



Trinity Tidings

From the Rector:

*"Tell me, what is it you plan to do
with your one wild and precious life?"*

I would not be surprised if you are already familiar with this quote. Memes have been made of it. It's been tattooed on countless arms and printed on myriad coffee mugs. It's the last line of a poem by Mary Oliver. In this poem, entitled *The Summer Day*, Oliver reflects on creation and the brevity of life.

As summers go, this has been a memorable one - but not for the usual reasons. In terms of every day life, it's been pretty normal: a mix of warm and cool days; a few wildfires; lots of road construction; befuddled tourists struggling to figure out maps largely because of the road construction. You know - the usual.

But, beyond the usual, this summer has been *unusual* in the number of friends and family who have passed away. And it's affected most of our parish community. I've been through similar seasons, although not this drastic. And while it's not necessarily something we can get *over*, we can get through the worst of it, especially with the help of our friends.

Wilma Mankiller was the first female Principal Chief of the Cherokee nation. She passed away before I moved to Oklahoma - but I did get to meet her boss. Ross Swimmer, a former head of the National Bureau of Indian Affairs, was Chief before her, and an Episcopalian. Our paths crossed many times and, on one of those occasions, I asked him "Did she really used to say, 'Be the buffalo'?" He explained that while it may not be literally true, legend says that when terrible thunderstorms come rolling across the central plains, cows take off running in the same direction as the storm. Buffalo, however, turn and run head-on *into* the storm. Running away from the storm actually prolongs exposure to it. Running head-on into it takes courage, but the time spent in the storm is much shorter. Thus, when tossed by the tempests of life, it's always best to be the buffalo.

Facing our mortality head-on feels daunting. It goes against our biological imperative *and* against most of modern western culture. I'm fairly certain that's why we get so many positive comments about Episcopal funerals. Our funerals are counter-cultural. There is no fire and brimstone; no "turn or burn" sermons; no denial that someone we love is gone, and no pretending that they've become an angel. The only altar call is an invitation to communion. Our prayerbook is full of theology and some of the very best is found in the burial office. We acknowledge and honor grief but, in everything we do, we uphold the grace and promise of everlasting life.

In her poem, Mary Oliver asks us to face our mortality but not to take our time here for granted. Each of us, no matter our circumstances, has been given a precious commodity that only increases in value the more it's given away. How will we share this gift, and what kind of legacy will we leave?



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Weekly Worship Schedule

Sunday

8 am: Rite I Holy Eucharist

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

**6:00 pm Choral Evensong, 1st Sunday
(No Compline)**

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

Los Alamos, NM 87544

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That's a question the bishop and I talked about recently. The world has changed exponentially in the last few decades, and the Church hasn't always weathered these changes well. Inevitably, that leads us to ask, will the Church still be here in the future? Does it matter?

We think it does. In the landscape of Christian churches, we have a unique perspective. We are a church with ancient roots and practices, but one that engages the modern world. This is a church that proclaims the traditional Creeds every Sunday, but one that welcomes skeptics and doubters. It's a place where intellectual inquiry and scientific discovery are not suspect, but celebrated. In our church, women are included in every level of leadership and LGBTQ+ folks are treated as beloved children of God. This is a church that, no matter how the rules about non-profits change, will not be telling you whom to vote for. This is a church where you don't have to pretend to be a different person on Sunday morning than you are on Saturday night. It's a church where you can be loved for who you are and still be encouraged to grow into the person God created you to be. And, most of all, it's a place that affirms, over and over, that God is love.

As the world changes, our Church will continue to face challenges. Avoiding those challenges is not an option. But some of us may be in a position to help the Church withstand the storms and be here for future generations.

Earlier this summer we received a large gift of \$75,000, in memory of Damon. When we recovered from the shock, I asked Ellie how it should be directed. The answer was "put it toward the mortgage. Damon wanted that to be paid off."

I understand that people who weren't here in the "old days" may not understand what a difference Kelly Hall has made in the life of our congregation and to the wider community. For our church community, having an accessible space for fellowship is significant. In my last church, elderly people often quit coming because the handicap restrooms weren't near the worship space. Before the construction of Kelly Hall, those same people, or others with disabilities, could not partake in the eighth sacrament (i.e. coffee hour). The Church exists to worship God, but relationships draw us in.

Becoming accessible came with a cost, one we are still paying off. Because of the deficit budgets we've been dealing with, paying off the mortgage has had to take a backseat to just keeping the doors open and the lights on. And that's why this gift is such a welcome surprise.

When we think about our legacy - about what will live on after us - the Church should be part of that. Here in Los Alamos, where people are often dealing with supremely weighty matters, faith is important. And while our Anglican ethos is a bit niche, it does resonate with thoughtful people who are looking for something that has ancient roots but isn't threatened by scientific progress. I believe, and I hope you do too, that Trinity on the Hill is an important part of the faith life of our community.

So how do we ensure the longevity of our parish?

- Please support the operating budget. This is the oxygen mask that has to stay on in order for everything else to happen. We are able to run a lean operation because of the gifts and talents of our members and, by now, our Finance Committee has trimmed away all the extras.
- Please consider an extra gift towards paying off the mortgage, so that future generations won't be burdened with it. After receiving the bequest in honor of Damon, we owe approximately \$270,000.
- Consider a gift to the endowment. We have a modest endowment and, thanks to Paul Lisowski, we have recently moved it into an account with Fidelity. An endowment will yield interest and provide support for the church of the future. Please feel free to talk to Paul, Andy Light, Leni Moore, or me if you have questions.
- Consider leaving a bequest to the church in your will. In my will, TOTH is the primary beneficiary after my parents. I have a few smaller bequests for godchildren and other charitable organizations, but I wanted the Church, which has been so important in my life, to continue on in the future - especially this congregation. In my mind, not only will this provide support to TOTH, but also to our wider community.

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FROM THE SENIOR WARDEN

Hello!

A lot of things have happened within our TOTH family since the last issue of the *Trinity Tidings* back in April. It has been quite a roller coaster with many ups, such as celebrating the wedding of Father Kelly and Susan Sprake, having kids home from college, a fun dinner to support our seminarian, and visiting friends, family, and interesting places. We've also had our downs: losing some long-time members of our parish who were very dear to our hearts, as well as other losses and difficult times for some of our parish families. It's been a beautiful thing to watch our TOTH community come together and support each other in the joy of our ups and the sorrow of our downs. One of Mother Mary Ann's recent sermons reminded us that Jesus is with us through it all: the joy, the grief, and at the end as we pass from this life to everlasting life.

The last few months have seen a lot of activity throughout our physical space. Rooms and closets have been cleaned out and/or repurposed to make better use of our space for the many ministries happening within our church. Lisa, our Junior Warden, will share more about this. Thanks to all who helped with these projects. We appreciate your time and labor! If you're interested in taking on a small task, take a look at the job jar in the narthex.

Many of us are now getting back into the fall routine with kids going back to school and fall activities starting back up. The Chancel Choir will be back in the loft soon to provide beautiful music during our worship services. Children's Chapel has started again and Sunday School will start soon. Complaine is back after a brief summer break and we look forward to the resumption of Choral Evensong. We are so blessed to have people who make these things happen. Many ministries are actively working to make our church a better place, as well as reaching out into other communities so that others may experience God's love as we do. There are many other things that need to be done! Watch for news about a ministry fair this fall, where you can learn about all of the ministries within TOTH and consider how you might be able to help out.

As we head into fall, I hope you are ready to partake in the great things TOTH has to offer, as well as roll up your sleeves and help with the work that God is calling us to do.

In Christ,
Kandice Favorite
Senior Warden



Air Show in Albuquerque in May



July 4 in Telluride with the Hill Stompers



Crafts & Conversation in Kelly Hall

Wednesday, September 24, 3-8 pm

Saturday, October 19, 3-8 pm

If you're crafty and want to bring a project to work on, do that!
If you're not too crafty and want to write "thank you" notes, re-write your address book, or clip coupons, do that!
Anything goes, and all are welcome. This is non-gendered.
BYOB! Snacks to share are welcome—but come anyway!

Email questions to: joken94@gmail.com

Young Family Ministry

The TOTH Young Family Ministry hosts a potluck dinner each month during which we enjoy food and fellowship. Potlucks begin at **5:30 pm in Kelly Hall**. Here are the dates for this fall's potlucks:



September 17

October 15

November 12

December 3 - *we will decorate the TOTH Christmas tree after dinner on this date!*

We hope to see you at these events! Questions? Feel free to reach out and contact us!

Maggie Moore
maggiemoore1981@gmail.com

Kelli Maginot
kbmaginot@gmail.com

FROM THE JUNIOR WARDEN



Greetings after a 3-month hiatus from Tidings! I hope and pray that your summer has been cool, comfortable, and full of joy. Here are a few of our highlights of gratitude thus far:

We have managed to clean out the room behind the stage of miscellaneous musical equipment, including (heavy!) amplifiers, speakers, microphones, cords, tables, stands, and other sundry “stuff.” Many thanks to all who helped with this huge project that was huger (is that even a word?!) than any of us expected, especially Maggie, Leni, Josh, and Anna Moore; Kandice Favorite; Mark Hartman; Rick and Lisa Rothrock; Andy Luksic; Zandrea Glenn; Pete and Kelli Maginot; and Isabella Stephens (please forgive me if I forgot to mention you!). If you know of anybody who could use any of this equipment, it is being stored for the interim in our barn until Candyman can find room for it all.

Now that the room is empty, it will be ready for Zandrea to use for Children’s Christmas Bazaar storage. Many thanks to you, Zandrea, for your patience while this process unfolded and for the fabulous outreach that you are doing for the community!

Speaking of Kelly Hall, we had a FABULOUS wedding reception there (plus a dazzling wedding in the Sanctuary, of course)! Congratulations to Colin Kelly and Susan Sprake (is that Mrs. Canon?) on their May 24th nuptials and celebration. And many thanks to the ever-generous Judy Crocker for her amazing gift of paint for the walls of Kelly Hall and its hallway in anticipation of the glorious event. Also, coinciding with the huge cracks in the walls and ceiling of the hallway being filled in and painted, the concrete in the north “patio” outside the east door of the sanctuary, which had cracks and was leaking water into our downstairs neighbors, was sealed with a flexible compound to stop the leaks. We cannot thank Judy enough for her incredible generosity.

Many thanks to Chris (Egg) McCrae (Sam’s hubby) for modernizing the equipment for the church’s wi-fi and internet system. That kind of effort requires a lot more time, talent, and effort than is ever seen and means that the system runs far more smoothly behind the scenes. We are blessed to have such a knowledgeable IT person to support us!

In other news, the media team repaired several wires in the Sanctuary, replaced light bulbs, and also purchased backup wireless microphones. Having multiple mics will give us better flexibility with additional speakers. Many thanks to Rick Rothrock, Bill Godwin, and Nancy Coombs!

If anybody would like to join the Buildings and Grounds Committee, please text me at 505-660-5564. We have a great team but can always use more able bodies! Saturday, August 16, the team of Brad Wright, Andy Luksic, Linda and Andy Light, Mark Hartman, and Rick and Lisa Rothrock accomplished a lot. For example, the team:

- ⇒ cleaned all the gutters, in the courtyard and off the rest of the roof;
- ⇒ raked and cleaned the courtyard, including apples, apple branches, and rose bushes, and bagged all the trimmings and grass;
- ⇒ cleaned the entry below the stairs, replaced outdoor rugs, and redesigned the outdoor entry with “new” furniture;

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- ⇒ replaced the two pews, both handicap and regular, so that the handicap area now has an area for books;
- ⇒ replaced the internet cables in the crawlspace above the sanctuary and fixed the wiring below the media tables;
- ⇒ replaced the fan in the men's restroom;
- ⇒ weeded some of the upper parking lot and pulled out trees that were impinging on the existing bushes;
- ⇒ removed the old paint cans from the “morgue”;
- ⇒ tossed out the old bench next to the chapel entrance, the old print box, and the palette;
- ⇒ cleaned up the landscaping on the west side of the building.

Our team did a great job, especially on short notice. Many, many thanks. As they say, many hands make light work.

Thank you to all who serve our church, in whatever capacity, to bless and support our parish. We truly appreciate each and every one of you.

Blessings and peace,

Lisa Rothrock

Junior Warden

1 Peter 4:10: Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms.

PICTURES FROM OUR CHURCH PICNIC, URBAN PARK, AUGUST 17



Choral Evensong Restarts, September 7 at 6 pm

The service of Evensong, or Evening Prayer, is a combination and a development of the daily Monastic services. Monks and nuns would be summoned to worship at midnight to welcome the new day. After this, they would go back to bed until dawn, when they returned to the church to sing Lauds. During the day, the third, sixth and ninth hours – measured from 6 o'clock in the morning – were marked by the services Terce, Sext and Nones. At sunset, Vespers would be sung, followed by Compline, the last thing at night.

This seven-fold pattern of worship is very ancient, and can be traced back to when then Jews were exiled to Babylon, far away from the Temple. At that time, they learned to “sing the Lord's song in a strange land”, as the psalmist says, without altar or sacrifice. The services are mentioned in other psalms, for example, "Seven times a day will I praise Thee," and "At midnight I will rise to give thanks unto Thee." When the Gospels mention Jesus and his disciples reading scripture, praying and singing psalms, they would be almost certainly using one of these forms of worship.

At the English reformation, Cranmer and others saw the importance of continuing this tradition, which predates even the establishment of synagogues. However, the reformers were also determined to redemocratised Christianity - to involve the whole of the community in worship - and recognised that it was too much to expect the whole parish to gather seven times a day. So, the first two monastic services were combined into Morning Prayer, Vespers, and Compline, combined as Evening Prayer, and the services translated into English. Cranmer and his colleagues were also determined that the congregation should know and love the psalter and the scriptures; hence, the very short readings and the restricted number of psalms used at Compline were replaced by a Lectionary giving a schedule for singing of all of the psalms, plus a complete list of long readings from the Old and New Testaments, setting out the Gospel, the Good News.



Although we use the 1662 Book of Common Prayer text for Evensong, most of the English text of the central part of the service was already in use by 1549. The Introduction, consisting of Sentences, Exhortation, Confession and Absolution, was added in 1552, as were the Intercessions that conclude the service. The distinction is preserved to this day, with the Introduction and Intercessions being spoken, and the central section – derived entirely from scripture and as used in the ancient services - being sung. The fact that two services are combined has resulted in the Lord's Prayer occurring twice!

Evensong has inspired many composers to set the texts to music. These range from late Renaissance composers such as Thomas Tallis, William Byrd and Orlando Gibbons, to the high Victorian geniuses such as Charles Villiers Stanford, Charles Hubert Hastings Parry, Thomas Attwood Walmisley, and to later masters of the form such as Herbert Murrill, Herbert Howells and Basil Harwood. This wealth of excellent music has ensured that, after a period of decline, Evensong is a growth area (part of the so-called “Quiet Revival”) within modern Christianity, both within the Anglican-Episcopalian Communion and as an export; perhaps surprisingly, an increasing number of non-Anglican churches in Germany, the Netherlands and other countries are celebrating Evensong (in English!) so that their choirs and congregations can experience the wonderful music and Cranmer's stirring language.

So, when we are asked “What did Jesus do?”, one of our possible answers is that He and the disciples often celebrated something very closely related to Evensong.

Evensong is held at Trinity on the Hill on the **first Sunday of each month**; the first service of the fall is on **Sunday, September 7, at 6 pm**. The service lasts about 40 minutes and includes congregational hymns as well as choral music by the choir. It is followed by a reception in Kelly Hall. You are all welcome!

Letter From Alaska

Firstly, we want to thank everyone who came to our wedding and reception in May and for helping to make that whole day such a beautiful time of love and sharing.

Now to the honeymoon! After some reflection, we finally settled on a cruise from Seattle to Alaska. One of the most important parts of our time together was morning worship time, which began EARLY every morning! Worship was led by Dr David Jeremiah who, along with a group of singers and very talented musicians, proved to be just the right thing for us.

Every day we were taken to a new location, depending on what we had signed up for in advance. For example, one day we were taken by bus to the Sea Otter and Alaska Raptor Center. On another day, Susan had a bamboo massage and I had a spa day. The following day we traveled by bus to Mendenhall Glacier and Juneau Tram. Then we visited Sitka, the Raptor Center, and connected with native tribes. Most of the people we met were young, very friendly, and proud of their state and its special gifts. They were bus drivers, tour guides, hunters, and young people who were eager to speak from their own experiences and share the special gifts of life in Alaska with others.

Susan and I both love to dance and we danced to several of the small groups and singers performing as we strolled around the ship after dinner. All in all, we had a fantastic time!

Colin and Susan



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If you have any questions about what I've written, or with our finances in general please don't hesitate to ask. After all, we are a church that welcomes questions!

Who made the world?
Who made the swan, and the black bear?
Who made the grasshopper?
This grasshopper, I mean —
the one who has flung herself out of the grass,
the one who is eating sugar out of my hands,
who is moving her jaws back and forth instead of up and down —
who is gazing around with her enormous and complicated eyes.
Now she lifts her pale forearms and thoroughly washes her face.
Now she snaps her wings open, and floats away.
I don't know exactly what a prayer is.
I do know how to pay attention, how to fall down
into the grass, how to kneel down in the grass,
how to be idle and blessed, how to stroll through the fields,
which is what I have been doing all day.
Tell me, what else should I have done?
Doesn't everything die at last, and too soon?
Tell me, what is it you plan to do
with your one wild and precious life?
— Mary Oliver, *The Summer Day*

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Select Trinity on the Hill Episcopal Church (or number 00661). You can type our church's name in the search box.

You'll start earning rewards for our church right away on qualifying purchases made using your Smith's *rewards* Card!

*Remember, you may need to re-enroll every December.

If you have any questions, just ask the Church Office staff at 505-662-5107. Thank you!

Dear ToTH members, family, friends, and supporters:

As I prepare now to make the journey back to Austin for the Fall semester, I am reflecting on how this experience has been a tremendous group effort. The vestry, Mother Mary Ann, Claire and Nancy, Joanna Gillespie, Father Raymond Raney, and every person who has prayed, sent cards, and donated towards my seminary fund has been a part of this journey in unforgettable ways. Every dollar, every prayer, and every text or card has helped me in this process and is lining the path that God has laid out for me. I cannot tell you how grateful I am for your help and support.

I especially want to say thank you for everyone's participation in the Frito Pie event on July 11. I was exceedingly nervous, but you all made me feel right at home. You have encouraged me to continue to share my experience, and I look forward to sharing with you over the remaining two years.

I would also like to give my gratitude to Ellie and Damon Giovanielli for taking me into their arms from the very first moment I arrived at ToTH. I am forever grateful for the part you have played. Damon's spirit remains with me in this work.

This second year is said to be the most difficult, particularly coming straight in after the last few months of CPE. However, I am leaning on the strength of your love and prayers, and I trust in God's continued goodness.

I want to say, simply, thank you for everything.

In peace and love,
Sam McRae, Seminarian

Accept, O Lord, our thanks and praise for all that you have done for us. We thank you for the splendor of the whole creation, for the beauty of this world, for the wonder of life, and for the mystery of love.

I thank you for the blessing of family and friends, and for the loving care which surrounds us on every side, especially at Trinity on the Hill.

I thank you for setting us at tasks which demand our best efforts, and for leading us to accomplishments which satisfy and delight us. I thank you also for those disappointments and failures that lead us to acknowledge our dependence on you alone.

Above all, we thank you for your Son Jesus Christ; for the truth of his Word and the example of his life; for his steadfast obedience, by which he overcame temptation; for his dying, through which he overcame death; and for his rising to life again, in which we are raised to the life of your kingdom.

Grant us the gift of your Spirit, that we may know Christ and make him known; and through him, at all times and in all places, may give thanks to you in all things. Amen. (BCP, pg. 836)

To read a full presentation of my first year in Seminary, you can follow this link and it will direct you to my Substack post [A Year of Transformation](https://samanthamcrae.substack.com/p/a-year-of-transformation).

[The website address to read Sam's article: <https://samanthamcrae.substack.com/>. You don't have to subscribe to read her articles.]

Juárez House Building Mission

Come join our team! We are deeply grateful to the congregation for helping us reach our fundraising goals to build a home for a family in need in Juárez this fall. Our trip will be **November 9-12**. No building experience is necessary. They will provide on-the-job training. We also do a food outreach and afternoon of crafts for local children. It is so much fun and such a rewarding experience. As you bring the light of Christ to this family and community, you are also deeply blessed and amazed by the love you receive in return.

If you would like to join us on this mission or would like more information, please contact:

Julie Bulthuis jwbulthuis@msn.com, Jon Bulthuis jrbulthuis@msn.com, or Joanna Gillespie joken94@gmail.com.



For the record: Summer 2025

<i>Burial of the Dead:</i>	<i>Douglas Louis Weiss; June 28, 2025</i>
	<i>Damon Vincent Giovanielli; July 26, 2025</i>
<i>Holy Matrimony:</i>	<i>Matthew Brennan and Morgan Childs; August 15, 2025</i>
<i>Confirmation:</i>	<i>Morgan Childs Brennan; August 17, 2025</i>
<i>Reception:</i>	<i>Joanna Bibeau Gillespie, Peter Gregory Maginot; August 17, 2025</i>





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
- **Compline**, 7 pm in the Sanctuary. Prayers by candle-light, with plainsong. All welcome!
- **Choral Evensong**: 6:00 pm, first Sunday of the month (no Compline)

Tuesdays:

- **Women Alive** at 7:30 am; in Sherrill Hall (2nd and 4th Tuesdays), via Zoom (3rd/5th Tuesdays). Contact Rozelle Wright or Claire Singleton for the link. First Tuesday walks around sunrise, followed by breakfast.

Wednesdays:

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

Thursdays:

- **Bible Study**, 11:30 am, Library, led by Fr. Kelly

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 in Advent. Deadline: check your email!

Submit electronically to admin@latoth.org

MORE PICS FROM THE PICNIC!



MATT AND MORGAN'S WEDDING, AUGUST 15, IN THE TOTH CHAPEL



Trinity on the Hill Episcopal Church

3900 Trinity Drive

Los Alamos, NM 87544

Return Service Requested



Trinity Tidings
Fall 2025