

# THE TRINITARIAN

Find us also on the Trinity web site at [www.trinitywashingtondc.org](http://www.trinitywashingtondc.org)



**HAPPY THANKSGIVING**

## Contents

Fr. Harmon's Message	1
The Trinitarian Calendar for 2003	2
Men's Day at Trinity	3
Baseball and The Pajama Game	3
Trinity's Young People Confirmed/Reaffirmed at the National Cathedral	4
Sunday School Begins New Year	4
Food Safety	5
Autumn Birthdays/Anniversaries	6
Special Activities, November/December	8
About the Parish Life Commission	9
Music Ministry Notes	9
No Time	9
Church Signs	10
Christian Stress Relievers	10
The 24th Annual Acolyte Festival	11

## Rector's Reflection

### All Saints Day, 2003

Beloved:

Our souls need constant care, but caring for the soul is not easy in a confused and conflicted world filled with noise and perniciousness. The noise of distraction and deceit, the noise of power and greed, and the perniciousness of competition and hatred make caring for the spirit, our inner self, increasingly difficult. Nourishing and caring for the soul amid different noises and pernicious activities make receiving the blessings that give joy to the soul hard to conceive as a vital part of our conscious and personal reality. Neglect of the soul robs us of life's joy and peace. The soul as the heart of our spiritual life hungers for something more substantial than control, something far different from arrogance, and something simply close to the heart of God. Yet there is hope in God. The joys of the soul, however, can be restored if we drum up and discover the courage to go beyond ourselves and desire what the Psalmist prayed:

Create in me a clean heart, O God, and put a  
new and right spirit within me.

Cast me not away from your presence, and take  
not your holy spirit from me.

Restore to me the joy of thy salvation and  
uphold me with a willing spirit. (Psalm  
51:10-12)

The soul also needs silence. Caring for the soul is difficult in a fast moving world devoid of silence with God. Some of us may not even know how to begin to find such a sacred space in our lives. We may already find ourselves dragged and deceived by the comfort of

personal pursuits or goals that lead us nowhere. The soul is adversely affected by the lack of intentional reflection on the work of our lives, the distorted decisions we make and the ways we participate in assaulting the silence and sacredness of the soul. It is often bruised and needs the care of silence that is found only within the heart of God. Moreover, the superfluous ways in which we engage our lives reject the claims of God on us as God's people. Our actions, judgments and decisions are influenced much more by our personal interests and concerns and less by the example and ethics of Jesus. We continue to shut the door on the teachings of Jesus that we are known to be his disciples by our love for one another. Too many of us are afraid to lose ourselves in order to find ourselves constantly cared for by a faithful God. We treat the circumstances we face in our lives as a game of winners and losers, the triumph of the strong prevailing over the weak, the sufficiency of the self against our need for God. We are indifferent to God's call to out do one another in showing love and honor. Commitment to what is best for the soul and good for our spiritual community is often ignored and diminished by values that distort our sense of God's presence in our lives. The belief that the soul needs time to commune with God, a wait in silence,

may never occur to some as a necessary and constant spiritual practice. As the Psalmist reminds us, "for God alone my soul in silence waits." But with God, there is always hope. Having and developing a rhythm of disciplined prayer is a good place to begin. It is the place where truth speaks to our souls. Times of silent reflection enables us to also encounter the truth about ourselves before God.

My prayer is that we all will find the way and the time to care for our souls, know the joy of Christ, live peaceably with ourselves before God and seek the voice of God beyond the noise and perniciousness that fill our busy lives. About this life with God, Psalm 47 invites us to learn to be still. "Be still, and know that I am God. I am exalted among the nations, I am exalted in the earth." (Ps. 46:10)

Until next time, I am,

Faithfully in Christ,

John Harmon+



Note: Candle and cornucopia graphics were retrieved from *clipart.com*.

### The Trinitarian Calendar for 2003

Meeting Dates	Issue	Article Submission Deadline	Distribution Date (Estimate)
January 12	Jan/Feb	January 19	February 9
February 2	March	February 10	March 2
March 2	Easter	March 10	April 6
April 6	Spring	April 10	May 4
May 4	Summer	May 10	June 8
October 19	October	October 10	November 23
December 7	Christmas	November 26	December 14

Submit articles to: [bdhoward@alum.syracuse.edu](mailto:bdhoward@alum.syracuse.edu) and [m2moore@comcast.net](mailto:m2moore@comcast.net)

## Men of Trinity (MOT)

### Men's Day at Trinity

*Submitted by Marshall Ford*

The Men's Day program at Trinity was sponsored by The Men of Trinity (MOT). The guest speaker/preacher was none other than our own former rector, The Reverend Paul Abernathy.

Paul warned us he had preached at the 8 o'clock service and was now revved up and raring to go. Paul was his usual ebullient self, sharing God's word with us as only he can. I present here some of my gleanings from his sermon.

He said, "Jesus, don't bring me no bad news!" No floods, no massacres, no good people dying and sinners seeming to thrive. The Disciples and other early followers of Jesus thought that Jesus had come to rescue them from the yoke of the Romans and thought their lives would be free of trials and tribulations.

Jesus said that far from being worry-free, in order to follow Him, they would be persecuted and have to give up family and friends...Bad News!

When Jesus told his disciples that He would be turned over to the authorities and they would kill Him, but three days later He would be raised from the dead. However the disciples did not understand what Jesus was saying and cried, 'no, Lord.' When Peter said, 'No, Lord. This cannot be,' Jesus said, 'Get thee behind me, Satan. I must be about the work of my Father.'

Jesus then asked the Disciples what they were arguing about on the road to Capernaum. He already knew that they were arguing about who was the greatest among them. Jesus began teaching them, saying, 'Who-

ever wants to be first must be last of all and servant of all.'

Jesus was calling his disciples as He is calling us today, to allow the spirit that He has placed in all of us to show forth and do the work He has always intended for us to do. The disciples did not know that the bad news that Jesus would be crucified meant the beginning of the Good News that He died for all our sins and thus freed us from the sting of death. All we have to do is reject the impacts of this world and allow the light that God has placed in all of us shine forth.

Remember, Jesus never said it would be easy, and it isn't.

### Baseball and The Pajama Game

*Submitted by Marshall Ford*

The Men of Trinity (MOT) had two successful ventures back to back.

Our annual trip to Baltimore to see the Orioles play the Yankees and fireworks after the game were enjoyed by all. Last year we rooted the Orioles home with a victory; however, this year we were not successful. The Orioles lost, but they fought valiantly to the end. Frank Graves, our leader, shared one of his many talents for making the usual unique. He designed a ticket holder that also served as a thank you card for our participants, urging them to come back with us again next year. Atta a boy, Frank; keep up the good work!

Our second venture was our trip to the Allenbury Theater in Pennsylvania to see The Pajama Game. Charles Woodbury, our trip leader, along with the other MOT made the ride up to Allenbury a joy.

### IN APPRECIATION

The Coffee Committee is very thankful and grateful for all organizations that hosted a coffee hour during its summer break. Many thanks to the following groups: Usher Board, Trinity Volunteer Corps, Adult Choir, Daughters of the King, Alter Guild, Men of Trinity, and Youth Ministry. Gracious thanks also to Mrs. Dorotea Bryce and Mrs. Wendy Sherman for their contributions. This thoughtfulness and willingness to carry on the hospitality hour was also appreciated by the parishioners and visitors to Trinity during this period.

## Confirmation

Trinity's Young People Confirmed/  
Reaffirmed at the National Cathedral

by Tiara Davis

Bishop John Chane confirmed the confirmation class of Trinity in a colorful ceremony Saturday, November 15, 2003. Those who were confirmed were LaToya Kazzie, David Okonkwo, Augustine Sanders, Darius Weaver and Chinemeze Ukaegbu. Along with these confirmands, I, Tiara Davis, was reaffirmed (having been confirmed at age 7). The service was wonderful, and it was nice seeing the Bishop again.

At the end of the service, the entire group from Trinity took pictures with the Bishop. I was fortunate enough to get a photograph taken with the Bishop along with my sponsor and Godmother Geraldine Davis, and the Bishop gave me his autograph as well.

Bishop Chane and his wife said the blessing for all of the young people in attendance. Only three out of the 110 confirmands were being reaffirmed.

This was truly an amazing experience! I plan to become ordained as a Priest or Reverend at the Washington National Cathedral after I finish my undergrad and Seminary school education.

Thank you Father Harmon for preparing us for confirmation and reaffirmation.

God Bless.



11-20-2002  
HAS IT ALREADY BEEN A YEAR SINCE WE WERE  
THANKFUL?

## Children and Youth Ministry

## Sunday School Begins New Year

Congratulations to the following new and returning Sunday School teachers who were installed by Fr. Harmon during the 8 a.m. and 10:30 a.m. worship services Sunday, October 19:

**Teachers**

Conchita Little, Children and Youth Ministry  
Rita J. Nampijja, Children's Ministry  
Beverly Hall-Chandler, Pre-K-K  
Sylvia Pollack, Pre-K-K  
Marcia Mullings, Children's Ministry  
Sharon Drummond, Children's Ministry  
Jeffphine Dawson, Children's Ministry  
Mary Myers, Children's Ministry  
Sophia Okonkwa, Children's Ministry  
Cheryl Freeman, Children's Ministry  
Vera Jeannette Smith, Youth  
Stephen Matthew Joyce, Youth  
Michael Mullings, Youth  
Adrienne Vyfhuis, Youth  
Lucien Cox, Youth  
Raymond Mogabalane

**Substitute Teachers/Volunteers**

Toni Ward, Substitute Teacher  
Joyce Berthoud, Fundraiser and meal preparations  
Tony Hamond, Chaperone  
Compton Vyfhuis, Volunteer  
Barbara Maxwell, Children's Choir, music teacher  
Betty Walls, Special lessons, trips and programs  
Kathy Deboe, Chaperone, substitute teacher

Copyright Gospel  
Communications  
International, Inc -  
[www.reverendfun.com](http://www.reverendfun.com)

## Coffee Committee

## Food Safety

*Submitted by Mike Moore,  
Coffee Committee Member*

The Coffee Committee was privileged to participate in an instructional lecture on food safety presented by one of its newest members, Olive Graham. Charles Deboe, having been largely responsible for persuading Mrs. Graham to join the Coffee Committee, introduced Mrs. Graham with much praise for her cooking amid other accomplishments. Mrs. Graham, a long-time member of Trinity, is an RN by training, and is concerned about safe cooking and sanitation. She is an instructor with the ServSafe Program of the National Restaurant Association, which provides up-to-date and accurate information on all aspects of food handling that includes receiving, storing, and serving food and food products.

Three major points were covered in the lecture held on September 27. (1) Food contaminants were broken down into three categories: chemical (e.g., cleaning solutions), microorganisms (germs or viruses in the food or surroundings), and physical (e.g., cleanliness of workspace). (2) The portion of the population that is most affected by food-related illnesses are those having low immune systems such as children under the age of 4, the elderly, and individuals suffering a chronic disease.

(3) Methods were shown for assuring that food is prepared and served in the safest possible way.

The methods for safe food handling were highlighted in a video series prepared by ServSafe and covered the following topics: Starting out with Food Safety; Ensuring Proper Hygiene; Purchasing, Receiving, Storing; Preparing, Cooking, Serving; Cleaning and Sanitizing; Food Safety Challenge—Good/Bad Practices—You Make the Call. Of note from the lecture and videos was the following information:

- Vegetables should be scrubbed before cooking and/or serving
- Chicken has more contaminants than other foods
- Chicken should be cooked to an internal temperature of 165 degrees Fahrenheit; hamburger, 155 degrees; fish 145 degrees
- Eggs should be stored at a minimum of 41 degrees, small end down
- Food preparation hygiene: always use liquid soap, remove jewelry, use paper towels

The videos were focused on commercial food handling, but many of the issues presented are good to follow in our own kitchens.

Lil Wilkerson, Coffee Committee chairperson, made closing remarks, thanking Mrs. Graham and her audience for their participation.

### REMINDER AND REQUEST

The Coffee Committees (8:00 and 10:30) are asking parents and guardians of our smallest and most prized possessions in the name of our little children to please help us during the fellowship hour by *assisting* their child/children at the food service table(s). The committees look forward to and enjoy preparing the refreshments for *everyone*: parishioners, little children, and visitors alike. Guiding your little ones through the lines and helping them with their selections would help move the process along and ensure that *everyone* gets served in a timely manner and receives *some* of the goodies prepared. We ask for your help with love and in consideration for all.

## AUTUMN BIRTHDAYS/ANNIVERSARIES

### SEPTEMBER

- 1 Agneta Okoro
- 2 Mary Myers-Nelson  
Stephani Nwogu
- 3 Lauren Carey  
Michele Lopez
- 4 Cecelia Edwim  
Ashley Harris  
Gerald Shamwell
- 5 Obra Moore  
Michael Roberts
- 6 Keith Gomes
- 7 Barbara Howard  
Brandon Matthews
- 8 Ismael Ashby  
Caroline Edwards  
Lesia Lee
- 11 Lois Arrindell  
Sean Christopher
- 12 Austin Alexander  
Tochi Chuku  
George Clinton  
William Jackson II  
Nimesomachuku Ukaegbu
- 13 Betty Evans
- 14 William Arnold  
Charles Howard  
Dionne Jones
- 15 Parker Adams  
Jan Burton
- 16 Ashley Hudson  
Christopher Johnson  
Chroma Okere  
Lillian Wilkerson
- 17 Meca Pryce  
Akudo Ukaegbu
- 18 Sydney Hall  
Charles Howard  
Courtney Moore
- 19 Elizabeth Nielsen  
Imani Pierre  
Calvin Price
- 20 Tiffany Ibeawuchi  
Oluchi Njoku  
Adolphus Ukaegbu
- 21 Ronald Burke  
Tawanda Jacobs  
Richie Mathews
- 22 Clara Ahaghotu  
Joshua Harmon  
Nnadi Nmezi
- 23 Beverly Belcher-Grant  
Clifton Grandy
- 24 William Braaf  
Ubothioma Ukaegbu
- 25 Oluchi Chuwunyere
- 26 Parker Adams  
Enzenwany Ahaghotu  
Uzoma Ogbuokiri
- 27 Chideziri Ogbonna
- 28 Akure Ahaghotu  
Karen Braaf  
Benjamin Saunders
- 29 Michelle Cotton  
Amarachukwu Nnaji  
Altiman Thompson  
Brian Walton

### OCTOBER

- 1 Illona Harris  
Victor Nwakaihe
- 2 Marshall Ford  
Andre Francis  
Charlene Hamlin  
Hope Taylor
- 3 Uzoma Ogbu-Mbadingha  
Marion Turley
- 5 Donald Roberts
- 6 Traci Jagers  
Staci Jagers-Wilson
- 7 Georgette Johnson  
Emilia Onuoha  
Gregory Reed
- 8 Ngozi Agbara  
Hakeem Olaiya
- 9 Ijeoma Ahaghotu  
John Cox  
Dustin Jones
- 10 Oluchi Ukaegbu
- 11 Uzochukwu Carter  
LaVerne Hall  
Marjorie Harrell  
Randall Jones
- 12 Clement Adams  
Brittini Botchway  
David Cook

- 13 Odinakachi Anyanwu  
Nnamaka Opaigbeogu  
Landis Sanders
- 14 Cherokee Alston  
Joan Knight  
William Raspberry  
Ragin Williams
- 15 Aretha Brann  
Miana Marchbanks
- 16 Latoya Kazzie  
Olga Lawrence  
Conchita Little
- 17 Maya Berthoud  
Aleta Dunn  
Zana Marks  
Loraine Taylor
- 18 Louise Mohr  
Adaduzo Onyeko
- 19 Amaeshina Ahaghotu  
Lauvinia Alston  
Robert Cooper, Jr.  
Tara Purnell
- 20 Joyce Berthoud
- 21 Onuinyechi Chuku  
Obiageri Nmezi
- 22 Barbara Arnold  
Deborah Hawkins  
Remi Parker
- 23 Blessing Nzenwa
- 24 Kelechi Ahaghotu  
William Braaf  
John Egwim  
Chimaobi Okere  
Lynn Williamson
- 25 Nani Cooper  
Portia Egwim  
Shalini Gardner  
Mary Robinson  
Samuel Uwahemo, Jr.
- 26 Joy Arungwa
- 27 Barbara Roberts
- 28 Lucien Cox, Jr.  
Edmund Peters  
Gimikanwa Uzegbu
- 29 Celeste Burton
- 30 Pompey Greene  
Shelia Handy  
Lydia Hudson
- 31 Alma Sisk

### NOVEMBER

- 1 Nmadilaka Ahaghotu  
Chioma Njoku  
Carlene Brown  
Donna Marie Davis
- 2 Brian Ibeawuch
- 3 Darryl Harrison  
Kalen Nash  
Saundra Carter
- 4 Chiemeka Opaigbeogu  
Kelechi Egwim
- 5 Malva Reid  
Althea Francis
- 6 Deroju Akisfosile

# AUTUMN BIRTHDAYS/ANNIVERSARIES

**NOVEMBER** *continued*

- 7 Anna Orunda  
Alexis Dash
- 8 Eric Cox, Jr.  
Erica Washington  
Courtney Broadnax
- 9 Dean Mohr, Jr.  
Uzoamaka Nwadiogo
- 10 Rita Nampijja
- 11 Brittany Bolden  
Joshua Kirk
- 12 Tracy Walton
- 13 William Howard  
Linda Burke  
Marie Chavis
- 14 Bettye Dunn
- 15 Doris DeBoe  
Heather Hewling  
Pauline Ashby  
Robert Goodwin  
Blessing Nzenwa, Jr.
- 16 John Harmon  
Franklyn Musgrave  
Amanda Parker  
Elise Parker  
Katherine Price
- 17 Cynthia Rollocks
- 18 Claudia Carter  
Eric Cox III  
Herman Murray  
Eva Ogbuokiri
- 19 Bridget Botchway  
Chikamauchem Onwuruche
- 20 Eugene Lewis  
Chukwuemeka Nwokorie
- 21 Zoe Dickerson  
Vera Smith  
Hildagarde Sylla
- 22 Chisom Ahaghotu  
Bryon Leo  
Franklyn Malone  
Chioma Nwogu
- 23 Eugene Ibe  
Lisa Newport
- 24 Kristina Mann  
Diane Mohr  
Adrienne Moore  
Uzoma Uzegbu
- 25 Vicki Claiborne  
Floyd Francis  
Corrinne Wilson
- 26 Lilly Barco  
Paul Hewling  
Uchechi Opaigbeogu
- 27 Sheri DeBoe  
Orlando White  
Paul Elemo
- 28 Alozie Uneze  
Uchenna Ogboukiri
- 29 Aaron Taylor  
Akudo Nwokorie  
Uchenna Nwosu  
Jamir Couch  
Kanya Anthony
- 30 Maria Egwim  
Marian Clayton

**ANNIVERSARIES**

**September**

- 6 James and Carlene Brown
- 11 Paul and Barbara Arnold
- 13 Lewis and Staci Jagers Wilson
- 18 Lawrence and Chinyere Anyanwu
- 22 Preston and Lorraine Taylor
- 24 Leslie and Mary Nelson
- 30 Robert and Michele Moore

**October**

- 5 Sherwood and Mildred Dickerson
- 7 John and Deborah Bauserman
- 13 Eric Magretta Cox
- 14 Rodney and Louise Lewis

**November**

- 17 John and Movita Hercules
- 25 Melvin and Marilyn Williams

## SPECIAL ACTIVITIES FOR THE MONTHS OF NOVEMBER AND DECEMBER

**NOVEMBER 2003**

MONDAY, NOVEMBER 24	ADVENT CIRCLE #1	7:00 PM	DELLA BURKE, HOSTING
WEDNESDAY, NOVEMBER 26	THANKSGIVING EVE JOINT SERVICE	7:00 PM	ASCENSION AND TRINITY AT TRINITY
THURSDAY, NOVEMBER 27	THANKSGIVING DAY SERVICE	8:00 AM	TRINITY EPISCOPAL CHURCH
SUNDAY, NOVEMBER 30	ADULT FORUM	9:30 AM	DISCUSSION ON THE GENERAL CONVENTION

**DECEMBER 2003**

MONDAY, DECEMBER 1	ADVENT CIRCLE #2	7:00 PM	LESLIE AND MARY NELSON, HOSTING
SATURDAY, DECEMBER 6	MOT BUS TRIP TO LONGWOOD GARDENS	ALL DAY	
SUNDAY, DECEMBER 7	ADULT FORUM	9:30 AM	DISCUSSION ON THE GENERAL CONVENTION
	PAROCHIAL MEETING	12:30 PM	ANNUAL MEETING/VESTRY ELECTION
MONDAY, DECEMBER 8	ADVENT CIRCLE #3	7:00 PM	DR. AND MRS VINCE ADAMS, HOSTING
SATURDAY, DECEMBER 13	CHRISTMAS PLAY/DINNER		
SUNDAY, DECEMBER 14	ADULT FORUM	9:30 AM	DISCUSSION ON THE GENERAL CONVENTION
	RECEPTION FOR THE NEIL'S AND THE CONFIRMANDS	12:30 PM	
MONDAY, DECEMBER 15	ADVENT CIRCLE #4	7:00 PM	BUD AND EULAH WARD, HOSTING
WEDNESDAY, DECEMBER 24	CHRISTMAS EVE SERVICE	10:30 PM	
THURSDAY, DECEMBER 25	CHRISTMAS DAY SERVICE	8:00 AM	
MONDAY, DECEMBER 29	FEAST OF HOLY INNOCENTS SERVICE	11:00 AM	
WEDNESDAY, DECEMBER 31	NEW YEARS EVE SERVICE	10:30 PM	

**JANUARY 2004**

THURSDAY, JANUARY 1	NEW YEARS DAY SERVICE	8:00 AM	
---------------------	-----------------------	---------	--

## Music Ministry

### Music Ministry Notes

*Submitted by Dr. Michael Clarke*

Messiah, George F. Handel  
Trinity Episcopal Church will be joining with the Church of St. Christopher in New Carrollton, Maryland, and possibly two other Episcopal churches to present excerpts from Handel's Messiah. The performances will be at 4:00 p.m. on Saturday, December 13, 2003, at St. Christopher and Sunday, December 21, 2003 at Trinity. Please support this effort in any way that you can. Feel free to ask any choir member about offering your support and assistance.

### Partnership with Trinity College London

The Trinity Episcopal Music Program is a new program at Trinity this season. It is an experimental program for musically gifted children who will be following the Vocal curriculum of Trinity College London. Children participating in the Trinity College London curriculum will combine with Trinity's Children's Choir to render the services once a month. In addition, it is anticipated that the Trinity College London graded music exams will be offered at Trinity for the members of the Children's Choir and any other interested persons. Please contact Dr. Michael A. Clarke, Organist/Choir Director, for further information.

## Parish Life Commission

### About the Parish Life Commission

*Submitted by Carol Crecy, Chair*

The mission of the Parish Life Commission is to enhance the growth of Trinity Episcopal Church spiritually, financially and psychologically. To help us achieve this mission, members of the Parish Life Commission will be contacting members of church ministries to discuss how we can help them achieve their objectives. Please feel free to contact us as well. You can leave your requests in our church mailbox.

### No Time

*Author unknown*

*Submitted by Betty Evans*

I knelt to pray, but not for long,  
I had too much to do,  
Must hurry off and get to work,  
For bills would soon be due.  
And so I said a hurried prayer,  
Jumped up off my knees;  
My Christian duty now was done,  
My soul could be at ease.  
All through the day I had no time  
To speak a word of cheer,  
No time to speak of Christ to friends –  
They'd laugh at me, I feared.  
No time, no time, too much to do –  
That was my constant cry;  
No time to give to those in need –  
At last 'twas time to die.  
And when before the Lord I came,  
I stood with downcast eyes.  
Within His hands He held a Book,  
It was the "Book of Life."  
God looked into His book and said,  
"Your name I cannot find,  
I once was going to write it down,  
But never found the time."



## Thoughts via Email

## Church Signs

*Submitted by Joyce Berthoud  
(e-mail submission, author unknown)*

The best vitamin for a Christian is B1.  
Under same management for over 2000 years.  
Soul food served here.  
Tithe if you love Jesus! Anyone can honk!  
Beat the Christmas rush, come to church this Saturday!  
Don't wait for the hearse to take you to church.  
Don't give up. Moses was once a basket case.  
Life has many choices. Eternity has two. What's yours?  
Worry is interest paid on trouble before it is due.  
WalMart isn't the only saving place!  
Preach the gospel at all times. Use words if necessary.  
Prevent truth decay. Brush up on your Bible.  
It's hard to stumble when you're down on your knees.  
What part of 'THOU SHALT NOT' don't you understand?  
A clear conscience makes a soft pillow.  
The wages of sin is death. Repent before payday.  
Never give the devil a ride. He will always want to drive.  
Can't sleep? Try counting your blessings.  
Forbidden fruit creates many jams.  
Christians, keep the faith — but not from others!  
Satan subtracts and divides. God adds and multiplies.  
If you don't want to reap the fruits of sin, stay out of the devil's orchard.  
To be little is to be little.  
Don't let the littleness in others bring out the littleness in you.

## Christian Stress Relievers

*Submitted by Mike Moore  
(e-mail submission, author unknown)*

1. Pray
2. Go to bed on time.
3. Get up on time so you can start the day unrushed.
4. Say NO to projects that won't fit into your time schedule, or that will compromise your mental health.
5. Delegate tasks to capable others.
6. Simplify and unclutter your life.
7. Less is more. (Although one is often not enough, two are often too many.)
8. Allow extra time to do things and to get to places.

9. Pace yourself. Spread out big changes and difficult projects over time; don't lump the hard things all together.
10. Take one day at a time.
11. Separate worries from concerns. If a situation is a concern, find out what God would have you to do and let go of the anxiety. If you can't do anything about a situation, forget it.
12. Live within your budget; don't use credit cards for ordinary purchases.
13. Have backups; an extra car key in your wallet, an extra house key buried in the garden, extra stamps, etc.
14. K.M.S. (Keep Mouth Shut). This single piece of advice can prevent an enormous amount of trouble.
15. Do something for the Kid in You every day.
16. Carry a Bible with you to read while waiting in line.
17. Get enough exercise.
18. Eat right.
19. Get organized so everything has its place.
20. Listen to a tape while driving that can help improve your quality of life.
21. Write thoughts and inspirations down.
22. Every day, find time to be alone.
23. Having problems? Talk to God on the spot. Try to nip small problems in the bud. Don't wait until it's time to go to bed to try and pray.
24. Make friends with Godly people.
25. Keep a folder of favorite scriptures on hand.
26. Remember that the shortest bridge between despair and hope is often a good "Thank you, Jesus!"
27. Laugh.
28. Laugh some more!
29. Take your work seriously, but yourself not at all.
30. Develop a forgiving attitude (most people are doing the best they can).
31. Be kind to unkind people (they probably need it the most).
32. Sit on your ego.
33. Talk less; listen more.
34. Slow down.
35. Remind yourself that you are not the general manager of the universe.
36. Every night before bed, think of one thing you're grateful for that you've never been grateful for before.

**GOD HAS A WAY OF TURNING THINGS AROUND FOR YOU. "If God is for us, who can be against us?" (Romans 8:31)**

## Acolytes

### The 24th Annual Acolyte Festival

*Submitted by Rod Lewis, Acolyte Master*

On Saturday morning, October 11, the Acolytes of Trinity Church, DC participated in the 24th Annual National Acolyte Festival. This event, which is designed to honor the service of Acolytes in the Episcopal Church, is held every October. Normally on the second Saturday.

This year some 2400 Acolytes attended of which 1900 participated in the Grand Procession of Acolytes. The Grand Procession is the highlight of the event. A festival Holy Eucharist that is celebrated by the Bishop

of Washington is also a main feature of this festival. The National Acolyte Festival is exciting and colorful.

Acolytes from across the country and sometimes from abroad participate. Many different styles of vestments are on display. Many are more colorful than the traditional Acolyte vestments that we are accustomed to.

Next year will be the Silver Anniversary of the National Acolyte Festival. All members of Trinity are encouraged to make a point to come to the Cathedral on the second Saturday in October and support the Acolytes of Trinity Church.



*Darius Weaver and Marcus Hendricks lead Trinity's Acolytes in the Grand Procession at the Acolyte Festival on October 11, 2003.*

*Trinity's Acolytes enjoying the activities at the 24th Annual Acolyte Festival at National Cathedral.*



## VOLUNTEERS NEEDED

Trinity is in need of a Reception Committee to serve the various activities that are hosted by its ministries in the Parish Hall. If you are so inclined, please leave your name and contact information (phone number, email address) on a slip of paper in the collection basket or in the Coffee Committee mailbox.



The Reverend John T.W. Harmon, *Rector*  
 The Reverend Canon Earl Neil, *Assistant*  
 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                      Ulonda Shamwell  
 James Brown                        Charles Woodbury  
 Mildred Dickerson  
 Cheryl Freeman  
 Darryl Harrison  
 Barbara Jarvis  
 Isaac Marks  
 Chiemeka Opaigbeogu

**Communications Committee**

Barbara Howard, *Editor*  
 Mike Moore, *Production Editor*  
 Raymond Blanks  
 Joan Taylor Brown  
 Marshall Ford  
 Ashley Irvin  
 Norma McCray  
 Gwen Turner  
 Liselle Yorke

Trinity Episcopal Church, 7005 Piney Branch Road NW, Washington DC 20012 • 202-726-7036

## THE TRINITARIAN

Trinity Episcopal Church  
 7005 Piney Branch Road NW  
 Washington DC 20012