

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.*



MAY 2020

MAY CALENDAR

Note: All services and Coffee Hour are online via Facebook

Sunday, May 3

10:30 am Morning Prayer

Sunday, May 10

10:30 am Morning Prayer

Sunday, May 17

10:30 am Morning Prayer

Sunday, May 24

10:30 am Morning Prayer

Sunday, May 31

10:30 am Morning Prayer

ONGOING EVENTS

Each Evening: 8:30 pm Compline

Each Sunday: 11 am Coffee Hour

Mondays

9:00 am Facebook online prayer

6:00 pm E/M via Zoom through
May 5

Tuesdays

11:00 am Reflectionary Bible
Study via Zoom

KEEPING THE FAITH: SUZ'S MONTHLY MESSAGE

Dear Ones,

The ongoing requirements of physical distancing are difficult to sustain, but it is still in the best interest of the parish to endure them for a while longer. Bishop Waldo has extended the suspension of in-person worship through at least May 15, and I think it is likely that he will extend it further. For the record, I think that it is wise for us to maintain physical distancing disciplines, even if the legal requirements are eased up in weeks to come. I am working with a Task Force on Resuming In-person Worship to determine the benchmarks for being able to gather safely, as well as establishing very stringent protocols and procedures for ensuring the health and well-being of all our parishioners. The Task Force members are Bob Green, Bill Purkerson, Bill Hurst, Clem Watson, Shannon Quattlebaum, Harry Morse, and myself.

As our work progresses, I will share the results of our deliberations, which we will present to the Vestry for their input, approval, and adoption as parish procedures. We will also seek input from the various ministry teams who will be most affected by new requirements. I am fairly certain that many of these guidelines and procedures will be needed for a period of many months, if not for years to come. Once we've established our baseline of guidelines, procedures, and policies, we will continue to review and revise them, as needed. All of this is to say that we will proceed cautiously and prayerfully as we consider that glorious day when we can begin to gather in-person to worship together. Please keep in mind that, even when we can gather to worship, we may not be able to share communion or fellowship in the same ways that we have in the past.

For those of you for whom it would not be wise to attend church in person during this transition time, be assured that we will continue providing services online. We will also continue the Zoom Coffee Hour through the summer, at the very least. There are many other facets of our parish life under consideration by the Task Force. At this point in time, we don't know enough to make concrete plans, but we anticipate that there will be a phased return to something like a normal schedule.

What we *do* know at this time is that there is a great yearning to return to worship services, Sunday School, and fellowship. There is also a realization that, for some, that will not be prudent for some time to come. Holding these two considerations in tension with one another will be necessary as we make decisions over the course of the next few weeks. Please hold this Task Force—and our work—in your prayers, just as we are holding you—and our work—in our prayers.

As always, if you have any concerns or needs for pastoral care, call me on my cell phone: 864-364-1952. Take care and stay well.

Much love, Suz+

The Tempo is a publication of
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Submissions are due no later than the
24th of the month by e-mail to:
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Clem Watson *TBD*
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SHARING CHRIST'S LOVE IN THE TIME OF COVID-19

My Dearest Ones,

I want to share instructions for joining together for worship via the Holy Trinity Facebook page. You do not have to have a Facebook account to join our live-stream Sunday morning at 10:30 am. The link to that stream and instructions can be found on our website's home page (<http://holytrinityclemson.org/>). There is also a complete Order of Service for Morning Prayer that you can print or download if you do not have a Book of Common Prayer at home. Please join us.

If you are a Facebook user, just navigate to [@HolyTrinityClemson](https://www.facebook.com/HolyTrinityClemson). Otherwise, the web address for **all** live worship video is:

<https://facebook.com/holytrinityclmson.org/videos/>

I also wanted to let you know about our office operations for the time being. Lynne, Sheryl, and I will continue to monitor emails and phone calls. Some of that we will do remotely, but we will also be in the office from time to time. If you have any need whatsoever, please let us know by phone or by email. We will do our best to respond immediately. **Please do not come to the church office until further notice.** In order for our actions to make a difference in the rate of spread of COVID-19, we need to limit our interactions in-person. As always, if you need pastoral care, please call me on my cell phone: 864-364-1952.

Much love, Suz+

AGAPE MEALS FOR PENTECOST SUNDAY

An Agape Meal is a simple meal that takes place within a liturgy—a worship service. The elements of the meal are simple foods, bread, wine, olives, cheese, and fruit. The elements of the liturgy are also simple and can be led by lay persons. This is a lovely way to combine fellowship and worship in the home, much like the fellowship and worship of the church that was born on the day of Pentecost so long ago. We will organize small groups of 6-8 people to meet by Zoom on the afternoon or evening of May 31. The Agape Liturgy will be provided to all participants, and each participant provides their own meal. Please contact Sheryl Shankles at htchurch@holytrinityclmson.org if you would like to participate. We need volunteers to lead the Agape Liturgy—again, it is simple enough for anyone to lead!

PRAYER REQUESTS

If you have a prayer request, we've set up a voicemail box for that at ext. 2 of our office phone system (864 654-5071). Leave a message, and we'll add your request to our parish prayer list.

As always, if you need pastoral care during this time of physical distancing, please don't hesitate to call me at 864-364-1952. Stay well.

Suz+





CARE OF PEOPLE

Love with the Heart of Christ

VIRTUAL CHURCH

Due to the COVID-19 pandemic, we are not currently meeting in person, but virtually. Sunday worship will happen at the usual time on Facebook Live. Go to <http://holytrinityclemsont.org/> for instructions and clickable links.

The service orders for Morning Prayer and Compline can also be downloaded at the above web site if you don't have a prayer book.

You are invited to join Reflectionary Bible Study via Zoom. Email Mtr. Suz at scate@holytrinityclemsont.org if you want to be added to the invitation.

Previous services and videos can be accessed at <https://www.facebook.com/pg/HolyTrinityClemson/videos/>



Morning Prayer at 10:30 am on Sundays



Monday Morning Prayer with the Cates at 9 am



Compline: Bedtime Prayers for Us All at 8:30 pm



Earth Day Meditations 2020



CARE OF PEOPLE



Prayer request form:
Let us know your concern,
and the Daughters of the King
will pray for whatever is on
your heart.

ALL REQUESTS ARE KEPT IN
CONFIDENCE BY THE DOK

THE MARY MOXLEY LAIB CHAPTER OF THE ORDER OF THE DAUGHTERS OF THE KING IS NOW TAKING PRAYER REQUESTS.

Who are the Daughters of the King? What is the Mary Moxley Laib Chapter? Good questions! The Order of the Daughters of the King is an international religious order of women—each member takes vows to pray, serve, and spread the Good News of Jesus Christ. These are life-long vows that create a community of women devoted to serving the Church and the world “For His Sake”.

The Mary Moxley Laib Chapter is the community of Daughters here at Holy Trinity. This Chapter was founded in the early 2000s, named for the first Director of Christian Education at Holy Trinity, Mary Moxley Laib. The Chapter was dormant for several years, but has found new life this year as several women have gathered in study and prayer to discern a call to this ministry. The MML Chapter will install new members, welcome current members from other Chapters, and reinstate others at a time to be determined in the future. In the meantime, we are committing ourselves to praying daily on our own and weekly as a group for the needs and concerns of Holy Trinity.

All prayer requests will be kept confidential. All prayer concerns will be lifted up daily for 2 or more weeks. There is an online prayer request on the Holy Trinity website, which you can find under the “Parish” tab in the “Forms” section. You can also go directly to the form by typing <http://holytrinityclemsonton.org/daughters-of-the-king-prayer-request/> into the url bar on your web browser. The Daughters of the King are committed to the service of praying for all our concerns, a true blessing in this difficult and troubling time!



A SPIRITUAL PRACTICE FOR TRYING TIMES: PRAYING WITH OUR BREATH

What is a Breath Prayer?

“Breath Prayers” are a form of meditation that rely upon the combination of repetitive phrases with the very process that keeps us alive: breathing in and out. The work of the Holy Spirit in this type of prayer sets it apart from the secular forms of meditation that have become commonplace in the last half-century. Like mindfulness meditations, breath prayer stills thoughts, calms the mind, and settles physiological processes, providing emotional, mental, physical, and spiritual benefits. For the Christian, however, the meditation is undertaken in union with God, directed to God, and brings the practitioner intentionally into closer identification with God.

How do I practice breath prayers?

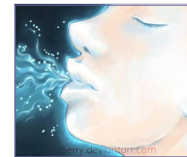
The mechanics of breath prayer are simple: select a phrase that can be “said upon the breath,” half upon inhale and half upon exhale. The first half of the phrase is said or thought with the inhalation, and the second half with the exhalation. This practice requires careful attention to the pace and rhythm of breathing, and it will alter both slightly. You should find your breathing slowing down at least a little bit. Find a rhythm that is sustainable. I often set a timer on my phone or use the Contemplative Outreach Centering Prayer app to make sure I keep track of the amount of time I spend with breath prayer. It is best to start with small increments of time, 1 or 2 minutes, and build up to longer periods.

Unlike many meditative prayer practices, the breath prayer can be practiced just about anytime, anywhere: seated in your usual prayer place, at a stop light (but not while actively driving), walking around your neighborhood, standing in line at the grocery store, you name it. The breath prayer can create a quick sense of calm and centering between meetings, in a tense situation, or provide relaxation at the end of the day to facilitate falling asleep.

Where can I find suitable phrases for breath prayers?

Our Prayer Book provides several good candidates for breath prayers: The Kyrie or Trisagion (BCP 324 or 356), a versicle and response from one of the Suffrages in Morning or Evening Prayer (BCP 55, 67-68, 97-98, or 122). Short couplets from the Psalms are also easily adapted for breath prayers. Some of my favorites are:

- | | |
|-----------|---|
| Ps. 51:11 | Create in me a clean heart, O God,
and renew a right spirit within me. |
| Ps. 62:1 | For God alone my soul in silence waits,
from him comes my salvation. |
| Ps. 121:2 | My help comes from the Lord,
the maker of heaven and earth. |



The Jesus Prayer

The “Jesus Prayer” comes to us by way of the Orthodox Christian tradition and is perhaps the most widely used of breath prayers. “Its traditional words combine a double movement of loving aspiration towards God followed by a penitential awareness of self: ‘Lord Jesus Christ, Son of God, have mercy on me, a sinner.’” Breathe in “Lord Jesus Christ, Son of God,” and breathe out, “have mercy on me, a sinner.” The Jesus Prayer is traditionally prayed one hundred times, aided by prayer ropes knotted in sets of ten or one hundred. The prayer eventually makes real for us the truth of Deuteronomy 30:14—“the word is very near you; it is in your mouth and in your heart so you may obey it.”

Try this at home, or at work (someday), or wherever!

Set aside a few minutes each day to practice the breath prayer, using a phrase from Scripture or the Book of Common Prayer that speaks to you. Start somewhere quiet to get the hang of it, but then you might try to bring your breath prayer to mind as you are out and about.

For Reflection

As you meditate with the breath prayer, do you notice any change in your body? How about your thoughts and feelings? Do you feel God’s presence with you in this meditation?

How does meditating this way help you to “love with the heart of Christ and think with the mind of Christ?”



CARE OF PEOPLE

Highlights of Health Research*



Sleep Disorders and Dementia—A research study found that middle-aged and older adults with sleep apnea had a 29% increased likelihood of developing cognitive problems; those with insomnia were 27% more likely to have cognitive declines; the risk was 24% higher among those with sleep inefficiency and 25 % higher for those with inadequate sleep. Journal of Neurology, Neurosurgery and Psychiatry

Drinking/Smoking During Pregnancy and Sudden Infant Death Syndrome (SIDS)—Babies whose mothers drank alcohol and smoked after the first trimester of pregnancy had a twelvefold increased likelihood of dying from SIDS, compared with those without prenatal alcohol and tobacco exposure, researchers reported. The findings, based on data involving almost 12,000 pregnancies, also associated alcohol intake or smoking alone to fourfold and fivefold increased odds of SIDS, respectively. Lancet's E Clinical Medicine.

Marijuana Can Interfere with Heart Medications—More than 2 million American adults with cardiovascular disease claim they have used marijuana. Marijuana is “tied to heart problems and can exacerbate the effects of heart medications, such as blood thinners and statins.” Journal of the American College of Cardiology.

Belly Fat May Increase Risk of Second Heart Attack—A research study found that having extra pounds around the middle may increase a heart attack survivor’s risk of a second heart attack, especially for men. Belly fat was a risk factor for heart attacks and stroke independent of other risk factors. Researchers said that waist circumference was more important than overall obesity. European Journal of Preventive Cardiology.

Effect of Skipping Breakfast on Cardiovascular Disease (CVD) and Mortality—A meta-analysis of several research studies found that the risk for CVD was 22% higher for adults who did not eat breakfast, compared with those who did. And all-cause mortality risk was 25% higher for those who did not eat breakfast. Clinical Nutrition.

Sleep and Risk of Cardiovascular Disease (CVD)—Variation in the amount of sleep people get and the time they go to bed may increase their risk of CVD, independent of other risk factors. Irregular sleep duration and timing may disrupt circadian rhythms and increase the risk of CVD. Journal of the American College of Cardiology.

FDA: No Clear Proof NSAIDS Worsen COVID-19—The FDA issued a statement saying there is insufficient evidence that use of nonsteroidal anti-inflammatory drugs, including ibuprofen, exacerbate the symptoms of COVID-19 and advised patients to continue taking medications as directed by their physicians.

COVID-19 Respiratory Distress May Respond to Tissue Plasminogen Activator (TPA)—Patients with acute respiratory distress from COVID-19 may benefit from treatment with TPA when ventilator support doesn’t work or is unavailable. Journal of Trauma and Acute Care Surgery.

Physical Activity and Depression—A high level of physical activity in women ages 47-55 was linked to fewer symptoms of depression, higher satisfaction with life, and a more positive outlook, compared with those who had a lower level of activity. Menopause.

Experimental Drug for Treatment of COVID-19 Available—Gilead Sciences is ramping up production of remdesivir as it is being explored as a treatment for COVID-19. The company will donate 1.5 million doses for over 140,000 patients, who can access the experimental treatment through clinical trials and special access programs. Stat.

*As reported in *ANA SmartBrief* (A regular briefing from the American Nurses Association for members) from January 17, 2020 to April 19, 2020. 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. The source for each study is given following a brief report of results. Suggestions for this column are welcome at any time to marymartof@gmail.com.



CARE OF PEOPLE

HOW THE VIRUS STOLE EASTER*

'Twas late in '19 when the virus began,
Bringing chaos and fear to all people, each land.

People were sick, hospitals full,
Doctors overwhelmed, no one in school.

As winter gave way to the promise of spring,
The virus raged on, touching peasant and king.

People hid in their homes from the enemy unseen.
They YouTubed and Zoomed, social-distanced and cleaned.

April approached and churches were closed,
"There won't be an Easter," the world supposed.

"There won't be church services, and egg hunts are out.
No reason for new dresses when we can't go about."

Holy Week started, as bleak as the rest.
The world was focused on masks and on tests.

"Easter can't happen this year," they proclaimed,
"Online and at home, it just won't be the same."

Maundy Thursday, Good Friday, the days came and went.
The virus pressed on; it just would not relent.

The world woke Sunday and nothing had changed.
The virus still menaced, the people, estranged.

"Pooh pooh to the saints," the world was grumbling,
"They're finding out now that no Easter is coming.

"They're just waking up! I know just what they'll do!
Their mouths will hang open a minute or two,
And then all the saints will all cry boo-hoo.

"That noise," said the world, "would be something to hear."
So it paused and the world put a hand to its ear.

And it did hear a sound coming through all the skies.
It started down low, then it started to rise.

But the sound wasn't depressed.
Why, this sound was triumphant!
It couldn't be so!

But it grew with abundance!
The world stared around, popping its eyes.
Then it shook! What it saw was a shocking surprise!

Each saint in each nation, the tall and the small,
Was celebrating Jesus in spite of it all!

It hadn't stopped Easter from coming! It came!
Somehow or other, it came just the same!

And the world with its life quite stuck in quarantine
Stood puzzling and puzzling.
"Just how can it be?"

"It came without bonnets, it came without bunnies,
It came without egg hunts, cantatas, or money."

Then the world thought of something it hadn't before,
"Maybe Easter," it thought, "doesn't come from a store.
Maybe Easter, perhaps, means a little bit more."

And what happened then?
Well....the story's not done.

What will YOU do?

Will you share with that one
Or two or more people needing hope in this night?
Will you share of the source of your life in this fight?

The churches are empty - but so is the tomb,
And Jesus is Victor over death, doom, and gloom.

So this year at Easter, let this be our prayer,
As the virus still rages all around, everywhere.

May the world see hope when it looks at God's people.
May the world see the Church is not a building or steeple.

May the world find Faith in Jesus' death and resurrection,
May the world find Joy in a time of dejection.

May 2020 be known as the year of survival,
But not only that —
Let it start a revival.



*Author: Kristi Bohtur, Downloaded from www.thissideofheavenblog.com/blog/how-the-virus-stole-easter, 4/23/2020



FORMATION

Think with the Mind of Christ

HARD AT WORK AT HOME



Eunice Waddington is fantastic! She has made, so far, 67 coronavirus masks. Some are for Clemson Free Clinic, and others are for family, neighbors, and friends at church.

Great talent, great mission, great service. Thank you Eunice!



ONLINE COFFEE HOUR



Bring your favorite mug of coffee or tea and join us each Sunday morning at 11:00 am for an online coffee hour through Zoom. Watch for an invitation to that parish-wide online event in *HT Notes* each week. We are not posting this invitation publicly in order to keep the meeting secure.

Because it's hard for a large number of people to chat through Zoom at once, we will have participants muted and a facilitator will call on each participant to share anything you like, or you may pass if you prefer to, when it is your turn.

To join the meeting, click on the link below and follow the prompts (the first prompt will ask for the code that was sent in a separate email—as mentioned above.) If this is your first time on Zoom, allow five to ten minutes for download.

<https://clemson.zoom.us/j/683404324?status=success>



FORMATION

PARISH-WIDE "DISTANCING CHECKUP" SUCCESSFUL!

Thanks to our dedicated Neighborhood Group Leadership, a parish-wide emailing and telephone calling initiative was accomplished this April, the goal of which was to make sure all of us are doing okay under the current COVID-19 distancing restrictions, and to locate those parishioners who could use some help, to which our Pastoral Care Ministry and NG Leaders are now responding.

- Holy Trinity has 374 parishioners (in 240 family units) involved in our 12 Neighborhood Groups.
- 209 family units (87%) have now been reached by this initiative!
- We are still striving to reach the remaining 31 family units.
- 18 family units have been identified as asking for help or at least in need of being monitored – our busy Pastoral Care Committee is addressing those needs.
- This initiative has been one more way to help our parishioners stay engaged with our church in these difficult times, and helped us spread the word on how to access our regular church services and “virtual coffee hour” every week, and all accessible online. Join us!

This “heroic” April initiative has taken many, many hours of time and effort by your loyal NG Leadership – they deserve the hearty thanks of us all:

- Betty and Jim Snowden
- Fiona Neill
- Beth Newton
- Barbara Lewis Witmer
- Michele and Mike Cauley
- Anita and Charlie Arms
- Julie and Harry Morse
- Jan and Jerome Cribb
- Sally and Al Mathiasen
- Carolyn and Hap Wheeler
- Ann and Brad Russell

Tom Witmer
For the Neighborhood Group Ministry
April 27, 2020





FORMATION

E/M QUESTIONS AND ANSWERS

By a Participant

What is E/M and who participates?

A four-year program led by trained mentors, E/M, or Education for Ministry, is an international program developed by University of the South at Sewanee. All who want to learn more about the Bible, Christianity, and faith are welcome.

Is there an expectation that participants are considering church-related professions?

E/M might be considered a focus on learning to be a minister to your personal spiritual education with the hope, of course, that as you learn, you may be able to help guide others, even if only within your family setting. There is no expectation that participants will assume any church "job" as a result of participating.

When do you meet? How long are the sessions?

We meet once a week, currently on Monday nights, but we could be flexible with a meeting night if the majority needed a change. We meet from 6 p.m. until 8:30 p.m. with a short break for snacks and conversation. Each E/M year runs time wise as a public school year, August through May.

What are the assignments?

First year students study the OT. Second year students study the NT. Year three students read church history, and year four students do selected readings and develop a personal theology.

Are you kidding me? You read the entire Bible?

We do the first two years with a guided-reading approach. Supplemental text commentaries are extremely helpful.

Are there quizzes? Memory work?

There are no quizzes, no pop-test questions, no put-you-on-the-spot inquiries. There is no memory work. In fact, we have a short prayer at the beginning of each session, and many of us have not yet memorized that prayer.

I can foresee I could miss a few classes because of work/home responsibilities or travels. Does that mean I cannot participate?

We all sometimes miss class for both of those reasons or for illness. Certainly, it is expected, though, that you would be able to attend the majority of the classes.

So, then, all the time is spent discussing the Bible, church history, or the readings?

Because all four-year groups meet together, it takes about an hour to share what the individual groups found compelling or interesting about the week's readings. Even within a group though, some people may, at a given session, speak up more or less than others in his/her group.

How do you spend the rest of the time?

We begin each session with prayer requests followed by a prayer. An assigned person then opens the session by reading a scripture, an inspirational poem or devotion, or a favorite hymn. While part of group time is given to the various group sharing what confused, inspired, perplexed, motivated, etc., them from the week's readings, the rest of group time, with a few exceptions, is a focus on a TR, theological reflection.

What is a theological reflection?

A stimulus for a TR might be a Bible verse(s), a personal experience, a current event or a church tradition. In E/M we learn a method for taking a word, a verse, an experience and drawing meaning and understanding by approaching the TR in an orderly way that helps us extract not only meaning but also insight that can serve to guide us in life experiences.

(Continued on next page)



FORMATION

(E/M continued from previous page)

Is this, then, a four-YEAR commitment?

While E/M is a four-year study, the study need not be done in four sequential years. Participants have sometimes had to take a year or two off within the sequence, and when they return, they begin where they were when they left.

Does it cost?

There is a cost for the reading materials, but there are scholarships available, if needed. If a scholarship is needed, that request can be handled privately through one of the mentors.

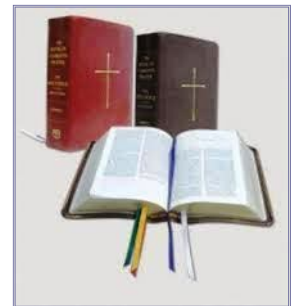
What are reasons people have said they enjoyed E/M?

1. "The camaraderie of the group participants has strengthened my sense of community in our church."
2. "I have a better grasp of what I believe now."
3. "While a lifelong Christian, I had never read the Bible completely, and I found there were many things I had not known or understood."
4. "The TR's have given me an entirely new Christian approach to the understanding of issues and solutions."

If you would like to learn more about E/M, please contact Chesley Rowe at chesley.rowe@gmail.com or Mel O'Day at mel@oday.net. The final date for registration will be 6/21/20.

BOOK OF COMMON PRAYER PICKUP

The side chapel of Holy Trinity is open so that you may pick up a Book of Common Prayer for any household that would like one. The BCPs will be laid out in the seats of the chapel so that each one can be picked up without touching anything else. Please feel free to come and get one in order to facilitate your personal devotions and participation in online worship. We will gladly gather them back into the Nave when we can safely worship together again.



PRAYER FOR SPIRITUAL COMMUNION

Some of you have asked for the Prayer for Spiritual Communion, which captures so beautifully our longing to receive the Holy Eucharist. I have included here an adaptation of the prayer that concludes an Act of Spiritual Communion that is found in the Armed Forces Prayer Book of 1951:

In union, O Lord with the faithful at every altar of your Church, where the Holy Eucharist is now being celebrated, I desire to offer you praise and thanksgiving. I present to you my soul and body with the earnest wish that may always be united to you. And since I cannot now receive you sacramentally, I ask you to come spiritually into my heart. I unite myself to you, and embrace you with all the affections of my soul. Let nothing ever separate you from me. May I live and die in your love. Amen.

Much love, Suz+



CHURCH AND THE WORLD

Act in the World as the Body of Christ

CLEMSON COMMUNITY CARE

Clemson Community Care (CCC) is still open and operating, expecting needs to increase as this crisis progresses. They need food items right now. These can be purchased from Walmart or wherever. Leave the items on Bill Purkeson's porch and Peter Sparks will pick them up there and deliver them to CCC. You can donate money to them online at

<https://clemsoncommunitycare.org/>



Family Promise will be housing their clients in a transitional home for the foreseeable future and will need extra financial support to provide meals and household essentials that are normally provided by host churches. You can support them online at

<https://familypromisepickens.org/donate/>

OUR DAILY REST

Our Daily Rest has ongoing needs for cleaning supplies as well as clorox wipes, paper towels, masks, Nitrile gloves size XL, and flip flops shower shoes all sizes and especially men's. For now, they have food, but that may change quickly. Items can be left on the bench at the shelter door, 525 E. Main Street, Seneca. Phone, 864-482-2040. Many thanks; we all can be heroes. For questions please contact Judy Surak. Another way to support them is by donating at www.ourdailyrest.org/give.



**CAN YOU FIGURE THIS ONE OUT?
TODAY'S MENTAL EXERCISE**

Calculate your next travel destination

Instructions	Destination
1. Choose a number between 1 and 9	1. Singapore
2. Multiply it by 3	2. Spain
3. Add 3	3. India
4. Multiply by 3 again	4. Thailand
5. Add the two digit number you get together	5. Malaysia
6. Number you get is where you will be travelling to	6. Indonesia
	7. Brazil
	8. England
	9. Stay at home
	10. Australia
	11. Cambodia
	12. Vietnam
	13. Japan
	14. South Korea
	15. India
	16. Canada
	17. Mexico
	18. New Zealand



CHURCH AND THE WORLD

OUTREACH AT HOLY TRINITY

ACT IN THE WORLD AS THE BODY OF CHRIST.
THEY WILL KNOW WE ARE CHRISTIANS BY OUR LOVE.
IF YOU HAVE DONE IT UNTO THE LEAST OF THESE,
YOU HAVE DONE IT UNTO ME.



CLEMSON FREE CLINIC

The Clemson Free Clinic is a non-profit organization whose mission is to provide free medical care and pharmaceuticals to individuals between the ages of 12 and 64

- who are not eligible for Medicaid, Medicare, or any other health insurance
- who are residents of Clemson, Central, Six Mile, and Pendleton
- whose household income is at or below the federal poverty level

Holy Trinity is deeply involved in, and committed to, the continued functioning of the Clemson Free Clinic. Holy Trinity parishioners give of their time and talents in various ways. We have three physician volunteers (including the Medical Director for the clinic), two nurses, one of who acts as a Spanish-speaking interpreter, and we have a nutritionist. The board of directors includes a number of other parishioners who serve in varying capacities, including the Clinic's treasurer, and the chair of the communications committee and webmaster. The Free Clinic also provides opportunities for college students in the area to volunteer in the clinic. Volunteers from the medical profession are always needed, (physicians, nurses, and pharmacy personnel) but other volunteers to work with the website, Facebook page, and communication in the community are welcome.

Opportunities for Volunteers

At the present time, the clinic's greatest need is for donations to ensure the smooth running of the clinic by providing equipment and supplies. The clinic has two major fund-raising activities each year:

- **TRIO**—a joint event with the Clemson Arts Center held in the fall that celebrates art, food, and drink and includes a charity auction, and
- **Dine with the Docs**—a dinner and evening of musical entertainment held in the spring.*

Volunteers who can help with these two events are also needed and welcomed.

For more information about OUTREACH opportunities and general activities of the OUTREACH Committee, please contact Earl Burch. (356-9804 or eburch@innova.net)

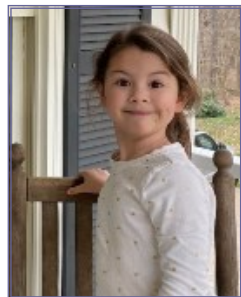
*Please note that, for obvious reasons, Dine with the Docs will not be held this spring. If you would like to help "close the gap" in Clemson Free Clinic fundraising, please send a check to: Clemson Free Clinic (Dine with the Docs in the memo line) 1200 Clemson St. Suite 1, Clemson, SC 29631.

CHURCH AND THE WORLD

EPISCOPAL DAY SCHOOL

Despite the doors of the Day School being closed, distant learning activities and social media have still allowed the EDS family to "come together." The students have been involved in weekly challenges presented by the director, Suzanne Watkins, to lift spirits. Challenges have included: Hanging Rainbows in Windows, Sharing Kindness by being a "Bucket Filler," Sharing Easter Eggs and Crosses in Windows, and Earth Day projects. Photographs of the students achieving the weekly challenges have been shared on [EDS Facebook](#) page. Below are a few for you to see!

The Day School is accepting applications for the 2020-2021 School Year that hopefully will begin in August. Information, the school calendar and an application can be found on the church website at: <http://holytrinityclmson.org/episcopal-day-school/admissions/>. Please contact Suzanne Watkins with any questions: swatkins@holytrinityclmson.org.





CHURCH AND THE WORLD

EASTER 2020 & MEMORIES OF EASTER PAST

On a rainy day here this Easter Sunday afternoon, after Kathy and I watched Bishop Curry and the 2020 Easter service from an empty National Cathedral on YouTube, I reflect on Easter's present and past, in both good times and difficult times, and the importance of Faith. Our Lord, indeed, has Risen.

2020 — Easter Vigil from Holy Trinity - Hap should get nominated for an Oscar on the reading. Where's central casting? That was a pretty windy taping session with the wind blowing a bit hard through the Holy Trinity breezeway. Looked like Mtr Suz's vestments were about to catch on fire.

2019 — Easter services at St Paul's, Pendleton, due the bat infestation at Holy Trinity. A glorious week indeed. Bill Hurst, as our junior warden, was really going a bit batty during that time

2016 — First Holy Week at Holy Trinity as new residents of the Palmetto State with drivers' licenses to prove it.

2003 — Still in the Army Operations Center terrorism threat warning cell, just a few weeks, after Allied Forces had invaded Iraq. People were on extreme edge/alert over security of the Homeland and Washington, D.C.

2002 — The first Easter Holy Week after 9/11. I was still assigned to a HQDA section in the Army Operations Center, in the basement of Pentagon. My "battle buddy" was SFC Larry Grant, and we were the night watch team for the Army's worldwide terrorism threat warning cell. Had been assigned there for almost two years. Little did I realize that was the short side of almost five years in that duty assignment.

1995 — Worshiping at the National Cathedral with cousins living in Georgetown, followed by a fantastic spread in an upscale Georgetown restaurant Easter spread, with my cousin Ruth picking up the tab.

1992 — Kathy and I and the girls celebrating Easter with Kathy's parents in Sumter, with Sara and Kimberly wearing beautiful flower print dresses.

1991 — Going to the annual White House egg roll with our daughters, and President Bush (41) was the current resident there, on the Monday after Easter.

1986 — Dressing up as the Easter Bunny for the children of Soldiers assigned to my battalion/brigade of the 1st Armored Division, aka "Old Ironsides", Ferris Barracks, Erlangen Federal Republic of Germany. Kathy has the photos to prove it!

1984 — Attending an outdoor worship service in Naples, Italy, led by Navy chaplains on a glorious sunny day after weeks of cold and rainy winter Italian weather. Kind of like now.

1982 — On Easter Sunday flying home from George AFB, California, to the Pope AFB/Fort Bragg NC complex on a USAF C-141 jet transport after a field exercise in the Mojave Desert. My seat mate was the assistant S-4 (supply officer) for the 44th Medical Brigade (Airborne). When the brigade plus jump of paratroopers from the 82nd Airborne Division went awry the previous week, at the Fort Irwin drop zone, he told me there had been six deaths from parachute streamers/high winds dragging troopers on the ground. There were about 140 Soldiers injured, with unit on—scene medics running out of supplies (think forward to the present 2020 medical critical supply challenge) to treat many seriously injured, to include broken backs and head injuries.

Childhood years — White Easter lillies in abundance and egg hunts and chocolate bunnies after church attendance.

Faith, Family, and Friends are, and will, continue be the key pillars of my life.

May we soon worship together in person under one roof at Holy Trinity and St Paul's.

Peace to all, *Eric Naeseth*



ADMINISTRATIVE

FINANCES



Dearest Friends,

This is week five of our limited operations as a parish. Your church office staff continues to work, mostly remotely, to keep communications flowing, to take care of administrative functions, and in a multitude of ways to support the ministries of Holy Trinity. Although our overall costs are diminished a bit by the suspension of in-person worship, we are still paying bills, maintaining the buildings, and paying our hard-working and dedicated staff.

We are tremendously grateful to everyone who has continued to give to the support of the mission and ministry of Holy Trinity. It is true, however, that we are currently experiencing a decrease in overall pledged giving. We're sure that at least some of this shortfall is due to the fact that we are all such creatures of habit, used to dropping that check into the plate when you're in church. If you are able, would you please check to make sure that your pledge is current?

If for any reason you need to make an adjustment to your pledge, please let Lynne Farmer, our parish administrator, know so that we can plan our expenses and financial obligations accordingly. The source of the information will be kept confidential, but it is important that our projections of income remain as accurate as possible. Lynne is in the church office on a limited basis, but is working each weekday to manage the day-to-day operations of the parish. We ask that you contact her by phone or email, rather than coming to the office at this time.

As always, if there is any pastoral care need, don't hesitate to call Mtr. Suz at 864-364-1952. Take care, stay well, and as always, much love to you all.

Suz+ and Bill McDaniel

UGH, Y'ALL!

It's happened again. Phishy, scam emails and texts that are supposedly from me, but are not have gone out to many of you today. Please, please be careful responding to communications that don't have the following elements: the Holy Trinity logo or mission statement or that seem off in any way. I've copied part of an article from the diocesan website addressing these "phishing" emails, which commonly try to exploit the relationship church members have with their clergy:

Other dioceses and religious organizations have reported similar incidents in the past. The scheme involves scammers mimicking church staff, typically posing as someone in a position of authority asking victims for money transfers or gift cards. Many times, the scammers will manipulate the email address, name, or even the area code of phone numbers, so that it appears to be coming from someone you know.

The best advice is to confirm requests with a conversation. Even if the email or text seems legitimate, if a request seems even remotely "off," don't act on it until you confirm it with a phone call or face-to-face conversation. In the case of an alleged message from the Bishop, you may want to reach out to a member of the bishop's staff, using their contact information found at <https://www.edusc.org/diocesan-staff/>

Suz+



ADMINISTRATIVE

TRINITY PLACE BECOMES OUR EAST CAMPUS

Efforts to complete our parking and activity area project are continuing. Weather has been a big factor in the schedule's deviation from our original projection and will probably remain a factor throughout.

However, several major accomplishments should be noted. The parking lot level is essentially at its finished grade. The curbs that line the parking lot are mostly installed. One major retaining wall is up and has allowed the installation of the new door and windows in the basement level of the Parish Building. A new porch has been built to the original back door. A couple of smaller retaining walls are currently in the making-as weather permits, and, as soon as weather permits, machinery and equipment will get one last retaining wall in near Addison Lane. At that time, remaining entrance curbing will be poured everywhere, and paving will be completely installed. Some paving may take place in areas that will not be affected by the retaining wall construction equipment. Landscaping is being prepared with trees and shrubbery to enhance the look of the entire area.

Our children's/Day School playground has been completely re-built with new equipment and a new artificial turf surface. Our new activity field will be sodded and prepared for recreation duty as well as parking. Our pavilion is a victim of the current health crisis and shipping is delayed for framework and fabricated components. Trehel will return to complete installation as soon as it is available.

Any questions may be directed to hurst2@clermson.edu.

Bill Hurst, Junior Warden

Ed. Note: Below is the artist renditions of the proposed renovations to Holy Trinity Church property that appeared in the September 2019 *Tempo*.





MAY ANNIVERSARIES

Will & Suz Cate	5/5
Jack & Anna McKenna	5/7
Henry & Nancy Pate	5/8
Jim & Judy Eidson	5/14
Will & Rachel Mayo	5/14
Gary & Melissa Culler	5/15
Don & Cathy Garrett	5/17
Brett & Tenley Murphy	5/23
Bill & Eleanor Hare	5/24
Jeffrey Renee Runz	5/24
Byron & Mickey Harder	5/31
Hap & Carolyn Wheeler	5/31

This feature of *Tempo* lists the wedding anniversaries of parishioners. If you would like to have your anniversary

MAY BIRTHDAYS

5/1 Thames Stokes	5/14 Barbara Armstrong
5/1 Larry Bowman	5/16 Glen Quattlebaum
5/1 Frances Wales	5/17 Phil Maiberger
5/3 Becky Bowman	5/18 Cameron Farish
5/3 Cynthia Spejewski	5/18 Scooty Burch
5/3 Carolyn Ferguson	5/18 Carol Luke
5/4 Doris Von Kaenel	5/20 Alden Valentine
5/6 Wes McMullan	5/21 Bill McDaniel
5/6 Elizabeth Halpin	5/23 Lynn Luszcz
5/7 Holden Culler	5/24 Rachel Rowe
5/9 Heather Dunn	5/25 Martha Green
5/9 James Spencer	5/27 Cynthia Burington
5/10 Kenneth Mobbs	5/27 Mel O'Day
5/10 David Vaughn	5/28 Keane De los Santos
5/10 Julie Morse	5/28 Ashley Crouse
5/11 Madeline Smink	5/31 Mims Catherine McTigue
5/12 Jennifer Ellison	5/31 Sunny Hamill
5/12 Michele Cauley	



FLOWER LIST

The 2020 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. Once services are resumed, please sign up in the Narthex or contact the church office 654-5071, or sign up using email htchurch@holytrinityclemsontn.org.



May Birth Flower
Lily of the Valley



May Birthstone
Emerald

Operating Fund

Financial Update as of April 30, 2020

	Monthly Budget	Monthly Actual	Budget YTD	Actual YTD
Income	\$47,862.00	\$52,391.78	\$191,449.00	\$182,285.22
Expenses	\$47,865.00	\$42,380.97	\$191,453.00	\$162,333.52
Income +/-Expense	(\$3.00)	\$10,010.81	(\$4.00)	\$ 19,951.70

Trinity Place

Balance on First Citizens Bank Notes as of April 30, 2020
\$637,864.88