

JANUARY 2018

TRIBUNE

Holy Trinity Episcopal Church

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The Women's Retreat

March 9 - 11, 2018

Canterbury Retreat & Conference Center, Oveido, FL

**REGISTRATION WILL BEGIN ON
FEBRUARY 1**

Theme: "Be still and know that I am God."

(Psalm 46:10)

Featured Speaker: The Rev. Beth Pessah: Priest, wife, mother and lover of story telling. Beth lives in Ormond Beach with her husband (The Rev. Steve Pessah) and their two sons.

"Be still, and know that I am God."

In a world that seems to grow continually busier, the idea being still can seem like an impossible task. Maybe despite the endless to-do list we can find ways, in our hearts and souls to do just that.

During our time together we will explore physical and spiritual stillness and how to find our own sense of calm, to which God calls us. Our theme sessions and workshops will give us tools to find our inner calm in the midst of a busy world.

Along with the workshops, there will be times of fellowship and worship with music led by Clare Toy.



HEALING

Every year around January 1, people start making resolutions, grand plans and promises about all the great things they want to do during the year. Usually a few weeks into the year, they realize they haven't done anything different at all. Disappointment sets in. Frustration takes over. All the plans and promises crumble.

This year, let's take a different approach. A few years ago, Pastor Mike Ashcraft wrote a book called *My One Word*. Instead of long lists of resolutions, he suggests we choose just one word to focus on for the whole year. The idea is to choose one word that represents what you most hope God will do in you during the year.

The word that we have chosen for our Holy Trinity Parish family to focus on this year is "Healing". Our hope and prayer for 2018 is that God will do great healing in our parish family.

As we experience God's healing, it will change the condition of our hearts. It will also impact the qualities of the fruit that grows in our parish life. Our joy will be deeper. Our kindness will be more genuine. Our generosity will reach farther. Our faith will be more confident. Change is possible, but focus is required.

As we receive healing we will become healthier. Here are five indicators of a healthy church:

- Healthy churches relate as a family of brothers and sisters in Christ
- Healthy churches have a clear sense of who they are in Christ
- In healthy churches, every member is involved in ministry
- Healthy churches focus on mission that begins in the neighborhood and goes global
- Healthy churches are willing to go where Jesus leads.

Our "one word" focus on healing has led us to choose Jeremiah 17:14 as our Bible verse for the year in 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 (NIV)

For 2018, "healing" will be the lens through which we look at every aspect of parish life. Healing is already a key part of who we are as a church. The clergy and people of Holy Trinity regularly pray for healing. There is a healing service with Holy Eucharist every week on Wednesday at 10:30am. On the first Wednesday of the month Fr. Steve offers a time of intercessory prayer and teaching on healing from 9:15am to 10:15am. There is also prayer for healing offered during Holy Communion at the 9 o'clock service every Sunday at the healing altar in the back of the church. Prayer for healing is also part of our Wednesday 5:30 evening worship.

The Daughters of the King offer intercessory prayer. Grief support and spiritual direction are available through trained lay persons and clergy. Regular hospital and nursing home visitation brings healing to many. The Prayer Shawl Ministry literally wraps persons who are sick in prayer. Everyone's Counseling Center brings healing to those suffering in mind and spirit. Our Health Ministry Team fosters opportunities for teaching and cooperation with clergy, physicians, nurses, counselors and psychologists who have discovered in the Divine Being the source of wholeness.

We believe healing the whole person to be an essential part of the teaching and practice of our Lord Jesus Christ. When we reach out to others with healing prayer we believe that we can be instruments of God's Healing Power for those sick in body, mind or spirit. This involves the humble realization of our own spiritual nature so that by God's presence and power, we can enter into contact with deeper sources of life and obtain new health and strength for body as well as for the mind and spirit.

In order to be effective instruments of God's healing, we need to receive the healing that God wants to give us for our own lives, individually and as a parish family. We invite you to join us on a healing journey of prayer, study and action in 2018.

Bible Verse for 2018

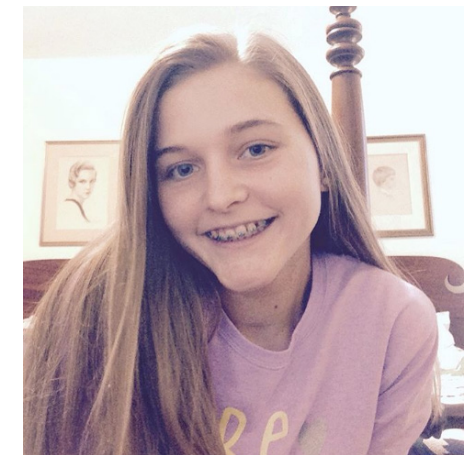
Heal me, Lord, and I will be healed; save me and I will be saved, for you are the one I praise. Jeremiah 17:14 (NIV)



CONGRATULATIONS KATE!

On Sunday, December 10 at the 9:00am service we recognized Kate Crawley for her recent accomplishment of completing the training to become a Master Acolyte.

Job well done, Kate!



VESTRY NOMINEES:



Kevin Arter



Kevin Bartczak



Mike Crews



Linda Edwards



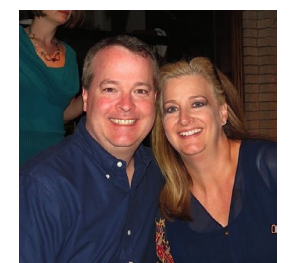
Marcia Meskiel-Macy



Ted Peters



Pete Soloway



Mary B Stallard

The Annual Meeting is Sunday, January 21 at 10:15am in the church.

WHOLE CHURCH FAMILY NIGHT

WE'RE BACK ON
JANUARY 10!

CHECK THE CALENDAR (P. 6/7) FOR LOCATIONS

5:30-6:00p	Prayer Service
5:00-6:00p	Trinity Ringers Bell Choir Rehearsal
5:45-6:45p	Buffet Dinner - <i>Upcoming Menus:</i> <ul style="list-style-type: none"> January 10: Enchiladas, salad & dessert January 17: Roasted chicken, salad, & dessert January 24: Chili with corn bread, salad & dessert January 31: Pizza, salad & dessert
6:15-7:45p	Frolic Nursery Care
6:30-7:45p	Treasure Kids Club, Youth Group, Family Choir
6:45-7:45p	Adult Bible Study (SEE BELOW)

Epiphany Service

Saturday, January 6th at 5:00pm

Join us for a special service to celebrate the Epiphany of our Lord Jesus Christ on Saturday, January 6th at 5:00pm in the church.



Adult Study on Wednesdays at WCFN:

4 weeks beginning January 10, Presented by Fr. Steve, Rev. Pam and Rev. Meghan

"Too Busy NOT to Pray: Slow Down to Be with God"

"During our first four months of WCFN I have particularly enjoyed our brief evening worship. Spending a few extra minutes in concentrated prayer each week has had a big impact on my life. I've learned that I am simply too busy not to pray." — Rev. Pam



Join us for this four week series as we discover that even in the midst of our hectic, overscheduled and overwhelmed lives we can all become people who talk to and listen to God.

"You can become a person of prayer... You don't have to be better or be stronger or be anything, anyone, other than who you are right now, today... All you have to do is decide." — Pastor Bill Hybels

CHILDREN & YOUTH



TREASURE KIDS CLUB

will resume as a part of Whole Church Family Night on Wednesday, January 10. Join us for dinner at 6:00pm and TKC music and Bible class at 6:30pm!



SUNDAY SCHOOL

for children age 3 - grade 6 will resume after Christmas break on January 7 at 10:30am in Pearson Hall!

VBS 2018!

Save the date!

June 18-22!

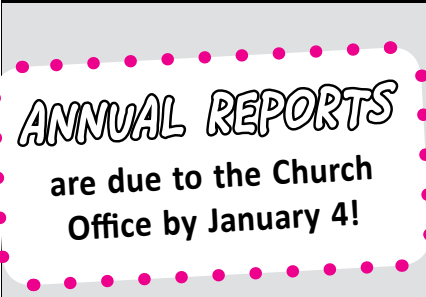
Camp Wingmann Winter Camp JANUARY 5 - 7, 2018

Middle and High School students are invited to this renewal weekend at Camp Wingmann. Come re-live the fun of summer camp, reconnect with camp friends, and get a spiritual boost before heading into the new school semester! Cost \$95, Registration Deadline is December 31. Register at:

www.campwingmann.org or call 863-453-4800

MORE YOUTH NEWS: From KC!

Youth Sunday School will resume Sunday, January 7 in Lewis Hall after the 9am worship service. We will begin a new study called *Groove, Inside Out*, where we'll take a scripture look at how God sees his people. Youth Group will resume as a part of Whole Church Family Night on Wednesday, January 10. Join us for dinner at 6:00pm, and the program to follow at 6:30pm.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>  <p>ANNUAL REPORTS are due to the Church Office by January 4!</p> </div>	1 NEW YEARS DAY Church Office Closed	2 Co-Rectors' Day Off 9:30a - Flower Arranging 11:00a - Coloring the Scriptures (LH)	3 7:00a - Holy Eucharist (Church) 9:15a - Small Group Healing Prayer (Church) 10:00a - Linen Guild (LH) 10:30a - Holy Eucharist / Healing (Church) 11:30a - Bible Study (LH) 5:00p - Trinity Ringers (LWR) 6:30p - Family Choir (LWR)	4 9:30a - Staff Meeting 11:30a - Buildings & Grounds (LH)	5 Assistant Rector's Day Off Youth Winter Camp (Camp Wingmann thru 1/7)	6 EPIPHANY 3:30p - Accidental Grace Practice 4:30– 6:30p - BP Screenings (Narthex) 5:00p - EPIPHANY SERVICE
7 7:30a - Holy Eucharist Rite I 8:15a-12:45p - BP Screenings (Narthex) 9:00a - Holy Eucharist Rite II 9:15a - Children's Chapel (Nursery) 10:30a - Adult Sunday School (PH) 10:30a - Sunday School (Pearson) 10:30a - Youth Group (LH)	8 9:30a - Flower Arranging 11:00a - Bible Study (LH) 2:00p - Exercise Class (LH) 6:00p - Yoga for Health (LH)	9 Co-Rectors' Day Off 10:00a - St. Catherine's Guild (LH) 11:00a - Coloring the Scriptures (LH)	10 WHOLE CHURCH FAMILY NIGHT 7:00a - Holy Eucharist (Church) 10:30a - HE / Healing (Church) 11:30a - Bible Study (LH) 5:00p - Trinity Ringers (LWR) 5:30p - Prayer Service (Church) 5:45p - Buffet Dinner (PH) 6:30p - Choir Practice (LWR), Treasure Kids Club (Pearson), Youth Group (LH) 6:45p - Adult Bible Study (PH)	11 9:30a - Staff Meeting 5:30p - Finance Meeting (LH) 6:30p - Vestry Meeting (LH)	12 Assistant Rector's Day Off	13 3:30p - Accidental Grace Practice 5:00p - Holy Eucharist (Church)
14 7:30a - Holy Eucharist Rite I 9:00a - Holy Eucharist Rite II 9:15a - Children's Chapel (Nursery) 10:30a - Adult Sunday School (PH) 10:30a - Youth Group (LH) 10:30a - Sunday School (Pearson) 11:15a - Holy Eucharist Rite I	15 NEWSLETTER DEADLINE 9:30a - Flower Arranging 11:00a - Bible Study (LH) 2:00p - Exercise Class (LH) 6:00p - Yoga for Health (LH)	16 Co-Rectors' Day Off 10:00a - Daughters of the King (LH) 11:00a - Coloring the Scriptures (LH) 12:15p - Keenagers (PH)	17 WHOLE CHURCH FAMILY NIGHT 7:00a - Holy Eucharist (Church) 10:30a - HE / Healing (Church) 11:30a - Bible Study (LH) 2:30p - Coloring the Psalms (TTS) 5:00p - Trinity Ringers (LWR) 5:30p - Prayer Service (Church) 5:45p - Buffet Dinner (PH) 6:30p - Choir Practice (LWR), Treasure Kids Club (Pearson), Youth Group (LH) 6:45p - Adult Bible Study (PH)	18 9:30a - Staff Meeting 11:00a - St. Margaret's Guild (PH) 6:00p - Health Ministry Team (LH)	19 Assistant Rector's Day Off	20 3:30p - Accidental Grace Practice 5:00p - Holy Eucharist (Church)
21 ANNUAL MEETING 7:30a - Holy Eucharist Rite I 9:00a - Holy Eucharist Rite II 9:15a - Children's Chapel (Nursery) 10:00a - Holy Eucharist (Buena Vida) 10:15a - Annual Meeting (Church) 10:15a - Activities for Kids (Gym) 10:30a - Youth Group (LH) 11:15a - Holy Eucharist Rite I	22 9:30a - Flower Arranging 11:00a - Bible Study (LH) 2:00p - Exercise Class (LH) 6:00p - Yoga for Health (LH)	23 Co-Rectors' Day Off 10:00a - Prayer Shawl Ministry (LH) 11:00a - Coloring the Scriptures (LH)	24 WHOLE CHURCH FAMILY NIGHT 7:00a - Holy Eucharist (Church) 10:30a - HE / Healing (Church) 11:30a - Bible Study (LH) 5:00p - Trinity Ringers (LWR) 5:30p - Prayer Service (Church) 5:45p - Buffet Dinner (PH) 6:30p - Choir Practice (LWR), Treasure Kids Club (Pearson), Youth Group (LH) 6:45p - Adult Bible Study (PH)	25 9:30a - Staff Meeting	26 NEWSLETTER FOLDING Assistant Rector's Day Off 9:00a - Newsletter Group (LH)	27 3:30p - Accidental Grace Practice 5:00p - Holy Eucharist (Church)
28 7:30a - Holy Eucharist Rite I 9:00a - Holy Eucharist Rite II 9:15a - Children's Chapel (Nursery) 10:30a - Adult Sunday School (PH) 10:30a - Youth Group (LH) 10:30a - Sunday School (Pearson) 11:15a - Holy Eucharist Rite I	29 9:30a - Flower Arranging 2:00p - Exercise Class (LH) 6:00p - Yoga for Health (LH)	30 Co-Rectors' Day Off 11:00a - Coloring the Scriptures (LH)	31 WHOLE CHURCH FAMILY NIGHT 7:00a - Holy Eucharist (Church) 10:30a - HE / Healing (Church) 5:00p - Trinity Ringers (LWR) 5:30p - Prayer Service (Church) 5:45p - Buffet Dinner (PH) 6:30p - Choir Practice (LWR), Treasure Kids Club (Pearson), Youth Group (LH) 6:45p - Adult Bible Study (PH)	<div> <div>GUIDE:</div> <div> <div>(Church) = Main Church</div> <div>(LH) = Lewis Hall</div> <div>(TTS) = Trinity Towers South</div> <div>(TTE) = Trinity Towers East</div> </div> <div> <div>(Pearson) = Pearson Hall</div> <div>(Chapel) = Historic Chapel</div> <div>(PR) = Prayer Room (Gallery)</div> <div>(LWR) = Lou West Music Room in Pearson Hall</div> </div> <div> <div>(PH) = Parish Hall</div> <div>(FR) = Flower Room</div> </div> </div>		

Health Ministry News, by Rev. Vicky Collins

"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future." – Jeremiah 29:11

Happy New Year! Your Health Ministry Team encourages you to avoid all those dramatic and demanding "lifestyle changes" that we are encouraged to make in this time of year.

Instead, we have the opportunity to work prayerfully with God's help to do those things which will improve our stewardship of our minds, bodies and spirits. Set aside the potentially discouraging exercise of making "RESOLUTIONS" and instead opt for making a Covenant with God to honor His good will for your life in the coming year. We'll call it:

MY PERSONAL HEALTH DECLARATION

Here are some suggestions:

MIND:

- Learn something new every day
- Exercise your mind by solving a puzzle, completing a project, or creating something artistic or decorative

BODY:

- Establish healthy eating habits, but avoid "fad diets", expensive "programs" or food that you have to force yourself to eat
- Avoid "miracle drugs" and multiple "supplements". Ask your doctor to advise you on adding any medications
- Join an exercise group, yoga group or any type of movement group sponsored by a gym or fitness facility; consider walking or water aerobics, for example
- Buy a basic piece of exercise equipment: stationary bike, rowing machine, etc. if you would prefer to exercise at home. Check "Play it Again Sports" for used equipment

SPIRIT:

- Ask one of the clergy or a spiritual director to assist you in drawing up a Rule of Life that will give you the opportunity to establish a balance of worship, study, prayer and activity that will help you to grow in knowledge and spiritual growth. Your Rule can be reviewed and amended as often as needed, as God honors and directs you.
- Give priority to common worship and learning opportunities in our area. You will benefit from sharing the experience and insights of fellow Christians. We are called to be in community.
- Be intentional and disciplined in your personal devotions, and support others in their spiritual journey
- Make yourself accountable to at least one other person; this will help you "stay on track" and make progress toward your personal goal of wellness.



Newcomer Appreciation Weekend

Saturday & Sunday, February 24 & 25

We will recognize newcomers to Holy Trinity during all church services on the weekend of February 24 & 25. Join us as we take the time to welcome those newcomers who have added so much to the life of Holy Trinity. The entire congregation is invited to join us that Sunday after the 9:00am service for a reception in our newcomers' honor in the Parish Hall. Please join us!



Travel to the
Holy Land
with Fr. Steve
and Rev. Pam!

April 17 - 28, 2018

We invite you to join us on a trip to the Holy Land, April 17-26, 2018. A journey following the footsteps of Jesus will change the way we read the Bible. Our itinerary will include: Galilee, Cana, Nazareth, Jericho, Mount of Olives, Jerusalem, Bethlehem, and more. The all-inclusive price is \$3646 per person, double occupancy or \$4244, single occupancy. For more information, pick up a brochure at church, or speak with Rev. Pam or Fr. Steve.

Stewardship Intentions to Date:

FOR 2018 (as of 12/19/2017)

256 pledges to God's Glory
29 new pledges
67 increased pledges
Total Pledged so far: \$518,380

COMPARE TO 2017 TOTALS

Number of Pledges: 279
Total Pledged: \$530,360



You may pledge online at
www.holytrinitymelbourne.org

If you have not yet pledged, please prayerfully consider doing so. Make Holy Trinity your first priority in your charitable giving.

Holy Trinity Thrift Shop

Serving the community since 1956



Please bring in clothing and small items.

We will be happy to pick up any large, unwanted items.

All donations support our local outreach programs

Please call 321-727-2797.

Thank you!

Altar Flowers

If you wish to place memorial flowers on the altar in the month of January, please fill out this form and return it with your donation to the church office, or you can place it in the offering plate. (Suggested donation: \$25) Questions? Contact Kitty McGuire at 723-7637.

Given by: _____

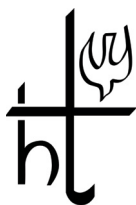
Phone: _____ Sunday date requested: _____

(Circle one)

In memory of: _____

In celebration of: _____





TRIBUNE

Holy Trinity Episcopal Church

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RETURN SERVICE
REQUESTED

Holy Trinity's 131st

ANNUAL MEETING

Once again, this year, Holy Trinity will keep our regular Sunday worship schedule for the Annual Meeting weekend. The meeting will take place at 10:15am on Sunday, January 21, directly following the 9:00am service. The 9:00am service will be a little shorter than usual.

The Sunday schedule will be as follows:

7:30am	Holy Eucharist - Rite I
9:00am	Holy Eucharist - Rite II
10:15am	Annual Meeting in the Church
10:15am	Children's Activities in the Gym
11:15am	Holy Eucharist - Rite I

Ministry Heads: Your annual report is due to the office no later than Thursday, January 4. You can e-mail it to ployd@holytrinitymelbourne.org.