

# Trinity Topics

## From the Rector's Desk . . .

By the Reverend Sherry Deets

Dear Friends,

In this Easter season our lectionary brings us stories of new life, of resurrection life. Resurrection involves change, transformation. It involves endings and beginnings. I am reading a book entitled *The Five Invitations: Discovering What Death Can Teach Us About Living Fully* by Frank Ostaseski. I share a little excerpt from the chapter, "Mind the Gap" that I found fascinating:

*During an intensive retreat focused on impermanence, a student noticed the endings of each and every experience. A faded rose along the walking path reminded her of how beautiful the new bloom had been just days before. When she met with me in an interview, she complained, "Everything dies! It is so sad."*

*I replied, "It's true all things change. 'Sad' is the story you tell yourself."*

*The way we end one experience shapes the way the next one arises. Clinging to the old makes it difficult for something new to emerge.*

*Breath offers us an opportunity to study our relationship with endings in an intimate way. Breathing is a living process, constantly changing and moving in cycles—inhale, pause, exhale, pause. Every breath has a beginning, middle, and end. Every breath goes through a process of birth, growth, and death. Breathing is a microcosm of life itself.*

*We sense the journey of the breath from the tip of the nose all the way down the throat and into the pit of the belly. There we observe the subtle moment of transformation when the inhale becomes the exhale.*

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*Breathing only happens in real time. It always occurs in the here and now. This is what makes it such a powerful vehicle for direct insight. Often, we think of the present moment only as a stepping stone on our way to some future goal. But actually, life can only be lived in the present, not in the past or in the future. And this present moment is the only place where we can rest.*

### **Weekday Bible Study Group at Trinity Episcopal Church**

Beginning Wednesday Evening, May 3rd, 2023, the Bible Study will be meeting in the Parish Hall on Wednesday Evenings from 7:00 pm - 9:00 pm. Bring your Bible and the required text - "A More Christlike Word" by Brad Jersak. This can be ordered from [amazon.com](https://www.amazon.com) in paperback or online version. Read the text through Part 1 Chapter 1 'He Grew A Beard.' You may also want to bring a notebook and something to write with.

Please join us as we study our sacred scriptures and deepen our relationship to the Word of God together.

*"Blessed Lord, who caused all holy Scriptures to be written for our learning: Grant us so to hear them, read, mark, learn, and inwardly digest them, that we may embrace and ever hold fast the blessed hope of everlasting life, which you have given us in our Savior Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, for ever and ever." Amen. (The Prayer Book Collect for Proper 28 - The Sunday closest to November 16)*

### **Vestry Meeting**

Our next Vestry meeting is scheduled for Sunday, May 21 at 11 a.m. in Stone Hall.

### **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.



Carl Croft	2-May
Michael Fazio	5-May
Beatrix Kirwin	6-May
Connor McWilliams	11-May
Greg Bentley	12-May
Tony Carroll	12-May
Donald Carron	16-May
Hailey Crane-Grubb	17-May
Jack McGovern	24-May
Zoe McGovern	24-May
Debra Tillotson	27-May
Kathleen Deets Price	28-May
Beth Fazio	29-May
Alfred Carey Sr	30-May



Jennifer & Joshua Grubb	17-May
John & Minnie Kirwin	26-May

## May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
		Deanery Clericus@ St John's 12:30PM  AA 7PM	Bible Study 7-9PM Stone Hall	Kitchen Rented  Noon Healing Service via Zoom		SH Rented
7	8	9	10	11	12	13
SH Rented		AA 7PM	Bible Study 7-9PM Stone Hall	Noon Healing Service via Zoom		SH Rented & Kitchen
14	15	16	17	18	19	20
Mother's Day		AA 7PM	Bible Study 7-9PM Stone Hall	Noon Healing Service via Zoom		
21	22	23	24	25	26	27
SH Rented		AA 7PM	Bible Study 7-9PM Stone Hall	Noon Healing Service via Zoom		SH Rented
28	29	30	31			
	Office Closed  Memorial Day	AA 7PM	Bible Study 7-9PM Stone Hall			



### Readers, Servers and Greeters for May 2023

Date	Readers	Psalm	Prayers
5/7	Paula Jennings	Deborah Murray	Chris Haak
5/14	Betty Sullivan	Minnie Kirwin	Greg Bentley
5/21	Seth Haak	Erika Haak	Tom Swett
5/28	Vic Shanley	Bill Terry	Paula Jennings

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

**For more information**

**contact:**

**The Reverend Sherry Deets, Rector**

**610-384-4771**

**trinitycoates@aol.com**

**Website:**

**www.trinitycoatesville.org**

**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**