Trinity Times

Trinity Episcopal Church and Anglican Community:
Volume XVI, Number 17, October 22, 2026

UPCOMING SERVICE SCHEDULE

▶ **Oct 25 – 22nd Sunday After Pentecost**
10:00 AM Holy Eucharist

▶ **Nov 1 – ALL SAINTS DAY**
10:00 AM Holy Eucharist

Morning Prayer on Thursday, October 22, 2026

As we rejoice in the gift of this new day, so may the light of your presence, O God, set our hearts on fire with love for you; now and forever.

BCP 787

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The Collect of the Day

God, the giver of life, whose Holy Spirit wells up within your Church: by the Spirit's gifts equip us to live the gospel of Christ and make us eager to do your will, that we may share with the whole creation the joys of eternal life; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and forever. **Amen.**

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Come Let Us Worship Together



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All SAINTS DAY

On November 1 we will remember by name those we love who have died. **Please send their names to Lana by October 26** so they can be included in the program and bring a photograph if you have one; there will be a display table at the service.

REMINDER
BRING YOUR PHOTOS OF YOUR LOVED ONES TO CHURCH ON NOVEMBER 1
ALL SAINTS DAY

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Trinity Times

Warm Welcome to Leah Frank
Trinity's New Organist and Pianist



Following the resignation of Gia as our Music Director the vestry appointed a Music Search Committee with Brian Scanlan as Chair, and Bernie Milano, Peg Patterson, Sharon Pierson and Gail Scanlan as members.

A job description was created, ads were posted on several sites, three applications were received (another came very late), all three were interviewed, which included organ and piano performances, and we are pleased to report that Leah Frank will become our Organist /Pianist effective November 8 and attending service with us October 25th.

Some of you will recall seeing Leah at Octoberfest; we extended an offer to her the next afternoon which she immediately accepted.

Leah joins us having significant musical experience in worship experiences, although she is new to the Episcopal Church. Leah is a skilled pianist, organist, and violinist. Please introduce yourself and extend a warm welcome.

YOUR PRAYERS ARE ASKED FOR …

Nicole, Martie, Michael, Jim, Bridget, Ed, Joanne, Lynette, Jana, Margie, Russ, Carol, Nancy, Bob, Debby, Michael, Deirdre, Mandy, Jacqui, Braden, Lydia, Tom, Rich, Bruce, Wayne, Chuck, Kim, Geoff, Penny, and Jim



COFFEE HOUR

The Signup Sheet will be posted in the Narthex Bulletin Board for November. Please consider taking a turn to host our Coffee Hour Fellowship. The Instruction Sheet is on the Bulletin Board, next to the Pantry in the kitchen to help everyone! If you need any further guidance, contact me and I will be glad to help you. *Janet*

Thank you to our October Coffee Hour Hosts!

Janet, Priscilla, Paralee, Lynn, Amanda, and Paul

THE COMMUNITY THRIFT SHOP

The Shop is open for shopping on Tuesday, Thursday and Saturday from 10:00 am to 4:00 pm. Merchandise is accepted on Mondays only, from 9:00 am to 12 noon. Mark your 2 bags or boxes with #66, our account. Any questions, contact Janet Zacco

OUTREACH

MEN'S SHELTER – Preparing & Delivering Dinner to St. Paul's

The 2026 schedule for providing meals for the St. Paul's Men's Shelter is posted on the bulletin board in the Narthex. Please prayerfully consider signing up to help with this important outreach ministry, on the 3rd Thursday of each month. Contact Lana or Donna Speizer with any questions.

Thank You to our St. Paul's Meal Contributors

Stephanie	September
Kim	October
OPEN	November
Shane	December

MUSTARD SEED ACADEMY



Posho and beans—the favorite

Posho and beans is served most days because it's the favorite among students in Uganda. And it's good nutrition. At Mustard Seed, the quality of the posho (similar to polenta) and the tasty beans with sauce make the dish child-pleasing. Add to that the light and airy High Mountain Dining Hall, and you can understand the smiles.

I have been enjoying the same combination with the addition of steamed greens and friendly staff members. One teacher told me about his early school days, when the students arrived early to get a brick to sit on. Others sat in the dirt.

Look at the boy second on the bench with the big smile. That's what a full plate, good friends, and a nice place to eat looks like. Your support creates these moments day after day.

Despite all the challenges, life is good here.

Gratefully,
Elaine

CENTER FOR FOOD ACTION

The signup sheet for November is on the Bulletin Board in the Narthex! There is a new Instruction Sheet on the Bulletin Board next to the Pantry in the kitchen to help everyone. If you need any further guidance, contact me and I will be glad to help.

TRINITY CHURCH OKTOBERFEST

Thank you Karen Roy Who Led Trinity's Major Fall Event

Thank You

TRINITY PARISHIONERS

Who Contributed Time, Talent & Treasure for a Wonderful Event
Please enjoy the Pictures of Trinity Volunteers
and community enjoying a fun evening of YUMMY Oktoberfest Fare
Delicious Wine (thank you Geoff Ramsey) & Beer
And Amazing Gifts, & SCRUMPTIOUS DESSERTS contributed by so many

THANK YOU!!














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All of Trinity helped support our Oktoberfest

From those who contributed baskets, baked desserts, helped set up, order special foods (thank you Russ!), serve, clear tables, and clean up. **Thank you!** The dinner was delicious! And Karen's prodigious talents & time dedicated to this event are SO appreciated by all!

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Bishop's Vlog

Preparing for what lies ahead

OCTOBER 21, 2026

Diocese of Newark
The Episcopal Church
in Northern New Jersey



Bishop Hughes: Preparing for what lies ahead What does meal prepping have to do with our spiritual lives? Bishop Hughes draws a connection between preparing lunch for a busy day and preparing our hearts through scripture and prayer, reminding us that the words of faith we carry with us can sustain us in anxious and uncertain times. (Time: 5:16.)

Video Transcript

This is Bishop Hughes in the Diocese of Newark, and I am in the kitchen this morning for a very practical reason. It's 8 o'clock in the morning, and I thought I would be leaving about this time. That probably wasn't a realistic goal – 8:45 is probably far more realistic. But in order for me to get out on time, it means I've got to have lunches packed up for me and whatever Muffin is going to eat and her snacks and it takes a little bit of time to get that done. In part, it's a bit easier this morning because I did some meal prepping yesterday. I made a promise to myself about a year ago that I would make time for lunch, and lunch very often for me was in the car on the way to the next meeting, and sometimes because it was in the car and I didn't have a plan, and then it was fast food, and I wanted

to start avoiding fast food, and I just didn't want to eat in the car anymore. I decided it was good for me to have lunch, and have a time set aside for that.

But that means I've got to prepare food, and over the last year, I've come to really admire the people who do meal prepping. I love watching the videos that they post, how organized they are, how well thought out their plan is for the whole week, and they're cooking for an entire family, and it's all prepared and portioned and ready for the rest of the week. I aspire to that, but I don't necessarily live into that. Though yesterday I was in the kitchen for a while, and I was able to make sure I had things ready for salad this week. Got some chicken breasts all cooked and prepared so that I can have lunches ready to take with me. No lunch in the car, a nice lunch in my office.

And in thinking about meal prep and the amount of work that it takes to do it, and just how satisfying it is to wake up this morning, all I had to do was pull out lunch. Breakfast, I always have to just get that ready for the next day. And that piece of thinking, of prepping for something, reminded me of how we can approach also our spiritual life, especially when we know we're going to have a crunchy time in front of us. One of the things I've been hearing quite a lot from clergy and from laity is how nervous they are about the upcoming election and the heightened kind of disagreement, friction, anxiety that there is around the whole subject of politics.

And people ask me how they, how I would handle it, or what they can do to make that better, and I would say this: I think we need to prep for our spiritual life, prep for the things that are going to be complicated, prep for the things that make us nervous and anxious, and know that God is in it with us. And part of the way we do that is, we lean into scripture and we lean into prayer. I suggest people read scripture every single day. And if you can't read it, listen to a podcast. Listen to scripture being read out loud. There are a number of churches and an organization here, the dailyoffice.net, that reads the morning, reads morning prayer and you can hear scripture read out loud. You can go to the Church of England site where morning prayer and evening prayer are read every single day. You can hear scripture read that way. I often use Pray As You Go, I love the way they organize it with a little piece of music and then a piece of scripture, and then some questions for you to reflect on, and then they read that scripture one more time.

I think when we put ourselves in the place where we're hearing the word of God and things have the chance to soak into us, that when we are facing those moments that make us anxious and make us worried and we don't quite know what to say, then we remember the words that we have heard before. We remember words like from Ephesians that God does more than we can ask, than we could think to ask or imagine. We remember words from Proverbs to trust in the Lord with all our hearts and let go of our own understanding of things, that God will take care of everything. We remember that God is our rock from the Psalms. We remember these words because we've heard these words, and when we remember them, they're not just words; they're promises. They are the presence of God. They're as practical as – here is my lunch for today that I prepped yesterday. My chicken and broccoli and it is all ready for today because I did the preparation.

So I want to encourage you instead of giving in to being scared, instead of giving in to being worried, instead of letting your anxiety run away with you, lean into scripture. Lean into prayer. It's preparation for what is before you.

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MARK YOUR CALENDARS - DECEMBER 13!
Bishop Carlye Hughes will be visiting Trinity

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MINISTRY TIP



Ministry Tip: Understand the diverse ways givers may give

- I noticed something after my first stewardship campaign as a rector: Many of my parishioners were making their gifts through stock transfers, distributions from retirement accounts, or grants from donor-advised funds and family foundations. They weren't just writing checks from their bank accounts like I was.
- Some of our parishioners prefer to give the church marketable securities (i.e., stocks or bonds) instead of cash. There is a tax-based reason for this. But when stock markets are running high, it may be a good time to ask your most generous and/or wealthiest donors for an extra gift. They may have a financial incentive to do so.
- Some parishioners of a certain age prefer to give to our church through direct transfers from their IRAs or similar retirement savings accounts. Again, there is a tax-based reason for this. Check your parish register to see if you have any parishioners who have recently turned 70½ and who may not need to begin drawing on their retirement savings. It might be a good time to ask them for an extra gift.

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Reverend Paul Yoon's Website Did you know that Paul has a website? You can click on the link to read his thoughtful original written sermons, which are a bit different than what he speaks about on Sundays: https://www.paterpaulus.us/homily

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