

THE TRINITARIAN

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DEDICATION

The Trinitarian dedicates this issue to all Trinity women: mothers, grandmothers, aunts, sisters, girlfriends, sisters-in-law, cousins and the little ones who look to women as role models. What is a woman? A woman is many things to many people. She is a role model to many. She is a negotiator, a healer, and a bread winner. She nurtures, she soothes, she takes the good and the bad. A woman can be anything she wants to be, although we don't yet have a female President of the United States. She is a teacher, a nurse, a social worker, and a secretary, to be sure, but she's also a CEO, an astronaut, a pilot, a plumber, an electrician, a priest, and a professional athlete. She's breaking the glass ceiling one panel at a time. During this month of May, select a woman and celebrate her achievements, her contributions, her hopes, and her dreams.

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Rector's Reflection

Catherine of Siena, 29 April 2003

Beloved:

You have heard me speak of prayer as putting ourselves humbly before the presence of a Holy God, with or without words. You may recall my saying that prayer is the eternal gift we give back to God and to those for whom we pray. When we pray for loved ones, our children, relatives, friends, strangers and enemies alike, we give them this eternal gift they can never discard. The thought of God answering prayers faithfully from ages past makes me rejoice in what I have known for so long by entering the mystery and conversing in a holy hush – the silence of prayer. And now, as before, I know that the prayers of our ancestors said long ago continue to rain the blessing of God upon their children. My own parents' deaths now span decades, but I still hear the voice of their prayers ascending, and I do return to it still, in memories of holy quietness. Their prayers continue to speak to me, inspire and sustain me, even now. This blessing you also know, for we have all been winged towards God by the prayers of others, especially our parents.

In an uncomplicated sense, it is good to know that prayer can happen anywhere and anytime and by anyone. Prayer is simply the primary way we come before the presence of God. It is the unassuming way we present ourselves and offer ourselves to God. Prayer is the persistent practice and expression of our faith. Honest prayer makes us an offering before God, often seeking nothing but a keen and compelling desire to be only with God. And there are moments in our prayer life when our words no longer suffice, since they ceased to render the full expression of what we are and what we know to be true about ourselves before God. Our experience of such moments and all that it unveils within us is felt as ecstasy and joy, and knowing that we

are reaching and drawing closer to that place where everything, everyone is still and waits to take their flight into the presence, into the silence, into the joy of God.

Prayer, as a reflection of the divine experience, then, is that power that opens us and brings us into faith, an even deeper faith. It is like Thomas, whose Easter prayer still echoes through the ages - "My Lord, and My God.

As you pray this Eastertide, consider these verses from David Whyte's poems, "The Faces at Braga." I pray it will speak to you as it has spoken to me.

If only our own faces
would allow the invisible carver's hand
to bring the deep grain of love to the surface

If only we knew
as the carver knew, how the flaws
in the wood led his searching chisel to the very core

we would smile too
and not need faces immobilized
by fear and the weight of things undone.

When we fight with our failing
we ignore the entrance to the shrine itself
and wrestle with the guardian, fierce figure
on the side of good...

May our prayers this Eastertide help us to see the hand of God shaping our lives into a holy smile, and giving us a love deep enough to live and to seek the Christ who stands in our midst.

Until next time, I am

Faithfully in Christ,

John Harmon †

Vestry

Vestry Notes

1. A task force on the Rector's Evaluation has been formed and is headed by Janice Booker, Senior Warden.
2. The Property Committee is compiling a report on the work needed and the associated costs for the Rectory renovation.

P E A C E

Peace is not something you wish for; it's something you make, something you do, something you are, and something you give away."



Author: Robert Fulghum

The Trinitarian Calendar for 2003

Meeting Dates	Issue	Article Submission Deadline	Distribution Date (Estimate)
January 12	Jan/Feb	January 19	February 2
February 2	March	February 10	March 9
March 2	Easter	March 10	April 6
April 6	Spring	April 10	May 4
May 4	Summer	May 10	June 8
September 7	October	September 10	October 5
October 5	November	October 10	November 2
November 2	Christmas	November 10	December 7

Submit articles to: bdhoward@alum.syracuse.edu and m2moore@comcast.net

Preaching Mission at Trinity

Bishop Ushers in Holy Week

A week before the dawn of the day of the resurrection event of Easter, and as the winter's cold lost its grip and melted into the rites of spring, a bishop of the church graced Trinity with the word of God proclaimed powerfully. Bishop James Ottley, a tall man with a mane of silver hair, conducted recently the Annual Preaching Mission. The former Anglican Observer at the United Nations, the former Bishop of Panama and now an assisting bishop in the Diocese of South Florida was the guest evangelist for the three nightly services to revive and renew souls like the season of spring refreshes nature.



This signal service was conducted in the fifth week of Lent after parishioners had been engaged since Ash Wednesday in a weekly mass and discussion group, and an adult forum series on penitential themes. A gospel choir from Calvary Episcopal Church rendered rousing music on the opening night service that also engaged men of the church as worship leaders. Women assumed leadership of the Thursday service while teenagers conducted the Friday evening liturgy. A portion of each service included not only songs from *Lift Every Voice and Sing* but also prayers and petitions, the reading of scriptures and a period for people to participate in faith sharing, a process more commonly known as “testifying” in the Black religious tradition.

On Palm Sunday, the congregation's members marched in a festive procession through four blocks of the neighborhood in observance of Jesus' entry into

Jerusalem singing to a trumpet player's horn, “All glory, laud and honor.” The Trinity banner with the Christian and American flags flew in the crisp air as the acolytes were aglow in their white albs and mustered scapulars, followed by the priests and the Bishop in his Episcopal cape and miter.

In his moving and insightful homily, the Bishop advised that, “Ministry is not only in this place but also beyond these doors.” He added that as “the sons and daughters of God,” we have been privileged “to see glimpses of God and have encounters with Christ.” Because the man with the physical frame like a former football player could not be contained in the pulpit, he left that enclosure to more personally engage parishioners.

He declared that, “God is always available.” A second main point he urged as well was that, “God is dependable.” With passion and a slightly raised voice, the bishop further taught that, “God is alive and is always watching.” He added, “God is always in control but God is also love.”

Referring to Jesus' entry into the holy city of Jerusalem, he characterized that event saying, “His lonely agony comes to an end; arrested, tried and put on a cross; suffering for you, for me, for all people.” The bishop admonished the people of faith “to go into the world as instruments of God's grace.” He advised that people need to first see each other in order to become able know each other. Once they know each other, they then can see the beauty in the other person because the great creator made them too. These two required steps of building Christian community, he said, also gains the blessing of God among God's people.

A wonderful storyteller, the bishop reported on encountering a man down on his luck who asked for any measure of assistance. The bishop refused the man but was shamed because his son reminded him that he had not treated the man as Jesus encountered the homeless and the helpless. Emphasizing his personal experience, he then urged parishioners to make community based on Christian love and extend their witness beyond the church. A delightful reception was held in the parish hall after the long service.

Not for Women Only

Girlfriends

Submitted by Mike Moore

I don't often continue the chain emails I receive, but in the month that honors mothers in particular, and women in general, I found this statement about "girlfriends" to be appropriate to share with our readers. Most of us already know the importance of sisterhood. Read and reflect on your own relationships.

I sat under an oak tree in Wyoming on a summer day, drinking iced tea and visiting with my mother. "Don't forget your girlfriends," Mother advised, clinking the ice cubes in her glass. "No matter how much you love your husband, you are still going to need girlfriends. Remember to go places with them now and then, do things with them, and remember that girlfriends are not only friends, but sisters, daughters and other relatives too."

What a funny piece of advice, I thought. Hadn't I just gotten married? Hadn't I just joined the couple-world? I was now a married woman, for goodness sakes, not a young girl who needed girlfriends.

But I listened to my Mom. I kept in contact with my girlfriends and made more each year. As the years tumbled by, one after another, gradually I came to understand that Mom really knew what she was talking about.

Here is what I know about girlfriends:

- Girlfriends bring casseroles and scrub your bathroom when you need help.
- Girlfriends keep your children and keep your secrets.
- Girlfriends give advice when you ask for it. (Sometimes you take it, sometimes you don't).
- Girlfriends don't always tell you that you're right, but they're usually honest.
- Girlfriends still love you, even when they don't agree with your choices.
- Girlfriends might send you a birthday card, but they might not. It doesn't matter in the least.

- Girlfriends laugh with you and you don't need canned jokes to start the laughter.
- Girlfriends pull you out of jams.
- Girlfriends don't keep a calendar that lets them know who hosted the other last big party!!
- Girlfriends will give a party for your son or daughter when they get married or have a baby, in whichever order that comes.
- Girlfriends are there for you in an instant when the hard times come.
- Girlfriends listen when you lose a job or a friend.
- Girlfriends listen when your children break your heart.
- Girlfriends listen when your parents' minds and bodies fail.

Author unknown

Senior Ministry

Senior Ministry News

The Caring Spirit: A Caregiving Program has been rescheduled for Wednesday, May 14, 2003, at 10:00–11:00 a.m., in the Parish Hall. Carol Crecy, Director of the Center for Communications and Consumer Services, Administration on Aging, U.S. Department of Health and Human Services, will be the presenter. Carol will address several key issues:

- What is caregiving?·
- How does one prepare to be a recipient of care?·
- How does caregiving affect self, spouse, family members, relatives, friends, or neighbors?

All seniors are invited for a morning of information, discussion, and fellowship. R.S.V.P. by Sunday, May 11, 2003, so that we have an accurate count for handouts and refreshments. Call Mabra Barge, 301-622-0294, or email mbarge@umd5.umd.edu

Youth

Don't Argue With Children*Submitted by e-mail.**Author anonymous*

A little girl was talking to her teacher about whales. The teacher said it was physically impossible for a whale to swallow a human because even though it was a very large mammal its throat was very small. The little girl stated that Jonah was swallowed by a whale. Irritated, the teacher reiterated that a whale could not swallow a human; it was physically impossible. The little girl said, "When I get to heaven I will ask Jonah". The teacher asked, "What if Jonah went to hell?" The little girl replied, "Then you ask him".

A Kindergarten teacher was observing her classroom of children while they drew. She would occasionally walk around to see each child's work. As she got to one little girl who was working diligently, she asked what the drawing was. The girl replied, "I'm drawing God." The teacher paused and said, "But no one knows what God looks like." Without missing a beat, or looking up from her drawing, the girl replied, "They will in a minute."

A Sunday school teacher was discussing the Ten Commandments with her five and six year olds. After explaining the commandment to "Honor thy Father and thy Mother," she asked, "is there a commandment that teaches us how to treat our brothers and sisters?" Without missing a beat one little boy (the oldest of a family) answered, "Thou shall not kill."

Little Johnny and his family were having dinner at his Grandmother's house. Everyone was seated around the table as the food was being served. When Little Johnny received his plate he started eating right away. "Johnny, wait until we say our prayer." "I don't have to." The boy replied.

"Of course, you do," his mother insisted. "We always say a prayer before eating at our house."

"That's at our house," Johnny explained. "But this is Grandma's house, and she knows how to cook."

**Men of Trinity****Seder Supper***Submitted by Marshall Ford*

The Men of Trinity (MOT) held their annual Seder supper Wednesday, April 16, 2003. Father Harmon led us in the ritual Seder with the help of Raymond Reher. This Seder had some new nuances. Father Harmon tweaked the program in spots and included some singing in between stages of the Seder ceremony. We had an excellent turnout; more than 80 people attended. For the first time, a caterer prepared the supper. This eliminated the intense cooking effort usually associated with Seder and no one seemed to notice the difference. Gist Caterer did an excellent job.

Thanks to all at Trinity who helped to make the evening a grand success and to Charles Woodbury and Vince Adams who chaired the affair.

MAY 2003

SUN	MON	TUES	WED	THU	FRI	SAT
				1 7 pm Choir Rehearsal	2 8:30 pm AA Mtg	3 9:30 am Parish Council Mtg. 9:30 Youth Bazaar 10 am Children's Choir Rehearsal
4 8 am Holy Eucharist/ Baptism 9 am Outreach Mtg 9:15 am Church School/ Youth Church 10:30 am Holy Eucharist/ Baptism	5	6 10:30 am Tower Mass 6:30 pm Property Mtg 8:30 pm AA/Al Anon	7 11 am Tai Chi Class 12:15 pm Mass 12:45 pm Bible Study 7 pm Bible Study 7:15 pm Al Anon	8 7 pm Choir Rehearsal	9 8:30 pm AA Mtg	10 9:30 am Parish Life Mtg. 10 am TECW Mtg. 10 am Children's Choir Rehearsal
11 MOTHERS' DAY 8 am Holy Eucharist 9 am DOK Mtg 9:15 am Church School/ Youth Church 10:30 am Holy Eucharist	12	13 10:30 am Tower Mass 7 pm Finance Mtg 8:30 pm AA/Al Anon	14 11 am Tai Chi Class 12 noon Mass 12:45 pm Bible Study 7 pm Bible Study 7:15 pm Al Anon	15 7 pm Choir Rehearsal	16 8:30 pm AA Mtg	17 10 am Children's Choir Rehearsal 7 pm Barristers' Wives Luncheon
18 8 am Holy Eucharist 9:15 am MOT Mtg 9:15 am Church School/ Youth Church 10:30 am Holy Eucharist	19	20 10:30 am Tower Mass 6:30 pm Vestry Mtg 8:30 pm AA/Al Anon	21 11 am Tai Chi Class 12 noon Mass 12:45 pm Bible Study 7 pm Bible Study 7:15 pm Al Anon	22 7 pm Choir Rehearsal	23 8:30 pm AA Mtg	24 10 am Children's Choir Rehearsal 10 am DOK "Sisters in the Spirit"
25 8 am Holy Eucharist 9:15 am Church School/ Youth Church 10:30 am Holy Eucharist	26 MEMORIAL DAY HOLIDAY OFFICE CLOSED	27 10:30 am Tower Mass 8:30 pm AA/Al Anon	28 11 am Tai Chi Class 12 noon Mass 12:45 pm Bible Study 7 pm Bible Study 7:15 pm Al Anon	29 7 pm Choir Rehearsal	30 8:30 pm AA Mtg	31 10 am Children's Choir Rehearsal

MAY BIRTHDAYS

1 Peter Hall Kiana Kerr Tiana Kerr	13 Truetella Fuller	23 John Walker Justina Ogbonna Julia Parker
2 Cecilia Parker Nnenna Ugorji Susan Walls	14 Aaron Matthew Martin Keeva Harmon	25 Ngozi Ahaghotu Reginald Ahaghotu Duane Vyfhuis Brian Lewis
3 Chikezie Nwosu Enyinnaya Anyanwu	15 Joy Ojiribe Richard Adams Peter Egwim	26 Diane Kenney Zachary Legall-Brickey Malcom Hendricks Annette Nnadi
4 Chioma Nwokorie Michelle Anderson Ugomma Nwachukwu Imani Bailey	16 Chinaemeze Ukaegbu Donna Dixon-Cherry	27 Harry Burton Paul Arnold, Sr. Kay Pierson
5 Cynthia Brown Martin Williams	17 Shelley Legall-Burton Donald Adams	28 Chioma Onwuaribe Ihuoma Joyce Nwosu Maria Gordon
6 Ayuk Bakia-Parker	18 Phillip Mann Scott Lowery	30 Angel Ellison
7 Uzoaku Nmezi	19 Blessed Ahaghotu Emmanuel Ogbu Angela Kazzie-Neil	31 Kelechi Nwadigo
8 Sherra Daniels	20 Nadia Barrow Nadia Martin Brittany Ngozi Ibeawuchi Crystal Ganiyu	
9 Jason Gallier	21 Obiageli Nwankwo	
10 Loretta Smith-Hawkins	22 Oscar Smith Hortense Gainor Carole Broadnax Pamela Jackson	
11 Izumnachi Ahaghotu		
12 Leo Williams Chinweike Anaemereibe Michael Lewis Imogene Carey		

MAY ANNIVERSARIES

4 Altiman and Myrtle Thompson
5 Herman and Louise Murray
8 Franklyn and Anne Malone
13 Clement and Hester Adams
22 Orlando and Lisa White
24 Floyd and Althea Francis

5 Theodore and Lillian Wilkerson
6 Claudius and Inez Thomas
13 Roderick and Charity Nwokorie
21 Godwin and Chinwe Ukaegbu
22 William and Karen Braaf
28 Victor and Malva Reid

MAY HIGHLIGHTS

Saturday, May 3
Sunday, May 4
Saturday, May 24

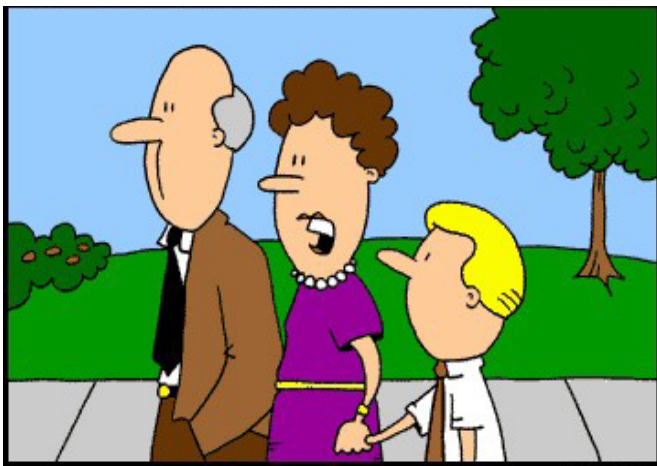
Church Bazaar
TECW Women's Day
DOK "Sisters in the Spirit"

9:30 AM
8:00 & 10:30 AM Service
2:00 PM

TRINITY BULLETIN BOARD DURING LENT



This photo depicts the detail taken to make the bulletin board in the Parish Hall a point of interest. The black and white photo loses a lot of detail especially to the left of the cross, where the dark green crown of thorns is lost on the black background. Bulletin board prepared by Norma McCray. Photo courtesy of Rod Lewis.



05-07-1999

YOUR FATHER HAS AGREED TO STAY AWAKE IN CHURCH TODAY SINCE IT IS MOTHER'S DAY ... IT WOULD BE NICE IF YOU WOULD DO THE OPPOSITE FOR ONCE

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Can You Help?

The 122-year-old Morris Brown College in Atlanta needs to raise \$5 million to complete payment on its \$10 million debt. A one-dollar (\$1.00) contribution is being requested. Ann Roberts is coordinating contributions from Trinity (see the Washington Afro-American editorial on the bulletin board in Trinity's Parish Hall). A box for donations is located in the Parish Hall. For further information, contact Ann Roberts.

Adopt A Project Program

The Property Committee, with the blessings of the Vestry, has established a new program called, "Adopt-a-Project." The purpose of the program is to give ministries and all members of Trinity the opportunity to participate in the upkeep and maintenance of our lovely church, our place of worship. A list of the projects that have been identified thus far is displayed in a chart on the following page. Ministries and individuals are encouraged to make a commitment to fund or partially fund a project of their choice. Please get involved! The Property Committee will act as the facilitator of this program and see each project to its completion.

The Committee is excited about the program and looks forward to partnering with those who wish to get involved. As projects are selected, appropriate notice will be given and progress reports will be provided. It should not go unnoticed that several parishioners have already made tremendous contributions to Trinity by volunteering to help in a variety of ways. This new program is an effort to formalize the process and give others opportunities to serve.

With every best wish and God's blessings, we look forward to working with you. For additional information or if you wish to sign up for a project, contact Vincent Adams, Sydney Hall or any member of the Property Committee. Sign-up cards are available in the Parish Hall.

Committee Members: Vincent Adams, Dionne Jones, Michael Mullings, Joe-Brenda Musgrave, Diana Robinson, Inez Thomas, Brion Thompson, Compton Vyfhius, Mildred Dickerson, Darryl Harrison, *ex-officio*, Sydney O. Hall, Chair.



See chart on p. 8.

EASTER VIGIL BAPTISM

The Trinitarian along with the entire Trinity family welcomes the newly baptized. Eric Hamilton Easter, Chidera Nkemdilim Ejeh, Terry Bernard Davis II, Tiara Evelyn Davis, and Chioma Ugochi Okere were baptized on Saturday, April 19, 2003 as part of the Great Easter Vigil.

ADOPT A PROJECT

Number	Project	Cost	Name (Ministry or Individual)
1	Kitchen Renovation (commercial)	\$50,000	
1A	New Stove	\$3,500	
1B	New refrigerator - 2 door	\$3,000	
1C	New dishwasher	\$10,000	
1D	New A/C	\$900	
1E	New cabinet doors	\$9,000	
1F	Garbage Disposal	\$1,200	
1G	Freezer	\$2,400	
1H	Sink - 3 compartments	\$875	
1I	Hot food table	\$1,400	
1J	Refurbish/reconfigure	\$17,275	
2	Rectory	\$75,000	
3	Insulate choir room ceiling	\$4,000	
4	Benches for churchyard (5@ \$75.00 each)	\$375	
5			
6	Organ and piano maintenance	\$2,542	
7	Stained glass window repair		
8	Outdoor sprinkler system		
9	Purchase used mini-van	\$400	
10	Refinish front door of church		
11	Trinity hi-tech conference room	\$800	
12	Outside security door, Rector's Office	\$150	
13	Replace cracked window panes	\$350	
14	Purchase ladder (40ft.)		
15	Hymnals - \$19.00 each		
16	Book of Common Prayer - \$15.00 each		
17	LEVAS - \$14.00 each	\$1,000	

Words of Wisdom

Maya Angelou Speaks ...on aging

Submitted to The Trinitarian by Raymond Blanks

When I was in my younger days, I weighed a few pounds less,
 I needn't hold my tummy in to wear a belted dress.
 But now that I am older, I've set my body free;
 There's the comfort of elastic where once my waist would be.
 Inventor of those high-heeled shoes my feet have not forgiven;
 I have to wear a nine now, but used to wear a seven.
 And how about those pantyhose—they're sized by weight, you see,
 So how come when I put them on, the crotch is at my knee?
 I need to wear these glasses, as the print's been getting smaller;
 And it wasn't very long ago I know that I was taller.
 Though my hair has turned to gray and my skin no longer fits,
 On the inside, I'm the same old me, it's the outside's changed a bit.

But, on a positive note...
 I've learned that no matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow.
 I've learned that you can tell a lot about a person by the way he/she handles these three things: a rainy day, lost luggage, and tangled Christmas tree lights.
 I've learned that regardless of your relationship with your parents, you'll miss them when they're gone from your life.
 I've learned that making a "living" is not the same thing as making a "life."
 I've learned that life sometimes gives you a second chance.
 I've learned that you shouldn't go through life with a catcher's mitt on both hands. You need to be able to throw something back.

I've learned that whenever I decide something with an open heart, I usually make the right decision.
 I've learned that even when I have pains, I don't have to be one.
 I've learned that every day you should reach out and touch someone. People love a warm hug, or just a friendly pat on the back.
 I've learned that I still have a lot to learn.
 I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.

Always Say A Prayer

Submitted by Joyce Berthoud

From email transmission

Ever wonder about the abbreviation A.S.A.P.? Generally we think of it in terms of even more hurry and stress in our lives. Maybe if we think of this abbreviation in a different manner, we will begin to find a new way to deal with those rough days along the way.

There's work to do, deadlines to meet;
 You've got no time to spare,
 But as you hurry and scurry-
 ASAP - ALWAYS SAY A PRAYER

In the midst of family chaos,
 "Quality time" is rare.
 Do your best; let God do the rest-
 ASAP - ALWAYS SAY A PRAYER

It may seem like your worries
 Are more than you can bear.
 Slow down and take a breather-
 ASAP - ALWAYS SAY A PRAYER

God knows how stressful life is;
 He wants to ease our cares,
 And He'll respond to all your needs
 ASAP - ALWAYS SAY A PRAYER





The Reverend John T.W. Harmon, *Rector*
 The Reverend Canon Earl Neil, *Assistant*
 Thomas Pumphrey, *Seminarian*
 The Rev. Christopher Mwawa, *Priest-Seminarian*
 Priscilla Gay, *Parish Secretary*
 Robert Belt, *Sexton*
 Michael Clarke, *Organist/Choir Director*
 Mildred Dickerson, *Treasurer*
 Cora Dixon, *Assistant Treasurer*
 Marshall Ford, *Assistant Treasurer*

Vestry

Janice Booker, *Senior Warden*
 Sydney Hall, *Junior Warden*
 Vincent Adams Isaac Marks
 James Brown Chiemeka
 Mildred Dickerson Opaigbeogu
 Cheryl Freeman Kay Pierson
 Darryl Harrison Ulonda Shamwell
 Barbara Jarvis Charles Woodbury

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