



# the Trinity Trumpet

August 2025

Welcome to  
**Trinity Episcopal**  
**Church**  
Bend, OR

**Trinity Hall**  
469 NW Wall St

**St. Helens Hall**  
231 NW Idaho Ave

## **SUMMER WORSHIP** **SERVICES**

**8 AM Sunday**  
Trinity Sanctuary

**10 AM Sunday**  
Trinity Sanctuary  
(and streamed on  
Facebook)

**12 Noon Thursday**  
Trinity Chapel

**PARISH OFFICE**  
(541) 382-5542  
[admin@trinitybend.org](mailto:admin@trinitybend.org)  
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**Trumpet Articles**  
[trumpet@trinitybend.org](mailto:trumpet@trinitybend.org)

## Meanderings and Musings from Our Rector



Dear Beloved Community of Trinity,

I have pondered and prayed about what to write this month and how to offer some words of inspiration, instruction or even entertainment. Alas! It would seem that my words are not flowing or perhaps they are trying to catch up with my heart, mind and spirit amidst what has turned out to be a rather busy summer. Despite my homiletical urgings a few weeks ago which were emphasized by the song “Slow down, you move too fast...dadudada dadudada feeling groovy,” slow down has not been on my radar nor my family’s nor Trinity’s, it would seem.

And while serving as support staff at our diocesan camp and conference center, the Ascension School in Cove, OR, for two weeks does not qualify as “vacation” in any sense, I did manage to take some deep breaths, go on some walks and soak up the beauty of the place and the beloved children of God who traipsed across campus. Furthermore, the drive to and fro – TWICE – at 5 ½ to 6 hours each way – provided ample time for reflection, listening to music and books on audible, catching up with a few friends on the phone and breathing deeply as I watched the magnificent beauty of the landscape in every direction.



(continued on next page)

# Meanderings and Musings from Our Rector (cont.)



Among my ponderings and prayers were discerning what is important to me at this time, in particular how I want, need or am called to spend my time, energies and talents. Being nearly a year since we set off on our cross-country drive and move to Bend, I could not help but think about some of the reasons we moved here. I wonder if we have lived into our hopes and dreams of downsizing, simplifying and spending more quality time together, especially with our children at this critical time in their lives as burgeoning tweens and teens.

To my grateful surprise, even amidst what has seemed like a frenetic schedule this summer, I can say emphatically, "YES." In so many ways, yes, we have made some significant and life-giving changes to our lifestyle. However, imperfectly, we have reordered our priorities and are trying to live, eat, pray and love more intentionally, healthily and mindfully. Certainly, sometimes we take two steps backward and one step forward, and there are hanging chads from our pre-Bend lives that still need some attention and closure. But, on the whole, we are moving toward health and wholeness, even if baby steps are part of the journey.

Again, I don't have anything remarkable to offer, but I would give a nod in the direction of one of my favorite poems by Mary Oliver and invite each and all to ponder and pray about the wisdom she imparts in "The Summer Day." (See below.)

## "The Summer Day," by Mary Oliver

Who made the world?  
Who made the swan, and the black bear?  
Who made the grasshopper?  
This grasshopper, I mean —  
the one who has flung herself out of the grass,  
the one who is eating sugar out of my hand,  
who is moving her jaws back and forth instead of up and down —  
who is gazing around with her enormous and complicated eyes.  
Now she lifts her pale forearms and thoroughly washes her face.  
Now she snaps her wings open, and floats away.  
I don't know exactly what a prayer is.  
I do know how to pay attention, how to fall down  
into the grass, how to kneel down in the grass,  
how to be idle and blessed, how to stroll through the fields,  
which is what I have been doing all day.  
Tell me, what else should I have done?  
Doesn't everything die at last, and too soon?  
Tell me, what is it you plan to do  
with your one wild and precious life?

In addition to my ramblings and the poem, I have shared a few photos from my summer days this past month. With all of that it is my hope and prayer that you and yours are taking time or will take time to ponder, pray and discern about your own priorities, about how you want, need or are called to spend your time, share of yourselves and take part in "your one wild and precious life."

Shalom, y'all!

Elizabeth Wheatley-Jones+

## Contact Us

### Elizabeth Wheatley-Jones

#### Rector

(541) 382-5542 (office)  
rector@trinitybend.org

## Vestry

### Adrienne Garrison

#### Senior Warden

### Tom Lowery

#### Junior Warden

### Lauren Thomas

#### Clerk of the Vestry

### Drew Snyder

#### Treasurer

## Vestry Members

- **Robert Anderson**
- **Todd Cary**
- **Rich Cedros**
- **Cody English**
- **Mary Keath**
- **John Lidstrom**
- **Kelly Peterson**
- **Valerie Pharr**
- **Mark Welch**

## Senior Warden's Column

Adrienne Garrison

Dear Fellow Parishioners,

As August dawns with its golden light warming the days and its gentle evenings inviting reflection, we find ourselves standing on the threshold between the height of summer and the first hints of autumn's approach. This is a time when many of us savor the last weeks of summer vacation, anticipate the routines of a new school year, and perhaps linger outdoors just a little longer to catch the fleeting beauty of late sunsets. August, in its quiet majesty, offers us a chance to pause, reflect, and prepare our hearts for the coming season.



August is a month of abundance — a time when gardens burst with ripened fruit, fields are ready for harvest, and the earth seems to overflow with God's generous provision. Whether you tend a backyard garden, visit the farmer's market, or simply enjoy the shade of a leafy tree, August invites us to recognize the Creator's handiwork all around us. Each ripe tomato or golden ear of corn is a reminder of God's faithfulness in the cycle of planting, nurturing, and reaping.

Maybe this is a good time to take notice of the abundance in our own parish community and the gifts that the summer has brought us. We have added new members to our flock over the summer. Trinity and St. Helens have a new paint job and look fresh and inviting! We have installed new privacy doors to keep kitchen noise out of Brooks Hall. We will be resurfacing our parking areas. Our Outreach Committee has begun meeting again! The Trinity Episcopal Action Committee (TEAC) has taken shape and is contemplating its mission. We have successfully hosted a concert (the Lua Project) and a wonderful presentation by Elizabeth Schrader-Polczer along with Sunriver Christian Fellowship. We have hiked together, joined together to attend a ball game and eaten ice cream in the name of philanthropy!! We have sent nearly 50 children to camp at Cove and are looking forward to the Condega Fundraiser coming up in the fall. And ... each and every one of our service and outreach groups is perking right along! We are blessed!

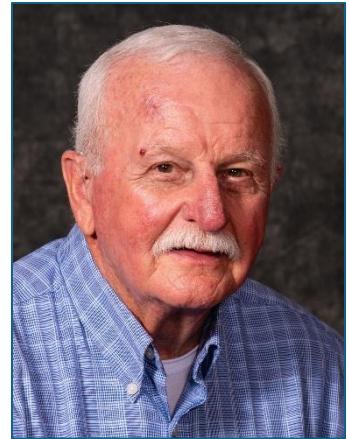
So ... my challenge is ... how do we maintain the abundance, enthusiasm and energy of the summer? Where can you fit in and become a bigger part of Trinity and its efforts both within and outside of our doors? As I mentioned, we have a Condega Fundraiser coming up that will likely need volunteers. We have Family Potlucks and services that need helpers for set-up and clean-up as well as participants of all ages. We have a stewardship campaign coming our way and then all the holiday festivities.

So ... join us! Be a part of the abundance!!!

(In the spirit of full disclosure, I experimented with using AI to craft the first two paragraphs of this article – could you tell?)

It has been a busy year so far in the Building and Grounds area of responsibility. This is what we have accomplished so far this year.

- Our Spring Clean-Up Saturday was very successful with a great turnout of church members. We removed years of accumulations of pine needles from our campus which were a fire hazard.
- The most obvious accomplishment is that we had the church buildings painted. It has been at least ten years since it was last painted. We were blessed with a very responsible painter who did a great job.
- We were having a difficult time getting a second bid on installing gutter guards on St. Helens. The painter offered to install them at a considerable cost savings. This was also a fire hazard and too high for Casey to install safely. Casey is now installing them on all the lower-level gutters.
- In August we will be having the parking lot sealed and restriped. They will do the Family Kitchen parking lot and the parking area behind Trinity. We will also have parking lot bumpers installed. The disabled parking area next to the Trinity ramp will be repainted. The school is having their portion of the parking lot sealed at the same time. The scheduled dates are August 14<sup>th</sup> to 16<sup>th</sup>. There will be no parking in these areas for three days.
- In August we will also be installing a sound reducing folding door in the hallway entrance to Brooks Hall. The pass-through window next to the coffee maker will have a removable plug. This will reduce the noise in the kitchen area so that meetings can continue without interference.
- The only goal that we have not accomplished so far this year is to have the sidewalks repaired. We are still working on that and are still hoping to accomplish this before winter arrives.



**St. Helens Building Usage.** Elizabeth WJ+ and Robert Anderson are creating a Task Force to explore the needs and possibilities of the St. Helens building. I am sure you will be hearing more from them on this project in the near future.

**Safety, Security and Disaster Committee.** We have also created a new committee — it is called the Safety, Security and Disaster Committee. Our first goal is to address the procedures for a medical emergency during a church activity. Our hope is to train volunteer Vestry members and Ushers to take charge of the emergency. They will receive Red Cross training in First Aid, Pediatric First Aid, CPR, and AED use. This is just in the beginning stages of formation, so I am not sure of a timeline.

Finally, I would like to encourage members to consider joining either the Building and Grounds Committee or the new Safety Committee. I am having a difficult time finding people to help in these areas and would really appreciate some help.

Thank you for giving me the privilege and blessings of serving as your Junior Warden.

God Bless,

Tom Lowery



## TEAC – Creation Care, August 13<sup>th</sup>, 10 AM

The next meeting of the TEAC Creation Care group is scheduled for Wednesday, August 13<sup>th</sup>, 10 AM -11 AM downstairs in the Trinity classroom. We're pursuing a variety of topics -- from recycling to pollinator gardens to landscape irrigation and more.

We'd welcome additional parishioners to join us! Contact Ken Wilkins for more information.

## TEAC – Preserving Democracy, August 17<sup>th</sup>, 11:30 AM

The Preserving Democracy working group of the Trinity Episcopal Action Coalition (TEAC) will meet on Sunday, August 17 at 11:30 AM. This meeting will follow up on: "rapid response" communications; publicizing elected official contacts; and potential education or training events.

If you have other ideas, bring them. Loving our neighbors means making sure everyone's well-being and civil rights are protected.

## Join Us for the All-Parish Hike - RSVP Soon!

**Date:** Saturday, August 23<sup>rd</sup>

**Time:** 9:45 AM. The hike starts promptly at 10:00 AM.

**Meeting Location:** Due to parking restrictions, let's meet at the Old Mill at Pastini's (375 Powerhouse Drive), at the back overlooking the river.

**Lunch:** After hiking at The Monkless Brewery (803 SW Industrial Way #202, Bend)

This August, we invite you to explore the beauty of Farewell Bend, a delightful 22-acre park nestled along the scenic Deschutes River. With its charming trails, spacious grassy areas, and inviting picnic tables, this urban park with a lumber mill, themed playground and picnic shelters is the perfect spot to connect with nature and each other. Plus, it's dog-friendly, so bring along your furry friends!



We'll kick off the day with a friendly meet and greet, paired with a warm-up session to get our bodies ready for the adventure. Our hike will take us bridge-to-bridge, starting at Farewell and returning through The Old Mill. Afterward, we'll regroup for lunch at The Monkless Brewery—please remember that checks will be individual. If you prefer, feel free to pack a lunch and enjoy it at the picnic areas in Farewell Bend.

### What to Bring:

- Comfortable clothing and proper walking/hiking shoes
- Sunglasses, sunscreen, a hat, and an emergency raincoat
- Water, light snacks, and any necessary medications
- Binoculars or a camera for capturing memories
- Walking sticks, if you have them
- A light backpack for your essentials
- Your wallet and cell phone (or a packed lunch and your cell phone)

Bring a friend or come solo — everyone is welcome to join us for a day filled with fellowship and fun in the outdoors!



### RSVP Details:

Please email Valerie Pharr at [valeriekpharr@gmail.com](mailto:valeriekpharr@gmail.com) or call/text (458) 206-9792 to confirm your attendance. Feel free to make inquiries about the parking.

*"In every walk with nature, one receives far more than he seeks." – John Muir*

*"These walks are life giving!" – Sara*

Look forward to taking this journey with you!



Trinity Episcopal Church  
presents

# ¡UN CANTO DE ESPERANZA! HOPE SINGS!

SUNDAY, SEPTEMBER 7

4:00 – 5:30 PM

St. Helens Hall

Trinity Episcopal Church  
Bend, OR



A Fundraiser Concert in support of  
the Latino Community Association



*Yolanda interprets songs that speak to the dreams  
of her parents and the immigrant spirit.*

*Yolanda canta canciones que expresan las ilusiones  
de sus padres y los sueños del inmigrante.*

**YOLANDA ALICIA - [yolandaalicia.com](http://yolandaalicia.com)** - will be accompanied by  
Miguel de Alonso, Michael Carney and Billy Mickelson

**Suggested Contribution: \$20 per person**  
Make checks payable to Trinity Episcopal Church, memo "For LCA"

## CONDEGA CELEBRATION

**Sunday, September 21<sup>st</sup>**

**4:30 to 6:00 PM**

**Brooks Hall**

Nola Nackerud, our representative in Condega, Nicaragua, is a retired Peace Corp volunteer who decided long ago to make her home in Condega. For the past 20 years she has done an exceptional job of managing our business interests in Condega. Because of Nola, we can count on our projects being completed on time and within budget.

Nola is coming to Bend on the weekend of August 22-24. The Condega Advisory Committee is working on a plan to acknowledge her service to our church. Nola will join us for our church services on August 24<sup>th</sup> and will attend the coffee hour afterwards. We've yet to work out the details, but we are hopeful Nola will have the opportunity to talk to the congregation on Sunday morning.



- If you have the opportunity, please thank Nola for all she has done for our church and the people of Condega. She is truly a jewel.
- The way we are able to pay Nola's salary and continue our work in Condega is through the funds we raise every year. Our major funding sources are the Condega Celebration and individual donations.

We hope you will be able to attend this year's Condega Celebration. This fun event brings the congregation together to recognize our work and raise funds to continue our ministry in Condega, Nicaragua.

Tickets will go on sale beginning Sunday, August 31<sup>st</sup>. The cost remains the same as last year: \$30 per adult and \$75 for a family.



**Donations Are Still Needed:** The Condega Program needs additional items to sell at the September 21<sup>th</sup> Condega Celebration. From experience we've found that events sell better than things. Dinners, lunches, brunches, or even breakfasts are always popular.

Using your special talent to provide a class or take a group on an outing works well. If you think you have something to offer, please contact Rick Negus at 541-480-4229 or email at [negus@bendbroadband.com](mailto:negus@bendbroadband.com). Your donations will be so appreciated.

# Red Door Bake Sale and Bazaar Canning

Beth Ellis

We hope you are having a great summer! Part of summer is enjoying wonderful fresh produce.

The Red Door Bake Sale and Bazaar will be here before we know it! Canned goods, jams and jellies are always good sellers.

So please do a little canning for the RDB&B from the fruits of summer! All the proceeds raised from the sale will go towards Trinity's outreach in our community.

More information about how to sign up to bring baked goods, and ways to help with the sale itself will be announced closer to the event.



## **Red Door Bake Sale and Bazaar Saturday, November 22<sup>nd</sup>**

Thank you for your help! Red Door Planning Committee: Silvie DeKalb, Loretta Slepikas, Barb Lowery, Beth Ellis



**For the remainder of the summer, BOTH Sunday services will be held in Trinity.**

By taking a summer break from St. Helens Hall, we are providing a break for our Altar Guild and Flower Team, as well as reducing the work for our Ushers and Vestry-on-Duty. Furthermore, it will help us lower our utility bills and reduce some of our printing costs. Help our newcomers at 10 AM by welcoming and guiding them to Trinity on Sunday mornings.

In addition, we will have one more outdoor worship service this summer – weather and air quality permitting. On Sunday, August 3<sup>rd</sup>, our 10 AM service will be held at Pine Nursery Park at the Picnic Shelter followed by a BYO Picnic lunch and fellowship. Mark your calendars and plan to dress casually, bring a lawn chair, bring picnic lunch for your family, bring some lawn games, balls, etc., and bring a friend or neighbor. Desserts will be provided. (Note: We will have our 8 AM Holy Eucharist at Trinity that morning, too.)

# Trinity at the Bend Elks Baseball Game

Les Davis



We had 47 baseball fans from the Trinity community attend the July 19<sup>th</sup> game. It was an exciting game. The Elks trailed by one run through four innings when their bats came to life scoring nine unanswered runs over the final five innings.

The final score was Elks 9, Black Bears 1.

This was the third year Trinity attended an Elks game, and it was by far our best experience. The weather couldn't have been better, the Elks won the game, and fellowship and camaraderie couldn't be matched! And you know, burgers and hotdogs always taste better at a ball game.

Thanks to our resident photographer, Todd Cary, for providing these photos.

# News About K.I.D.S.! Big Smiles Playing Soccer!

K.I.D.S.



Central Oregon Partnerships for Youth (COPY) is one of our partners, and Bob Moore is their director. He sent this note about two of the children he serves. Trinity's K.I.D.S. program provided funds so they could play soccer!

From Bob: "Hey guys. I got these photos from [one of my COPY moms] today. She wanted to share with you the impact that \$280 had on her kids for soccer this season. She wanted me to point out the big smiles they have on their faces. I understand her daughter won an award for an 'exceptional act of kindness' during a game."

**Note:** In soccer there are usually two cards a referee can give for a personal offense. Yellow is a warning. Red is "You're out of the game." The referees in this league introduced a new one-- White for kindness!

Bob added "And, both kids are going to Ascension this summer!"

**Good things are happening in our community thanks to your donations!**

# Trinity Family Retreat: A Weekend of Faith, Fellowship, and Fun at Suttle Lake!



The final weekend of June marked a truly special occasion for our Trinity family as we gathered for our inaugural Family Retreat at beautiful Suttle Lake! It was a weekend filled with spiritual growth, joyful fellowship, and memorable moments for all ages.

We were blessed with a wonderful turnout, with 29 parishioners immersing themselves in the full weekend experience. Additionally, six more joined us for a vibrant Saturday, and our Sunday lakeside service drew a heartwarming congregation of 55, truly reflecting the spirit of our community.

The retreat kicked off on Friday evening with a beautiful evening prayer, setting a peaceful tone for the days ahead. Saturday was an adventure-filled day! Our morning began with a refreshing hike around the picturesque lake, a perfect opportunity to connect with nature and each other, with our morning prayer woven seamlessly into the journey. After working up an appetite, many enjoyed a refreshing dip in the lake, followed by some creative fun with an enthusiastic Lego-building session that brought out the inner architect in everyone. As night fell, a dedicated group of stargazers marveled at the celestial wonders above, a peaceful end to an active day.

Evenings at the retreat were a hub of activity and connection. Laughter and friendly competition filled the air as groups gathered for lively games each night. And of course, no retreat would be complete without delicious food and engaging conversations! Throughout the weekend, wonderful meals were shared, fostering deeper connections and creating lasting memories among our church family. And the S'mores!

A truly special highlight of the weekend was our Sunday lakeside service. Elizabeth and Gaye crafted a wonderful worship and a beautiful and moving ceremony, the Lidstrom boys, Walter and Odell, were baptized in the serene waters of Suttle Lake. A powerful symbol of new beginnings and our faith journey within God's natural cathedral. As with all baptisms, it was a moment that touched everyone's hearts and reinforced the deep sense of community we share.

The success of this first Trinity Family Retreat has us all eagerly anticipating next year! So, mark your calendars and save the date for June 25-28, 2026, as we'll be returning to Suttle Lake for another incredible weekend of faith, fun, and fellowship. More information, including registration details, will be available at the beginning of next year.

We can't wait to see you there!

# August 2025 – Greeters’ and Ushers’ Schedule

Date	Time	Greeters	Ushers
8/3	8AM		Mary Keath
	10AM	Myra and George Wilson	Rick and Sandy Negus
8/10	8AM		Frank and Stephanie Wood
	10AM	Judy Inglis Mary Keath	Stuart Silva David Depew
8/17	8AM		Tom and Barb Lowery
	10AM	Sandra Pospisil John Campbell	Ken Wellman Karly Nash
8/24	8AM		Sylvia DeKalb
	10AM	Meg and Rick Walsh	Rich and Lorraine Cedros
8/31	8AM		Jeanne and Maggie Merritt
	10AM	Jill Burkett Evelyn Poole	Drew and Sue Snyder

## August Birthdays

2	Connie McCracken	12	Jake Egli	18	Sue Snyder	24	Liz Brackmann
3	Carol Moore	12	Bob Hann	19	Cormac McCaffrey	25	Barbara Reynolds Mayo
4	Eva Dryselt	12	Frank Wood	23	Laurie Clark	27	Liza Lane Jones
5	Alexis Jones	13	Joan Walker	23	James Gurreri	30	Michael Peterson
6	Carolyn Richardson	16	Dave Paulson	23	Spencer Wallace	31	Dick Burke
12	Helen Crowell	17	Jack Crowell				

# August 2025 – Lectors’ and Eucharistic Ministers’ Schedule

Date	Time	First Reader	Epistle Reader	Prayers of the People	Eucharistic Ministers
8/3	8AM	Linda Phillips	Barbara Reynolds-Mayo	Jane Davis	Jane Davis
	10AM	Jan Fisher	Deby Welch	Joan Wellman	Joan Wellman Arlene Ullman (2 <sup>nd</sup> )
8/10	8AM	Stephanie Wood	Ben Haag	Les Davis	Les Davis
	10AM	Robert Anderson	Pat Schauer	John Lidstrom	John Lidstrom Connie McCracken (2 <sup>nd</sup> )
8/17	8AM	Loretta Slepikas	Jane Davis	Joan Wellman	Joan Wellman
	10AM	Lauren Thomas	Tia Lidstrom	David Carroll	David Carroll Lauren Thomas (2 <sup>nd</sup> )
8/24	8AM	Yolanda Sanchez-Peterson	Kake Huck	Lauren Thomas	Lauren Thomas
	10AM	Pat Schauer	Karol Wagner	Peggy Ziegler	Peggy Ziegler Joan Wellman (2 <sup>nd</sup> )
8/31	8AM	Jeanne Merritt	Loretta Slepikas	Jonathan Taylor	Jonathan Taylor
	10AM	Gretchen Jackson	Adam Knobel	John Lidstrom	John Lidstrom Arlene Ullman (2 <sup>nd</sup> )

## August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b>	<b>2</b> 9 AM Altar Guild
<b>3</b> 8 AM Holy Eucharist 10 AM Holy Eucharist 11:15 AM BYO Picnic Lunch	<b>4</b> 10:30 AM Racial Justice 1:30 PM Centering Prayer	<b>5</b> 8:30 AM Tuesday Gang (Zoom) 11 AM Red Door Marketplace Team	<b>6</b> 10 AM Bend Senior Support	<b>7</b> 9:30 AM TEAC Steering 12 PM Midweek Eucharist	<b>8</b>	<b>9</b> 9 AM Altar Guild
<b>10</b> 8 AM Holy Eucharist 10 AM Holy Eucharist 11:15 AM Coffee Hour	<b>11</b> 1:30 PM Centering Prayer	<b>12</b> 8:30 AM Tuesday Gang (Zoom) 1 PM Memories Ministry	<b>13</b> 10 AM Bend Senior Support 10 AM Creation Care 10 AM Prayer Shawl Ministry	<b>14</b> 12 PM Midweek Eucharist 2 PM Finance Committee (Zoom)	<b>15</b>	<b>16</b> 9 AM Altar Guild
<b>17</b> 8 AM Holy Eucharist 10 AM Holy Eucharist 11:15 AM Coffee Hour 11:30 AM Preserving Democracy	<b>18</b> 1:30 PM Centering Prayer	<b>19</b> 8:30 AM Tuesday Gang (Zoom) 6 PM Vestry	<b>20</b> 10 AM Bend Senior Support 11 AM Pastoral Care	<b>21</b> 12 PM Midweek Eucharist	<b>22</b> <b>Trumpet Articles Due</b>	<b>23</b> 9 AM Altar Guild
<b>24</b> 8 AM Holy Eucharist 10 AM Holy Eucharist 11:15 AM Coffee Hour	<b>25</b> 1:30 PM Centering Prayer	<b>26</b> 8:30 AM Tuesday Gang (Zoom)	<b>27</b> 10 AM Bend Senior Support 6 PM Family Potluck and Service	<b>28</b> 10 AM K.I.D.S. Team 12 PM Midweek Eucharist 11AM Handel's Ice Cream	<b>29</b>	<b>30</b> 9 AM Altar Guild
<b>31</b> 8 AM Holy Eucharist 10 AM Holy Eucharist 11:15 AM Coffee Hour						