

The Tempo

Holy Trinity Episcopal Parish

*A people passionately seeking to love
with the heart of Christ, think with
the mind of Christ, and act in the world
as the Body of Christ.*



MAY 2016

MAY CALENDAR

Sunday, May 1:

- 8:00 am Holy Eucharist
- 8:45 am Breakfast
- 9:20 am Christian Education all Ages
- 10:30 am Holy Eucharist
- 5:00 pm Holy Eucharist at St. Paul's

Sunday, May 8:

ROGATION SUNDAY

- 8:00 am Holy Eucharist
- 8:45 am Breakfast
- 9:20 am Christian Education all Ages
- 10:30 am Holy Eucharist

Wednesday, May 11:

- 6:00 pm Connections
- Program: *Finish Banners, Time Capsule*

Sunday, May 15:

PENTECOST

- 8:00 am Holy Eucharist
- 8:45 am Breakfast
- 9:20 am Christian Education all Ages
- 10:30 am Holy Eucharist
- 11:45 am Dedication of Welcome Desk and Quilt Hanging
- 5:00 pm Evening prayer at St. Paul's
- 7:00 pm Vestry Meeting

Friday, May 20:

- Diocesan Youth Leadership Camp

Saturday, May 21:

- Beer and Charcuterie Night

Sunday, May 22:

- 8:00 am Holy Eucharist
- 8:45 am Breakfast
- 9:20 am Christian Education all Ages
- 10:30 am Holy Eucharist

Wednesday, May 25:

- 6:00 pm Connections
- Holy Communion: *Rite 3 Rubric*

Sunday, May 29:

- 8:00 am Holy Eucharist
- 8:45 am Breakfast
- 9:20 am Christian Education all Ages
- 10:30 am Holy Eucharist

Ongoing Events

2nd Saturday 8 am Saturday Book Group

Sundays 11:45 am Coffee Hour

Mondays 6:00 pm EFM

Wednesdays

- 12:30 pm Women's Book Group
- 5:15 pm Bible Study
- 6:00 pm Canterbury College Ministry
- 7:15 pm Choir Rehearsal

Thoughts About Holy Trinity and Its Future

As the son of an Episcopal priest, and now the eldest parishioner at Holy Trinity, I am quite literally steeped in the tradition of the Church, and many of my thoughts reflect this position. So important are these traditions that I consider them a part of my "soul." For example, I was taught to prepare myself properly before coming to the altar. (In my younger days we were not allowed to receive communion until we were confirmed, and that for me was at age twelve.) All movements around that sacred table were meant to recognize and respect the symbolic value of receiving the offered bread and wine. Therefore, one hope I have is that there be no dilution in the dignity of the service. It need not be so somber as to reflect no joy, but we must remember always to Whom we come when we lift up our hearts and voices.

I came to Clemson College in 1934, and from 1930 to 1942, four Skardon brothers passed through those halls. During that time Holy Trinity was here on "holy hill" as a reminder to all of us of the importance of our faith. Ladies of the church often provided meals for us, and we in turn were often recruited on the spot to sing in the choir on any given Sunday morning. In so many ways, the church was a community. It was important for the parish to remain on this site, and so another hope is that Holy Trinity will continue to be that presence for Clemson students and faculty, as well as for the larger community.

Returning here later with my family, I continued to realize the importance of this community, and I have tried to serve it in many capacities – as vestryman, senior warden, Sunday school teacher and superintendent, and coordinator of lay readers. So many others have also served that I see much of the strength of the parish oriented toward its lay leadership. This is particularly obvious in times of interim clerical leadership. I hope parishioners in the future will serve with enthusiasm in many capacities and thus know the joy that comes with such service.

I have great admiration for all the many outreach projects that emerge from Holy Trinity. I always say, "We have fingers in more pies than we can even count," and it is a very good thing to be so much involved in so many forms of giving. Outreach is living the Gospel in the world; therefore, I pray that we may always continue those efforts in the future.

Many changes have taken place here. We have newer buildings that are more accessible to elderly and handicapped people. Service on the vestry or as lay reader or acolyte is no longer limited only to men and boys. I enjoy seeing the children participate in bringing the food offerings to the altar and in dismissing us each Sunday; I hope that we always have young families who will find their place in this parish, and that we continue to value the voice of our elders, too.

My faith has sustained me throughout my life. My hope is that those who come after us will find Holy Trinity a place that offers that same sustenance. May we together "lift high the Cross" and follow where it leads us.

Ben Skardon

The Tempo is a publication of
 Holy Trinity Episcopal Parish
 193 Old Greenville Highway
 Clemson, SC 29631-1335
 Phone: 864-654-5071
 Fax: 864-654-5066
www.holytrinityclemson.org

Submissions are due by the 22nd
 of the month by e-mail to:

htchurch@holytrinityclemson.org or
ibbrh@bellsouth.net

The Rev W. Andrew Waldo, *Bishop*

Staff

The Rev. Tom Nicoll, *Supply Priest*

The Rev. Sidney Hall, *Associate*

The Rev. Tom Davis, *Rector Emeritus*

Becky Bowman, *Minister of Music*

Cynthia Spejewski, *Organist*

Lynne Farmer, *Parish Administrator*

Cynthia Spejewski, *Parish Secretary*

Wendy Brookes, *Director of
 Christian Formation*

Jim Hylkema, *Sexton*

Suzanne Watkins, *Day School Director*

Vestry Members*

Michelle Cauley, *Senior Warden*

Paul Anderson, *Junior Warden*

Rebecca Eidson, *Clerk*

Phil Maiberger, *Treasurer*

Kevin Crouse (Canterbury)

Kaleb Ellison (Parking)

Jack Davis (Building and Grounds)

Byron Harder (Search Committee)

Mary Beth Johnstone (Christian Formation)

Meredith McTigue (Day School)

Iris Reed (Worship)

Betty Snowden (Care of People)

Kathy Sparks (Church and the World)

Diana Stafford (Pastoral Care)

Bob Taylor (Task Force 2020)

Joe Yanes (Stewardship)

*Core area assignment in parentheses

Welcome to Holy Trinity's New Rector!

The search is over and your Search Committee and Vestry are proud and delighted to introduce Mother Suzanne Cate as our new rector.



The Sixth Sunday of Easter

May 1, 2016

My Dear Brothers and Sisters in Christ,

I greet you in the Name of the Risen Lord with alleluias in my heart — I am delighted beyond my ability to express that God has brought us together as partners in ministry at Holy Trinity Parish! Will and I are eager to come down from Charlotte and begin to get to know each and every one of you. We have a couple of weeks to say goodbye to the good people of St. John's, and then we will rest for a few days as well as we are able in the midst of transition.

I will be in the church office beginning June 1, and June 5 will be my first Sunday with you. I can't wait for that day! It will be my honor and privilege to love and serve you for years to come. I know that the next few years will be busy and exciting and will lay the foundation for the future of Holy Trinity. I'm confident that we will listen carefully to the guidance of the Holy Spirit and will be empowered to act boldly as we find new and transformative ways to proclaim the Gospel from our hilltop.

In the meantime, Will and I ask for and will cherish your prayers for us. You will be in the prayers of our hearts, as well.

Grace and peace to you all this Eastertide,

Mtr. Suz Cate

P.S. A note about my name. Please feel free to call me Suz (a nickname from my childhood). If you would prefer to address me more formally, please call me Mother Suz.

 **WORSHIP**

Bishop Hulstrand's Visit



On Sunday, April 10, we welcomed the Right Reverend Donald M. Hulstrand to confirm and receive new members at the 10:30 am service.



Youth Class — Instructors: Sheila Durham, Joe Yanes, and Amy Agosti



Adult Class — Instructor: Hap Wheeler



A Great Dismissal!



Bishop Hulstrand Meets With the Vestry After the 10:30 am Service



WORSHIP

Confirmation



Anna Lee Wynn



Cary Johnstone



Holden Keefe Culler



Kaitlyn Mariah Mikels-Grayson



Joan Miller Egan



Madeline Frances Smink



William Henry Hawks Mayo



Margaret (Molly) Dunn



Phoebe Rose McPeak



Riley Stokes



Sarah Donaher



Heather Walker Dunn (received)

 **WORSHIP**

Reception Following Confirmation

Many thanks to those who provided refreshments and flowers for the reception following confirmation on April 10. Everything was delicious and much appreciated!



Canterbury and Youth Sunday

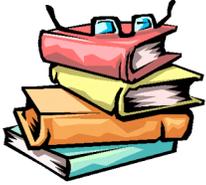
At the 10:30 am service on Sunday, April 17, the youth and Canterbury students served as lector, intercessor, Eucharistic Ministers, ushers, and greeters. Sheldon Davis provided the music on his guitar and Jodie Holodak, Canterbury Peer Minister, gave an inspirational reflection.





CHRISTIAN FORMATION

Men's Book Group



The Men's Book Group will start a new book on Saturday, May 14, entitled, How God Became Jesus: The Real Origins of Belief in Jesus' Divine Nature-A Response to Bart D. Ehrman edited by Michael F. Bird. The essays in this book seek to establish that the belief in Jesus' divinity was evident in early Christian sources. This thesis is in contrast to Ehrman's in How Jesus Became God....., a book the group has just finished. We will meet at *All-In Coffee Shop* on Earle Street in Clemson at 8 am to discuss the first four chapters. The book is readily available at Amazon. If you have any questions, contact Hap Wheeler at wheeler@clemson.edu or 506-6518. The group is open to all and the discussions are unfettered.

Women's Book Group

All women of the church are welcome to join into the discussion of our new book, The Light Between Oceans, by M. L. Steadman. The group meets on Wednesdays at 12:30 pm in the office conference room. Copies of the book are available in the church office.



What Is Christian Mysticism?



From April 17 through May 22, we'll be exploring the Christian faith through the lens of the mystical project. Among other avenues, we'll explore the history of Christian mysticism, the important role of various women in its history, and some of its political and ethical implications. In particular, we will focus on practicing the mystical concept of prayer as a silent meditation in pursuit of union with God. In order to make room for laughter, we'll also explore some of the quirky personalities and stories of famous Christian mystics. The class will meet upstairs in the E/M room during the Sunday School hour.

Trash Pick-Up



The Parking Committee is looking for volunteers to assist with trash pickup in our gravel lot and along Addison Lane on Sundays. Please contact me, Michele Cauley (michele.cauley@gmail.com or 864/275-8820), or the Holy Trinity church office (htchurch@holyltrinityclemson.org or 864/654-5071) if you are willing to help. Time commitment is only 5-10 minutes.



CHRISTIAN FORMATION



Canterbury
of CLEMSON

April has been an exciting month for Canterbury! Earlier this month, we attended a Swamp Rabbits game with the Furman Canterbury and Wofford Canterbury. This was a fun social event to continue and deepen our relationship with each other and other Canterbury groups as well!



We also had two members confirmed, and we're very excited for them and their future in the church! Finally, we had a great Canterbury-Youth Sunday on April 17th. Thank you to everyone in attendance! It truly was a great service, and we thank you for supporting us this year and every year. We'll miss you this summer, and we're looking forward to a great start to the next school year.

If you have any suggestions or ideas for Canterbury moving forward, or if you have ideas for intergenerational events involving Canterbury and the parish, please do not hesitate to email me at jholoda@g.clemson.edu. Have a great summer and C U in the fall! Go tigers!!

Jodie Holodak

Founder's Day at St. Paul's

Clemson University's Tiger Brotherhood hosted its traditional Founder's Day service at 5 pm on April 6, at St. Paul's Episcopal Church in Pendleton. The memorial service commemorated the 127th anniversary of Thomas Green Clemson's death which set forth the chain of events that led to the eventual founding of Clemson University.

Mrs. James Clements, wife of Clemson's president, and Dr. Jerry Reel, one of Clemson's and St. Paul's historians, paid tribute both to Clemson and his dream. Following the service, led by a bag pipe player, attendees visited Thomas Green Clemson's gravesite with a short candlelight ceremony in St. Paul's cemetery.





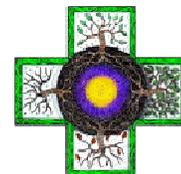
CARE OF PEOPLE

Celebrate the Year of The Parish Is Coming to an End



April was another busy month as we considered Holy Trinity's future. The Canterbury members and our HT Youth led their version of our traditional 10:30 am service on April 17. And, during the Sunday School hour and at Trinity Connections, Zachary Jeffers and Eli Lewis, two of our wonderful Canterbury students, gave a presentation on the *Young Adult Service Corps* of the Episcopal Church as they begin their year of mission. On another Connections night, April 27, we worked on our new prayer banners that will eventually hang in the sanctuary. We wrote our hopes, dreams and prayers for the future of our parish and wove them into a larger cloth embellished with our common prayer. We also planted seeds and were able to begin seeing the results of our labor with the first harvest of radishes from our own community garden. Finally, inspiring and thoughtful reflections on the future of Holy Trinity were published in *HT Notes* each week (Cary Kaye, Jodi Holodak, Bill Purkerson and Kathy Crouse), and in the April *Tempo* (Greg Moss) and this *Tempo* (Ben Skardon). Look for more of these reflections this month in both *HT Notes* and *Tempo*.

Things will not slow down a bit in May! On Sunday, May 8, CYOP "future" will engage us all in a very special Rogation Day. We will be dedicating our new Holy Trinity Community Garden, followed by a picnic in the area near the garden. Sandwiches, drinks, and simple sides will be supplied. Bring chairs, tents (if you wish), and games... a fun way for all of us to enjoy Rogation and Mother's Day relaxing and spending time with our church family.



Trinity Connections in May will include finishing the Banners and creating a time capsule to commemorate the year on Wednesday, May 11. On Wednesday, May 25, Father Tom Nichol will lead Holy Eucharist, using the Rite 3 rubric, showing us one of the ways Eucharist could be celebrated in the future.



On Sunday, May 15, we will celebrate Pentecost in a very special way. We will dedicate the new Welcome Desk, being custom built for us by local woodworker, Bob Phillips. In addition, we will dedicate a lovely quilt hanging, created in honor of our Year of the Parish Celebration, by parishioner Marge Edie. A special reception will follow the 10:30 am service.

Our final social event will take place on Saturday, May 21, when we will host a "Beer and Charcuterie Night" - like a wine and cheese, but with cured meats and beer (although we will have some wonderful cheeses as well!). Carolina Bauernhaus Ale in Anderson will supply their specially crafted brews. They will also supply sodas with local fruits, for young people and non-drinkers. We will be doing some pairings of some beers with specific types of meats and cheeses. Circle the date on your calendar and plan now to attend. Please call Wendy Brookes if you need child care and she will be happy to arrange it - we want all of our members to have the opportunity to participate in what promises to be a really fun event.

Finally, Sunday, May 22, we will formally receive new members to Holy Trinity.

Our "*Year of the Parish...our Past, Present and Future*" will officially conclude on **Sunday, May 29**, so don't miss a thing!

Lynn Smith



CARE OF PEOPLE

Highlights of Health Research*



Unless otherwise stated, the results below were reported by only one study during the time period given above; it is possible that similar findings may have been reported at other times. If you cannot locate a study in the literature, contact me at marymartof@gmail.com. Suggestions for this column are welcome.

A Diagnostic Test for Zika Virus in Blood Supply — A diagnostic test for the Zika virus in donated blood is under investigation. Zika can lead to paralysis in adults and brain damage to infants born to mothers infected with the virus. The infection has already been identified in several states in the U.S. Blood banks wanting to use this experimental test should contact Roche Molecular Systems. *The New York Times*, 3/30/16.

Blood Pressure — Anyone wishing to have their blood pressure checked should see Judy Surak after the 8 am service or Mary Martof after the 10:30 am service. An analysis of 24 studies showed that the DASH (Dietary Approaches to Stop Hypertension) was most effective in lowering hypertension.

Exercise

1. Adults who engaged in moderate to high-intensity exercise had less mental decline over 5 years than those who exercised less.
2. Over-exercising on a daily basis can increase the risk of atrial fibrillation, which could lead to heart attack or stroke.
3. Elderly adults with the highest levels of physical activity had higher amounts of gray matter in areas of the brain linked to Alzheimer disease.
4. Exercise may help the immune system attack cancer cells, slowing the growth of existing tumors and helping to prevent new ones.

Stress

1. Brain scans show that stress increases activity in the amygdala (fear center of the brain) causing arterial inflammation that could increase the risk of heart attack or stroke.
2. Chronic stress promotes production of a substance that reduces the body's ability to break down fat in the body.

Autism Linked to Birth Spacing — A review of 7 studies revealed that children born to mothers with inter-pregnancy intervals of less than 12 months had nearly twice the risk of developing autism, compared with children born to mothers with 3 years or more between pregnancies.

Cancer

1. A large study showed that long-term aspirin use was linked to a 3% decrease in the overall rate of cancer development; however, certain cancers (lung, breast, and advanced prostate) were not affected by aspirin.
2. Women who had higher levels of dietary fiber during adolescence had a reduced risk of breast cancer.
3. Women with higher levels of 25-hydroxy vitamin D in their blood had a 67% lower risk of invasive cancer. Higher levels of vitamin D have also been recommended to decrease the risk of Alzheimer disease.

Niacin — A Meta Analysis of 11 controlled, randomized trials (highest levels of research) showed that people on niacin therapy had an increased risk of developing diabetes mellitus.

Stop Smoking — A combination of smoking cessation pills combined with nicotine patches was 27% effective in helping people to stop smoking for 26 weeks. The combination was more effective than using pills or patches alone.

*As reported in *ANA SmartBrief* (A regular briefing from the American Nurses Association for its members) from Dec. 20, 2015 to April 19, 2016.



CHURCH AND THE WORLD

Maxwell Jeffers Attains Boy Scout Eagle Rank



Congratulations to Maxwell Jeffers on earning the Boy Scout Eagle Rank. Maxwell's Eagle Court of Honor Ceremony will be Monday, May 23, 2016 at 7:00 pm at the Fort Hill Presbyterian Church in Clemson.

Everyone is invited to attend.

We would like to THANK members of the Holy Trinity Parish Family for the great foundation Maxwell received from Holy Trinity and for the support and encouragement he was given over the years.

The Jeffers Family

MARYS House



MARYS House is looking for a volunteer to be the "go to" person for your congregation. You will be taught all about MARYS House and the services it offers. The Holy Trinity representative will be able to inform our membership of upcoming events, fundraisers and immediate needs. MARYS House is engaged in a great work of love and is looking for someone with the same vision... healing families broken by domestic violence. For questions or more information, please contact: Jackie Dolby, Volunteer Coordinator, at jadolby@icloud.com or 864-855-1708.



CYOP Update

The Future team is encouraging all parishioners to submit their hopes for HT's future. As we get them, we will be featuring some of them in *HT Notes* each week.

Flower List

The following dates are available for Sunday flower donations: May 22 and May 29. The flower sign-up sheet is in the Flower Book in the narthex.



Coffee Hour Social



Everyone enjoys the fellowship provided by the coffee hour after the 10:30 am service on Sundays; but volunteers are needed to provide light refreshments and make the coffee! This is a once or twice a year commitment. Our coffee hour has been a great success and was started last year to give parishioners a chance to socialize with each other and meet newcomers.

We are currently looking for volunteers for May 15 and May 22.

We need you—please help!

Contact: Meredith McTigue (864-710-0710 or mmims@clemsun.edu)

MAY BIRTHDAYS

- | | |
|------------------------|-----------------------------|
| 5/1 Larry Bowman | 5/16 Glen Quattlebaum |
| 5/1 Thames Stokes | 5/17 Phil Maiberger |
| 5/1 Frances Wales | 5/18 Scooty Burch |
| 5/3 Becky Bowman | 5/18 Cameron Farish |
| 5/3 Cynthia Spejewski | 5/18 Carol Luke |
| 5/5 Gen Colcolough | 5/19 Marie McMahan |
| 5/5 Bill McMullan | 5/20 Philip Gildersleeve |
| 5/6 Liz Halpin | 5/20 Alden Valentine |
| 5/6 Greg Hawkins | 5/21 Bill McDaniel |
| 5/6 Wes McMullan | 5/22 Devan Vaughn |
| 5/7 Holden Culler | 5/23 Lynn Luszcz |
| 5/7 Emily Erwin | 5/25 Catherine Cox |
| 5/10 Kenneth Mobbs | 5/25 Martha Green |
| 5/10 Julie Morse | 5/27 Cynthia Burington |
| 5/10 David Vaughn | 5/27 Kimberly Huddleston |
| 5/11 Madeline Smink | 5/27 Mel O'Day |
| 5/12 Michele Cauley | 5/28 Ashley Crouse |
| 5/12 Jen Ellison | 5/31 Sunny Hamill |
| 5/14 Barbara Armstrong | 5/31 Mims Catherine McTigue |



May Birth Flower:
Lily



May Birthstone:
Emerald

Financial Update as of April 30, 2016

Operating Fund

	Monthly Budget	Monthly Actual	Budget YTD	Actual YTD
Income	\$42,308.00	\$44,217.25	\$169,233.00	\$188,266.12
Expenses	\$42,311.00	\$31,052.84	\$169,241.00	\$131,962.39
Income +/-Expenses (3.00)		\$13,164.41	(\$8.00)	\$ 56,303.73

Trinity Place Fund

Phase II-Prism Pledge Offerings	July 1, 2011--June 30, 2016
Amount Pledged	\$735,600.00
Offerings received as of April 30, 2016	<u>- 682,425.06</u>
	\$ 53,174.94
The Walls Campaign	
Amount Pledged	\$171,945.00
Offerings received as of April 30, 2016	<u>- \$140,749.23</u>
	\$ 31,195.77
First Citizens Bank Notes Payable as of April 30, 2016	\$958,186.63

**HOLY TRINITY EPISCOPAL PARISH
193 OLD GREENVILLE HIGHWAY
CLEMSON SC 29631-1335**