



# The Church of the Holy Trinity

An Episcopal Church in the Diocese of New York

February 4, 2024 at 11:00AM

**The Fifth Sunday after the Epiphany**

## Welcome to Holy Trinity

This leaflet includes an order of service for worship and other important information.

**Assistance.** If you need assistance in any way, an usher at the entrance can help you. Restrooms are located in the Mission House building basement, accessible through the Cloister Corridor or across the garden and into the westernmost building.

**New to Holy Trinity?** We would love to be able to greet you properly. Please fill out a visitor card, located in the pews, and place it in the offering plate or give it to one of the clergy or ushers.

**Giving.** As Christians, we believe that all we have—from our talents, to our energy, to our financial resources, is a gift from God. If you would like to know more about how to give of your talents and energy, please let a member of our clergy know and they will gladly connect you with the various ministries of the parish. You can make a financial gift through the offering plate, online at [holytrinity-nyc.org](http://holytrinity-nyc.org) or by texting COHT316 to 73256.

**Our Mission.** To show and share the love of God.

**Our History.** Since 1899 The Church of the Holy Trinity has opened its doors to those of the Anglican Faith, of other faiths, and of no faith. Through hospitality, service, and worship, we seek to “do justice, love kindness, and walk humbly with God.”

## Being Spiritual

### *Ways to Grow This Season*

Most of us have probably heard someone say something like, “I’m spiritual, but I’m not religious.” Perhaps we have said it ourselves.

When a person wants to express a spiritual desire and at the same time, distance themselves from the negative aspects of historic, organized religion, I understand that idea. But “religion” is not necessarily a bad thing. The Latin word “religare” means “to bind,” or “to yoke.” It has to do with where we put our energy, our commitment, and our time. It also has to do with practice and discipline.

The Season of Lent, which begins with Ash Wednesday on February 14, offers us a number of invitations to practice and grow spiritually. In addition to regular worship services and Adult Christian Education on Sundays, we will offer a mini-retreat, or Quiet Day, on Saturday, February 14, from 9:30 AM to 12:30 PM. On Fridays in Lent, we walk and pray Stations of the Cross from 6:00 PM to 6:45 PM.

In addition, I invite you to adopt a particular practice this Lent. Perhaps it is donating time or money, or reading a particular book, or praying in a new way. As we move towards Lent, may the Holy Spirit inspire us and deepen us.

*The Reverend John F. Beddingfield, Rector*

# The Word of God

*The service begins on page 355 of The Book of Common Prayer.*

## Voluntary

Six Variations on a Ground Bass

Margaret Vardell Sandresky (b. 1921)

I. Andante solemne    II. Largo    III. Presto    IV. Cantabile

## Welcome

## Hymn

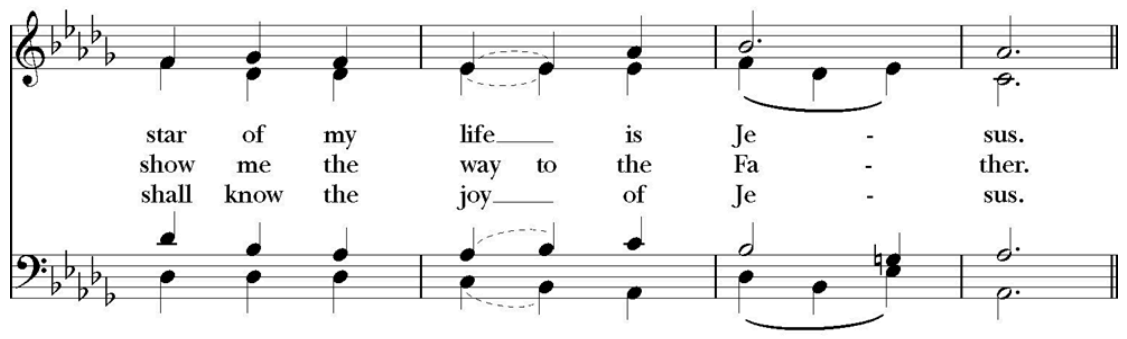
*Houston*

*All are invited to stand and join in singing the hymn.*

1 I want to walk as a child of the light.  
2 I want to see the bright-ness of God.  
3 I'm look - ing for the com - ing of Christ.

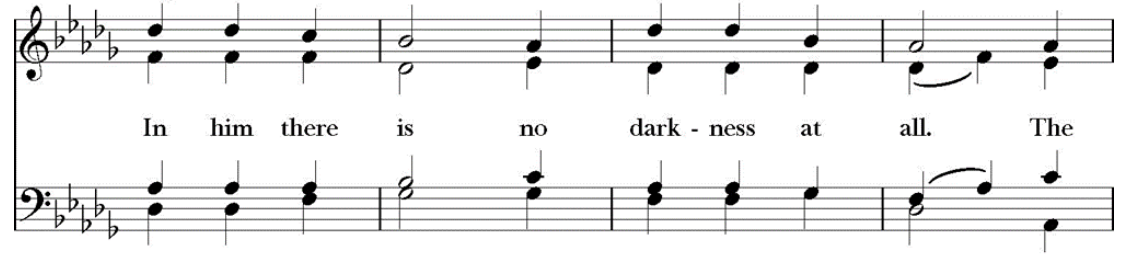
I want to fol - low Je - sus.  
I want to look at Je - sus.  
I want to be with Je - sus.

God set the stars to give light to the world. The  
Clear sun of right - eous - ness, shine on my path, and  
When we have run with pa - tience the race, we

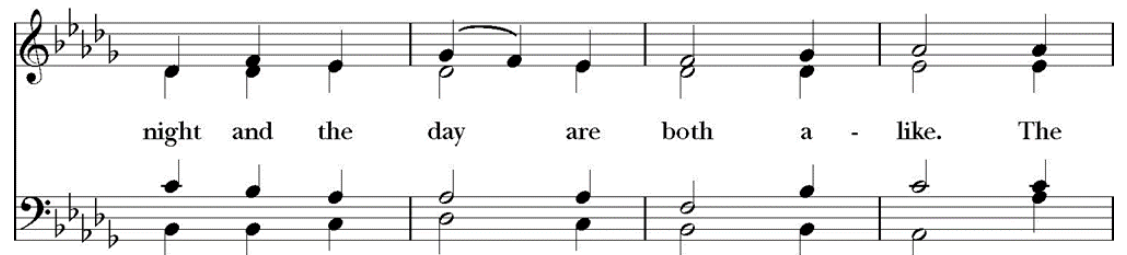


star of my life is Je - sus.  
 show me the way to the Fa - ther.  
 shall know the joy of Je - sus.

*Refrain*



In him there is no dark - ness at all. The

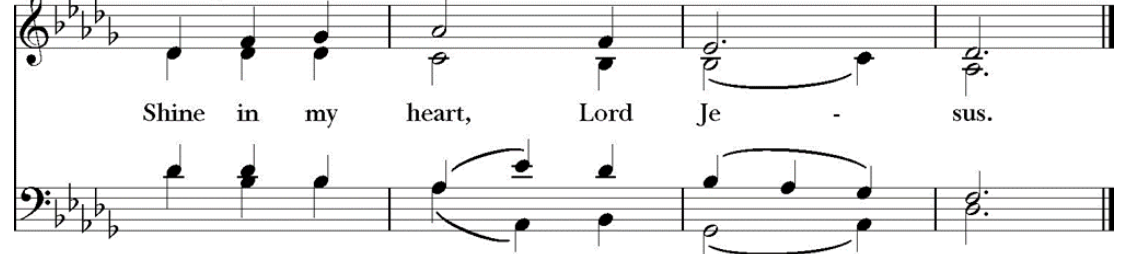


night and the day are both a - like. The



Lamb is the light of the ci - ty of God.

*a tempo*



Shine in my heart, Lord Je - sus.

## Opening Acclamation

Celebrant Blessed be God: Father, Son, and Holy Spirit.

People **And blessed be his kingdom, now and forever. Amen**

## Collect for Purity

Celebrant Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord.

People **Amen.**

## Gloria in excelsis

Robert Powell (b. 1932)

1. Glo - ry to God in the high - est, and  
peace to his peo - ple on earth. 2. Lord God, heaven - ly  
King, al - might - y God and Fa - ther, we wor - ship you, we  
give you thanks, we praise you for your glo - ry. 3. Lord Je - sus  
Christ, on - ly Son of the Fa - ther, Lord God, Lamb of God, 4. you  
take a - way the sin of the world: have mer - cy

The musical score is written in treble clef with a key signature of one flat (B-flat). It consists of six staves of music. The lyrics are written below the notes. There are three triplet markings (indicated by a '3' above a bracket) over the notes for 'Christ, on - ly Son of the Fa - ther, Lord God, Lamb of God'.

on us; 5. you are seat - ed at the right hand of the Fa - ther: re -  
 ceive our prayer. 6. For you a - lone are the Ho - ly One,  
 you a - lone are the Lord, 7. you a - lone are the Most  
 High, Je - sus Christ, with the Ho - ly Spi - rit, in the  
 glo - ry of God the Fa - ther. A - men.

### The Collect of the Day

*Officiant*                      *People*                      *Officiant*

The Lord be with you.    And also with you.    Let us pray.

Set us free, O God, from the bondage of our sins, and give us the liberty of that abundant life which you have made known to us in your Son our Savior Jesus Christ; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

People      A - men.

*The People are invited to be seated for the lessons.*

## The First Lesson from Scripture

Isaiah 40:21-31

Lector            A reading from the Book of the Prophet Isaiah.

Have you not known? Have you not heard? Has it not been told you from the beginning? Have you not understood from the foundations of the earth? It is he who sits above the circle of the earth, and its inhabitants are like grasshoppers; who stretches out the heavens like a curtain, and spreads them like a tent to live in; who brings princes to naught, and makes the rulers of the earth as nothing. Scarcely are they planted, scarcely sown, scarcely has their stem taken root in the earth, when he blows upon them, and they wither, and the tempest carries them off like stubble. To whom then will you compare me, or who is my equal? says the Holy One. Lift up your eyes on high and see: Who created these? He who brings out their host and numbers them, calling them all by name; because he is great in strength, mighty in power, not one is missing. Why do you say, O Jacob, and speak, O Israel, "My way is hidden from the LORD, and my right is disregarded by my God"? Have you not known? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. He gives power to the faint, and strengthens the powerless. Even youths will faint and be weary, and the young will fall exhausted; but those who wait for the LORD shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.

Lector            The Word of the Lord.

People            **Thanks be to God.**

## Psalm 147:1-12, 21c

*Laudate Dominum*

Thomas Attwood Walmisley (1814-1856)

*Sung by the choir*

Hallelujah!

How good it is to sing praises to our God!  
how pleasant it is to honor him with praise!

The LORD rebuilds Jerusalem;  
he gathers the exiles of Israel.

He heals the brokenhearted  
and binds up their wounds.

He counts the number of the stars  
and calls them all by their names.

Great is our LORD and mighty in power;  
there is no limit to his wisdom.

The LORD lifts up the lowly,  
but casts the wicked to the ground.  
Sing to the LORD with thanksgiving;  
make music to our God upon the harp.  
He covers the heavens with clouds  
and prepares rain for the earth;  
He makes grass to grow upon the mountains  
and green plants to serve mankind.  
He provides food for flocks and herds  
and for the young ravens when they cry.  
He is not impressed by the might of a horse;  
he has no pleasure in the strength of a man;  
But the LORD has pleasure in those who fear him,  
in those who await his gracious favor.  
Hallelujah!

## The Second Lesson from Scripture

1 Corinthians 9:16-23

Lector            A reading from The First Letter of Paul to the Corinthians.

If I proclaim the gospel, this gives me no ground for boasting, for an obligation is laid on me, and woe to me if I do not proclaim the gospel! For if I do this of my own will, I have a reward; but if not of my own will, I am entrusted with a commission. What then is my reward? Just this: that in my proclamation I may make the gospel free of charge, so as not to make full use of my rights in the gospel. For though I am free with respect to all, I have made myself a slave to all, so that I might win more of them. To the Jews I became as a Jew, in order to win Jews. To those under the law I became as one under the law (though I myself am not under the law) so that I might win those under the law. To those outside the law I became as one outside the law (though I am not free from God's law but am under Christ's law) so that I might win those outside the law. To the weak I became weak, so that I might win the weak. I have become all things to all people, that I might by all means save some. I do it all for the sake of the gospel, so that I may share in its blessings.

Lector            The Word of the Lord.

People            **Thanks be to God.**

*Those who are able, please stand for the hymn and the reading of the Gospel.*

# The Hymn at the Sequence

McKee

*Unison or harmony*



1 In Christ there is no East or West, in  
2 Join hands, dis - ci - ples of the faith, what -  
3 In Christ now meet both East and West, in

him no South or North, but one great fel - low -  
e'er your race may be! Who serves my Fa - ther  
him meet South and North, all Christ - ly souls are

ship of love through - out the whole wide earth.  
as his child is sure - ly kin to me.  
one in him, through - out the whole wide earth.



## The Gospel

Mark 1:29-39

Minister      The Holy Gospel of our Lord Jesus Christ according to Mark.  
People        **Glory to you, Lord Christ.**

After Jesus and his disciples left the synagogue, they entered the house of Simon and Andrew, with James and John. Now Simon's mother-in-law was in bed with a fever, and they told him about her at once. He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them. That evening, at sundown, they brought to him all who were sick or possessed with demons. And the whole city was gathered around the door. And he cured many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him. In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. And Simon and his companions hunted for him. When they found him, they said to him, "Everyone is searching for you." He answered, "Let us go on to the neighboring towns, so that I may proclaim the message there also; for that is what I came out to do." And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons.

Minister      The Gospel of the Lord.  
People        **Praise to you, Lord Christ.**

## The Sermon

The Rev. John F. Beddingfield, *Rector*

## The Nicene Creed

*Those who are able are invited to stand as we affirm the faith of the Church.*

**We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father. Through him all things were made. For us and for our salvation he came down from heaven: by the power of the Holy Spirit he became incarnate from the Virgin Mary, and was made man. For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in accordance with the Scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end.**

**We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son. With the Father and the Son he is worshiped and glorified. He has spoken through the Prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.**

## The Prayers of the People

*Form I*

*A Minister bids the prayers and the people, which are then led by the lector.*

Minister	With all our heart and with all our mind, let us pray to the Lord, saying "Lord, have mercy."
Lector	For the peace of the world, for the welfare of the Holy Church of God, and for the unity of all peoples, let us pray to the Lord.
People	<b>Lord, have mercy.</b>
Lector	For our Bishops and for all the clergy and people, let us pray to the Lord.
People	<b>Lord, have mercy.</b>
Lector	For our President, for the leaders of the nations, and for all in authority, let us pray to the Lord.
People	<b>Lord, have mercy.</b>

Lector For the City of New York, for every city and community, and for those who live in them,  
let us pray to the Lord.

People **Lord, have mercy.**

Lector For the good earth which God has given us, and for the wisdom and will to conserve it, let us  
pray to the Lord.

People **Lord, have mercy.**

Lector For the aged and infirm, for the widowed and orphans, and for the sick and the suffering,  
especially [the lector includes names] and those we include in silence or aloud . . . [silence] . . .  
let us pray to the Lord.

People **Lord, have mercy.**

Lector For the poor and the oppressed, for the unemployed and the destitute, for prisoners and  
captives, and for all who remember and care for them, let us pray to the Lord.

People **Lord, have mercy.**

Lector For all who have died in the hope of the resurrection, and for all the departed, especially those  
we name aloud or in silence . . . [silence] . . . let us pray to the Lord.

People **Lord, have mercy.**

Lector For deliverance from all danger, violence, oppression, and degradation, let us pray to the Lord.

People **Lord, have mercy.**

Lector That we may end our lives in faith and hope, without suffering and without reproach,  
let us pray to the Lord.

People **Lord, have mercy.**

Lector For our link parish of St. Stephens with St. John's in the Diocese of London, for the clergy,  
parishioners, visitors, and programs, let us pray to the Lord.

People **Lord, have mercy.**

Lector For those concerns we now name in the silence of our hearts . . .

*The celebrant concludes with a final petition ending with all saying together, **Amen.***

## **Prayer of Confession**

*A minister bids the Confession.*

Let us confess our sins against God and our neighbor.

Minister      Most merciful God,

People      **We confess that we have sinned against you in thought, word, and deed, by what we have done and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. Amen.**

## **The Absolution**

Celebrant      Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life.

People      **Amen.**

## **The Peace**

Celebrant      The Peace of the Lord be always with you.

People      **And also with you.**

## **Announcements**

*The People are seated for the announcements.*



*The Celebrant continues*

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth. Because in the mystery of the Word made flesh, you have caused a new light to shine in our hearts, to give the knowledge of your glory in the face of your Son Jesus Christ our Lord. Therefore we praise you, joining our voices with Angels and Archangels and will all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

**Sanctus**

Susan Calvin Fletcher (b. 1940)

*All join in singing*

Ho - ly, ho - ly, ho - ly Lord,  
God of pow - er and might, \_\_\_\_\_ hea - ven and earth are  
full of your glo - ry. Ho - san - na \_\_\_\_\_ in the high - est.  
Blessed is the one  
Bless - ed is he who comes in the name of the  
Lord. \_\_\_\_\_ Ho - san - na \_\_\_\_\_ in the high - est.

*The people may stand or kneel as the Celebrant continues*

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

*Celebrant*

There - fore, ac - cord - ing to his com - mand, O Fa - ther,

*Celebrant and People*

We re - mem - ber his death, We pro - claim his re - sur -  
rec - tion, We a - wait his com - ing in glo - ry.

*The Celebrant continues*

And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with the Blessed Virgin Mary and all your saints, we may enter the everlasting heritage of your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation.

By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever.

People


A-men.


And now, as our Savior Christ has taught us, we are bold to say,

**Our Father, who art in heaven, hallowed be thy name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, for ever and ever. Amen.**

## The Breaking of the Bread

*The Celebrant breaks the consecrated Bread and a moment of silence is kept.*

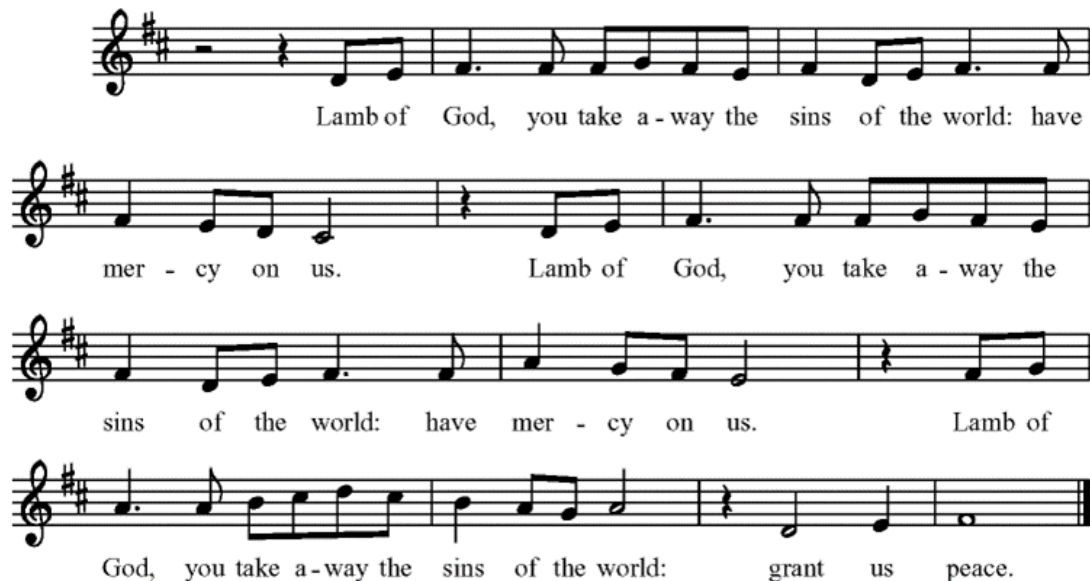
Celebrant   
Al - le - lu - ia. Christ our Pass - o - ver is sac - ri - ficed for us;

People   
There-fore let us keep the feast. Al - le - lu - ia.

## Agnus Dei

Susan Calvin Fletcher

*All join in singing*



Lamb of God, you take a - way the sins of the world: have  
mer - cy on us. Lamb of God, you take a - way the  
sins of the world: have mer - cy on us. Lamb of  
God, you take a - way the sins of the world: grant us peace.

## Reception of Communion

*It is the tradition here at the Church of the Holy Trinity to invite all who wish to come forward to receive Holy Communion, the sacrament of the Body and the Blood of Christ in the form of bread and wine. Follow the directions of the ushers and the practice of your fellow worshippers. If you would like to receive a blessing, please come forward at the same time, and cross your hands over your chest to indicate that you wish to receive a blessing only.*



## **At Communion, Anthem**

*Jesu, the Very Thought of Thee*

Edward Bairstow (1864-1946)

Jesu, the very thought of Thee  
With sweetness fills my breast;  
But sweeter far, Thy face to see,  
And in Thy presence rest.

Text: Edward Caswall (1814-1878)

## **At Communion, Hymn**

*All are invited to join in singing the hymn.*

## **Post Communion Prayer**

*Celebrant and People*

**Eternal God, heavenly Father, you have graciously accepted us as living members of your Son and our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. Amen.**

## **The Blessing**

*The Celebrant blesses the People, and the People respond: **Amen.***

# Hymn

## Laudate Dominum

All are invited to join in singing the hymn.

1 O praise ye the Lord! Praise him in the height;  
2 O praise ye the Lord! Praise him up - on earth;  
\*3 O praise ye the Lord! All things that give sound;  
4 O praise ye the Lord! Thanks - giv - ing and song

re - joice in his word, ye an - gels of light;  
in tune - ful ac - cord, all ye of new birth;  
each ju - bi - lant chord re - ech - o a - round;  
to him be out - poured all a - ges a - long!

ye hea - vens, a - dore him by whom ye were made,  
praise him who hath brought you his grace from a - bove,  
loud or - gans, his glo - ry forth tell in deep tone,  
For love in cre - a - tion, for hea - ven re - stored,

and wor - ship be - fore him, in bright - ness ar - rayed.  
praise him who hath taught you to sing of his love.  
and sweet harp, the sto - ry of what he hath done.  
for grace of sal - va - tion, O praise ye the Lord!

## The Dismissal

*A Minister dismisses the people.*

Minister        Let us go forth in the name of Christ.

People         **Thanks be to God!**

## Voluntary

Organ Book (Ten Pieces)

Jean Langlais (1907-1991)

X. Pasticcio

*Music printed/podcast/streamed with permission. One License A-741319*

## Notes on today's music...

Composer, organist, and teacher, Margaret Vardell Sandresky (b. 1921) was born into a musical family. Her father was a composer and dean of the music department at Salem College in Winston Salem, NC, and her mother held degrees in piano and voice. Margaret Sandresky earned a Bachelor of Music degree from Salem College, and a Master of Music degree from the Eastman School of Music in Rochester, NY. In 1944 she studied at the Hochschule für Musik in Frankfurt, Germany, as a Fulbright Scholar. She taught at the Oberlin Conservatory of Music in Oberlin, Ohio; The University of Texas at Austin; the North Carolina School of the Arts in Winston Salem, NC, where she established the organ department in 1965; and at Salem College, where she taught until her retirement in 1986. Since her retirement, Margaret Sandresky has devoted her time to composing. Sandresky's works have been performed and recorded throughout the United States and Europe.

The opening voluntary is from Margaret Sandresky's *Six Variations on a Ground Bass* which was commissioned by Davidson College Presbyterian Church, Davidson, NC, for the dedication of the Lingle Chapel organ. A ground bass is a theme that is present in the bass, or lowest sounding voice (in this case, the pedal), is repeated with melodic and harmonic material built around the bass.

## SERVING TODAY

*Ushers:* Donald Schermerhorn, Kristen Ursprung

*Lectors:* Andrew Achsen

*Subdeacon:* David Liston

*Altar Guild:* Donald Schermerhorn

*Officiant & Preacher:* The Rev. John Beddingfield

*Coffee Hour:* Ryllis Hunt, Addie Pirinea

## IN OUR PRAYERS

**We pray for** Bethany, Christopher, Vanessa, Karen, Kari, Margo, Maria, Victoria, Joe, Sandra, John, Bea, Emma, Mary, Megan, Jackie.

**Praying with our Link Parish in London** of St. Stephen with St. John. We especially pray for the parish as they highlight various community partner ministries, and donate ten percent of their offerings to a different organization each week.

**Keeping our Prayer List Current.** Names remain on the list through the end of the calendar month, but are refreshed for the first Sunday of each month.

## HOLY GOSSIP

Sunday, January 28, 2024 attendance: 11:00 AM: 114 . .

.If you have palms from last year's Palm Sunday and would like them included in those to be burned to make ashes for Ash Wednesday, please bring them to church by, or on Sunday, February 11, and place them in the bin in the back of the church. Remember that Ash Wednesday is February 14 this year.

## RECAP OF THE ANNUAL MEETING

Thanks to everyone who joined us for our celebratory worship service last Sunday and our amazing International Potluck. Even though it was gray and wet

outside, a wonderful spirit filled the inside. Chris Abelt was elected to a second term as Warden of Vestry, and Joe Aylett-Bullock, Amy Cover, Christina Dhanuja, Jean Geater, and Steve Knight were all elected to serve on Vestry. The Rector's Cross was awarded to Joe Lipuma, in gratitude for all that he does to expand the mission and hospitality of Holy Trinity. Paper copies of the Annual Report can be found in the back of the church and on the parish website.

## LOOKING AHEAD

**Saturday, February 10, 2024**

**The Installation of the 17th Bishop of New York**

Saturday, February 10 at 11:00 AM (please arrive by 10:30 AM.) Join the diocesan church family, national, and international guests at the Cathedral of St. John the Divine (1047 Amsterdam Avenue at 112th Street) for the installation of the Rt. Rev. Matthew Heyd as the 17th Bishop of New York. Matt was made a bishop last year and has served as Bishop Coadjutor since that time. Everyone is welcome and encouraged to attend, but plan to arrive early. A reception will follow the service. You can indicate that you plan to attend on the Diocesan website at <https://diocesenyny.org/>

**Sunday, February 11, 2024**

Join us after the 11:00 AM worship service in Draesel Hall. Instead of Coffee Hour, we'll have a *Pancake Brunch and Talent Show*, just like we've done in the past, but instead of having this on Shrove Tuesday (the night before Ash Wednesday), we are having it on the Sunday afternoon before Ash Wednesday. We'll welcome contributions of \$5 or \$10 to help defray the costs, and also invite desserts. (Pancakes will be cooked by volunteers.)

### **Wednesday, February 14, 2024**

*Ash Wednesday:* Holy Communion with the Imposition of Ashes at 7:00 AM, Noon, and 7:00 PM  
Weather permitting, ashes will also be available in front of the church, between services.

### **Saturday, February 17, 2024**

*Lenten Quiet Day:* 9:00 AM to 12:30 PM

A Quiet Day is a mini-retreat, a chance to slow down and allow ourselves to arrive in the season. Join Father Beddingfield for a morning of reflection as we explore the heart of Christian faith through the themes of connection, compassion, and courage. We will use silence, simple chant, reflection on saints and scriptures, and practice some basic heart openers and breathing exercises borrowed from yoga. We will try to maintain an atmosphere of quiet and calm, so conversation and chatting will be discouraged. Feel free to bring a journal or a devotional book you might like to spend some time reading, as there will be quiet time between the meditations. There is no cost for the event, but please register on the church website or tell Father John.

## **WORSHIP AND MUSIC**

**Are you interested in singing in the Holy Trinity Choir?** If you or somebody you know (singers do not need to be members of Holy Trinity) would be interested in joining the Holy Trinity Choir, please email Adam Koch: [apkoch@holytrinity-nyc.org](mailto:apkoch@holytrinity-nyc.org).

**Choir and Music Sponsorship.** If you would like to give the gift of music, please complete the form that can be found at the back of the church or visit the church website to complete the interest form. If you have any questions, please reach out to Adam Koch, Director of Music, via email or by calling the church office. Thank you for your continued support of music at the Church of the Holy Trinity!

## **LEARNING AND GROWING**

**Forward Day-By-Day.** Copies of the Feb/Mar/Apr edition of the daily prayer guide, *Forward Day by Day* are available on the wall shelves in the church.

### **Art and Ideas from “African & Byzantium”**

February 4 and 11

On two Sunday mornings, we’ll explore images and ideas from the exhibition at the Metropolitan Museum of Art. (On view through March 3, 2024).

Though we are not planning a trip to the museum, you are urged to see the exhibition when you can.

### **Lenten Book Discussion**

Sunday mornings in Lent

This Lent, we’ll be joining our link parish, St. Stephen’s, Rochester Row, London, to read a book the Archbishop of Canterbury chose especially for the Season of Lent several years ago. *Saying Yes to Life* lifts our focus from every day (and perfectly natural) concerns to issues that are impacting millions of lives around the world. As people made in the image of God, we are entrusted to look after what God has made – to share in the joy and creativity of God in making a difference for good. The book can be purchased in the back of the church

**SUNDAY TOURS.** Join us for an in person 15 Minute Guided Tour. Tours are free! Meet the tour guide in the Narthex, (just inside the main entrance). Tours are given most Sundays after the 11:00 AM service, Free copies of booklets are located on the wall at the main entrance: *A Short History of Holy Trinity*, and *The Windows of Holy Trinity*.

## STEWARDSHIP

It's not too late to pledge!

Stewardship packets are in the back of the church, and it's also possible to make a pledge on the church website. We have received 89 pledges totaling \$333,920.58 Our goal for 2024 is \$350,815.

## OUTREACH & SOCIAL JUSTICE

### (Holy Trinity Neighborhood Center, Inc.)

**HTNC** - HTNC serves sit-down, cooked meals to our neighborhood guests who join us on Saturdays at 5:15 PM. To volunteer by helping to cook or set up, come to the basement of the Mission House (the large building to the west of the main church) Saturday between 3:00 PM and 3:30 PM. Last Saturday, HTNC served 83 neighbors! Contact Joe Lipuma. (jlipuma27@gmail.com)

## COMMUNITY LIFE

**Yoga at Holy Trinity.** Join us for yoga in the main church on Tuesdays from 12:30 PM to 1:30 PM. All levels are welcome. The class is free, though donations are welcome and go to support the programs of HTNC. For questions, contact registered yoga teacher and parishioner Liz Poole at lizpoolenyc@hotmail.com.

### Discount tickets to "Handel: Made in America"

Thursday and Friday, February 15 and 16 at 7:00 PM at The Metropolitan Museum of Art.

[Handel: Made in America](#) weaves three narratives: the story of 18th Century London; the story of London's greatest musical genius - George Fredric Handel; and the story of Terrance McKnight (WQXR), a young Black man making his way in the Classical music world. The evening features a chorus and orchestra, as

well as soloists from the Metropolitan Opera. For discounted tickets, please apply the promo code: HANDEL 35.

## GET INVOLVED

**Acolytes:** Susan Valdes-Dapena;

susan@valdes-dapena.net

**Altar Guild:** Alden Prouty; alden.prouty@gmail.com

**Choir & Music:** Adam Koch directs the 11:00 AM choir: apkoch@holytrinity-nyc.org. Calvyn du Toit leads the 6:00 PM band: calvyn@protonmail.com

**Holy Trinity Neighborhood Center** (lunch, dinner, shelter or other programs): [www.htncnyc.org](http://www.htncnyc.org)

**Lectors** (serve as readers in worship services): Yvonne O'Neal; Yvonne.oneal@gmail.com

**Sunday School:** Oluyemisi Ariyibi

sennyb@yahoo.com

**Trinity Cares** (assists with such tasks as grocery shopping, dog walking, or escort to a doctor, or to church): Patsy Weille; highlandmb4@gmail.com

**Ushers** (volunteer to greet people at worship services and offer hospitality): Liz Poole;

lizpoolenyc@hotmail.com

**Yoga at Holy Trinity** Liz Poole:

lizpoolenyc@hotmail.com

## **PARISH CLERGY & STAFF**

**The Rev. John F. Beddingfield**, D.Min., Rector

jfbeddingfield@holytrinity-nyc.org

212-289-4100, ext. 204

**The Rev. Deacon Pamela Tang**, Deacon

pmtang38@gmail.com

**The Rev. Canon J. Douglas Ousley**

Hon. Asst., ousleyjd@yahoo.com

**The Rev. Margaret (Margie) Tuttle**

Hon. Asst. mtuttle3054@gmail.com

**Adam P. Koch**, Director of Music & Organist

212-289-4100, ext. 209; apkoch@holytrinity-nyc.org

**Calvyn du Toit**, Sunday Evening Musical Director,

calvyn@protonmail.com

**Erlinda Brent**, Parish Secretary

212-289-4100, ext. 201, ebrent@holytrinity-nyc.org

**José Cornier and Ozell Ryant**, Sextons

**The Vestry** (with year of term ending listed)

*Wardens:* Christopher Abelt (2026)

Jeanne Blazina (2025)

*General Members of the Vestry:*

Joseph Aylett-Bullock (2027)

Hal Barth (2024)

Paul Chernick, secretary (2025)

Lydia Colon (2025)

Amelia Cover (2027)

Christina Dhanuja (2027)

Jean Geater (2027)

Steve Knight (2024)

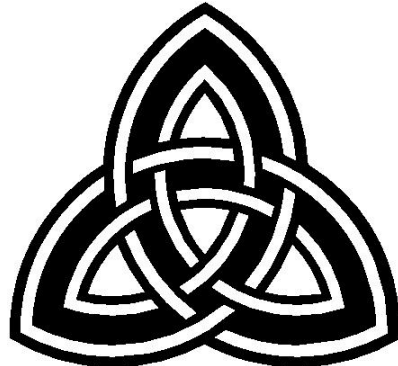
Joseph Lipuma (2024)

Marlin Mattson (2025)

Fabio Mejia (2025),

Liz Poole (2024)

Christine du Toit, treasurer (2023)



# **The Church of the Holy Trinity**

316 E 88th Street

New York, New York 10128

212-289-4100

[www.holytrinity-nyc.org](http://www.holytrinity-nyc.org)