



Trinity Topics

From the Rector's Desk . . .

By the Reverend Sherry Deets

Dear Friends,

Summer is upon us! Let's all take some time this summer to take care of ourselves, to work on the healing that most of us need (if not all of us). I share an excerpt from "Love Heals" by Becca Stevens.

It takes all night to raise the sun. The spinning of the earth makes it possible to catch that first glimpse of a sunrise. Every morning brings hope of a new beginning, but we let too many of them slip by. My head and my heart are clearest in the morning. I like to get up while it's still dark and wait with the patient trees and hungry birds for the sun to rise. The night moves from black to gray, then to a soft lavender with hints of pink. Just as golden shafts backlight the clouds and an orange glow begins to grace the horizon, I can feel my spirit rise with the sun. I feel the gift of another day and the hope of a new beginning.

This morning I went outside and felt the sunrise that was offered like a gift wrapped in bands of purple. I saw two beautiful rabbits feasting on clover in my overgrown yard, and a cool breeze kissed my cheek in the midst of the summer heat. I was full of praise and gratitude, and I felt inspired to birth new ideas. This morning I prayed with joy, Alleluia! Praise God, from whom all blessings flow.

But not yesterday. Yesterday there was another mass shooting in America, someone in our Thistle Farms community relapsed (after she had survived rape and being shot by her pimp), and a storm hid the sunrise. Yesterday I felt anxiety about death after visiting three people who were sick in the hospital. Yesterday was hard. On those days, I need to learn that then, too, I must

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practice all my daily rituals in faith. Then, too, I need to sing “Alleluia” even as I weep.

Sunrises help me learn to do this. They remind me that healing can be beautifully simple and surprisingly accessible. Healing can happen in both dramatic and small ways. The healing we are seeking for our lives and for the world is something we can experience through a commitment to daily practices that lead us toward wholeness.

Some daily practices: Reading scripture; praying the psalms; breaking bread together; fasting; walking; lighting incense; eating healthier; getting off social media; volunteering; singing; practicing yoga and many, many more.

Healing Service via Zoom Thursdays at Noon

We continue to offer a Healing Service via Zoom on Thursdays at Noon. The Zoom link is emailed via our Constant Contact email service on Wednesdays along with a copy of the order of service for the week. The order of service is also shared on the screen during the service itself. We commemorate a “saint” from the Episcopal Church utilizing the resource ‘A Great Cloud of Witnesses’ and share a little healing music from a variety of sources.

MARK. (CHICK) YOUR. (CHICK) CALENDARS.

The Annual Chicken Barbeque is scheduled for Saturday, August 10. This is one of our biggest fundraisers – and an important service to our community. You (and your neighbors) will be able to order a full BBQ dinner in advance at a more-than-reasonable price. Watch for more information. (CHICK CHICK)

Community Engagement July 2024

First Fridays: Downtown Coatesville celebrates local businesses and entrepreneurs on the first Friday of the month (May-October) from 5-9PM. Music, Food & Fun for All. Rain or Shine.

Sounds of Summer Music Concert Friday July 5 at 7pm Sounds of Summer Music Series at Gateway Park in Coatesville 7pm-10pm

Unity Day Saturday, July 6 at 3pm Unity Day- Food & Music Festival at Gateway Park in Coatesville. 3pm-7pm. Rain date is July 13

Guide to a Mindful Summer This toolkit lists events, fun and free summer programs, mental health resources, family activities, etc. in our area. Please share this information with your friends and family. It was prepared by the Coatesville Faith-based Coalition with the support from Chester County Hospital. You can also go directly to the website at bit.ly/MindfulToolkit2024. Any questions contact Liz Hulse at liztrinity323@gmail.com

Save the Date: August 17th Community Day at Coatesville Youth Initiative 525 East Lincoln Hwy, Coatesville, with lots of fun activities, giveaways, and food. Free school supplies will be given out but registration is required for school supplies. For more information you may contact CYI directly at 610-380-0200 or contact Liz Hulse at liztrinity323@gmail.com

Saturday July 20 at 12:30pm Family Resilience Event right here at Trinity! Presented by Dr. Donald McCown, West Chester University Professor of Public Health Sciences. Pennsylvania Senator Committa approached Dr. McCown asking him to develop this program. There will be a **craft activity for children** and a **free lunch** served. This activity is made possible with support from the Chester County Hospital. You can register by calling 610-738-2300. (This is a number for the hospital Wellness program.) If you are curious and want to know more contact Liz Hulse at liztrinity323@gmail.com

FAMILY RESILIENCE-BUILDING EVENT



LEARNING LIFE SKILLS TOGETHER (FREE & IN-PERSON)

Saturday, July 20, 12:30 – 1:30 PM

Episcopal Church of the Trinity, 323 E Lincoln Hwy, Coatesville, PA

This free event is for parents, caregivers, and youth of all ages! Learning Life Skills Together is a dynamic program that gives families knowledge and action steps to help the youth in their lives develop important skills for resilience. Parents will gather to learn skills related to emotional regulation, while youth will engage in a crafting activity. We will all meet at the end to share what we have learned.

Raffle Baskets will be available to win

Following the program, a healthy lunch will be provided for you to enjoy

**Resources from the Chester County Intermediate Unit will
also be available**

REGISTRATION REQUIRED.

To register, click on the event title above, scan the QR code or call 610.738.2300.





Molly Beck	4-July
Peter Jennings	4-July
Scarlett Grubb	9-July
James Anderson	10-July
Kathy Terry	11-July
Violet Cole	14-July
Elinor Barnes	17-July
Noreen Bush	19-July
Sara Smyth	23-July
Michael Crane-Grubb	23-July
Caitlin Hann	24-July
Lance Bush	27-July
Ellanore Hurd	29-July

John & Susan Petura	12-July
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July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
		AA 7PM		4 th of July Office Closed		SH Rented
7	8	9	10	11	12	13
	SH Rented 615PM	AA 430PM		Healing Service 12noon		SH Rented
14	15	16	17	18	19	20
		AA 7PM		Healing Service 12noon		SH Rented
21	22	23	24	25	26	27
		AA 7PM		Healing Service 12noon		
28	29	30	31			
		AA 7PM				

Readers, Servers and Greeters for July 2024

Date	Readers	Psalm	Prayers
7/7	Deborah Murray	Bill Terry	Chris Haak
7/14	Vic Shanley	James Gaddy	Erika Haak
7/21	Pat Bush	Paul Shidlowski	Betty Sullivan
7/28	Minnie Kirwin	Kent Nation	Greg Bentley

CHURCH OF THE TRINITY

**323 East Lincoln Highway
Coatesville, PA 19320-3409**

For more information

contact:

The Reverend Sherry Deets, Rector

610-384-4771

trinitycoates@aol.com

Website:

www.trinitycoatesville.org

Mission Statement

Church of the Trinity is a congregation rooted in the faith and love of Christ, unified in diversity, seeking to grow and nourish the Trinity family and our Coatesville community.

Service Schedule

Holy Eucharist

Sundays 9:30 AM

Thursdays 12:00 PM

**Jamoca Harkins,
Parish Administrator**

Parish Office Hours:

Mondays & Wednesdays: 1-3 PM

Tuesdays & Thursdays: 4-7 PM

**THE EPISCOPAL
CHURCH OF THE TRINITY
323 East Lincoln Highway
Coatesville, Pennsylvania
19320-3409**

Church School

Sundays: 9:15 AM