



# Trinity Tidings

## From the Rector:

Dear Friends,

Below is the column I wrote for the Daily Post this week. One thing that has really been weighing on my mind in recent years isn't just the polarization in our country, but also the deep divisions in many of our closer relationships. That breaks my heart, for reasons you'll see if you read further.

I know I've told you *ad nauseam* by now that I am an independent/moderate. I realized the other day that I've pretty much always voted split tickets throughout my life, starting in the 5th grade, when my classmates tried to tell me that voting for the Democratic for president and the Republican for governor was "not allowed." So I'm here to say that if you are discouraged or confused about why people on one side, maybe even your friends and family, think differently than you, I would be glad to talk with you. I've been discussing hard topics (women's ordination, gay marriage, euthanasia, pineapple on pizza) with people for years. If you would like to come and talk with me, I promise to do my best to listen with an open mind and a generous heart. I have long been friends with people on both sides of most issues, and I am able to stay friends with you too. Feel free to contact me to set up a meeting. I can meet with you at the church or wherever is most comfortable: [momaryannhill@gmail.com](mailto:momaryannhill@gmail.com) or 918-894-3930.

Mary Ann+

## What happens next?

We are just a few days post-election and under three weeks away from Thanksgiving. How are you doing?

One of the things that has been most distressing to me recently is the breakdown I've heard about in so many relationships. Friends find themselves avoiding one another. Many family members are estranged, perhaps permanently. That is painful, whether we admit it or not.

Secular politics are important. Don't get me wrong. Elections can affect our lives in profound ways: sometimes for an entire lifetime. Elections *do* matter.

As a person of faith, when political angst becomes too hard to bear, I remind myself of who is really in charge by reading the Psalms. They run the gamut of human emotions and are relevant to us today. They remind us, repeatedly, that it's folly to put all our trust in earthly rulers: "Do not



## Contents

- p. 2: From the Rector
- p. 2: From the Senior Warden
- p. 3: Fiesta on the Hill
- p. 4: In the Beauty of Holiness
- p. 5: Dates for your Calendar;  
Pumpkin Carving photos
- p. 6: Refugee Coat Drive
- p. 7: Weekly Schedule; Colophon
- p. 8: Children's Ministry
- p. 9: November Volunteer Schedule

## Weekly Worship Schedule

### Sunday

8 am: Rite I Holy Eucharist

10:30 am Rite II  
Holy Eucharist (with music)

7:00 pm: Compline

### 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,  
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*Continued on page 4*

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## FROM THE SENIOR WARDEN

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Hello!

Recently, in the choir robing room, we were talking about our favorite seasons. I mentioned that fall is one of my favorites and someone asked me why. There are actually several reasons, but I'll only share a few here.

Fall is a season full of fun things that I love to do! I played with my band at fun events that brought joy to a lot of families, such as Trick or Treat on Main Street, and Halloween in the Loma Linda neighborhood. I also volunteered at the Halloween Carnival at my school where many of my present and former students were excited to see me and show me their costumes. Additionally, we had the TOTH middle schoolers at our house for an evening of fall fun as we enjoyed Frito pies and carved pumpkins. A lot of fun fall activities!

I also love the beauty of fall with the changing of the leaves and our mountains turning to gold in the crisp air and warm sunshine. Jeff and I were blessed to spend a weekend in Indiana with Luke and enjoyed the humid air and different varieties of trees adorned in red and orange. It was fun to walk around there, shuffling through the thick piles of leaves on the ground, listening to them crunch under my feet, and enjoying the smell of autumn. Although the trees will soon be bare, they give the promise of warm weather and the beautiful greens of spring as they brave the cold temperatures and snow that winter is sure to bring.

As we head into November, I look forward to Thanksgiving and the opportunity to remember the things for which I am grateful. I am thankful for Jeff, Sydney, and Luke and that we are all healthy and content, and pray for that to continue. I'm thankful for Trinity on the Hill, Mother Mary Ann, Cuthbert (of course!), my church family, and the many opportunities that TOTH has for me to serve God. I'm blessed to have a job that I love and believe positively contributes to the future of the children of Los Alamos. I'm grateful that I have the means to travel to visit family and friends and experience more of God's beautiful creation. The list goes on and I will continue to reflect on the things that bring me joy and fulfillment. But most of all, I'm thankful that I have a God who loves me, provides for me, and gives me hope.

Lord, I give my thanks to you.

In Christ,  
Kandice Favorite  
[kdfave@gmail.com](mailto:kdfave@gmail.com)





*Continued from page 1.*

put your trust in princes, in mortals, in whom there is no help. When their breath departs, they return to the earth; on that very day their plans perish.” Psalm 146:3-4.

I’m not saying that politicians are irrelevant, but in twenty-five years of spending time with people close to death, I’ve never once heard someone’s last words be about politics. What I *have* heard is that people most often have regrets about their personal relationships and losses. Politics matter, but they do not matter more than our loved ones.

So, what about that upcoming Thanksgiving gathering? I looked back at what I’ve written in the last year and a half and realized that most of it was about reconciliation. Here are some ideas:

Be curious, not judgmental (*Ted Lasso*) and listen to *hear*, not to react. If we can listen objectively about one another’s fears and concerns, we may find that we have some common ground. The key is listening with an open heart. We don’t have to compromise our own beliefs to understand. Understanding is a strength, not a weakness.

Moderate exposure to negativity. Media (especially socials) are largely designed to keep us engaged through emotional payoffs. Being informed is important, but being stuck circling the drain is extremely unhealthy. Cutting down on exposure to negativity and maintaining rational objectivity can drastically help our relationships.

Agree to disagree. We don’t have to attend every argument we’re invited to. If you’re usually one who jumps in and argues vociferously, not doing that will throw people off in a delightful way. Of course, that’s a two-way street, and those around you have to agree to do that too. It can take some work, but learning how not to push each other’s buttons will keep your relationships healthy.

*Holy God, whose Spirit is both our armor of light and enlivener of our vulnerable hearts: strengthen and equip us for this hard struggle. When conflict heats, let us always keep our eyes and minds on you, and on the faithful example of Christ our Savior. Let all that we do and say be according to your will and do you honor. Amen.*

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## **In the Beauty of Holiness**

Guess what the first thing is that I ask people to do when they tell me that they want to go to seminary? I ask them to join the Altar Guild. Even if they don’t become a member, I ask them to at least ask to help out our teams for a while. That’s because serving on the Altar Guild is very informative. Serving teaches a person a lot about our liturgy, but it is also spiritually rewarding. I speak from experience, having served on an Altar Guild for 10 years before seminary. Thankfully, this church does not have 18 brass candlesticks that have to have wax scraped off or be polished every week! But that doesn’t mean our Altar Guild doesn’t work hard. They do! In fact, I believe TOTH has the best altar guild I’ve ever had.

So what does the Altar Guild do? Essentially, they make sure all the material things that we use for worship are clean, in good working order, and ready to go when we have our church services. They make sure the altar and all the vessels we need for communion are prepared. They fill candles with oil and new wicks. They tidy the servers’ pews and set out the vestments the priest wears. They make sure we are well stocked with bread and wine.

If this sounds a lot like housework, it is a little similar. But I found altar work much more rewarding, in part because just sitting in the pews, I could readily see that what we prepared on Saturday was what made our Eucharistic feast possible on Sunday - silver chalices, white linens, lighted candles - so much of the beauty of holiness found in our services was made possible because someone cared to make sure that everything was in order.

*(Continued opposite)*

## DATES FOR YOUR CALENDAR

<b>Saturday, November 16, 5 pm</b>	Fiesta on the Hill; fundraiser for House of Hope, including dinner, entertainment, and silent and live auctions.
<b>Sunday, November 17, 3 pm</b>	Christmas Pageant rehearsals begin, Sanctuary
<b>Thursday-Friday, November 28-29</b>	Thanksgiving Holiday, Office Closed
<b>Wednesday, December 4, 5:30 pm</b>	Young Family Dinner and Christmas Tree decorating
<b>Saturday, December 7, 9 am—2 pm</b>	Children's Christmas Bazaar
<b>Sunday, December 8, 6 pm</b>	Service of Advent Lessons and Carols
<b>Tuesday, December 24, 5 pm</b>	Family Eucharist and Christmas Pageant
<b>Tuesday, December 24, 10:30 pm</b>	Carols and Midnight Mass

## PUMPKIN CARVING



TOTH's middle school students met at Jeff and Kandice Favorite's house on Sunday, October 20, for fellowship, Frito pies, and fun! The fun was carving pumpkins. The group is planning to meet again soon!

Photos: Jeff Favorite



Altar guild is open to women and men of all ages, and can include “junior” altar guild members supervised by a parent or grandparent. Altar Guild usually does its work on Saturdays and before and after services on Sundays, but some teams do set up at other times. Members commit to one weekend a month, but we can also accommodate people who may only be able to lend extra help during the big celebrations such as Christmas and Holy Week and Easter. No experience is necessary, because we have very experienced people who are happy to show you the ropes. You get to work with a couple of other people, but if you are an introvert, it's a nice, quiet way to make a big impact. No skills are required, just a willing heart and a love for holy things. That's it!

If you would like to join, please contact Ellie Giovanielli ([egiovanielli@gmail.com](mailto:egiovanielli@gmail.com)), Linda Light - ([andy linda67@gmail.com](mailto:andy linda67@gmail.com)), or Marilyn Lisowski ([raymari@earthlink.net](mailto:raymari@earthlink.net)).

Mary Ann+

## Refugee Coat/Gift Card Drive starts November 4 November 24 LAST DAY to drop off

Feel that crisp, cool air? It's that time of year when we (Interfaith Los Alamos) collect coats for the legal refugees/asylees Lutheran Family Services helps relocate. With help from LFS they can thrive as citizens in New Mexico, finding shelter, food, and language/culture support, as well as work opportunities.

Muhammad Munir has requested 120 coats for middle and high school students/male and female. They will gratefully accept small children's coats or adult coats but the real need is middle and high school sizes (small, medium, and large). If the colors are somewhat neutral, they can go to either gender.

We are also collecting \$25 gift cards to Walmart or Target to aid in purchasing shoes. Coats can be placed in boxes at select churches and cards can be left with church administrative offices or you can contact David Israelevitz at 505-412-9470. (We are so grateful that David is helping us out this fall).

As always, there will be drop boxes at a number of churches, including **Bethlehem Lutheran and Trinity on the Hill Episcopal**.\*

Peace,  
Kate Massengale, David Israelevitz, and Leslie Wallstrom



Scenes of resettled refugees in Albuquerque receiving winter coats and gift cards during a previous Interfaith Los Alamos coat drive. Photo: Courtesy/ILA



\* Our collection box is in the narthex and will be there until November 24. Thank you!



### Sundays:

- **Holy Eucharist Rite I** at 8 am.
- **Holy Eucharist Rite II with music** at 10:30 am; streamed 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** at 7:30 am via Zoom (3rd/5th Tuesdays); in Sherrill Hall (2nd and 4th Tuesdays). Contact Rozelle Wright or Claire Singleton for the link. First Tuesday walks around sunrise, followed by breakfast.

### Wednesdays:

- **Service of Healing**, 12:30 pm in St. Athanasius Chapel.

### Thursdays:

- **Men's Group**, 7:30 am, Sherrill Hall
- **Bible Study**, 12 noon, Library, led by Fr. Kelly

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A newsletter of Trinity on the Hill Episcopal Church

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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 December. Submission deadline: Monday, December 2**

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

## Children's Ministry

**Young Family Nights** typically meet once a month on a Wednesday from 5:30-7pm. Sometimes, the meal is prepared by each family bringing a dish of their choice and, other times, the meal is made by one of the local pizzerias. In addition to the food, this gathering serves as a valuable opportunity for young families to exchange stories, build friendships, and strengthen the bonds that unite us. Don't miss out on this chance to come together and enjoy an evening of good company and great food!

### Upcoming Young Family Nights

November 13, 2024 (note new date!)

December 4, 2024 (decorating Christmas tree)

### Children's Sunday School, 9:15am - 10:15am

Pre-K - 2nd Grade meets in Classroom 4

3rd Grade and up meets in Kelly Hall

For more information or to volunteer with Children's Sunday School, contact TOTH office: 505-662-5107.

Classroom 4 Sunday School class is continuing to explore the major characters of the Old Testament. We have entered into The Major Prophets and have discussed Jeremiah and Lamentations. The next two weeks we will talk about Ezekiel and Daniel.

Our classroom tree has more leaves and more flowers (see below)! The story of Job led us to create a paper tree. Each student drew and cut out his or her branch and added a paper leaf with a written or drawn prayer. When the prayer is fulfilled, the kids can add a flower to their branch. In December, we will reflect on all our blessings.

In December, classroom 4 Sunday School class will take a break from the Old Testament and focus on the Christmas story.



Photos: Zandrea Glenn



## NOVEMBER VOLUNTEER SCHEDULE

## November 2024

Date	Time	Acolytes	LEM/LR	Prayers of the People, 10:30	Media Team 10:30	Usher 10:30	Altar Guild
Nov 3 All Saints	8:00	Richard Triplett	Kay Dreamtrader, LR Richard Triplett, LEM				Marilyn and Paul Lisowski Andy and Linda Light
	10:30	Isabella Stephens, Server River Yamada, Crucifer Josh and Anna Moore, TB	Marilyn Lisowski, LEM/LR, Andy Light, LEM	Linda Light	Rachel/Nancy	D. Giovanielli Greeter: Kelli	
Nov 10	8:00	Louisa Singleton	Rozelle Wright				Rozelle and Brad Wright Kathy and Pete Peterson Mary and Bill Ogle
	10:30	Ben Foley, Server Peter Maginot, Crucifer Gregory and Zachary Maginot, TB	Lynn Godwin, LEM/LR Susan Sprake, LEM	Joanna Gillespie	Richard/Mark	Bill Godwin Greeter: Isabella	
Nov 17	8:00	Ben Schilling	Rob Baran				Renee Roybal Valarie Prestwood Karen Humphrey
	10:30	Isabella Stephens, Server/Crucifer Cece Gulsby, River Yamada, TB	Linda Light, LEM/LR Marilyn Lisowski, LEM	Laurie Glascock	Rachel/ Richard	Andy Light Greeter: Patrick	
Nov 24	8:00	Richard Triplett	Rozelle Wright				Ellie Giovanielli Marybeth Stephens Jo Moore Susannah Smith Sarah Rochester
	10:30	River Yamada, Server Peter Maginot, Crucifer Josh and Anna Moore, TB	Lisa Rothrock, LEM/LR Lynn Godwin, LEM	Claire Singleton	Rick/Bill	Maggie Moore Greeter: Kandice	

Trinity on the Hill Episcopal Church

3900 Trinity Drive

Los Alamos, NM 87544

Return Service Requested



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November 2024