



Trinity Topics

From the Rector's Desk . . .

By the Reverend Sherry Deets

Dear Friends,

Welcome Spring and welcome to our meaningful Holy Week services and Easter celebration.

This month, I am sharing an excerpt from Roger Hutchison's book, *The Art of Calm: Spiritual Exercises for the Anxious Soul*. In section 18, "Christ, be with me. I'm not feeling brave. Christ, be with me." Roger discusses the concept of being strong. Becoming brave involves learning to tolerate the fear we experience. Sometimes, we seek the courage of a superhero like Superman. Here is Roger:

I love a good hero story.

In sagging blue tights and wrinkled red cape, I, along with many of you (Don't be shy!), would leap over tall buildings, save the pretty woman from the evil villain, and come crashing down onto our collective childhood bedroom floors with a loud thud. I would then climb back up on the bed, hold my cape out, stare straight ahead, and take flight . . . if only for an instant. Superman was my hero. He had superpowers and he could still be cool even when wearing tights!

And then, Superman broke his neck.

How could this be? Superman was able to fly over mountains, zoom through the ocean, and soar through space. Superman even stopped a meteorite from destroying the earth. He did this with his own bare hands. While riding a horse, Superman broke his neck. His body came crashing down. Only this time, he could not get back up.

It seemed as if the evil villain might win.

INSIDE THIS ISSUE:

The Rector's Desk	1-2
Vestry Meeting	2
Holy Week & Easter 2025	3
Guest Preacher	3
Thursdays at Noon	3
Community News	4-5
Easter Flower Order Form	5
Birthdays & Anniversaries	6
Readers, Servers & Greeters	6
Calendar of Events	7
Mission Statement & Contact Information	8

I fear that we have turned God into Superman. We are so quick to call on God to rescue us, to save us from the evil villain, to appear, cape and all, only when we need God. . . and then, when something goes wrong, or when we feel that God has failed us, we take God and angrily throw God back into the toy box and pull God out again when we are ready to play.

*I thought that evil was going to win. Superman was never going to fly again. What will we ever do? . . . and then he was there. . . in a wheelchair, body broken, red cape put away. Superman was back and he was ready to fight. He was not going to let evil win. He was not going to let the world forget about people who, like himself, may never walk (or fly) again. He became the voice—their voice—and it was hope that took flight. That is when he became **real**.*

*Not until body broken, spirit exhausted did God become **real** and walk among us. Superman was put back on the shelf for another day, and Jesus came and dwelt among us. There was no special lighting, make-up, or body doubles.*

Let's be real. Let's not look only to the sky for rescue. Let's look into the faces of our brothers and sisters, and there we will see the true definition of courage.

Invitation

Courage doesn't always look like it might in the movies or in a fairy tale. Courage doesn't always have big muscles and a chiseled jaw. Courage is often quiet and tender. There are countless examples of this type of courage. These are folks who do what's right, and they keep doing it, regardless of the risk to themselves or their personal self-interest.

You are invited to approach this day with a simple mantra—"Today, I choose to live with courage." You are also invited to come up with a mantra or affirmation of your own choosing.

Vestry Meeting Sunday, April 13 at 11 a.m.

The regular monthly Vestry meeting is scheduled for Sunday, April 13 at 11 a.m. (after grabbing some coffee hour goodies) in the social hall. Our usual third Sunday meeting happens to be Easter, so we are moving the meeting up a week.

Congrats to our newly elected and re-elected Vestry members, Pat Bush, Al Carey, Chris Haak and Stacey Heston. Our Diocesan/Deanery Delegates are: Pat Kirkner, Chris Haak and Betty Sullivan.

HOLY WEEK and EASTER 2025

April 13 The Sunday of the Passion: Palm Sunday **9:30 AM**

**The Liturgy of the Palms; Dramatic reading of the
Passion and the Holy Eucharist**

April 17 Maundy Thursday 7:00 PM

Agape in Stone Hall

with The Washing of Feet *(optional)*
The Stripping of the Altar

April 18 The Good Friday Liturgy 7:00 PM

April 20 Easter Sunday 9:30 AM

Guest Cellist, Lauren Blackwell

Special Guest Preacher
Kevin Ressler
Sunday, April 27

We are excited to once again welcome Kevin Ressler, current CEO of the Alliance for Health Equity, to Trinity to share God's word with us. Kevin is also minister in the Mennonite tradition and brings a wealth of wisdom and experience to the Coatesville community. Join us for service and coffee hour afterward!

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.

Community News- April 2025

Coatesville Gathering for Community Health and Support: April 16th 6-8pm at 744 East Lincoln Hwy, Coatesville 4th floor Conference room.

National Alliance on Mental Illness (NAMI) upcoming events: Sara Wein spoke to our congregation last May at coffee hour. These are no cost programs offered this spring.

NAMI Family-to-Family Spring 2025 (Phoenixville) - a no-cost, 8-week program for adult family members, significant others, and friends of individuals with mental health conditions. This evidence-based program helps improve coping and problem-solving skills for those closest to someone with a mental health condition. The class will be held in-person in Phoenixville on Wednesday evenings, March 26th through May 21st, from 6:00 PM to 8:30 PM (no class on April 16th).

Sharing Hope April 2025 NAMI has partnered with the Coatesville NAACP to present Sharing Hope! Sharing Hope is a program for Black and African Ancestry communities to have a safe space to talk about mental health and wellness. Sharing Hope promotes awareness, explores signs and symptoms of mental health conditions, and provides guidance on how and where to find help.

- **In-person option:** Bethany AME Church in Parkesburg on Wednesday evenings (4/2, 4/9, and 4/23) from 6-7:30pm, with dinner included. Register here: <https://namichescopa.org/event/sharing-hope-4-2-bethany-ame/2025-04-02/>
- **Virtual option:** Zoom on Friday evenings (4/4, 4/11, and 4/25) from 6-7:30pm. Register here: <https://namichescopa.org/event/sharing-hope-a-community-conversation-on-emotional-wellness-in-the-black-community-virtual-3/2025-04-04/>

CCIU Early Head Start Program: “We're actively providing full time Early Education supports to eligible families with children from 6 weeks- 3 years of age within our 18 partnering centers. The EHS-CCP program supports the whole family through integrated services focusing on growth and development, goal development, mental and physical health and wellbeing of the whole family....” For more info contact Kelsey Houdeshel at P: 484-473-4583 | E: kelseyh@cciu.org

Coatesville Community Health Fair: Sunday, April 13th, 12:00-4:00 at the Coatesville Senior High School. Free to all ages Give-aways & Raffles, Interactive activities

Chester Co Hospital Wellness programs: to register call 610-738-2300

Weds, April 2nd Breathe, Move, Thrive 6-7:30 at ACAC

- [Tues, Apr. 8th, 6:00 – 7:30 PM – From Trauma to Hope & Resilience \(at 2nd Century Alliance\)*](#)
- [Weds, Apr. 16th, 1:00 – 2:30 PM – Monthly BP Screenings \(at Brandywine Valley Active Aging – BVAA\)](#)

- ☐ Sat, Apr. 26th, 11:00 AM – 12:15 PM – Hands-Only CPR and AED Training (at 2nd Century Alliance)*
- ☐ Mon, Apr. 28th, 4:00 – 6:30 PM BY APPOINTMENT – Heart Tracks Cardiovascular Screening (at Community Youth & Women's Alliance – CYWA)*

April 23rd 6-7pm via zoom Topic: **The Knee** Orthopedic surgeon will discuss surgical and non-surgical treatments for knee pain.

Bridges Out of Poverty May 2nd 9-12:30pm at Greater Deliverance Outreach, 800 South 1st Ave. Coatesville

Contact Liz Hulse at liztrinity323@gmail.com if you have questions about any of this information



EASTER MEMORIAL FLOWERS 2025

This year again, we will be ordering a variety of flowers to decorate for Easter. If you are interested in placing memorial flowers in the church, please fill in your name, phone number and how many flowers you are ordering along with the name of the person(s) placed in memory of. The suggested donation is a minimum of \$13.50. Make checks payable to Church of the Trinity and return this order form with your payment to the parish office by April 13th .

NAME _____

PHONE NUMBER _____

NUMBER OF PLANTS ORDERED _____

NAME/S OF PERSON/S PLACED IN MEMORY OF _____



Nina Thompson	1-Apr	Meg & Dev Devereux	12-Apr
Evelyn Carey	2-Apr	Robert, Jr. & Sarina Baynard	13-Apr
Lily Fazio	2-Apr	Victor III & Jacqueline Shanley	24-Apr
Gail Craven	4-Apr		
Sherry Deets	7-Apr		
Diane Evans	7-Apr		
Stacey Heston	10-Apr		
Alfred Carey Jr	11-Apr		
Robert Baynard Sr	14-Apr		
Jodi Bakshas	15-Apr		
Barbara Combs	21-Apr		
Joshua Grubb	28-Apr		

Readers, Servers and Greeters for April 2025

Date	Readers	Psalm	Prayers
4/6	Erika Haak	Bill Terry	Pat Bush
4/13	TBD	TBD	Deborah Murray
4/20	Minnie Kirwin	Kent Nation	Paul Shidlowksi
4/27	Greg Bentley	James Gaddy	Chris Haak

April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		AA 7PM		Healing Service 12noon		
6	7	8	9	10	11	12
	Bible Study 1130AM	AA 7PM		Healing Service 12noon		SH Rented
13	14	15	16	17	18	19
Palm Sunday ***** Vestry Meeting	Bible Study 1130AM	AA 7PM		Healing Service 12noon ***** Maundy Thursday 7PM Service	Good Friday 7PM Service	
20	21	22	23	24	25	26
Easter Sunday	Bible Study 1130AM	AA 7PM		Healing Service 12noon		SH Rented
27	28	29	30			
	Bible Study 1130AM	AA 7PM				

THE EPISCOPAL 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

Church School
Sundays: 9:15 AM

Healing Service
Thursdays via Zoom:
12:00 PM

Jamoca Harkins,
Parish Administrator

Parish Office Hours:

Monday - Thursday: 4-7 PM