

Trinity Topics

From the Rector's Desk . . .

By the Reverend Sherry Deets

Dear Friends,

For August I share with you a chapter from Joyce Rupp's book, *Open the Door: A Journey to the True Self* about 'oiling the hinges':

I never pay attention to the hinge on a door until it starts to squeak, or worse, when it won't close because it's damaged, rusty, or just plain dried out due to a lack of lubrication. Some doors don't have hinges, but they still need to be oiled. There's a dilapidated sliding screen door on my patio that moves well for about a month or so. Eventually, it stutters and stalls, refusing to budge no matter what names I call it or how hard I push. Then I remember the solution and get out the WD-40 oilcan. A little spray on the top and bottom of the screen door tracks and, bingo, it moves effortlessly.

The hinges on the door of the heart also require attention. We forget about them until our openness falters. We know it's time to oil the hinges when self-pity consumes us, when we consistently feel cranky about life or get stuck and unyielding in relationships. We know we are not being our best self when we think we can get by without allowing time for prayer or when we work so hard we give little time to anyone or anything else. Whenever we sense inner conflict or get into a pout, it's definitely time to oil the hinges.

Here are some basic oils that keep the hinges of our heart moving smoothly:

Prayer: We already know we need this oil. Quiet, reflective periods are essential in order to keep the hinges from getting rusty. Prayer of any form and duration assists the door's ability to open.

Trust: The door to our interior chamber will not release adequately without trust. Our heart-door requires the oil of confidence

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in divine guidance and assurance in our ability to travel to the deeper places.

Love: Love that is large, not small, that's the kind of oil a heart-door uses. The contents of this lubrication include ample amounts of generosity, other-centeredness, and a nonjudgmental attitude toward self and others. With this indispensable oil, we can do what Dawna Markova advises: Let us swing wide all the doors and windows of our hearts on their rusty hinges so we may learn how to open in love.

Patience: This oil makes it possible to not give up trying to keep the door ajar. Patience prevents our inner door from getting stuck in discouraging thoughts and feelings.

Forgiveness: Just about the time we set this oil can in the closet, a hostile person or a memory of a past hurt comes along and bluntly reminds us to keep forgiveness near at hand. A large amount of this oil may have to be applied before some doors swing freely.

Creativity: The necessity for this oil might surprise you. Its purpose is to allow our innate gifts to birth into life, thus easing the door's opening movement so we can express our genuine self.

Faithfulness: The hinges of the heart's door expect a daily lubrication of this oil. Faithfulness assures our daily efforts' continuance, even though we might think nothing is happening when we attempt to open the door.

Surrender: Sometimes it is best to stop pushing when our heart-door is unyielding and admit we need assistance to release it. Get the oil can of surrender out. Go to God and others. Ask for help.

Leisure: This oil renews our energy. Leisure clears our mind and heart. It restores our receptivity toward what happens when we open the door.

Did I miss any oil for the hinges? You might have a few more in mind. Check the hinges of your heart-door regularly. Be sure they are in good working condition so you move easily, back and forth, between the inner and outer realms of your life.

Reflect on the following: What kind of oil do the hinges on your heart-door currently need?

Meditation: Find a door in your home that has hinges. Take a look at the door. Open and close it. Notice what a gift a hinge is to that door. Stand quietly by the hinges and listen to your deeper self for a few minutes. Pay close attention to how you are loving, or not loving, yourself and others. Notice any place where you feel stuck or unable to grow. You may hear a squeak or two in your heart. Is it time for some oil? If so, decide what kind of oil you need and when you will apply it.

On the other hand, you may hear a silent sigh of peace. If so, put the oilcan away and be grateful.

Prayer:

Trusted Companion,
at certain times the door to my heart
squeaks with willful resistance.
It also gets rusty from lack of use,
refuses to budge and won't loosen.
Come with your oilcan of grace-filled love.
Release what keeps me from being true to you.
I open the door of my heart to you.
I open the door.

First Friday in Downtown Coatesville
Friday, August 4 from 5 p.m. to 8 p.m.
Trinity Open House

Trinity is delighted to join the fun of Coatesville's "First Friday" events/offerings. There are lots of pop-up shops, storefronts and restaurants open from 5 – 8 p.m. for special "First Friday" events. The first Friday in August is August 4 and Trinity will be hosting an open house. We will have hotdogs, corn hole and face painting available, along with tours of our beautiful Sanctuary and church plant. A Thistle Hills table with pottery for sale will be set up as well.

Weekday Bible Study Group
NO meetings in August and September
Resumes again in October

Healing Service via Zoom
Thursdays at Noon

We continue to offer a Healing Service via Zoom on Thursdays at Noon. The Zoom link is emailed via our Constant Contact email service on Wednesdays along with a copy of the order of service for the week. The order of service is also shared on the screen during the service itself. We commemorate a "saint" from the Episcopal Church utilizing the resource 'A Great Cloud of Witnesses' and share a little healing music from a variety of sources.

FUNDRAISING

In the immortal words of Buffalo Bob Smith as he opened the old Howdy Doody Show....."Hey, Kids, what time is it?" If you answered "It's Chicken BBQ time!", you're right!

*Hard to believe another year has passed and we are less than two weeks away from the Annual Trinity Chicken BBQ, which is one of the most anticipated and beneficial fundraising events offered at Trinity. It all happens on Sat, Aug 12 from Noon to 4pm. This year will be no exception as your fundraising team offers up a complete BBQ'd chicken dinner, which includes a whole half-chicken, corn on the cob, baked potato, cole slaw and roll and butter.....all at a reduced price of just **\$15.00!** And rumor has it that we'll be bringing "The Sultan of Slather" out of retirement to top it all off with his patented, secret, signature sauce!*

So, while your mouth is still watering, reach out to your family and friends and place their orders along with yours by contacting the church office or Pat Kirkner or myself, and be sure to let us know what time you plan on picking up your orders. It's Take-Out only, and we will provide curbside pick-up if you choose. Quantities are limited and this is open to the general community, so don't be left out.....Order NOW!!!

Oh, did I mention that none of this is possible without the efforts of members of the Trinity family? If you'd like to lend a hand in making this day a profitable one for our Trinity, contact Pat Kirkner for details. We'd love to work alongside you.

Thanks and we'll see you on Aug 12!!! Vic Shanley Chmn., Team Chicken



VETERANS BRUNCH UPDATE

What do you think about delivering 60 boxed meals to the veterans on Sunday, Sept. 24th?

It has been a struggle to return to our monthly brunch at Trinity. Not through lack of care on the part of Trinity members. We have been trying to return to how it was before Covid shutdown of 2020. We have contacted staff at the Coatesville VA Medical Center on many, many occasions. We delivered packaged meals in the past just to maintain our devotion to our veterans. We like it best when the veterans can come to Trinity so that we can interact with them and share our talents and smiles.

Because of staff shortages and interruptions at the VA, our last attempts resulted in agreement that we could hold our brunches on a quarterly basis and we joyfully served 20 veterans at Trinity in April. This should have led to a July brunch, but, once again, staffing and uncertainties disrupted that outing. VA personnel suggested bringing the meal ingredients and dishes there and serving the veterans in their outdoor pavilion area. We discussed that possibility after church on July 23 and decided that wouldn't work considering many factors. Thank you to brunch participants who came and shared on that day.

So, to benefit our veterans in some way, we can return to delivering meals on 9/24. This is doable if we can get a commitment from our usual 20 +/- volunteers. Please communicate your availability.

Respectfully, Joe Kirkner, Brunch



John Petura 5-Aug
 Susan Petura 7-Aug
 Jacqueline Heston 24-Aug
 Caroline Bentley 24-Aug
 Lisa Hartman 28-Aug
 Cheryl Robinson 29-Aug



Joe & Pat Kirkner 6-Aug
 William & Kathy Terry 8-Aug



Readers, Servers and Greeters for August 2023

Date	Readers	Psalm	Prayers
8/6	Erika Haak	Betty Sullivan	Paula Costello
8/13	Vic Shanley	Seth Haak	Minnie Kirwin
8/20	Tom Swett	Bill Terry	Greg Bentley
8/27	Pat Bush	Deborah Murray	Chris Haak

August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		AA 7PM	Bible Study 7-9PM Stone Hall	Kitchen Rented	Trinity Open House First Friday 5-8PM Kitchen Rented	SH Rented
6	7	8	9	10	11	12
		AA 7PM	Bible Study 7-9PM Stone Hall	Noon Healing Service via Zoom Kitchen Rented		Chicken BBQ
13	14	15	16	17	18	19
		AA 7PM	Bible Study 7-9PM Stone Hall	Noon Healing Service via Zoom Soundscapes Fundraiser 5PM-9PM	Kitchen Rented	SH Rented
20	21	22	23	24	25	26
		AA 7PM	Bible Study 7-9PM Stone Hall	Noon Healing Service via Zoom	Kitchen Rented	SH Rented
27	28	29	30	31		
SH Rented		AA 7PM	Bible Study 7-9PM Stone Hall	Noon Healing Service via Zoom Kitchen Rented		

CHURCH OF THE TRINITY
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For more information

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Mission Statement

**Church of the Trinity is a
congregation rooted in the
faith and love of Christ, unified
in diversity, seeking to grow
and nourish the Trinity family
and our Coatesville
community.**

Service Schedule

Holy Eucharist
Sundays 9:30 AM
Thursdays 12:00 PM

Jamoca Harkins,
Parish Administrator
Parish Office Hours
Monday-Thursday: 530PM-8PM

THE EPISCOPAL
CHURCH OF THE TRINITY
323 East Lincoln Highway
Coatesville, Pennsylvania
19320-3409

Church School
Sundays 9:15 AM