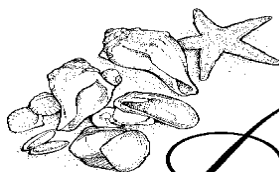


The Newsletter

Trinitarian Congregational Church
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August

2008

THE PASTORAL PERSPECTIVE

Can one draw a parallel between physical fitness and “exercising” one’s spirit? After all, how many of us over the course of a lifetime may try both in pursuit of a better, fuller, and healthier life? And if one believes, as I do, in an interconnection between body, mind and spirit, why couldn’t the tending out of the former be suggestive of nurturing the latter in similar fashion?

Those questions converged for me recently in a piece by Jerry Hoskey, a Certified Personal Trainer and a Certified Weight Management Consultant with the American Council on Exercise. Perhaps you have seen him featured on CBS, NBC or ABC news. What follows are his “Five Keys to Exercising Consistently” to which I have appended in bold my own spiritual parallels. Might it work for you?

1. **Keep All Your Workouts Short and Sweet.**

Forget about doing too much too soon. That only leads to burning out, injuring yourself, and quitting. To build a lifelong habit, keep all your workouts short and easy to accomplish.

To nurture your spirituality to its fullness, do not try to do everything spiritual all at once. Whether it is journaling, contemplative prayer, yoga, personal devotion, worship, or some other practice, nurturing the spirit means you respect the way each of you is “wired differently” and that such work is far more a marathon than a sprint. Pacing is important, especially over a lifetime, and sometimes it is important simply to wait on the Spirit and be open undistractedly to its working in your life.

2. **Have a “This Shall Be No Matter What” Attitude About Exercising.**

No matter how busy you are, you make time to shower. Likewise, commit to doing at least a little exercise each week no matter what.

How renewing, calming, focusing, and reenergizing a few moments of daily reflection, prayer, and devotion can be in the midst of a frenzied, hurried, or harried life. Imagine how an hour in worship each week might prove to be such a grace note in your life that you will commit to it no matter what.

3. Put Exercise in Your Schedule.

Prioritize your exercise by putting it in your weekly schedule and then schedule everything else around your exercise instead of your exercise around everything else.

First things first. Might it be that if your relationship to God and your inner life receive primary attention that the rest of your life in all of its relationships and caring might fall into place, work out far better, and be fuller, richer and deeper? Make time for things spiritual.



4. Give up the Suffering about Having to Exercise.

As children, we needed to suffer when it was time to brush our teeth. Now it's just a habit. Exercise is also part of your self-care so give up the suffering about it as well.

Because you are a spiritual being by the very act of creation, worship and the nurturing of the spiritual life are natural. By simply doing what is natural, such spiritual practices can become habit-forming and be foremost as a matter of self-care.

5. Realize Setbacks are a Normal Part of Exercise.

Many set unrealistic exercise goals and then quit the first time they are not perfect with meeting these goals. If you schedule three workouts this week, then have a setback and only make it to one, that's still 50 workouts this year.

Being imperfect with "feet of clay," few believers will negotiate life without times of doubt, disappointment, questioning, trial, testing, and tribulation; indeed, most will know seasons of dryness of the spirit. Even Jesus demonstrated his own lack of faith in God and others. But such "setbacks" or inability to pray or be fully present before God and open to the Spirit are neither the final word nor sufficient reason to be deterred from nurturing fully the life of the Spirit, for in that life is the hope of your days and the promise of new life. What a grace!

So, good friends, may I encourage you this summer to get out and exercise to your health both physically and spiritually!

Blessings,

PLEASE NOTE:

There will be no 8:30 a.m. service during June, July and August.
The 8:30 a.m. service will resume on September 14.

Our summer Sunday service of worship will be at 10:00 a.m.

WORSHIP IN AUGUST

We will have joint services with West Concord Union at TriCon at 10:00 a.m. on:

AUGUST 3 Communion	Service at 10:00	Rev. Bonnie Steinroeder preaching
AUGUST 10	Service at 10:00	Rev. Bonnie Steinroeder preaching
AUGUST 17	Service at 10:00	Dr. Cynthia Bland Biggar preaching
AUGUST 24	Service at 10:00	Rev. Dr. Karin Case preaching
AUGUST 31	Service at 10:00	Steve Silver preaching

SUNDAY, SEPTEMBER 7 KICK-OFF SUNDAY
One service at 10:00 a.m.
CHURCH SCHOOL BEGINS

**Immediately following the service everyone is invited to our
 Annual Brunch to celebrate the beginning of a new church year!**



The church office will be on summer hours:
9:00 a.m. – 1:00 p.m. through Friday, August 22

**The church office will be closed
 on Friday, July 25
 and from Monday, July 28 through Friday, August 1.**

Should you have a pastoral need when the office is closed, call the church phone number
 978 369-4837 and follow the instructions on the phone message.

Summer office hours will resume on Monday, August 4.

Regular office hours will resume on Monday, August 25.

EVENTS AND OPPORTUNITIES



AN INVITATION TO NEWCOMERS

If you are new to TriCon we welcome you!

We encourage you to attend summer services and to meet fellow worshippers at Sunday coffee hours. Please pick up church brochures and other information and call the church office if you have any questions.



Begins Monday, September 8, 9:45 a.m.

Mark your calendars for the first fall meeting of Spiritual Enrichment.

This group:

- Gathers on Monday mornings at 9:45 a.m. in the parlor (except on holidays when the church is closed).
- Explores faith issues, scripture and personal spiritual growth.
- Shares struggles and joys, beliefs and doubts, and ways we can seek to live a Christian life.
- Supports each other by accepting all opinions and beliefs in an atmosphere of confidentiality.

Newcomers always welcome!

READING THE SPIRIT BOOK GROUP Thursday, September 11 at noon



The Filipov Forum speaker on Saturday, September 20 will be Captain James Yee, former Muslim chaplain at Guantanamo Bay and author of "For God and

Country: Faith and Patriotism Under Fire." The "Reading the Spirit" Book Group will discuss this book on Thursday, September 11 in the church parlor. Come join us - bring a lunch, bring a friend! (Copies of Captain Yee's book are in the church library or may be purchased from the church office for \$10.)

THIRD TUESDAY PRAYER FELLOWSHIP

Beginning in September and continuing for six months leading up to Lent 2009, interested members and friends of TriCon are invited to gather from 7:30 – 8:45 a.m. on the third Tuesday of each month for a time of prayer, fellowship, and reflection. Participants will read together "Prayers for a Privileged People" by Walter Brueggemann as a basis for reflection, conversation, and prayer and each participant will assist in planning and providing a light breakfast for one session. Facilitated by John Lombard, the group will begin on September 16. Copies of Brueggeman's book are available through the church office for \$14. Registration deadline is noon on September 10. A minimum of 10 participants will constitute the group. Come and be challenged and changed!

LET'S TALK POLITICS AND RELIGION Jesus' and Ours!

**Wednesdays, September 17, 24 and
October 1 and 8 at 7:30 p.m.**

Given the excitement of the upcoming Presidential election and the significance of the issues facing our country and our world, why not join fellow believers in a spirited conversation of the interplay between politics and religion. Open to all, the group will gather in the church parlor. Using a brief segment each evening from "Golden Rule Politics: Reclaiming the Rightful Role of Faith in Politics," the conversation will be facilitated by John Lombard and will explore a variety of issues dealing with whether or not people of faith should be involved in politics and, if they are, how so, how should Christians apply moral values in politics, especially in a pluralistic society with competing points of view where people of good will may disagree; how does separation of church and state apply to a life in an election year; how does the faith community advance the common good?

In preparation for the series, participants are asked to read "The Politics of Jesus" by Obery M. Hendricks, Jr., copies of which are available in the church office for \$12. While not the immediate focus of the group discussion, "The Politics of Jesus" will serve as a helpful backdrop to understanding Jesus as a first-century revolutionary and the implications of Jesus' vision for all who claim to be Christian. The "Washington Post" stated that "The Politics of Jesus" was "essential reading for Americans trying to move beyond the corrosive standoff between the religious right and the secular left," and Jim Wallis, a Filipov Forum speaker, said, "This is a must-read for everyone who seeks to understand and live out the revolutionary implications of following Christ."

Sign up deadline is September 14 and a minimum of ten people will constitute the group.

SACRAMENT OF BAPTISM

We will be celebrating the Sacrament of Baptism on Sunday, October 19. If you would like to have your child baptized on that date, or you would like to be baptized yourself, contact the church office at 978 369-4837.



**Concord
CROP Walk
for the Hungry
Sunday, October 19
TriCon Church**

(Rain date: October 26 at TriCon)

**WOMEN'S UNION
Save the Date!
Wednesday, October 29 at noon**

The deadline for the
September Newsletter
is August 15.

**“SOUL FOOD”
Our Faith, Our Food, Our Life
with Susan Hamilton**

Are you eating more, and enjoying it less?
*Join **"Soul Food,"** a faith-food journey focusing on:

- *Connecting God's Gift of Food to Our Daily Life*
- *Exploring the Symbolism of Olives & Olive Oil, Bread, & Seeds in the Bible*
- *Appreciating Nourishment from the Sky, Sea & Earth*

This two-week seminar explores the Biblical symbolism of olives, bread & seeds; and cooking with the fowl of the air, the fish of the sea, and the vegetables of God's green earth.

We will share stories of faith & food; taste new recipes; and take time to contemplate our spirit of living. Come to the table. Re-awaken your joyfulness in faith and food.

"Soul Food" meets from 7:15 to 9:00 p.m., on Wednesday evenings October 22 & 29, in the TriCon kitchen. Sessions include: prayers and meditations, recipe-tasting and cooking techniques, focused on themes of faith and food. For TriCon members and friends. Sign-up during coffee hour, or e-mail: FamilyEcon@aol.com. Need more information? Susan welcomes your calls: 978-371-0067 or 978-317-6913.

Group leader: TriCon member, M. Susan Hamilton, holds an M.S. Human Ecology. She leads workshops in Food Awareness and is a Food Specialist for national companies in research lab-test kitchens. Her essays and recipes have appeared in publications including: *The New York Times*, *Toques Blanches*, *Connecticut Magazine*, *Tennis*, and *Woman's Day*.



**A DAY AWAY:
“THE FIRST TO FOLLOW”**

Join us on All Saints Day, Saturday, November 1st from 8:30 – 4:00 for a day away retreat focusing on “The First to Follow,” the disciples of Jesus. Using a brand new book by the late John R. Claypool, we shall look in depth at the various followers whom Jesus first called. In fact, one of the very first things Jesus did in his ministry was to reach out to twelve ordinary individuals and draw them into a circle of close companionship with him. Facilitated by John Lombard, the group will look at the lives of the twelve apostles, their relationships with Jesus and with each other, and what the dynamics of that community can teach us.

The retreat group will be twelve adults, no more or less. All will be expected to attend an orientation session in October, to read Claypool's book, “The First to Follow: the Apostles of Jesus,” to research, prepare and present a profile on one of the disciples, and to offer a brief sketch (two minutes) of one of the disciples as part of a Sunday worship service during Lent 2009. Cost of the day for materials, resources, Claypool's book, break and lunch service is \$25, non-refundable and payable at the time of registration. Sign up today!



38TH ANNUAL ANTIQUÉ SHOW AND SALE

Friday, November 7
10:00 a.m. to 5:00 p.m.

Saturday, November 8
10:00 a.m. to 4:00 p.m.

We have many volunteer openings. If you are interested in being on the committee or helping with the show in any way, call Judy Walpole at the church office for more information.

LIFE CHANGES

NEW BABIES



Who's
New!

Best wishes to Mike and Jennifer Eckel on the July 1st birth of their daughter, Lillian Mae. Proud first time grandparents are Mitch and Susan Eckel.

Congratulations to Lindsay and Matthew Boger on the June 27th birth of their son, Penn Rush. Penn joins his sister, Addison. Happy grandparents are Bill and Barbara Boger.

IN SYMPATHY

Sincere sympathy to Pete Smith and his family. Pete's wife, Lucile, died on June 16. Services were held at TriCon on June 27.

Our condolences to Barbara and Charles Schiappa. Barbara's mother, Cordie Maie Dublin died on June 8th days before her 98th birthday. Services were held in Kentucky.

ITEMS OF INTEREST

ORGAN / CHOIR / SPACE UPDATE

The June 8th Congregational Meeting passed the following motion:

To authorize the Moderator to appoint a Feasibility Study Committee to assess the congregation's willingness and ability to finance the Organ Committee's recommendation that includes purchase of a new organ, moving the organ and choir to the back balcony and constructing side balconies to provide handicap accessibility and expand the seating capacity of the sanctuary.

Moderator, Liz Haff is in the process of assembling the Feasibility Study Committee and Elaine Bonoma has agreed to serve as the facilitator. The model continues to be at the church for viewing. Stay tuned!

LIVING INTO OUR FAITH; SHARING THE GOOD NEWS

Living Into Our Faith
"Faithful and Grateful"



"To me Christianity is way of life where you respect others as well as yourself. It is also about faith, and knowing that when times get tough, God is always there for you. I think God is

someone we look to because he is always on our side. It is important to have someone you can always trust and believe in. When you are relieved or really grateful, it is nice to be able to thank someone. Also when you are in trouble, it is nice to have someone to look to and ask for help. I think that faith gives people courage that better things will come. I believe that you don't have to do something drastic to be close to God and to be strong in your faith."

Excerpted from a Confirmation Statement of Faith

The Stewardship Team is planning to conduct this year's campaign by a delivery system that was used several years ago, which involves passing a pouch along a route comprised of six or seven church families. Each route is monitored by a "dispatcher". There is no solicitation of pledges. Each individual or family considers their pledge decision privately in their home and puts it confidentially in a sealed envelope in the pouch before passing it on to the next person/s on the route.

We have borrowed from a well-known delivery service and are calling our effort – **TPS – Trinitarian Pledge Service** but don't expect to see a big brown truck pull up to your door! The delivery will be made by a neighbor or fellow parishioner dropping off the pouch and, if possible, taking a moment to chat with you.

If you are going to be away in early October or for any reason would prefer to receive stewardship materials by mail rather than being on a route, please call the church office and let us know.

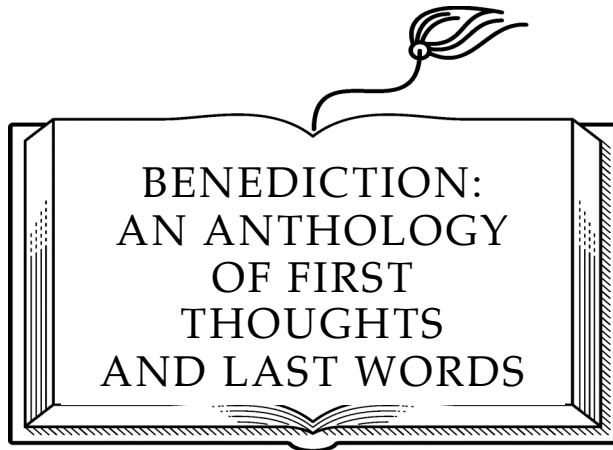
Dispatchers are invited to meet at the church for breakfast on Sunday, October 5th at 9:00 a.m. to receive their route assignments. They will be commissioned during the 10:00 a.m. service that day.

A REMINDER TO KNITTERS AND SEWERS



Although the Material Aid Group is no longer formally meeting at the church, their work continues. Our church community remains actively involved in the baby blanket project for AIDS babies and in the City Mission Society Christmas Shop, as well as the prayer shawl ministry. Please continue to work on your projects at home and if you need yarn, knitting needles or instructions, contact the church office. Watch the Newsletter or Sunday Events & Comments in the fall for when items will be collected, or you may call the church office for more information.

FYI! A knitting group will begin meeting in September. The first meeting will be Wednesday, September 17 at 2:00 p.m. Everyone is welcome from beginner to expert!



Have you ever wondered what you would say to others at the conclusion of a rich and full life? Given the chance, what wisdom, counsel, encouragement, and faith acquired over many years of life and living would you commend to those nearest and dearest or to the neighbor next door or a world away? What words of blessing might you want to invoke of a good and gracious God upon others, knowing your prayerful concern for them and trusting in God's benevolent ways and redemptive ways?

Over the summer a number of TriCon members and friends have been writing "benedictions" (300-350 words) as a way of passing on to future generations certain essential learnings, meanings, truths, and insights gleaned over time from God-centered and grace-filled living. These inspirational pieces, along with others submitted over the next few months, will be gathered into a booklet entitled, Benediction: An Anthology of First Thoughts and Last Words to be produced in 2009.

You are invited to be part of this special project, contributing your own original reflection on this fascinating and engaging topic. Pick up additional information through the church office and join others not only in reflecting upon the importance and power of faith and the insights and understandings of a lifetime, but taking significant responsibility for passing that on to those who come after us. For more information contact John Lombard.

SUMMER PASTORAL CARE

With summer vacations at hand, please notify the church office at 978 369-4837 of any pastoral care situations or hospitalizations. Anyone entering a hospital who desires pastoral care and has not notified the church office (be sure to give us your room number if you do call) must indicate a "congregational" affiliation as part of their hospital admission intake interview.

LANDMARKS FESTIVAL AT THE SHELL

Wednesday, August 6th at 7:00 p.m.

Our own Matt DiBattista will be featured, along with other Boston Lyric Opera soloists in excerpts from their 2008-2009 season with Boston Landmarks Orchestra, Charles Ansbacher, Conductor.

DIVORCE SUPPORT GROUP

Anyone dealing with issues of divorce is invited to participate in the free weekly meetings of the Metro West Divorce Support Group.

Facilitated by your peers, this caring group of men and women offers a supportive, confidential place to gain information, discuss emotions and logistics, and make new friends with those who have gone through the process or are contemplating it.

Meetings take place each Thursday at 7:00 p.m. at South Acton Congregational Church, 35 School Street, Acton. For more information call Brian at 978 369-7346.



INTERFAITH *Prayer Breakfast*

Featured Speaker:

The Rev. Professor Peter J. Gomes
of The Memorial Church of Harvard University

Wednesday October 8, 2008



7:30 to 9:00 am

Sponsored by the Concord Clergy Laity Group
Held at the Morrison Theatre in Newbury Court, Concord, MA

Donation \$10: Advance Tickets Available Through Your Local Community of Faith