

# The Trinity Times

TRINITY EPISCOPAL CHURCH, 430 Juliana Street, Parkersburg, WV, 26101  
304-422-3362, [www.trinity-church.org](http://www.trinity-church.org)

*The Mission of Trinity Episcopal Church is to seek and share the love of God made known through Jesus Christ with all people through the guidance of the Holy Spirit.*

## MAY 2015

### THE STAFF

#### **The Rev.**

**Larry Jackson,**  
Rector

#### **The Rev.**

**Paul L. Hicks,**  
Pastoral Associate

#### **The Rev.**

**Art Bennett,**  
Pastoral Associate

Dr. Daniel Monek,  
Choirmaster

Allan Zipf, Organist

Susie Fitcher,  
Administrator  
Cathy Dawson,  
Sexton

### THE VESTRY

2015

Connie Bookman

Michael Cameron

Michael Rauh

2016

Tiffany Deem

Julie Gyongyosi

Kelli Marteney

2017

Lynn Fury-Prather

Dianna Quick

Dan Thomas

### TRUSTEES

Forbes Hiehle

Denny Prather

Larry Tucker

### TREASURER

Paul Miller

### TIMES EDITOR

Barbara Full



# Padre's Ponderings

"Do not be afraid..." Luke 1:30

"Do not be afraid..." Matthew 28:5

I find it very interesting that the life of Jesus begins with and ends with the above phrases. At the Annunciation, Mary is told that something is going to change in her life and she should not be afraid. At the Resurrection, Mary Magdalene, finding that things had changed from her expectations, was also told to not be afraid.

As I have "pondered" this enlightenment, I realize that almost everyone of us has a tendency to get anxious or to be afraid, when things are changing or we are about to have change in our lives. As children, our parents constantly reminded us that we should not be afraid of that which cannot hurt us. As we matured, when challenges were placed before us, we were encouraged to not be afraid but to face them.

I love the saying, "Fear is not of the Lord!" It gives me confidence to be like the Marys and face the future knowing that God has promised to be with me no matter what will happen.

By now the news has been circulated that my official retirement date will be July 1st with my last Sunday being June 21st. This means that change is about to occur and we need not let fear direct our actions in the days ahead. It is the time to not hide like the disciples did after the resurrection but to continue forward being the ministers of the part of God's kingdom that we have been charged to care for here in Parkersburg.

We have a good Vestry in place with good leadership in the Wardens and members. They have taken "the bull by the horns" to move forward to keep our church buildings in good repair for the future. There is a strong core of lay leadership when it comes to worship and ministry and they need support to fulfill the obligations of worship and ministry. We have great musicians and leadership to continue the traditional worship Trinity is noted to possess. But most of all, we all have an overpowering presence of the Holy Spirit, that if we trust Him, change will not cause fear but joy in what is next for Trinity as a Parish and a family.

**Bottom line: Keep your prayers active for the future of Trinity, keep your worship attendance faithful and keep your support, both physical and monetary, coming forth.**

Several years ago, a publication entitled, *Running Through the Thistles* was written to assist clergy and churches that were about to experience change by the clergy relocating or retiring. Take a look at the title and ponder for yourself about the meaning of that publication. First reaction is that there will be pain involved but what the author points out is that though there may be some discomfort at times, the Holy Spirit protects us in the midst of change in our lives.

~ ~ ~

The last ten years has been full of challenges, excitements, anxiousness, joyful experiences and growth. I have enjoyed this time and would not have traded it for another position in the Diocese. Folks have come and gone, ministries have been development and relinquished, and yet the church on the corner of 5th and Juliana continues to be a beacon to the community. And, I proudly can say that I serve as Rector here and that the reason we are who we are is that every Sunday we have asked the Holy Spirit to be present and kindle His love in us.



**Come Holy Spirit,  
Fill the hearts of your faithful,  
Kindle in us the fire of your love  
And we shall be recreated.**

Until I "ponder" this way again, In Christ's Spirit,

Fr. Larry+



Easter  
at  
Trinity





## Birthday/ Anniversary List

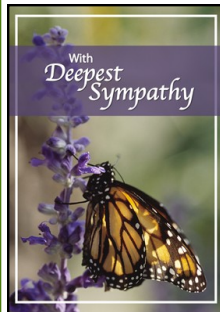
We try to keep as current as possible with our list of Trinity birthdays and anniversaries, but if we have missed anyone, please let the office know so that we can make any necessary corrections. Thanks!



## Our Trinity Team "Hamp's Helpers"

*By Susie Fitcher*

- For those people who have been saving their quarters or all their change for us, we ask that you bring them in as soon as possible. If anyone wants to do the Luminaries, we will have forms available for you to fill out.
- The time for this year's event is different than in the past. The day will begin at noon on May 16 and will end at midnight, with music, vendors, special ceremonies and activities throughout the twelve hour period, including the always memorable lighting of the Luminaries at 9:30.
- Please consider joining our team and helping this worthy cause. You can join us by walking laps at any time during the relay. And, if you're not able to walk laps you can help the cause by rocking in a rocking chair, earning money through pledges for the amount of time you rock!



*The Parish Family of Trinity Church extends its deepest sympathy and prayers to:*

~ Betsy, Craig, Nick, Clint and Sean Curry in the recent death of Betsy's father, Charles Carney who resided in Greenbrier County.

~ Rest eternal grant to Charles, O Lord; And let light perpetual shine upon him. May his soul and the souls of all the departed, through the mercy of God, rest in peace. Amen.



## Peterkin Summer Camps 2015

### June 21-27—Senior Camp

(10th grade through 2015 Graduates)—\$400

### June 28-July 1—Mini Camp

(ages 3-8 w/guardian)\$230 adult/\$160 youth

### July 1-4 —Beginner Camp

(2nd & 3rd grades)—\$160

### July 5-11 —Intermediate Camp

(7th, 8th, 9th grades)—\$400

### July 12-18—Family Camp

(all ages)\$425 adult/\$240 youth (age 10 and under)

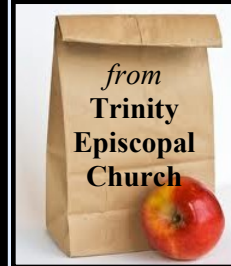
### July 19-25—Junior Camp

(4th, 5th, 6th grades)—\$400

### July 26-Aug. 1—MAD Camp

(4th -12th grades)—\$400

*More information available at  
[www.wvdiocese.org](http://www.wvdiocese.org)  
Contact the church office about scholarships  
available this year.*



*A New  
Outreach Ministry  
**Weekend  
Snack Sacks  
for Children***

Parishioners gathered recently to pack food into bags to be given to students at McKinley School to help provide sustenance for them over the weekends when they might not receive adequate nutrition.



## Supper Club

This month's social event for adults will be held Friday, May 15 at the home of Katharine and Madison Brown. Please call ahead and let the hosts know what you'll be bringing and then just enjoy the evening with your Trinity friends.

# MAY 2015

## TRINITY EPISCOPAL CHURCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 ←— <i>Fyne Junque Sale</i> —→	2 8:30am-1st Saturday breakfast @ Churn, Belpre 8:00pm-AA
3 8:00 am—Eucharist 9:15-Choir Reh. 10:15-Sunday School 10:30-Eucharist	4 11:00am - Feeding Program	5 8:00am-Men of Trin. Breakfast 10:00am-Book marking 6:00pm-Blenn. Stamp Soc.	6 10:00am-Book marking 11:00am-Food Closet 12:10-Eucharist	7 10:00am-Bible Study 11:00am-Food Closet 6:00pm-Zumba (T. Hall)	8	9 8:00pm-AA
10 8:00 am—Eucharist 10:15-Sunday School Mother's Day 10:30-Eucharist	11 11:00am - Feeding Program	12 8:00am-Men of Trin. Breakfast 10:00am-Book marking	13 10:00am-Book marking 11:00am-Food Closet 12:10-Eucharist	14 10:00am-Bible Study 11:00am-Food Closet, Knitters 6:00pm-Zumba (T. Hall)	15 6:30pm-Supper Club @ Katharine & Madison Brown	16 Relay for Life 12:00-12:00, City Park 8:00am-2:00pm-WV Music Tchrs Auditions-Sanctuary 8:00pm-AA
17 8:00 am—Eucharist 10:15-Sunday School <i>Discretionary Sunday</i> 10:30-Eucharist	18 11:00am - Feeding Program 6:00pm-Finance 7:00pm-Vestry	19 8:00am-Men of Trin. Breakfast 10:00am-Book marking	20 <i>"Times" deadline</i> 10:00am-Book marking 11:00am-Food Closet 12:10-Eucharist	21 10:00am-Bible Study 11:00am-Food Closet 6:00pm-Blenn. Stamp Soc.	22	23 10:00am-MOT (T.Hall) 8:00pm-AA
24 <b>The Day of Pentecost: Whitsunday</b> 8:00 am—Eucharist 10:15-Sunday School 10:30-Eucharist	25 11:00am - Feeding Program <b>Office Closed for Memorial Day</b>	26 8:00am-Men of Trin. Breakfast 10:00am-Book marking	27 10:00am-Book marking 11:00am-Food Closet 12:10-Eucharist	28 10:00am-Bible Study 11:00am-Food Closet 6:00pm-Zumba (T. Hall)	29	30 8:00pm-AA
31 8:00 am—Eucharist 10:15-Sunday School <i>Birthday Sunday</i> 10:30-Eucharist						

### BIRTHDAYS

2. Kevin Oliphant, Jr.  
10. George Zivkovich

14. Charlie Culbertson  
16. Lindsey Monek  
17. Butch Shock

18. Lynne Francis  
20. Grace Staats  
23. Jack Ralsten

25. Pam Parsons  
Zane Ullmann  
29. Lauren Adkins

30. Dianne Hess  
31. Judy Stanley

### ANNIVERSARIES

8. Marion & Charlie  
Culbertson

24. Liz & Scott Ramsay  
30. Julie & Mike Matheny  
Dorsey & Frank Northrup

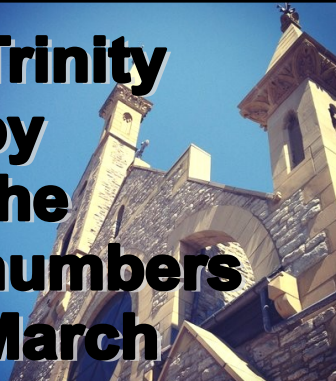
# Easter Egg Hunt



I love the  
Choir Brunch!!



## Trinity by the numbers March



Sunday worship attendance:  
8:00~10:30

Mar. 1: 12~55 (total 67)

Mar. 8: 16~65 (total 81)

Mar. 15: 19~75 (total 94)

Mar. 22: 19~75 (total 94)

Mar. 29: 16~97 (total 113)

Average March 2015—90

Average March, 2014—91

Food closet: 8 families, for a total of 9 people

Rector's Discretionary Fund:

Assistance with : Pharmacy—12, Bus passes—50, Donation-1, Birth cert. —1 Misc.—2

Crisis Intervention Assistance with : 10 electric bills, 5 gas bills, 5 water bills (all \$30 ea.)

# Seder Meal

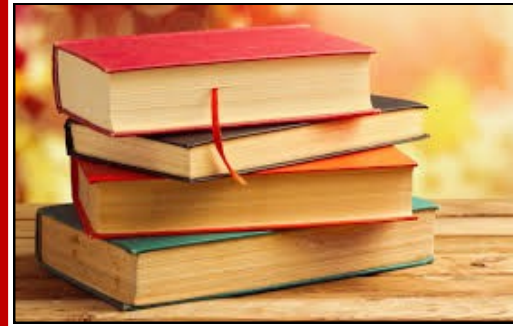


## Trinity Outreach Programs

Monthly Outreach Envelopes

May – Episcopal Relief and Development  
 June – Parkersburg Reading Camp  
 July – Companion Diocese of Columbia  
 August – Highland Education Project

September – Trinity Food Closet  
 October – Thanksgiving Outreach  
 November – Christmas Outreach



## You are invited

Book marking is an annual event and labor of love for Trinity. For those of you who are not familiar with Book Marking we, as in volunteers, meet every Tuesday and Wednesday morning from 10:00am until 1:00pm. We break for lunch, some order in or bring lunch, have fun and share interesting stories of our lives (some are often funny!).

We are extending an invitation to our friends of Trinity to come visit us, see how we work, and maybe join us. We really need help! *Book Marking Buddies*



Parents,  
 As the school year draws to an end, don't forget to share with your Trinity family any kind of special award or honor which your child receives. We want to share in your pride!



## Congratulations!!

Two special Trinity couples are reaching this important marital milestone in May:

**Marion & Charlie Culbertson**

**Julie & Mike Matheny**



## Notes from the Senior Warden

We're happy for Father Jackson and his family; it's a well deserved retirement. The Vestry will be working to assist with the transition. Our programs and projects will continue.

The budget continues to operate in the red; however, we have seen a slight improvement. Trends are positive and in line or better than projected. With help from the diocese, more of our gas rights are being developed. We're going under contract with CNX Gas Company. We will be receiving a signing bonus and 15% royalty, if any gas/oil is pulled. I want to say thanks to Larry Tucker for heading this project.

Work should start in the next couple months on the roofs. Additionally, the Vestry approved the painting of the church interior. This will include the fixing / resurfacing the interior walls of the church, then painting. Junior Warden Dan Thomas is working to minimize the disruption to the church services. Work will be done over 3-4 weeks. We appreciate your flexibility as these projects are overdue. Also, I wanted to give a shout out to Bernard Bookman for wiring in the kitchen. Dan and Bernard will also be tackling the Trevor Chapel lighting. Thanks!

Christian Education Building will be getting WiFi. The snack sack project is underway and volunteers are welcomed. 50 packs were donated to start, and will last through the remainder of the school year. Relay for Life will be a one day event this year, see Susie or Jennifer.

Thanks to everyone that makes us Trinity Episcopal Church.  
Michael Rauh, Senior Warden

### April Vestry meeting highlights:

- Plans are underway to paint the sanctuary and also to repair the roofs
- Fr. Larry announced his official retirement date- July 1.
- Fr. Larry is launching his Snack Sack Project this Friday.
- We need a stewardship chair for 2015.

March Special Offerings: March outreach

Monday Feeding \$1,847.00 (\$562.00 came in later)

Music Scholars \$240.00

Rector's Discretionary Fund \$229.00

Food Closet \$128.00

Julie Gyongyosi, Registrar



## Parish Nurse Health Ministry May 2015

As we all know West Virginia's incidence of OBESITY is rated number 2 nationally. As a congregation, Trinitarians' incidence of obesity is LOW. Keep up your good work in maintaining a healthy Weight.

Your Body Mass Index (BMI) is a guideline for your healthy weight. See if you are overweight, obese, normal weight or UNDERWEIGHT. You are challenged to **Calculate your BMI**. ALSO check your **waist measurement**. Good Luck!

The Parish Nurse would like you to share your results with her. Don't forget to calculate your children and older parents who are homebound. Also, I'd like to hear from college students. This information will be kept **CONFIDENTIAL**. This will assist the PN with statistics in reaching the United States Public Health Service Goals for **Healthy People 2020**.

### Calculating Your Body Mass Index

1. Write down your weight in pounds (example: 190) \_\_\_\_\_
2. Multiply that number by 703 (190 x 703 = 133,570) \_\_\_\_\_
3. Multiply your height in inches by itself ( 70 x 70 = 4,900) \_\_\_\_\_
4. Divide the answer to #2 by the answer to #3 (133,570 divided by 4,900 = 27.26) \_\_\_\_\_ This is your BMI.

BMI Categories:

Under 18.5 - **underweight**

18.5-24.9 - **normal weight**

25-29.9 - **overweight**

30 and above - **obese**

### Risk of Associated Disease According to BMI and Waist Size

BMI		Waist less than or equal to 40 in. (men) or 35 in. (women)	Waist greater than 40 in. (men) or 35 in. (women)
18.5 or less	Underweight	-	N/A
18.5 - 24.9	Normal	-	N/A
25.0 - 29.9	Overweight	Increased	High
30.0 - 34.9	Obese	High	Very High
35.0 - 39.9	Obese	Very High	Very High
40 or greater	Extremely Obese	Extremely High	Extremely High

Please call 304 -615- 2119 to state your results or drop your results in my church mailbox. PLEASE place the results in a **sealed envelope or hand them to me in church**.

Thank you:  
Marion



TRINITY EPISCOPAL CHURCH  
430 JULIANA STREET  
PARKERSBURG, WV 26101



NON PROFIT ORG.  
U.S. POSTAGE PAID  
Parkersburg, WV  
PERMIT #70

Return Service Requested  
Dated Material Please Deliver Promptly

## FYNE JUNQUE SALE



Are you ready to shop?  
**Friday, May 1**  
8:00 am to 3:00 pm  
Saturday, May 3 from 8:00 to noon

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**Saturday, May 2**  
8:00 am to 12:00 pm

*Lunch (hot dogs & other yummy things!) will be available for purchase both days, beginning at 11:00.*