



**AUGUST 2018**

# TRIBUNE

*Holy Trinity Episcopal Church*

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## WHOLE CHURCH **FAMILY NIGHT**

**FOOD, FELLOWSHIP & FAITH FORMATION  
FOR THE WHOLE CHURCH FAMILY!**

## **WEDNESDAY EVENINGS BEGINNING AUGUST 22**

|                  |              |   |
|------------------|--------------|---|
| <b>Schedule:</b> | 5:30 - 6:00p | Evening Prayer in the Church: Read scripture, pray, and sing                |
|                  | 5:00 - 6:00p | Trinity Ringers Bell Choir Rehearsal  |
|                  | 6:00 - 6:45p | Buffet Dinner available in the Parish Hall                                  |
|                  | 6:15 - 7:45p | Frolic (Nursery Care)   |
|                  | 6:30 - 7:45p | LiftUp Young Lives; Family Choir Rehearsal, Treasure Kids Club, Youth Group |
|                  | 6:45 - 7:45p | Adult Bible Study   |

**FAITH  
FORMATION  
PROGRAMS  
FOR ALL  
AGES!**

**ENJOY A  
DELICIOUS MEAL  
PREPARED BY  
CHEF DANIEL  
FARR!**

**Sign  
up for  
dinner in the  
Narthex starting  
August  
4/5.**

**For more details about Whole Church Family Night (WCFN), see page 4.**

# Magnetic Church

Welcome one another, therefore, just as Christ has welcomed you, for the glory of God.

*Romans 15:7*

## Magnetic Programs

Welcome to August and the launch of Sunday School for children and youth on Sunday, August 12, followed by the launch of Whole Church Family Night on Wednesday, August 22. KC Crawley, Director and Children, Youth and Family Ministries has magnetic programs planned for our young people to draw them closer to each other, closer to Jesus, and encourage them to bring friends. Chef Daniel Farr will be back in the kitchen with his fabulous dinners. Rev. Meghan Farr will be leading an adult Bible study on Wednesday nights that will raise some eyebrows and I (Rev. Pam) will be starting a new series on the Minor Prophets every Monday morning. Holy Trinity is also launching LiftUp Young Lives, an incredibly ambitious outreach project (see p. 3). Family Choir and Bell Choir continue to rehearse on Wednesday evenings. There is truly something for everyone!

## Magnetic Worship

30 minutes of our Whole Church Family Night are devoted to worship. This fall we are trying something now based on something centuries old. Our 5:30pm evening worship will follow the traditional format of Evening Prayer. It focuses on reading Scripture, praying together, and singing. There is no sermon. The most exciting part for me is that we will be teaching some of our youth and adult lay leaders to lead this service.

Our 11:15am service on Sundays will also soon have a new format. We are truly grateful for the music of CW Sorrows for these past four years. He is stepping down from his role as Worship Music Leader in order to spend more time with his wife. There will be a reception in CW's honor at Coffee Hour on Sunday, August 5. We are pleased to announce that beginning August 12, Justin Clermont will be the new Worship leader at the 11:15am service. It will continue to be a Rite 1 service, but it will incorporate new opportunities for musicians and utilize a new format that we hope will make this service more accessible to newcomers. Justin is already a key member of our church staff as the Worship leader for the Saturday 5pm service, the musician for the Wednesday 5:30pm service and the leader of our Treasure Kids Choir. Please extend a warm welcome to Justin and his wife, Enie, at the 11:15am service on Sundays.

## Magnetic People

The most important way for our church to be magnetic is, of course, you – the member or friend reading this article. Most people who join a church or find a deeper faith in Jesus Christ, do so because a friend invites them to church and shares a bit of their faith. National Back to Church Weekend is September 15 and 16. We will be delighted to welcome your friends at all services that weekend. But you don't have to wait that long. You can invite a friend to join you in worship any weekend. And I even have a small reward for those who do this. I brought back 14 olive wood magnets from Bethlehem earlier this year. The first 14 people who bring a friend to church for any of our weekend worship services will receive one of these magnets. Just introduce me to your friend at The Peace and I will give you a magnet. You can place it on your refrigerator to remind you to be a magnetic Christian and welcome a neighbor or friend into your life of faith in Jesus Christ. I am excited to meet all the new friends at church!

God bless you!

*Rev. Pam*

# LIFTUP

## YOUNG LIVES

EMPOWERING FUTURE GENERATIONS

## LIFTUP NEWS!

LiftUp Young Lives is a new program created by caring individuals at Holy Trinity. It is a program that will empower teens and young adults who are either aging out of foster care or who are troubled/homeless.

**LIFTUP IS LAUNCHING!** On July 22, *LiftUp Young Lives* started the 30 Day Countdown until the program launches on August 22! Please stop by our table in the Narthex to learn what is happening as we prepare to equip and empower teens and young adults with the skills and mind-set to thrive!

**VOLUNTEERS NEEDED:** Your time can be as little or as much as you want. It is not expected that you are present for each session. You've heard the saying, "many hands make light work"... same is true here. You can sign up to teach one or more classes, or bring snacks to one or more sessions, it is up to you. We need volunteers in these areas:

- Teaching
- Mentoring
- Organize /participate in special events
- Organize snacks for our programs
- Act as spiritual counselor when needed
- Seek auto sponsors and mechanics to provide student vehicles
- Plan and help organize fundraising events
- Teach a class on automobile mechanics, maintenance and tips

There are so many opportunities to use your talents and abilities to help these young adults. Our next volunteer training is session is August 15 in Lewis Hall. If interested e-mail Deacon Stacey Westphal or Lisa Soloway at [liftupyounglives@gmail.com](mailto:liftupyounglives@gmail.com).

## SAVE THE DATES!

- Wednesday, August 15 at 6:30pm in Lewis Hall, Leadership Training for teachers and mentors
- Thursday, September 13 at 12:00pm: LiftUp Community Luncheon and informational meeting in the Parish Hall
- Saturday, September 29 - Ravenwood Masquerade Murder Mystery Dinner
- Saturday, November 10 - LiftUp Golf Tournament - See Pete Soloway, Becky Crews or Lisa Soloway if you can help on the committee

*Details coming soon!*

**AMAZON SMILE FOR LIFTUP!** Every Little Bit Counts – for LiftUp Young Lives: So far I have generated \$16.65 for LiftUp Young Lives by virtually doing nothing other than ordering items on AmazonSmile. If you order from Amazon, choose AmazonSmile ([www.smile.amazon.com](http://www.smile.amazon.com)) and select "Holy Trinity Episcopal Church of Melbourne, Florida". (Please note that there are many "Holy Trinitys" on the list, so be careful to find ours!) The Vestry has allocated the monies earned from AmazonSmile to go to LiftUp Young Lives. Can you imagine if 100 people generated \$16.65? Wow, every little bit helps, and it doesn't impact your pocketbook. Please... next time you order from Amazon – think Smile, and then select "Holy Trinity Episcopal Church of Melbourne, Florida". Thank you!

*Thank you for your support and for spreading the word in the community as our ambassadors. If you have any questions please e-mail Deacon Stacey Westphal or Lisa Soloway at [liftupyounglives@gmail.com](mailto:liftupyounglives@gmail.com).*

**WHOLE  
CHURCH**  
**FAMILY NIGHT**

Whole Church Family Night (WCFN) is an opportunity for the Holy Trinity parish family to be more whole. You can meet people who attend a different weekend service, spend time with friends, and connect with God in the middle of the week. There will be a gentle 30-minute prayer service to help with the stress of life, a delicious meal, and opportunities to go deeper in your faith. And WCFN is for all ages... the "Whole Church Family" at Holy Trinity!

**PRAYER SERVICE (5:30-6:00pm):** Come to the church for 30 minutes of scripture, prayer and music. The service (based on "Evening Prayer" from the BCP) will be led by one of the priests or a member of our worship team.

**TRINITY RINGERS BELL CHOIR REHEARSAL (5:00-6:00pm):** Holy Trinity's hand bell choir enriches the worship at the 9:00am service. The rehearsal is in the Lou West Music Room in Pearson Hall.

**BUFFET DINNER (6:00-6:45pm):** Enjoy a delicious meal prepared by Chef Daniel Farr and fellowship with your church family. RSVP in the Narthex or by call the church office (321-723-5272). Here are the August meals:

August 22: Sloppy Joes with tater tots, salad and dessert

August 29: Shepherd's Pie, salad and dessert

**FROLIC NURSERY CARE (6:15-7:45pm): LITTLE STEPS FOR BIG FAITH!** A program for our youngest children at Holy Trinity takes place during WCFN on Wednesdays during the school year. Much more than just childcare, this program is for those children 3 years and younger and takes place in the church nursery. The children will explore basic stories of the Bible in a fun, playful environment!

**LIFTUP YOUNG LIVES: EMPOWERING FUTURE GENERATIONS (6:30-7:45pm):** LiftUp Young Lives is a new program created by caring individuals at Holy Trinity. The program will empower teens and young adults who are either aging out of foster care or who are troubled/homeless. They will meet in Lewis Hall. If you have any questions please e-mail Deacon Stacey Westphal or Lisa Soloway at [liftupyounglives@gmail.com](mailto:liftupyounglives@gmail.com).

**TREASURE KIDS CLUB (6:30-7:45pm):** Treasure Kids Club (TKC) is our midweek program for children in VPK – 6<sup>th</sup> grade. TKC activities include Bible time with the Rectors, music, crafts and games! TKC is a great opportunity to get your kids involved in a faith community where they can build and strengthen positive relationships with Christ and friends. To help us plan, you can download the registration form online at [www.HolyTrinityMelbourne.org](http://www.HolyTrinityMelbourne.org) or contact Megan Paauwe at [mpaauwe@holytrinitymelbourne.org](mailto:mpaauwe@holytrinitymelbourne.org).

**YOUTH GROUP (6:30-7:45pm):** The middle and high school students are encouraged to bring their own faith questions to be discussed with insights from the Bible in a safe group. After the discussion there will be games and fellowship. Youth Group meets in Lewis Hall.

**FAMILY CHOIR REHEARSAL (6:30-7:45pm):** The choir provides musical leadership in the 9:00am service. The rehearsal is in the Lou West Music Room in Pearson Hall. Come and sing to the glory of God!

**ADULT BIBLE STUDY (6:45-7:45pm):** Adult Bible Study will take place in the Parish Hall, and will cover a variety of topics led by a variety of priests or special guests. The first Bible study series will begin August 22. Join us for Sandra Glahn's *Java with the Judges*, a six-week look at the difficult Book of Judges. You may know the stories of Deborah, Gideon and Samson, or so you think. What about Othniel, Ehud, and Jephthah? Judges can be violent and off-putting, giving even Game of Thrones a run for its money. And yet, as Holy Scripture, Judges can, and does, speak important truths to us today. For more information e-mail Rev. Meghan Farr at [revmeghan@holytrinitymelbourne.org](mailto:revmeghan@holytrinitymelbourne.org).





## REV. PAM'S BIBLE STUDY: Series on The Minor Prophets

On August 6, Rev. Pam will begin a new Bible Study on The Minor Prophets. They meet on **Mondays at 11:00am in Lewis Hall**, and all are welcome! Questions? See Rev. Pam. Here is the schedule:

August 6 – Hosea  
August 13 – Amos  
August 20 – compare and contrast Hosea and Amos  
August 27 – Joel  
September 3 – Labor Day, no meeting  
September 10 – Obadiah  
September 17 – no meeting  
September 24 – no meeting

October 1 – Jonah  
October 8 – Micah  
October 15 – Nahum  
October 22 – Habakkuk  
October 29 – Zephaniah  
November 5 – Haggai  
November 12 – Zechariah  
November 19 – Malachi



## Travel to the Holy Land with Rev. Pam & Fr. Steve: June 3-12, 2019

Fr. Steve and Rev. Pam invite you to join them on a trip to the Holy Land June 3 - 12, 2019. We will walk in the footsteps of Jesus from the northern parts of the Galilee – Tel Dan, Caesarea Philippi – to the area around the Sea of Galilee to Bethlehem, Jericho and Jerusalem. Qumran, Masada and a visit to the Dead Sea are included in this unique itinerary. Our first night will be on the Mediterranean Sea in Netanya followed by nights in downtown Tiberias and in Jerusalem. Also included are visits to Yad Vashem (Holocaust History Museum) and the Israel Museum. Enhance your journey by adding an optional extension. Pricing starts at \$3,796. If interested in going, please speak with Rev. Pam or Fr. Steve, or pick up a brochure in the Narthex, Gallery or church office, or visit our website.

# Holy Trinity Events Co

| Sunday  | Monday  | Tuesday   | Wednesday  |
|---|---|---|--|
| <div> <b>GUIDE:</b><br/>           (Church) = Main Church      (Pearson) = Pearson Hall<br/>           (LH) = Lewis Hall      (Chapel) = Historic Chapel<br/>           (PH) = Parish Hall      (PR) = Prayer Room (Gallery)<br/>           (LWR) = Lou West Music Room in Pearson Hall         </div>  |   |   | <b>1</b><br>7:00a - Holy Eucharist (Church)<br>9:15a - Small Group (Church)<br>10:30a - HE / Healing Ministry (Church)<br>11:30a - Bible Study (Church)<br>5:00p - Handbell Tra (Church)<br>6:30p - Choir Practi (Church)  |
| <b>5</b><br>7:30a - Holy Eucharist Rite I (Church)<br>8:15a-12:45p - BP Screenings (Narthex)<br>9:00a - Holy Eucharist Rite II (Church)<br>9:15a - Children's Chapel (Nursery)<br>10:30a - Coffee Hour and Reception for CW Sorrows (PH)<br>11:15a - Holy Eucharist Rite I (Church)   | <b>6</b><br>9:30a - Flower Arranging (FR)<br>11:00a - Bible Study (LH)<br>2:00p - Exercise Class (LH)<br>6:00p - Yoga for Health (LH)<br>6:15p - HTEC Foundation Board (LH) | <b>7</b><br>Co-Rectors' Day Off<br>11:00a - Coloring the Scriptures (LH)  | <b>8</b><br>7:00a - Holy Eucharist (Church)<br>10:30a - HE / Healing Ministry (Church)<br>11:30a - Bible Study (Church)<br>5:00p - Handbell Tra (Church)<br>6:30p - Choir Practi (Church)<br>6:30p - Buildings & Grounds (Church)  |
| <b>12 SUNDAY SCHOOL KICK-OFF</b><br>7:30a - Holy Eucharist Rite I (Church)<br>9:00a - Holy Eucharist Rite II (Church)<br>9:15a - Children's Chapel (Nursery)<br>10:00a - Holy Eucharist (Buena Vida)<br>10:30a - Sunday School Kick-Off (Pearson)<br>10:30a - Youth Sunday School (LH)<br>10:30a - Health Forum (PH)<br>11:15a - Holy Eucharist Rite I (Church) | <b>13 NEWSLETTER DEADLINE</b><br>9:30a - Flower Arranging (FR)<br>11:00a - Bible Study (LH)<br>2:00p - Exercise Class (LH)<br>6:00p - Yoga for Health (LH)                  | <b>14</b><br>Co-Rectors' Day Off<br>11:00a - Coloring the Scriptures (LH)<br>4:00p - Chair Yoga (LH)  | <b>15</b><br>7:00a - Holy Eucharist (Church)<br>10:30a - HE / Healing Ministry (Church)<br>11:30a - Bible Study (Church)<br>5:00p - Handbell Tra (Church)<br>6:30p - Choir Practi (Church)<br>6:30p - Youth Group (Church)<br>6:30p - LiftUp Leaders (Church)  |
| <b>19</b><br>7:30a - Holy Eucharist Rite I (Church)<br>9:00a - Holy Eucharist Rite II (Church)<br>9:15a - Children's Chapel (Nursery)<br>10:30a - Kitchen Training (PH Kitchen)<br>10:30a - Sunday School (Pearson)<br>10:30a - Youth Sunday School (LH)<br>11:15a - Holy Eucharist Rite I (Church)   | <b>20</b><br>9:30a - Flower Arranging (FR)<br>11:00a - Bible Study (LH)<br>2:00p - Exercise Class (LH)<br>6:00p - Yoga for Health (LH)                                      | <b>21</b><br>Co-Rectors' Day Off<br>10:00a - Daughters of the King (LH)<br>11:00a - Coloring the Scriptures (LH)<br>4:00p - Chair Yoga (LH) | <b>22 WHOLE CHURCH</b><br>7:00a - Holy Eucharist (Church)<br>10:30a - HE / Healing Ministry (Church)<br>11:30a - Bible Study (Church)<br>5:00p - Trinity Ring (Church)<br>5:30p - Prayer Servi (Church)<br>6:00p - Buffet Dinne (Church)<br>6:30p - Choir Practi (Church)<br>6:30p - Church Club (Church)<br>6:30p - LiftUp Young (Church)<br>6:45p - Adult Bible S (Church) |
| <b>26</b><br>7:30a - Holy Eucharist Rite I (Church)<br>9:00a - Holy Eucharist Rite II (Church)<br>9:15a - Children's Chapel (Nursery)<br>10:30a - Sunday School (Pearson)<br>10:30a - Youth Sunday School (LH)<br>11:15a - Holy Eucharist Rite I (Church)   | <b>27</b><br>9:30a - Flower Arranging (FR)<br>11:00a - Bible Study (LH)<br>2:00p - Exercise Class (LH)<br>6:00p - Yoga for Health (LH)                                      | <b>28</b><br>Co-Rectors' Day Off<br>10:00a - Prayer Shawl Ministry (LH)<br>11:00a - Coloring the Scriptures (LH)<br>4:00p - Chair Yoga (LH) | <b>29 WHOLE CHURCH</b><br>7:00a - Holy Eucharist (Church)<br>10:30a - HE / Healing Ministry (Church)<br>11:30a - Bible Study (Church)<br>5:00p - Trinity Ring (Church)<br>5:30p - Prayer Servi (Church)<br>6:00p - Buffet Dinne (Church)<br>6:30p - Choir Practi (Church)<br>6:30p - Church Club (Church)<br>6:30p - LiftUp Young (Church)<br>6:45p - Adult Bible S (Church) |

# Calendar: August 2018

| Wednesday   | Thursday  | Friday  | Saturday  |
|---|---|---|---|
| <p>ist (Church)<br/>Healing Prayer (Church)<br/>g (Church)<br/>r (LH)<br/>aining (LWR)<br/>ce (LWR)</p>   | <p><b>2</b><br/>9:30a - Staff Meeting</p>   | <p><b>3</b><br/>Assistant Rector's Day Off<br/><br/>6:00p - St. Cuthbert's Beer<br/>Brewing (Rectory)</p> | <p><b>4</b><br/><br/>3:30p - Accidental Grace Practice<br/>4:30-6:30p - BP Screenings (Narthex)<br/>5:00p - Holy Eucharist (Church)</p> |
| <p>ist (Church)<br/>g (Church)<br/>r (LH)<br/>aining (LWR)<br/>ce (LWR)<br/>Grounds (LH)</p>  | <p><b>9</b><br/>9:30a - Staff Meeting<br/><br/>5:30p - Finance (LH)<br/>6:30p - Vestry Meeting (LH)</p> | <p><b>10</b><br/>Assistant Rector's Day Off</p>   | <p><b>11</b><br/><br/>3:30p - Accidental Grace Practice<br/>5:00p - Holy Eucharist (Church)</p>   |
| <p>ist (Church)<br/>g (Church)<br/>r (LH)<br/>aining (LWR)<br/>ce (LWR)<br/>o (LH)<br/>ership Training (LH)</p>   | <p><b>16</b><br/>9:30a - Staff Meeting (LH)<br/><br/>6:00p - Health Ministry Team (LH)</p>              | <p><b>17</b><br/>Assistant Rector's Day Off</p>   | <p><b>18</b><br/><br/>3:30p - Accidental Grace Practice<br/>5:00p - Holy Eucharist (Church)</p>   |
| <p><b>CH FAMILY NIGHT</b><br/>ist (Church)<br/>g (Church)<br/>r (LH)<br/>ers (LWR)<br/>ce (Church)<br/>er (PH)<br/>ce (LWR), Treasure Kids<br/>(h), Youth Group (LH);<br/>g Lives (LH)<br/>Study (PH)</p> | <p><b>23</b><br/>9:30a - Staff Meeting (LH)</p>   | <p><b>24 NEWSLETTER FOLDING</b><br/>Assistant Rector's Day Off</p>  | <p><b>25</b><br/><br/>3:30p - Accidental Grace Practice<br/>5:00p - Holy Eucharist (Church)</p>   |
| <p><b>CH FAMILY NIGHT</b><br/>ist (Church)<br/>g (Church)<br/>r (LH)<br/>ers (LWR)<br/>ce (Church)<br/>er (PH)<br/>ce (LWR), Treasure Kids<br/>(h), Youth Group (LH);<br/>g Lives (LH)<br/>Study (PH)</p> | <p><b>30</b><br/>9:30a - Staff Meeting (LH)</p>   | <p><b>31</b><br/>Assistant Rector's Day Off</p>   |   |

# CHILDREN & YOUTH

## TREASURE KIDS CLUB IS BACK!!

Treasure Kids Club (TKC) will kick off on Wednesday, August 22, as part of our Whole Church Family Night. TKC is our midweek program for children in VPK – 6<sup>th</sup> grade. TKC activities will take place after dinner, from 6:30 - 7:35pm, and include Bible time with the rectors, music, crafts and games! TKC is a great opportunity to get your kids involved in a faith community where they can build and strengthen positive relationships with Christ and friends. To help us plan, you can download the registration form online at [www.HolyTrinityMelbourne.org](http://www.HolyTrinityMelbourne.org) or contact Megan Paauwe at [mpaauwe@holyltrinitymelbourne.org](mailto:mpaauwe@holyltrinitymelbourne.org).



SUNDAY  
SCHOOL  
KICKOFF



## Sunday School Kickoff!

Join us for games, door prizes, snacks and most importantly, to REGISTER for Sunday School!

**Who:** Parents and Kids ages 3 years through 6th grade

**What:** Register for the 2018/19 Sunday School Year

**When:** Sunday, August 12 at 10:30am

**Where:** Upstairs Pearson Hall

**Why:** To reconnect with friends, have tons of fun, and commit to a new year of faith development!



## Sunday, August 12 – Sunday Youth Group Resumes!

Join Benjamin and other super, awesome adults as we study, contemplate and discuss the Gospel lesson each week. Sign up to share your favorite snack with us at

[www.SignUpGenius.com/go/70A0E4BABA823AB9-sunday](http://www.SignUpGenius.com/go/70A0E4BABA823AB9-sunday)

- **Wednesday, August 15: Wednesday Night Youth resumes at 6:30pm!** School is back in session, so let's get going! Parents should plan to attend a meeting with KC Crawley during youth group to go over plans for the year, including Rock the Universe info.
- **Wednesday, August 22: Whole Church Family Night resumes!** Plan to join your youth group friends for prayer in the church at 5:30pm, followed by dinner in the Parish Hall and youth group in Lewis Hall.
- **Weekend, September 7-9: Rock the Universe!** Plans are underway for this annual event! Universal hosts Christian artists every year for an exciting and powerful youth weekend. Mark your calendar now and plan to join us!



# Life at HT

## **Small Group Healing Prayer**

will meet on Wednesday, August 1 at 9:15am in the church. You are invited to come and join in praying for healing for yourself or someone you love.

**Prayer Shawl Ministry** will meet on Tuesday, August 28 at 10:00am in Lewis Hall. If you don't know how to knit or crochet, we'll be happy to show you how!

**Movement Class** continues to have fun while getting fit! Won't you join us? Mondays at 2:00pm in Lewis Hall.

**Yoga for Health** continues to meet on Mondays at 6:00-7:15pm in Lewis Hall. This is a traditional Hatha Yoga program to strengthen the body and mind for service to the Lord. Suggested donation: \$5. For info and to sign up, call the office: 723-5272.

**Rev. Pam's Bible Study** is beginning a new study, "The Minor Prophets" (see p. 5). They meet on Mondays at 11:00am in Lewis Hall. Here is the August schedule: 8/6: Hosea; 8/13: Amos; 8/20: compare and contrast Hosea and Amos; 8/27: Joel. All are invited! Questions? Ask Rev. Pam.

**Recent Newcomers:** Holy Trinity would like to welcome our recent newcomers: Rayssa Fragela Herva & Heber Castillo and their children, Claudia and Manuel Castillo Fragela; Harold Smith, Phyllis Carr, Dick & Kathy Rossetti, Stu & Donna Coleman, and their children Laci Coleman and Emily Webb; and Bud & Marilyn Smith.

**Fr. Steve's Bible Study** continues to meet on Wednesdays at 11:30am in Lewis Hall. They are studying the Gospel of Mark. All are invited to attend! Questions? Ask Fr. Steve.

**Daughters of the King** will meet on Tuesday, August 21 at 10:00am in Lewis Hall. If interested, please contact Dinah Beverley at 321-724-2879.

**Coloring the Scriptures** continues on Tuesdays at 11:00am in Lewis Hall. All materials as well as a snack is provided, but you may bring your own coloring materials. Questions? Contact Rev. Meghan.

**Chair Yoga is Back on a NEW DAY!** We'll now meet on Tuesdays at 4:00pm in Lewis Hall starting August 14. Classes are \$3 each.

## **Men's Fellowship of St.**

### **Cuthbert is Brewing Again!**

They'll brew their next batch of beer on Friday, August 3 at 6:00pm at the Rectory. If you'd like to attend, or if you have questions, please contact Frank Dawson (fcd@mac.com).

**IRA Charitable Rollover:** Have you taken your Required Minimum Distribution (RMD) for 2018? If you are 70½ or older, you can make a contribution to Holy Trinity Episcopal Church directly from your Traditional IRA simply by instructing the plan administrator to make the transfer directly to the church. You are allowed to transfer up to \$100,000 a year to the charities of your choice. To learn more about making a donation from your IRA, call Keith Cain at 321-723-5272 or email [kcain@holytrinitymelbourne.org](mailto:kcain@holytrinitymelbourne.org).

**Kitchen Equipment Training!** If you'd like to learn how to use the high-quality equipment in our professional kitchen, plan to attend the training on Sunday, August 19 after the 9:00am service in the kitchen, off the Parish Hall. Just show up!

## **Interested in trying Handbells?**



Come at 5:00pm to Pearson Hall for the next three Wednesdays (8/1, 8/6 & 8/15) and check us out! We'll train you in bell techniques and you can play music with members of the bell choir. Questions? E-mail Eloise at [eloise@cfl.rr.com](mailto:eloise@cfl.rr.com) or call her at 321-724-0651.

**Holy Trinity Thrift Shop** welcomes you to come and shop! They have clothes, furniture, household items and much more - there's something for everyone! The shop is located in historic downtown Melbourne at 726 E. New Haven Avenue and it is open Monday - Saturday, 10:00am - 4:00pm. If you have items to donate to the Thrift Shop, you may bring them directly to the shop, or call 727-2797 for FREE pick-up.

**Send Me, Lord:** For help with meals or transportation from one of your brothers or sisters in Christ, call the church office: 723-5272. You can also call if you would like to volunteer for this ministry.

**Adult Sunday School:** Mark your calendars! We will begin again on September 23 at 10:30am in the Parish Hall. We will continue our study of the book of Matthew with a review, and then starting with chapter 18. Questions? Speak with Jack Bottomley at 321-622-5649.

**Prayers of the People:** If you'd like to add your name or a loved one's name to the Prayers of the People, please call the Church Office (723-5272) before Friday. Last-minute prayer requests may also be given to an usher or a member of the clergy before any service.

## HEALTH MINISTRY NEWS!

The Health Team here at Holy Trinity is issuing an invitation to everyone to join us in some movement activity. We have three different programs at three different times: Mat Yoga (Mondays at 6:00pm); Chair Yoga (Tuesdays at 4:00pm starting 8/14); Exercise Class (Mondays at 2:00pm). We want to encourage you to pick one or come to all three.

A healthy fitness regime can nourish our body, mind and soul. It is easy to feel beset by hearing the nurse tell you to take care of yourself with a healthy diet and a regular fitness routine, but research and experience show more and more every day that the importance of these two habits really cannot be overemphasized. Together, a good diet and exercise can help us maintain a better quality of life and ward off a host of conditions and diseases.

We have a great variety of choices when it comes to fitness. One of these is yoga, an ancient mental and physical discipline. The benefits we see as participants and healthcare professionals cause significant differences in better sleep, lower blood pressure, greater flexibility, and better balance. Our classes of mat and chair yoga are derived from Hatha yoga, which focuses on controlled, fully aware breathing and movement into physical poses. Our teachers tell everyone in the class "this is your practice. Don't do what the next person is doing; you do what your body needs." I, Carolyn, can come to class with great fatigue, but always leave feeling relaxed, centered and stronger in body, mind and spirit.

**Mat Yoga** meets Mondays at 6:00pm. We have purchased mats, so all you may want to bring is a towel. Cost is \$5/class. **Chair Yoga** meets Tuesdays at 4:00pm starting on August 14. Cost is \$3/class. Just come! No props needed!

Another movement program is **Chair Exercise**, which meets Mondays (when the office is open) at 2:00pm to have fun. We use DVD teachings, so there is no charge. Those of us coming over the last year have seen ourselves built up our balance and strength. The DVD provides movement in each muscle grouping.

It's just fun to do movements with a group of friends wherever you decide to go. Just start moving for better health!

## Mark Your Calendar!

We have several events coming up at Holy Trinity and NOW would be a great time for you to mark your calendars. If you have any questions, please contact the Church Office at 723-5272.

| DATE               | EVENT                                | LOCATION           |
|--------------------|--------------------------------------|--------------------|
| August 3, 6p       | St. Cuthbert's Brewing               | Rectory            |
| August 4/5         | Blood Pressure Weekend               | Narthex            |
| August 12          | Sunday School Kick-Off               | Pearson            |
| August 12          | Youth Group Sunday School begins     | Lewis Hall         |
| August 14, 4p      | Chair Yoga Resumes!                  | Lewis Hall         |
| August 15, 6:30p   | Youth Group & Youth Parent Meeting   | Lewis Hall         |
| August 19, 10:30p  | Kitchen Equipment Training           | Kitchen            |
| August 22          | WHOLE CHURCH FAMILY NIGHT RESUMES    |                    |
| August 26          | Health Forum                         | Parish Hall        |
| September 1/2      | Blood Pressure Weekend               | Narthex            |
| September 15/16    | National Back-to-Church Weekend      |                    |
| October 6/7        | Blood Pressure Weekend               | Narthex            |
| October 7, 4p      | Blessing of the Pets                 | St. Francis Garden |
| October 19/20      | Healing Conference with Sharon Lewis |                    |
| October 21         | In-Tents Worship & Picnic            | School Field       |
| October 27/28      | Stewardship Weekend                  | Parish Hall        |
| November 3/4       | Blood Pressure Weekend               | Narthex            |
| November 21, 6:30p | Thanksgiving Eve Service & Reception | Church/Parish Hall |
| November 16-18     | Men's Retreat                        | Camp Wingmann      |



## Birthdays for August

|    |                  |    |                   |
|----|------------------|----|-------------------|
| 1  | Joe Glover       | 13 | Laci Coleman      |
| 2  | Ann Terry        | 15 | Matt Suchoski     |
|    | Hugh Blankenship |    | Abby Nunez        |
|    | Frank Walbert    | 16 | George Libak      |
|    | Mike Lipgens     |    | Scott Ferguson    |
|    | Karen Flynn      |    | Addison Ochipa    |
| 3  | Jack Ryals       | 18 | Maria Stacey      |
|    | Maureen Hamilton |    | Gordon Patterson  |
|    | Sandy Hillyer    |    | Nora Kirschner    |
|    | Craig Mormile    |    | Sharon Luttrell   |
|    | KC Crawley       |    | Stacy Purdy       |
|    | Matthew Cahill   | 20 | Ann Perrine       |
|    | Malachi Jacobson |    | Debbie Harper     |
| 4  | Dion Khan        |    | Alex Monacella    |
| 5  | Alberta Jackson  |    | Ethan Abraham     |
|    | Gill Streatfield | 21 | David Botto       |
|    | Scott Morgan     |    | Claudia Castillo  |
|    | Ashlyn Butts     |    | Fragela           |
|    | Ryan McGill      | 22 | Ken Schneider     |
|    | Sasha Karlsson   |    | Trey Huy          |
|    | Kaylee Henderson | 23 | Bobbie Haney      |
| 6  | Faith Jorgensen  | 24 | Rick Welch        |
|    | Ramon Rivera     |    | Peggy Snead       |
| 7  | Carla Hughes     |    | Nikki Donahue     |
|    | Lillian Pierce   | 25 | Niffie Smallidge  |
| 8  | Joe Higdon       |    | Gerda Finkenthal  |
|    | Evelyn Bryant    | 26 | Brooke Walker     |
|    | Roxanne Deane    |    | Lorna Johnson     |
|    | Jeesh Chittoor   |    | Anna Pollard      |
|    | Preston Kennedy  | 28 | Arland Adams      |
| 9  | Pat Franck       |    | Vicky Collins     |
|    | Evelyn Cruz      | 30 | Alice Billingsley |
| 10 | Megan Rogers     |    | Mario Bien-Aime   |
| 12 | Brooke Altonaga  | 31 | Dick Lorelle      |
| 12 | Finnegan Ochipa  |    | Prody Borboroglu  |

## Anniversaries for August

|    |                            |    |                        |
|----|----------------------------|----|------------------------|
| 6  | Renny & Lorraine Bertolami | 20 | Chuck & Pat Pierce     |
| 11 | Danny & Sandy Stone        | 21 | Cliff & Sarah Bragdon  |
| 15 | Roger & Elizabeth Teurfs   |    | Bryce & Ellen Terrell  |
| 16 | Vince & Margo Angleton     | 28 | Mickey & June Arbogast |
|    | Jason & Tricia Ochipa      |    | Gordon & Joy Patterson |
| 18 | Glen & Janet Gray          | 30 | Trevor & Barbara Earle |

## Recent Baptism

|                     |               |
|---------------------|---------------|
| Kyrie Rose Pierce   | June 30, 2018 |
| Claire Rose Ashline | July 29, 2018 |

## Recent Deaths

|               |               |
|---------------|---------------|
| Jack Hartley  | June 5, 2018  |
| Dian Milligan | June 30, 2018 |
| Ginny Potter  | July 1, 2018  |
| Janet Platt   | July 5, 2018  |
| Tom Michalski | July 23, 2018 |

## Holy Trinity Episcopal Church

**Bible Verse for 2018:** Heal me, Lord, and I will be healed; save me and I will be saved, for you are the one I praise. Jeremiah 17:14

### Our Mission:

To know Christ and to make Him known.

**Our Vision:** Every member in ministry.

### CLERGY

|                                |                                  |
|--------------------------------|----------------------------------|
| The Rt. Rev. Gregory O. Brewer | Bishop                           |
| The Rev. Stephen Easterday     | Co-Rector                        |
| The Rev. Pamela Easterday      | Co-Rector                        |
| The Rev. Meghan Farr           | Assist. Rector for Pastoral Care |
| The Rev. William G. Lewis      | Rector Emeritus                  |
| The Rev. Stacey Westphal       | Deacon                           |
| The Rev. Vicky Collins         | Deacon Emeritus, Retired         |

### STAFF

|                                |   |
|--------------------------------|---|
| Barbara Bayley                 | 7:30am Organist                                   |
| Madelyn Belt                   | Financial Assistant                               |
| Amy Cain                       | Substitute Secretary                              |
| Keith Cain                     | Financial Administrator                           |
| Justin Clermont                | Accidental Grace Director                         |
| KC Crawley                     | Director of Children, Youth and Family Ministries |
| Eloise Evans                   | Family Choir Director                             |
| Daniel Farr                    | Kitchen Manager                                   |
| Benjamin Kubwimana             | Youth Ministry Assistant                          |
| Sharon Lester, Cheryl Stephens | Parish Secretaries                                |
| Patti Loyd                     | Connections Coordinator                           |
| Megan Paauwe                   | Children's Ministry Assistant                     |
| Dale Pierce                    | Facilities Manager                                |
| CW Sorrows                     | 11:15am Worship Leader                            |
| David Vogeding                 | 9:00 & 11:15am Organist                           |
| Carolyn Wilt, RN               | Faith Community Nurse                             |

### HOLY TRINITY VESTRY

**Mike Crews** '21: Sr. Warden

**Milt Miller** '19: Jr. Warden

**Kevin Bartczak** '20: Treasurer

**Frank Dawson** '19: Clerk

**Gail Pearson:** Assistant Treasurer

**Janet Gray** '19: Worship, Stewardship, Healing Prayer Ministry

**Jeanne Hakkila-Wills** '19: Demographics & Strategic Planning

**Jay Olsson** '20: Health Ministry

**John Seybold** '20: Stewardship

**Roger Teurfs** '20: Audit Committee Coordinator, HTEA Vestry Representative

**Kevin Arter** '21: Hospitality

**Linda Edwards** '21: Newcomer Ministry

**Ted Peters** '21: Family Ministries

### WORSHIP SCHEDULE

|            |         |                              |
|------------|---------|------------------------------|
| Sunday:    | 7:30am  | Holy Eucharist Rite I        |
|            | 9:00am  | Holy Eucharist Rite II       |
|            | 11:15am | Holy Eucharist Rite I        |
| Wednesday: | 7:00am  | Holy Eucharist               |
|            | 10:30am | Holy Eucharist & Healing     |
|            | 5:30pm  | Prayer Service               |
| Saturday:  | 5:00pm  | Holy Eucharist, Contemporary |





# TRIBUNE

*Holy Trinity Episcopal Church*

1830 South Babcock Street • Melbourne, Florida 32901

PHONE: (321) 723-5272 • FAX: (321) 723-6774

[www.holytrinitymelbourne.org](http://www.holytrinitymelbourne.org)

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**NATIONAL  
BACK TO  
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SUNDAY™**

*You BELONG Here!*

**ALL SERVICES the weekend of  
September 15 & 16!**

**Invite a  
Friend !!**