

HOLY TRINITY

Episcopal Church



The Tempo

SEPTEMBER 2020

Seeking to **Love** with the heart of Christ, to **Think** with the mind of Christ and to **Act** in the world as the Body of Christ.

SEPTEMBER CALENDAR

Note: In September, services are:

- Outdoor service of Morning Prayer at the Churchyard at St. Paul's at 9 am.
- Online service of Morning Prayer at 10:30 am via Facebook or YouTube.

Coffee Hour is online after the 10:30 am service via Zoom (Password is sent in *HT Notes*)

SPECIAL SERVICES

Sunday, September 13

5 pm Evensong for the Eve of the Feast of the Holy Cross

Sunday, September 20

Bishop Waldo will visit us virtually (more information coming)

ONGOING EVENTS

Each Evening: 8:30 pm on Facebook is Compline

Mondays

9:00 am Facebook online prayer

Tuesdays

11:00 am Reflectionary Bible Study via Zoom

Thursdays

7:00 pm "The Church Has Left the Building" via Zoom



KEEPING THE FAITH: SUZ'S MONTHLY MESSAGE

Dear Ones,

The work of the parish is moving forward in this strange season of pandemic programming, sometimes awkwardly as we figure out how we do the work of Christ amongst ourselves and in the world. Everything from Worship to Canterbury to Pastoral Care takes place in an ever-changing, always challenging combination of virtual and in-person (the latter outside, distanced, and masked!). Last month we even dabbled in radio transmission of the Back-to-School Blessing! Who knows how we might adapt that technology in service of sharing the Gospel of Jesus Christ.

I believe that this is the perfect time to focus on evangelism, particularly the evangelism of inviting people to church. Our online worship is an especially low-stress way for non - Episcopalians to observe our liturgies. We have already seen several newcomers who were invited to join us online for Compline or Morning Prayer who have become regulars for those offerings. You don't even have to make that awkward call or have the conversation (unless you feel called to do so). If you share our Facebook announcements about upcoming services with a short reflection on why you appreciate the service, all of your friends' list will see that affirmation. Who knows who will be inspired to join us? (Pro-tip: if you share the link to the order of worship from our website, it makes following the service much easier.)

Our Adult Formation will be online this fall, and that is another way to evangelize. If you choose to participate in a Bible study or a book group or one of the mini-courses we'll be offering, invite a friend to join you by sharing the Zoom link with them. We already have expanded the scope of participation in our weekly Bible study this summer, including a friend who lives and worships in another part of the state!

As one of our Vestry members reminds us often, this is a time to expand our reach, rather than staying comfortably with what we know. St. Paul reminds that "And we know that for those who love God all things work together for good, for those who are called according to his purpose." (Romans 8:28). We are called according to God's purpose to work together for the spreading of God's kingdom, even and maybe especially, in this time of pandemic.

As always, take care and stay well.

Much love, Suz+

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Submissions are due no later than the
24th of the month by e-mail to:
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FRUITS OF THE SPIRIT BREATH PRAYER

“Breath Prayers” are a form of meditation that rely upon the combination of repetitive phrases with the very process that keeps us alive: breathing in and out. The work of the Holy Spirit in this type of prayer sets it apart from the secular forms of meditation that have become commonplace in the last half-century. Like mindfulness meditations, breath prayer stills thoughts, calms the mind, and settles physiological processes, providing emotional, mental, physical, and spiritual benefits.

The mechanics of breath prayer are simple: select a phrase that can be “said upon the breath,” half upon inhale and half upon exhale. The first half of the phrase is said or thought with the inhalation, and the second half with the exhalation. This practice requires careful attention to the pace and rhythm of breathing, and it will alter both slightly. You should find your breathing slowing down at least a little bit. Find a rhythm that is sustainable. Unlike many meditative prayer practices, the breath prayer can be practiced just about anytime, anywhere: seated in your usual prayer place, at a stop light (but not while actively driving), walking around your neighborhood, standing in line at the grocery store, you name it. The breath prayer can create a quick sense of calm and centering between meetings, in a tense situation, or provide relaxation at the end of the day to facilitate falling asleep.

This simple “Fruits of the Spirit” breath prayer is especially lovely. It was written by Sheridan Voysey and shared widely on social media. Inhale with the phrase “I receive...” and exhale with the phrase “and release my...” May the fruits of the Spirit flourish in your soul with this prayer.



FROM THE ASSISTANT TO THE RECTOR

TEACH US TO PRAY

Last summer I spent several weeks working at the cathedral of the Spanish Reformed Episcopal Church in Madrid, and toward the end of the summer I took some time to travel to see other parts of the country. My first stop was Toledo, a small city southwest of Madrid that for centuries was the seat of power for both church and state. The oldest part of the city is built on a hill, covered in a lattice of stone streets and crowned by an incredible cathedral. I spent the day climbing winding streets on steep hills, taking in the Latin prayers of the ancient Spanish liturgy, and generally just marveling at the intersections of centuries of Muslim and Christian influence and I tried to breathe in as much as I could of the history that hung in the medieval air.

In the summer, the predominant colors on the southern Spanish landscape are dusty browns and golden yellows and dull greens. Spain is dry as a bone, far removed from the humidity we so enjoy in this part of the world. The entire time I was there it rained for about 15 minutes. This was late July, and by the time I headed to the train station late in the afternoon, the temperature had peaked at 105 degrees. As I made my way down the hill and across the river, I realized that (true to form) I had not been drinking enough water. I was hot, I had been on my feet all day, and I could tell that my face was probably already bright red. I crossed the footbridge and ahead of me I could see that I was about to run out of shade. The sun burned bright in the sky without a cloud anywhere in sight. I immediately began to look for somewhere to get some water. But this was Spain, and in smaller towns like Toledo most businesses close in the afternoon to reopen in the early evening. By this point my vision had begun to narrow, and I knew I needed to find some water before things got too much more dire. This went on for a few blocks, my only task to put one foot in front of the other until I got to the train station, until I looked up and saw a sign on the sidewalk proclaiming (in English, no less) “VERY VERY COLD BEER.” Salvation! I immediately hooked a right, and before long, *cerveza* and water in hand, I could feel my strength and my wits returning to me.

The psalmist writes, “O God, you are my God; eagerly I seek you; my soul thirsts for you, my flesh faints for you, as in a barren and dry land where there is no water” (Psalm 63). How often do we pray with that much honesty, like our life depends upon it? What would it look like if we did? Making time and space to pray, to sit intentionally with God, takes attention that many of us don’t feel like we have these days, pandemic or not. Even when we do pray, maybe we don’t feel that we do it well enough, or we’re not focused enough, or we aren’t asking for the right things. But we keep trying. We want to pray. We want to grow closer to God. We choose to show up for God online at Compline or for Sunday worship at St Paul’s. We carve that space out because we know it matters. We know that the water of life is out there somewhere, even if all we see right now is a barren and dry land.

Fortunately, we are not the first or last people in history to have noted this problem. In Luke’s telling of the story, we get the Lord’s Prayer, that most quintessential of Christian prayers, because one of Jesus’s disciples asked for help. They have just finished hearing Jesus reminding Martha that there is “one thing needful,” and then in the next verse he goes to pray. One of twelve looks at the others, and then does something incredibly simple and brave: “Lord, teach us to pray.” What we’re doing isn’t working. We don’t get it. Teach us to have what you have. Teach us what is the one thing needful. Teach us how to get out of our own way. Teach us how to find God in all things. Teach us to pray for God’s will, for the things we really need, and for our mistakes not to have the final word.

There are no quick fixes here. There is only the vulnerability to sit with Jesus, tell him that we know not how to pray, and let him teach us, slowly, over and over. Offer the prayers you do have and let Jesus work with them and with you. When we do, he promises us the gift of his Spirit and he promises to pray on our behalf. If we find ourselves unwilling or unable or unsatisfied by our prayers, maybe it’s because we’ve forgotten that it’s not all up to us. Jesus is our only mediator and advocate before the Creator: he prays when we are praying, he prays when we don’t want to pray, when we forget to pray, when we know our prayers are inadequate to the task and decide to pray anyway. He prays for you now, whether you remembered to ask or not, whether you’re feeling prayerful or not. Prayer isn’t an item on the to-do list. It’s not another homework assignment or another appointment. It’s showing up for God, however you are, wherever you are, in whatever way you can, to drink from the only source of living water that can refresh our souls.

Fr. Noah Stansbury



CARE OF PEOPLE

Love with the Heart of Christ

ONLINE WORSHIP INFORMATION

All the information you need for joining our online worship services can be found on the HTV page on our Holy Trinity website. The HTV page has links to the bulletin for Sunday service, as well as videos of recent Morning Prayer and Compline services. Other topical videos, such as Rector's Forum, will also be located there. The link to HTV is provided below and is also located on the home page of the website.

<http://holytrinityclmson.org/htv>

TWO PRAYER LISTS, MANY PRAYERS

The Daughters of the King prayer list is confidential and is intended for their particular ministry of prayer, service, and evangelism. This list is a good destination for prayer concerns that are sensitive or need to be held more privately. The Parish prayer list is read publicly in our worship and published for use by all parishioners in our devotions. This list is where we share the burdens and thanksgivings of our hearts as a parish. Prayer requests may be submitted for both the DoK and the Parish lists to be lifted up in both contexts.

SEND YOUR PRIVATE PRAYER REQUESTS TO THE DAUGHTERS OF THE KING

All prayer requests will be kept confidential. All prayer concerns will be lifted up daily for 2 or more weeks. There is an online prayer request on the Holy Trinity website, which you can find under the "Parish" tab in the "Forms" section. You can also go directly to the form by typing

<http://holytrinityclmson.org/daughters-of-the-king-prayer-request/>

into the url bar on your web browser. The Daughters of the King are committed to the service of praying for all our concerns, a true blessing in this difficult and troubling time!



PARISH PRAYER LIST (PUBLIC)



During this time of online worship, we haven't been able to add to the prayer list as we come to church on Sundays. Without the printed bulletin, we haven't been able to take the prayer list home and use it during the week in our individual intercessions. Beginning this week, we will include the current list here in the *HT Notes* and in the online Sunday *Bulletin*. You may also ask to have prayers of thanksgiving included. Our custom has been to keep a name on the list for three weeks unless a longer term is requested. Please email Serena DuBose at

daffydubose@gmail.com

to add a name to the list. Please consider if you need to speak to someone before adding a name to the list to prevent misunderstandings.

*Seeking to **love** with the heart of Christ, to **think** with the mind of Christ, and to **act** in the world as the Body of Christ.*

Suz+

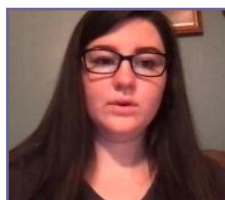


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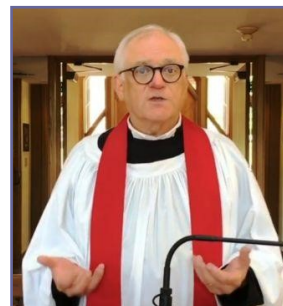
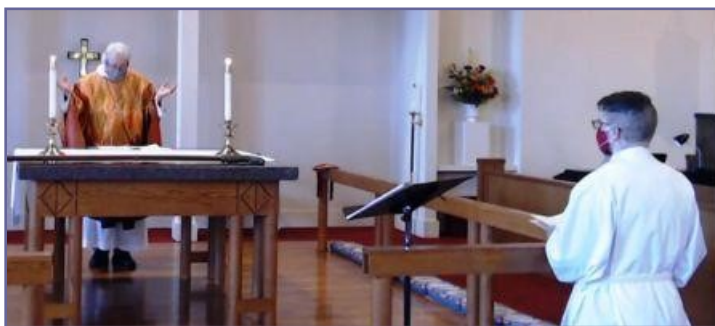


ORDINATION OF NOAH STANSBURY TO THE SACRED ORDER OF DEACONS

Noah Stansbury, our new Assistant to the Rector and Campus Minister, was ordained, beginning at 1 pm, on August 8th at Holy Trinity. Though the proceedings are closed to the public because of the pandemic, the service was available to watch on Facebook. Rt. Rev. W. Andrew Waldo presided.



The lectors were from
Canterbury:
Ms. Aynsley Hartney
and Ms. Christine Scott.



The Rev. David Cobb, Director of Contextual Education, School of Theology, University of the South was the preacher.



Vesters were Noah's father, Bruce Stansbury and Bill McDaniel, Senior Warden. Noah's red stole was a gift from the Diocese of Pennsylvania.



CARE OF PEOPLE

WORSHIP NOTES FOR SEPTEMBER 2020

First Sunday Service continues online this year. The First Sunday of each month will feature our fabulous young readers and Children's Choirs. There will be a Children's message in place of the regular sermon. This service is designed to highlight the gifts of our youngest members, offered to the glory of God, and will last approximately half an hour. Accessible through all the online venues available on the HTV page of the website.

All other online Sunday Morning services feature our Adult Choir, recording in small ensembles as they distance and mask for their safety. The Adult Choir will also provide their choral support for a special service of Evensong for the Eve of the Feast of the Holy Cross on Sunday, September 13, at 5:00 pm. Mtr. Suz and Deacon Noah will lead a service of Evensong, pre-recorded at St. Paul's. The service will be streamed on Holy Trinity's Facebook page and YouTube Channel. It will also be accessible through all the online venues available on the HTV page of the website.

PRAISING GOD UNDER THE SKY

Our outdoor worship at St. Paul's has been such a blessing to those who attend each week at 9:00 am! We are very fortunate to have a space that lends itself pretty well to a simple service of Morning Prayer. It is inspiring each week to see the faithful gathered among the faithfully departed in the churchyard. However, our time of worshiping in the churchyard will soon be drawing to an end when we move our worship under the morning sky over to Trinity Place. We anticipate that the pavilion and the parking lot will be sufficiently completed by the middle of the month to enable us to gather there on Sunday mornings (weather permitting). When we are able to set up our outdoor worship in that space, I feel confident that we will have a suitable setting for celebrating Holy Eucharist as safely as possible.

We will follow protocols developed with guidance from the Bishop's office. The clergy of the Episcopal Diocese of Upper South Carolina have shared ideas for distributing Communion safely, and we have benefited from the experience of other parishes around the wider church in identifying best practices. I know that many of you have expressed a deep hunger for receiving Holy Communion, a hunger that I have shared. I also know that others are hesitant to take that step.

BE SAFE!

Remember: In a pandemic, acting in the world as the Body of Christ means wearing your mask whenever you can't be socially distant outside and any time you are indoors in a public setting.



Now more than ever, it is an act of Christian love to wear a face covering when you are away from your home. Please love your neighbor by wearing a mask, including whenever you come to our church buildings! We have masks available in the church office and at our outside worship services, just in case you get out the door without one.

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Suz+



Think with the Mind of Christ

HOLY TRINITY ANNOUNCES FALL YOUTH PROGRAMMING

Middle and High School Youth programs will begin in September at Holy Trinity! The program includes a once-a-month interactive online module with Mother Suz Cate that will focus on scripture, the foundation of our faith, as well as the history of the Episcopal Church. The third Sunday of each month, the youth will meet in person with their leaders during the Sunday morning 9 am Outside Service. CDC guidelines, such as masks and social distancing, will be incorporated to ensure the health and safety of the attendees.

The events kick-off will be Sunday, September 6 at 5 pm in which Mother Suz will host an online meeting with the youth and leaders. Mother Suz will introduce the programming and lead an interactive discussion.

The third Sunday of each month, the youth will begin with the entire congregation for the Outside Service, but will break away with leaders for their own Sunday School activities. The Middle School class will be led by Sheliah Durham and Joe Yanes, and the High School class will be led by Bill Purkerson, who could use a co-leader. Please contact Bill if you would be interested in finding out more about co-leading that group. The youth will follow *Feasting on the Word* curriculum. *Feasting on the Word* is an engaging and learner-centered curriculum based on the calendar of readings that make up the lectionary. At least once a month, all of the youth and leaders will participate in activities based on the youth's interests to build and serve community within and around the church.



WE'RE HERE FOR YOU!

Holy Trinity is working hard to stay connected and provide support through the trials of pandemic restrictions. The Vestry and Neighborhood Group Leaders continue to reach out to parishioners in their areas regularly. Please contact your Neighborhood Group Leaders or the church office if you have any need, and we will do our best to help you out.

The office staff are not necessarily in the office at all times, but we are all checking email and phone messages regularly. The office number is 864-654-5071. To reach Lynne Farmer, Parish Administrator, select ext. 3, or for Sheryl Shankles, Parish Secretary, select ext. 0. You can reach Mtr. Suz at 864-364-1952 to call or text. Noah Stansbury's cell number is 864-723-0391.

A PRAYER AGAINST ANXIETY AND DEPRESSION

Lord, when all is darkness and we feel our weakness and helplessness, give us the sense of your presence, your love, and your strength. Help us to have perfect trust in your protecting love. Bless us with your strengthening power so nothing may frighten or worry us. We trust that in living close to you, we shall see your hand, your purpose, your will through all things.

St. Ignatius of Loyola



FORMATION



Canterbury of Clemson

Episcopal Campus Community

Canterbury Corner

With the university's fall semester underway, you may be wondering what Canterbury is going to look like this term and this year. With the support of Mtr. Suz, the Canterbury Committee, and the diocesan campus ministry staff, I'm happy to report that things are off to a good start as we try to continue what is most important about this ministry and find new ways to be together as a group of disciples.

This year I am happy to have Christine Scott '21 as our Canterbury Peer Minister. Aynsley Hartney '20 is helping guide that transition and will be taking time to focus on her medical school applications and last semester of coursework. This semester we are planning to meet outdoors on Wednesday nights, at least for as long as the weather allows. We had our first gathering on August 19 in the breezeway at Holy Trinity for dinner, Evening Prayer, and open time to catch up – thanks to Sue Smink and Beth Kunkel for their able assistance! For these first few weeks of the term, we are focusing on forming a community and reaching out to new students who may already be living in Clemson, though most first-year students will arrive in September.

Of course, we're concerned about safety, and with updated guidance from the diocese we are serving outdoor, socially distanced meals on Wednesdays. The food is prepared at home, and the parish hall kitchen is available for up to four people (with masks) to package the meals in to-go containers. Students arrive, take their meal, and then sit six feet apart while eating. Masks are worn at all other times. Please join us in this important work! Feeding one another is, I think, one of the simplest forms of Christian ministry. Even if you've never made a meal for Canterbury, we'd love to talk to you about how to get involved. Please be in touch with me or Sue Smink.

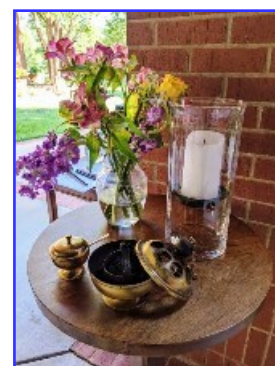
As the Trinity Place project nears completion, work in the new space in the lower level of the parish house continues as well; this will be the main meeting space for Canterbury along with other ministries. In August the entire space got a fresh coat of paint, and we are moving forward with the rest of the interior design phase. We hope that we can find safe ways to use the space once it is finished, and we will definitely make use of the pavilion and new field!



Finally, check out our new website at

canterburyofclemson.org

This is an easy way to keep up with what we're doing and get connected to our community for more information. You may wish to pass this on to any Clemson-area young adults in your life who may need a faith community where they can meet other 20-year-old somethings. Canterbury is open to undergraduate and graduate students and recent college graduates alike! Even if our Wednesday night gatherings aren't of interest, I am very happy to be a point of contact with Holy Trinity and resource to them in whatever way I can.



Fr. Noah Stansbury



FORMATION

HTU FOR YOU THIS FALL

Adult Formation will move from Sunday mornings to Thursday evenings this fall. We are introducing a series of mini-courses designed to help you deepen your faith and go further in your journey with God. Each mini-course will last for 3-4 weeks and will each cover a particular topic or practice. The mini-courses will be offered online via Zoom. Each session will begin at 7:00 pm and last about an hour. Login link and password will be included in HT Notes each week. There will also be an additional offering especially for parents of young children and teens (see the last item for details on this one).

- **SEPTEMBER 10, 17, AND 24: THE CHURCH HAS LEFT THE BUILDING**

This mini-series which will take place at 7:00pm, will be facilitated by Deacon Noah & Mtr. Suz, and will offer an exploration of the experience of being church in a time of pandemic. We'll discuss what it was like to leave the building, what has been lost (and what has been gained), look at the differences between how the culture has responded to the pandemic and how the Church has responded, and dream about what it will be like when we can all get back together again.

- **OCTOBER DATES TBD: "HOW TO BE A CRAZY CHRISTIAN"**

This mini-series will be facilitated by Bob Green. It will follow a video course from ChurchNext featuring Presiding Bishop Michael Curry exploring themes from his book, *Crazy Christians*. "Bishop Michael Curry, Presiding Bishop of the Episcopal Church, has a heart for reawakening believers to the tremendous gift and challenge of giving our all to follow Jesus. His term for this kind of person is a Crazy Christian."

- **NOVEMBER 5, 12, AND 19: MEET THE SAINTS**

A mini-series that digs into the who, what, when, why, and how of Saints, facilitated by Deacon Noah. The Church has historically looked to exemplary Christians to inform and inspire our faith. The Episcopal Church follows a calendar of commemoration that lifts up specific "heroes of the faith" for us to remember. Come and learn more about the history of this calendar and why it is a beloved part of Anglican/Episcopal spirituality.

- **DECEMBER 3, 10, 17: THE THREE ADVENTS OF CHRIST**

Advent is the Season of preparation for the "three Advents of Christ", the Incarnation, the Second Coming, and the daily visitation of our Lord as we pray. Mother Suz and Deacon Noah will ground your preparation for the Advents of Christ, setting the mood with sacred music, Scripture reading with reflections, and prayers that you can use each week in the season of Advent.

- **STICKY FAITH--ESPECIALLY FOR PARENTS BEGINNING IN SEPTEMBER**

How many of us over the past 5 months have seen a great deal more of our kids? Did we take advantage of this time to connect with them? Did we connect with them on their faith? Well just in case you don't have an answer to each of those questions, we have a class that can help! This Fall we are going to host a weekly class/course on connecting with your youth on faith using a book called *The Sticky Faith Guide*. The overall purpose is to find avenues to help our youth develop a faith that will last them well into the future. There will be time to have discussion on a very basic level and even if you aren't able to complete the readings you can still participate. We will hold the class by Zoom on Tuesdays at 7:00 pm. I hope you will be able to join us and please bring a friend. Bill Purkerson will be the facilitator for this group.

Suz and Noah



FORMATION

PRODUCE R_x AT CLEMSON FREE CLINIC

The Clemson Free Clinic has remained open throughout the pandemic and has supplied medical and nutrition prescriptions curbside each week. A few weeks ago, the leadership team, led by Dr. Quattlebaum, decided to resume seeing clients in-person, under strict protocols.



Prescription deliveries are still curbside. We have enhanced our produce offerings this spring and summer to provide additional nutrients during this unsettled time--and are seeing more consistent participation.

One unanticipated consequence of the pandemic has been to the 3 local farmers from whom we purchase the produce. Their incomes have been impacted by the closure of restaurants and farmers markets, so we have been able to provide some consistency to their incomes.

We continue to rely on refrigerator and storage space at Holy Trinity and greatly appreciate that. A special thanks to Dr. Quattlebaum, Judy Surak and Sandy Smith for your steady guidance through this process, and to David Robb at the Student Organic Farm for growing amazingly delicious food and delivering it to the church while the farm is closed!

Beth Kunkel

REMEMBER...



Check your email Sunday mornings after 7:00 am to see the day's events and if there are any last-minute changes for that day.

ONLINE GIVING

We are so thankful for the faithful generosity of Holy Trinity parish-ioners! We couldn't continue in our ministries without your support. Checks can be mailed to our office, or you can give online: <https://www.holytrinityclemson.org/secure-online-giving/>



SINGING Rooster

Singing Rooster coffee is available for \$10 a bag and chocolate bars for only \$3 each. Text Lynne Farmer at (864) 710-0011 to order.

CHRISTIAN FORMATION FOR CHILDREN

Our Sunday School teachers have compiled a list of resources for children that are located on the Holy Trinity website under the Learning tab.

<http://holytrinityclemson.org/christian-formation-children/>

ONLINE COFFEE HOUR



Bring your favorite mug of coffee and join us on Sundays following Morning Prayer for an online coffee hour through Zoom. (The password is also in *HT Notes* each week)



St. Paul's Thrift Shop hours are Mondays and Thursdays from 10am to 3 pm. Also open 3rd Saturday from 10 am to 1 pm. Other than the open hours, contact Diana Manly (722-5112).



CHURCH AND THE WORLD

Act in the World as the Body of Christ

CLEMSON COMMUNITY CARE

Clemson Community Care's special needs this week are juice, canned fruit, cereal, canned tomatoes, flour, cornmeal, sugar, dried beans, and canned soup. Donations may be dropped off to the purple bin on the Purkerson's front porch (111 Dogwood Terrace Lane, Clemson) or taken directly to CCC (105 Anderson Hwy, Clemson). Thank you for your generosity!



If you would prefer to make a monetary donation to enable CCC to buy food or help the community in other ways you can send a check to CCC, PO Box 271, Clemson SC 29633 or make an online donation via PayPal or credit card at clemsoncommunitycare.org.



FAMILY PROMISE

The Coronavirus has impacted all of us and has implications for the families supported at Family Promise. At the moment JoAnn Brink, Case Manager for Family Promise, is working with a few families. JoAnn said there is a need for Gift cards to local grocery stores, gift cards for gas, and gift cards to local restaurants are needed. (FYI the Easley Walmart does not have a gas station connected to the store.) Gift cards can be mailed directly to Family Promise of Pickens County, c/o JoAnn Brink, 104 Stewart Drive, Easley, SC 29640.

We will keep everyone informed. We hope to count on your support for Family Promise of Pickens County. If you have any questions please contact me, Liz Halpin (864) 903-6340 or ehalpin59@gmail.com. Families are our neighbors. A check made out to Family Promise of Pickens County is always acceptable and welcome. Family Promise of Pickens is a United Way Agency and a 501©3.

Thank you and stay safe.



OUR DAILY REST

Our Daily Rest homeless shelter in Seneca sends their thank you's to Holy Trinity for all your generous donations. At this time during Covid, especially needed are your prayers, and donations of cleaning supplies, trash bags, paper products, gift cards from Dollar General, Lowes and Walmart; and cash donations are always welcome too.

For questions please contact Judy Surak. Another way to support them is by donating at the website

www.ourdailyrest.org/give

Many thanks again from Our Daily Rest.



CHURCH AND THE WORLD

OUTREACH AT HOLY TRINITY

ACT IN THE WORLD AS THE BODY OF CHRIST.
THEY WILL KNOW WE ARE CHRISTIANS BY OUR LOVE.
IF YOU HAVE DONE IT UNTO THE LEAST OF THESE,
YOU HAVE DONE IT UNTO ME.



OUR DAILY BREAD

Our Daily Bread food kitchen, located in Seneca, began in 1992 and continues to serve the needs of the hungry 5 days a week, 130 days a year. This group is all volunteer, and is solely supported by donations from individuals, businesses, community groups, and local churches, including Holy Trinity. The need continues to grow and Our Daily Bread now serves between 80 and 140 lunches each weekday and five area churches prepare and serve the meals on rotating Sundays.

Opportunities for Volunteers

- On Thanksgiving Day, this active group of volunteers prepares, serves, or packs and delivers 1800 meals. On this day coats and shoes are also given out.
- The need continues and we at Holy Trinity can help by giving our time, dimes, and more
- Please take time to remember these folks in your prayers

OUR DAILY REST

Our Daily Rest is Oconee County's only homeless shelter serving men, women, and families who are ready to work their way to self-sufficiency and independence. Besides offering food and housing, Our Daily Rest offers a comprehensive program that addresses the cause of homelessness in each individual and gives them the assistance and opportunity to become independent. In 2018 164 individuals were helped, with 8 of those being children and 70 individuals graduating from the program. Since the doors were opened in 2009 1859 individuals have been offered a hand up.

Opportunities for Volunteers

- Daily Rest needs volunteers to cook meals, provide paper supplies, cleaning supplies towels and storage facilities. And financial support
- Additionally mattresses, furniture, and silverware are needed

For more information about OUTREACH opportunities and general activities of the OUTREACH Committee, please contact Earl Burch (639-4918 or burch62@gmail.com).



CHURCH AND THE WORLD

EPISCOPAL DAY SCHOOL

The Day School teachers and staff were happy to welcome many happy faces back to school in August. There are many ways to support the Day School this year including:

- Episcopal Day School Facebook Page - Be sure to “like” the Episcopal Day School on our Facebook page, www.facebook.com/EDSClemson.

- Ingles Tools for Schools Program, School ID#22875 – Go to

<http://www.inglestoolsforschools.com/>

select the “Link Your Card” link, select “Episcopal Day School” as the school you want to support, and enter your name and Advantage Card number (needs to be done at the beginning of EACH school year). When you make purchases using your Ingles Advantage Card, Ingles will very generously give back to the school a portion of those sales for items such as PPE, art supplies or new toys. You may also provide your Advantage Card number to the school so we can sign you up!

- If you would like to help out with school supplies, the Day School welcomes the following donations: Disinfecting wipes (Clorox or other brands), hand sanitizer, nitrile gloves, printer paper (any color), card stock (any color), yellow fine tip highlighters, paper towels, hand soap, facial tissue, zip lock baggies (all sizes), glue sticks, watercolor paper/paint and cotton balls.

Please let Lauren Russell, Acting Director, russell@holytrinityclermson.org, know if you have any questions or suggestions this school year. We are grateful for the support from the Holy Trinity community!





CHURCH AND THE WORLD



National Alliance on Mental Illness

NAMI South Carolina's Ending the Silence team believes that we all have mental health, that we all struggle sometimes, and that tools and coping skills are available to help us deal with anything from stress to a mental health condition.

NAMI Ending the Silence (ETS) for Students is a free 50-minute presentation for middle and high school students that helps raise awareness and change perceptions around mental health conditions. The presentation includes:

- Warning signs
- Facts and statistics of mental health conditions
- Suicide awareness and prevention
- How to get help for themselves or a friend

NAMI Ending the Silence (ETS) for Families is a free 60-minute presentation for parents and student caregivers that helps raise awareness around mental health conditions. The presentation includes:

- Warning signs
- Facts and statistics of mental health conditions
- Suicide awareness and prevention
- How to approach your student
- How to work with school staff

Parent Refresh is a free 30-minute interactive session that can be added to the end of ETS for Families. It will empower parents and caregivers to support their child's mental health by encouraging personal mental wellness, providing strategies that promote mental health at home, and providing connections with other caregivers and community resources.

NAMI Ending the Silence (ETS) for School Staff is a free 60-minute presentation for school staff that helps raise awareness around mental health conditions. The presentation includes:

- Warning signs
- Facts and statistics of mental health conditions
- Suicide awareness and prevention
- How to approach students
- How to work with families

Teacher Refresh is a free 30-minute interactive session that can be added to the end of ETS for School Staff. It will empower teachers to support their students' mental health by encouraging personal mental wellness, demonstrating strategies that promote mental health in the classroom, and fostering connections with other educators.



CHURCH AND THE WORLD

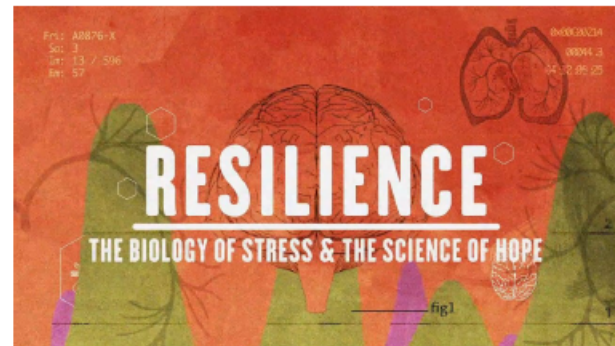
MENTAL HEALTH AND WELLNESS EDUCATION FOR FAMILIES & EDUCATORS

Join us for one of the following pairs of screenings of the documentary *Resilience* and *Ending the Silence* presentations:

Resilience is a new documentary that delves into the science of Adverse Childhood Experiences (ACEs) and a new movement to treat and prevent toxic stress. You'll learn how toxic stress can trigger hormones that wreak havoc on the brains and bodies of children, putting them at a greater risk for disease, homelessness, prison time, and early death.

NAMI's Ending the Silence (ETS) is a 60-minute presentation that helps raise awareness around mental health conditions. The presentation includes:

- Warning signs
- Facts and statistics of mental health conditions
- Suicide awareness and prevention
- How to approach your student



9/8 | Part A: *Resilience**

9/10 | Part B: *Ending the Silence* | 12-1pm or 7-8pm

9/18 | Part A: *Resilience**

9/22 | Part B: *Ending the Silence* | 4-5pm or 7-8pm

10/7 | Part A: *Resilience**

10/10 | Part B: *Ending the Silence* | 10-11am

10/24 | Part A: *Resilience**

10/28 | Part B: *Ending the Silence*: | 9-10am or 7-8 p

**On Demand for 48 hours beginning at 8am*

To register, visit namisc.org/programs

FACTS ON MENTAL HEALTH AND YOUTH

1 in 5 children experience a **mental health condition** in a given year.

1/2 of all lifetime cases of mental illness begin by **age 14** and **75%** begin by **age 24**.

Suicide is the **2nd** leading cause of death for people ages **10-24**. **17%** of high school students seriously consider suicide each year.

LGBTQ+ youth are **6x** more likely to attempt suicide, and the suicide rate for **black youth** rose **73%** from 1991 to 2017.

FOR EVEN MORE RESOURCES, VISIT US AT:

namisc.org/resources

 **NAMI** South Carolina



CHURCH AND THE WORLD

ChurchLands

I have had a unique opportunity this year to be a part of the pilot cohort for a new church land stewardship program, ChurchLands. There are 20 of us from Episcopal churches around the country—from MA to CA—plus Suz as an “honorary member,” who joins the calls and conversations as she can. Each of us have a project dealing with some aspect of stewarding the lands entrusted to our parishes. It is probably not a surprise that my project deals with food and gardening. The focus of my project is to tell the story of our parish lands by telling the story of the foodways of those who came before us. I have spent time learning about foodways of the Cherokee, who were here pre-European contact; foodways of 19th and 20th century residents of the Upstate. There is still more to do, of course, which will be easier once the campus library can open access to some of its collections. There is also a book coming out in 2021 which will detail the history of food in our state.

Thanks to Dr. David Shields of USC, I learned of a cookbook published in Anderson in the 1880s, which has been a treasure trove of recipes and foods that were commonly eaten. They have some similarities to the early cookbooks from the lowcountry but feature simpler preparations and a narrower range of ingredients. We also know which varieties of some of those vegetables were common in seed catalogs of the period.

Even given the delay in getting the SAME garden built and planted this year, we plan to grow a winter garden featuring heirloom varieties of cabbage, carrots, parsnips, rutabaga, turnips, mustard, collards and beets. Most of these varieties would have been familiar to residents of this area, as they are found in seed catalogs of the era. Many would also have had their “family variety” and would have been accomplished seed savers. I will be sharing these foods and their stories this fall and winter with y’all and with clients of CCC. And I plan to continue to do so throughout upcoming garden cycles. When we can gather for meals again, we can try out the recipes from this era and others.

The projects of each member of the cohort have changed throughout the pandemic but are continuing. We have a Zoom call each month, where we hear a presentation on some aspect of land stewardship or church history and then each share progress/modifications on our project. We were to end our formal involvement in December with a gathering at Plainsong Farm in Grand Rapids, MI. That is not to be, but we all want to continue to be involved as a cohort to see our projects through. Our organizers are very supportive of this concept and are figuring out how that might look. I am so thankful to have this experience!

Thanks! *Beth Kunkel*



Canterbury of Clemson
Episcopal Campus Community

PROVIDE MEALS FOR CANTERBURY

You have been invited by Sue Smink to sign up for “Canterbury Dinners - Fall 2020.” Please go to the website below to view the online sign up sheet.

<https://www.signupgenius.com/go/30e0d4ba8ae2ea0f94-canterbury6>

(There are open dates from 10/14 through the end of the semester.



ADMINISTRATIVE

FROM THE SENIOR WARDEN

Dear Holy Trinity Parishioners,

We continue to face one of the most challenging health crises of our lifetimes. If you are like me, your contact with the people outside your immediate family is limited. That is why our Holy Trinity Family is more important than ever. A phone call, a note, or a Zoom coffee hour can really help in these times of social distancing.

Bishop Waldo is still limiting indoor services so that makes it hard for us to gather in the church building. We can have services outdoors by following protocols set by the Diocese. Morning Prayer at St. Paul's on Sunday mornings at 9:00 am in the church yard is wonderful. We have been lucky the weather has not been a factor. If you have not attended this service, I encourage you to bring a chair and join us on the lawn. Once Trinity Place is complete, we will move services back to Holy Trinity and use our beautiful new outdoor space for worship.

Speaking of Trinity Place, we are almost through with the project. It is awesome and I think everyone in the Parish will be pleased when you see it. We are so blessed by all the parishioners who supported this undertaking and we will enjoy the space for many years to come. If you get a chance on a weekend, drive by and see how beautiful it truly is.

Mother Suz, Bill Hurst, our Junior Warden and all members of the Vestry are here to provide support to the Parish. We are calling, texting, or emailing Parishioners to continually check on you.

Please know that you can contact any of us at any time with concerns, feedback, or for any needs you might have. Our contact information is on the Church website: www.holytrinityclemsontn.org/about-us/staff/

We will continue streaming services on our web page <https://www.holytrinityclemsontn.org/hvtv/>

- Compline each evening at 8:30 PM
- Sunday: Morning Prayer in Person at St. Paul's 9:00 AM on the lawn. Bring your own chair.
- Sunday: Morning Prayer on line at 10:30 AM
- Monday: Morning Prayer with Mother Suz and Will at 9:00 AM

I also encourage you to continue to check on your neighbors, friends, and family as often as possible. We all need to be reminded that there is someone who loves and cares for us and is there to support us. If you know anyone in your Church Neighborhood Group that needs help, please contact your Neighborhood Group Leader.

We are currently in solid financial shape with reserves to counter possible short-term monthly income shortages, thanks to the continued faithful giving by our Parish.

I am confident that we will weather this crisis. I am glad to know that I belong to a loving and selfless Parish Community. We will do all we can to help anyone in our Parish or our community who needs us.

Remember wear a mask, social distance when possible, and wash your hands often. Please know that I love and pray for each of you daily. Peace of the Lord be always with you!

Bill McDaniel

Senior Warden

bill@newsouthsalesgroup.com

864-873-7080



ADMINISTRATIVE

REPORT ON TRINITY PLACE PROGRESS AS OF 8-23-2019

Trinity Place-construction continues. Poor service from the maker of the pavilion (prefabricated) has caused most delays lately, although weather has played a role all along. Our contractor wants to finish most of the pavilion erection before final landscaping and paving is done. Paving is scheduled for August 31. We still anticipate mid-September to be substantially complete.

Most landscape material is in, with trees, shrubs, sod, mulch, and rockwork around drains. The system handled almost 2" of rain last Friday and looks like it will do an excellent job when complete.

Every landscaped area in the parking lot has irrigation installed, with a controller to allow proper timing and metering for 5-6 designated zones. This includes heads to water the new 7,000 square feet of sod for our play field. The sod has a Geo-Mat installed underneath that will allow parking on the area without the detrimental effects that running cars on an un-prepared surface would produce.

New lights are in place to light the parking and playfields area. Thanks to LED lighting, we should consume 25-30% less power than before while having a well lit facility.



HVAC units were re-installed and are now surrounded by a fence. Landscape will use the fence and shrubs to hide the equipment and it will satisfy DHEC access prevention rules for the Day School.

Railing is installed in all locations necessary. These are along the top of the retaining walls.

Signage for identification and direction are being quoted by local vendors. An attractive and consistent look has been mandated by the Communication Committee so our signs "look the part" for Holy Trinity. Our Vestry will review the proposals in the coming weeks.





ADMINISTRATIVE



The Stewardship Committee, headed by Jody Hunter, consists of Jerome Cribb, Jim Reed, Joe Yanes, Lynn Smith, Samantha Murphy, Kathy Hunter, and Ellen Haase first met via Zoom on August 18. After reviewing stewardship campaign results for the past five years, the committee discussed setting a goal for the next year that can be reached during these uncertain times. A stewardship brochure and dates for a kickoff (in October) and ingathering (in November) were put on the agenda for the next meeting.

FRAUDULENT TEXTS AND EMAILS

I've heard from several parishioners that they are receiving fraudulent emails or texts that ask favors posing as me. **Please know that I have not sent these messages.** Other clergy and religious organizations have reported similar incidents in the past. The scheme involves scammers mimicking church staff, typically posing as someone in a position of authority asking victims for money transfers or gift cards. Many times, the scammers will manipulate the email address, name, or even the area code of phone numbers, so that it appears to be coming from someone you know. **The best advice is to confirm requests with a conversation.** Even if the email or text seems legitimate, if a request seems even remotely "off," don't act on it until you confirm it with a phone call or face-to-face conversation. Some general suggestions:

- Check sender details carefully. Any suspicious emails or text message should be investigated before replying. Pay attention to the message content, including attachments and URLs.
- When in doubt, call: If there are questions about any email, do not reply. Instead, pick up the phone and call the main number of your diocesan office or parish.
- Label it spam: If your email service has the ability, report the email as spam.

Suz+

KEYS NEEDED



Anyone having keys to Holy Trinity exterior doors (especially the entrance key to the Parish Hall/Day School entrance) that are not being used or if you no longer have a need for the key(s), please return them to the office as soon as possible. You can leave any keys in an envelope in the mailbox right outside the church office. Please be sure to put your name on the envelope so your name can be removed from the key list.

Thank you,
Bill Hurst, Jr. Warden



SEPTEMBER ANNIVERSARIES

DeSellier, Cheryl and Jim	9/10
Arms, Anita and Charles	9/17
Jameson, Jean and Ron	9/22
Bryan, Anne and Pat	9/23

This page of *Tempo* lists the wedding anniversaries and birthdays of parishioners. If you would like to have your anniversary or birthday included, please email htchurch@holyltrinityclermson.org.



FLOWER LIST

We have vacancies for October 18th and October 25th. If you would like to honor a loved one by providing flowers for Sunday online worship, please contact Sheryl Shankles at

htchurch@holyltrinityclermson.org

or call (864) 654-5071. Include your name, the date that you want to provide flowers, whether it's in honor or memory and the loved one's name.

You will be billed directly by Tiger Lily Florist.

SEPTEMBER BIRTHDAYS

Ellison, Kaleb	9/2
Warner, John	9/2
Johnstone, Mason	9/7
Graham, Lori	9/8
Kunkel, Beth	9/8
Evans, Stephen	9/9
McCabe, Drew	9/10
Cate, Will	9/10
Longo, Wendy	9/12
Reed, Jim	9/15
Wheeler, Hap	9/16
Henry, Laura	9/17
Harriss, Mel	9/19
Fairey, Jim	9/22
Rowe, Chesley	9/22
Woodell, Harold	9/22
Farish, Susan	9/23
Mayo, Henry	9/25
Green Jr., Bob	9/26
Robb, Cara	9/26
Gajdalo, Benjamin	9/27
Anthony, Deborah	9/30



September Birth Flower:

Aster



September Birthstone

Sapphire

Operating Fund

Financial Update as of August 31, 2020

	Monthly Budget	Monthly Actual	Budget YTD	Actual YTD
Income	\$47,862.00	\$48,414.08	\$382,898.00	\$374,525.08
Expenses	\$51,300.00	\$37,516.42	\$367,162.00	\$310,680.09
Income +/-Expense	(\$3,438.00)	\$10,897.66	\$ 44,709.43	\$63,844.99

First Citizens Bank Notes as of August 31, 2020

\$1,312.836.11