

Trinity Episcopal Church

200 South Second Street

Pottsville, PA 17901

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Return Service Requested

DEADLINE FOR **JAN/FEB TOPICS** **MONDAY DECEMBER 16**

Non - Profit Org.

U.S. Postage

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Permit No. 305

Pottsville, PA 17901

Birthdays

November

- 1 - Sophie White
- 2 - Noralea Matz
- 3 - Michael Smerlick
- 5 - William Bowler
- 6 - Gary Yeager, Kathie Daley
- 7 - Brad Ross, Kameron Thomas,
Jacob Souchak, Cole Swick
- 8 - Jean Smerlick, Caitlin Goodman
- 9 - Quinn Evans, Earl Yeager
- 11 - John Beausang, Nicholas Purcell,
Joseph Siminitus
- 12 - Reilly Babcock
- 13 - Edward Hosler, Logan Milford
- 14 - Maggie Osburn, Cole Demcher,
Wesley Evans, Jacqueline Menuchak
- 16 - Cheyenne Stein
- 17 - Charles Guensch, Grace Menuchak
- 18 - Mark Osburn, Norman Kauffman,
Andrea Allar
- 19 - Barbara Bechtel, Ida Heckman
- 20 - Keely Nichole Shellhamer,
Keith Strouse

- 22 - Janet Grabowski, Thomas A. Schreppel
- 24 - Doris Vaughan, Joanne Viduszynski
- 25 - Lorie Kauffman
- 26 - Ronald Boris, Charles Brokhoff
- 27 - Nancy Depsky, Lance Reedy,
- 30 - Charles Bickleman, Justin Monick

December

- 1 - Colin Boris
- 4 - Karlie Janowski
- 6 - Nico Boris, George Stone, IV
- 8 - Thomas Dalton
- 9 - Edward Guensch, Christian Menuchak,
William Nabholz, Carol Stone Field
- 11 - Mary Hooper, Leo Warren Bradley
- 12 - Heidi Nangle, Melanie Thornburg
- 14 - Lillian Cutler
- 17 - Holly Bedford
- 18 - Gretchen Frederick
- 19 - Craig Bensinger
- 20 - Lindsey Anna Strouse
- 21 - Katie Stover
- 22 - Colin Brennan,
- 23 - Fritz Ryland, Carol A. Seitzinger
- 25 - Russ Frantz
- 28 - Eric Stone, Ashley Pozza
- 29 - Lauren Polcrack, Kelsey Yeager
- 30 - Jennifer Koch
- 31 - Mary Mortimer





TRINITY TOPICS

The Newsletter of Trinity Episcopal Church
POTTSVILLE, PENNSYLVANIA

Phone: (570)- 622-8720
Web: www.trinityepiscopalpottsvillepa.org
Email: trinitypottsville@verizon.net

NOVEMBER/DECEMBER 2012

CONSECRATION SUNDAY UPDATE

It was an honor to serve as the chairperson of TEC's Stewardship Committee again this year. It was wonderful to have Canon Anne Kitch as our guest leader for our second year of the New Consecration Sunday program. She was an inspiring preacher, and it was a true pleasure for the committee to work with her.

Although "dollars and cents" are only one way to measure the results of a stewardship campaign, they are the easiest to quantify for a "bean-counter" like me. The preliminary results are very inspiring:

- For those present on Sunday that had provided an estimate of giving card both this year and last, giving is up an average of 8%.
- Over 23 families/individuals (so far) "took a step up" toward, to, or even beyond tithing. The average increase for these parishioners was over 13%.

In the next few weeks, our work will continue as we continue to gather estimates from those folks who could not be with us on Consecration Sunday.

I cannot express enough gratitude to those who have helped and continue to help by serving on and providing support to the committee: our guest leader Canon Anne Kitch; our speakers Francine Brocious, Carol Field, and Biff Bacon; our dinner coordinator Janet Grabowski; our brunch coordinator Kurt Kovalovich; Father Jim for all his support and advice; our vestry for being committed to supply their resources for a fruitful stewardship campaign; our custodial staff Randy, Tom, and Bob, for their hard work in maintaining our sacred spaces and other facilities; our office staff Edna Rauco and Francine Brocious for assisting with mailings, making sure we have all our supplies, and for every other way they continue to support this parish.

Finally I wish to thank all of you, Trinity's parishioners and friends, for the passion and love we share for Christ, this parish, each other, and those to whom we reach out.

—Jason Brocious

Trinity's Mission Statement

*"To be a Christ-centered parish, that knows Christ and makes Him known to others
by sharing our gifts, striving for justice,
and respecting the dignity of every human being."*



Mark Your Calendars!!

Overview of Noted Events in November/December at Trinity

Please continue reading this newsletter for details on these events and more!

November

- Thursday Nov. 1: All Saints' Day Service in St. Luke's Chapel—7 p.m.
- Saturday Nov. 3: All Souls' Day Service at CBC Chapel—5 p.m.
- Friday Nov. 9: Deadline for Submissions for Trinity Art Show
- Saturday Nov. 10: Fundraising Committee Hosting Chicken Dinner—3 p.m.– 6 p.m.
- Sunday Nov. 11: Youth Group Meeting
- Thursday Nov. 15: Senior Adventures—11 a.m.
- Saturday Nov. 17: Diocesan Renewal Assembly—9 a.m.—3 p.m.
- Sunday Nov. 18: Trinity Concert Series Concert and Annual Art Show
- Wednesday Nov. 21: Community Thanksgiving Eve Service—7 p.m.

December

- December 8: Christmas Tea and Cookie Exchange—2 p.m.
- December 9: Advent Lessons and Carols—4 p.m.
- December 23: Greening of the Church, and Brunch—11:15 a.m.
- December 24: Family Eucharist—5 p.m., and Festal Eucharist—11 p.m.
- December 25: Holy Eucharist and Blessing of Gifts
- December 30: Holy Eucharist with Christmas Lessons and Carols—10 a.m.



Diocesan Convention Report for 2012

The 141st convention of the Diocese of Bethlehem was held October 5th and 6th at the Church of the Good Shepherd in Scranton. (The church is celebrating their 100th anniversary.) The convention was attended by Fr. Jim and Nancy Rinehart and Al and Karen Portland. Al and Nancy were your delegates. Unfortunately Bishop Paul was not in attendance due to a medical problem.

The convention opened with three guest speakers. The Rev. Gary Harke, representing the Moravian Church whom we are in communion with, and The Rev. Gregory C. Myers, representing the United Methodist Church with whom we are in discussions regarding full communion, both reinforced that we are all one and share similar concerns. The third speaker was Bishop Bambera, the Roman Catholic Bishop of Scranton. He was asked to talk about the tough decisions that had to be made when consolidating churches within the diocese. The Bishop stated that the parishioners are the heart and soul of the church, not the bricks and mortar. He said so many parishes were concerned about the brick and mortar that they forgot what the church is.

During the business portion of the convention, numerous individuals were elected to various committees and five resolutions were passed:

- Resolution on the budget of the Diocese

- Resolution of the Personnel Committee regarding the 2013 salary schedule with no cost of living increases for clergy and staff

- Resolution for a Diocesan wide disaster preparedness initiative where each parish must develop a disaster preparedness and response plan no later than January 1, 2014

- Resolution allowing parishes to conduct an audit by an appointed audit committee rather than a certified public accountant to help relieve the costly expense for smaller parishes

- Resolution that the audit be done using professional accounting software which the diocese will make an attempt to secure and make available at a reduced cost to parishes through a diocesan license

We had a beautiful Convention Eucharist with Bishop Jack as the celebrant. Beautiful music was provided by Canon Mark Laubach and choristers from the Diocese of Bethlehem. During the service presentations were made by the parishes of their United Thank Offerings and the clothes collected for the Episcopal Church Women who are giving them to St. George's Regional Disaster Recovery and Outreach Center in Nanticoke. The message delivered at Eucharist was given by Charles V. Barebo Jr. who was very instrumental in the New Hope Campaign in Kajo Keji and Northeast PA. In five years we have 1000 donors who pledged \$4,000,078. Of that \$3,000,000 has already been collected. We have built one college with 8 rooms, a library, administration building, kitchen, cafeteria, 2 dorms for students, dorms for teachers; 5 primary K-8 schools; 1 secondary school 9-12; and currently there are 2000 students. And we are not finished! What a remarkable story!

After the Evening Eucharist we attended a banquet at St. Mary's Social Hall. The speaker at the banquet was the Rev. Canon Elizabeth Geitz. She gave a very moving talk on work that is being done in Cameroon with orphaned children who were left to die as a result of an AIDS epidemic that killed many of their parents. Through the work of Canon Geitz and many others, the Good Shepherd Academy was created to house, educate, and provide for these young children.

The final day of the convention primarily involved small group discussions centered on The Five Marks of Mission.

- To proclaim the Good News of the Kingdom

- To teach, baptize, and nurture new believers

- To respond to human needs by loving service

- To seek to transform unjust structures of society

- To strive to safeguard the integrity of creation and sustain and renew the life of the earth

The discussions involved how each of our parishes were trying to accomplish these five mission statements.

In attending the convention and having the opportunity to talk to many other Episcopalians from a wide range of parishes, we find that we all share some of the same problems and issues as well as blessings. And further, we believe that after being a part of these conversations that here at Trinity we are doing a lot of good things and are on a path to future success if we continue to focus on mission and ministry.

Thank you for the opportunity to be your delegates.

Al Portland and Nancy Rinehart

Trinity Knitting Group Established!

We will be meeting on the first & third Thursdays of every month in the lounge. The first upcoming meeting on November 1st will be at 7:30 p.m., and the subsequent meetings on Thursdays 15, and December 6 and 20 will be at 7:00 p.m. We are currently knitting 8" squares to be sent to Africa to the Kas Care program for AIDS orphans. If anyone is interested in knitting and would like the specific instructions, call Tish Malarkey at 544-3296. We would love to have new members in our group.



“All Saints’ Day”

Holy Eucharist

in

St. Luke’s Chapel

Thursday, November 1st– 7:00pm

“All Souls’ Day”

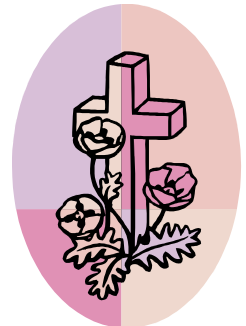
Holy Eucharist

with Reading of the Necrology

at

The Chapel of the Resurrection

Saturday November 3rd - 5:00 p.m.



Chicken Dinner

TRINITY EPISCOPAL CHURCH—PARISH HALL

Saturday, November 10, 2012 - 3:00 p.m. TO 6:00 p.m.

ADULTS: \$8.00

CHILDREN 12 & UNDER \$4.00

EAT IN OR TAKE OUT AVAILABLE

INCLUDES: Mashed Potatoes, Gravy, Corn, Cole Slaw, Beverage & Dessert

All Saints Day: A Celebration of Remembrance and Memorial

It is believed by many scholars that the commemoration of all the saints on the first day of November originated in Ireland, spread from there to England, and then to the continent of Europe. That it had reached Rome and had been adopted there early in the ninth century is attested by a letter of Pope Gregory IV, who reigned from 828 to 844, to Emperor Louis “the Pious,” urging that such a festival be observed throughout the Holy Roman Empire.

However, the desire of Christian people to express the intercommunion of the living and the dead in the Body of Christ by a commemoration of those who, having professed faith in the living Christ in days past, had entered into the nearer presence of their Lord, and especially of those who had crowned their profession with heroic deaths, was far older than the early Middle Ages. Gregory Thaumaturgus, writing before the year 270, refers to festival of all martyrs, though he does not date it. A hundred years later, Ephrem the Deacon mentions such an observance in Edessa; and the patriarch John Chrysostom, who died in 407, says that a festival of All Saints was observed on the first Sunday after Pentecost in Constantinople at the time of his episcopate.

All Saints Day is classed, in the prayer book of 1979, as a Principal Feast, taking precedence of any other day or observance. Among the seven so classified, All Saints Day alone may be observed on the following Sunday, in addition to its observance on its fixed date. It is one of the four days recommended in the Prayer Book for the administration of Holy Baptism.

We all remember on this special day the saints and martyrs of our church who sacrificed their very lives to spread the Gospel. We remember, also, and most importantly, I believe, the many “Saints” in our own lives who have been and continue to be our inspiration, our guardians, our mentors, and our close companions through times of joy and times of distress and sorrow.

In the past two *Topics* mailings, we have read a trilogy of articles detailing the history of our two Austin Organs, Opus 1040 in our main church, and Opus 1041 in the Chapel of the Resurrection. These articles spoke of the upkeep and maintenance of our church organ, and the future possibility of restoring the rare, historic “Chorophone” organ in our chapel. These organs are both celebrating a very special anniversary this year; they have become nonagenarians, having been installed ninety years ago. The organ in our main church was dedicated on the Feast of All Saints in 1922; church archives narrate the celebration in detail, noting that the Bishop and many dignitaries were in attendance. It was a proud day for Trinity Church. The celebration of All Saints Day this year, ninety years later, provides the perfect opportunity to remember those “Saints” who were and are most important in our lives with a memorial gift to our organ fund. Prayerfully consider “Joining the Ranks” of those who have so generously made a commitment to maintain our majestic and historic Austin pipe organ.

*“The Almighty has given us the gift of music, and with it we will offer praise to God”
- adopted from Julian of Norwich
- Howard Mitchell*

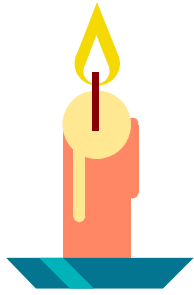
I AM “JOINING THE RANKS” WITH MY CONTRIBUTION TO THE ORGAN FUND TO HELP PAY FOR THE WORK BEING DONE TO MAINTAIN OUR MAJESTIC & HISTORIC AUSTIN PIPE ORGAN.

NAME: _____ **ENVELOPE #** _____

CONTACT INFORMATION: _____

MEMORIAL/SPECIAL INTENTIONS: _____

IN REMEMBRANCE OF A SPECIAL “SAINT” IN MY LIFE: _____



DIOCESAN RENEWAL ASSEMBLY VI

There will be a Diocesan Renewal Assembly held at 7 different sites across the diocese on Saturday November 17 from 9:00 a.m. until 2:00 p.m. These assemblies provide an opportunity to share and celebrate your faith experience. Registration closes on November 12. To register, please visit www.diobeth.org

Community Thanksgiving Service

Wednesday November 21

7:00 p.m.



Location To Be Announced!

Please Remember in Your Prayers

Those serving in the armed forces especially:

Michael Steinruck, Cassie Kauffman Holm, Tom Austerberry, Joseph Nangle, Erik Ryland, Larry Reedy, II, Stephen M. Reier, Michael J. Reier, Jeffrey J. Bohanick, Ethan Garrity, Eric Walls, Cory Maurer, Robert Petlansky, Travis Miller

Those sick or in need of healing: especially:

Bishop Paul, Fr. Cal Adams, Fr. Dan Gunn, Milton Anchorstar, Marie Asaif, George Barlow, Duane Barnhart, M. Jean Bedford, Ricky Bilinski, Walter Bohnenblust, Alexis Bohr, Debbie Boris, Ron Boris Jr., Ron Boris Sr., Darlene Bouch, James Bowler, Betty Bradley, Zachary Brennan, Sara Conlen, Phyllis DeMarco, Carol Dupree, Jean Ebling, Norm Emery, Jerry Field, Ken Fisher, Braelyn Fletcher, Margaret Frederick, Dorothy Frye, Wally Grossman, Ed Harris, Ida Heckman, Holly Hedstrom, Robert Heffner, Robert Hubler, Larry Kachelries, Barbara Kull, Lena Levkusic, Sterling Lewars, Jeff Lippencott, Jake Marchiano, Anthony Merlino, Jr., Rose Morgan, Rita Murphy, Heidi Nangle, Michael O'Malley, Mary Price, Mark Rauco, Audrey Reiber, Sally Ring, Frank Ross, Jennifer Robinson, Donna Ross, John Ross, Bill & Tina Rutecky, Sue Russell, Rayne Slackus, Abigail Smith, Eileen Smith, Heather Anne Smith, Vivian Smulley, George R. Stone Jr., Wendy Stone, Robert Stonelake, Kathy Strouse, Lora Hart Wentzel, Sophie White, Mary Witman, Charlene & Carl Yost, Ron, Bob, Joan, Judy, Lea & Trent, Mike, John, Paul, Betty, Jen, Linda, Ben, Kim, Jessica, Tom, Jane, Lois, Walter, Betty, Dot, Bonnie, Ronnie, Kelly, Gary, Grace, Barb, Sonia, Carol, Rick

***Trinity's 4th Annual
Christmas Tea and Cookie Exchange***



Saturday, December 8th

2 - 4 pm

Parish Lounge

Everyone is invited, including your friends.

Get in the holiday spirit!

Bring 2 or more dozen cookies to share.

Tea and pleasant conversation will be provided.

Stop... relax...

and contemplate the real reason for the season.

Join the Trinity Episcopal Church Choir

for a time of reflection and eager anticipation

as we prepare for the coming of Christ.

Advent Lessons and Carols

Sunday December 9 at 4:00 p.m.



Greening of the CHURCH



Join us

for the Greening of the Church

Sunday December 23

following the 10:00 a.m. service.

Please bring a covered dish to share.

Fun....Fellowship....Food

Christmas Flowers

Donations for Christmas flowers may be made by completing this form and either returning it with your contribution or mailing it to the office by Sunday December 9th. Please print clearly!

Given By: _____

In Memory Of: _____

In Thanksgiving For: _____



Christmas Schedule at Trinity Episcopal Church

Christmas Eve, Monday, December 24th

5:00 p.m.

Family Holy Eucharist and “Blessing of the Crèche”

11:00 p.m.

Festal Holy Eucharist

Christmas Day, Tuesday December 25th

9:30 a.m.

Quiet Holy Eucharist and “Blessing of the Gifts”

First Sunday of Christmas, December 30

8:00 a.m.

Holy Eucharist Rite I

10:00 a.m.

A Service of Christmas Lessons and Carols and Holy Eucharist

The Feast of the Epiphany, Sunday, January 6th

8:00 a.m.

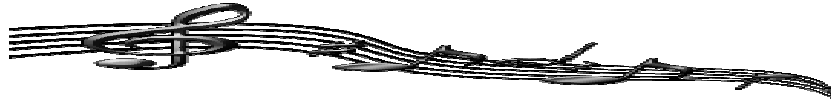
Holy Eucharist Rite I

10:00 a.m.

Holy Eucharist Rite II



THE MUSIC CORNER *by Cora A. Gamelin-Osenbach*



The choir is in full swing practicing beautiful music for the Advent season and Christmas. Wednesday evenings are a joy-filled time with great fellowship and music-making with all its challenges. We will once again host the annual Thanksgiving service on November 21st with a combined choir from several area churches.

The Ravel Trio opened our sixth season of the concert series on September 23 and enthralled our audience with incredible music and impassioned artistry. Please join us on November 18 at 4 p.m. as we present Nora Suggs, flute, and Stephen Williams, organist, in a unique presentation of these two instruments. Please see the enclosed flyer for complete information. And on December 9th, our own choir will once again “prepare the way” in our Annual Advent Lessons and Carols service. What a truly meaningful way to celebrate the season as we await our Savior’s birth.

TRINITY ARTISTS – the annual Trinity Art Show will be presented in conjunction with our November 18th concert – we are anxious to experience what your latest inspiration has produced in your medium of choice. This show has been growing in size and quality and it is a pleasure to share your talents with our parish and the community. The deadline for submitting artwork is Friday, Nov. 9th.

TRINITY CULINARY ARTISTS – Please plan to sign up for the reception following the concert on November 18th – your offering of food is always greeted with great appreciation by our audiences – thank you! We will also need goodies for Advent Lessons and Carols on December 9th. Sign-up sheets are in the ambulatory and on the bulletin board.



ARTISTS ALERT!! WE PLAN TO HAVE OUR ANNUAL ART EXHIBIT IN CONJUNCTION WITH THE TRINITY CONCERT SERIES CONCERT ON NOVEMBER 18. PLEASE START CONSIDERING IF YOU WOULD LIKE TO SUBMIT ANYTHING TO THE SHOW. THE DEADLINE TO SUBMIT WORK WILL BE NOVEMBER 9. ART IN ALL MEDIUMS IS WELCOME. THE EXHIBIT WILL BE IN THE PARISH LOUNGE.

JUNIORS CHURCH SCHOOL GROUP



I really had a great time last year working on Moses with the students.
We will be working on the Stations of the Cross for Palm Sunday and Good Friday.

OUR CLASS SCHEDULE IS NOT THE SAME AS SUNDAY SCHOOL.

Our tentative schedule for November through March is as follows:

November

- 4 Class
- 11 Class (VETERANS' Sunday)
- 18 Class (Thanksgiving Party after church)
- 25 NO CLASS

December

- 2 Class (Advent I)
- 9 Class (Advent II)
- 16 Class (Advent III)
- 23 NO CLASS
- 30 NO CLASS NO Sunday School

January

- 6 Class
- 13 Class
- 20 NO CLASS NO Sunday School (Annual Meeting – 1 Service at 9:30)
- 27 NO CLASS

February

- 3 Class
- 10 Class
- 17 NO CLASS
- 24 Class

March

- 3 Class
- 10 Class
- 17 Class
- 24 PLAM SUNDAY *****STATIONS BETWEEN SERVICES *****
- ***** 29 GOOD FRIDAY 6 PM STATIONS OF THE CROSS *****
- 31 NO CLASS (EASTER)

If you have any questions or concerns or you would like to assist or participate in our group, please contact me at jmccpa@dishmail.net or 754-3333, 754-3503 or 449-8959. Thanks—Janet Curtis

YOUTH GROUP NEWS

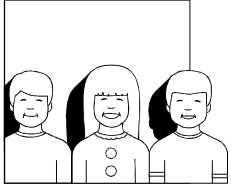
The youth group will meet on Sunday November 11 at 4:00 on the third floor of the church. To prepare for our December service project, we will be making cards and Christmas gifts for the residents at Providence Place. Pizza and snacks will be served.



The youth are also collecting non perishable food items to make a Thanksgiving basket for a needy family in the community. Members are asked to bring items from the list below to the November meeting: Stuffing, Gravy, Corn, Green Beans, Cranberry Sauce, Mashed potato mix, Packaged pie crust mix, Canned pumpkin, Applesauce. Please let Barb know what you plan to bring so that items are not duplicated. **We will be happy to accept contributions from any church members who would like to help us in this effort.**

On Sunday December 16 at 2:30, the youth group will meet at Providence Place to visit with the residents and lead Christmas carols. Any youth group member who plays an instrument is invited to bring it that day and accompany the group as they sing with the residents. If you have any questions, please contact Barb Tokarz at bpt9@verizon.net





Church School News

Upcoming dates to remember for Sunday School:

On Nov. 11 there will be a Veterans' Day Service during the 10 a.m. service.

On Nov. 18 we will host a Thanksgiving party in the lounge after 10 a.m. service.

If anyone is willing to provide finger foods for the party please contact Dawn Burns.

There will be no Sunday School on November 25. Additionally, we are planning our annual Parish Bowling night for a weekend in November. Watch the weekly bulletins for more information on this event.

In December we will begin Advent by distributing the Advent calendars, and begin the Jesse Tree in the lounge on December 2. We will continue decorating the Jesse Tree weekly in the lounge during Advent. The Children's Service will be held on Christmas Eve at 5 p.m. There will be no Sunday School on December 30.

Submitted by Dawn Burns

NEWS FROM MARION C. PRICE TRUST FUND

Preventing Bone Loss and Muscle Weakness - As the body ages, the size and power of all muscle decreases.

Bones, believe it or not, are living tissues. It is never too late to improve the health of your bones. Bone mass or density is lost as people age, especially in women after menopause. The bones lose calcium and other minerals. Bones become more brittle and may break easily.

To fuel growth, keep bone density strong, and prevent osteoporosis, calcium is essential.

Calcium does many things for your body. Everyone knows calcium is great for bones. It also plays a role in keeping your muscles and nerves working properly. It also helps blood clot and keeps your heart functioning properly. Lacking calcium in your diet can greatly affect your health. When dietary calcium is too low, the body will take the calcium from bones and use it for other body functions.

Some of the factors that can reduce calcium in your body and lower bone density include: a diet high in salt, more than 6 caffeine-containing drinks per day, or excessive alcohol.

Our bodies don't make calcium on their own. It is always better to get the vitamins and minerals from our food instead of supplements. Dairy products such as milk (whole, 2%, 1% or skim all have the same amount of calcium), cheese, and yogurt are good sources of calcium. Other foods high in calcium includes; spinach, okra, soybeans, sardines, perch, kale, collards, white beans, salmon & rainbow trout. There are some foods fortified with calcium such as orange juice, oatmeal & breakfast cereal.

While a diet high in calcium cannot reverse age-related bone loss, it can slow down the process. Women after menopause and men over age 65 need about 1,200-1,300 mg. of calcium per day. If you take calcium supplements, make sure you don't take more than the amount recommended on the bottle. Too much calcium may cause GI upset such as bloating or constipation.

Of course, we can't talk about calcium without including Vitamin D. Vitamin D is essential for the formation, growth, and repair of bones and for normal calcium absorption and immune function. It reduces inflammation and promotes healthy neuromuscular function. It is obtained primarily through exposure of the skin to ultra-violet radiation in sunlight; just 10 minutes of sun exposure each day can prevent any deficiencies.

You will find Vitamin D in fatty fish such as tuna, mackerel and salmon, some fortified dairy products, beef liver, cheese, and egg yolks. Many foods in the United States are fortified with Vitamin D; almost all of the milk is fortified with about 25-50% of the recommended daily dose. But it can also be obtained from some foods and dietary supplements.

The Institute of Medicine of the National Academies has developed the recommended daily amounts of Vitamin D; from one year to age seventy: 600 units; and, over age seventy: 800 units per day.

If you do not have enough calcium in your diet, your body will pull the calcium from your bones to maintain proper nerve, muscle, brain & heart function. This leads to osteoporosis, a disease that results in a loss of bone strength and a high potential for fractures. Osteoporosis is known as a “silent disease” because it has no obvious symptoms. Bones become porous, brittle, and abnormally vulnerable to fracture.

Osteoporosis is responsible for almost all hip fractures in older men and women. This can be a serious problem because about 40% of older adults who fracture a hip do not return home or live independently again.

The risk factors for osteoporosis are; age, inactive lifestyle, low-calcium diet, cigarette smoking, being female and post-menopausal, excessive alcohol use, past history of a fracture, thin or small body frame and family history.

Although calcium and Vitamin D are both available over the counter, it is best to talk with your doctor before taking any supplements.

Loss of muscle strength is a common problem in older adults. Muscle weakness can result from a lack of physical activity or be caused by a variety of medical conditions.

The more strength you lose, the less you will be able to do daily activities like climbing stairs, cleaning house, walking to the bus stop, shopping for groceries or performing other activities, and this could create a problem getting up if you fall.

Exercise is one of the best ways to slow or prevent problems with muscles, joints, and bones. A moderate exercise program can help you maintain strength and flexibility and helps keep the bones strong. Even moderate amounts of physical activity can reduce your risk of developing high blood pressure & heart disease. The exercise does not have to be strenuous to be effective.

30 minutes of moderate activity can be broken up into shorter periods. For example, you could garden for 15 minutes in the morning and walk 15 minutes in the afternoon.

It is important to speak with your physician before you start an exercise program. An appropriate and safe exercise program can be planned for you.

Operation We Care-This November will be our 12th mailing. It will be a little different this year. We will be mailing personal care and snack items to our local servicemen and women stationed in Iraq & Afghanistan as we have in the past, but we will also be packing several larger boxes and holding them until the end of the month for the 60 soldiers from the Hometown Armory who will be in “theater,” as they say, some time around Thanksgiving. I could not express how much these boxes are appreciated as well as this note received from one of our local soldiers. *“I just want to take a minute and thank you and the church for sending out the boxes of goodies you sent me and my men. You made some soldiers very happy today and especially since they arrived on Memorial Day and have been down range in a combat zone!! Hoorah!! Goes out to you all. I feel the love from back home from Schuylkill County, Pennsylvania. Thank again to you all & God Bless.”*

Charles Baber Cemetery Preservation Trust

Submitted by Carol Field

Baber Day Sept. 9, 2012 Results

Baber Day continues to be a delightful and entertaining event with great weather and a growing audience of supporters. The event began early (at noon) with Carol Field's basket raffle. The afternoon went quickly, progressing from the nature and historic tours given by Joe Orłowsky and Jay Zane into the entertaining Third Brigade Band concert accompanied by great food featuring a new fixed menu of hot dogs, bake beans, corn, a salad, watermelon, and delicious desserts from the baked goods table. The day concluded with a well attended Evensong service in the chapel. The food, bake goods, raffle baskets and gift cards, paper products, and the entertainment were all gifted from parishioners and friends of the cemetery. The proceeds were as follows:

Baked Goods Sale	245	Basket raffle	2,474
Food (Donation Jugs)	<u>492</u>	Sponsors	230
Income	\$737	Donations	400
		Book of Remembrance	<u>66</u>
		Income	\$3,170

The \$737 from the bake goods\donation jugs is used for general operations. The \$3,170 from the raffle is placed in the cemetery's endowment account with Sch. Comm. Foundation. In addition, Carol F. raised \$300 from a mini yard sale held in front of the chapel on Sept. 8th. These proceeds also were placed in the endowment account.

Thank you to everyone who lent a helping hand physically or financially for the basket raffle, the yard sale, setting up, preparing food, donating products, grilling, baking, cleaning up, for the entertainment, and the guided tours. And a very special thank you to Randy, Bob, and Tom, our cemetery employees, who also worked several days before in lawn mowing and clean up, and in making the plywood tables for the baskets.

Thanksgiving and Gratitude

The spectacular leaf coloring on the cemetery's trees make Oct. and Nov. two of its most beautiful months. The splendor of the color can be seen by driving along Market St. and by walking the grounds. This colorful presentation of nature at Thanksgiving reminds us of the many blessing that God bestows on us.

The cemetery board and committee members are thankful of all the cemetery's blessing from caring and supportive church parishioners, neighbors, and friends. Gifts of financial donations toward property maintenance, contributions to the endowment account at the Sch. Comm. Foundation, sponsorship of the Arbor Day trees, placement of new flags on Veteran's graves, Baber Day helpers, the web-site upkeep and updates, the forestry and Shade Tree helpers, dropping off a truck load of dirt or mulch, keeping an eye on the property for vandalism, cleaning up after their pets, and of the shared stories of how they grew up swimming or fishing in the pond or sleigh riding on the property. We also appreciate all the hard work and effort, Tom, Bob, and Randy put into the property care and maintenance.

Thank You Everyone!

Christmas and Winter

Leaving Thanksgiving behind and moving towards Dec. and New Years, the cemetery quietly settles in a slumber lasting through the windy, cold, snowy, icy winter months. By now, Tom, Bob, and Randy have vacuumed up mountains of fallen leaves. For the Xmas season, they have placed two lighted trees in the gatehouse windows and a big wreath on the gate entrance. There are few pedestrians or dog walkers now, which is good because the cemetery roads will become icy in Jan. and Feb; however, the property in its winter white cloak is dazzling. Tom can often be found over the winter months filling the bird feeders behind the chapel. He does this at his own expense. If anyone wishes to help with the bird seed or suet, it will be appreciated.

While the winter months are quiet dormant months requiring infrequent visits by the laborers for snow removal, there are still expenses occurring particularly with heating the chapel to prevent damage to the walls and ceiling from the dampness, and to cover labor and related expenses for snow removal from both the sidewalks and the roads. Helping to defray these expenses, we occasionally receive a welcoming monetary gift from a family who chooses to support a charity in lieu of exchanging Xmas gifts. **We wish everyone a merry and joyous Christmas season and a happy, healthy, prosperous New Year!** And we hope to see you back in the Spring.

Trinity Episcopal Church Concert Series

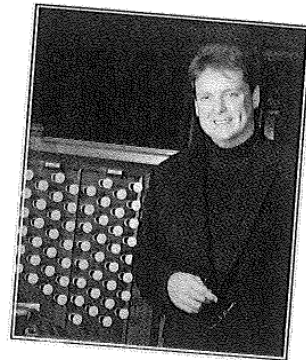


Sunday November 18, 2012
at 4 pm

Nora Suggs, flutist
Stephen Williams, organist



Join us for a unique presentation of flute and organ music with classical and contemporary offerings by Bach, Fauré, Vierne, Halley and more!



*Flutist **Nora Suggs** shows her versatility in programming by joining forces with organist Stephen Williams. She has played internationally as a soloist and ensemble performer. Based in the Lehigh Valley and founder of SATORI, she is also a teacher and chamber music coach.*

***Stephen Williams** is director of music and organist at St. John's Evangelical Lutheran Church in Allentown and teaches at Muhlenberg College. His education includes study at The Julliard School and he has performed the entire organ works of J. S. Bach and Johannes Brahms as well as the six symphonies of Louis Vierne.*

Come meet the Artists at a post-concert reception being held in conjunction with the Sixth Annual Trinity Artists Exhibit.

No Admission Fee - Free Will Offering Taken

For more information, contact Trinity Episcopal Church
200 S. Second Street, Pottsville, PA 570-622-8720
trinitypottsville@verizon.net trinityepiscopalpottsvillepa.org

Trinity is Handicapped Accessible

Upcoming Events

ADVENT LESSONS AND CAROLS

Sunday December 9, 2012 at 4 pm

November 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>All Saints' Day</i> 7pm Holy Eucharist 7:30pm Knitting Group	2 <i>All Souls' Day</i> 7:00pm Ballroom	3 5pm All Souls' Holy Eucharist & Necrology Chapel of the
4 <i>All Saints' Sunday</i> 8am Holy Eucharist 9:00am Juniors Group 9:45am Church School 10am Baptism &	5 7:00pm Study Group 7:30pm AA Meeting	6 7pm CBCPT Meeting 6:00pm Zumba Gold 7:00pm Hula Hooping	7 10:30am Zumba 11:00am Study Group 12n Holy Eucharist	8 7:00pm HALOS	9 10:00am Rector @ Diocesan Trustees Mtg 7:00pm Ballroom	10 3:00—6:00pm Parish Fundraising
11 <i>Veterans' Sunday</i> 8am Holy Eucharist 9:00am Juniors Group 9:45am Church School 10am Holy Eucharist 2:00pm Voice Recital	12 7:00pm Study Group 7:30pm AA Meeting	13 11:00am Operation "We Care" Mailing 7:00pm Vestry Meeting 6:00pm Zumba Gold	14 10:30am Zumba 11:00am Study Group 12n Holy Eucharist	15 11:00am Sr. Adventures 7:00pm Knitting Group	16 7:00pm Ballroom Dance	17 9:00am—2:00pm Diocesan Renewal Assembly
18 <i>Pentecost XXV</i> 8am Holy Eucharist 9:00am Juniors Group 9:45am Church School 10am Holy Eucharist 11:00am Church School Thanksgiving Party 4:00pm Trinity Concert & Art Show	19 7:00pm Study Group 7:30pm AA Meeting	20 2:00pm Clergy Bible Study @ Sinking Spring 6:00pm Zumba Gold 7:00pm Hula Hooping	21 10:30am Zumba 12n Holy Eucharist 7pm Community Thanksgiving Eve Service	22 <i>Thanksgiving</i> <u>Office Closed</u>	23 <u>Office Closed</u> 7:00pm Ballroom	24
25 <i>Christ the King</i> 8am Holy Eucharist <u>NO JUNIORS GROUP</u> <u>or</u> <u>CHURCH SCHOOL</u>	26 4:30pm Soup Kitchen 7:30pm AA Meeting	27 6:00pm Zumba Gold 7:00pm Hula Hooping 7:00pm MBT Meeting	28 10:30am Zumba 12n Holy Eucharist 7:30pm Choir	29	30 7:00pm Ballroom Dance	

DATE	READERS	ALTAR GUILD	CHALICE BEARERS/ ACOLYTES	GREETERS/ USHERS	COUNTERS	LAY EUCHARISTIC MINISTERS	ALTAR FLOWERS
Nov 4 8 a.m. 10 a.m.	D. Beausang OT T. Malarkey NT F. Osenbach POP A. Portland	A. & K. Portland, B. Bacon, K. Strouse	G. Moyer P. Bortner Jacquelyn Curtis	C. Gearhart B. Rutecky E. Barnwell B. Bacon	H. Mitchell B. Bednar	A. Portland to Ed Harris	In Loving Memory of and in Thanksgiving for the Life of Abigail Rinehart
Nov 11 8 a.m. 10 a.m.	C. Field OT F. Brocious NT K. Murray POP J. Bednar	A. & K. Portland, B. Bacon, K. Strouse	B. Rutecky A. Portland Gabrielle Menuchak	C. Gearhart B. Rutecky J. Mansell T. Malarkey	N. Buehler A. Portland	C. Field to Martha Kline	In Loving Memory of A. Glendon Acker by Wife Liz & Family In Loving Memory of Anna L. Harris by Edward Harris Sr., Mrs. Douglas Howe, and Mr. & Mrs. Dennis Harris; In Loving Memory of Douglas N. Howe by Wife Elaine; In Thanksgiving for the Birthday of William Bowler
Nov 18 8 a.m. 10 a.m.	K. Kovalovich OT J. Giansello NT P. Bortner POP H. Mitchell	B. Bacon, K. Strouse	G. Moyer J. Mansell Tim Bortner	C. Gearhart B. Rutecky E. Barnwell B. Bacon	H. Mitchell N. Buehler	K. Kovalovich to Wally Howells	In Loving Memory of George R. Stone Sr., & Wililam C. Stone bu Emmeline Stone & Family and Carol Field
Nov 25 8 a.m. 10 a.m.	D. Beausang OT F. Brocious NT J. Brocious POP T. Malarkey	B. Bacon, K. Strouse	B. Rutecky H. Mitchell Cole Demcher	C. Gearhart B. Rutecky J. Mansell T. Malarkey	B. Bednar N. Buehler		In Loving Memory of J. Stewart & Phenie Rowlands, Nicholas & Anna Bednar, James S. Rowlands, and Eleanor Rolwands Roth

December 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Advent I 8am Holy Eucharist 9:00am Juniors Group 9:45am Church School 10am Holy Eucharist	3 6:30pm Diocesan Stewardship Commis- sion 7:30pm AA Meeting	4 6:00pm Zumba Gold 7:00pm Hula Hooping	5 12n Holy Eucharist 7:30pm Choir	6 7:00pm Knitting	7 7:00pm Ballroom Dance	8 Rector @ COM 2:00pm Christmas Tea & Cookie Exchange
9 Advent II 8am Holy Eucharist 9:00am Juniors Group 9:45am Church School 10am Holy Eucharist 4pm Advent Lessons & Carols	10 7:30pm AA Meeting	11 7:00pm Vestry Mtg.	12 12n Holy Eucharist 7:30pm Choir	13 7:00pm HALOS	14 7:00pm Ballroom Dance	15
16 Advent III 8am Holy Eucharist 9:00am Juniors Group 9:45am Church School 10am Holy Eucharist	17 7:30pm AA Meeting	18 2:00pm Clergy Bible Study @ Sinking Spring	19 12n Holy Eucharist 7:30pm Choir	20 7:00pm Knitting Group	21	22
23 Advent IV 8am Holy Eucharist 9:45am Church School 10am Holy Eucharist 11:15am "Greening of the Church & Brunch	24 Christmas Eve 5pm Family Eucharist "Blessing of Crèche" 7:30pm AA Meeting 11pm Festal Eucharist	25 Christmas Day 9:30am Holy Eucharist "Blessing of Gifts"	26 <u>Office Closed</u> <u>No Mid-Week</u> <u>Holy Eucharist</u>	27 7:00pm HALOS	28	29
30 Christmas I 8am Holy Eucharist <u>NO CHURCH SCHOOL</u> 10am Christmas Lessons & Carols &	31 7:30pm AA Meeting	1 New Year's Day <u>Office Closed</u>				

DATE	READERS	ALTAR GUILD	CHALICE BEAR- ERS/ ACOLYTES	GREETERS/ USHERS	COUNTERS	LAY EUCHARISTIC MINISTERS	ALTAR FLOWERS
Dec 2	8 a.m. 10 a.m.	C. Field OT K. Murray NT K. Portland POP A. Portland	A. & K. Portland, B. Bacon, K. Strouse	G. Moyer E. Barnwell John Curtis	C. Gearhart B. Rutecky J. Mansell T. Malarkey	A. Portland None N. Buehler	In Loving Memory of Charles & Jean Bedford by the Family; In Loving Memory of Anna C. Maley by Norm & Carla Kauffman & Family
Dec 9	8 a.m. 10 a.m.	K. Kovalovich OT J. Bednar NT F. Osenbach POP J. Giansello	A. & K. Portland, B. Bacon, K. Strouse	B. Rutecky J. Bednar Christian Menuchak	C. Gearhart B. Rutecky E. Barnwell B. Bacon	B. Bednar None A. Portland	In Loving Memory of Marlin & Martha Hain, and Susan Starr; In Loving Memory of Edward D. Harris; Children's' Altar: In Loving Memory of Jacquelyn Marie Martin
Dec 16	8 a.m. 10 a.m.	D. Beausang OT J. Brocious NT P. Bortner POP H. Mitchell	A. & K. Portland, B. Bacon, K. Strouse	G. Moyer P. Bortner Jacquelyn Curtis	C. Gearhart B. Rutecky J. Mansell T. Malarkey	H. Mitchell None N. Buehler	In Loving Memory of John & Madelin Achenbach by June Reedy & Family In Loving Memory of
Dec 23	8 a.m. 10 a.m.	C. Field OT T. Malarkey NT K. Portland POP A. Portland	A. & K. Portland, B. Bacon, K. Strouse	B. Rutecky H. Mitchell Gabrielle Menuchak	C. Gearhart B. Rutecky E. Barnwell B. Bacon	B. Bednar None H. Mitchell	In Loving Memory of Edith C. Yuengling & F. Dohrman Yuengling Jr. by the Family
Dec 24	5 p.m. 11 p.m.	Youth OT F. Brocious NT J. Brocious POP K. Portland	A. & K. Portland, B. Bacon, K. Strouse	P. Bortner Acolytes TBA A. Portland Acolytes TBA	TBA TBA	N/A	Christmas Flowers
Dec 30	8 a.m. 10 a.m.	K. Kovalovich TBA	A. & K. Portland, B. Bacon, K. Strouse	G. Moyer J. Mansell Tim Bortner	C. Gearhart B. Rutecky J. Mansell T. Malarkey	N. Buehler None B. Bednar	Christmas Flowers