



THE TRINITARIAN

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We Have Not Stopped Caring

Recently, I have heard a few questions about how the pandemic has affected our care giving ministries, and I say thank you to those who are concerned that perhaps the care has waned in the face of the pandemic. I am writing today to assure you that care has continued and even grown in the face of the immense challenges in our world during this last year.

When we reach *out* to care for the community around us, our various outreach groups do hours of meaningful work, and we talk about it because we want others to join us in our efforts. In contrast, when we reach *in* to care for our members who need care or solace or simply the gift of community or communion, we are almost always very quiet about the work we do.

One to one in-reach needs to be a quiet, personal effort. The recipients of this kind of grace must know that their problems or their needs will be held in confidence and only shared with their permission. Consequently, there is a habit of silence about these interactions.

With the pandemic, there have been necessary changes: visits became telephone conversations, full communion of bread and wine at home or in the hospital transformed into a consecrated wafer in a little plastic cup delivered to your front door, a visit to a lonely person afraid, with good cause, to venture out, grew into a Face Time lunch visit. Prayers have not been replaced. They continue many times over. So, yes, we have marched on.



(cont'd on next page)

Caring (cont'd)

Our visitors have become callers, our Eucharistic Ministers have become deliverers, our meal preparers have become “door dashers”, and the ministry continues. Of course, no one can intuit need from afar. If you or someone you know needs to be visited or to have communion delivered, or palms delivered, or meals prepared, or shopping done, or a ride to the vaccination site, please let it be known.

If you would like to take a role in this loving ministry please let that be known as well. If you suddenly think “I wonder how _____ is” or “I miss seeing _____”, stop! and make that phone call. Please keep in mind that the voice of God is often in that whisper in our imagination.

When you know someone has a need or only imagine that they might, please let me know. When you have a need, definitely let me know. When you want to help, please let me know. Email! Text! Phone!

With you, sharing the love of Christ,

Susan+

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What is a Lay Eucharistic Minister?

Recently, some Trinity members wondered what a Lay Eucharistic Minister (LEM) was and whether we had any. The answer to the second question is YES; we do have a roster of licensed LEMs. The answer to the first question is bit more involved.

A Eucharistic Minister, also called a Chalice Bearer, participates in the church's most fundamental and communal form of worship: Holy Communion, Eucharist, Lord's Supper or Mass. Under normal circumstances Holy Communion is celebrated every Sunday at Trinity. Communion is also celebrated on other Holy Days and special occasions such as weddings and funerals. In this rite, we are called to remember the life, resurrection and presence of our Lord Jesus Christ by sharing the meal of bread (the Body of Christ) and wine (the Blood of Christ), just as Jesus shared the last meal with his Disciples. As noted in our Eucharistic Prayer, Communion provides strength and renewal to live the Christian life on a daily basis.



LEM's are the welcoming hosts of the Lord's Supper and assist the Clergy by bearing the chalice and serving the wine at the altar rail during the service. On occasion, they also may help serve the bread. Eucharistic Ministers are required to attend training and become licensed. Trainees learn the various components of the Communion rite and table, and the appropriate logistics of serving the meal to communicants. Some Eucharistic Ministers may also take Holy Communion to those unable to attend church and are known as Eucharistic Visitors. This ministry unites those unable to be physically present with the Congregation. Because visiting is performed outside of the church building, additional training is required to be licensed as a Visiting Eucharistic Minister.

As with many things, we look forward to the pandemic's end and the restoration of our Chalice Bearers.

Mama's grows into MHOT during COVID

While continuing its full line of services during COVID's restrictions, Mama's House is rolling out a new program for all families in need starting April 1. First, there will be a new name. Mama's House of Thrift will become MHOT. Then, MHOT will move to a new location.

MHOT will move the thrift stores and food bank (now closed to start the moving process) to a new massive 15,000 square foot location approximately 12 miles up the road on Route 401. The address will be announced soon.



This location will have every shopping department imaginable with over 500,000 items in stock just like a major retail store. MHOT expects their grand opening to be on or around April 1.

What's new for the families in need at the new location thanks to the continued support of donors is a free and shameless shopping experience. This was tested at Lil Mama's last year where recipient families will be able to shop for their needs just like regular shoppers, but they were covered when they got to the register. There will also be volunteering opportunities to help the families shop.

MHOT will sponsor free mental health services and counseling on site. There is a great need for this especially during COVID and after 2020. On February 28, Carolina Orthodontics & Children's Dentistry worked together with MHOT to offer their services to the children of MHOT clients.

The Food Bank will now become FB21 (Food Benefits 21st Century). Since 2018, MHOT has been providing food supplies to thousands of people. Mama Janette wrote, "They have made us aware that there are so many different diets, allergies, needs, and tastes. Many of these families or elders cannot eat certain types of canned or dried foods because of health reasons and allergies.

"The FB21 concept of feeding those in need means giving them what they really want and need to eat. So after brainstorming, it's time to move the food bank into a new realm."

Instead of offering people the usual limited range of canned or dried foods, powdered milk, and standard staples, the new MHOT families will be provided with food benefits. Food benefits will be an allowance given to the families to go grocery shopping and have the benefits pay for their groceries.

MHOT will schedule days for the families to shop at the local Food Lion. MHOT volunteers will be there to assist the families as they shop and take care of the bill at the register. Mama Janette added, "For those that cannot leave their homes due to disabilities, MHOT will shop for their needs and deliver it to their homes."

MHOT will also partner with local veterinarians to offer free vaccinations and health services for the family's pets. Families can bring their pets out and have them taken care of at no cost to them.

A new up-and-coming major cosmetic company will be partnering with MHOT to offer free beauty products. MHOT will provide makeovers for the women onsite at MHOT. This company will be offering a program where for every cosmetic item purchased, one will be given to a woman in need who otherwise could not afford beauty products.

Trinity Outreach donations assist this program in helping so many in North Carolina. If you would like to add to what the vestry budgets, make out a check or electronic donation with "For Outreach/MHOT" on the "for" line.

Deacon Bob, TSSF

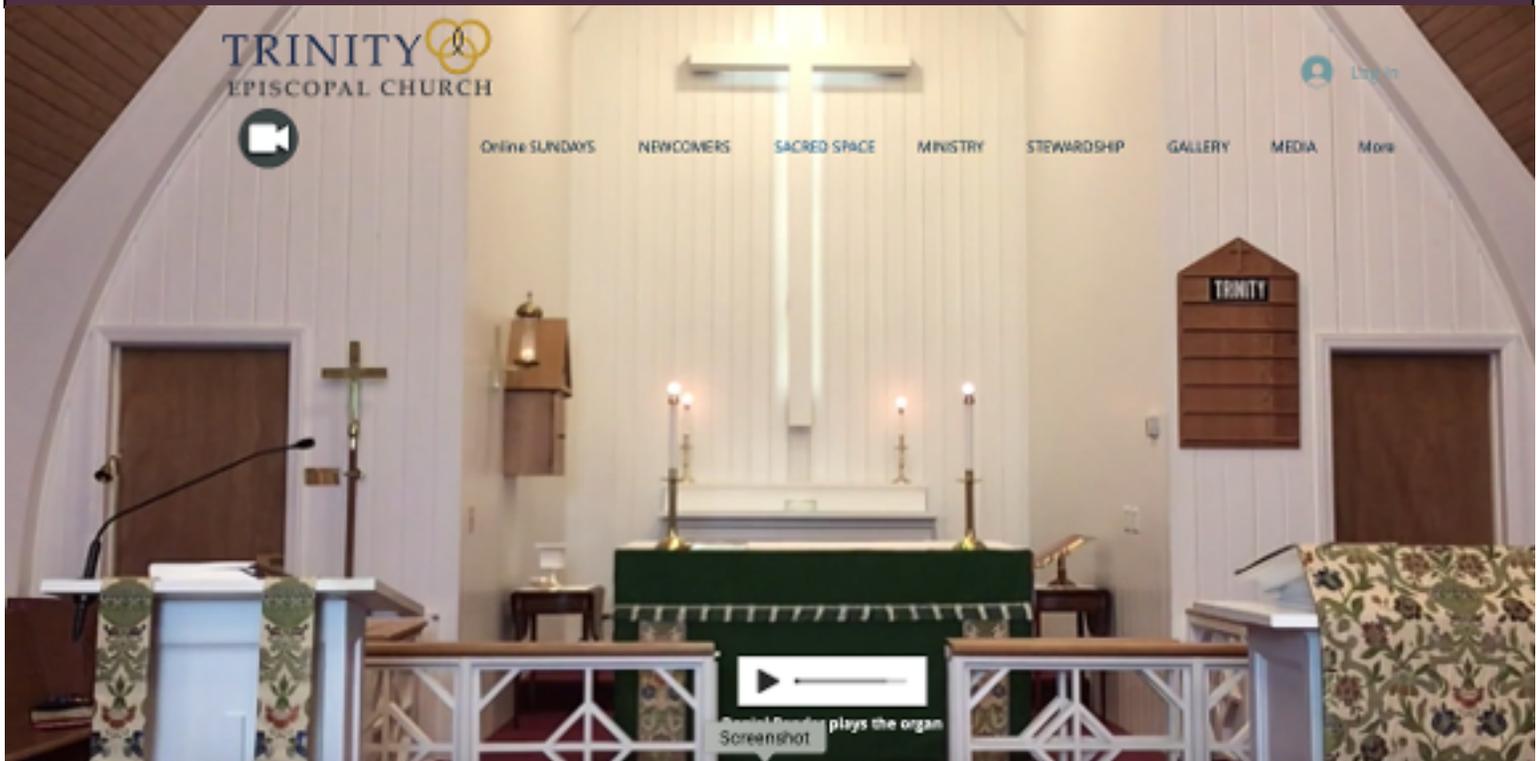
April Birthdays

4/1	Bobby Norris	4/20	Rev. Steve Teague
4/7	Cissie Jenkins	4/21	Marilyn Fischer
4/12	Mason Cranford	4/26	Douglas Kern
4/14	Jack Lillie		



If we missed your birthday or have the wrong date, please email srwarden@trinityfuquay.org

SACRED SPACE

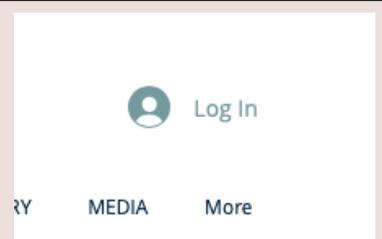


We hope you can take advantage of being at church on our "[Sacred Space](#)" page. This video of the space plays automatically when the page opens. To listen to our organist, Daniel Ponder, please click the play button and adjust your volume accordingly. There may be a slight delay on the music starting depending on your internet speed.

Updated Directory

To access the directory on the website, you must be a site member. Look for the "Log In" at the top right of the website, click and follow instructions to sign up.

Please note, access is restricted to known church members.



Schedule Your Jab!

Dear Trinity family...

We continue to build our Trinity community and seek fellowship through virtual worship services and online engagement. However, as more and more of us are vaccinated, the opportunity of a return to gathering together are growing. Hallelujah!



The Centers for Disease Control recommends that everyone, including those who have been vaccinated, continue to follow the recommended guidelines for preventing the spread of the virus until the rates of infection decrease substantially. This means, of course, wearing a mask, avoid gathering indoors with persons outside of your household, and washing your hands frequently. We may be tired, but the marathon is not yet over. The numbers are improving, and we need to finish the race set before us.

Many members of our parish now have had the opportunity to get vaccinated — and, in the weeks ahead, more and more parishioners will be eligible to schedule their vaccinations. The goal of gathering is attainable!

The following information was valid as of 3/25.

WHO IS ELIGIBLE TO RECEIVE A VACCINATION?

Group 4 is currently eligible for vaccination.

- Anyone 16-64 years old with high-risk medical conditions that increase risk of severe disease from COVID-19.
- Anyone who is incarcerated or living in other close group living settings.
- Essential workers not yet vaccinated **will be eligible April 7.**

What are High Risk medical conditions? They include:

- Asthma (moderate to severe)
- Cancer
- Cerebrovascular disease or history of stroke
- Chronic kidney disease
- Chronic Obstructive Pulmonary Disease (COPD)
- Cystic fibrosis
- Diabetes type 1 or 2
- A heart condition such as heart failure, coronary artery disease, cardiomyopathy
- **Hypertension or high blood pressure**
- Immunocompromised state (weakened immune system) from: immune deficiencies, HIV, taking chronic steroids or other immune weakening medicines, history of solid organ, blood, or bone marrow transplant
- Intellectual and Developmental Disabilities, including Down Syndrome
- Liver disease, including hepatitis
- Neurologic conditions such as dementia and schizophrenia
- Pulmonary fibrosis
- **Overweight or obesity**
- Pregnancy
- Sickle cell disease (not including sickle cell trait) or thalassemia
- Smoking (current or former)

HOW CAN I FIND A PLACE TO GET JABBED?

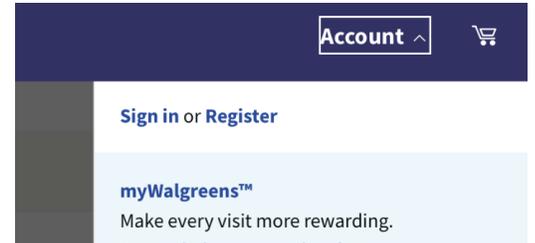
We know that it can get confusing when you try to find a vaccination site. However, check out the next page for one way to get an appointment.

Some Help Scheduling Your Job

Walgreens have established vaccination stations in many of their locations which is a convenient and flexible way to receive your dose.

Start by registering with Walgreens at walgreens.com

In the top right corner, click account and then register. Fill in all the information and verify your account.



Next, go to <https://www.myspot.nc.gov> and type in your zip code and submit. This will bring up all of the Walgreen's locations that are providing the vaccine. Click on the location closest to you.

On the next screen, click "Schedule new appointment"

1. Sign in to your Walgreens.com pharmacy account. Don't have an account? No problem. Creating one is quick and easy.
2. Complete a short eligibility screening.
3. If you're eligible, we'll look for available appointments in your area for your COVID-19 vaccination appointment.

Schedule new appointment

Type in your Zip code one more time and submit.

If you get the message "**Appointments Unavailable**", try again next morning.

Once you see appointments are available, you will take a short eligibility questionnaire and then be able to choose an appointment location and time.

As an alternative, for those without access to online booking, you can call any Walgreens and set up an appointment through their automated voice response system, however, they will choose a location and date for you.

You can still register to be contacted for vaccinations through all the established methods. Walgreens offers a new level of flexibility.

Take time to understand your eligibility and get vaccinated as soon as possible!

OTHER RESOURCES:

Find out what group you are in by answering some simple questions: findmygroup.nc.gov

Find other vaccine providers near your ZIP code: myspot.nc.gov

YOU HAVE A | TAKE YOUR
SPOT. | **SHOT.**

YourSpotYourShot.nc.gov



4 WAYS TO GIVE



GIVING BY CHECK

Drop your check in the church mailbox or mail it to Trinity Episcopal, 1128 S Main St, Fuquay-Varina, NC 27526



ONLINE GIVING

This is the simplest and most secure way to give.
We process online transactions both through checking or savings accounts and through all major debit/credit cards.

CLICK TO GIVE ONLINE



MOBILE GIVING

Download the GivePlus mobile app from your app store, search 27526 and select Trinity. Click the donate button and register. Add checking or savings, debit or credit card.



TEXT GIVING

Text the dollar amount you wish to give, for example: 50, to 844-952-2166 and follow the prompts to enter a credit/debit card

STEP BY STEP HELP

STEP BY STEP HELP

SUNDAY SCHOOL



Grades 1 thru 6

Lessons are now available online at
<https://www.trinityfuquay.org/sunday-school>

Angier Food Pantry Needs:

Breakfast Cereal Rice

Please drop off any donations at the church OR if you don't have access to the church, you can leave food at 809 Sunset Drive in Fuquay at the Bowles residence. Frank has a clean 20 gallon trash can in front of the garage door on the right hand side.

The Food Pantry is also looking for volunteers to collect, sort and pack food.

For more details you, email Frank at bowlesfa@gmail.com

Sunday Worship

Services are available on our **YouTube** channel every Sunday Morning. Subscribe to TECFV on YouTube and view whenever you would like.

Join our **Zoom Meeting** to view the service and share fellowship with your Trinity Episcopal family.

10:05am: Join meeting, Greet and Chat

10:15am: The host will mute all microphones, and begin the service.

10:50am: Host will unmute microphones at the end of the service, and you can mingle in a virtual coffee hour.

Zoom Meeting information is sent out in each week's bulletin.



Sonnet Sequence with Todd Truffin



“Let’s go down to the river to pray,
studying about that good ol’ way and
who shall wear the starry crown,
good Lord, show me the way.”

--traditional American folk song

I don’t know if Mary Karr had the old hymn in mind, but this poem from her book *Sinners Welcome* certainly calls it to mind. The “star points” of Christ’s “pinned extremities” call out to “the starry crown,” and the “warm water...rivering every way” echoes the river to which we are going to pray.

Karr’s sonnet is structured as an Italian sonnet. The first half of the poem—the problem—depicts the crucified Jesus’s consciousness slipping away from his body. What did Jesus experience between Friday and Sunday? Karr’s poem describes a soul separated from its body, a soul missing, aching for the physical body. John’s gospel opens by telling us that Jesus is the Word made flesh and that the Word was not only in the beginning but that the Word created the world. God called the creation good. So, why wouldn’t Jesus, God, long for the physical world? The last line of the octave is chilling. It leaves us with the cold language of corpse and stone fist. These are words of Crucifixion Friday, the words of Death.

In a traditional Italian sonnet, the poem turns as it responds to the problem of the octave.. Karr turns from stone and death towards sound and breath and light and water. As Spring melts away the ice of Winter, the Resurrection melts away the tomb chill of Death. It starts in the heart with a bang on the “stiff chest’s door.” Notice the words of water flowing—spilled, flow, water, rivering. The Water of Life has come once again, and with the water a sunflower blossoms. Also notice how the life flows from out of Jesus’s “stiff chest” into “your limbs...your chest.” The abundant water cannot be contained inside Jesus. Like water seeking its level, he seeps out into you. Do not miss the connection between this new life and being born again “as warm water / shatters at birth.” Karr’s sestet moves us fully away from cold Death into a dynamic resurrection that cannot be contained. Like the breaking waters of childbirth, the newly arriving life “river[s] every way.” Alleluia!

“Descending Theology: The Resurrection” by Mary Karr

From the far star points of his pinned extremities,
cold inched in—black ice and blood ink—
till the hung flesh was empty. Lonely in that void
even for pain, he missed his splintered feet,
the human stare buried in his face.

He ached for two hands made of meat
he could reach to the end of.

In the corpse’s core, the stone fist of his heart

began to bang on the stiff chest’s door,
and breath spilled back into that battered shape. Now
it’s your limbs he longs to flow into—
from the sunflower center in your chest
outward—as warm water
shatters at birth, rivering every way.

The Exultet Shares The Light of Christ

Things will be a little different at this year's Easter Vigil because of COVID restrictions on singing. At the beginning of the Easter Vigil service, the Celebrant and Deacon will light the new fire. The Deacon then lights the Paschal Candle in the place where the congregation will see it burning for the next 50 days.

The Deacon proclaims "The Light of Christ!" The congregation answers, "Thanks be to God." As we do this, we repeat one of the earliest recorded historical actions in Christian liturgy as a symbolic representation of the risen Christ.

At a special pulpit, in the light of the Paschal Candle, the deacon then proclaims The Exultet.

The Exultet begins with proclaiming the light of Christ as a symbol of the resurrected Christ and, then, tells the same story that is shared at the Passover table by our Jewish brothers and sisters.

It outlines Jesus' place in that story and ends proclaiming Jesus in the Resurrection as our shared evening sacrifice some eight minutes later. The congregation continues its part responding to the familiar Preface responses in the middle of the piece and with an "Amen" to say "So be it" to the story of faith that they have just heard the deacon share with them.

Proclaiming The Exultet at the Easter Vigil goes back to the earliest recorded liturgy from the Second Century AD. Chanted from scrolls, early Deacons created versions to share at the service as early as the Third Century AD. Toward the end of the Fourth Century AD, Ambrose took several of the versions and turned them into the Latin text.

Remaining faithful to Ambrose's text, an English version, close to the text we have today, began to be used around the Eighth Century AD. The chant style has remained the same as it was in the Early Middle Ages. Some deacons have even chosen to speak the words as dramatic oratory.

Modern versions have been added to take advantage of a choir or quartet to support the Deacon. By rubric, the choice is up to the Deacon who consults with the Parish Priest or Head of the Liturgical Committee.

Rejoice! A Blessed Easter to All!

Deacon Bob, TSSF



Holy Week Schedule

All Services available On Demand at trinityfuquay.org and our YouTube Channel. Details will be emailed throughout Holy Week.

Palm Sunday (Passion Sunday) March 28th

Group Zoom Service from 10am for a 10.15am start to the service or On Demand at trinityfuquay.org and YouTube from 10.15am onwards

Drive to church between 11.30am and 1pm to receive palms

Tenebrae - Holy Wednesday March 31st

On Demand at trinityfuquay.org and YouTube from 6.00pm onwards

Maundy Thursday. April 1st

On Demand at trinityfuquay.org and YouTube from 6.00pm onwards

Good Friday. April 2nd

On Demand at trinityfuquay.org and YouTube from 6.00pm onwards

The Great Vigil - Holy Saturday April 3rd

On Demand at trinityfuquay.org and YouTube from 6.00pm onwards

Easter Day. He is RISEN! April 4th

Group Zoom gathering from 10am for a 10.15am start to the service or on demand at trinityfuquay.org and YouTube from 10.15am onwards

Drive to church between 1pm and 2pm for communion

Join the Congregation each Sunday on Zoom

