

Trinity NOTES

September 25, 2011

Dear Sisters and Brothers,

Joe Cochran is a postulant for holy orders in the Diocese of Virginia and Trinity is his sponsoring parish. Joe has tried hard to keep us informed of his progress and below is an article he wrote for the Dartmouth-Hitchcock Medical Center Emergency Department newsletter. Dartmouth, New Hampshire is where Joe and his family spent last summer while he was doing Clinical Pastoral Education (CPE).

ED Newsletter Article
Joe Cochran
July, 2011

“I’m not in Kansas anymore” was my thought as I walked into the ED for the first time as its new summer chaplain intern. Until this summer, my contact with the medical community had been sparse. Entering the hospital to live and work for a summer was a bit anxiety provoking. Entering the ED was scary. First and foremost, I was afraid I’d get in someone’s way. (Please God, keep me from being an irritant or hindrance to these dedicated people!) I was afraid of what traumatic situations I might encounter in the patients I would meet. Would I be able to handle it? (Please God, do not let me experience something that is too much for me to bear.) I wanted to be a help to patients and staff. (Please God, give me the words and skills to minister to those in need.)

I am a seminarian at The University of the South, School of Theology in Sewanee, Tennessee. The

(Continued on page 3)

October 3rd is the 1st Sunday of the month. Please remember the Blue Ridge Area Food Bank in your grocery shopping and bring can goods to church



Dessert Sign-up

Don't Forget to sign-up to come and/or to provide a dessert for Harambee

Friday, September 30th
St. Paul's Memorial
Church

An Intentional Multicultural Christian Community of Reconciliation, Transformation, and Love

Trinity Episcopal Church · 1042 Preston Avenue, Charlottesville, VA 22903 · Tel: 434 293-3157 · Fax: 434 979-2480
Email: trinepch@ntelos.net · Website: trinityepiscopalcville.org

The African Development Project

invites you to our annual

Harambee*

Friday, September 30th
St. Paul's Memorial Church
1700 University Avenue, Charlottesville

- 5:30 Kenyan crafts and jewelry sale
- 6:00 Festive African dinner prepared by our volunteers
- 7:00 Our speakers: Pastor Ouma and Ambassador Odembo

With two special guests from Kenya:

Pastor James Ouma
of Nyalwodep Center for Widows and Orphans
&
His Excellency Elkanah Odembo,
Kenyan Ambassador to the U.S.

***Harambee** means “pulling together” and describes a Kenyan custom: When a family needs a new roof or a cow, for example, they hold a big party with lots of food, and the guests make a gift of money as they leave. **This event is a fundraiser!**

(Continued from page 1)

School of Theology was established in 1860 and is owned by 28 Episcopal dioceses. It is one of 11 Episcopal seminaries in America. I have been a lifelong Episcopalian, but I did not fully embrace faith until I was 30 years old. Since that time my faith has grown and deepened. Four years ago certain events in my life lead me to consider a call to ordained ministry. In July 2010, after 20 years of practicing law, I retired my law license and headed to seminary. It was not an easy or quick decision. My wife and I had built a comfortable life for ourselves and our young children (Sam, 9 and Cate, 6) in Charlottesville, Virginia. I had another 15 or 20 years of law practice and a life of relative comfort ahead of me. Why give all that up? The short answer is that I felt God, through events, circumstances, prayer, friends, and family, showed me that I could serve others better by putting my gifts and talents to work in the Church rather than in law or any other line of work.

My seminary and my diocese require me to complete a unit of Clinical Pastoral Education (CPE). I enrolled in the CPE program at DHMC for the summer of 2011, which landed me in the Emergency Department as one of my assigned areas of responsibility. Together with Chaplain Kris Bowen, DHMC's newest full time chaplain who is assigned to the ED as one of her areas of responsibility, I worked to serve the ED throughout the summer.

CPE is a course of study that combines clinical experience with tutorial learning. A typical day for a CPE student consists of attending lectures and group meetings in the morning, and visiting patients in the afternoon. Each student is assigned two areas in the hospital in which to gain clinical experience. My areas for the summer of 2011 were the ED and 4 West. CPE students are given reading assignments and they write reflection papers. They spend a fair amount of time in group sessions with their fellow CPE classmates. The emphasis is on learning: learning pastoral skills, learning about loss experienced by patients, and most of all

learning about ourselves - our strengths, weaknesses, and vulnerabilities - with the goal of making us more effective pastoral care givers. It is an intense summer. It took more than a month for me just to feel somewhat comfortable in the hospital, in my areas of responsibilities, and in my role.

One of the most challenging aspects of CPE for me was coming to a new realization of how fragile life is. Our minds tell us that life is fragile, but until one spends a significant amount of time with those who are sick and their caregivers, the fact that life is quite fragile does not rest heavily on the heart. Beholding the fragility of life in a new way is jolting, but also life giving. I am now more intentional about making sure I wear my bike helmet. I now consider more carefully what I eat. I have deeper concern about my mother and the fall hazards in her house. I pull the life vest straps a bit tighter around my kids. Yet, I also walk with a bit more spring in my step, thankful that I can simply walk across the room. I notice my breath, thankful that I do not need mechanical assistance to draw the next one. I speak and sing, thankful that I can form words and tunes. I see things with new eyes, more aware of the bright red color of a cardinal, or the dramatic mountainous character of a cumulus cloud head on the horizon bathed in pink sunlight. I marvel a bit more at the beauty of my children. I am more keenly aware of my own mortality, yet in all things, I find myself more thankful.

I hope you will keep Joe and his family in your prayers as they continue on this journey.

In Christ

Pastor Cass



The Episcopal Church

September 25, 2011 – Fifteenth Sunday After Pentecost

Episcopal Church Partners with GreenFaith

For the past year, the Episcopal Church has been in partnership with GreenFaith, a leading national religious environmental group, to assist churches of all sizes in their efforts to “go green” through a certification program. The GreenFaith Certification Program is a two-year, holistic process that engages entire congregations through education, worship, environmental justice, building and grounds work, and developing relationships with the larger interfaith community.



Michael Schut, the Episcopal Church’s officer for Economic/Environmental Affairs, has announced the availability of tuition subsidies and free webinars to support the partnership between the Episcopal Church and GreenFaith. The church’s Economic/Environmental Affairs Office and GreenFaith are underwriting 50 percent of the tuition for churches, enabling them to enroll for a discounted cost of \$250 to \$750. Churches in the program receive guidance and support, including one-on-one mentoring, resources, and peer support.

According to GreenFaith’s executive director, the Rev. Fletcher Harper, the program is the nation’s first interfaith environmental certification program designed specifically for houses of worship. The program empowers churches,

mosques, and temples to become strong environmental leaders by following researched and tested environmental guidelines.

Goals of the Episcopal Church/GreenFaith partnership, Schut explained, include supporting the development of faithful, strong environmental leadership; helping congregations learn to reduce their operating costs; and modeling creation care, spirituality, and justice throughout a congregation’s life and practice. Among the tools and resources provided by GreenFaith to participating churches are webinars, web-based resources, and phone and e-mail support.

Additionally, GreenFaith is offering free hour-long webinars to help congregational leadership understand the program and to answer questions and address concerns.

“Sign-up for one of the upcoming webinars to find out how you can join this holistic two-year greening program,” Schut said. “It’s well supported by excellent staff and has the potential to save your congregation money as well as revitalize ministry within your community.”

The next webinar will be Thursday, October 6, at 8 p.m. Eastern / 7 p.m. Central / 6 p.m. Mountain / 5 p.m. Pacific. To participate in the webinar or for more information, contact Stacey Kennealy: skennealy@greenfaith.org.

Application deadlines for tuition subsidies for the certification programs are December 1, 2011, and May 1, 2012. For more information about the tuition subsidies, scan the QR code on the right or visit <http://greenfaith.org/success-stories/episcopal-church-partnership-certification>.



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Trinity Leadership

Lay Ministers: The Congregation

Bishops: The Rt. Rev. Shannon Johnston

The Rt. Rev. David C. Jones

The Rt. Rev. "Ted" Gulick, Jr.

Vicar: Pastor Cass Bailey

Vestry Liaisons

RECONCILIATION

Nick Garber, (2014)

Diane Sampson, (2012) Clerk

TRANSFORMATION

Deborah Gille, (2014)

Jenny Holmes, (2012)

LOVE

Amy Griffith, (2013)

Erica Lloyd, (2014)

SUPPORT

Lauren Fleischmann, (2013)

Senior Warden: Mark Bell (2012)

Junior Warden: Mary Newton (2013)

Treasurer: Beverly Bivins

Asst. Treasurer: Louise Gallagher

Music Minister: Carlton Dickerson



The Altar Flowers this week are
given by the Fleischmanns
in celebration for the birthday of
Patty Shingai"
(Susan's Sister)

Please NOTE:

The Prayer Request Box in the chapel is
checked regularly and prayer is offered for
any requests that are present.

Prayer List

Please pray for:

- Patricia Benjamin
- Joe Cochran and family as they journey
through seminary.



Lay Ministers Scheduled:

Sunday, September 25, 2011

Lectors: D. Sampson & J. Schlothauer

Intercessor: K. Hamilton

Chalice Bearers: S. Commander & A. Anderson

Altar Guild: B. Jones, M. Blair & H. Plaisance

Acolyte: D. Douglas

Ushers: J. Holmes & A. Anderson

Counter: E. Lloyd

Home Communion: H. Plaisance

Breakfast: J, Figueroa, C.J. & Lizzy Hill

Greeter:

Hospitality Hour: S. Commander & L. Puryear

If you are unable to serve, please get a substitute.

***Please Support
OUR Trinity
CROP Walkers***

**MEN'S
GROUP**

Saturday, October 1st

3:00 pm

@ Trinity

FALL CONCERT

The **NEW** Dogwood Disciples will present their premier concert on

Sunday, September 25th

3:00 p.m. @ Trinity Episcopal Church

The work that will be performed with strings, timpani, and organ is entitled “Requiem in C Minor” by Luigi Cherubini (1760-1842). This work was so admired by Beethoven that he requested it to be performed at his funeral.

Opportunities exist to help sponsor this concert at the following levels:

\$100 Patron

\$50 Sponsor

\$25 Friend

Musical Moments

a benefit concert for
the Alliance for Interfaith Ministries (AIM)

to celebrate
AIM's 30th Anniversary!

Sun., October 16th . . . 3:00 p.m.

University Baptist Church

1223 West Main Street, Charlottesville

vocal & instrumental solos, ensemble & choral music
presented by local congregations . . . refreshments

A suggested donation of \$10/adult will be received to help AIM in its outreach to the community. A non-profit organization, AIM relies on donations to provide emergency financial assistance to local families facing economic crises.

For more information, contact Drene DeGood at the AIM office:
972-1704 or AIM @ntelos.net

NEW Breakfast Schedule

1st Sunday of the month	Brunch	(after worship)
2-4 Sundays of the month	Breakfast	(8:30-8:15)
5th Sunday of the month	Potluck Brunch	(after worship)

NEW Sunday schedule

8:30 Breakfast

9:15 Adult Education

9:15 Sunday School for children (starting in October)

10:30 Worship

Small Group Sign-up

Please sign up NOW for the Fall small groups

Tentative offerings include the following:

- Thursday Evenings 6:30 to 8:00
- Friday Mornings 8:30 to 10:00
- Friday Morning's 11:30 to 1:00
- Sunday Mornings 9:00 to 10:30

Call the parish office 293-3157

Send an e-mail: trinepc@ntelos.net