

# THE TRINITARIAN

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## Rector's Ramblin's: The Power of a Smile

Ever watch people in Church?

I've often wondered why so few people smile, especially at the altar rail or coming back from communion.

Think about what happens in Church. We, the body of Christ, gather to worship the God we love; praise and thank God for all He has done for us; listen to the stories of God from the Bible and hear preaching to better understand who God is, what God is like, how God loves us. And, as we worship together, more and more we become one – one with God and one with each other. If there is ever a time to smile, be joyful, and dance down the aisle, it is when we are in church!

Yet, some don't even smile. Maybe they've been taught not to smile or laugh or feel exuberant in Church. Maybe they bring so much pain and stress, so many wounds and scars, that they don't believe they could ever smile again.

But, the one thing I hear people saying most often is: "I don't think I'm worthy enough to smile in Church or in God's presence" Not only is this attitude the antithesis of the Gospel, it is very, very sad.

The early Christians wouldn't have understood. They believed that Jesus' death and resurrection made them worthy to stand before God, and they did, standing both during services and when praying. Rejoicing in that worth, they overflowed with joy and love for one another.

However, by the 12th century, Christianity had lost much of its joyful theology.



Sin, guilt and penance replaced joy, peace and celebration.

This changed attitude was reflected as the prayer posture of joyful surrender--standing with hands raised--shifted, and the prayer posture became that of a supplicant--knees on the ground, hands clasped in front of the chest, head down before a harsh, judicial God. One commentator noted that in ancient times this was a slave's posture, holding out hands to be shackled. Much of that penitential attitude remains with us today.

Make no mistake, confession and repentance are as necessary to our spiritual lives as are an honest self-evaluation and acknowledgment of our inability to do what God would have us do – that is, our sin.

However, all of us carry enough guilt. That guilt fosters our feelings of inadequacy or lack of self-worth, chronically for some, only sporadically for others. No matter how guilty we feel, we don't need to crawl before a God who sent His Son to redeem us. God is love and desires our love, not our guilt.

I think we need to recover some of the joyful abandon of the early Christians, especially the idea that with Christ, we are worthy to stand before God, if not literally, then in the way we see our relationship with God. We are worthy to come forward with joy to receive all the gifts God constantly showers on us, just because God loves us. God gives us love and salvation as a gift, because of Jesus' death and resurrection.

That's why I think smiles in church are important. Think about the power there is in a smile! Despite how we might feel at the moment, it's almost impossible not to smile back at someone who smiles at us.

Somehow, it's easy to be drawn in, easy to lose ourselves in the power of love which emanates from another person's smile or grin. Perhaps it's because we



know from experience how difficult, almost impossible, it is to really smile at someone we don't love, so we feel loved when someone smiles at us.

I wonder what it would be like if the life, the joy, and the love of Christ shone from our faces as we sat in the pews; if, on the way to our seats and as we left the church, we always greeted one

another with a smile coming from that love?

What would or could happen if we were free to experience our oneness in Christ and acknowledge our worth through the shared love of a smile? Would it make any difference? Can something as simple as a smile help heal our lack of self-worth, our guilt, change the way we see ourselves as a Church/Christian community, or the way others see us as Christian People?

I'm not altogether sure. I do know that it was said of the early Christians: "See the Christians: how they love one another!"

I'll bet they smiled a lot.

MAY GOD BLESS US WITH DISCOMFORT  
AT EASY ANSWERS, HALF-TRUTHS, AND SUPERFICIAL  
RELATIONSHIPS, SO THAT WE MAY LIVE DEEP WITHIN  
OUR HEARTS.

MAY GOD BLESS US WITH ANGER AT INJUSTICE,  
OPPRESSION, AND EXPLOITATION OF PEOPLE,  
SO THAT WE MAY WORK  
FOR JUSTICE, FREEDOM AND PEACE.

MAY GOD BLESS US WITH TEARS TO SHED FOR THOSE  
WHO SUFFER FROM PAIN, REJECTION, STARVATION  
AND WAR, SO THAT WE MAY REACH OUT OUR HANDS TO  
COMFORT THEM AND TURN THEIR PAIN INTO JOY.

AND MAY GOD BLESS US WITH ENOUGH FOOLISHNESS  
TO BELIEVE THAT WE CAN MAKE A DIFFERENCE IN THIS  
WORLD, SO THAT WE CAN DO WHAT OTHERS  
CLAIM CANNOT BE DONE.

AMEN



# Communing at Christ Church Dublin

On July 24, Sherry and Todd Truffin started their 29th wedding anniversary worshipping with Anglicans in Dublin. Dublin is strange in that it has TWO Anglican cathedrals in one city: Christ Church and St. Patrick's. They chose Christ Church as it was older.

The bottom right image shows Sherry walking the cathedral's outdoor labyrinth--an ancient prayer aid.

The service was entirely familiar. The Church of Ireland's prayer book, like the Episcopal Church's, was based upon the English. While the full choir is on summer break, the music was provided by a quartet of singers accompanied by the organ. At the close of the service, Archbishop Michael Jackson addressed the congregation to provide a preview of the Lambeth Conference.

After the service and coffee hour (bottom left), the Truffins explored the catacombs beneath the church, seeing a copy of the Magna Carta and a mummified cat and rat that were found in the church organ. The cat and rat have become mascots of Christ Church; James Joyce writes about them in *Finnegan's Wake*.



## Lift a Sweet Aroma to the Lord

Flowers on the altar not only look beautiful, their aromas also add to the full sensory experience of worship.

The sign up sheet for altar flowers is posted on the bulletin board downstairs. Please sign up for the date you want, then send Trinity a check for \$25.00, or just drop one in the collection plate, and remember to take your flowers home after the 10am service. Please be sure to indicate "for flowers" on your payment.

I've listed the dates until next Lent, so feel free to plan ahead! If you have any questions, please contact Annette Stowe at 919-346-1995 or [annette@annetestowe.com](mailto:annette@annetestowe.com)



## You Need the Altar Guild. The AG needs YOU!

Everyone enjoys the beauty of Trinity's services. Everything is ready and in its place as the organ begins to play. None of this happens magically.

The Altar Guild keeps the sanctuary in a state of readiness for worship.

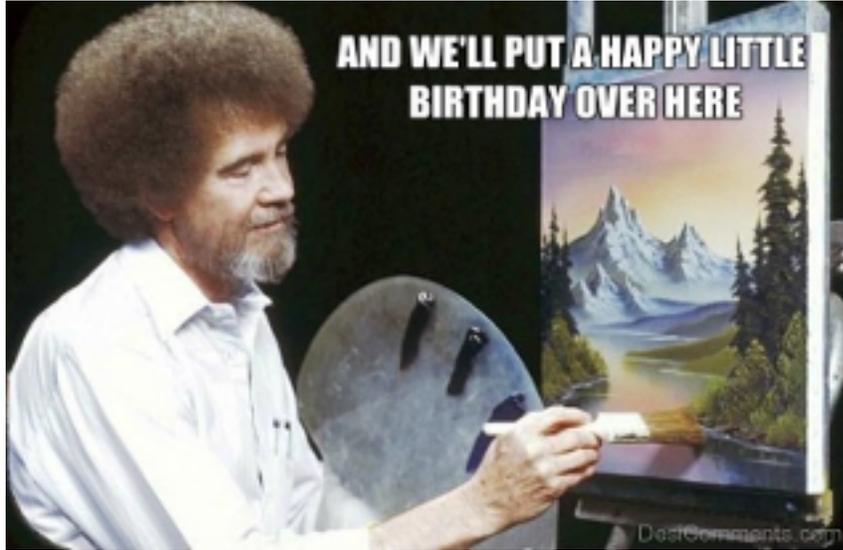
The activities are not hard or time consuming. The reward is immeasurable, and the camaraderie can't be beat. There are many different ways to participate, and some can be done in the comfort of your home.

Experienced Altar Guild members are ready to mentor one and all.

Please consider joining this vital ministry for our church. Contact **Edna Gaston** ([ladybug.gang@gmail.com](mailto:ladybug.gang@gmail.com) or **336-592-1157**) for more information or to volunteer. Can we count on YOU?



# September Birthdays



9/14 Alex Lamont  
9/28 Annabell Wingler  
9/30 Jeff McGhee

**If we missed your birthday or have the wrong date, please email [srwarden@trinityfuquay.org](mailto:srwarden@trinityfuquay.org)**

## Let Us Pray For You.

Prayer is an integral part of our daily life. Your contemplations, concerns, thanksgivings, and celebrations can be daily prayers.

We know and trust that God hears all prayers: those that are spoken and those that are kept close to the heart.

Email your prayer request to:  
[prayerrequest@trinityfuquay.org](mailto:prayerrequest@trinityfuquay.org)

The Daughters of the King will lift up your requests in prayer for 30 days unless otherwise specified. All requests are confidential.

*Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you. 1 Thessalonians 5:16-18*



# The Bishops Gather at Lambeth



This past summer, over 600 bishops from throughout the entire Anglican communion gathered in Canterbury, England for the 15th Lambeth Conference. Taking place every 10 years, the Lambeth conference is an opportunity for leaders to worship and pray together as well as discuss various issues and concerns affecting the world-wide Anglican church.

Archbishop of Canterbury Justin Welby set the theme of this year's conference as God's

Church for God's World, and all of the devotions and Bible studies during the conference focused on 1 Peter.

While the purpose of the conference is to unify the church, serious disagreements about our response to human sexuality threatened once again to drive a wedge between participants. In the midst of tensions leading up to the conference, Presiding Bishop Michael Curry specifically addressed our LGBTQ+ siblings saying, "We have worked hard to become a church where, as the old African slaves used to sing, "There is plenty good room, plenty good room," for all of God's children. We are all The Episcopal Church, and we will not compromise who we are, our connections, or our love. " A week later, after the official meeting, Bishop Curry stated "as far as I know that is the first time a document in the Anglican Communion has recognized that there is a plurality of view on marriage. And that these are perspectives that reflect deep theological and biblical work and reflection." While acknowledging there is much work to be done, he was encouraged that "This group of bishops today are finding a way to walk together as a church."

On a much more positive note, the Rt. Rev. Vicentia Refiloe Kgabe, Bishop of Lesotho, became the first woman to preach during the opening service of the Lambeth conference. In her sermon, she asked, "How do we as the church –





the Anglican church, demonstrate hospitality in a world that is going through and experiencing some serious pain and strife?" The answer is that we follow the model of Christ, a "model [that] is not self-centered nor inward-looking. It calls us not to be navel-gazing, but it calls us to first seek God's kingdom and God's righteousness, and all the things that we wish for, that we yearn for, that we call for that we hope for will be given to us, but first we seek the kingdom."

During the conference, the bishops discussed 10 "calls" that each were tied to a theme in 1 Peter. According to the official study guide, the leadership intends these calls "to ensure Bishops either take some action themselves or call others to reflection and or action." The calls range from general topics like "Christian Unity," and "Discipleship" to specific issues like "The Environment and Sustainable Development" and "Safe Church."

As the conference closed, Archbishop Welby argued that "the church united is not merely a help to the world; it is the sign of salvation to the transformation of the world. The church humbled and hospitable, generous and full of love, is not just a nice thing to have in society; it points to the kingdom of heaven." Despite the clearer challenges within the church, Welby "called the church back to the Five Marks of Mission--Tell, Teach, Tend, Transform, and Treasure."

For more information and reporting on the Lambeth Conference, visit <https://www.episcopalnewsservice.org/tag/lambeth-conference-2022/>



# Sonnet Sequence with Todd Truffin

"St. Michael and All Angels" by Malcolm Guite

Michaelmas gales assail the waning year,  
And Michael's scale is true, his blade is bright.  
He strips dead leaves, and leaves the living clear  
To flourish in the touch and reach of light.  
Archangel bring your balance, help me turn  
Upon this turning world with you and dance  
In the Great Dance. Draw near, help me discern,  
And trace the hidden grace in change and chance.  
Angel of fire, love's fierce radiance,  
Drive through the deep until the steep waves part;  
Undo the dragon's sinuous influence  
And pierce the clotted darkness in my heart.  
Unchain the child you find there, break the spell  
And overthrow the tyrannies of hell.



September 29 is the feast day of St. Michael and all angels. Anglican priest and poet Malcolm Guite offers up this Shakespearean sonnet in honor. Popular images of angels tend to include flowing white robes, large wings, and harps. The angels of the Bible are quite different. However, Guite lets us have a bit of the fantasy by making this sonnet quite musical in its execution.

We're used to sonnets following pattern of rhyme on the end words, but Guite strews all manner of rhyming inside the lines as well. Look at the first two lines: gales assail...scale...blade. The second four lines twirl with "balance...dance...dance...trace...grace...change...chance" along with the repeated words turn and dance.

All of this intertwined, spinning rhyme is not just pretty poetry--although it is

nifty. The opening line read's "Michaelmas gales assail the waning year." As we enter fall, the weather turns cooler; winds pick up. Those winds--Michael's sword--"strips dead leaves, and leaves the living clear / to flourish." Autumn is not only a time of harvest, it is a time when the old passes away to make way for the new. Or, as Jesus puts it in the gospel of Mark, we set aside the old wineskins so that we can store the new wine.

The glory of the gospel, ushered in by the winds of Michaelmas, "drive through the deep" and "undo the dragon's influence" to "pierce the clotted darkness in my heart" and allow the new growth to "flourish in the touch and reach of light." As we move through the end of summer and towards the beginning of autumn, let us praise the angels who, on that hillside in the night sang out "Glory to God in the highest! and on earth, peace, good will!"



## Internment Ceremony for Mike Wood



Renee Wood wanted to let the Trinity family know that Mike's Arlington National Cemetery service and interment will be Wednesday, November 2nd at 3pm.

There is no limit to the number of people allowed to attend the service. Those wishing to attend should meet at the administrative building of Arlington National Cemetery 30-40 minutes prior. Anyone who would like more information is free to contact Renee at 919-418-1897 or [Karen.renee.wood@aol.com](mailto:Karen.renee.wood@aol.com) and should feel free to share contact details via email, weekly bulletin, or other means.

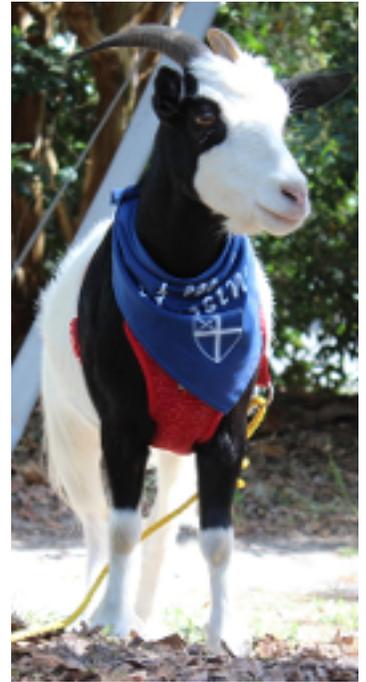
# The Crafty Stitchers Going to the Dogs

The Crafty Stitchers invite you to make bandannas for the "Blessing of the Animals" event. Bring scissors or pinking shears to cut triangles from fabric for the many pets we hope will bring their families to Trinity on October 1st. We also welcome any fabric you can donate to this project.

Bring lunch or a snack, beverages and dessert will be provided.

Hope to see you on September 2nd!!!

For questions, contact Marilyn Fischer



## Monthly Breakfast

On the first Saturday of every month, men and women of Trinity gather at the IHOP in Holly Springs for breakfast and fellowship.

Join the throng at 8:30am.



# Outreach Focus: Combat VTC

This month, let's look at COMBAT Veterans Treatment Court (VTC), a fully accredited 501 C 3 non-profit. Our own Mike Wood was instrumental in the formation and founding of this organization. The acronym COMBAT stands for "Changing Our Military veterans' Behavior After Trauma."



Trinity is currently looking into adopting Combat VTC as one of our Outreach organizations to replace, at least temporarily, Military Missions in Action (MMIA) since they are currently undergoing multiple changes and are not in need of our assistance at this time.

Combat VTC is not yet part of our Outreach but is under consideration. Please join us at our next meeting to provide your input into how we serve our community through Outreach. The date and time of our next outreach meeting will be published soon.

COMBAT VTC sent us this description:

COMBAT VTC is associated with the Harnett Co. Veterans Treatment Court which serves Harnett, Johnston, Lee and portions of Wake Counties as well as several other counties of lower population where veterans have little to no avenues of recovery or support. While the name is unnecessarily aggressive, funds contributed to this fund are utilized to benefit justice-involved veterans on their path to recovery. They service veterans with a wide variety of discharges from Honorable to General, but do not work with those with Dishonorable discharges. Further, they do not deal with those who are convicted of felonies, violent offenders, or crimes of a sexual nature. They utilize the Veterans Administration for therapy as much as possible but do have limited funds from government grants to provide mental health services to those who do not qualify for care from the VA.

COMBAT VTC was originated to help veterans with their needs that are not covered by the Federal grants mentioned above. COMBAT VTC is not a part of the Veterans Treatment Court, but it is administrated by personnel within the court system.

Veterans' needs not covered by the grants will include (but are not limited to) food, transportation, utility deposits, rent (occasionally), holiday gifts for families and especially children of enrolled veterans, minor repairs to automobiles, heat/air conditioning systems, clothes, blankets, and linens.

The current population consists of 26 veterans with another 17 veterans awaiting admission.

The need for funding is great and they rely on contributions from local businesses, individuals and service organizations in order to help veterans, most of whom have made only one mistake in an otherwise honorable service career. Please help if you are able.

# The Trinitarian needs YOU.

Trinity will grow stronger if we all see how various parts of our community promote the Jesus Movement.

**You don't have to be an official leader of a Church Ministry to submit news to *The Trinitarian*.** If a member of your family is serving God outside the church walls, we want to hear about it. If you hear about an opportunity to minister to the community, we want to hear about it. **We need to hear about God working in your lives!**

Don't worry if you think your writing skills aren't "newsworthy," the editor will be happy to massage the knots out any tense prose.

Please email all news and articles to **Todd Truffin at [tctruffin@gmail.com](mailto:tctruffin@gmail.com)** (Pictures make the newsletter more interesting!) **The deadline for inclusion is the 20th of each month.**

## Sunday Worship

Meeting in person at 8:00am and 10:15am every Sunday.

The 10:15am Service is LIVEstreamed on our **YouTube** channel **TECFV**.

You can also view past services there whenever you would like.

