

march 2011

# High Notes

News for and about members and friends of Trinity Episcopal Church, Mineral Point, WI  
Visit us online at [www.trinitympt.org](http://www.trinitympt.org)

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The Rev. Dr. J. Robert Hector,  
Priest in Charge  
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[www.trinitympt.org](http://www.trinitympt.org)

LENT is a time for growth. Humanly, we are attracted by the "outward and physical." Lent calls us to pay attention to the "inward and spiritual." The word "lent" comes from the Anglo-Saxon for "springtime." In exactly the same way that much of nature's energy is unseen, in the ground or in the nest, our forty days of Lent call us to grow inward, alert to "our Father who is in secret." (Matthew 6: 1-18)

This is exactly the impact from the Parable of the Sower, titled these days as the Parable of the Seed (Matthew 13: 1-9, 18-23), which we will hear on Ash Wednesday. Jesus makes it clear that there can be, indeed, most likely, will be, a variety of missteps as we grow in faith. Lent is the time for our faith to grow, and that growth is not going to be easy.

Equally, I find singular meaning in the closing verse, where Jesus speaks of the various yields, an hundred fold, or sixty, or thirty. We are surrounded by fields, yet all too often our notion of productivity is based on industry, with identical products. Jesus tells us expect the opposite.

Not only will there be problems, for a variety of familiar reasons, but also our growth will be varied. Every Lent is going to be different. Humanly, we may seek the mountain-top experience. I say that the view from the bottom of the valley is no less formative to our faith.

I suggest that the view from the valley floor is our Lenten awareness, as we are called by the Ash Wednesday exhortation to forty days of self-examination and repentance

(BCP p. 264).

To assist us in this, we have the four-fold pattern of spiritual growth: prayer, fasting, self-sacrifice, and Bible study. Each of these is distinct. All too often, we will seek to establish a rule that draws on all four. Beware. This is a recipe for frustration, when the focus of prayer is "my will," and not "God's will." The *Forward Day by Day* author for April is Bo Don Cox, an Oklahoma jail bird, now free. He describes his change from self-centered prayer, to God-centered prayer, "where I'm willing to accept help but not dictate it." He tells how it took years to make the change.

Trinity will have two services to follow this Lent. On Tuesday evenings, we will have a time of quiet music and candle light, to "be still, and know that I am God." (Psalm 46: 10)

On Wednesday evenings, we will either have the Holy Eucharist or Evening Prayer, followed by a soup and bread supper, and a video series by Bishop N. T. Wright, drawn from his book, *Simply Christian*, which is a step by step study, assuming no familiarity with, indeed, perhaps hostility to, the Christian faith. Wright is a famed theologian and Biblical scholar. He is now retired, but while he was the Bishop of Durham, England, he became an advocate for justice in the market place and in employment opportunity, which shapes this study.

Let us use this season of Lent to grow in God.

—Fr. Hector+

# March@Trinity

## Sunday, March 6

9:30 a.m. As is usual on the first Sunday of the month, all contributions at coffee hour go to the Mineral Point Care Center's "Dimes for Bingo" program.

## Tuesday, March 8

1:00 p.m. Guild meeting, hosted by Barbara Hector.

## Wednesday, March 9

10:00 a.m. **Ash Wednesday**, the first day of Lent—a day of strict fasting (juice and water only, sunrise to sunset), health permitting (BCP 17). Litany of penance, imposition of ashes, and Holy Eucharist. (Sunrise: 6: 24 a.m.; sunset: 6: 00 p.m.)

## Sunday, March 13

2:00 a.m. Daylight Savings Time begins. Spring forward!

## Tuesday, March 15, 22, 29

7:00 p.m.–8:00 p.m. Quiet time at Trinity. No service, nothing but candlelight, soft music, and a chance to meditate, think, pray, or just sit quietly. Stop in for five minutes or stay for an hour—it's up to you.

## Wednesday, March 16, 23, 30

6:00 p.m. Lenten devotions, followed by a soup and bread supper in the undercroft and video lessons from the "Simply Christian" series by the retired bishop of Durham [England], N. T. Wright.

## Thursday, March 17

Feast of St. Patrick, bishop.

## Friday, March 18

5:00 p.m. Vestry meeting at the home of Jan Johnson.

## Saturday, March 19

Feast of St. Joseph.

## Friday, March 25

Feast of the Annunciation.

## Holy Week, beginning April 17

Please see the schedule at right, and watch your bulletin for more information.

## Birthdays

2 Heather Johnson  
5 Larry Hector  
6 Kathy Madigan  
11 Fr. John Edwards  
20 Ann Chapman  
23 Jenna Breckon



## LENTEN SCHEDULE

### Lenten Tuesdays

7:00–8:00 p.m. Quiet time at Trinity—a chance to sit quietly, meditate, think—or just get away from the jangle of daily life for while. (See left.)

### Lenten Wednesdays

6:00 p.m. Devotions, followed by a soup and bread supper in the undercroft and study of "Simply Christian." (See left.)

### Palm Sunday—April 17

9:30 a.m. Holy Eucharist.

### Maundy Thursday—April 21

7:00 p.m. Holy Eucharist.

### Good Friday—April 22

1:00 p.m. ecumenical service, place to be announced.

### Holy Saturday—April 23

4:00 p.m. Lighting of the New Fire, renewal of baptismal vows.

### Easter Sunday—April 24

9:30 Holy Eucharist, Rite II, followed by reception in the undercroft.

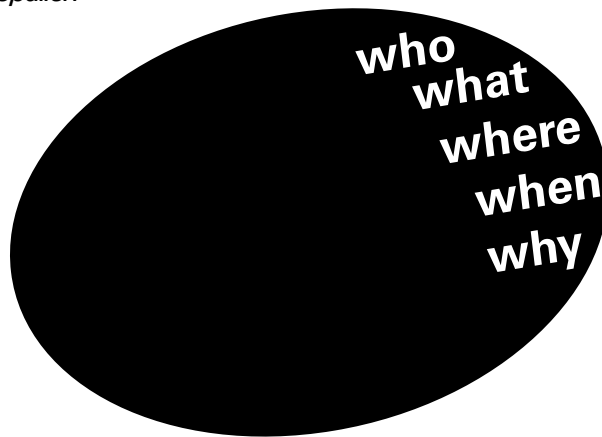
■ You might want to check out a Lenten retreat, to take place Saturday, March 12, 9:30 a.m. to 4:30 p.m. at Holy Wisdom Monastery in Middleton. The day will be spent in teaching, reflection, intimate discussion, worship, and fellowship, and \$25. Registration and details are at St. Luke's Episcopal Church, Madison, 608-222-6921, [episcopallentenretreat@gmail.com](mailto:episcopallentenretreat@gmail.com).

■ The following list, from another Episcopal parish, offers suggestions you may find helpful in creating "care" baskets for the Food Pantry. Recommended for each bag:

- 2 cans tuna or chicken OR
- 1 16-ounce canned ham
- 1 medium jar peanut butter
- 1 box pasta
- 2 cans applesauce or fruit in light syrup, water or juice
- 1 can tomatoes
- 1 can chicken broth
- 1 can pinto or refried beans OR
- 1 lb. dried beans
- 1 package rice
- 1 box non-sugary cereal
- 1 shampoo/conditioner combo
- 1 deodorant
- 1 bar soap
- 1 toothpaste

■ An article in last month's High Notes prompted **Le Hector** to do some reminiscing. "I can't help but say that [Susanne Southwood's] card reminded me of my visit to Iran in the summer of 1970. I was on my way to Hungary for a summer session. Direct route?? My cousin was living in Terehan helping create a dam for the Shah, So—I decided to visit. He lived in a very nice apartment on a busy street where most of the traffic was camels. We enjoyed silver-dollar-

size pancakes topped with sour cream and caviar; cars drove down the sidewalk if the street traffic was thick; when I took the short flight to Shiraz, Security made me take a picture with my camera to prove it was truly a camera and not an explosive; and I was thrilled to real-



ize that Alexander the Great, Darius, and I had walked down the same road near Darius' tomb."

■ Michelle Bertram of Bertram Financial, who presented a Tuesdays at Trinity program last July, has written an article about the Tax Relief Act of 2010 and how it may affect you. It's at [www.advicenter.com/AgentUploads/2124610525/the%20new%20tax%20law%20and%20you.docx](http://www.advicenter.com/AgentUploads/2124610525/the%20new%20tax%20law%20and%20you.docx).

■ In its February 10 issue, the *Dodgeville Chronicle* ran a full-page story about the Tillotson sermons and **Kate Martin's** role in restoring them to Trinity. The article included pictures of the books and details of their restoration; a pdf is on our website at [www.trinitympt.org](http://www.trinitympt.org).

■ We recently added a counter to Trinity's website ([www.trinitympt.org](http://www.trinitympt.org)), and we're pleased to report that in the first few weeks it was up, we had more than fifty hits.



## Trinity's lost books . . . home at last

A new chapter in a story that began some 150 years ago was written on Sunday, January 30, when Bishop Steven Miller, XI bishop of Milwaukee, formally blessed eleven newly restored volumes of sermons by the Most Rev. John Tillotson, a 17th-century Archbishop of Canterbury.

The books, printed in 1757, were presented to Trinity by Kate Martin and her cousin, John Metcalf, who rescued them from an estate sale and paid for their restoration. (For the full story, please see the March 2010 High Notes, available online at [www.trinitympt.org/newsletter.html](http://www.trinitympt.org/newsletter.html).)

Bishop Miller is pictured above with the books, which are now housed in a bookcase designed and built by Tom Barker. The bishop was at Trinity for his pastoral visit, which concluded with a brunch served by the Guild.

The story may not be over yet—one of the books, Vol. 3, is missing, so you might want to keep your eyes open for it. You never know . . . !

# Creating a rule of life

Courtesy of the Rev. Gary Lambert, rector, St. Peter's Episcopal Church, West Allis, Wisconsin

*Life is what happens to you while you are making other plans.*

—John Lennon

**I**F YOU don't set your own priorities, others will set your priorities for you. Nowhere is this truer than with your spiritual life.

If you don't set your own agenda, life will overtake you and leave no time for God. One way to set your priorities is to create, and in time modify, a rule of life.

A rule of life sets out priorities.

While a rule can include guidance on family and work life, this essay will restrict itself to a spiritual rule of life.

## The Basics

The basic idea is to note the important elements of your own spiritual life along with some plan for how you will carry it out. For example, any spiritual rule of life should include worship. "I will attend church on Sundays and Wednesdays when I am well."

For the rule of life to work, you will need to write it down, keep the list handy and look it over from time to time. Keep what you write simple and specific. Do not use permissive language such as "I will try," as all of us try to do things. Write instead, "I will" or "I promise."

Some of the main areas to consider in addition to worship are confession, your offerings, prayer, scripture readings and other reading, sharing your faith, ministry, and retreats. We will briefly look at each of these items in turn.

## Confession

Make time for a daily confession of sin. This is not to beat yourself up, but to have a real time with God to consider the ways in which you have fallen short of the mark set by Jesus. For example, you might spend some time in the evening to look back over your day and examine where you have sinned by what you have



done or left undone. Turn from the behaviors you know to be wrong, confess your sins, and ask for God's forgiveness each day.

## Offering

Consider how much you give to your church and other charitable organizations. What does your giving say about your relationship with God? Do you pay more in greens fees or movie rentals? Did you spend more on Christmas gifts over the last couple of months than what you gave to God over the previous year? These are ways to consider your giving back to God in comparison to the other ways you spend money.

Prayerfully consider what you give. It should never be because of the needs of your church. Instead, we give in response to

God's love, because God asks us to do so. Revisit your giving at least annually to reconsider if your giving to support the work of Christ's church is in line with your own beliefs.

## Prayer

This does not have to be a structured time with God. Certainly God hears us whenever we speak to him. But you may want to consider how to best fit times of prayer into your schedule. This could be while commuting to work, or in the quiet time before others in the house awake. Select a time that works for you.

## Scripture

The Bible is not a dose of medicine to be taken and you don't need a degree in theology to gain from reading it. If you've had trouble reading the Bible routinely, try starting by using a study Bible, which includes notes to help with questions that may come up in your reading. There are many good study Bibles. I recommend the *Oxford Annotated New Revised Standard Version* with Apocrypha, which is easily available. Start by reading the Gospels.

When you are ready to dig deeper into the scripture, your rule of life will want to include a plan for reading through the entire Bible. The most difficult way to do this is to start with Genesis and read your way to Revelation. One way you might accomplish this is to follow the two-year lectionary for Morning and Evening Prayer beginning on

(Con't on pg. 7)

# Minutes of the Annual Meeting of the Parish

Sunday, January 23, 2011 *(to be presented for approval at the 2012 Annual Meeting)*

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**In attendance:** Fr. Bob Hector, Barbara and Jim Ballard, Fred\* and Katherine Bowden, Ann Chapman, Joan\* and Tom Faull, Barbara Hector, Le Hector, Sara Hector, Claire Holland, Carolyn Hunt\*, Jan Johnson\*, Kathy Madigan, Kate Martin, Mark\* and Dorothy Prouty, Susanne Southwood\*. (\**Vestry members*) The meeting was called to order by Fr. Hector and opened with a prayer at 10:45 a.m.

## 1. Minutes.

**Motion** by Kathy Madigan to accept the minutes of the 2010 Annual Meeting, second by Ann Chapman. Motion passed.

## 2. Reports

- Fr. Hector presented the Rector's Report.
- Jan Johnson presented the Senior Warden's report.
- Joan Faull presented the Guild's report and financial statement.
- Le Hector presented the Altar Guild's report and financial statement.
- Sara Hector presented the Treasurer's Report for 2010 and the proposed budget for 2011, noting that our diocesan assessment for 2011 is up about \$400 over 2010. She will query the diocesan office.

**Motion** by Fred Bowden to accept the reports as presented, second by Kathy Madigan. Motion passed.

## 3. Amendmend to By-Laws

**Motion** by Jan Johnson to amend the by-laws and decrease the size of the Vestry from six members (plus two Wardens) to four, second by Ann Chapman. Motion passed.

## 4. Vestry

- *Nomination* of Jan Johnson as Senior Warden by Ann Chapman, second by Claire Holland.
- *Nomination* of Fred Bowden as Junior Warden by Sara Hector, second by Kathy Madigan.

**Motion** by Jan Johnson to suspend by-laws to allow Fred Bowden to serve another one-year term as Junior Warden, second by Kathy Madigan. Motion passed.

- *Nomination* of Claire Holland to serve a three-year term as Vestry member (to succeed outgoing member Carolyn Hunt).

**Motion** by Kathy Madigan to close nominations for Vestry and cast an electing ballot, second by Kate Martin. Motion passed.

## 5. West Convocation Delegates (two)

- *Nomination* by Ann Chapman of Jan Johnson and Susanne Southwood as delegates to the West Convocation, second by Kathy Madigan.

**Motion** by Kate Martin to close nominations and elect the ballot, second by Kathy Madigan. Motion passed.

## 6. Diocesan Convention Delegates (four)

- *Nomination* of Joan Faull, Tom Faull, Fred Bowden, and Susanne Southwood as delegates to the 2011 Diocesan Convention, with Barbara Hector and Mark Prouty as alternates.

**Motion** by Jan Johnson to close nominations and elect the ballot, second by Kathy Madigan. Motion passed.

## 7. Other Business

- *2011 Goals:* Jan Johnson asked for any thoughts on the 2011 Goals as presented in her Senior Warden's report.
- *Organist:* Jim Ballard opened a discussion on finding an organist to supply when Dorothy Prouty is unavailable. We agreed to advertise the back-up position in newspapers, and agreed that we need to work out a process for auditioning the prospects. Among the possibilities considered: Funding to pay Dorothy to work with a new organist; funding a scholarship to a candidate who would commit to playing here X times a year.

**Motion** by Kathy Madigan to find a back-up organist, second by Claire Holland. Motion passed.

- *Acolytes:* Jan Johnson asked for volunteers to serve as acolytes when Sara Hector is not available. Carolyn Hunt, Fred Bowden, and Joan Faull expressed their willingness to serve.
- *Appreciation:* Mark Prouty noted his appreciation for Susanne Southwood's work; Kathy Madigan noted her appreciation for the work of the Vestry.

## 8. Adjournment

**Motion** by Jim Ballard to adjourn, second by Sara Hector. Motion passed.

*Respectfully submitted:  
Susanne Southwood, Clerk  
All motions passed unanimously unless  
otherwise specified.*

# Holy women, holy men: March

*Approved at the 2009  
General Assembly, the  
following new commemora-  
tions on the Episcopal Church  
calendar have been added  
for March.*



**4 Paul Cuffee**, Witness to the Faith among the Shinnecock, 1812. Born in 1757, Paul Cuffee was a native American and a famous preacher and missionary to the native communities around the present-day Mastic Beach, at Hampton Bays, and at Montauk. A convert to Christianity in his early twenties, he was ordained in the Presbyterian church and worked for the survival of native tribes.

**6 William W. Mayo**, 1911, and **Charles F. Menninger**, 1953, and Their Sons, Pioneers in Medicine.

William W. Mayo and his sons, William J. and Charles, built St. Mary's hospital, the first general hospital in Minnesota. Following a devastating tornado in 1883, the Episcopalian Mayos teamed with the Roman Catholic Sisters of St. Francis to respond to the disaster. The hospital later became the Mayo Clinic, a model for integrating person-centered medical care with the best in scientific and medical research.

Charles F. Menninger, together with his sons Karl and William, pioneered a new kind of psychiatric facility in Topeka, Kansas, playing a major role in transforming the care of the mentally ill in ways that were not only more medically effective but also more humane.

**8 Geoffren Anketell Studdert Kennedy**, Priest, 1929. Ordained as an Anglican priest with a degree in classics and divinity at Trinity College, Dublin, he volunteered as a chaplain in World War I, serving soldiers along the Western Front and becoming famous as "Woodbine Willie" for handing out Woodbine cigarettes to the soldiers. He published several volumes of religious

poetry as well as poems based on his wartime chaplaincy. His later writings express the Christian socialism and pacifism he adopted during his war years, and he remains a powerful influence on the pacifist cause, inspiring such figures as Desmond Tutu and Jürgen Moltmann.

**26 Richard Allen**, First Bishop of the African Methodist Episcopal Church, 1831. Born into slavery and converted to Methodism when he was seventeen, he became a preacher at St. George's United Methodist Church, but left the church in 1787 when the vestry decided to build a segregated section for Black worshippers.

When the newly formed African Methodist Episcopal Church declared its independence from the Episcopal Church, he became its first bishop. Throughout his life he remained an advocate of freedom for all people, even operating a station on the underground railroad for escaped slaves.

**30 Innocent of Alaska**, Bishop, 1879. John Veniaminov, Innocent's secular name, was born in 1797 in the Irkutsk province of Russia. As a young man he was sent by his bishop to the Aleutian Islands, a voyage of more than a year. He immediately began the work of evangelism and conversion that would last nearly fifty years and would lead to his being called "The Apostle of North America." He devised a Cyrillic alphabet for the Aleut language of the Fox Islands. In 1834 he was transferred to Sitka Island where he began his mission work with the Tlingit people. His work laid the foundation for a continuing mission to the people of the Aleutian Islands.

# Minutes of the Trinity Guild Meeting

*Monday, February 8, 2011 (not yet approved)*

The Trinity Guild met on Tuesday, February 8, 2011, at 1:00 p.m. in Legate Hall, with four members present—Fr. Hector, Barbara Hector, Carolyn Hunt, and Le Hector, Regrets from Ann Chapman, Catherine Whitford, and Joan Faull. Carolyn Hunt set a Valentine table with heart-wrapped chocolates, assorted nuts, bowls of M&Ms, red hots, and a plate of decorated heart-shaped sugar cookies, tea, and juice. Delightful.

The meeting opened with the ECW Prayer and the Lord's Prayer.

The Minutes of January 11, 2011, were read. Motion to accept by Carolyn, s/ Le. Passed.

The Treasurer's Report was handed out. Motion to accept by Barbara, s/Carolyn. Passed.

Thank you's have been received from Hodan Center, MPt Care Center (both handwritten), Badger Camp (with a nice note), and Southwest Wisconsin Community Action Program, for the Iowa Co. Food Pantry (form letter).

Fr. Hector expressed his appreciation for the Guild's pledge, and for the arrangements for the Annual Meeting and Bishop Miller's Visitation.

Program materials, including a paper embosser, ribbons, etc. for Valentine notes, were explained and discussed.

Barbara Hector will host the next meeting, March 8, at 1:00 p.m.

Motion to adjourn at 1:45 p.m. Passed. Many thanks to Carolyn for preparing the program and all the treats.

—*Respectfully submitted,*  
Fr. Hector  
Secretary pro tem

**Rule of life**—*con't from pg. 4*

page 934 of the *Book of Common Prayer*. This cycle will bring you through the whole Bible in two years and the Psalter every seven weeks.

## **Other Reading.**

In addition to the Bible, you should consider finding other good books to read. These will not need to be limited to Christian books, of course. But you should look for ways to alternate spiritual reading with other books. Ask your priest or Christian friends for book recommendations.

## **Sharing Faith**

I add sharing your faith to the list for a rule of life as we should all consider how we go about this important part of our own faith journeys. While I don't personally find handing out tracts or going door to door to be the most effective means of evangelism, that doesn't mean you can't share your faith with others.

The best way to add this to your rule of life is probably to pray that God will lay on your heart a few friends and family members who you can pray for. Then if God opens up opportunities to speak to those people about your faith, do so. If not, continue to hold them in prayer. In time, God will provide a natural way for faith to come into the conversation. Just be open to those opportunities.

## **Ministry**

Each Christian, by virtue of your baptism, is a minister of the Gospel. For most of us, this means being the sort of accountant, teacher, secretary, etc. that God calls you to be. It also means

being the sort of husband, wife, father, mother, son, daughter, friend that God calls you to be. In addition, it will include ministries in or out of the church, such as working with Scouting or building houses with Habitat for Humanity. Consider what areas of your life are ministries. Consider what ministry God might be calling you into.

## **Retreat**

Finally, I add retreats to a rule of life, though this would only be an annual event in most cases. Most churches will offer some times during the year to go off for a weekend to be more intentional about your spiritual development.

## **Take It Easy!**

When creating a rule of life, do not overdo it. You are not creating a blueprint for being a spiritual superhero. The goal is to set out some spiritual priorities you can keep. You will be better off to start too small. In time you can revisit your rule and make changes. You don't want to overwhelm yourself with too much to do. Time spent on your spiritual journey is not meant to be one more list of chores in a busy life. Tending to your faith is more akin to giving yourself a source of rest and refreshment in a world too short on both. ❖

**A man is rich, not because of what he owns, but because of what he gives away.**

—*African proverb*

# TRINITY CHURCH

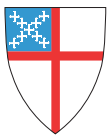
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www.trinitympt.org

ADDRESS CORRECTION  
REQUESTED



## ASH WEDNESDAY

March 9  
Eucharist at 10 a.m.  
and 7 p.m.



## Trinity Church

The Episcopal Parish in Iowa County, Wisconsin

### SUNDAY WORSHIP

9:30 a.m. Holy Eucharist, Rite I, and laying on of hands for healing  
9:30 a.m. Christian Formation for children

### WARDENS

Jan Johnson, *Senior Warden* (2011)  
Fred Bowden, *Junior Warden* (2011)

### VESTRY

Joan Faull (2011)  
Claire Holland (2013)  
Mark Prouty (2012)  
Susanne Southwood, *Clerk* (2012)

### AND ALSO

Le Hector, *Altar Guild*  
Sara Hector, *Treasurer*  
Dorothy Prouty, *Music Director*  
Marjorie Roberts, *Trinity Guild*

Deadline for *High Notes'* news is the 20th of the month preceding publication. Please send your news to Susanne Southwood, [deltadirect@earthlink.net](mailto:deltadirect@earthlink.net). Back issues of *High Notes* are available online at [www.trinitympt.org](http://www.trinitympt.org).

### MARCH ASSIGNMENTS

DATE	USHER	LECTOR/ PRAYER READER	EUCCHARISTIC MINISTER
6	J&T Faull	Hunt	S. Hector
13	Holland	J.M. Merrell-Beech	F. Bowden
20	M. Prouty	F. Bowden	Whitford
27	Southwood	E. Hector	Holland

### Lenten Study Series

Our Wednesdays in Lent will feature the video study series "Simply Christian" by N.T. Wright, retired bishop of Durham. It's a fresh presentation of the timeless truths of

Christianity, making the case that faith is reasonable and rewarding for us today. According to Christianity Today, "it will confirm, challenge, and deepen your grasp of Christian faith and practice."