



# Trinity Topics

**From the Rector's Desk . . .**

**By the Reverend Sherry Deets**

Dear Friends,

February brings with it the Hallmark holiday Valentine's Day. Therefore, I am sharing an excerpt from Joyce Rupp's book *The Cup of Our Life: A Guide for Spiritual Growth* that is a wonderful reflection on **God's** love.

**The Cup of My Life**

*You are a love song  
 Beauty set to music  
 You are a love song  
 I have chosen you.*  
 – Theresa Hucal

It was a chilly evening in November when we gathered to mourn the death of my friend's beautiful Italian mother. The kinship of those who had loved her eased some of the heartache we were feeling. There was a special moment when the sadness in the room changed to a glow of love. I felt it as we listened to the singing of "You Are a Love Song." I sensed that each one of us was turning in memory to this woman and how she had truly been a "love song" of God for the many people whose lives she had touched. She had been a cup of life for those who had known her. The things she had done with her life were not grandiose. They were simple, human endeavors. But out of those ordinary activities and experiences she had brought many extraordinary songs of love to others. What would it be like if we believed that we were a love song of God? How would it change our presence with others? While healthy spirituality requires a deep belief in our own loveliness, this belief is not always easy to accept. The cup can be a teacher in this. Think of the cup as a symbol of our unique self. Many coffee and tea cups have a special shape and size, a "personality," so to speak, just as each human person does. Like a cup, our physical, psychological, and spiritual shape is

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unique to each of us. We cannot take someone else's body, or spirituality, or personality and make it our own any more than a cup can change its color and shape to match each person who drinks from it. The cup is a good container no matter who uses it. It is of value in itself.

Too often people want someone else's spirituality rather than their own. I've discovered that the more I am conscious and accepting of God's love for me, the more I can accept myself and the unique way that my spiritual path unfolds. God created each of us out of love. We are beauty set to music. We are one-of-a-kind, unique, meant to be a light of love in transforming our world.

Even if you do not feel awe or gratitude or compassion when you think about yourself, try to believe it today. Ask God to help you to see yourself as a song of love, a cup full of goodness, bringing life to others.

Today: I will try to be a love song for others, this day.

**Coffee Hour Forum: I Can, You Can, Narcan®  
Sunday, February 9<sup>th</sup> beginning at 10:45 a.m.**

*Kathy Collier, Prevention Program Manager,*

*Chester County Department of Drug and Alcohol Services*

Join this free, in-person community education event to reduce the incidence of accidental drug overdoses. Chester County Department of Drug and Alcohol will provide information on how to recognize and respond to an opioid overdose and how to access treatment in Chester County.

All attendees will receive training on how to use lifesaving Narcan® (naloxone) nasal spray, and free naloxone will be given to participants.

**Vestry Meeting  
Sunday, February 16<sup>th</sup> at 11 a.m.**

Our regular Vestry meeting will be held on Sunday, February 16<sup>th</sup> after coffee hour at 11 a.m.

**An Introduction to the Gospel of Luke**  
**Sunday Morning Adult Forum**  
**Sunday, February 23**

For us Christians, the Gospels are the heart and pinnacle of the Bible and of our faith. These four New Testament books are the most important books of the Bible, and we read and interpret the rest of the scriptures through their lens. Each of the Gospels tells the same story about our Lord and Savior, Jesus Christ, but from its own unique perspective.

The third Sunday Morning Adult Forum will take place in the Parish Hall after Sunday morning worship on February 23. There will be Coffee Fellowship followed by the program. The forum will last about an hour and include a brief talk on the Gospel of Luke, a video presentation by Anglican Bishop and world renown New Testament scholar, NTWright, and conclude with time for questions and discussion.

Plan to attend and learn the unique character and perspective of the Gospel story of Luke.

Dan Hinkle, Facilitator

**Parish Administrator – New Office Hours**

Reminder of Jamoca Harkins new office hours. She will be in the church office Mondays through Thursdays from 3 p.m. to 6 p.m. The office is closed on Fridays.

## Trinity Topics February 2025-Community

**Sunday, February 9th at Trinity:** At **10:45 a.m.**, just after coffee hour, there will be a presentation about how to use Narcan, the medication to reverse an opioid overdose so we can all do it if we are ever in that situation. The presenter is *Kathy Collier, Prevention Program Manager, Chester County Dept. of Drug & Alcohol Services: [Join this event to reduce the incidence of accidental drug overdoses.](#) Chester County Department of Drug and Alcohol will provide information on how to recognize and respond to an opioid overdose and how to access treatment in Chester County. All attendees will receive training on how to use lifesaving Narcan® (naloxone) nasal spray, and free naloxone will be given to participants*

**Tuesday, February 4<sup>th</sup>, (6-7:30pm)** starts a free 3-part NAMI & NAACP series on **Sharing Hope**, a program for Black and African Ancestry communities to have a safe space to talk about mental health and wellness. It will include guidance on how and where to find help. Dinner will be provided. You do not need to attend all 3 sessions. Next sessions are 2/11 and 2/18 at the same time. Location: Equity Health Center, 744 East Lincoln Hwy, 4<sup>th</sup> floor, Coatesville Registration is requested; please email [info@namichescopa.org](mailto:info@namichescopa.org) or call **610-871-1405** with any questions

**Wednesday, February 5<sup>th</sup>, (6-7pm via zoom)** “**Exercise for Heart Health**” learn how exercise improves your heart health. A cardiopulmonary rehab exercise physiologist will explore different forms of movement, discuss goal setting, and identify strategies for exercising in and out of a formal fitness setting.

**Tuesday, February 18th, (9-11 a.m.) Faith & Wellness: Accessing Behavioral Health Services**, a free interfaith community seminar designed specifically for faith-based communities at Hutchinson UAME church, 825 E. Chestnut St., Coatesville. Continental breakfast will be provided.

**Need help with oil heat?** Contact Orion [www.orioncommunities.org](http://www.orioncommunities.org) **484-341-7354**  
I called this number to see if it was actually helpful and I spoke to someone who called right back and was ready to help

**2<sup>nd</sup> Century Alliance** has a listing of over 40 businesses in Coatesville that can serve our needs on their website at <https://2ndcenturyalliance.org/shop-local/>

**Teen Warmline: 855-852-8336** I (Liz) tried this number and got a voicemail message that they will return the call by the next business day. Text line: **484-362-9515**

**Apology:** When I (Liz) called this parents hotline number 888-378-4373 it was not a valid number for a parent hotline. My apologies for listing this in the previous newsletter.

If you have any questions about this community information, contact Liz Hulse at [liztrinity323@gmail.com](mailto:liztrinity323@gmail.com)



<b>Aaron Bruce</b>	<b>3-Feb</b>
<b>Violet Armstead</b>	<b>9-Feb</b>
<b>Michael Magness</b>	<b>10-Feb</b>
<b>Andrew Bentley</b>	<b>13-Feb</b>
<b>Martha Rutledge</b>	<b>14-Feb</b>
<b>Pat Hendricks</b>	<b>17-Feb</b>
<b>Victor Shanley III</b>	<b>20-Feb</b>
<b>Patricia Vogt</b>	<b>22-Feb</b>
<b>Jamoca Harkins</b>	<b>25-Feb</b>
<b>Kent Nation</b>	<b>26-Feb</b>
<b>Laverne Cheatham</b>	<b>27-Feb</b>

# February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						SH Rented
2	3	4	5	6	7	8
Bishop's Visit	Bible Study 1130AM	AA 7PM		Healing Service 12noon		
9	10	11	12	13	14	15
Narcan Talk/ Training at Coffee Hour 10:45-11:45AM	Bible Study 1130AM	AA 7PM  Sherry Away		Healing Service 12noon  Kitchen Rented	Valentine's Day	
16	17	18	19	20	21	22
Vestry Meeting 11AM  SH Rented	President's Day *****  Office Closed	AA 7PM		Healing Service 12noon		SH Rented
23	24	25	26	27	28	
Gospels Series w/ Dan Hinkle (Luke's Gospel)	Bible Study 1130AM	AA 7PM		Healing Service 12noon		

## Readers, Servers and Greeters for February 2025

Date	Readers	Psalm	Prayers
2/2	Vic Shanley	Greg Bentley	Chris Haak
2/9	Deborah Murray	Pat Bush	Paul Shidlowksi
2/16	Minnie Kirwin	Bill Terry	Kent Nation
2/23	Erika Haak	James Gaddy	Vic Shanley

**THE EPISCOPAL CHURCH OF THE TRINITY**

**323 East Lincoln Highway  
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**For more information contact:**

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**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**

**Church School  
Sundays: 9:15 AM**

**Healing Service  
Thursdays via Zoom:  
12:00 PM**

**Jamoca Harkins,  
Parish Administrator**

***Parish Office Hours:***

**Monday - Thursday: 3-6 PM**