharist
- 5:00 pm Holy Eucharist, St. Paul's

Saturday, June 8

- 11 am-3 pm St. Paul's 200th anniversary

Sunday, June 9

- 8:00 am Holy Eucharist, Holy Trinity
- 10:30 am Homecoming Holy Eucharist followed by picnic at St. Paul's

Sunday, June 16

- 8:00 am Holy Eucharist
- 10:30 am Holy Eucharist
- 5:00 pm Evening Prayer, St. Paul's

Sunday, July 14

- 10:00 am United Holy Eucharist, followed by Ben Skardon B'day Party

Sunday, July 21

- 10:00 am United Holy Eucharist, Followed by Fellowship in Parish Hall
- 5:00 pm Evening Prayer, St. Paul's
- 7:00 pm Vestry Meeting

Sunday, June 23* and July 28

- 8:00 am Holy Eucharist
- 10:30 am Holy Eucharist
- *Vestry meets at 7:00 pm 6/23

Sunday, June 30

- 8:00 am Holy Eucharist
- 10:30 am Holy Eucharist

ONGOING EVENTS

Sundays

- 11:45 am Lemonade on the Lawn

Mondays

- 9:00 am Facebook online prayer

Tuesdays

- 11:00 am Reflectionary Bible Study

Wednesdays

- 7:00 pm Adult Choir Rehearsal, through June

Thursdays

- 10:30 am HE at Corley Center, Downs (First Thursday only)
- 5:30 pm Holy Eucharist, Healing

KEEPING THE FAITH: SUZ'S MONTHLY MESSAGE

My Dear Sisters and Brothers in Christ,

This issue of *Tempo* will cover two months in the life of Holy Trinity Episcopal Church. By the time you read this letter, the graduations and school endings will have passed into yesterdays and memories. We will be on the verge of our celebration of the 200th anniversary of the founding of St. Paul's, our mother church. The days are getting warmer, longer, and—for many of us—passing more slowly, absent the rush of school and the crush of traffic. In a university town, even those of us who are long past the days of “reading, writing and ‘rithmetic” notice and appreciate the change of pace between terms.

It's a bit ironic, then, that just as everyone else is settling into summer rhythm, I am heading back to school! Beginning this June, I will be working on earning a Doctor of Ministry degree at The School of Theology at the University of the South in Sewanee, TN. “The doctor of ministry program is designed to enable participants to attain excellence in the practice of ministry. The program provides persons actively engaged in professional ministry the opportunity to develop further the attitudes, skills, and knowledge essential to their ministry. The D.Min. program stresses the relationship between the practice of ministry and Biblical, historical and theological knowledge.” (From the School of Theology website.)

This course of study takes three years, and each year comprises three weeks of residential study during the month of June. I hope to complete the work in three consecutive years, but it is possible to take up to six years. This year I will be studying with The Rev. Martin L. Smith, who will teach “The Pastor and Spiritual Formation: Resources from the Craft of Spiritual Direction.” Martin Smith literally wrote the book on *lectio divina*, *The Word is Very Near*. I am looking forward to working under his guidance as we explore the depth and meaning that can be brought to bear in pastoral conversations, as well as developing skills to increase the effectiveness of spiritual formation experiences. I will also be studying with The Rev. Dr. Rob MacSwain and The Rev. Dr. Benjamin King: “Contemporary Anglican Theologians.” In this class, we will look at the continued development of our Anglican theological heritage in the age of post-Christian challenges that face the Church.

I have chosen to enter this program in order to fulfill my responsibility as a priest and as your Rector to continue to learn and grow in my faith. I believe that a focused course of study is best suited to my personality and learning styles. I am thankful that Father Christopher will be here to take care of you all while I am away—June 10 to June 29. He and the Wardens, capably assisted by our wonderful office staff, will keep things running smoothly.

Will and our beloved Sophie—dog will join me on the Holy Mountain. While we are in Tennessee, we will take advantage of being close to our sons and to my parents and sister. For the first time in several years, I will be able to hug my father and wish him a Happy Father's Day in person! I wish you all a safe, happy, and re-creational beginning to your summer.

Grace & peace to all y'all! Suz+

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Holy Trinity Episcopal Church
193 Old Greenville Highway
Clemson, SC 29631-1335
Phone: 864-654-5071
Fax: 864-654-5066
www.holytrinityclemson.org

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ibbrh@bellsouth.net

The Rev W. Andrew Waldo, *Bishop*

Staff

The Rev. Suzanne Cate, *Rector*

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**Ministry Team Assignments are in
italics following the name.*

WHY DO WE DO THAT?

Why do priests and bishops sometimes sprinkle us with water during the service?

The liturgical practice of sprinkling with holy water is known as *asperges*. It is a reminder of baptism. The term comes from the Latin version of Psalm 51, "Thou shalt sprinkle me with hyssop." The *asperges* may be done after the rite of Holy Baptism or the Renewal of Baptismal Vows at the Easter Vigil and other occasions appointed as especially appropriate for baptism. These occasions are listed on page 312 of the Book of Common Prayer: The Easter Vigil, the Day of Pentecost, All Saints' Day or the Sunday after All Saints' Day, the Feast of the Baptism of Our Lord (the First Sunday after the Epiphany), and the occasion of the Episcopal Visitation (when the bishop visits). It is a reminder of our baptism in which God cleansed each of us, and of the relationship between us and God which was sealed in our baptisms.

In some "high church" contexts, *asperges* may also be done as a preparatory ceremony before the Eucharist, with the altar, clergy, and people all sprinkled with holy water. Historically, it was performed as a kind of exorcism and cleansing of a building or other place for liturgical services.

Water is an important symbol in Christian worship. At Holy Trinity, each Sunday a priest blesses the water in the baptismal font, located at the entry point of the Nave — symbolically the best place for it, signifying that as Christians we first enter into life with Christ by passing through the water of baptism. Many people, upon entering the church, like to touch the holy water in the font and make the sign of the cross, as a reminder of the promises of their baptism. Blessed water from the font is used for *asperges*, also as a reminder of the bond established with God and with each other in our baptism.

The water is sprinkled using an *aspergillum*. Some churches have a special instrument that is used, either a metal rod or a brush. At Holy Trinity we use either rosemary or evergreen branches freshly cut. The tradition of using fresh-cut herbs or evergreen arises from the use of the beginning of Psalm 51 as an anthem accompanying the action of sprinkling and the mention of hyssop. Hyssop is not readily available, so fragrant herbs or evergreen have traditionally been a suitable substitute. I am most partial to the scent of rosemary, and you may have noticed that I greatly enjoy the ritual of *asperges*!

Grace & peace to you in your wondering, Suz +

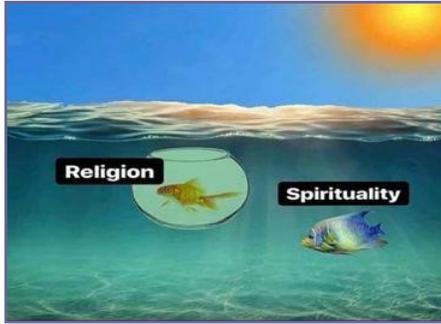


LIMINAL SPACE: NOTES FROM THE IN-BETWEEN

Father Christopher's Monthly Message

Hello, Friends!

I stumbled recently into a rather interesting conversation via social media, and so I'm now going to invite y'all into that conversation, as well. 😊



It began with this image to the left. (Unfortunately, I cannot give a photo credit; I have no idea who created the image.)

Clearly, whoever created this image was not in any way attempting to be neutral; the image is obviously intended to depict “spirituality” as superior to “religion.”

The image makes the claim that spirituality is equal to freedom, liberation, and unfettered access to the source of all life (in the case of these fish, the water in which they swim). By extension, that also suggests that spirituality is the way to peace, joy, happiness, and fulfillment.

And the image also claims that religion is nothing but a burden, an obstacle, a prison which not only traps the individual but actively prevents the one so trapped from living the life he or she was meant to live. Religion here is presented as being in direct opposition to the “natural order of things.”

The argument this image makes is that we should all want to be spiritual and not religious. It will probably shock no one, given my profession, that I think there are some problems with this image and with the argument that it illustrates.

The biggest problem, in my view, is that it is based on blatant misunderstandings of what religion and spirituality actually are. Unfortunately, from what I can tell, these misunderstandings seem to be extremely popular in our larger culture these days.

There is an assumption here that religion is, by definition, restrictive, limiting, enclosing—cutting people off from ... well, from life. An assumption that religion is about rules and regulations, and that those rules and regulations are designed to keep people contained and controlled, unable to fend (or think) for themselves. And there is an assumption here that spirituality is, by definition, rather undefined, certainly unfettered by rules or regulations of any kind. That being spiritual means being free, being “above the rules,” or beyond them; that it means “you can do what you want.” And that, after all, is the highest ideal (at least, according to our larger, secular culture), isn't it?

To be fair, it is all too easy for religious institutions themselves to fall victim to this false assumption about what religion is (or ought to be). Institutions do historically have a tendency towards acting collectively (I say “collectively” because institutions are, after all, made up of people) to protect their own interests and to preserve their own existence. And religious institutions, in particular, have a history that is ... storied, at best ... when it comes to dealing with dissent and difference. (I'm thinking of the Crusades, and of the practice of burning heretics at the stake, in the history of our own religious institution, for example).

But I would argue that the tendencies toward self-preservation and toward conformity are endemic to any and all institutions, religious or secular, and that those tendencies probably have their roots deep in our human nature. Religion, therefore, should not be blamed for them, as I see it, since such tendencies emerge even in the absence of organized religion.

So what, then, is religion, if not an oppressive institution that crushes dissent and forces conformity to a certain ideal of belief? And what is spirituality, if not a philosophical and theological free-for-all where nothing is profane (and therefore nothing sacred, either), where anything goes as you “chase your bliss” and as “you do you”?

A century or two before the term “Christian” was coined as a name for the people who came together as the early churches around the Mediterranean, the folks who had come to believe in Jesus Christ as the messiah and Son of

(Continued on next page) →

(Father Christopher's Monthly Message continued)

God called themselves “followers of The Way.” They understood themselves to be disciples (the root of the word “discipline,” it is worth noting) of Jesus. In the ancient world, the goal of discipleship was to live in such a way that one became more and more *like* one’s master—to learn to emulate the master so fully and so deeply as to become a faithful copy of the master.

I think the term religion is best understood as “a complete and integrated way of living; devotion to an ideal to the point of living so as to embody that ideal.” For one thing, that definition has the anthropological advantage of applying to religions that do not center on the worship of any god or gods, yet are understood within their cultures to be religions, nonetheless. But more than that, this definition can be a visceral reminder that Christianity is (and is supposed to be) about more than outreach, social justice, or even (gasp) liturgy.

Look at it this way: *why* do we, as Christians, do outreach? Yes, it’s to help those who need help. But first and foremost, we do it in order to emulate Jesus Christ, our Master whom we are seeking to be like. Why do we care about social justice? Because our Lord Jesus Christ cares about social justice, and we want to be like Jesus Christ. Why do we worship? Because that is how we come to know Jesus most intimately, which we must do, if we are to become like him. In other words, we do all those things, and all the other things we do as the Church, as the Body of Christ, because we are disciples of Jesus Christ, and that’s what disciples do—they live so as to become ever more like that to which they are devoted.

Now, we could of course do all sorts of good works without the need of any religious framework. We could work hard for a better, more just society, and we could work equally hard to become better people—more loving, more forgiving, more compassionate, etc., without having to be religious at all. But being religious—being religiously devoted to the ideal of Jesus Christ, and being disciplined in our efforts to become more and more like Him—gives much deeper purpose and meaning to our thoughts, words, and deeds than we would get from vague notions about making ourselves and our world generically “better.”

Ah, but what about spirituality, then? Is it not as important as religion?

Well, that’s not a fair question, and I’ll explain why in a moment.

But first, we need a better definition of spirituality than the above-described notion of a vague sort of “anything goes” kind of “freedom” from religious “rules and regulations.”

Spirituality, as I like to think of it, is the unquenchable flame that burns at the heart of any true religion and is the source of the wonder and power we feel when we have a truly religious experience. It is the fire, the spark—the—in Christian terms—indwelling Holy Spirit that truly gives life and drives us onto the spiritual path—that is to say, to a life of devotion. Spirituality is our ability to connect with the reality, with the “realness,” of God. It is, frankly, how we find and get found by God.

It may seem like I’m not making a very effective distinction between religion and spirituality here. Correct! And that is why it is not a fair question to ask whether spirituality is as important as religion. That question is based upon the false notion that religion and spirituality are (or are supposed to be) two different things. It’s a false dichotomy. The two depend upon each other for health and vitality.

Religion without spirituality is mindless. Spirituality without religion is aimless. Each without the other is pointless. The two are meant to be one.

Fr. Christopher





CARE OF PEOPLE

Love with the Heart of Christ



HOMECOMING SERVICE AND PICNIC

Join us on Sunday, June 9, for our annual homecoming service and picnic. The 10:30 am service will be at St. Paul's while the 8 am service will be at Holy Trinity. Please note that we are unable to provide nursery service or Children's Liturgy of the Word at St. Paul's. Bearing that in mind, we will follow a modified First Sunday order of service.

Following the 10:30 am service, we will have burgers, hot dogs, and brats. Also, please give a special "Thank You" to Joe Yanes for providing and cooking these treats for all of us! Please bring a side dish or a dessert to share and a blanket or lawn chairs.

This will be an especially meaningful service and picnic for us after celebrating St. Paul's 200th anniversary the previous day!

SUMMER WORSHIP AND SUNDAY FELLOWSHIP

Our worship schedule for the summer will remain the same as during the program year, with two exceptions. Since our Annual Meeting in January, the Worship Support Ministry Team has received requests for combined services with fellowship following. It seems that people from the two services really enjoy getting together! The WSMT has decided to try a Holy Experiment: We are going to have only one Holy Eucharist on two Sundays in July, both at 9:30 am. On July 14, we will have a Rite II Eucharist with hymns, followed by a birthday celebration for Col. Ben Skardon in the Parish Hall. On July 21, we will have a Rite I service, followed by fellowship in the Parish Hall. Please plan to join us both weekends to see how "the other half" worships, catch up with old friends, and make some new ones!

On a related note, the First Sunday Services will continue through the summer, but the First Sunday Lunch will go on hiatus beginning June 2. First Sunday Lunches will resume in the Fall. In the meantime, fellowship opportunities will be available at other times—see information about our St. Paul's 200th Anniversary Celebration on page 11 in this issue of *Tempo*, and of course, we'll see you under the Bell Tower for lemonade, as well as in the Parish Hall following the combined services as described above.

EPISCOPAL RELIEF AND DEVELOPMENT IN-GATHERING SUNDAY, JUNE 2



Remember those ERD Giving Boxes you filled up with nickels and dimes during Lent? We're going to gather all of them in during worship on Sunday, June 2.

Your sacrificial generosity will bear much fruit for our neighbors around the globe. Thanks!



CARE OF PEOPLE

GOODBYE TO A SPECIAL MEMBER OF OUR CONGREGATION



For those people who knew only a little of her, Holy Trinity's parishioner of longest standing was Evelyn Frances Earle Goodman, who came to Holy Trinity after her marriage in 1947 and was confirmed shortly afterward. As you may know by now, Evelyn died this month at age 95, and her service will be held at Holy Trinity on June 23.

Born in Walhalla on March 28, 1924, Evelyn was the first child and only daughter in her family. She attended elementary school in the building that is now the Walhalla Civic Center. She finished high school, which in those days was eighth through eleventh grade, in the "new" Walhalla High, a building that is no longer standing.

From there (she said she literally could not wait to leave Oconee County) Evelyn went on to Winthrop where she remembered sitting in the middle of her bed as a freshman on December 7, 1941, and hearing on the radio the announcement of the attack on Pearl Harbor. While pursuing her degree in sociology, she worked for two summers as a counselor in New York City, first with the College Summer Service group working in a settlement house, and the second on Long Island with the Fresh Air Fund, a program sponsored by the Herald-Tribune and aimed at getting young girls out of the city. A logical next step was to accept a scholarship for graduate work in the New York School of Social Work, which later became part of Columbia University.

After one year she returned to South Carolina where she lived in a small apartment in Greenville and worked for Department of Public Welfare (DPW), which today is the Department of Social Services. She met Jack Goodman on a blind date arranged by mutual friends. During WWII he had been stationed in Alaska with the Signal Corps and was due to go overseas when the war ended. They were married in July of 1947 at Buncombe Street Methodist Church with only one other couple in attendance, and their parents did not know about it! They honeymooned at Kanuga where Jack's sister worked in the summer with John Pinckney, who was also rector of Holy Trinity at that time and later became bishop of this diocese.

The newlyweds lived first with Jack's mother, next in an apartment in Central, and later in a small house in a cotton field at the end of Gaines Street. Finally, because Jack was a "good handyman" – and therefore a prime tenant – they moved into Miss Newman's apartments on Hillcrest in Clemson, the white house which until recently stood on the left where our alley meets Hillcrest Avenue. (Miss Newman also owned a boarding house which was the building that became the Mellow Mushroom but is now also gone.) During this time Evelyn worked for the DPW in Pickens.

She remembered coming to church and walking from the street up the steps between the Methodist church and Holy Trinity. It was Advent of 1947, and she knew the Methodists were singing Christmas carols. So Jack said, "If you want to go there, we will," but she said, "No, we'll go to your church." She said the Methodist pastor came to see her later, and she thought he was very wise in saying that since Jack's family were all active Episcopalians, that was the place for her, too. She also remembered how hard Bishop Gravatt pushed down on her head when she was confirmed!

Son Hank joined the family in 1955, and Betsy in 1960. About that time the Goodmans had an opportunity to buy one of the houses that was being moved up from the riverbed of what would become Lake Hartwell, and that is the small gray house on Strawberry Lane where Evelyn lived until she went to the Willows in Easley. Jack worked for Clemson's physical plant as supervisor for the construction of several campus buildings, and Evelyn started as a teacher under Rose Huff, who, at the request of the rector Marshall James, had moved her preschool from her home to Holy Trinity and had become the first director of the Episcopal Day School. After Rose retired, Evelyn served as the second director until her own retirement in 1984. Since I had heard about the Day School and wanted to enroll our oldest child there, I corresponded with her before we moved to Clemson. Upon my visit with this gracious lady with all her experience and her calm demeanor, I became an "Evelyn wanna-be"!

In other areas of the parish, Evelyn was active in the ECW and in St. Martha's and St. Anne's Guilds, she taught Sunday school and vacation Bible school, she was one of the first women elected to the Vestry, she was a graduate of the first EFM class (then called TEE or Theological Education by Extension), and she served on the building committee that oversaw construction of the present church. She was also proud of her two granddaughters and her two great-grandsons.

We were all glad Evelyn told Jack she'd go to his church that Sunday of Advent in 1947. We note that two of our windows were given to the glory of God for the Goodmans: the Passion/Last Supper window in loving honor of Evelyn and the Resurrection in memory of Jack, who was baptized at Holy Trinity, played on this hill as a child, told us the old church was unsafe and needed to be replaced (having crawled underneath it many times), and whose ashes were the first to be interred in the garden. May Evelyn – and Jack – rest in peace. We are a better people for their having walked among us.



CARE OF PEOPLE

BEN'S HYMN

This is Ben Skardon's favorite hymn. We include it (the first verse) here in honor of Ben's 102nd birthday on July 14.

Hymn 473

Lift High the Cross

"Lift high the cross, the love of Christ proclaim
Till all the world adore his sacred Name.
Led on their way by this triumphant sign,
the hosts of God in conquering ranks combine."



Author: George William Kitchin (1827-1912) Music: *Crucifer* by Sydney Hugo Nicholson (1875-1947)

This hymn seems to be gaining in popularity. It did not appear in previous Episcopal Hymnals, nor is it in the Baptist Hymnal. George Kitchin was born in Suffolk, England, son of an Anglican minister, and he was educated at Christ Church College, Oxford. He later became Dean of Winchester College and Chancellor of the University of Durham. He is buried in the Durham Cathedral churchyard. This was his only hymn.

Sydney Nicholson was born in London and became one of England's most famous organists. He was educated at New College, Oxford, and the Royal College of Music. He served as organist at Eton College, Carlisle and Manchester Cathedrals, and Westminster Abbey. He founded the School of English Church Music in 1927 and was knighted in 1938. He is buried at Westminster Abbey.

MID-WEEK HOLY EUCHARIST

Join us at 5:30 pm on Thursday evenings for Holy Eucharist that will include Prayers of Healing and Anointing of the Sick. Most of these services feature music led by a team of gifted musicians who lead us in simple hymns and songs of praise using acoustic instruments. All are welcome to celebrate the Eucharist together.

WORSHIP IN THE CHAPEL ANYTIME* DAY OR NIGHT!

The chapel door is once again unlocked. Can't sleep at 4 am? Come pray. Heading home after dinner downtown? Stop by and make a joyful noise before the Lord. (The acoustics are great!) Pray the daily office, meditate, or praise God's name with dancing. All are welcome—just make sure you stay within the chapel (transept) so you don't trigger the alarm in the Nave. That noise may not sound very joyful to your ears.

*Almost anytime: We do lock the door on football game days.

*"Rejoice always, pray without ceasing, give thanks in all circumstances;
for this is the will of God in Christ Jesus for you."*

—Thessalonians 5:16-18





FORMATION

Think with the Mind of Christ



FIND OUT MORE ABOUT EDUCATION FOR (LAY) MINISTRY (EfM)

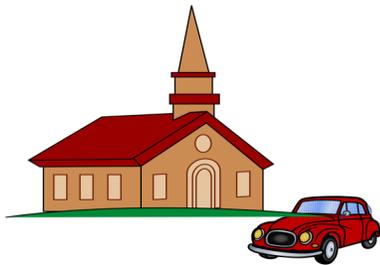
For those who may be curious and/or interested in EfM for the year 2019-2020, we will have information and registration forms available in the parish hall from mid-May to mid-June. Information about EfM can also be found on the Holy Trinity website

www.holytrinityclemsonton.org/efm/

Answers to commonly asked questions can be found in the May *Tempo*.

www.holytrinityclemsonton.org/temp-page-1/tempo-newsletter/

The final date for registration will be **6/16/19**. If you have any questions please contact Mel O'Day at mel@oday.net or Fr. Christopher Wilkerson at cwilkerson@holytrinityclemsonton.org.



TRANSPORTATION ON SUNDAYS

Do you need a ride to church?

Are you willing to go the extra mile to pick up a neighbor?

Contact Kara Hollandsworth at khollandsworth@holytrinityclemsonton.org or call (864) 654-5071 to get – or give someone – a ride to church.

STAY CONNECTED WITH YOUR HOLY TRINITY PARISH FAMILY THIS SUMMER:

--and help us stay connected to you:

Monday Morning Prayer Live on the Holy Trinity Facebook page

Sunday Sermons at Holy Trinity at www.holytrinityclemsonton.org

Share pictures of your summer adventures on our Private Holy Trinity Facebook Group

--if you're not a member yet, search for the Group page and ask to be added.

Active links to all of these connections will be provided in HT Notes throughout the summer for your convenience.



FORMATION

A HEARTFELT LETTER

Dear Holy Trinity Family,

8 years ago, new to Clemson and newly minted as parents, David and I began attending Holy Trinity. As we've grown to a family of five, life has granted us many joys as well our share of heartache and loss. Through this all, we've been part of a changing and evolving parish and continued to seek community from within. In that vein, we have served on Vestry, taught Sunday School, turned dirt in the SAME garden, served as a lector, and contributed to the Family Ministry Committee.

We've done this in hopes that the Episcopal tradition imprints itself in the very being of each our children. I pray that with each passing Sunday, the prayers we pray, the chants we recite and even the simple order of service all become an integral part of their beings. My wish is that wherever their lives take them—physically, spiritually or emotionally—they will feel at home within the Episcopal Church, granting them a lifeline of hope and comfort in times of both trouble and joy.



I also pray that the community they find within our parish provide them with a web of relationships as they mature—that our children are known by name by people of all walks of life and ages who truly love them, pray for them and support them in all of their humanness. (And that my children also know them by name!) I pray that older parishioners take on the role of “spiritual grandparents” to guide them in their faith journeys. I pray that our peers take on the role of “aunts and uncles” in faith—always willing to help them in the day to day of being a human in need of grace. And I pray that their peers become like siblings in faith, together working to create a more perfect expression of God's Kingdom, practicing the path to reconciliation and time and time again learning what it means to forgive and be forgiven in Christ.

I am so grateful for those fellow church members who continue to pour into the lives of our family and my children. Your impact is so great already. I can only imagine how the seeds you are planting will grow—in us and so many others to whom you minister.

And as we all work towards the coming of God's more perfect Kingdom, please know how very much families like ours love, value and appreciate all members within our parish. You offer us glimpses into our paths ahead, you have sage wisdom for us all and your kind smiles simply let us know that the race is more than worth running.

One of my favorite authors, Rachel Held Evans, passed away a few weeks ago. She was only 37. Her book “Searching for Sunday” continues to be a guiding light for me as I seek to help create a fellowship with our current parish as well as to fully explore the meaning of a Christian faith even as we start turning back corners and asking hard questions. She wrote: “I have found that it is in those moments when we recognize God's presence in ordinary, tangible things—bread, wine, water, words, suffering, singing, a gentle touch, a casserole on the doorstep—that we create church, we create sanctuary.”

Over the past year the Family Ministry Committee has worked to figure out how to minister to younger families like my own. Looking ahead, we will aim also to explore ways to grow our full community as a Family in Faith. We welcome every single parish member—from the oldest to the youngest—along on this journey. Please consider each and every invitation to events and lunches and Family Services as a chance to teach us all that you have to offer. We are here to learn. We want to know you and build community with you. Likewise, share with us how we can support you in your walks of life. We want to be part of your journey!

Each and every parish member is part of our family. Help us create church. Help us create sanctuary.

God's Peace and Love.

Cara Robb



CHURCH AND THE WORLD

Act in the World as the Body of Christ

WHAT IS PRODUCE RX?

In 2017, I began reading reports about produce prescription programs offered through various health systems to clients who had limited access to produce. Results of some of them were that clients had improved health outcomes—weight loss, improvements in clinical indicators, increased “quality of life” indicators. I shared this with Dr. Glen Quattlebaum, medical director of the Clemson Free Clinic (CFC), where I volunteer as a Registered Dietitian as a “dream project for someday.” Around the same time, Leadership Clemson 2018, which included Mother Suz and Rebecca Eidson, decided to focus their class project on CFC and on fundraising for a produce prescription project. To our amazement, they raised enough money for a pilot year! We had work to do to pull all these pieces together and Holy Trinity stepped up, as usual!

We began the pilot in August 2018 with 8 CFC clients who have diabetes. Four come each week, so everyone receives their fresh produce prescription every other week. They also receive nutrition education and some individual nutrition counseling. We purchase the produce from Clemson University Student Organic Research Farm, managed by David Robb. By purchasing from a single source, we can ensure availability of quality produce each week, be able to teach our clients about seasonality, and know the produce will keep for 2 weeks. Cara Robb and Shannon Quattlebaum did an amazing job with designing a consistent format for our educational materials, including a recipe book and continue to work on this project. We also work with a student team from the Department of Food, Nutrition and Packaging Sciences who pick up produce from the farm on Tuesday, bring it to Holy Trinity, put it into bags for the clients, and store it in the basement. On Wednesday, it is delivered to CFC by 4:30 pm for client pickup and nutrition education. The students also help with providing nutrition education.

We track participation, clinical indicators, and food utilization. There were challenges we expected—drop-outs, transportation difficulties, and non-compliance. However, the celebrations were greater than we expected—more clients with significant improvements in health outcomes, minimal logistical issues with delivery of food or operation of CFC, and development of a system for a consistent supply of fresh vegetables, tailored by client preferences.

We plan to expand the program in the fall of 2019 from 8 to 16 clients, which will allow us to include clients who have hypertension or obesity. We also plan to expand the food provided during the off-season (August and winter) and to provide regular nutrition education and food preparation classes at CFC. With permission, Holy Trinity can remain a nexus for staging this work for the near term. We acknowledge we might exceed the capacity of Holy Trinity to store product going forward, but are grateful for support as we launched this initiative.

To quote more than one of our clients, “you help me eat what I need to manage my diabetes.”

Beth Kunkel

LEMONADE UNDER THE BELLTOWER

Foster Fellowship on Sunday

Sign-up to serve Lemonade under the Bell Tower

Summer is almost here! We will be switching over to lemonade and cookies after the 10:30 service. The church will provide cups and napkins. Please consider hosting one week by signing up at

<https://www.signupgenius.com/go/70a0a4aa4a72fa6fd0-lemonade>

June 9th will be our Parish Picnic at St. Paul’s to celebrate the 200th anniversary of the church, so no volunteers are needed that day. On July 14 and July 21, the 8 am and 10:30 am services will be combined into one service at 9:30 am and we will do something special on those days. Thank you for your consideration!

Cindy Thackham



CHURCH AND THE WORLD

ST. PAUL'S EPISCOPAL CHURCH'S BI-CENTENNIAL CELEBRATION



Join Us in Celebrating

200 Years

of Faith, Friends and Fellowship

Saturday, June 8, 11 AM - 3 PM

Ice Cream • Cookies • Lemonade

Live Music by Tony Tidwell & Jennifer Goree (1-3PM)

Guided Tours of Church and Churchyard

ALL ARE WELCOME



St. Paul's Episcopal Church
328 East Queen Street • Pendleton, SC

The 200th anniversary of the founding of St. Paul's will be held in Pendleton on Saturday, June 8 from 11 am to 3 pm. We hope that you will join us in this celebration of 200 years of history, heritage, and times past since St. Paul's church was established. It is the oldest Episcopal Church in the upstate. "St. Paul's is our 'mother church,' and it is our privilege and duty to preserve it for generations to come," said Mtr. Suz. "It's awe-inspiring to know that we still are able to love, cherish, and worship in the same building as our forefathers two centuries ago."

A proclamation to be delivered by the mayor of Pendleton will open the ceremonies at 11 am. There will be church and churchyard tours, music from 1-3 pm and visiting dignitaries. Mamma Rae's ice cream, cookies and lemonade will be served between 12 noon and 2 pm. The public is invited to attend this free event.

Now for a bit of St. Paul's history (a lot more is offered during the church tour): A group, organized into a mission, worshipped in the Pendleton Court House and the present Farmer's Hall, there being no church building in Pendleton. A young missionary from Charleston, the Rev. F. P. Delavaux, served the mission from 1816-1818. The actual organization of the parish was June 17, 1819, and efforts ensued to the erection of a church. In 1820 a lot was procured from the Pendleton Circulating Library for \$39. The building was finished in 1822.

The single-keyboard organ was built for St. Paul's by George Jardine & Son of New York City in 1848 and cost \$300. Because of its excellent condition, early date, and fine musicality, this organ is an important historic entity worthy of preservation.

Hear more about the building of the church, the role of the church during the Civil War, and many other interesting facts about St. Paul's and its churchyard on June 8 at the celebration!



CHURCH AND THE WORLD

STORING FRESH PRODUCE

Summer means an abundance of fresh produce! Americans discard 19% of the vegetables and 14% of the fruits they purchase. Much of that is because it was not stored correctly. Storing produce correctly not only helps it stay fresh longer but can also minimize chances of food borne illness.

Produce to be stored in the refrigerator include

- Cantaloupe
- Honeydew
- Figs
- Apples
- Plums
- Kiwi
- Apricot
- Cucumber
- Broccoli
- Cauliflower
- Cabbage
- Brussels sprouts
- Lettuce
- Carrots



Produce to be stored at room temperature include

- Tomatoes
- Bananas
- Potatoes
- Onions
- Peaches
- Nectarines
- Avocado
- Watermelon



As a rule of thumb, store fruits in one crisper drawer and vegetables in another. Many fruits naturally emit ethylene gas as they continue to ripen. Many vegetables will spoil more rapidly when exposed to ethylene gas.

Before you eat it, wash your produce under running water while rubbing it with your hands or a clean scrubber. For delicate foods like lettuces and berries, rinsing under running water is all that is needed.

After cutting a fruit or vegetable, it should be covered and stored in the refrigerator.

Beth Kunkel



CHURCH AND THE WORLD

THRIFT SHOP

St. Paul's Thrift Shop will close for the summer at the close of business (3 pm) on Thursday, June 27th. Thank you for your donations and business this year.

If you have donations during July and August, please call Diana Manly (722-5112) Wendy Longo (722-5477), or Sally Mathiasen (654-1733). All donations are tax deductible.

The Thrift Shop will again open around Labor Day in September. If you wish to volunteer to work in the Thrift Shop, substitute, or sort donations on Tuesdays, please contact Diana Manly (722-5112).



PICKENS COUNTY HABITAT FOR HUMANITY IS SEEKING VOLUNTEERS

Want to give back? Learn a new skill? Share your skills with others?

Visit www.holytrinityclemsonton.org/wp-content/uploads/2019/05/Habitat-for-Humanity.pdf to find out more about volunteer opportunities with PCHFH.

Volunteers are needed on site in construction, as hospitality volunteers, restore volunteers, photography volunteers and to provide snacks & water on site for one volunteer shift.

If you can help, please email me today!

Rose Davis
Resource Development Manager
Pickens County Habitat for Humanity
pickenshabitat.org
(864) 878-6374



NOT SURE WHEN AND WHERE TO GO?

Check out Holy Trinity's website calendar for recurring weekly events at

<http://www.holytrinityclemsonton.org/calendar/>



CHURCH AND THE WORLD

BAZAAR CORNER

Saturday, November 23

This is a new date for this year's bazaar—Please mark it on your calendars!!

ECW BAZAAR PLANNING MEETING

All are welcome to join us for a bazaar planning session on **Sunday, June 2**, at 900 am in the Parish Hall. A light breakfast will be served so we can nibble while brainstorm. Help us make this year's bazaar the best ever!

ECW

If you can't make it June 2, make a note that we'll have a planning session every first Sunday of the month until the bazaar.

Silent Auction—We are asking for donations. They can be given now or before November 17. Donations can be given to Sue Williams at wiliams6118@bellsouth.net or Lynn Luszcz at lluszcz@clemsun.edu. Suggested items include: Clemson memorabilia, artwork, services, jewelry, and new or gently used items.

Stockings—Please contact Amy Agosti (akagosti@att.net) if you would like to place your order for stockings.



Banners—Remember that banners need to be ordered in advance. Contact Sally Morrell at Sal-lym29631@gmail.com to order a banner.

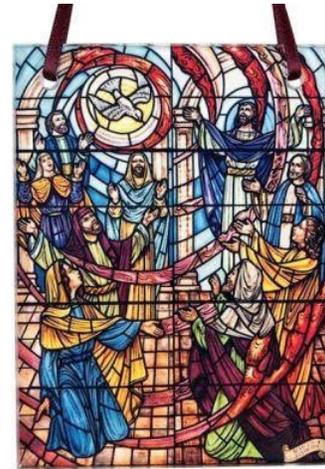


Save your empty quart jars. Please leave them in the office for Bill Purkerson from now until the bazaar. Thanks!



It is not too late to get involved with the Annual Bazaar. We are still in need of someone to be the marketing contact. Please see Cheryl DeSellier or Amy Agosti if you are interested.

PENTECOST WINDOWS Acts 2:1-4



Stained glass artist: Roy Coomber

Photographer: Jacob Dean

The current church building of Holy Trinity Parish was consecrated in 1995, and the stained glass windows were installed over the next several years. Made in England by the J. Wippell Company, Ltd., the windows on each side of the nave depict major events in the earthly life of Christ. The two windows in the south transept together depict the scene at Pentecost described in the title reference from the Acts of the Apostles. These windows were given to the glory of God and in celebration of the life of the Reverend John White Arrington III, who served as rector of Holy Trinity from 1963 through 1969 and who continued to assist the parish clergy from 1976 until his death in 1998.

The last stained glass window ornament in our series is the Pentecost windows. This has been done as one ornament as the two windows depict one scene as described in Acts. These ornaments will be available at the ECW bazaar which will be held on November 23rd this year.

Also, more Rose window ornaments have been ordered. There are a few of each of the other windows remaining for anyone who needs to complete their set. Some people hang them on their Christmas tree while others display them all year long on a sunny window.

Sally Morrell



ADMINISTRATIVE

NOTES FROM THE SENIOR WARDEN

Beloved Parishioners:

This month, the Vestry met at noon so that we would have time for both a very short regular meeting and time to review our working documents that came from the Vestry retreat. As you may remember from my earlier reports, a group of three Vestry members each was assigned the following: a Holy Trinity vision statement, the roles and responsibilities of the various parish leaders, meeting norms, committee structures, and the strategic plan. This month I reassigned the reports from each of these groups to one of the other groups for review and editing. By so doing six sets of eyes have studied each area in some detail. At the meeting, the editorial teams broke out to discuss their comments and bring back their findings to the full Vestry. Before the next meeting, the editorial teams (or any Vestry member) are to provide written commentary back to the originating teams and, from that point, we should be able to finalize drafts quickly. While this may seem like a protracted exercise, we hope the results will be the bedrock of the way the Vestry and the various committees and groups of Holy Trinity operate in the future.

While the Church continues to be healthy from an overall financial perspective, our pledges are running about \$12,000 behind the amount budgeted. Last month I reported that expenses were also running behind enough to “balance” our budget more or less. This is no longer true, and we are running a deficit. While we do have uncommitted funds from years past, these are shrinking. It is thought by some that our not being able to operate in the church building for several weeks while we remediated the bat issue and the difficulty of getting to church due to the University’s construction projects may have impacted pledging. We are now entering the time of year when pledges often drop off as many parishioners are out of town. Further, our imbalance will be exacerbated if we hire the Family Minister, a position that was included in our Statement of Mission. We need not be overly concerned at this point, but we will continue to monitor the trend carefully. In the meantime, I ask for all who are able that you please redouble your efforts to bring your pledge current.

For the summer, the Vestry will be occupied significantly with our annual Mutual Ministry Review and the start of the capital campaign process for the Trinity Place projects. For the former, we will analyze the process we used last year, looking for ways to streamline and improve it. As for the latter, we will be putting together a team whose first job is to do a feasibility study. A full set of engineering plans will be included in a case statement as part of that study, and these should be available very soon. It is important to point out that some capital campaign will be necessary, as, at the least, we are required by the city to upgrade the gravel parking area. However, as many of you know from previous presentations, we hope to improve our properties in other ways.

The 200th anniversary of the founding of St. Paul’s causes me to put all our struggles and concerns, as well as our goals and undertakings, in perspective. The commitment to the Gospel of generations of our community of faith has guided us to the good through all the transitory issues of parish life. From what I can see of our current community, I am optimistic that this will continue to be so.

Love with the heart of Christ, think with the mind of Christ and act in the world as the Body of Christ.

Hap



SINGING ROOSTER COFFEE & CHOCOLATE

Perhaps the best quality and certainly best tasting fresh coffee available anywhere in the Upstate is Singing Rooster fair-trade Haitian Mountain Blue. Remember that 70% of the proceeds from each sale go directly back to Haiti. Organic chocolate in four delicious flavors also available for \$3/bar.



Look for a member of our Outreach Committee Singing Rooster sales force (Phil Maiberger, Glen Quattlebaum, Rachael Mayo, & Harry Morse) after the 8:00 am or 10:30 am service in the Parish Hall. \$10 per bag for coffee; \$3 per bar for Gourmet Chocolate.

– Please make checks payable to Holy Trinity Outreach.



FLOWER LIST

The 2019 flower sign-up book is in the Narthex for people to designate flowers to the memory of, in honor of, and/or in thanksgiving for their loved ones or for a special occasion. Please sign up in the Narthex or contact Kara Hollandsworth in the church office (864-654-5071, ext 0 or email htchurch@holytrinityclemsong.org to sign up).

JUNE/JULY BIRTHDAYS

- | | | | |
|------|--------------------|------|-----------------------|
| 6/1 | Harry Morse | 7/1 | Iris Reed |
| 6/1 | Trey South | 7/6 | Betsy Dunkle |
| 6/2 | Connie Spencer | 7/9 | Ed Hamilton |
| 6/2 | Melissa Hawkins | 7/9 | Audra Newton |
| 6/5 | Art Young | 7/10 | Al Mathiasen |
| 6/5 | Hailey Nielubowicz | 7/10 | Catherine Caudle |
| 6/7 | Bill Teske | 7/11 | Carson McCabe |
| 6/7 | Danny Poole | 7/11 | Nancy Portnow |
| 6/8 | Michael Cauley | 7/12 | Daniel Betz |
| 6/8 | Mickey Harder | 7/13 | John Surak |
| 6/9 | Jim DeSellier | 7/13 | Dustin Foxworth |
| 6/11 | Genevieve Gajdalo | 7/14 | Ben Skardon |
| 6/13 | Renee Maynes | 7/14 | Lorelei De los Santos |
| 6/14 | Melissa Culler | 7/15 | Matthew DeSellier |
| 6/15 | Lucy Chisholm | 7/17 | Sally Morrell |
| 6/20 | Jim Snowden | 7/22 | Kathy Crouse |
| 6/20 | Josh Hawkins | 7/23 | Ann Russell |
| 6/21 | Pam Mack | 7/23 | Gerald Griffith |
| 6/23 | Dot Teske | 7/23 | Bob Taylor |
| 6/24 | Judy Fairey | 7/23 | Bob Taylor |
| 6/26 | Carol Yardley | 7/24 | Diana Manly |
| 6/28 | Michelle Gajdalo | 7/24 | Anne Wilkerson |
| 6/29 | Bill Hare | 7/25 | Kirby Colson |
| 6/30 | Judy Eidson | 7/25 | Sue Dolinar |
| | | 7/26 | Wendy Howard |
| | | 7/27 | Chad Chisholm |
| | | 7/28 | Boo Wilson |
| | | 7/29 | Peter Sparks |
| | | 7/29 | Maria Stamey |
| | | 7/30 | Maggie Nielubowicz |
| | | 7/31 | John Gilreath |



June Birth Flower:
Rose



June Birth Stone:
Pearl



July Birth Flower:
Waterlily



July Birth Stone:
Ruby

Operating Fund

Financial Update as of May 31, 2019

	Monthly Budget	Monthly Actual	Budget YTD	Actual YTD
Income	\$47,841.00	\$44,913.55	\$239,205.00	\$226,002.33
Expenses	\$46,717.00	\$41,741.50	\$233,579.00	\$227,690.92
Income +/-Expense	\$ 1,124.00	\$ 3,172.05	\$ 5,626.00	(\$1,688.59)

Trinity Place

Balance on First Citizens Bank Notes as of May 31, 2019
\$515,450.57