

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 2017

NOVEMBER CALENDAR

Worship on Sundays

- 8:00 am Holy Eucharist
- 9:30 am Sunday School
- 10:30 am Holy Eucharist
- 5:00 pm Holy Eucharist on 1st Sundays; Evening Prayer on the 3rd Sundays at St. Paul's, Pendleton

Wednesday, November 1

- 7:00 pm All Saints' Eucharist

Thursday, November 2

- 12 noon All Soul's Day in St. Paul's Churchyard
- 5:30 - 7 pm Minister's Cook-Off

Saturday, November 4

- 8:30 am Yoga
- 6:30-8:30 pm Foothills Chorale Wine-Tasting & Auction

Sunday, November 5

ALL SAINTS SUNDAY

- 12 noon Parish Service Ballots due

Thursday, November 6

- 6-9 pm TRIO at Clemson Art Center

Sunday, November 12

- 11:45 am Parish Forum (*Trinity Place*)
- 12:30 pm Pledge Cards due

Friday, November 17

- Day School Poinsettia orders due

Sunday, November 19

- 7:00 pm Vestry Meeting

Thursday, November 23

- 10:00 am Thanksgiving Service

Saturday, November 25

- 8:30 am Yoga

Sunday, November 26

- Christ, the King

ONGOING EVENTS

Sundays

- 8:45 am Breakfast
- 9:00 am Cherub Choir
- 11:45 am Coffee Hour

Mondays

- 6:00 pm EfM

Tuesdays

- 11:00 am Bible Study

Wednesdays

- 12 noon Women's Book Club
- 5:45 pm Angels Choir Rehearsal
- 6:00 pm Canterbury
- 7:00 pm Choir Rehearsal

Thursdays

- 9:30 am Davis Library Book Group
- 10:30 am Holy Eucharist at Clemson Downs (1st Thursdays only)

Saturdays

- 8:00 am Holy Trinity Book Group

Keeping the Faith: Suz's Monthly Message

My Dear Brothers and Sisters in Christ,

As I write this monthly letter on a crisp October morning, my attention has been drawn to the same hymn by three different conversations: O God of earth and altar, 591 in our 1984 Hymnal. Author G. K. Chesterton writes of the divisions that tear communities apart and prays that God will "Tie [us] in a living tether...bind our lives together."

In my home office I have a little scrap of paper on which I wrote many years ago a quotation from Sister Joan Chittister's modern commentary on the Rule of St. Benedict: "A humble person handles the presence of the other with soft hands, a velvet heart, and an unveiled mind."

Through the years, I have felt the need to keep those words before my eyes because of my natural lack of humility. I don't know about you, but humility is not something that comes naturally to me. What does come naturally to me is optimism—my default presumption is that there is good to be found in every situation, and, by golly, I'm going to make sure everyone knows it!

Sometimes I have to set aside my ready answers in order to *listen* attentively to the very real cares and concerns of the people around me. I also have to set aside my natural inclination to launch into "fix-it mode" as I listen to problems (and, yes, complaints). I have learned that quite often the best solutions come from the conversation rather than from my limited knowledge and wisdom — and that the best solutions *always* involve strengthening relationships.

The work of strengthening relationships is slow and almost never follows the path that I have planned out in my solitary imagination. This work requires gentleness, patience, and humility. Gentleness that receives the cares and concerns of others with soft hands. Patience that opens the door to a soft, velvet heart of loving acceptance. Humility that perceives the truth of another with a mind free of the veil of my own predispositions.

In times of uncertainty and change this work of relationship-strengthening is perhaps the most holy work we can do. The foundation of all healthy relationships is the love of God, whose very nature is love, and who draws us together in love. My optimism leads me to believe that we truly can change the world by the way we relate to each other. May our hands be soft to hold each other. May our hearts be velvet in acceptance of each other. May our minds be unveiled to perceive the truth of each other. May God of earth and altar tie us in a living tether and bind our lives together.

Shalom, y'all.

Suz

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*Ministry Team assignment in parentheses

WHY DO WE DO THAT?

What is the difference between All Saints' Day and All Souls' Day?

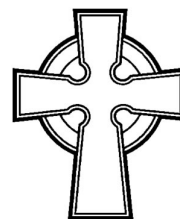
The commemoration of saints dates back to very early in the Church's history. As the Apostles and other revered followers of Jesus began to die in the first century, their communities came to understand that there is a spiritual connection between all Christians, living and dead. The practice of honoring the departed saints on special days spread quickly. The commemorations of holy men and women proliferated, with local observations creating a need for a more universal calendar of saints' days as the Church grew and became more structured. The first celebrations of a Feast Day for All Saints occurred in the 4th and 5th centuries of the Common Era. For about three centuries, the Feast Day was observed on the first Sunday after Pentecost, which is the date the Eastern Orthodox churches still observe.

The Western churches, Roman Catholic, Anglican, and some other Protestant denominations, observe the Feast of All Saints' on November 1, a date that was probably set by Pope Gregory III in the 8th century CE. In the Anglican tradition, All Saints' Day provides the opportunity to celebrate the communion we share with all the saints in light. It is a Principal Feast of the Church (meaning its celebration is required), and is often celebrated on the Sunday following the actual Feast Day when it doesn't fall on a Sunday. All Saints' Sunday is a festal occasion, one of the days preferred for Holy Baptism, and the liturgy of the day is celebratory.

All Souls' is a lesser observance, appointed for November 2, the day after the Feast of All Saints'. All Souls', also observed in some cultures as the Day of the Dead, is a commemoration of all the faithful departed, a time of remembering those whom we love, but see no longer. It is more personal and quite poignant to remember the lives of our own dearly departed. It is fitting that the tone of this observance is more solemn and subdued. Our parish observes All Souls' with a quiet prayer service at noon in the Churchyard at St. Paul's, where so many of our departed parishioners have been interred.

To sum up—All Saints' is a gathering up of all the holy men and women who have been recognized as such through the centuries—we celebrate their examples and their legacy in the Church. All Souls' is our time to remember and honor the people whose faith has touched our lives directly. Both occasions remind us that we are connected with each other and with all those who have ever walked with Jesus.

Wherefore seeing we also are compassed about with so great a cloud of witnesses....(Hebrews 12:1)



LIMINAL SPACE: Deacon Christopher's Monthly Message**Notes from the In-Between**

Canterbury is a ministry of the Episcopal Church offered to and for young adults, aged 18-29, with an emphasis primarily on ministry to college students. The Episcopal Diocese of Upper South Carolina offers campus ministries at Converse College, Furman University, Presbyterian College, University of South Carolina, USC-Spartanburg, Winthrop, Wofford College, and right here at Clemson University. Key components of Canterbury ministry include fellowship, worship, Bible study/exploration of faith topics, and service.

All of the above is technically true. As in, it is accurate and factual. But it doesn't really communicate the *truth* of what Canterbury really is. What Canterbury really is, at least in my experience, is a haven, a stable and nurturing home base for young adults ~ folks whose lives are changing both constantly and rapidly.

The phrase "safe spaces" has been much en vogue in the media and pop culture of late, and as a result, the term has acquired some baggage; Canterbury, however, is the embodiment of The Episcopal Church's commitment to offer a truly and utterly safe space to young people who are questioning, discovering, and/or carving out their visions of who they are and how they might move beyond adolescence and into the full measure of their adult selves.

Young adulthood ~ and college, in particular ~ is a difficult time, generally speaking, even in the best of circumstances. Ideas, convictions, assumptions, ways of understanding and defining one's world ... all these anchor-points get challenged (often seemingly from all directions) during the shift from high school to college and out into the larger world. *Who am I, apart from my parents? How do I find my own voice in a room full of strangers from different cultures and faith backgrounds? What does my faith mean to me, in this new place, away from everyone and everything that was familiar to me?* These questions and others like them are anything but simple and easy.

Canterbury ministries offer young adults an environment, a community, in which it is completely safe to ask such hard questions, without fear of judgment or condemnation of any kind. It is probably not possible to overstate the transformative impact of simply being part of a group in which other people are struggling with the same questions as you, questions that were perhaps too scary to ask out loud anywhere else. In that sense, Canterbury can be a very healing ministry for some folks who might never have had access to such a safe space before.

But more than that, Canterbury also offers the presence of Christ in the form of worship, in the form of relationships with peer ministers and clergy, in the form of Scripture and teaching, and in the form of opportunities to serve others in the community, and it offers Christ's presence not just to Episcopal college students, not just to Christians attending university, but to all students and young adults. Indeed, Canterbury is many students' first experience with being part of a faith community; Canterbury's worship service might be a student's primary form and place of worship. Folks who've grown up un-churched often find a spiritual home in a campus Canterbury group. Conversely, students who are away from home for the first significant stretch of time in their lives and feel cut off from their church communities "back home" can find a home-away-from-home in a Canterbury group.

Those last points are worth consideration from our parish perspective at Holy Trinity. It is very important for us to remember that Canterbury is a ministry we offer to college students and young adults ~ in other words, it's something we do *for them*. It is sometimes tempting for us to think of the young people who attend Canterbury regularly as members of our parish ... and therefore as potential resources for our parish to use. We need to guard against thinking that way, though, because to do so is to miss the entire point of Canterbury ministry.

That said Canterbury in particular and campus ministries in general ought to be seen by the larger church as the front lines of evangelism. We in The Episcopal Church have something of a tradition of getting very nervous whenever someone mentions the term "evangelism." But we shouldn't. We are here because in some way, somehow, Jesus Christ has entered each of our lives and changed us for the better. That's why we gather to worship together, and that's why we do ministry, both within our parish and out in the world. Two of the most effective ways to do ministry are through the ministry of presence and the ministry of hospitality. Evangelism doesn't mean canvassing neighborhoods, knocking on doors, and trying to sign people up to come to church. It means embodying ~ in whatever ways we can ~ Christ in this world, in means being the hands, ears, eyes, heart, and mind of Christ in the lives of the people we encounter.

Through Canterbury ministries, young adults and college students get to experience that, first-hand, and (God willing) from both directions, giving and receiving. Canterbury is a place for young people to discover, or to discover more fully, who they are ~ in college, in a new town or state, on their own, and (most importantly) *in Christ*. I encourage you to support these ministries vigorously. If you'd like to know more about our Canterbury program here at Holy Trinity, please contact me directly at the church office.

~ Deacon Christopher Wilkerson



Day School Sunday

On October 1, the ministry of Holy Trinity's Episcopal Day School was celebrated at the 10:30 am service. The service itself was designed specifically for little ones, using the readings and the prayers from our Children's Liturgy. The homily was a brief Gospel lesson for the children. The Episcopal Day School Director and teachers were recognized, and we also welcomed Day School families. A reception followed.



Children's Choir Debuts

October 1 was also the day for the first performance by the children's choir. Congratulations to Wanda Campbell, Cynthia Spejewski, and Becky Bowman for doing such a fine job with these young folks! To our parishioners delight, they performed again on October 29.



Blessing of the Animals

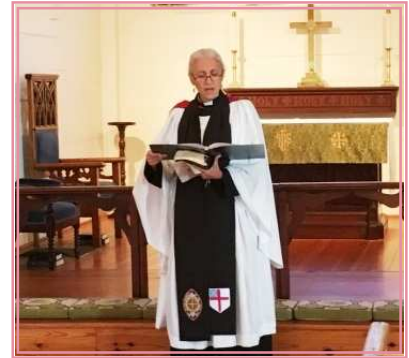
The annual Blessing of the Animals took place at 3:00 pm, Sunday, October 8, in the breezeway at Holy Trinity. Inclement weather caused the blessing to be moved from St. Paul's to Holy Trinity.



 **WORSHIP**

Evensong

The Episcopal service of Evening Prayer is typically referred to as Evensong when its liturgy is chanted or when music makes up a significant portion of the service. On October 15, 2017, a large group of parishioners gathered at St. Paul's and for a celebration of choral Evensong at 5 pm.



Clemson University Men's Choir

On Sunday, October 15th, we were pleased to host the Clemson University Men's Choir under the direction of Anthony Bernaducci at the 10:30 am service at Holy Trinity. It was a real treat as their sounds filled our Holy space.



And a Little Child Shall Lead Them

Two of our youngest and most faithful parishioners (Louise Kaye and Kathryn Cauley) have begun serving as torch bearers.





CHRISTIAN FORMATION

Episcopal Day School

The Day School students enjoyed learning about the changing of seasons and fire safety during October. Since October is National Fire Prevention month, the firemen of Clemson University Fire Department visited the school on to talk with the children about the importance of having smoke detectors and a fire evacuation. The Day School practices it's evacuation plan by having a fire drill each month.



November will be another exciting month for students at the Day School! The school families and staff will join for a *Stone Soup Celebration* on the 17th. All the children will help with preparations by bringing in vegetables for soup to be made, mixing up and baking cornbread, and making decorations for the tables. At the celebration, all will enjoy a tasty soup and a performance by the students while remembering the importance of working together, sharing and community.

There is currently an opening in the Day School's 3-Day 3K Class for a child to enroll for the remainder of the 2017-2018 School Year. The class attends on Mondays, Wednesdays and Fridays from 9:00a.m.-12:00p.m. Interested families should contact Suzanne Watkins to schedule a tour or to answer any questions: swatkins@holyltrinityclmson.org or (864) 654-0298; Website: <http://www.holytrinityclmson.org/episcopal-day-school/>.

In-house registration for the 2018-2019 school year will begin in Jan. 2018 for Holy Trinity Episcopal Church members and currently enrolled Day School families. Open enrollment to others in the community will begin in February 2018.

Our annual Poinsettia Fundraiser has begun! Roebuck Greenhouses has provided beautiful plants to us for the past 18 years. Poinsettia colors available are red, white and pink. The 6" foil covered pots are \$11.00 and the 8" foil covered pots are \$18.00. Orders with payment are due by Friday, November 17th. Checks should be made payable to: "Episcopal Day School." The poinsettias will be available for pick-up on December 14th and 15th in Holy Trinity's parish hall. Please ask your family, friends and neighbors if they would like to purchase some poinsettias to support the Day School. These plants make wonderful gifts for the holidays!

Poinsettia Order Form

Name: _____ Phone Number: _____ Email Address: _____

6" Poinsettia with Gold Pot Cover \$11.00 each

8" Poinsettia with Gold Pot Cover \$18.00 each

Color =	RED	WHITE	PINK	TOTAL
Amount =				
Cost =				

Color =	RED	WHITE	PINK	TOTAL
Amount =				
Cost =				

TOTAL PAID = _____

Contact: *Suzanne Watkins, Episcopal Day School Director* (864)654-0298; swatkins@holyltrinityclmson.org



CHRISTIAN FORMATION

Family Ministries

Family Ministries Update: Nursery Overhaul Complete

If you do not currently have an infant or toddler in your home, you may not have seen our parish nursery in a while. When you have time, I would encourage you to take a moment to look in on the progress the Family Ministries Team and Nursery Staff have made on updating the nursery to make it as safe and inviting as possible to our youngest parishioners. We have painted walls, built furniture, purchased new toys, and developed an organizational system for collecting and maintaining vital records for each child in our care. We have also put in place a check in/check out station at the nursery door to ensure greater security and safety for our children. If you get a chance to stop by the nursery, please take a moment to thank our incredible nursery staff who serve week in and week out to share the love of Christ with our babies and toddlers.



If you love babies and are interested in serving in the nursery in any capacity, please contact Chloe Cashwell for more information about how to get plugged in!

P.S. Don't forget to mark your calendars for these events in November:

Nov. 5 - All Saint's Sunday/Holy Baptism (10:30 service)

Nov. 23 - Thanksgiving Service (Thursday at 10 a.m.)

Chloe Cashwell

Adult Christian Formation

Beginning in mid-November, we will offer two different Sunday School classes for adults. Both classes will meet at 9:25 am—10:15 am on 11/19, 11/26, 12/3, 12/10.

Advent for Families: a video course presented by ChurchNext, a leading provider of Christian Formation videos. This course is led by Heather Howe, an Episcopal priest serving as a youth and family minister in a parish in Illinois. The course description is provided from the ChurchNext website:

For many of us the rush up to Christmas is the busiest few weeks of year. Yet it is also often the holiest—and can be the most spiritually memorable and formative for families. Filled with Santa Clauses and holiday parties, what are some ways we might live faithfully through this sacred, yet highly secularized season?

This class is perfect for families who are looking to learn more about how to incorporate Christian practice in the home. This class meets in the St. Mary Magdalene room upstairs across the hall from the Vestry Conference Room. Deacon Christopher and Family Ministry Coordinator Chloe Cashwell will facilitate. Bring your coffee on up and join the conversation—all are welcome!



The Book of Ruth: Mtr. Suz will lead a study of one of the shortest but most engaging books of the Bible. The Book of Ruth has something for everyone—it is a love story that tells an important part of the genealogy of Jesus, and it is the portrait of a blessed community living according to the law of the God for God's people. This class meets in the St. John room upstairs near the elevator.



CHRISTIAN FORMATION



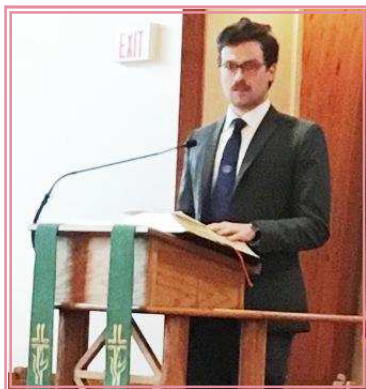
Canterbury
of CLEMSON

Fall semester is upon us and our delightful (and hungry!) Canterbury students are back with us. Canterbury is a wonderful college ministry reaching out to students at Clemson, Tri-County Tech, Anderson University, and SWU. They are so appreciative of the home-cooked meals provided by our Holy Trinity volunteers and the chance to know us better. Dinners are every Wednesday at 6 pm in the parish hall. The kitchen is available for preparing the meals. Plan for about 15-20 students, and please join them for dinner. Share your family's favorites or any of your specialties. This group is easy to please!

Please sign up for this fun and rewarding ministry and help make Holy Trinity a home away from home for our students. Ask a friend or two to join you. You're sure to have fun!

Sign up at this link: <http://www.signupgenius.com/go/30e0d4ba8ae2ea0f94-canterbury> or contact Sue Smink (864-557-4500; ssmink55@gmail.com) and she will sign you up. Thank you!

Zachary Jeffers Speaks



On Sunday, October 29, Zachary Jeffers, who has been working in Hong Kong with the Young Adult Service Corps, preached and was also available during breakfast and coffee hour fellowship times to talk about his experiences as a part of the YASC program in Hong Kong. Zachary soon leaves for New Zealand with his work as a part of the YASC mission.



Holy Trinity's second annual Oktoberfest, held on Friday, October 27th, was a family friendly night of fun and great food for everyone!





CARE OF PEOPLE

Highlights of Health Research*



Weight and Heart Failure—A weight gain of just 5% caused changes (enlargement and thickening of the left ventricle) in the heart that increased the risk of heart failure. Losing weight reversed the changes.

Dementia and Lifestyle—One-third of the world's dementia cases could potentially be prevented with better management of lifestyle factors such as low education, hearing loss, smoking, high blood pressure, social isolation, and depression; Older adults who had diets similar to a Mediterranean diet scored significantly higher on cognitive tests than those who followed less healthful diets.

Fat Intake and Lung Cancer—An analysis of 10 research studies linked high intake of total and saturated fat to a greater risk of lung cancer. A higher intake of polyunsaturated fats was associated with a decreased risk. The risk associated with saturated fat was even greater for smokers.

Pain and Alternative Therapies—Alternative therapies (without medication) can reduce “unmanageable pain.” Hypnotic suggestion saw a 27% decrease; a mindfulness program reported a 23 % decrease; and a pain coping intervention saw a 9% decrease. All 3 treatments decreased anxiety and increased relaxation.

Alternative Medicine and Cancer Treatment—Cancer patients who opted for alternative medicine as their initial and only treatment had a significantly worse five-year survival rate, compared with those who chose conventional treatment. Reliance on alternative medicine more than doubled the survival hazard.

Disability Contributors—Watching more than 5 hours of television per day and getting 3 or fewer hours of exercise per week tripled the risk of future disability for adults 50-71.

Decreasing Risk for Alzheimer's and Parkinson's—People may decrease the risk for Alzheimer's disease and Parkinson's disease by decreasing neuro-inflammation through exercise and addressing other vascular disease risk factors (like obesity and diabetes mellitus). A sedentary life style may increase the risk of Parkinson's disease twofold.

Multivitamins and Autism—Youths whose mothers took multivitamins during pregnancy were 50% less likely to develop autism spectrum disorders when compared with those whose mothers didn't.

Statins and Death from all Causes—Physicians (7213) aged 70 and older were studied. Those who used statins had an 18% lower risk of death from all causes when compared with non-users.

Serum Magnesium Levels and Dementia—The highest and lowest serum levels of magnesium were associated with as much as a 30% increase in risk of dementia. People who use proton-pump inhibitors, use diuretics, or have a diet that does not include magnesium-rich foods are at risk for low serum magnesium.

Aspirin, Stroke, and Heart Attack—Patients (40 and older) who stopped taking low-dose aspirin had a 37% higher risk of stroke or heart attack over the next 3 years compared with those who continued the regimen.

Water and Urinary tract Infections—A study presented at ID Week 2017 reported that the risk of urinary tract infections among women who drank 6 additional 8-ounce glasses of water per day was decreased by ½, compared with women who did not increase their water intake.

*As reported in ANA SmartBrief (A regular briefing from the American Nurses Association for its members) from July 20, 2017 to October 19, 2017. 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. All suggestions for this column are welcome at any time.
marymartof@gmail.com



CHURCH AND THE WORLD

Holy Trinity Bazaar and Artisan Market—Helpers Needed

The Episcopal Church Women of Holy Trinity will host the annual Bazaar and Artisan Market on Saturday, December 2, from 10 am to 3 pm. The event features a variety of home-made and hand crafted goods, along with gift baskets, baked goods, plant cuttings, “select” items from St Paul’s Thrift Shop, and a silent auction. Many local artisans also participate with an assortment of hand-made items including jewelry, woodwork, soaps, Christmas decorations, artwork, weaving, and much more. Please mark your calendars and plan to attend and bring a friend to do your holiday shopping.



All of the net proceeds from the event go directly to local charities. Local organizations were asked to apply for funding for ongoing projects. We will be providing parishioners with a list of those organizations requesting funding and asking that you rank your preferences. Your responses will be used to determine this year’s recipients.

The success of this year’s bazaar depends on the generous contributions of your time and talents. In addition to your generous contributions of items to be sold or auctioned, we are in need of volunteers to help with set-up, assisting during the bazaar itself, and/or the clean-up after. There will be sign-up sheets in the parish hall during November. Please check out the display and sign-up for times that you can assist. We need men to help move tables from throughout the church to the parish hall on Wednesday afternoon, November 29, then again to set the tables up on Friday morning, December 1. Workers are needed on Saturday, December 2—you can sign-up for a morning or afternoon shift or to assist with lunch preparation and serving. Men will again be needed after the bazaar ends at 3:00 pm to return the tables to their respective locations.

Thanks to all of you who have already contributed home-made crafts or items for the silent auction or gift baskets. We are looking forward to another successful year! It would not be possible without **YOU!**

Carol Yardley: carolyardley@gmail.com or call 864-639-4728

Robbie Grider: rbgrider64@gmail.com or call 864-944-7092

2017 Co-chairs

Holiday Trinity Bazaar Silent Auction



A signed Clemson football along with Clemson memorabilia, dramatic oil paintings, Lladro figurines, creative patchwork quilts, a brand new sewing machine, collection of historic pen and ink drawings, tickets, time shares, stunning holiday door wreaths, unique collectibles, and Rob Gentry pottery. These are some of the items generously donated in previous years to the Holy Trinity Bazaar silent auction. If you are wondering about something you have that might help out our Holy Trinity charities through its silent auction, please let us know.

The annual bazaar is a joy, a delight, fun, a chance shop, to eat and meet, and most of all, to have the opportunity and the joy to witness to each other and to all who take part, as we share the time, talents and treasures that God has so richly and freely given. Please come to the bazaar, take part, share and enjoy. Hope to see you there. Thank you!!

Judy Surak, Chair — 864-933-5205 or judysurak@yahoo.com

Lynn Luszcz — 864-656-6704 or lluszcz@clemsion.edu

Sue Williams — 864-654-3213 or williams6118@bellsouth.net



CHURCH AND THE WORLD

Handmade American Girl Doll Clothes

Fancy, sporty, sleepy – you name it – we will have it for all American Girl dolls at the ECW bazaar in December. There will be glittery dresses for the holidays, casual dresses, a leopard fur coat, sports outfits and of course Clemson cheer-leading outfits. When it's time for bed there are pj's, robes and matching quilts for those sleep over parties.

Mark December 2nd on your calendar and come early so that you can get those special little girls in your life outfits for their American Girl dolls.





CHURCH AND THE WORLD

Medical Missions in Cange, Bois Joli, and Surrounding Villages Treating Hypertension in Remote Villages

Holy Trinity Parish has been instrumental in coordinating a series of Diocesan Medical Work Trips to Cange and surrounding villages for many years, and beginning in 2018, we hope to broaden the scope and increase the frequency of these trips. Our goal is to improve access to care and to address the untreated epidemic of hypertension in rural Haiti.

A Productive Partnership

For more than 30 years, the Episcopal Diocese of Upper South Carolina and Holy Trinity Episcopal Parish in Clemson have collaborated with Partners in Health in Boston in an effort to address health care disparities and needs in the Central Plateau of Haiti. In fact, it is in this region that the young Dr. Paul Farmer, founder of Partners in Health, had his first experience in health care in Haiti as a medical student. Most of this work has centered on the Village of Cange, where a municipal water system and mobile clinics were begun in the early 80s, leading to construction of a small hospital in the early 90s. This sustained commitment and partnership has greatly improved access to care for that particular village.

Outreach to the 16 or so smaller, more remote villages began with creation of a network of Community Health Workers (CHW) to supervise directly observed therapy for HIV and TB patients. Cange was one of the first health care centers in the world located in a resource-poor setting of extreme poverty to provide life-saving therapy to impoverished patients with HIV. Our network of CHWs was the key to the success of this program and has been replicated in similar settings around the world.

Addressing Hypertension, a Growing Health Crisis

Hypertension (high blood pressure) is widely recognized around the world as a leading cause of premature death and disability in all populations as they age. The major morbidity and mortality from hypertension comes from an increased rate of stroke, renal failure, and heart disease (both heart failure and coronary artery disease). These largely preventable conditions have devastating consequences for patients and their families worldwide, but the suffering is particularly severe in remote rural villages where access to medical care and rehab services are virtually nonexistent.

Hypertension is particularly widespread in populations of African descent and is epidemic in the Haitian population. It is estimated that two-thirds of Haitian adults over 40 suffer from hypertension, and the Haitian population has the highest stroke rate in North America and one of the highest in the world (176 per 100,000 compared to the neighboring Dominican Republic that has 82 per 100,000). Unlike the U.S. hypertensive population, Haitian adults as a group are aerobically fit and have a very active lifestyle, and only 4% of hypertensive patients in Haiti have an elevated body mass index.

The Haitian hypertensive epidemic is particularly severe in the central plateau and in the rural villages where access to diagnostic and therapeutic medical care is virtually nonexistent. Once a patient suffers the preventable consequences of untreated hypertension (the stroke, cardiac event, or kidney failure), the pain and suffering for them and their families is compounded by their remote setting and absence of any social service support of rehab services.

Treating Hypertension in Rural Communities

In an effort to address this disparity, we began in 2015 an initiative to diagnose and treat hypertension in four rural villages surrounding Cange: Bois Joli, Morne Michel, Chapoteau, and Bel Aire. A medical team hiked in to each village and organized a mobile clinic to screen adults for hypertension and offer treatment to those with blood pressures over 160/90. A simple 1- to 3-drug regimen was begun with medications provided and refilled by the CHWs. Automated BP cuffs were provided to the CHW to follow blood pressure trends and report numbers to the Medical Director of the clinic in Cange and to members of our team in SC. Medications were then adjusted by a simple protocol. Not surprisingly, three-fourths of the CHW in our villages themselves were found to be hypertensive and are now receiving effective treatment! We now have close to 200 patients under treatment.

Continued on the top of page 13 (next page)



CHURCH AND THE WORLD

Medical Missions continued

We have been very pleased by the early success of this program and are eager to see it continue and grow to serve patients in need in more of our villages surrounding Cange. We need your help! You can help in two ways: as a volunteer or as a donor. If you are physically fit and motivated to hike with us to the villages, we are always welcoming and in need of volunteers to go with us to Haiti. Some medical training or experience is certainly helpful but by no means required! We are also in need of funds to purchase the medications and blood pressure cuffs for the CHWs. We purchase all medications through a charity in Amsterdam and have them shipped directly to Haiti, which is very cost-effective and should be sustainable.

Help Us, Please!

If you would like to help, feel free to contact one of us with questions or to learn more about the work trips. If you'd like to support the medical missions, please mail a check directly to Holy Trinity Parish earmarked for Haiti Medical Missions, or donate online at www.holytrinityclemsontn.org/secure-online-giving/ (donate in the Other category, and write "Haiti Medical Missions").

Thank you for helping us continue this important ministry.

Harry Morse, MD hgmorse@gmail.com
 Glen Quattlebaum, MD quattlr@gmail.com

Special Order Singing Rooster Coffee and Chocolate Bars

**FOR THOSE HARD TO GET FAMILY, OFFICE,
 AND FRIENDS CHRISTMAS GIFTS**



- FRENCH or VIENNA, CAF OR DECAF, ground or whole bean!! Cange Kups for Keurig also available in Vienna and Decaf!
- Superb gourmet chocolate bars also available in Plain, Orange, and Lemon-Ginger flavors!

\$10 per bag for Coffee; \$3 per bar Gourmet Chocolate payable to: Holy Trinity Outreach.

Great coffee and remember that 70% of all proceeds go back to Haiti: 40% fair trade to growers and 30% to support our Ecole Bon Sauveur Cange!!

For more information, please contact Harry Morse by text, phone, or email: 864-314-9996 (phone or text), hgmorse@gmail.com (email)

Order please by Sunday December 3 to ensure delivery by Sunday December 10.

Thanks for your support of our work in Haiti!!

NB—An increasing body of scientific data suggest that coffee and organic chocolate consumption is linked to increased quantity and improved quality of life. Though data for chocolate consumption is less robust, some would hold this truth to be self evident!!



CHURCH AND THE WORLD

TRIO 2017 art, food and spirits

9th Annual Extravaganza filled with a *TRIO* of amazing Art, Food and Spirits!

Join us to celebrate two organizations that serve our community



**Thursday, November 16, 2017 from 6 until 9 PM at
The Arts Center of Clemson
212 Butler Street, Clemson
864.633.5051**

**Wine and Beer Tastings • Hearty Hors d'Oeuvres
Silent Auction • Music by B J Callahan**

**\$40 per ticket or 4 for \$150
Purchase tickets at www.explorearts.org or call the
Clemson Free Clinic at 864.654.8277**

Handicapped Parking Only at The Arts Center, 212 Butler Street

**General Parking behind Beef O'Brady's, 101 Canoy Lane
with frequent round trip Catbus transportation to and
from the event**



CHURCH AND THE WORLD

Stained Glass Ornaments Reproductions of Windows at Holy Trinity



The stained glass windows of Holy Trinity Church, installed in the first few years after the church was consecrated in 1995, were made in England by the J. Wippell Company, Ltd., and were designed by Roy Coomber of that same company. The windows on each side the nave depict major events in the earthly life of Christ.

The Annunciation window was given to the glory of God in memory of Dr. James Hagood Sams, Jr., and Elizabeth Dargan Sams. Holy Trinity is in the process of having the windows reproduced into stained-glass ornaments by the Museum Masterworks Company of Richmond, VA, and the Annunciation window is the fifth in this series. These ornaments are available at a cost of \$25 each, and will be sold at this year's Holy Trinity Bazaar and Artisan Market.



The next 2 yoga classes are scheduled for Saturday, November 4, and Saturday, November 25, at 8:30 am in the parish hall. All are welcome.

Minister's Cook-Off



Save the date!! This year's Ministers' Cook-Off will be held Thursday, November 2 from 5:30 pm to 7:00 pm at the Methodist Church on Frontage Road in Clemson.

This annual community event raises money for Safe Harbor which runs women's shelters in Anderson, Greenville, and Oconee County serving Anderson, Greenville, Pickens, and Oconee Counties.

Come taste delicious food and see your friends from throughout the Clemson area.



Episcopal Relief & Development works in over 40 countries and touches 3 million people a year to empower people to find lasting solutions to poverty, hunger and disease.

The Episcopal Relief & Development *Gifts for Life* catalogs are here; pick one up in the Narthex as you leave church. It is an opportunity during the Christmas giving season to give a gift with a lasting impact and help heal a hurting world. It is also a great way to give a gift in someone's honor.

If you make an order before December 1st, you will receive a gift card in time for Christmas.



CHURCH AND THE WORLD



You're invited! Please join members of the Foothills Chorale for a Wine Tasting & Silent Auction benefiting the Foothills Chorale.

**Saturday, November 4, from 6:30-8:30 pm in the
Holy Trinity Episcopal Church Fellowship Hall
193 Old Greenville Hwy, Clemson, SC 29631**

Tickets are \$35 per person or \$60 per couple.



STEWARDSHIP

Stewardship



Stewardship Annual Campaign Update

As of October 31, our total number of pledges received is 90, totaling \$398,172.00. This is an amazingly generous response to the Campaign, and we on the Stewardship Ministry Team are most grateful for your faithfulness to the mission and ministry of Holy Trinity! If you have not yet returned your pledge card, we ask you to do so by November 12, when we will present your offerings on the altar for blessing and dedication to God.

Pledge cards are available in the church office during the week and in the Narthex on Sunday mornings if you need a replacement. Again, thank you so very much for your generous and faithful support of our ministries.

Flower List

The flower sign-up book is in the Narthex for people to designate flowers to the memory of, in honor of, and/or in thanksgiving for their loved ones or for a special occasion. Although flowers are not used during Advent, you may still dedicate the greenery and make a donation to Holy Trinity. Please sign up!



NOVEMBER BIRTHDAYS

11/2 Jerome Cribb	11/16 Lesley McCabe
11/3 Ken Weaver	11/17 Betty Snowden
11/5 Jim Harriss	11/19 Dotti Carter
11/5 Ann Vaughn	11/19 Eric Naeseth
11/6 Kara Gold Hollandsworth	11/19 Carol Shuler
11/6 Will Mayo	11/19 Marylou Sigsby
11/7 Paul Anderson	11/20 Robert Lewis
11/7 Rachel Mayo	11/20 Eliot Murphy
11/7 Emily Yanes	11/22 Marge Edie
11/10 Carl Dunn	11/23 Molly Dunn-Devine
11/12 Beck Corontzes	11/26 Kevin Hughes
11/12 Barbara Piekutowski	11/28 Heide Temples
11/13 Jean Ellen Zaveritnik	11/30 Irv Harrington



Coffee Hour

Do you enjoy coffee hour as much as I do? This fellowship time after the 10:30 service is gaining more popularity and we are in need of people willing to host each week. There is no pressure to put out an elaborate spread – this is not lunch! If you have a friend you can team up with, even better. If you have never done it before but are willing, we will partner you with someone who will help train you.

Please call, text or email Cindy Thackham and she will arrange a coffee hour date for you: 864-280-0539 or cdjpt@att.net.



November Birth Flower:
Chrysanthemum



November Birthstone:
Topaz

Financial Update as of October 31, 2017

Operating Fund

	Monthly Budget	Monthly Actual	Budget YTD	Actual YTD
Income	\$42,958.00	\$44,415.79	\$429,577.00	\$439,778.14
Expenses	\$42,955.00	\$41,631.75	\$429,574.00	\$405,829.27
Income +/-Expense	\$3.00	\$ 2,784.04	\$0.00	\$ 33,948.87

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, 2017	<u>-\$826,956.34</u>
	+ \$ 91,356.34

The Walls Campaign

Amount Pledged	\$171,945.00
Offerings received as of October 31, 2017	<u>-\$160,457.42</u>
	\$ 11,487.58

First Citizens Bank Notes Payable as of October 31 2017 \$678,845.39