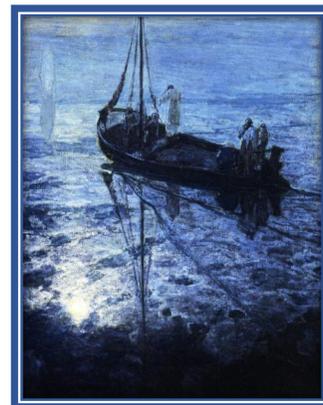


Announcements

for the week of

The Tenth Sunday after Pentecost

August 9, 2020



+ Are you connected? +

Please contact Tina Hogan at office@trinity-swarthmore.org to receive each week, by email or hardcopy, any or all of the following:

- + **The upcoming week's Announcements page**
- + **Sunday's 10am worship bulletin**
- + **Children's and Youth Ministry News**

Today: [Holy Eucharist](#), online at 10 am

To join the Zoom meeting on your computer, click on the above link or find the link on the website.

You can also call in by phone to the 10 am worship time:

- One tap mobile: 1-646-558-8656
- Dial-in number: 1-646 558 8656
- Meeting ID: 925 7318 5028
- Find your local number: <https://zoom.us/j/92573185028>

Trinity's Events this Week

Monday through Friday: Daily Morning Prayer, 8 am – About 10-12 people are currently joining online to say the daily office of Morning Prayer from the Episcopal *Book of Common Prayer*. To join, [click here](#) or visit the website. For call-in, call as above for worship, and then use Meeting ID 852 9095 2361. For more information, contact the church office.

Sanctuary Yoga – Sanctuary Yoga - For the month of August, Sanctuary Yoga will focus on nurturing calm and inner-peace in anticipation of the seasonal transitions ahead. All are welcome to join this spiritual wellness ministry of free 60-minute on-line yoga classes led by Mary Thompson via zoom. To connect with a specific yoga class, send an email to Mary at marykimura@yahoo.com for Zoom link details. For more information about the classes and this spiritual wellness ministry, visit this link, [Sanctuary Yoga](#), here or on our website.

- + **Monday, 10am, Hatha Yoga**
- + **Tuesday, 7pm, Hatha Flow Yoga**
- + **Thursday, 2pm, Gentle Yoga**

Trinity office will be closed Fridays in August. While the physical office is closed for regular work due to Covid-19, office work continues off-site. Calls to the office are forwarded to Tina's cellphone. In August, Tina is taking well-deserved vacation time on Fridays. Her regular (off-site) hours in August are Mon. – Thurs., 9:30am to 4:30pm. Emails to the office received Fri.-Sun. will be answered on Mondays. In case of

pastoral emergency, please email Fr. Ted directly, at revted@trinity-swarthmore.org or leave a message on the pastoral emergency phone line by following instructions on the main office outgoing message.

Monday – The Centering Prayer group is meeting by Zoom. *If interested, please contact the church office for details on how to get connected.*

Tuesday – Tuesday’s “Little Group” continues to meet on-line only. *Questions?* Please contact the office.

Wednesday - Diocesan Budget Hearings, via Zoom have begun, the second of which is Wed., 8/12 at 6:30 pm and the third of which is 8/20 at 2:30 pm. Sign into the Zoom to see and ask questions about the 2021 draft Diocesan budget.

THANKSGIVINGS, GIVING BACK, AND MORE

Trinity Church welcomes new Associate Rector – Trinity Church, Swarthmore, is pleased to announce the calling of the Rev. Sabrina LaBelle to serve as the new Associate Rector for Children’s and Youth Ministries. She begins Aug. 15, and we will welcome her to our online worship on Sunday, August 16. *Welcome, Pastor Sabrina!*

Worship news

- + *Returning to common space for worship* – This month, the vestry will consider a proposal to return to common space for worship and other activities, which Fr. Ted is compiling with input from various meetings, conversations, and groups. Any return to space must be approved by the vestry and Bishop as well as Fr. Ted. Fortunately, the Bishop’s office has been prompt with feedback to proposals, to allow for quick turnaround and execution of plans. You can expect more news after the August 17 vestry meeting.
- + *A/V project underway* – A bid for work has been accepted, and we are happy to announce that Light Action, John Donlevie’s company, will be executing Trinity’s plan for upgrading the audio-visual capabilities for Trinity Church. We will be improving sound and some lighting as well as the ability to have two-way audio-visual communications with people in other places than the main worship space. Happy news!
- + *Sunday summer rhythms* – In August, we return to the Holy Eucharist form of worship, alternating between 9:15 and 11am styles. This Sunday, Aug. 9, is in the style of the 11am choral Eucharist. Next Sunday, August 16, will be in the style of the 9:15 am service, with child-oriented homily and music with guitar accompaniment.

Other News on Returning to Common Space

- + *Please log in!* – As people begin to return to space use, we will need to log in. Please look for the log book inside the double-door entrance, at the base of the steps to the office.
- + *Trinity Thrift Shop* – Planning is underway to conduct outdoor sales. Stay tuned! Please be aware, however, that the Thrift Shop is not currently accepting any donations.
- + *AA at Trinity (Tuesday’s “Little Group”)* – Alcoholics Anonymous and other such support groups, as essential activities, fall under a special category in the diocesan Covid-19 plan, and as such are already welcome to use Trinity’s facility space. This is just to let you know that the AA group which has met on Tuesday at Trinity has been invited to return to space, but for now wishes to continue in an online-only format.
- + *TCDN* – The preschool that rents space from Trinity Church has resumed activities, keeping within the Governor’s instructions, diocesan permission, and executive review. These activities are distinct from Trinity Church ministries and other activities. The Rector and People’s Warden have reviewed their protocols, and Tina Hogan will be the main conduit for week-to-week, on-site coordination with TCDN as we also continue our own planning.

Responding to Racism and Becoming Beloved Community

- + *From the Rector* – I encourage the entire Trinity Church community to engage in the work of responding to racism and becoming what Martin Luther King called “Beloved Community”. Our response as a parish can include informational presentations, reading and discussion, with room also for what have come to be called “courageous conversations”. I fully believe none of us intend to be racist or even racially prejudiced (a distinction we can discuss). I also am fully convinced that racist structures continue with force in our society and our region, and that we participate in those structures, often unwillingly but also sometimes unconsciously. Let’s learn, listen, talk and pray together.
 - o The Bishop has brought together several working groups and a new one, “Loving Presence,” to develop a diocesan response to racism within the Church as well as beyond. A first product will be a document, expected soon, on entering into covenantal relationship with a focus on challenging racism.
 - o Possible resources and ideas for Trinity Church
 - Pick up on telling Trinity’s 125 years of history, with special attention to what we can learn about racism in the history of Delaware County
 - Readings
 - *Race and the Politics of Deception: The Making of an American City*, by Christopher Mele
 - *Jesus and the Disinherited*, by Howard Thurmond
 - *Biased: Uncovering the Hidden Prejudice that Shape What We See, Think and Do*, by Jennifer L. Eberhardt
 - o I am writing on the subject and will make that available, as appropriate, on our Trinity website.
- + *An invitation from Bella Englebach, vestry member* – Dear friends and colleagues: As a professional in continuous improvement, I am always interested in the root causes of problems, and therefore I am excited and honored to be included in this upcoming series of blogs and a webinar on combating systemic racism in workplaces, schools, healthcare etc., by understanding root causes and developing countermeasures. Read the blogs, starting on August 8, [Here](#) and sign up for the free webinar (August 14, 1-2 PM EDT) by registering [HERE](#). – Bella

Trinity Connects. . .

August Zoom Pop-Ups – Join in the Fun!

The first of our Zoom Pop-Ups, scheduled throughout the Fall, are detailed below. Zoom Pop-Ups are informal gatherings around a topic or theme. They are just for fun and a great way for us to stay connected. Zoom Pop-Up links may be found at trinity-swarthmore.org. For more information, contact Gale Donoghue at galedono@icloud.com.

- + *Compline and Conversation* – Wednesday, Aug. 19, 8:00-9:00pm

Conversation begins at 8:00pm, followed by Compline at 8:45pm. All are welcome to bring a glass of wine or cup of tea. . .whatever you like to end your day with!

Fr. Ted will lead us in prayer this evening to help launch this new way of gathering.

- + *Movie Discussion* – Thursday, Aug. 27, 8:30-9:30pm

Discussion of the film, *A Separation*. *A Separation* is available through Prime Video and should be viewed in advance of the discussion (<https://agoodmovietowatch.com/a-separation-2011/>).

If you have any popcorn left over from watching, feel free to munch during the discussion!

From the Care and Outreach Committees

We understand that everyone is affected by Covid-19 social isolation. Each of us responds differently and may have different needs or wishes for connection. Here are some ways we can be of help:

- A phone call
- A weekly or bimonthly note
- Grocery delivery
- Help locating support services
- Notifying the church if you know of any Trinity community member with needs
- Request that Father Ted contact you

Please contact the office if you would like more contact with the church. You are all in our thoughts and prayers.

The Book Group will meet virtually in Sept. to discuss *The Book that Matters Most* by Ann Hood: An enthralling novel about love, loss, secrets, friendship, and the healing power of literature, by the bestselling author of *The Knitting Circle*. Ava's twenty-five-year marriage has fallen apart, and her two grown children are pursuing their own lives outside of the country. Ava joins a book group, not only for her love of reading but also out of sheer desperation for companionship. The group's goal throughout the year is for each member to present the book that matters most to them. Ava rediscovers a mysterious book from her childhood—one that helped her through the traumas of the untimely deaths of her sister and mother. Alternating with Ava's story is that of her troubled daughter Maggie, who, living in Paris, descends into a destructive relationship with an older man. Ava's mission to find that book and its enigmatic author takes her on a quest that unravels the secrets of her past and offers her and Maggie the chance to remake their lives. Please contact Linda Sauer at lindasauer@aol.com for more information. All are welcome!

Help wanted...good places to donate to relief efforts...and more

- + **A new ministry is in formation...the A/V ministry for worship online!** Are you good at Zoom? Live-streaming? Do you use audio or video editing software? Were you in the AV club in high school? Or the tech crew for the Drama Club? Do you like to learn new tools and software? We want to build a team of folks with these and other tech skills, so we can maintain and expand our online offerings. Let Bella Englebach (bella.englebach@gmail.com) know if you are interested.
- + **Trinity's team serving St. Mary's Food Cupboard invites new teammates!** Trinity's team at St. Mary's Food Cupboard is severely depleted due to constraints of Covid-19. Can you spare an hour and a half one Thursday afternoon a month? Ladies, please call Lois Johnston at 610-566-6018 and gentlemen, please call Dick Koelle at 610-566-4087 for more information, or if you can help out. The clients and the Trinity team thank you!
- + **Preparing meals for the hungry** – Thank you to the Fitzpatrick-Millett, Asuzu and Steinke families, Trinity provided meals for the homeless last Sunday. There are opportunities to [sign up](#) through October to prepare a meal for our first Sunday commitment, please take a look to see where your family might be able to assist. Due to social distancing we are still splitting up the "courses" and cooking from home. THANK YOU to all the families who volunteer for this important ministry, your time and generosity are truly appreciated! The Connect by Night shelter in Upper Darby, and their residents are very appreciative of our continued support during the pandemic. Please contact Kelly Anne at kellyannefitzpatrick@gmail.com with any questions.
- + **Financial donations in support of food for the hungry** – Outreach continues to prioritize supporting St. Mary's Food Cupboard and Chester Eastside's food cupboard during the pandemic. Donations are much reduced, and this is an immediate need. We are asking for cash/check donations (payable to Trinity Church) or via PayPal on the church website (add a note for food cupboard). We will purchase the food and deliver to St. Mary's and Chester Eastside. If you prefer to make a large grocery purchase and need help with delivery or information on how to do so yourself, please contact Cathy Gardner at cgardner119@gmail.com
- + **Episcopal Relief and Development (ERD)** – Many communities around the world are far less equipped to deal with the pandemic than those in the U.S. [Donate today](#) and ERD will provide our partners and the communities they serve with the support it takes to respond to the Covid-19 pandemic. **AND** the Diocese's Global Mission Commission invites you to join Abigail Nelson from ERD on 8/26 as she gives a comprehensive overview of how churches and dioceses are coping with Covid-

19 throughout the Anglican Communion. Learn what parishes are doing to stay in touch with their missions. Click on the [Link](#) to register.

- + **Amazon online ordering can support Trinity Church.** Since mail order is the new normal, we would like to remind parishioners who shop at Amazon that our Amazon Smile account dollars go towards Trinity Youth programs. The link is [here](#). Happy shopping, and thank you!
- + **Neighbors Helping Neighbors** – Swarthmore Senior Citizens' Assoc. has raised over \$15,000 to help pay for the food that Theresa and Scott Richardson at Occasionally Yours have donated to local shut ins and shelters. This endeavor helps not only those who are struggling during these difficult times, but it helps the Richardsons keep their employees, as well as cooks from other Swarthmore restaurants, working. If you can help them out, please donate [here](#). SSCA forwards the entire amount of your donation, including transaction fees, to buy food. If you would prefer to mail your donation and not incur any transaction fees, please mail it to SSCA, P.O. Box 306, Swarthmore, PA 19081. Donations are tax deductible to the extent allowed by law.
- + **The Episcopal Church in Navajoland** is coping with the rising pandemic. For more information, Visit the [Episcopal Church in Navajoland](#) to learn more about Church's work and current needs of the Diné.

Ongoing adjustments and planning during Covid-19

- + **Blessings from Centering Prayer** – The Trinity Centering Prayer Group has continued weekly on Monday evenings. In our case, sharing on Zoom has given graces "greater than we can ask or imagine." The use of Zoom has facilitated others joining the group without having to drive at night. It has provided a means to follow the meditation guidelines to speak from one's heart and then rest in silence. It has allowed us to share the joy of seeing one another. It has welcomed participation from more remote locations. We meet via Zoom at 7:30, with 10-minute and 20-minute "sits" before and after the shared meditation. The first Monday of each month is complete silence for 2 20-minute "sits." On August 10, we began a study of *Miraculous Living*, by Rabbi Shoni Labowitz, a guided study of the Jewish Kabbalistic tradition. Call the Church Office for the Zoom link. Blessings, Mary North

PRAYERS THIS WEEK

For Those Celebrating their Birthdays: Jay Gillespie; Janice Archbold, Katie Egan; Ezra Hill;

For the Episcopal Church: Michael, Our Presiding Bishop; and in the Diocese of Guatemala: : Iglesia Episcopal Santa Trinidad, (Church of the Holy Trinity), Cocales, The Rev. Ruben Matute;

In our Diocese of Pennsylvania: for Daniel, our Bishop; Diocesan Programs: Servant Year; and for the Bucks Deanery The Very Rev. Michael Ruk, Dean;

For parish families of the week: Linda Hauck and Tom Runiewicz, Eleanor and Theodore; Lin and Nate Russell; Bobbie Salom; Linda Sauer; Klare and Bill Scarborough and Sarah; along with Ted, our rector; and Paula Lawrence-Wehmiller and Bill North, our clergy associates; and the vestry and staff; and our newly called Associate Rector for Children's and Youth Ministries, The Rev. Sabrina LaBelle and her family as they settle in Swarthmore;

For healing and comfort: For the people of Beirut, Steve and Mary Laxton, The Gardner family, Jennifer, Nancy and Lin Urban, Cindy Bourassa, Dick Koelle, Vicki, Patrice Kenna, Joan, Courtney, Noah, Megan Griffith, Susan, Bridgette, Connie, Charlie Gearing, John, Louise Poole, Lisa and Kay McCallister, Ruth Ziegler and Miriam Stanton, Kevin Hogan, David Edwards, Constance Gorman, The Deppen family, Katie Egan, Martha Millett, Mark Pugh, Thomas Hill, Peggy Ferrari, Patrick Diggins, Ethan Ball, Andrew Laverty, Judith, Chuck Prudhomme, Peter Kane, and all who are fighting Covid-19;

For the homebound: Anne Abel, Barbara Salom, Nancy and Lin Urban, Alma Keech, Wallace Stroud, Marguerite Izicki, Don Solenberger, Ed Harris, Suzanne Keer, Barbara St. John, Ellen Belk, and Catherine Jenkins;

For the departed: Bev Kester, Janet Brennan, Larry Johnson, Clyde Macquart, the Honorable John Lewis.

And for others for whom prayers are requested, including: Ruth, Mike Parry, Lou Volpe, Eva Boudreau, Jennifer, Marcy Holquist, Wes Vogel, Katie, William & Susan Hicks, Lucy Messick, the Harris Family, Andy, Skip Werley, Christine Watson, Elizabeth, Ron Koch, Ellie, Leo Fox, and Mary & Steve Wietecha.

*"Though I am gone, I urge you to answer the highest calling of your heart
and stand up for what you truly believe."*

John Lewis

February 21, 1940 – July 17, 2020

—from a letter published posthumously as an Op-Ed in *The New York Times* on July 30, 2020

First elected in 1986, the Honorable John Lewis was a U.S. Congressional Representative from the State of Georgia for 17 terms and a national civil rights leader. One of the original Freedom Riders who challenged states that were not enforcing anti-segregationist laws and a principle organizer of the 1963 March on Washington, Mr. Lewis was honored with the Presidential Medal of Freedom.

Source: [https://en.wikipedia.org/wiki/John_Lewis_\(civil_rights_leader\)](https://en.wikipedia.org/wiki/John_Lewis_(civil_rights_leader))

More Episcopal resources can be found [here](#) for spiritual support during the pandemic, and [here](#) in support of the Church's work on racism, justice and reconciliation.

Special Prayers and Other Resources for Our Times

A Prayer for Beirut

Gracious God,
We pray for those who live and work in Beirut that
the bereaved may be consoled and
the injured comforted and healed.
We pray for the rescue services and the hospital staff
giving thanks for their commitment and skill.
In the midst of catastrophe we pray for peace, truth and justice.
As the sound of explosion fades and the smoke clears
give wisdom to those who lead,
courage to those who serve,
and hope to all. **Amen.**

Prayer from the Revd Ruth Gee, Assistant Secretary of the Conference.
Source: <https://www.methodist.org.uk/our-faith/prayer/a-prayer-for-beirut/>

Prayer of St. Oswald (Saint's Day was Aug. 5)

Learn more about St. Oswald [HERE](#).

Almighty God, when the future seems unclear, help us to be faithful in prayer and to trust what You have already revealed to us. When we have the opportunity to advance Your work, give us courage and perseverance to play our part well. When we are able to give something to help Your work, make us generous with our money, time and personal gifts; to the praise of Your name. **Amen.**

Taken from *Northumbria Community's Celtic Daily Prayer* published by Collins.

Celebrating Diversity

Creator of all people, in our amazing diversity of size, shape, color, and giftedness: guide us, by your grace, to recognize the beauty and fitness of all whom you have made in your own image.

Give us gifts of humility and generosity of spirit to recognize in all people, the face of our Savior, Jesus, and to practice his commandment to "love one another," toward the end of bringing harmony and peace among persons of all colors, origins, and abilities, for the sake of your Kingdom.

Episcopal Diocese of West Virginia,

Source: <https://socialjusticeresourcecenter.org/prayers/racism/>

Prayers from the Corrymeela Community

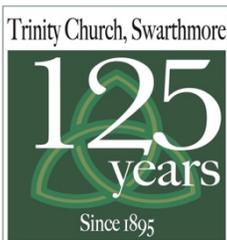
God of prophets at the door, God of cool cups of water: justice is hard to define and harder to apply, but love lived out in public is never out of reach. Help us all to welcome the instinct in ourselves to do the right thing in the moment we're in. As we greet the one before us with the kindness we'd expect, may our reward be no stranger than an offer of a drink. **Amen.**

God who weeps with us, God who rejoices with us: as we mark the seriousness of this pandemic, and lament the extent of our brokenness, give us the faith to see that the power that lies beneath us and that holds us fast to you is the power of justice. Remind us of the presence of joy in the hearts of those who know that love and beauty and kindness will last when all that is empty fades away. **Amen.**

God of righteous anger, God of rippling peace: somewhere, far from sight, the tempestuous sea and this quiet bay connect in one great body of water, linked to rivers and streams that extend a backward reach to headwaters far beyond our shore. May we on this earth, separated by vastly different experiences, kept apart by distance and the barriers we make, be united by your spirit, that the pain of one might be borne by all through the channels of your peace. **Amen.**

~ 2019 Youth Pilgrimage site, Northern Ireland

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