

# Trinity Tidings

## From the Rector: Questions, questions...

### Have you found a place to live?

I'm currently renting a very nice, two bedroom condo from TOTH parishioners Ron and Celina Long. It has a gorgeous view of the Jemez mountains and is off Trinity and Oppenheimer, so close to the church. I've looked at a couple of houses and duplexes, but have decided to wait for the right thing. I'd like to find a 3 bedroom, 1-1 1/2 bath condo or townhouse. We don't need a yard, but I do need the main floor to be on ground level so Cuthbert and I don't have to skulk around the neighborhood when I'm in my pajamas. Also, I want to stay on the Hill, mainly to be close to the church but also because I prefer cooler temps and taller trees.

### Are you unpacked?

Sadly, no. Firstly, I really didn't allow myself any time to do that since I jumped in to start meeting people right away. Conventional wisdom says to wait two weeks before even going near the church so you can unpack and get established, but I have a hard time sticking to those suggestions. Also, I moved from a 1900 sq foot house with TONS of great storage and a garage to a 900 sq foot place. My packers were also over-zealous with the paper and tape, but not with labeling contents, so it's like going on a quest to find the Holy Grail to locate what I'm looking for. I know I have a tool kit and a dust buster, but I have no earthly idea where they are!

### What's your preferred "churchmanship?"

Believe it or not, there are quizzes you can take that get really technical about this. I always come out as a solid "Prayerbook Catholic." That means I'm high church, but am a VERY committed Anglican, with no aspirations of rejoining the Roman Catholic church. My favorite style of worship is high church with music from mostly the English renaissance (e.g. Byrd, Tallis, Gibbons). I love traditional evensong and big liturgies and my personal spirituality is pretty monastic.

That said, I don't expect everyone to like what I like. I believe that, unless you are in a church that was founded with a very distinct style (e.g. Anglo-Catholic or with a praise band), most churches should have pretty standard, middle-of-the-road Episcopal worship on Sunday mornings. Variety is fine at other times. While doing things in "decency and good order" (that actually used to be a thing people said) appeals to me, I try to keep enough of a relaxed atmosphere

*cont. on p. 4*



## Contents

- p. 2: From the Senior Warden
- p. 3 From the Junior Warden
- p. 5: Summer office hours;  
Bulletin bloopers
- p. 6: Spiritual Self-Care
- p. 9: Sneaker Drive Thanks; Colophon
- p. 10: Faith and Science Forum
- p. 11: Organ concert by Margaret-Mary
- p. 12: Pride 2023 Schedule
- p. 13: June Volunteer Schedule
- p. 14: St. Vitus stained glass window
- p. 15: Weekly Schedule

## Weekly Worship Schedule

### Sunday

8 am: Rite I Holy Eucharist

10:30 am Rite II Choral Eucharist

### Wednesday

12:30 pm: Healing Service  
St. Athanasius Chapel

~ 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](http://www.latoth.org)

[admin@latoth.org](mailto:admin@latoth.org)

505-662-5107

## FROM THE SENIOR WARDEN



How much we as a church have gone through this past year! And as we change, we grow, often in unexpected ways. For example, having to lose Father Raymond was so sad and difficult for many of us, and yet Mother Mary Ann has given us a new direction and purpose, a new energy for a new path. We have had to alter our expectations in many ways, be it a new Rector, a new Vestry, or a new preservice children's group (bless you, Keith Stephens!).

I can share a story of my own personal growth, brought to mind by the recent early monsoons that have been such a blessing to our drought-stricken land. Growing up in the moss-coated, mold-inducing Pacific Northwest, I saw rain in all its glorious permutations as a curse to be endured. Constant, dismal gray skies exuded nothing more than depressing, chilled-to-the-bone drizzle, mist, and cloudbursts. The popular and so-true bumper sticker of the era was "Oregonians don't tan, they rust." When Rick and I married, I told him that we could live anywhere he wanted, but it had to have sunshine. His choice of Los Alamos, with 300 days of sunshine a year, was perfect. I never missed the rain and reveled in the warmth of golden sunshine that made me smile, even on the coldest days. Until the day when our daughter's hamster died, and she was inconsolable. What was a hiccup in the life of an adult was tragic and overwhelmingly devastating to my 10-year-old. She and I were driving around to find a shoebox in which to put her little "Hammie." The clouds opened up, and a downpour worthy of Oregon erupted. In the midst of us shedding shared tears over her loss, my daughter said "Look, Mommy! God is crying with us!" And indeed, I too felt that He was. Such a simple gift He gave us. That day, instead of a curse, I started to see rain as the blessing that it is, a reminder that God cares about us and for us always and in all things great—and small.

I thank God for the rain we have been receiving and how He is nurturing our land. And I also give thanks to Him for His love of a little girl and how it changed my heart, as well. May we all see the wonder and glory of God in all His works, in all His ways, in all our changes and growth, simple and complex, through the eyes of a child and the heart of we who are redeemed by His blood and comforted by His tears of compassion.

Blessings,  
Lisa Rothrock  
Senior Warden

Mark 10:14--*"Let the children come to me; do not hinder them, for to such belongs the kingdom of God."*



# FROM THE JUNIOR WARDEN



This is the June version of our program, sports fans, and I am writing to you from under the covers.

Hello again my friends; today I write to you with a heavy head. Heavy not from distress, duress, or any of the other ess(s), just simply fatigue. But enough about me, how do you find yourself? I hope for you all it is H, W, & W.

May came and went in a blink of an I and by the time you read this June will be bustin' out all over. Dandy-lions should be popping up any day now so I got my toes painted with approximate yellow and green. Just for fun mind you, nothing else should be inferred.

OK, on to it. Stating, in case you missed it, we had all sorts of work accomplished around our church property - some aesthetic and beautifully appreciated (thank you Judy for championing this) - some directed at helping parishioners access our building, and some seemingly or distinctly mandated. The OPH used by SOTC will be much safer for occupants to find their way to the door now and in the KH Lobby it should be more obvious that those places with big glass windows are indeed, the "way out". OH, then there was that ex-tension cord which could have been irritating for anyone playing our church organ; sorry it took so long, but that was gotten rid of too.

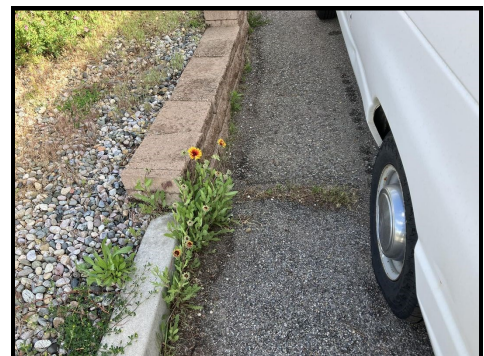
SO..... just because there have been accomplishments, don't think that it is time to relax (as Frankie says) - there are many more opportunities to be of voluntary service. I keep dismissing the snow shovels and ice melt for another day when I walk by (my kooky humor causes me to laugh and say "Christmas is Coming"), but I could be happier in life with assistance from a lifting body to gather and put those things on and off my pickup truck and out of sight for the remainder of the summer. I asked the office to order a bunch of light bulbs for various places in the Main Sanctuary and Narthex so there is yet another opportunity to join me for a work session. AND THEN..... there is that long-delayed project in the KH Lobby to motorize the Men's restroom door. I put the Women's door motor up in the air by myself but after that experience I don't want to do the second one alone. Pleeeeeze (eyelash flutter)?

We have begun an initiative to gather minds (and maybe eventually young muscles) for a re-born Buildings and Grounds Committee. Please join in if you are also so inclined, or even if you are standup vertical.

Well (it will be) so long until we meet again.

I wish you all, the best.

Mark Hartman, Your Junior Warden



*cont. from p. 1*

during the service so that people don't feel tense or have to worry if they make a mistake when they're serving. I came into the Episcopal Church in an Anglo-Catholic parish with a very persnickety priest, and if the liturgy didn't go as planned, it could get pretty uncomfortable for everyone.

I've been asked about my feelings regarding charismatic worship. I actually spent most of my senior year in high school attending a Full Gospel Tabernacle Church (related to Assemblies of God) with my best friend's family. People spoke in tongues, danced in the aisles, and sometimes even rolled on the ground. I never became very comfortable with that, but I appreciate that that's how the Holy Spirit speaks to some people. I believe that God interacts with people's hearts in a variety of ways, and I try to keep an open mind to ways that are different than my own.

### **Have you been to Cursillo?**

Yes. I went through Cursillo as a participant in the Diocese of Chicago and then served a couple of times as a chaplain. I also served on a number of youth weekends - called Happening - in my home diocese. As you might have gathered from my comments above, it's not what really floats my personal boat spiritually, but I have a deep appreciation for how Cursillo has enriched the spiritual lives of many people I know. In one of my previous parishes, our most committed lay leaders were Cursillistas. I know many people miss Cursillo. I would be supportive of having the occasional Ultreya, if that's something that people would like.

### **When are you going to start doing XY and Z?**

Well, that's a good question. Right now my goal is to meet as many people as possible, to visit shut-ins (please let me know if I'm missing someone), tend to the sick, get to know the community, keep working towards getting us "back to normal," and preach good sermons. I don't know if I will do everything Fr. Raymond and Fr. Chris did. While I'm sure we overlap on some things, I have different skills and experience. Also, except for when Deacon Patty is with us, I'm the only active clergy person here at the moment. I jumped in right away, but I'm also aware that I am not as young as I used to be, and I need to pace myself. If you are aware of something that used to be done and you'd like to see again, let's talk about that. For example, someone asked about a weekday noon Bible study, but I've not heard anything else about it.

### **Do you have big plans for the church?**

The only agenda I have, personally, is to try to help us get to pre-Covid levels of health and activity and to try to heal some hurts that may have happened in the past (every parish has those, including my former one). If we get to a point where we are experiencing a robust level of health as a congregation, then it will be time to talk about what you all would like to do. The Spanish ministry that was started at St. Dunstan's came entirely out of a desire of the congregation to be multi-cultural. It wasn't my idea, but I supported it and worked towards it because that's what came out of mutual discernment by our lay members.

### **What does your license plate mean?**

My license plate is REDFIV5. It's Luke Skywalker's call sign. During the Covid lock-down, people were watching YouTube videos and learning to do things like knit and bake bread, but I already knew how to do those things. I ended up getting involved in the Star Wars fandom. I know that may seem odd for a middle-aged woman but, honestly, it was a great throwback to a time when life was a lot less scary. Star Wars came out in 1977, and seeing a movie in which the Princess was also one of the heroes made a huge difference in my life. Our middle school science teacher teased me mercilessly that, despite being the tallest kid in my grade, I couldn't play basketball because I was a girl. And while that bothered me, I knew that he and his rules were wrong, because I'd seen a princess wield a blaster (and she didn't miss like the storm troopers.)

And besides all of that, Star Wars is rife with good theological content.

***Why Los Alamos?***

This question keeps coming up so here is an anecdote that may help explain it.

The German House, where I lived in college, was located on the engineering campus of the University of Illinois. Most of my housemates were graduate students in engineering, computer science, or nuclear physics. Two of them had fathers who were professors in the Mathematics Department. For nearly 100 years, the math faculty went on a hike together every Saturday. After the hike, they would build a camp fire, fry up a concoction known as "Hiker's Delight" (bacon, onions, and cheese eaten on really awful bread), and then settle back and discuss the "math problem of the week." Colleagues from other Big 10 schools would often drive to Urbana to join in the Hike.

Being a German major, I was sort of a camp follower for these gatherings, but there was one retired professor who recognized that I was lost in the math discussions. Every week he would graciously draw me into a conversation about things like classical music or English literature. He was a true Renaissance man, but also a very mild-mannered fellow who, when asked why he never went to work for a more prestigious university, always answered, "Because there's great hardware store in Urbana." Only much later did I find out that Joseph Doob was awarded the National Medal of Science in 1979 for his ground-breaking work in probability theory.

Besides Joe Doob, another of the hikers, Wolfgang Haken, was famous for solving "The Four Color Theorem" along with a colleague in 1976. And, again, that wasn't something I appreciated until much later. While life in a research university town isn't completely comparable to life in Los Alamos, there is quite a bit of overlap. And I love that!

**REMINDER: SUMMER OFFICE HOURS**

Please remember that, from Memorial Day to Labor Day, our office hours are 9 am—3 pm Monday to Friday. We will still split our working week as we have been doing, but will close at 3 pm every day. Thanks for your cooperation!

**BULLETIN BLOOPERS**

National FASTING AND PRAYER Conference: "The cost of attending the Fasting and Prayer Conference includes meals".

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Don't forget your husbands.

The Sermon this morning: "Jesus Walks on Water". The Sermon tonight: "Searching for Jesus".

Don't let worry kill you - let the Church help.

At the evening service tonight, the sermon topic will be "What is Hell?" Come early and listen to our choir rehearse.

Scouts are saving aluminum cans, bottles, and other items to be recycled. Proceeds will be used to cripple children.

Please place your donation in the envelope, along with the deceased person you want remembered.

## Spiritual Self-Care

### Sam McRae

As we move into summer, a time when our mornings may slow down, but the evenings stretch out, we must remember that self-care extends to our spirits. We fill our days with busyness, whether in our day-to-day or vacations elsewhere, and we forget the tiny habits that will assure we continue to stay fulfilled and grounded.

Our mind, body, and spirit make up three parts of our selves, flowing continuously in a circle, one to the other. When one of these areas lacks energy, the others rush to fill it, taking from their own reserves in the process. Likewise, whenever we are careful to fill one area, it flows naturally to the others, filling us wholly, creating sustainability. When each of these areas is filled and the energy between them is flowing uninhibited, it brings balance and fullness into our lives, allowing us to live into each day from a stronger and more joyful place.

Through our entire selves we connect with the Divine, with our God, but often our spirit is the first to tell us when that connection is stronger or weaker. We may notice a lack of prayer as the first sign, or perhaps simply a desire to just sit without being disturbed. As our spiritual tank continues to dwindle we may notice the effect it has on the body with growing unease, or on the mind with growing fatigue. We may say, “Something is off, but I’m not sure what it is,” as our bodies try to tell us we are in need. Our signs are personal, but they are always there.

We first must listen to our bodies, slowing down and turning inward long enough to hear the messages. Some messages are subtle, some are desperate, and sometimes we are forced to stop because of the messages we have ignored. The first step is always to listen. Take one minute each day—morning, noon, or night it does not matter—and dedicate it to yourself. Stop moving, turn inward, and ask yourself, ask God, to reveal to you what you need. Often we do not hear the answer immediately, perhaps assuming we do not need anything, but the answer will come; in the moments that follow or the day ahead, the answer will come. The answer is sometimes simple: we need only a day of rest. Other times it is more complex and we need a change that makes us a little more uncomfortable. However, as the Holy Spirit moves within us, we do not need to go far to find God and ask for help. We need only to focus on what we already have, and listen to the astounding call within us.

Should you feel your spirit is in need of being filled, but do not know where to start, I encourage you to first find a quiet, still place and pray. Turn that prayer inward and notice where in your body you feel sensations, what thoughts or words you hear. When the answer comes, whether in that moment or later on, trust the feeling of knowing. When the answer settles into your heart without obstruction, you will know, and this is your permission to follow it. Give your spirit what it needs, for when we care for ourselves spiritually, we prepare ourselves to receive the Spirit more fully, making way for a deeper, stronger connection. If you need some help, I have included a few items on a Spiritual Self-Care Menu. Use one of these options or create your own, and, as Pete J. would say, “Live abundantly.”

# Spiritual *SELF-CARE* MENU

1. Take a moment for prayer



3. Spend time in fellowship



2. Journal



4. Do something new



5. Be still. Be silent



6. Speak 3 things you are grateful for



7. Ask someone what you can do for them, and do it

8. Read the Bible



10. Celebrate something you love



9. Speak openly with someone you trust- fears, desires, sins, and achievements



# Spiritual *SELF-CARE*

To take care of ourselves spiritually, we are preparing our spirits to receive the *Spirit* without static, distraction, and noise.

We first have to quiet the noise and listen. If we are full of *repressed* anger, of racing thoughts, of worries and are in need of rest, we risk missing the beauty of our connection with God.

Rest is productive. Filling our days with tasks and events leaves little time for communion.

Neglecting our spirit leaves us tired and emotionally drained, even when our bodies continue to move forward. Mind, body, and spirit are connected, and when one is lacking, the others move energy in order to try to fill the need.

Some days we need different things: some days we need rest, other days we need communion. We may need adventure, we may need solitude, we may need dancing, we may need celebration, we may need contemplation.

The first step is always to stop, ask, and listen.

But Martha was distracted with much serving. And she went up to him and said, "Lord, do you not care that my sister has left me to serve alone? Tell her then to help me." But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her."

Luke 10: 40-42

And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: 'You shall love your neighbor as yourself.' There is no other commandment greater than these.

Mark 12: 30-31

## USED SNEAKER DRIVE—THANK YOU!

Thank you for all your donations to the House of Hope sneaker drive. We collected over 600 pairs of shoes to be redistributed in impoverished countries, upcycled, or recycled, and kept out of landfills!

Jon and Julie Bulthuis.



Photos: Jon and Julie Bulthuis

PS: Jon handmade all the signs himself! [Ed.]

### Trinity Tidings

A newsletter of Trinity on the Hill Episcopal Church

The Rev. Mary Ann Hill, Rector  
(505) 662-5107 / (918) 894-3930  
momaryannhill@gmail.com

The Rev. Laurie Triplett, Priest Associate  
3900 Trinity Dr., Los Alamos, New Mexico 87544  
(505) 662-5107; [admin@latoth.org](mailto:admin@latoth.org)

Editor: Claire Singleton

Calendars and schedules: Claire Singleton

Distribution: Online publication only.

Paper copies mailed upon request.



### 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 in August, 2023. Submission deadline: Friday, July 28, 2023.**

Submit electronically to [admin@latoth.org](mailto:admin@latoth.org)

## Los Alamos Faith and Science Forum

### Presents – Summer Lecture Series

June 13, 2023 – August 8, 2023

**TUESDAYS at SALA EVENT CENTER Admission free 6:00pm pizza, lecture at 6:30pm**

For more information about each lecture and presenter go to: [losalamosfaithandscienceforum.org](http://losalamosfaithandscienceforum.org)

June 13, 2023 **Sodom and the Cities of the Kikkar:  
Separating Fact from Fiction**

Presenter: Dr. Steven Collins

July 18, 2023 - **Does Just War Doctrine Imply  
Nuclear Pacifism?**

Presenter: Dr. Ray Juzaitis

June 20, 2023 **Islamic Bioethics**

Presenter: Dr. Victoria Erhart

July 25, 2023 - **An Introduction to Artificial Intelligence (AI)**

Presenter: Dr. James Carroll

June 27, 2023 **Minds Beyond Earth: SETI, UFOs,  
and the Heavenly Host**

Presenter: Dr. Nels Hoffman

August 1, 2023 - **How Different Spiritual Traditions  
& Science Relate to Consciousness**

Presenter: Dr. John Ambrosiano

July 11, 2023 **Your Monides? No, Maimonides!: The Great  
Jewish Philosopher and Scientist**

Presenter: Rabbi Dr. Jack Shlachter

August 8, 2023 - **Science and the Book of Mormon**

Presenter: Dr. Gary Stradling



### Los Alamos Faith and Science Forum presents:

**Dr. Steven Collins - world famous archaeologist**

**"Sodom and the Cities of the Kikkar: Separating Fact from Fiction"**

**SALA Event Center Los Alamos**

**June 13, 2023 - 6:00pm light dinner - lecture at 6:30pm**

So-called 'biblical' archaeology can be long on speculation, short on facts, and colored grotesquely by theological predispositions. Not a few scholars consider 'biblical' archaeology conceptually biased and incapable of contributing to a realistic understanding of Ancient Near Eastern history. Unfortunately, some of these sentiments are correct. But the astute archaeological scholar knows full-well that the dominate, conventional theories of OT Torah textual origins are, themselves, highly speculative in nature and founded on presuppositions now known to be false (aka, fictions).

There is, however, a proper, scientific methodology by which one can approach the relationship, if any, between biblical text and ANE archaeology/history. He calls this the historical synchronisms and material specificity approach (HSMSA). As much as is humanly possible, the HSMSA avoids speculation and focuses on factual data in ascertaining the relationship between text(s) and physical reality. He presents the Genesis Sodom narratives as a model for the application of the HSMSA, by which said narratives are demonstrated to be consistent with all the known and testable facts relevant to the case.

Steven Collins, PhD, is among the world's foremost biblical archaeologists. He is Director of the School of Archaeology at Veritas International University and serves as Consulting Research Professor in the College of Archaeology, Trinity Southwest University. He is Director and Chief Archaeologist of the Tall el-Hammam excavations in Jordan, now completing its 16th season. Prior to Tall el-Hammam, Dr. Collins excavated at other sites in Israel and Palestine.

*San Ignacio Catholic Church*  
*Presents*

## **Sacred Music For Organ**

**Saturday at 2 PM**  
**June 10, 2023**

**Margaret Mary Sauppé**  
**ORGANIST**

**Performing the Music of:**  
**Bach, Vivaldi, Froberger,**  
**Karg-Elert, and others.**

**"We are blessed to have the**  
**opportunity to hear this beautiful**  
**sacred music for Organ**  
**at our Church"**

**San Ignacio Catholic Church**  
**1300 Walter Street NE, Albuquerque, NM**  
**(505)243-4287**

**(Free-will offering to benefit San Ignacio Maintenance/Repair)**

# Los Alamos Pride 2023

## Schedule of Events

**June 7**

Wednesday

Prism, the lab's LGBTQ+ employee resource group, invites the community to their Pride Social at Bathtub Brewing (BuyYOB) 5pm

**June 10**

Saturday

Pride Kick-Off BBQ @ Los Alamos Co-op (All Ages) 2-6pm

**June 11**

Sunday

Pride Worship Service at @ the Universalist Unitarian Church of Los Alamos 10:30am

Intergenerational Game Night @ Los Alamos Teen Center 5-9pm

**June 12**

Monday

All Ages Tie Dye Event outside Los Alamos Teen Center 3-5pm

**June 13**

Tuesday

Atomic Follies Cabaret performs Tuesday at the Square Central Park Square 6-8pm

**June 14**

Wednesday

Tunnel Mural Painting Meet @ Eastern Canyon Rim Trailhead 3:30pm

Flag Day! Pride Flag Parade around Ashley Pond 6pm

**June 15**

Thursday

Pride on the Patio @ Pig & Fig (18+ Event) Join us for casual socializing and Pride themed drinks! 6-8pm

**June 16**

Friday

Pride Festival @ Central Park Square Lawn Celebrate the LGBTQ+ community with entertainment, booths, and more! 3-7pm

**June 18**

Sunday

Atomic Follies Cabaret Brunch @ LA Cantina (18+ event) 10am Purchase tickets on Eventbrite

## JUNE VOLUNTEER SCHEDULE

June 2023

Date	Time	Acolytes	LEM/LR	Prayers of the People	Media Team 10:30	Usher 10:30	Altar Guild
June 4	8:00	Richard Triplett	Rozelle Wright				Marilyn and Paul Lisowski Andy and Linda Light
	10:30	Ben Foley, Server Mariah Stephens, Crucifer Josh and Anna Moore, TBs	Lisa Rothrock	Anne Huysman	Nancy/Mark	Rick Rothrock	
June 11	8:00	Joe Cox	Joe Cox				Rozelle and Brad Wright Kathy and Pete Peterson Mary and Bill Ogle
	10:30	Isabella Stephens, Server Mariah Stephens, Crucifer River Yamada, Cece Gulsby, TBs	Linda Light	Claire Singleton	Richard/ Michelangelo	Maggie Moore	
June 18	8:00	Luke Favorite	Kay Dreamtrader				Renee Roybal Valarie Prestwood Karen Humphrey
	10:30	Mariah Stephens, Server Isabella Stephens, Crucifer Cece Gulsby, Olivia Commer-Lee, TBs	Lynn Godwin	Susan Sprake	Nancy/Robin	Damon G.	
June 25	8:00	Ben Schilling	Rozelle Wright				Ellie Giovanielli Marybeth Stephens Jo Moore Susannah Smith
	10:30	Isabella Stephens, Server Peter Maginot, Crucifer River Yamada, Josh Moore, TBs	Susan Sprake	Linda Light	Rachel/Richard	Andy Light	



On the left is the stained glass window in St. Vitus Cathedral, Prague, on which Louise Jandacek based her beautiful, embroidered banner. The banner was the subject of the bulletin cover art on June 4 and is shown below for reference. It is currently on display in the narthex.





### Sundays:

- **Holy Eucharist Rite I** at 8 am, in person only.
- **Choral Eucharist Rite II** at 10:30 am, in person and via Facebook live at [www.facebook.com/trinityoth](http://www.facebook.com/trinityoth)
- **Compline**, 7 pm in the Sanctuary. Prayers by candle-light, with plainsong. All welcome!

### Tuesdays:

- **Women Alive** via Zoom and in Sherrill Hall at 7:30 am. Contact Rozelle Wright or Claire Singleton for the link. First Tuesday walks around sunrise.
- Zoom **Coffee Hour** at 10 am. Link sent out via email ([admin@latoth.org](mailto:admin@latoth.org) for more information)

### Wednesdays:

- **Service of Healing**, 12:30 pm in St. Athanasius Chapel. In-person and Zoom service.

### Thursdays:

- **Men's Group**, 7:30 am, Sherrill Hall

### From the Editor

Dear friends,

Welcome to the summer edition of *Trinity Tidings*. I will take a break from publishing this newsletter in July. The next scheduled edition will be the “back to school” issue in August. Please take pictures of your vacations! We’d love to know where you’ve been and what you saw.

Please remember that we may not answer the phone after 3 pm over the next couple of months because we are working summer hours in the TOTH office, i.e. **9 am to 3 pm every day**. Our shifts are 9-12 and 1-3, with no lunch time closure.

Have a happy and safe summer (I say this because I *know* summer will come eventually.....).

Best wishes,  
Claire

Trinity on the Hill Episcopal Church

3900 Trinity Drive

Los Alamos, NM 87544

Return Service Requested



Photo: Raymond Raney



Trinity Tidings  
June/July 2023