

Trinity Tidings

From the Rector

It's finally happening. This Sunday, we will have our first indoor, in-person service of Holy Eucharist since March. I am SO THRILLED to see you in the flesh in this holy space. Please remember: RSVPs are required, which you can find at www.latoth.org.

However, digital life still goes on, as that is the safest way to gather even as we expand our in-person gatherings. To that end, I am excited to say I have planned out 4 different Adult Education opportunities to happen on Zoom immediately following the 10:30 digital service. Here are brief summaries of 3 of the 4, as the final form of the 4th is still to come.

-Beginning October 25, **Jesus and the Gospel of Luke**. This is a 4-part series exploring major themes of the Gospel of Luke, its historical development, and its significance for our lives as disciples.

-Beginning November 29, **New God Talk**. This 4-week series explores contemporary understandings of God, gleaned from non-traditional theological traditions. If you want to have your consciousness of God expanded, this is the course for you.

-Beginning January 3, **Preaching the Gospel During COVID-19**. This 4-week series will look at practical ways we can preach the Gospel, share the mission of Christ and TOTH, and witness to the wider Los Alamos community.

The dates of the final two are subject to change, however. But plan on exploring the Gospel of Luke together with friends in Christ on October 25.

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Temporary Worship Schedule Weekly On-Line Services

Sunday

10:30a Rite II Choral Eucharist

Wednesday

12 noon: Healing Service

www.latoth.org/digitalworship

~ Come Worship With Us! ~

All are Welcome

Trinity on the Hill Episcopal
can be found at:

3900 Trinity Drive,

Los Alamos NM 87544

www.latoth.org

505-662-5107

FROM THE SENIOR WARDEN

I generally like the crisp air in the mornings and the warm sunshine of the afternoons in the fall. I still enjoy those feelings but this year is different. As the days get shorter and the temperature drops, I just want to retreat to hiding under warm blankets until spring. But this plan also doesn't sit well with me. I feel like all I have been doing this year is isolating from others. I am sure many of you may feel this way too.



A few nights ago I was reading a self-help book that mentioned nurturing. The word stuck out to me for some reason. It is not such an uncommon word, but is one I don't necessarily think about regularly. When I think about the meaning of nurture, I naturally think about nurturing children. This led me to think about nurturing relationships. I would like to think that I am a nurturing person especially when it comes to children but I also have recently been thinking that my words do not always come across the way I would like. I know I am a pretty opinionated person and sometimes I don't feel heard. Out of frustration I may not express my thoughts in a nurturing manner. So that has been my mantra and my prayer for the last few days - "God, please let my words be more nurturing."

This also led me to think about how, in times like these where we are not getting to spend as much time with others, maybe it would be OK to nurture ourselves. For me that means feeding myself more spiritually than I have been. Prior to March, I was doing much more self-care than I am now - I was generally attending two church services a week, singing in the choir, attending adult formation classes, meeting friends for coffee, taking yoga classes, and volunteering in many local organizations. I am still able to do some of this and have replaced some of these with other activities that feed my soul but something is still lacking.

I think, to fill the void I am feeling, I could focus on nurturing my relationship with God. By doing this I will be nurturing myself and bringing a little more light into my world until the days become longer again. I am still going to pray for and work on expressing my words in a more nurturing way.

Peace,

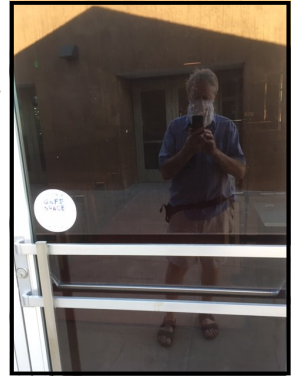
Alison

Deuteronomy 6:4-9 (NRSV)

⁴ Hear, O Israel: The LORD is our God, the LORD alone. ⁵ You shall love the LORD your God with all your heart, and with all your soul, and with all your might. ⁶ Keep these words that I am commanding you today in your heart. ⁷ Recite them to your children and talk about them when you are at home and when you are away, when you lie down and when you rise. ⁸ Bind them as a sign on your hand, fix them as an emblem on your forehead, ⁹ and write them on the doorposts of your house and on your gates.

FROM THE JUNIOR WARDEN

Just the other day, it was Friday before my Birthday. Sadly, on that day Ruth Bader Ginsberg passed from life on this earth along with what I would suppose to be millions of others. One person of note but I was thinking also of everyone else. Has that ever happened to you? But on with the story. The next morning, while preparing my coffee, a notice came on the screen from Hulu saying there was a documentary film about RBG so I compiled a delicious tomato juice based beverage to enrich my breakfast and decided to watch. It was enlightening. I did not know a lot about Ruth other than that she had been a person of note to some but, after watching the film, I am convinced that our society would be far different without her. Later I wrote on Facebook about some of my feelings, which then caused an exchange of comments that escalated into the night.



Sunday morning, while quieting my mind for church, I saw some notifications on Facebook regarding that post I made on Saturday. Stop me if you have read this before. Sadly, on my way out for my weakly walkabout of the church grounds, I looked at them. Two people I like had been commenting on the post I made, which alluded to my feeling some admiration for Ruth Bader Ginsberg. A woman and a man had started sparring, with me in the middle. The woman "friend" had raised some question of my values, probably referring to RBG's support of the Roe v. Wade decision. I hope it was not disdain for support of the ERA. The man "friend" who had apparently joined in late on Saturday, offered a viewpoint in support of RBG, citing many reasons. By the time I was off to church, that comment interaction within which I was no longer active, had gone off the rails, in a handbasket so to speak, but not in a heavenly direction. I posed philosophical questions: Why? Why has civil discourse fallen to such uncivil depths? Why have we as a society become so diametrically divided? Why have formerly trustworthy news sources and social media become so derisive? Why am I letting it get to me? I'm talking here, why don't I answer?

That Sunday morning before the day I refresh the batteries in my smoke detectors, I went for my walk about the church grounds and after gathering a bagful of windblown litter, I felt some comfort listening to our morning church service on mobile Facebook. What an amazing world we live in.

A week went by with nary a sigh but this time no Facebook post that could incite as did the previous week. More trash to be picked up but this time I truly could quiet my mind to prepare for worship. As I walk Hill of Trinity On The, I wave to passers (and drivers) by, inviting that we all share thoughts of peace and harmony even if only for the moment. Try it for yourself. One leads to Two and Two will lead to a few and then it could become nature for you.



The prime reason I have been going over to the church each Sunday morning for a while now is to reset the internet antenna for best results with the digital broadcast. While I am at Hill of Trinity On The I get to do a lot of thinking positive thoughts for all of you as I walk the property to look for anomalies. One of the Sundays I discovered that we had been creating a lake [evidence at left, ed.] which was not evident on weekday afternoons when I otherwise walk. Other days, my discoveries are relegated to the windblown trash.

We have a long way to go and some days it may seem slow but together we can do it. All for one and one for all, don't ya' know.

Thanks for reading, see you next time.

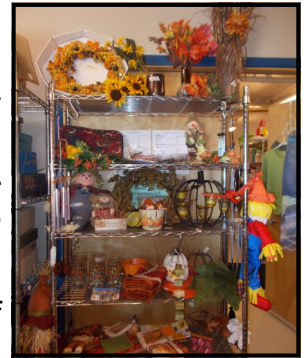
Mark Hartman – Your Junior Warden

SHOP ON THE CORNER

The Shop on the Corner Thrift Shop is again opening its doors on a limited basis. The Shop will be open on the 1st and 3rd Wednesdays from 8:30-noon for the rest of the year to coincide with the United Church's thrift shop, making a day out for our customers to shop both places. Shop on the Corner recently had a "soft opening" - a test run for how to reopen after a hiatus due to the pandemic.

A limited number of shoppers will be admitted, with social distancing markings outlined in the parking lot for shoppers waiting to be invited in when another shopper exits. All customers are reminded that they **must wear a proper mask and use hand sanitizer** upon entering. The Corner Store will allow only one shopper in at a time. Other requirements include being aware of other shoppers in the area and social distancing.

Various types of holiday decor will be featured throughout the rest of the year, with a push for Christmas shortly after Halloween.



Shop fall colors



The Bin is back!

The donation bin has returned to the front of the Shop to receive good quality items. Please remember that the Shop does not take items that should go to the eco-center. **No electronics, mattresses/pillows, medical equipment**, etc. Donations should not be in bags that are too heavy to lift out of the bin.

Patrons are reminded that there are no public restroom facilities inside the Shop.

Karen Humphrey

OUTDOOR EUCHARIST, OCTOBER 3, AT SUSAN SPRAKE'S HOME

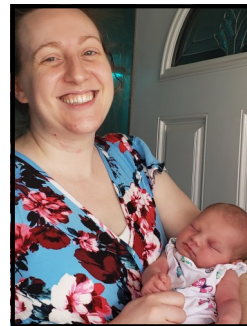
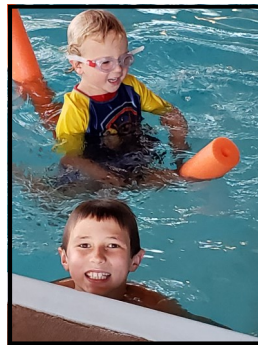
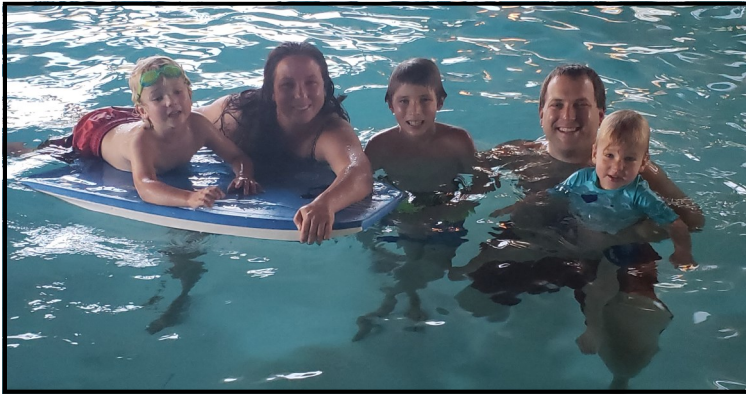


All photos:
Lisa Rothrock



POOL FUN AT THE ROTHROCKS'

(all pictures: Lisa Rothrock)



PICTURES OF WORSHIP

Use them as a meditation tool!



Life is still strange, and it will be for a while. But we are moving through this together. I know that what we are offering works for some, but not others. My hope is that, as we continue to move through these strange days, there will indeed be something for everyone here that aids in spiritual growth and a sense of connection with others.

I remain willing to meet with you whenever and however. Just let me know.

Chris⁺

From the Editor:

Dear TOTH friends,

I enjoyed seeing TOTH friends in the flesh at the two Outdoor Eucharists held in September. Thank you to the generous hosts for opening their yards to us. Now I'm looking forward to seeing you again in person on October 18 at 8 am, at the first indoor worship service since March. I will hug you all virtually. :-)

I did not make it to swim in the Rothrocks' pool, so I'm sure you'll enjoy the photographs of those who did. Thank you Lisa! Keep your photographs coming, as well as any news you want to share with the parish, announcements, etc..

Enjoy our beautiful autumn!

Claire

Trinity Tidings

A newsletter of Trinity on the Hill Episcopal Church

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Trinity on the Hill's Mission

*The Mission of Trinity on the Hill is to share the power and joy of
God's love, to fully embrace all God's children,
and to respond to the needs of our community
and the world in the spirit of Jesus Christ*

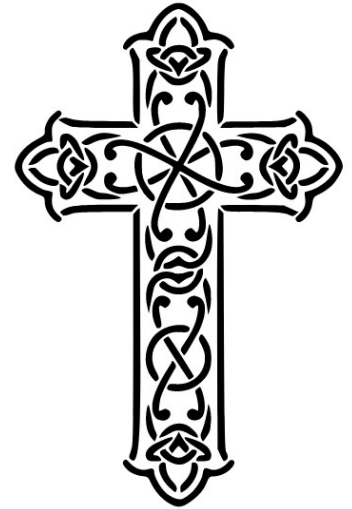


**The next regularly scheduled issue will
be November. Submission deadline is
COB Friday, October 30, 2020.**

Submit electronically to: cmws4377@gmail.com or
cynthiab@latoth.org



Jesus and the Gospel of Luke



A 4 week series looking at the life of Jesus as found in the Gospel of Luke

This is a virtual opportunity for Christian Formation hosted on Zoom

<https://us02web.zoom.us/j/88329505956>

Beginning on October 25th at 12:15pm, just after the Facebook Live service ends



Remaining Connected during COVID-19

Let's get something straight: Screen-Time Burnout is a real thing. But it's the safest way to stay connected, so let's use it to the best of our ability. Knowing this, however, we have expanded some in-person offerings for those who desire.

Here are the means by which you can stay connected either physically or digitally while we are remaining socially distant:

Tuesdays:

- Zoom Women Alive: **8am**, link sent out via email (for all women in the parish; contact lynnfinnegan1475@gmail.com for information); once a month there is a Socially-Distanced Hike.
- Zoom Coffee Hour: **10am**, link sent out via email (contact cynthiab@latoth.org for more information)

Wednesdays:

- A Healing Service: **Noon**, www.facebook.com/trinityoth
- Zoom Chime Choir: **5:30pm**, link sent out via email (for all families with young children; contact momto3ducks@gmail.com for more information)

Fridays:

- Zoom Bible Study: **2pm**, link sent out via email (contact cynthiab@latoth.org for more information)

Sundays:

- A Celebration of Holy Eucharist, in person: **8am**, RSVP required. Visit www.latoth.org to RSVP
- A Celebration of the Holy Eucharist, digital: **10:30am**, www.facebook.com/trinityoth
- Christian Education: **12:15**, via Zoom, link will be emailed
- Youth Group: contact kfave@cybermesa.com for more information on meeting times and formats