

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.*



NOVEMBER 2016

NOVEMBER CALENDAR

Tuesday, November 1:

12:00 pm All Saints' Day
Holy Eucharist

Wednesday, November 2:

12:00 pm All Souls' Day, St. Paul's

Thursday, November 3:

5:30 pm Ministers' Cook Off-
Methodist Church

Sunday, November 6:

8:00 am Holy Eucharist
8:45 am Breakfast
9:20 am Sunday School
10:30 am Holy Eucharist
5:00 pm Holy Eucharist, St. Paul's

Tuesday, November 8:

7:00 pm Election Day Communion

Wednesday, November 9:

5:30 pm Connections - Family Fun

Sunday, November 13:

8:00 am Holy Eucharist
8:45 am Breakfast
9:20 am Sunday School
10:30 am Holy Eucharist
11:45 am Gathering of Acolytes

Saturday, November 19:

9:00 am St. Paul's Workday

Sunday, November 20:

8:00 am Holy Eucharist
8:45 am Breakfast
9:20 am Sunday School
10:30 am Holy Eucharist
5:00 pm Evening prayer, St. Paul's
7:00 pm Vestry Meeting

Thursday, November 24:

10:00 am Thanksgiving Day Service

Sunday, November 27: ADVENT

8:00 am Holy Eucharist
8:45 am Breakfast
9:20 am Sunday School
10:30 am Holy Eucharist
11:45 am Advent Festival

ONGOING EVENTS

Sundays 11:45 am Coffee Hour

Mondays 6:00 pm E/M

Tuesdays

11:00 am Reflectionary Bible Study

2:00 pm Staff Meeting

Wednesdays

12-3 pm Women's Book Group

5:15 pm Bible Study

7:00 pm Choir Rehearsal

6:00 pm Canterbury

Thursdays

10:30 am Holy Eucharist, Clemson
Downs (1st Thursdays only)

5:15 pm Healing Service (not on 11/3)

6:00 pm Bible Study

2nd Saturdays 8 am Men's Book Group

Keeping the Faith: Suz's monthly message

My Dear Sisters and Brothers in Christ,

My heart is so very full right now--filled with gratitude, love, and admiration. I am grateful for the many, many generous gifts of time and talent that were outpoured in preparation for the Celebration of our New Ministry together on October 18. Thanks to the efforts of so many wonderful parishioners, the whole evening was a feast for the senses. The Nave and the Parish Hall sparkled and gleamed, the choir blessed us with beautiful music, the supper provided by the Campbells delighted our taste buds, and God supplied a gorgeous fall evening. Everything about the night was just perfect, and I am grateful.

I sat on one of the benches in the breezeway on the afternoon before our grand celebration. It was a moment of quiet reflection, accentuated by the movement of air and the distant sounds of the great mission field across the street. Sitting between the two spaces in which we gather as a parish, the Nave and the Parish Hall, I was compelled to ponder the love for Holy Trinity that grows in my heart with each passing day.

Holy Trinity is such a haven of beauty, peace, and welcoming hospitality. The combination of the space and the people who love it is a powerful, attractive force that draws new people through our doors week by week. I have such a deep admiration for the faithfulness of so many parishioners who quietly offer the gift of tasks great and small that are tended to with such care and devotion. I continue to be astonished as I discover how the details of preparing for and supporting our common life are lovingly taken on by so many volunteers.

To quote the old hymn: There's a sweet, sweet Spirit in this place,
And I know that it's the Spirit of the Lord;
There are sweet expressions on each face,
And I know they feel the presence of the Lord.

The presence of the Lord is palpable at Holy Trinity, because of that sweet Spirit that you embody in this place. For more reasons that I can express in words I am blessed to be called to serve as your Rector. Y'all are the real deal. And I am grateful.

Grace & peace to all y'all,

Suz+



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. Suzanne Cate, *Rector*
 The Rev. Tom Davis, *Rector Emeritus*
 Becky Bowman, *Minister of Music*
 Cynthia Spejewski, *Organist*
 Lynne Farmer, *Parish Administrator*
 Cynthia Spejewski, *Parish Secretary*
 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

Why Do We Do That?

*Why do you dip your fingers in the Baptismal font and
 cross yourself as you enter and leave the Nave?*

Each Sunday morning, I remove the bowl of water from the Baptismal font and pour it out into the garden. I clean and refill the bowl with fresh water. I then bless the water, using The Thanksgiving over the Water from the Baptismal rite (page 306 in the Book of Common Prayer). The Thanksgiving over the Water contains some of the most theologically rich imagery in the prayer book. I encourage you to read through it sometime and meditate on each line. At its core, this imagery reminds me that I have passed through the waters of death with Christ and have been raised to new life in him.

The Baptismal font is positioned at the entrance to the church to symbolize its function as the gateway to initiation into the Body of Christ. I am unapologetically Episcopalian, fiercely devoted to the Via Media that bridges catholic and Protestant, but most fundamentally, I am a Christian by virtue of my Baptism. The font represents the grace of God that established an “indissoluble” bond between God and me in my Baptism. As I enter the Nave in procession, I dip my fingers into the water of the font to remind myself that I am God’s child, adopted into the household of God and nourished by the Sacrament of Holy Eucharist.

I also dip my fingers into the font as I process out into the world at the end of each service. This action serves to remind me of the Baptismal promises: to continue in the apostles’ fellowship and worship, to resist evil, to proclaim the Gospel, to seek and serve Christ in all others, and to strive for justice and peace.

That’s a lot of meaning packed into these simple actions. The ancient rituals of our worship contain a dense load of meaning that spills over into smaller rituals of tradition, like this small ritual of reminder. I perceive the richness of God’s grace in the blessed water. I absorb that reminder into the skin of my fingers and my forehead as I pass among you in procession, first to approach the altar and lead you in worship, and then as I pronounce the dismissal, sending us out to love and serve the Lord. Coming and going, it is good to remember the effects of the Water of Baptism: “We thank you, Father, for the water of Baptism. In it we are buried with Christ in his death. By it we share in his resurrection. Through it we are reborn by the Holy Spirit.”

Mtr. Suz



WORSHIP

Blessing of the Animals

The annual Blessing of the Animals took place at 4:00 pm, Sunday, October 2 at St. Paul's in Pendleton. A variety of dogs and one brave cat enjoyed the beautiful afternoon and Mtr. Suz's blessings.



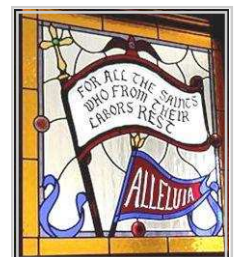
Pets at the Day School were blessed on October 6.



Join in the All Saints Celebration

All Saints' Day is Tuesday, November 1. It is a day of commemoration and remembrance—a day when we raise up to the Lord all those in our hearts. Join us for an All Saints' Day Holy Eucharist at 12 noon at Holy Trinity. If you would like us to remember a departed loved one in our services on the Sunday following All Saints' Day, please contact the church office by noon on Wednesday, November 2.

On Wednesday, November 2, there will be an All Souls' Day remembrance in the St. Paul's churchyard in Pendleton at 12 noon.





Celebration of Our New Ministry

On the evening of Tuesday, October 18, 2016, The Reverend Suzanne L. Cate was installed as the 18th rector of Holy Trinity Episcopal Parish. The Reverend Deacon Al Hipp, Dean of the Foothills Convocation, represented Bishop Waldo for the ceremony.



Music was provided by our choir with Cynthia Spejewski (organ) and Isa Herold (flute), Leslie Warlick (violin), and David Warlick (cello).



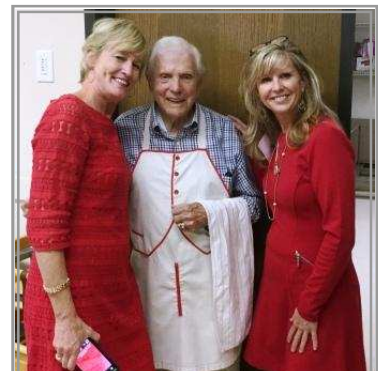
The Reverend Joshua D. Bowron, Rector of St. Martin's Episcopal Church in Charlotte, NC, and a long-time friend of Mtr. Suz, was the preacher.



In the Induction, gifts were presented to Mtr. Suz by representatives of the congregation and some of the attending clergy.



After the ceremony, all attending were treated to a fabulous dinner of salad, grits, salmon, and asparagus prepared by many dedicated parishioners lead by Don and Marjorie Campbell.





WORSHIP

Election Day Communion



Election Day Communion: Because we are one in Christ, no matter how we vote.

After we've all voted, after the polls have closed, let's come together in worship of the Risen Lord to remember our unity in Him. There will be no political debate, no discussion of issues. Just the Word of God, prayers for unity, justice, and peace in our fair land—and the breaking of the Bread, the sharing of the Cup. Join us for Election Day Communion at 7:00 pm on November 8. All are welcome!



Acolyte Training and Lunch



Acolyte Gathering: Attention all Holy Trinity disciples in grades 4-12! (Yes, you are a disciple!) You are invited to attend a gathering of acolytes on Sunday, November 13, following the 10:30 am service. Mtr. Suz & Carol Yardley will provide lunch, and then we will lead a quick training session for torch-bearers, crucifers, and servers. We will be finished by 1:30 pm. Your participation in leading our worship services is very important to the whole parish family—and we want you to be comfortable with the ministry of acolyting. Come and join us!

Thanksgiving Day Service

Holy Eucharist will be celebrated at 10:00 am on Thanksgiving Day, Thursday, November 24, at Holy Trinity. Come and give thanks to the Lord for all our blessings.



Thank You, LORD!



The work of the Altar Guild is to ensure that the church is ready for worship services. That's a simple statement which covers many responsibilities. The Altar Guild works behind the scenes preparing and tending the sanctuary. The Altar Guild sees that everything needed for the service is cleaned and in its place so that the services can be conducted with order, decency and beauty. The Altar Guild tends the candles, flowers, linens, vestments, vessels and even the bread and wine – everything which is used in the service. The Altar Guild sets up the altar for the service and cleans after the service. Thus the work of the Altar Guild goes before and after the services, surrounding our worship with its gifts. Altar Guild members are not usually seen while working, but the results of their work are very visible! Both women and men are eligible to serve on the Altar Guild.

There is always a need for more to participate in this important and rewarding ministry of the church. Loyalty and commitment are the most important attributes of people serving on the Altar Guild. If you are interested in learning more about the Altar Guild, or would like to join, please contact any Altar Guild member or its chair, Jan Cribb at jg_cribb@yahoo.com or call 722-5333. As with all ministries at Holy Trinity, training is provided and new members are supported by experienced members.



CHRISTIAN FORMATION

Interim Family Ministry Coordinator for Holy Trinity

My dear Brothers and Sisters in Christ,

I have the great delight of informing you that Mary Beth Johnstone has agreed to serve as Interim Family Ministry Coordinator for Holy Trinity until June of 2017. Mary Beth will work closely with the staff and various committees to coordinate ministries with and for families of children and youth through grade 12. Mary Beth has already been doing some of this work in her role as the Vestry Liaison to the Christian Formation Committee.

Mary Beth will resign her Vestry seat prior to assuming this position, and the remaining two years of her term on Vestry will be filled according to the by-laws of the parish. Please join me in congratulating Mary Beth and giving thanks for her willingness to serve the families of Holy Trinity in this way.



Grace & peace to you,
Suz+

Stewardship



Update as of October 31, 2016: 113 pledges totaling \$408,456

Holy Trinity's 2017 Stewardship goal is to receive 175 pledges. We are grateful for those who have already made their pledges to support the mission and ministry of Holy Trinity and for those whose pledges are on the way!

Halloween Blessing of Costumes

At the 10:30 am service on Sunday, October 30, Mother Suz donned her blinking halo and the children and their costumes received a special blessing and prayers for safe Trick-or-Treating,



One More St. Paul's Workday Needed

Thanks to the turnout on our second workday, October 29, we were able to clear the wood debris from under the Church and nearly complete the painting of the handicap ramp rails. However, it is apparent from the paint coverage, that another Work Day is needed to apply the finish coat of paint. The only task will be painting the handrails, *i.e.* the finish coat. Bushes and supplies will be furnished.

Those that can help, please meet at **9:00 am on Saturday, November 19th** at St. Paul's.

Jack Davis

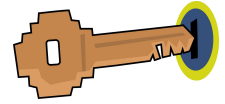


CHRISTIAN FORMATION

Important Notice About Keys to the Parish Hall–Holy Trinity Day School Building

Dear Holy Trinity Family,

I'm writing you about a difficult but significant change we need to make regarding entry and security to the Education Building, a/k/a Parish Hall, which as you all know is also home to our Day School. I probably don't need to tell anyone of the awful tragedy in Townville a few weeks ago. Even as we hold those folks in our prayers, the pain of their experience has forced us to think very carefully about doing our very best at Holy Trinity to provide the safest environment we can for the children and staff under our care.



The very, very short of things is that we need to better control access to the Episcopal Day School and to the Education Building. Therefore with the Vestry's approval, on Thursday, October 20, the Day School entry door was rekeyed. Beginning then, we will also have new policies to control who is issued keys and the number of keys we have available. We will also be developing new procedures to control entry into the Education Building during school hours for visitors and parishioners.

There's more about the whys and wherefores below, but here's some context. The building has not been re-keyed in 10 years. As of this moment, we don't exactly know who has keys to our Education Building. It has been something of an open secret that even some members of the Clemson community who no longer go to church here (and maybe some who never have) have keys. Nor do we really have any idea who might be coming and going from the building during school hours. The risks involved in that way of doing things are pretty obvious. We can't put the children under our care in any situation where, if we can take every reasonable and practical precaution to keep them safely under our care, we can easily and responsibly avoid heightening risks. We feel the same way about our making sure that teachers and staff are in a safe working and teaching environment. Nothing even remotely worrisome has happened at the Day School or in the building to prompt this. What we're doing is simply a result of confronting our full awareness of the tragedy in Townville.

After the re-keying is completed, all church staff will be issued keys; so will all Vestry members and ministry team leaders with needed access to the Education Building. As far as general access goes, we will now require anyone without a key, including visitors and parishioners, to check in at the church office and get a visitor badge to enter the Education Building during school hours, as is the practice at schools everywhere. Parishioners with keys should get a visitor's badge from Suzanne in her office whenever they enter the building during day school hours. (It's critically important to note that our Day School teachers may not, and actually probably won't, recognize most of our parishioners if they happen to be in the building—while I know it might be inconveniencing for us as parishioners, this step helps us avoid any confusion or misunderstanding on the part of our teachers. If something should something happen, we also will know which visitors or parishioners are in the building and work to ensure their safety, as well.)

It's probably safe to say this is going to be a bumpy transition, especially while we work out the kinks in the procedures. I'd like to ask everyone in our church family to be patient with us as we work through this transition. I'm all-too-aware that at some level this change might be deeper than it appears for some of us. I've been part of the "problem" myself, seeing as how I've had a key forever and can't even remember how I got it and have never really been aware that there was any potential "problem" with my having it. I guess I've never thought of returning it before I was on the Vestry because it's represented my key to the house-acceptance and belonging and trust and community and all those things we think about when we think about family and home and Holy Trinity. Some of you might feel the same way. All of us want to do everything right and needful to protect those under our care, and none of us want that sense of who we are to change. With everyone's commitment to our mission together, and in the security of each other's commitment to one another, it won't.

Yours in faith,

Paul Anderson, Jr. Warden

864-356-1003



CHRISTIAN FORMATION

Adult Christian Education in November

Sunday mornings in November will feature “A Romp through The Book of Common Prayer!” Join Mtr. Suz in the St. Luke’s classroom upstairs at 9:20 am each Sunday morning for an informative exploration of the many treasures contained in our defining resource as Episcopalians. **Come and be filled with wonder** at the amazing intricacies of the Church Year, woven together from lunar and solar calendars to create a tapestry of seasonal delights! **Discover the jaw-dropping suspense** of a three-day liturgy and marvel at its ancient traditions. **Be amazed** at the plethora of prayers for any occasion! *You won’t want to miss this!*

“Reflectionary” Bible Study at Holy Trinity: Each Tuesday morning at 11:00 am and each Wednesday at 5:00 pm, Mtr. Suz leads an exploration of lectionary texts appointed to be read in worship the following Sunday. The study usually focuses on one or two of the readings, following a simple format: Read the text. Provide historical context for the text. Consider the questions that arise from the text in order to find meaning for us, today. Each study session lasts about 45 minutes, and there is no need for preparation or special knowledge—that’s what the priest brings to the study! There is no need to commit to being there every week. Just come when you can.



Canterbury
of CLEMSON

This month, members of Canterbury attended the Vocare Young Adult Retreat at Camp Gravatt and participated in the annual Habitat for Humanity Homecoming Build, among other activities. Lillian served as lay rector for Vocare, and she did an amazing job! She put a lot of work into the weekend, planning and organizing almost every aspect with the help of the diocese and the staff. Jodie was on staff and Olivia was a pilgrim. We loved exploring our vocation together and meeting other young adults throughout the diocese!



Lillian Hardaway, Olivia Smink, and Jodie Holodak at Gravatt Camp and Conference Center for Vocare.

In addition, our group volunteered for the Habitat for Humanity Homecoming Build on Bowman Field. This is a 20+ year tradition on campus in which over 500 students come together to build a house in just 10 days. We had a lot of fun, and President Clements even stopped by to thank us for our service (the picture on the left below was featured on his Twitter account!).



Jodie Holodak



CHRISTIAN FORMATION

Episcopal Day School

GIVING TREE IN THE PARISH HALL – Please support the Day School by providing an item from the *Giving Tree* in the parish hall, provide the item requested on the bird and place it (with the paper bird attached) at the tree by November 6th. Monetary donations can be provided in an envelope as cash or checks made out to “EDS” and may be placed in the gray deposit box beside the Day School Office door or Suzanne Watkins’ box in the church office. Thank you to those who have already returned their gifts.



LOOK AT WHAT HAS BEEN GOING ON AT THE DAY SCHOOL:

- October 5, 2016 – Superheroes for Townville–EDS students and staff wore superheroes in support of Jacob Hall’s family and the Townville community.



3-Day 3K Superheroes for Townville



4K Superheroes for Townville



5-Day 3K Superheroes for Townville

- October 6, 2016 – Blessing of the Pets by Mother Suz (See page 3 of this *Tempo*.)



EPISCOPAL DAY SCHOOL NIGHT AT COLUMBO’S PIZZA OF CLEMSON – Thursday, November 17, 2016

Come have dinner at Columbo’s Pizza between 5–8 pm, dine in or take-out, and Columbo’s will donate 10% percent of ALL proceeds during that time to the Day School.

Suzanne Watkins
Episcopal Day School Director

Advent Festival on November 27

If you are upright and mobile following the Big Game, join us in the Parish Hall following the 10:30 am service on Advent 1 (November 27) for a festive start to the Advent Season. This intergenerational event will feature a simple lunch, opportunities to create an Advent Wreath to take home and use through the season, cookie-decorating, photo booth, and fellowship with your Holy Trinity family! We will supply wire wreath forms, greens, trimmings, candles, and an Advent worship booklet to use at home (suggested donation to cover costs \$10). There will be no Sunday School on that day, so you can sleep in a little bit and plan to stay for the Festival after church!





CARE OF PEOPLE

From the Engagement Team



The Engagement Team has really been busy this fall. We have subdivided into three sub-groups: Newcomers, Pastoral Care, and Fellowship. A description of these committees is listed below. The chair of each group serves on the overall Engagement Team but has additional parishioners who serve on the sub-committee. PLEASE feel free to join any of these at any time – we need and want your help!

Newcomers

The Newcomers subcommittee ensures that our process for welcoming and engaging newcomers is followed, and includes the areas of outreach to newcomers, coffee hour, greeters, nametags, the pictorial directory, and the Welcome Desk (and brochures). Tom Witmer chairs this subcommittee.

⇒ Current activities: Looking for volunteers to be greeters and host coffee hour, and updating the pictorial directory and brochures (to occur in January).

Pastoral Care

The Pastoral Care subcommittee is currently co-chaired by Wanda Campbell and Betty Snowden, and covers the Neighborhood Groups, meals, visitations, transportation, health and wellness activities and a prayer group.

⇒ Current activities: Identifying pastoral care representatives from the neighborhood groups, establishing a prayer group and looking for volunteers to help with transportation, meals and visitations.

Fellowship

Newly formed, this subcommittee is just getting started. The hope is to have a few annual functions with a group of volunteers willing to coordinate it every year. Then, as additional activities are planned, look for one-time volunteers, willing to assist. Oktoberfest on Oct. 29 was the first offering from this group. Lynn Smith is the temporary chair of this sub-group.

⇒ Current activities: Looking for a permanent chair for this sub-group, identifying volunteers for upcoming events, such as the Epiphany reception, etc.



Reminder to everyone to please wear your nametag, and go out of your way to speak to those you don't know.

Lynn Smith

Update on Haiti after Hurricane Matthew

The devastation in the southwestern portion of Haiti is horrendous. The death toll is approaching 1000 and will likely increase as more remote areas are explored. Many families in this area have lost everything: homes, belongings and food. Hunger and disease are spreading with cholera at an epidemic level. Towns and cities such as Cayes and Jeremie are destroyed. It is critical that we provide immediate help. The best way to do that is through providing funds to ERD (Episcopal Relief and Development), the organization best prepared to offer immediate and substantial relief to our Haitian brothers and sisters.



Two weeks ago, Partners in Health reached several communities in the south, supporting colleagues in the region. And right now, they are working on placement of mobile clinics and a comprehensive cholera response. That includes emergency treatment for the ill and preventative measures to stop the spread of cholera and other diarrheal ailments – especially dangerous to kids.

Your prayers and generous gifts through ERD will be appreciated and will make a difference.

Earl Burch, Ph.D.

Partnership Cange Coordinator

Episcopal Diocese of Upper SC



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 (marymartof@gmail.com.). Suggestions for this column are welcome.

Exercise

1. Women (aged 27-44) who exercised 2.5 hours per week had a 25% decreased risk of heart disease. The exercise did not have to be strenuous.
2. Eighth and tenth grade students who were athletes or exercised daily used non-medically prescribed opioids and heroin less than other students.
3. The risk of having a heart attack may triple when people perform "heavy physical exertion" when they are angry, upset, or both.

Attention Deficit Hyperactivity Disorder (ADHD)

1. Children with mothers used Tylenol (acetaminophen) at 18 and 32 weeks of pregnancy had a greater risk of hyperactivity or problems with conduct at age 7, compared with children of mothers who did not use Tylenol during pregnancy.
2. Twins (2, 232 subjects) in England and Wales were followed from age 5 to 18. Seventy-eight percent of those with ADHD had their problem resolved by age 18.

Autism Spectrum Disorder (ASD) — Children who had older siblings with ASD were more likely to develop ASD (11.3% compared with 0.92% in children who did not have older siblings with the disorder).

Cancer

1. The Cologuard test for colon cancer will receive Medicare Advantage coverage every 3 years without cost-sharing by patients. In a separate study, colonoscopies after age 75 had little or no effect on cancer risk.
2. Researchers in 52 studies found that music interventions decreased anxiety, fatigue, and pain in cancer patients.
3. Benign-looking skin lesions in children (21 and younger) could be melanoma. Lesions showing change, bleeding, or ulceration should be monitored carefully.

Cognitive Decline

1. Seniors who feel older than they are may be more prone to cognitive decline and dementia compared with those who feel younger than their chronological ages.
2. Vigorous exercise during middle age decreased the risk of cognitive decline 25 years later.

Folic Acid in Pregnancy — Pregnant women who ate a diet rich in folic acid had an 11% decreased risk of having babies with heart defects.

Job Satisfaction — Two studies have linked lower levels of job satisfaction with depression, problems sleeping, and future health problems.

Use of Sugar — The American Heart Association has recommended that young people (2–18) should have only 6 teaspoons of any sugar per day (including sweeteners used in processed foods and beverages). Children less than 2 should not have any sugar added to the diet.

Asthma — Adding vitamin D supplements to the treatment for asthma may decrease the risk of severe asthma attacks.

Suicide — Of the 10 leading causes of death in the U.S. only the rate of suicide is increasing yearly. Of special concern, 13.6% of high-school students had developed a plan for suicide.

*As reported in *ANA SmartBrief* (A regular briefing from the American Nurses Association for its members) from July 20, 2016 to October 18, 2016.

Mary Martof



CHURCH AND THE WORLD



ADVENT IS NIGH

FALL/HOLIDAY SINGING ROOSTER COFFEE SALES

Your Singing Rooster Sales Force would like to thank you on behalf of the school children in Cange and the Haitian Coffee growers for all your support this past year. SALES HAVE BEEN BRISK!

The increasing needs for our support of Ecole Bon Sauveur in Cange and the damage done by Hurricane Mathew makes sales this holiday season all the more important. We would love to become your supplier of choice! Please consider delicious Singing Rooster Mountain Blue, either whole bean or ground or Kkups, as Christmas gifts for extended family and/or professional contacts.

I'm making a large holiday order on the Second Sunday of Advent (December 4) to meet your holiday needs. Remember we have French Dark, Vienna Medium, Decaf, whole bean or ground as well as Kkups – all for only \$10/bag. Feel free to place your order with me at church or via email hgmorse@gmail.com. Whenever possible prepayment by check made to Holy Trinity Parish marked "Outreach Coffee" is appreciated. Blessing to you and yours this blessed season.

Harry Morse

Clemson Community Care



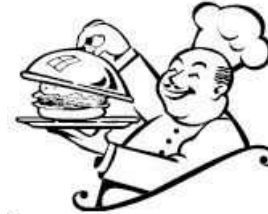
The holiday season is approaching and Clemson Community Care will soon be providing Thanksgiving and Christmas food baskets to needy families in our community. As you know, we will need your donations to make this possible. We

have an immediate need for the following food items: frozen turkeys, stuffing mix, cranberry sauce, canned sweet potatoes or yams, boxes of corn muffin mix, canned fruit, pumpkin or fruit pie filling, sugar, evaporated milk, chicken broth, pie crust mix, flour, canned green beans and canned corn.

As in past years, Bi-Lo and Publix will hold the frozen turkeys for Clemson Community Care to pick up at the stores. This will make it easier for anyone to donate a turkey. Thank you so much for your support!

Clemson Area Ministers' Cook-Off

Christian Life Center Clemson United Methodist
Thursday, November 3, 5:30 pm-7:00pm



Bring your appetite and join your neighbors for the 14th Annual Clemson Area Ministers' Cook-off. Ministers from 15 area congregation will be showing off their culinary skills in support of Safe Harbor. Taste tickets are \$1.00 each at the door.

South Carolina continues to have very high rates of criminal domestic violence often ranking in the top three of women killed by men. Safe Harbor provides a continuum of services for adult and child victims of domestic violence in Greenville, Anderson, Oconee, and Pickens counties. All proceeds from the Cook-Off will be divided between the Oconee and Anderson County shelters.



What's happening with Eli Lewis and Zachary Jeffers?



Eli is implementing projects at the St. Barnabas Agricultural Center in the Diocese of Haiti.

Zachary is serving with Mission to Seafarers in the Diocese of Western Kowloon, Hong Kong.



Check out the Young Adult Service Corps Blog info from Eli and Zachary for more information:

etlewisyasc.blogspot.com/
zjeffersyasc.blogspot.com/



CHURCH AND THE WORLD



Holy Trinity Bazaar and Artisan Market

Saturday, December 3

10 am—2 pm



Mark your calendars! Once again it is almost time for the Holy Trinity Bazaar and Artisan Market, scheduled for Saturday, December 3 from 10 am–2 pm.

Our Champions: Many thanks to our Bazaar Champions who make this event a big success. They need assistance, so please reach out to them if you can help in any way.

Lunch Sales/Kitchen: Bill Purkerson

Baked Goods: Cindy Thackham

HT Crafters: Sally Morrell, Carolyn Wheeler, and Pat Geldard

Stained Glass Ornaments: Sally Morrell and Carolyn Wheeler

Silent Auction: Judy Surak and Carol Yardley

Heirloom Christmas Stockings: Pat Geldard

St. Paul's Table: Diana Manley

Plants: Carol Yardley and Liz Halpin

Gift Baskets: Iris Reed



Church Mice: Be on the lookout. There has been a sighting of church mice in the narthex of Holy Trinity. Some are singing mice, some are holding candles and crosses, while a few are reading the gospel, there are even some holding a bishop's staff, and a new one this year looks a lot like a deacon mouse. Look for these adorable church mice at the ECW bazaar. There are a limited number so don't miss out.

American Girl Doll Clothes: Holy Trinity Crafters present adorable American Girl doll outfits, each one of a kind. Some are pictured below. Come and see them! Perfect for Christmas or birthday gifts for that special girl!



Food Donations: To all parishioners: If you like to bake, can, cook, and/or jam, the Food Booth at the Bazaar is looking for donations! Sweet or savory delights are always a hit! Bring donations to the Parish Hall between 1:30 pm and 5 pm on Friday, December 2 or before 10 am on Saturday, Dec. 3. Call or email for more info! Cindy Thackham 864-280-0539; cdjpt@att.net.

Silent Auction: Would you like a fun and an interesting way to shop? Come to the silent auction at the annual ECW Bazaar. The valuable items you may encounter are fine art, days at a time share, Clemson memorabilia, tickets, etc. How about talents or services like 1 hour of IT help in your home or 1 hour from a personal trainer? The list goes on! Along with all the fun, ECW needs your donated items. Please ponder your time, talents, and treasures to see if you have something that would be just right for a fun and interesting silent auction. Please contact either Judy Surak at 864 933-5205 or judysurak@yahoo.com, or Carol Yardley at 864 506-6133 or cayardley@gmail.com.

SILENT AUCTION

For additional information, visit www.holytrinitybazaar.org.

Greenery List



Although we use only greenery during Advent, you can sign the flower book to designate a special person(s) or event. There is no charge, but a donation to Holy Trinity will be accepted and placed in the Altar Guild flower fund.

Coffee Hour



Everyone enjoys the fellowship provided by the coffee hour after the 10:30 service on Sundays.

Volunteers for the coffee hour ministry are needed for November 6 and December 11. If you are able to help, please contact Jen Ellison at jendecosta@pickens.k12.sc.us or by calling 864-506-4715.

NOVEMBER BIRTHDAYS

- 11/2 Jerome Cribb
- 11/3 Ken Weaver
- 11/5 Jim Harriss
- 11/5 Ann Vaughn
- 11/6 Kara Gold
- 11/6 Will Mayo
- 11/7 Paul Anderson
- 11/7 Thomas Henry
- 11/7 Rachel Mayo
- 11/10 Carl Dunn
- 11/12 Beck Corontzes
- 11/12 Barbara Piekutowski
- 11/13 Jean Ellen Zavertrnik
- 11/16 Lesley McCabe
- 11/17 Betty Snowden
- 11/19 Dotti Carter
- 11/19 Eric Naeseth
- 11/19 Carol Shuler
- 11/19 Mary Lou Sigsby
- 11/20 Robert Lewis
- 11/22 Marge Edie
- 11/25 Kevin Hughes
- 11/28 Heide Temples
- 11/30 Irv Harrington
- 11/30 Eliot Murphy



November Birth Flower:
Chrysanthemum



November Birthstone:
Topaz

Financial Update as of October 31, 2016

Operating Fund

	Monthly Budget	Monthly Actual	Budget YTD	Actual YTD
Income	\$42,308.00	\$50,386.75	\$423,083.00	\$456,774.59
Expenses	\$42,307.00	\$39,226.23	\$423,097.00	\$346,485.30
Income +/-Expenses	\$ 1.00	\$ 11,160.52	(\$14.00)	\$110,289.29

Trinity Place Fund

Phase II-Prism Pledge Offerings July 1, 2011—June 30, 2016	
Amount Pledged	\$735,600.00
Offerings received as of October 31, 2016	<u>-\$716,728.00</u>
	\$ 18,872.00
<u>The Walls Campaign</u>	
Amount Pledged	\$171,945.00
Offerings received as of October 31, 2016	<u>-\$147,469.23</u>
	\$ 24,475.77
First Citizens Bank Notes Payable as of October 31, 2016	\$924,046.13