

Bread for the Journey: Psalms, a book for all reasons

“The Lord is my shepherd...” is probably the most well known line in the bible.

Psalm 23 is a song, a poem, a prayer of trust and praise in the Lord. These comforting words are often read at funeral or memorial services. But Psalm 23 is only one of 150 of these poems in the Bible.



Deacon Dan Maxwell

The Book of Psalms is an anthology, or collection, of 150 poems, written throughout the history of ancient Israel. They have been read, sung, chanted and prayed for over three millennia and are revered by Jews and Christians alike. In our tradition, the Psalms are recited in each service. In fact, if you follow the assigned readings for the Daily Office

you will read through the entire Book of Psalms every month! So what is so special about this one book in the Bible, the only one that is used in every service?

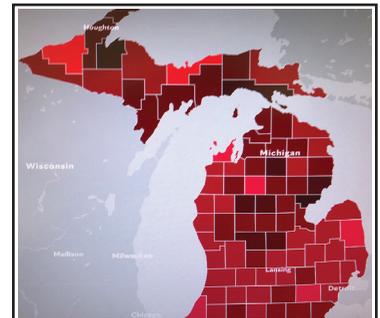
The psalms reflect a raw, emotional, and often personal relationship with God. They evince a direct connection and bond with God. The psalms, like many poems, evoke a layered, emotional response, reflecting the ancient Israelites’ struggle to live their lives of faith and devotion to God. As such they evince a unique and intimate communication between the psalmist(s) and God, introducing and inviting us into a similar relationship.

Although language and requests (for example the death of the psalmist’s enemies) can be difficult, the psalms explore the depths of human suffering and isolation, the heights of glory and praise, in an emotional way

that more modern prayers may not.

The psalms are commonly divided into five genres: Prayers for help (laments); prayers of thanksgiving, including psalms of trust; prayers of praise (hymns); liturgical psalms (public worship); and community psalms. Psalm 1 is an introduction and Psalm 150 is a doxology, a psalm of praise concluding the book.

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All in the red zone - This Oct. 21 Michigan map from Mayo Clinic shows its 14-day covid forecast. Mayo projects MI will maintain its high infection rates and may trend slightly upward.

Psalms: A book for all reasons

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Laments, prayers for help, pleas for divine intervention, were prayed in times of severe distress. They can be either individual or communal. They are the most common form of psalm, accounting for over 1/3 of the psalms. They are the most structured of the psalms, beginning with a cry to the Lord, followed by a complaint, a description of the calamity and its effects on the author or the community, a plea for relief, and an expression of praise and confidence in God's (eventual) intervention. Psalm 22 is probably the most well known lament, having been prayed by Jesus in his time of agony on the cross. Other lament psalms include Psalms 52, 55, 123, 129.

Psalms of Thanksgiving praise God for deliverance from suffering or isolation, calling on others to join in praise. Psalms of Trust express confidence in God's protection and sustenance. Examples include Psalms 18, 32, 92, 135.

Hymns of Praise acknowledge God's actions in history and begin with a call to worship, followed by reasons for praise, concluding with the original call to worship ("Praise the Lord, all you nations....). Examples include Psalms 8, 117, 150.

Liturgical Psalms were likely used in services of worship in ancient Israel and include Royal Psalms, initially sung in coronation services; Covenant Psalms for covenant renewal ceremonies, Songs of Zion and Temple Liturgies. Examples include Psalms 2, 95, 132, 144.

Community Psalms are more reflective in nature and focus on the justice of God,

individual responsibilities, and the benefits of living according to God's law. Examples include Psalms 1, 119.

But what about Psalm 23? Where does it fit in? Psalm 23 is a Psalm of Trust, expressing faith in God's ongoing beneficence and protection, offering comfort in times of trouble and fear.

The Psalms are a rich, emotional, poetic, invitation to a deep, personal, unedited experience with God, perfect for our times of trouble. I invite you to explore them more deeply. – DEACON DAN



A continual, reverent ministry

When parishioners depart after services, Lisa Rhea remains to fold and store the heavy altarcloths, clean and polish the altar vessels, and ensure the linens are washed, ironed, and relaid according to specific strictures of the Episcopal Church. Lisa, Lynn Farrier, and Cynthia Taylor have taken on the important, reverent altar care ministry, but more help is needed.



Profiling parishioner

John Milroy

John Milroy has what he believes is an assignment from God. “My job now is to make everybody as happy as I can,” he says with a chuckle, and in less than a minute on the phone with him it’s apparent he’s good at it.

John is a grateful, humble, happy human being whose joy bubbles out the way his stories do – and at 96 he has a LOT of stories. With an encyclopaedic memory for obscure details, John can take you with him to the front lines in WWII where his platoon snuck across the Saar River under the noses of the enemy, or to his memorable first date with the beautiful Joyce Petersen that turned into 67 years of marriage.



He has stories about his banking career, which began at American National Bank in Kalamazoo and ended with a 16-year stint as vice-president and later president of Peoples Bank & Trust, Alpena; about his service in L Company, 376th Regiment, 94th Infantry in WWII; about his own growing-up years and those of his children, Jan of DesMoine, IA; son James and family, Saginaw; son Tim and family, Battle Creek; and son Michael and family of Kent County. He writes of his membership in Trinity Church, began when he and wife Joyce moved to Alpena in 1974, and his life’s challenges, including a frank account of his mental health struggles and alcoholism.

Many of his recollections are in his three memoirs – “Milroy Was There,” published in 2010, “Old Man’s Memories: Lucky Johnny,” and “Old Man’s Memories: Lucky Johnny Milroy,” published in 2021 as a combination of material from the second and third books. *(John gave away all of the 2,200-copy first book, only had 250 edi-*

tions printed of the second, and the third is currently available through amazon.com. Money made on the book will be donated to Hazelden-Betty Ford Rehab Center, Minnesota.)

John’s awards – a WWII bronze star, recognition for his work in starting a community-funded housing loan program for the poor, and a Bishop’s Service Cross for his volunteer work with Kalamazoo’s Episcopal Church – don’t matter as much as they once did.

Admitting Joyce was the ‘God’ person in their relationship, John says “I wasn’t a ‘God’ person until I started writing my books and looking at my life, and I came to love God and wish that I had gotten to that point sooner. I realized it doesn’t matter what position you have or how important you are; what matters is how you treat people, and that you think about other people.”

That spiritual insight has made John, now in residence at a Saginaw nursing home, a thankful man, so much so that he marvels, “Isn’t God nice to me!”

(See John’s address and phone on pg 4)

HOW do we choose parishioners for our profile? Completely at random. Eventually we hope to get around to every member of the family!



Church presentation Nov. 7 – Worship Center kids prepare for a special church presentation during the 10:30 service on Nov. 7 reflecting their 10-week study of the 10 Commandments.

TECW back in session and busy with projects

After a pause during the first year of the covid pandemic, Trinity Episcopal Church Women are back to work on programs serving the parish and community.

The group reconvened in September, met again in October, and voted to repeat its Christmas gifts project for the women and children of Shelter, Inc., the local emergency center for subjects of domestic violence. The ladies are collecting personal items for the women (i.e. lotions, shampoos, slippers, hats and gloves) and toys for the children.

Beginning two weeks before Christmas, TECW co-president Gerry Cawthra will be at the parish hall Tuesdays and Thursdays, 10-11:30 a.m., to receive the gifts. Otherwise, donors may leave

\$1,000 for the hungry

Trinity Episcopal Church Women, following a longstanding tradition, this year donated \$1,000 to the community holiday food basket program coordinated by Ellen Eagan for the past 37 years.

Food Baskets



gifts clearly marked for Shelter on a table there. TECW will continue meeting the second Monday of each month in the parish hall depending on The meetings will continue the second covid restrictions. Any woman may join the meeting by zoom.

Give a gift to our Sunday supper folks

As you think about Christmas gifts for your family, please don't forget our Sunday Supper family. Coordinator Ellen Eagan says she needs new or hand-knitted men's and women's winter hats, gloves, scarves, and socks (not those old worn ones in your drawer; these are Christmas presents!) Please choose adult XL, L, or a few M sizes where applicable (a few child-sized ones are OK too) and drop them at the office during afternoon hours.



Don't want to shop? Monetary donations are also welcome.

Our parishioners have news!

When a member of the parish relocates or wants to spread some news, Trinity Times can often be of service. This month, please note:

- MARY HARTMAN will mark her 80th birthday Oct. 30 and husband Gary asks parishioners to shower her with birthday cards this month. She's currently in a nursing home; send the cards to: Mary Harman, 801 Long Rapids Road, Alpena, MI 49707.
- MAXINE MORAN would like you to know she has relocated from her home on Potter Street to Turning Brook. Her phone number is the same, but her new address is: Maxine Moran, Turning Brook, 300 OxBow Drive, Alpena, MI 49707.
- JOHN MILROY would love to hear from his Trinity family! Write or call John Milroy at care facility New Hope Valley West, Rm. 209, 5155 McCarty, Saginaw, MI 48603, ph. 989-355-1166.



Messy Church hits the beach for early fall fun

It was really a blast – and that was just the wind! Wanting to get together but chased outside by covid, Messy Church-goers led by Lisa Rhea, Deb McClure and Bronwyn Woolman, with helpers Maggie Michaud, Hazel Farnum and Marge Lakin, had a fine time at Mich-E-Kewis beach in mid-September. The group's first meeting since the pandemic, it was great just being together, although the wind nearly blew the hotdogs off the plates! Covid safety will be the determining factor in plans for more action in coming months. A Christmas event is under discussion. Stay tuned!



Warm up with Trinity's holiday soup luncheon

If a hot bowl of soup sounds good right now, wait until the temperature falls another 10 degrees!

Ellen Eagan will combine Trinity's former fall soup luncheon fundraisers into one this year, set at a yet unspecified Sunday between Thanksgiving and

Christmas. (Watch for an announcement). Two cooks will make the soup; all you need do is pick yours up after church, exchanging a free will offering for a quart of the hot stuff.

In lieu of contributing soup as usual, please give a monetary donation via Peggy in the office to cover ingredients.



HISTORY OF THE VICTORIAN TEA:

Part IX: Do come to Tea in the garden!

Series by Kathryn Kunze

After the 25th Anniversary Victorian Tea held in the beautiful, pristine setting of an elegant silver and white dining room, it seemed logical to move outdoors (not literally) for a less formal, softly subdued atmosphere as the plans for the 26th Tea began.

Looking at a growing inventory of table linens, their lovely colors evoking a Monet painting, inspiration struck and....lo! *"Tea in Monet's Garden"* became the theme.



We decided to "paint" an impressionistic atmosphere of pastels. Adding to our existing lavender, peach and sage cloths were baby blue and butter yellow



AN ELEGANT PAIR: The Maxwells – hostess Lori and butler Dr. Dan – strike a refined note at the 26th Tea.

used to cover the 15 round tables. Each table held a centerpiece of a delicate pink and white water lily floating in a crystal bowl set on a reflective round mirror. With sugar bowls and creamers in assorted patterns and soft colors, and napkins in a traditional assortment off-white, cream, and ecru, our traditional blue china seemed very appropriate.

The buffet table was covered in sage green with ruffled white underskirt. The cream-colored "bird cage" hung over the center filled with a variety of flowers in the colors of the tablecloths with trailing ivy adding an impressionistic flair.

All Saints' Hall easily took on the theme with walls hung with Monet prints and real and silk plants, shrubs and flowers placed in every available spot. The overhang in the foyer was graced with trees, tea table, chairs, and a real wooden bridge (thanks to a loan from Joan Goodburne). The motif carried onto the front lawn with a small bridge, flowers and garden furniture.

Our beautiful hostesses Cheryl Bates, Norma Hanna, Ruth Kapala and Lori Maxwell, attended by our always elegant, flawlessly-mannered butlers Dr. Richard Bates, Lew Kunze, and Dr. Dan Maxwell, poured tea for 218 guests.

The 26th Victorian Tea was just like a Monet painting: tranquil and relaxing in an atmosphere of peaceful beauty.

And then, in 2015...

"My, It's A Garden Party!"

Bright turquoise old-fashioned wooden screen doors swung open to guests at the 2015 Trinity Victorian



ALL THE COLORS OF THE GARDEN: Cheryl and Dr. Richard Bates add to the 27th Tea's lively atmosphere.

Tea as another garden party was under way. No soft pastels from a Monet painting this time, but a wild array of hues based on photos from Chairwoman Kathryn Kunze's "Idea Notebook."

She was delighted to find Trinity ladies loved the concept! As one
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Tea Part IX:

(Continued from Pg. 6)

planner noted, “I am not sure Queen Victoria would approve of lime green, turquoise, hot pink, lime and turquoise plaid, and a black and white harlequin,” but the combination was striking and quite out of the ordinary.

Those turquoise screen doors, procured by Cynthia Taylor through her family’s UP lumber company and painted by Lew Kunze, set the perfect tone. Lew also made, painted and installed a white picket fence on the front lawn, the perfect backdrop for ferns and fuchsia along with turquoise lawn furniture.

The round tables were covered in lime green and the buffet table, similarly decked, became a work of art under the remarkable, skillful hands of Cynthia, who fashioned three rows of border along each side and adorned them with hot pink fabric turned into roses!

Though theme and décor are fun parts of preparing for The Tea and an enjoyable experience bringing people together on a new level, it’s the delectable treats and aromatic teas that reflect the event’s true character. Many of our Victorian Tea guests, asking who caters our goodies, are surprised to learn everything on the buffet table is made by our very own parish. Enid Frederick’s devotion to the

actual “tea,” buying, brewing it, and preserving her methods in hand-written instructions passed down for future Victorian Teas, is a gift beyond measure. The whole Frederick family would gather to create Enid’s sandwich loaves – lovely, delicious, and highly-praised – laid on

special bread made by Jim Frederick. Enid even enlisted family members in the tea-brewing in the Sacristy.

As with any major event, countless hours go into planning, preparing and executing The Victorian Tea. Like a giant jigsaw, every piece is important and without each piece the picture is incomplete, less beautiful.

There are baking sessions, making sandwich spreads, sandwich-making, ironing, steaming, setting tables, de-



OH SEW RIGHT! Cynthia Taylor works her magic on the buffet tablecloth.

corating, operating the downstairs, doing kitchen work, making twig vases, polishing silver, locating loaned items. One might serve as a maid, butler,

hostess, musician; brew tea, do yard work, sew, set up and run The Tea Cozy, take phone calls and reservations, coordinate publicity...the list goes on.

Additionally, many contribute financially to The Tea’s success – perhaps providing tickets to those who cannot afford to buy, purchasing material/decorations beyond the budget, adding the luxury of fresh strawberries, funding fresh flowers used in the hall and at the door – all giving an extra touch of finesse to an already splendid event.

Every year The Tea creates another unique atmosphere of Victorian fact and fancy.

Would Queen Victoria have approved of 2015’s wildly-colored party in the garden?

Well, perhaps, not the old dowager Queen we usually see pictured, but we think the young Victoria would have reveled in it. and Prince Albert would have endorsed it – and attended.



BEHIND THE SCENES – Sue Krafft (foreground) and Naoko Young assemble plates of sweets.

loaves – lovely, delicious, and highly-praised – laid on

Kiersten Wirgau earns \$750 scholarship

Kiersten Wirgau, a sophomore at Alpena Community College, has been awarded the latest “chocolate scholarship” from funds raised through the annual Chocolate Extravaganza.

Kiersten is the granddaughter of parishioners Lynn and the late Mel Farrier. She has in the past been a volunteer in the church nursery.

Flowers for the altar

Wish to honor loved ones or mark a special event with flowers on the altar at Trinity? Please call Sonya Titus at (989) 354-6031 to reserve a spot on the calendar!



On Halloween,

it's okay

if you

ARE

what

you

EAT!



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