



# the *Trinity Trumpet*

July 2025

Welcome to  
**Trinity Episcopal  
Church**  
Bend, OR

**Trinity Hall**  
469 NW Wall St

**St. Helens Hall**  
231 NW Idaho Ave

## **SUMMER WORSHIP SERVICES**

**8 AM Sunday**  
Trinity Sanctuary

**10 AM Sunday**  
Trinity Sanctuary  
(and streamed on  
Facebook)

**12 Noon Thursday**  
Trinity Chapel

**PARISH OFFICE**  
(541) 382-5542  
admin@trinitybend.org  
www.TrinityBend.org

**Trumpet Articles**  
trumpet@trinitybend.org

## *Meanderings and Musings from Our Rector*

Dear Beloved Community of Trinity,

It's sum, sum, summertime, and I am looking forward to some easy-going evenings with our family, including Board games, Legos and laughter! Board Games have been an important pastime for my family and me over the years, be it classics like Life, Monopoly, Clue, Backgammon, Chinese checkers, Yahtzee or Risk or more recent games like Pictionary, Ticket to Ride, Settlers of Catan or Keys to the Castle. These and so many more, as well as puzzles, are stacked on our bookshelf in the den and come out less frequently than I would like; but they are a source of great joy, good fellowship and meaningful lessons in negotiation, strategy and relationship-building.



It would seem that negotiation, strategy and relationship-building have been and are key aspects of our life together at Trinity and with our many partners and the greater community. Of late, there have been shifts in our staffing, some of which were mentioned over the past month, but I wanted to reiterate how glad we are to have Christian Clark, Artistic Director of Central Oregon Mastersingers, returning to serve as our Director of Music beginning in July.

Another recent change has been the departure of "Thrive" from our St. Helens Hall facilities. They were good "shared maintenance" partners, but we are pleased for their expanding staff and program that they have found more adequate facilities for their good work. Their departure presents Trinity with opportunities to expand space for children and youth ministries, as well as to do some strategic planning around how we use our facilities, how we might renovate and make St. Helens more accessible and useful, how we might grow and expand our ministries, and what spaces we might make available for future "shared maintenance" partners. Fear not! There are many non-profits and community-related entities seeking office and meeting space, but we want to do the strategic work before jumping off into new agreements.

Another area that requires serious strategic conversations and relationship-building is with our Family Kitchen partners, as well as with our neighbors and with the city, county and faith-based companions in the Bend Action Coalition.

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# Meanderings and Musings from Our Rector (cont.)

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As any who have been to Trinity lately will know, the population of unhoused persons visiting our property and dining at Family Kitchen has grown significantly. With that has come some undesirable outcomes, such as more uninvited “overnight guests,” more individuals staying in their cars near Trinity, more debris on the property and more issues with drug use and drug paraphernalia on the property. Our staff has borne the brunt of these challenges, but we and our neighbors are aware of the challenges to everyone’s safety and security posed by these realities. Furthermore, it must be stated that these issues are not a Family Kitchen problem nor a Trinity problem, but a Bend problem.

Yes, we embarked on conversations nearly two years ago with the goal of Family Kitchen finding a new home. Unfortunately, locating an appropriate place has proven very difficult. Then, with their transitions in staff, they paused the search. And, in part, they continued to pause based on my recommendation that they give their new Executive Director time to get situated in her new role (and me in my new role at Trinity). Now, prompted by recent challenges and after having met with the Vestry, the Wardens and I have entered again into intentional conversations with Olivia, the Executive Director and Rob, the president of the board of Family Kitchen. We have asked them to take some clear steps to reduce the stress and strain on our system and to heighten safety practices and security. In turn, they are working with their board and their staff to make necessary changes for this continued interim period. Once we have more details, we will notify the congregation.

In the meantime, we are making strides to work more collaboratively, and they are re-upping efforts to seek long-term solutions, which includes looking for a new site. Furthermore, I am in the process of seeking a meeting with some of our clergy partners with the BAC and community leaders. This is a larger issue than just what is happening on the corner of Wall and Idaho, and it calls for more voices and people at the table, more negotiations, more strategizing and more relationship-building to do the hard work of seeking compassionate and life-giving resolutions. We ask your continued patience and prayers for all involved.

In a recent sermon I shared some words that I would like to share here, words that seem fitting for this time at Trinity, this time in our community and this time in our nation and the world. It seems necessary and vital to discerning next steps for much of what I have written above and across our mission and ministry that we abide the words from one of my favorite series, “Call the Midwife.” In one episode, Dr. Turner assigns a prescription for helping Sister Monica Joan, one of the elder nuns. “Listen attentively, Reassure gently, and Love generously.”

At the close of that sermon, I shared a modified version of a prayer by John D. Rayner. Some folks have asked that I share this prayer publicly. Let us pray:

When evil darkens our world, give us light.  
When despair numbs our souls, give us hope.  
When we stumble and fall, lift us up.  
When doubts assail us, give us faith.  
When nothing seems sure, give us trust.  
When ideals fade, give us vision.  
When we lose our way, be our guide!  
That we may find serenity and healing grace in your presence,  
and a sense of calling and fullness of life  
as we strive to do and be your will on earth as it is in heaven. Amen.

Go in peace, friends. Be the light. Be the hope. Be God’s healing presence in the world. Be well, y’all!

Shalom!

Elizabeth Wheatley-Jones+

## Contact Us

**Elizabeth Wheatley-Jones**  
Rector  
(541) 382-5542 (office)  
rector@trinitybend.org

## Vestry

**Adrienne Garrison**  
Senior Warden

**Tom Lowery**  
Junior Warden

**Lauren Thomas**  
Clerk of the Vestry

**Drew Snyder**  
Treasurer

## Vestry Members

- **Robert Anderson**
- **Todd Cary**
- **Rich Cedros**
- **Cody English**
- **Mary Keath**
- **John Lidstrom**
- **Kelly Peterson**
- **Valerie Pharr**
- **Mark Welch**

## Senior Warden's Column

Adrienne Garrison

As I write this, many of you are preparing for a family weekend at Suttle Lake that several parishioners have poured hours of time and lots of energy into planning for. It's an event to look forward to! I hope to see you there on Sunday morning!



My life is a little scattered due to a new family member...her name is **Fiona**, and you will likely

see her with me in the coming weeks and months...she is about one year old and has come from a rescue in China...so far, she is an amazing and relatively calm pup (thank goodness!).



Speaking of parishioners spending lots of time and energy on parish events, have you ever noticed that it's

often the same people over and over doing all the work? While everyone that dedicates their time is devoted and has chosen to be involved, it would be great to see some new faces in that group! They could really use some help!

We are planning to do a time and talents survey this fall which will be very helpful in identifying people who might help...but in the meantime... Almost any outreach endeavor or group at Trinity would welcome new active members. Look at our **"Opportunities and Resources"** trifold which you can find at the back of either of our sanctuaries to see a listing of groups and their leaders. We would really love to see more of you joining us in all the fun, interesting and important work that Trinity does!

Volunteering has many advantages for every age group, some even life extending! The following advantages are noted by studies done at the Mayo Clinic:

1. **"Volunteering improves physical and mental health.** People who volunteer have lower mortality rates than those who do not...even when controlling for age, gender and physical health."
2. **"Volunteering provides a sense of purpose and teaches valuable skills ...** volunteers experience greater increases in life satisfaction and self-esteem."
3. **"Volunteering nurtures new and existing relationships.** One of the best ways to make new friends and strengthen existing relationships is to participate in a shared activity"

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# Senior Warden's Report (continued)

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Another thought that I have had with respect to volunteering at church is that some of us get into leadership positions and they become a "life sentence" as opposed to a term of enjoyable service. If we had more parishioners willing to take on some volunteer responsibilities, we could likely limit the terms of service, so the jobs don't seem so daunting. The second in command (so to speak) could be the next leader in training. Groups could decide the length of their terms of service (if not already dictated by the church bylaws).

Keeping people in leadership roles for a reasonable length of time, but not so long that they wear out would keep high energy in a group and fresh ideas flowing. What do you think???

We have experienced an increase in membership and participation in the last year having been blessed with a vibrant new Rector and her family as well as the resolution of the pandemic. As our membership continues to grow, the need for people to help nurture all our ministries will, too. I hope you will consider sharing your time and talents here at Trinity...we need you and want to spend time with you and enjoy your company!

Many Blessings to You All!

*Adrienne Garrison*

Senior Warden



**For the remainder of the summer, BOTH Sunday services will be held in Trinity.**

By taking a summer break from St. Helens Hall, we are providing a break for our Altar Guild and Flower Team, as well as reducing the work for our Ushers and Vestry-on-Duty. Furthermore, it will help us lower our utility bills and reduce some of our printing costs. Help our newcomers at 10 AM by welcoming and guiding them to Trinity on Sunday mornings.

In addition, we will have one more outdoor worship service this summer – weather and air quality permitting. On Sunday, August 3<sup>rd</sup>, our 10 AM service will be held at Pine Nursery Park at the Picnic Shelter followed by a BYO Picnic lunch and fellowship. Mark your calendars and plan to dress casually, bring a lawn chair, bring picnic lunch for your family, bring some lawn games, balls, etc., and bring a friend or neighbor. Desserts will be provided. (Note: We will have our 8 AM Holy Eucharist at Trinity that morning, too.)

## *Social and Economic Justice – July 6<sup>th</sup> 9AM*

Karol Wagner

The initial meeting of the Social and Economic Justice subcommittee of TEAC (Trinity Episcopal Action Coalition) will be held between services on Sunday July 6<sup>th</sup> at 9 AM in the library.

Questions or comments contact Karol Wagner [karolwgnr66@gmail.com](mailto:karolwgnr66@gmail.com) or phone or text (503) 812-3175.

**Note:** The other three subcommittees of TEAC have had or will be having their initial meetings, too. If you are interested in engaging in the work and ministries of any of these subcommittees, you may contact the subcommittee conveners. The group conveners include

- Ken Wilkins, Creation Care
- Karol Wagoner, Social and Economic Justice
- Anabel Pelaham, Preserving Democracy
- Rick Negus, "Racial Justice and Immigration"



# Lua Project Concert – July 6<sup>th</sup>

We are excited to welcome Matty Metcalf, Jill Burkett's nephew, and the musical group the "Lua Project" to Trinity on July 6<sup>th</sup>, both for our 10 AM service in Trinity and a concert that afternoon at 4 PM (doors open at 3 PM) in St. Helens Hall.

Funded by the Mellon Foundation, the group produces musical works that seek to build bridges between diverse cultures to establish connectivity and nurture shared ideas and ideals. They bring mellifluous and unifying sounds of reconciliation and hope to our community and across the United States at a time when the grace of unity is so greatly needed.

Help us spread the word by inviting friends and neighbors. Stop by the church to pick up fliers and post them around town to help "Make a Difference with Love" and Music!



**Trinity Episcopal Church**

SUNDAY JULY 6TH

DOORS OPEN @ 3PM / SHOW STARTS @ 4PM

469 NW WALL ST, BEND, OR 97703

FREE CONCERT - LOVE OFFERINGS ACCEPTED  
(SUGGESTED \$15-\$20, BUT NOT REQUIRED)

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LUA IS A CULTURAL POLLINATOR, BRIDGING TOGETHER MUSICAL STYLES FROM DIFFERENT CONTINENTS AND DIFFERENT CENTURIES, DRAWING ON THE MUSICAL TRADITIONS OF THEIR OWN CULTURAL PAST.

THE MUSIC IS INSPIRED BY MEXICAN AND APPALACHIAN SONG FORMS, EASTERN EUROPEAN TONALITIES AND BAROQUE MELODIC IDEAS. THEY HAVE CREATED A REPERTOIRE THAT CONSTITUTES A NEW TRADITIONAL MUSIC THAT IS BEING SHARED WITH THEIR CHILDREN TO EXPERIENCE, TRANSFORM, AND PASS ON.

**LUAPROJECT.ORG**

# Family Kitchen Volunteers Needed

Mary Keath



Volunteering at Family Kitchen is a great way to make a difference in the lives of our neighbors who experience food scarcity and to meet and work with interesting people.

Currently there is great need for volunteers to form teams or sign up as individuals for the luncheon meals on Monday, Wednesday, Friday, and Saturdays. The shifts are from 8:30 am to 1:00 pm with a flexible option for which portion of those hours you serve.

- **Prep** includes making sandwiches, salads, soups, other dishes and setting the tables
- **Serving** is at the kitchen counter window or beverage/dessert table (great way to meet people!)
- **Clean-Up** ensures all is ready for the next day

To find out more and/ or sign up, visit [www.familykitchen.org](http://www.familykitchen.org). More information is available on the volunteer link including an application on the link <https://familykitchen.volunteerlocal.com>.

If you have questions or experience difficulty in signing up, please contact Clara Patt, the volunteer coordinator at (541) 760 5677 or [clara@familykitchen.org](mailto:clara@familykitchen.org).

Mary Keath  
Family Kitchen volunteer

## Join Us for the All-Parish Hike - RSVP Soon!

**Date:** Saturday, July 19, 2025

**Location:** Sawyer Park 62999 O.B. Riley Rd, Bend, OR 97703. Lunch after at Sen Thai Noodles and Hot Pot

**Time:** 9:45 AM meet in the parking lot near the restrooms. The hike starts promptly at 10 AM

Bend boasts more than 3,000 acres dedicated to recreational activities, including access to 84 parks and designated open spaces managed by the Bend Park and Recreation District. This July, we'll be exploring Sawyer Park, one of the city's oldest and most cherished parks. Sawyer Park offers a variety of features, including scenic trails, spacious grassy areas, and inviting picnic tables, all nestled alongside the Deschutes River. Plus, Sawyer Park is dog-friendly, making it a great spot for furry friends to enjoy as well!



We'll start the day with a meet and greet, followed by a warm-up session. After our hike, we'll gather for lunch at Sen Thai Noodles and Hot Pot located at 69 NW Newport Avenue, Suite 100, Bend, OR 97703. Please note that individual checks will be provided at the restaurant.

### What to Bring:

- Comfortable clothing and walking or hiking shoes
- Sunglasses, sunscreen, hat, and an emergency raincoat
- Water, light snacks, and any necessary medications
- Binoculars or a camera for taking photos
- Walking or hiking sticks, if you have them
- A light backpack to carry your essentials
- Your wallet and cell phone

Emergency contact information is required for anyone at risk of falling.

Whether you're coming alone or with a friend, we welcome you to join us for a day of fellowship and fun in the great outdoors.

### RSVP Details:

Email Valerie K Pharr at [valeriekpharr@gmail.com](mailto:valeriekpharr@gmail.com) or call or text at (458) 206-9792 to confirm your attendance. Sen Thai Noodles and Hot Pot is an Asian/Thai fusion restaurant offering both indoor and outdoor seating with views of the river, featuring a contemporary ambiance. Sen means "noodle" in Thai – a symbol of movement, balance, and longevity, inspired by Thailand's vibrant street food scene.

"Nature does not hurry, yet everything is accomplished." – Lao Tzu

We look forward to taking this journey with you!