



Trinity Episcopal Church
36 Main St, Newtown Ct
www.trinitynewtownct.org

Thursday, 01/09/2020



Just this past week, while sitting in a staff meeting, I began to experience a feeling that is more familiar than I care to admit – anxiety. The meeting was a wonderful and joyful experience, one filled with thoughtful reflection and energy as we looked to the year ahead. During the meeting, there were so many moments of pure joy and laughter that reminded me exactly why it is such a privilege to join you in ministry! So where was this anxiety coming from? I'm glad you asked... you see it happened as we took a look at the actual calendar. It was a singular moment when I realized that this coming Sunday was, essentially, the middle of January! Where did the time go?

In this moment, "reality" really set in. There was no question that, as the decorations came down in my home and mind, the hustle and bustle of life had floated back to the surface. This "return to normal" may be welcomed in your own life, but for some, this experience may feel overwhelming. For some, our minds can sometimes race with a dreaded feeling that, "time is running out." I don't want to diminish this feeling – it is real! The side effects of this type of anxiety, at times, can produce a sense of paralysis. And this is how Epiphany begins! This is ok, and I continue to be amazed at what happens when I share openly those times that I experience these feelings. When I do, I find that I am loved and supported. I am welcomed just as I am. I am reminded that I am an integral part of our community's life. This is a lesson we remembered just last week in our Gospel reading about the magi.

For me, it is sometimes necessary to find a space in my soul for stillness. I look for a space where I can attempt to leave behind my own inner voice and anxiety; if only for a moment. As our season of Epiphany continues, I encourage you to find space for quiet in your daily life. If you have never done this before, "try it on." It may feel awkward at first, but try and allow your quiet time to be more than a space free of audible noise. Look for the ways God continues to speak to you, filling your silence with a new, sweet voice. Experience the beauty of God's holiness in creation. Watch the snow. Feel the wind whip around you. Listen to the kettle sing as it warms your water. Be amazed at all the ways creation continually lifts its praise.

This practice remains a healing one for my own spiritual life. Recognizing the gentle praise of God's creation speaks of God's amazing grace, despite my own

perceived limitations. It is a healing grace that reminds me that we are exactly what God needs to accomplish God's call in this moment.

As we experience this season of Epiphany, I encourage each of you to look for all the ways God is breaking into your own life, even now. I encourage you to share these moments with each other as well – building each other up as we continue in our discernment.

Trinity's Calendar

Due to an increase in meetings and activities that are being scheduled on Trinity's campus, we are implementing a new policy that all room requests **MUST** be made through the "Reserve a Room" page on Trinity's website.

<http://www.trinitynewtownct.org/reserve-a-room.html> Please fill the form out completely, including whether you will need any special equipment. For repeating meetings, feel free to schedule a full year at a time!

Contribution Envelopes

Contribution envelopes are in the back of the church. Please pick your up at your earliest convenience.



Vestry Nominations

The vestry of the Episcopal Church is responsible for overseeing parish finances and properties, as well as being leaders of ministry in the areas of missional engagement, parish life, formation, and worship. Nominees must be 16 years and older, active baptized members, and preferably confirmed Episcopalians. At our Annual Meeting on January 26, 2020, as it stands now, we will be electing one vestry member to serve for a three-year term. The area of ministry for this position is as liaison to Formation. If you are interested in learning more about serving on the vestry, please reach out to [Jenny](#) or one of our wardens, [Laurie Trotto](#) and [Dennis O'Conner](#), to discuss responsibilities in more detail.

Bible Study Returns!

Mark your calendars! Our popular Saturday morning Bible study of the New Testament book of Acts will resume on **January 18, 2020**, 9:30 to 10:30 a.m. in the church library. Please come and be a part of our exciting journey with the early church as it expands from a small Jewish sect to a growing movement across the Mediterranean world.

We hope to see you there!

ADULT FORMATION

Save the Dates

First Epiphany Forum ~ January 12
Budget Forum ~ January 19
Annual Meeting ~ January 26
Men of Trinity Superbowl Party ~ February

LET THERE BE LIGHT AMONG US!

Conversations

Building on the wonderful series of “Sacred Conversations” we had this past fall about our life and history here at Trinity as a parish community, your Stephen Ministry Team is pleased to offer a series of continuing conversations for the Epiphany season, intended to deepen our personal connections with one another—so that we may better share the light that each of us are and can be in our life in Christ together.

Epiphany is a time of the coming of the Light. Following Sunday worship, once in January and once in February, we’ll have a chance to explore the theme of “light” in terms of interpersonal relationships and our connection to each other as we continue to create a sacred and loving space for all who are part of the Trinity Community.

The dates for these Epiphany Conversations are January 12 and February 23.



Formation and Confirmation for Youth Continues – Will you join us in this journey?

As we continue to discern confirmation for our youth, I encourage all parishioners to continue to hold Caitlyn, Lily, Ella, Brady, Matthew, Aidan, and, Tain in your prayers. If you are interested in learning more about our journey, please [click here](#) for upcoming dates and meeting topics about the [Way of Love](#).

The next regularly scheduled group learning session on “worship” will be held January 12th.

For more information, please feel free to call or email the [church office](#).

YAC Gatherings –

Will you join us in this journey?

YAC is a group gathering that is designed for young adults who have already completed confirmation. This is so that, following confirmation, an intentional space is offered for continuing discernment and community building. So, wherever you are in your spiritual journey, know that you are welcome here!

Our next YAC gathering is scheduled for January 12 from 12:00 – 2:00PM in the Johnson Room. Pizza will be provided for this gathering. Youth will be invited to have a conversation with our discernment team about youth formation at Trinity Church. For more information, please contact the church office.

I encourage all to continue checking the calendar on the [church website](#) for additional dates for this offering.

Young Children on the Move!

Following recent listening sessions regarding our young children, we were excited to introduce a new offering in our regular worship service on January 5th! Moving forward, our worship service will include intentional time for a children’s moment. This will be a time dedicated to our young children and their curiosity, as they are invited to hear a special homily.

Following the children’s moment, our young children will be invited to remain in the sanctuary for the remainder of our service. This is an exciting opportunity for our parish to support our young children as they continue to grow in their own spiritual life! I know that our parish will continue to be blessed by the joyful and beautiful ways our young children are seeing God in their world.

If you were unable to join either of our listening sessions, and would like to know more about this offering, please feel free to contact the church office.

Praise and Thanksgiving

For those requesting our prayers: Arlene Coleman, Peter Jameson, Rev. William West, Maureen Trotto, Bode Kloos, Karen Gardner, Paul Roman, Judith Harris, Michael Hansen

For those celebrating a birthday this week:
Jack Benedict, Jack Murphy, Dorothy Schmidt

Trinity's Video - [check it out!](#)

kmerrill@trinitynewtownct.org
www.trinitynewtownct.org

There are events happening at Camp Washington - [click here](#) to learn more!
[ECCT](#)

