



the Trinity Trumpet

October 2025

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

Trinity Hall
469 NW Wall St
St. Helens Hall
231 NW Idaho Ave

SERVICES

8 AM Sunday
Trinity Sanctuary

10 AM Sunday
St. Helens Hall
(and streamed on
YouTube)

12 Noon Thursday
Chapel

PARISH OFFICE

(541) 382-5542
admin@trinitybend.org
www.TrinityBend.org

TRUMPET ARTICLES

Submit articles to
trumpet@trinitybend.org

Meanderings and Musings from Our Rector

Dear Beloved Community of Trinity,

We recently marked the 20th anniversary of Hurricane Katrina, a trajectory-changing reality for me and mine, as well as countless other beloved children of God. Yet, even as I ponder all that means, I recognize it is but a blip on the historical timeline. This year also marks the 250th anniversary of the “shot heard round the world” that started the American Revolution; the 50th anniversary of the Fall of Saigon; the 160th anniversary of the 13th Amendment, which abolished slavery, the same year President Lincoln was shot and killed; the 80th anniversary of Hiroshima, Nagasaki and the end of World War II; and the 70th anniversary of the murder of Emmett Till and the Rosa Parks bus boycott.

Even further back, 2025 marks the 930th anniversary of the First Crusade, the 810th anniversary of the signing of the Magna Carta, and the 700th anniversary of Tenochtitlán by the Aztecs. Random though it may be, the list of events and people could go on and on from every angle, cultural perspective and social, political or religious leaning. Each anniversary is significant to someone, changed a person or a people or all of humanity’s lives in one way or another. Each marked a moment of change, a shift or pivot for good or evil that warrants remembrance, reflection and response.

In the words of the Rt. Rev. Kee Sloan: “We can only live our lives looking ahead, and we can only understand them looking back.” For our part, we have spent time this past year “looking back” and listening to where we have been. And, as you will read in the Stewardship packet arriving soon and in the stories to be shared over the next month, our “looking back” and listening continues with an invitation to each of you to tell out your souls and your stories. We come from many places across many years, and we bring a wealth of experiences, knowledge, gifts and stories to be shared and to be woven together.



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Meanderings and Musings from Our Rector (cont.)

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The late Archbishop Desmond Tutu wrote:

IN OUR AFRICAN... worldview, we have something called "ubuntu." ... We could translate it... "A person is a person through other persons." ...Ubuntu is the essence of being human. It speaks of how my humanity is caught up and bound up inextricably with yours. ...I need other human beings in order to be human. ...I can be me only if you are fully you. I am because WE are, for WE are made for togetherness, for family. We are created for a delicate network of relationships, of interdependence with our fellow human beings, with the rest of creation. ... I have gifts that you don't have, and you have gifts that I don't have. We are different in order to know our need of each other.

As we journey through this season, please consider the notion of *ubuntu* and how other people's stories make you more fully you. Likewise, reflect on how sharing our stories — stories of joy and pain, stories of struggle and triumph, stories of darkness and light — makes us more fully the beloved community.

Friends, now is the time when opening our eyes, our minds and our hearts to other people's stories is needed to "take away the arrogance and hatred which infect our hearts; break down the walls that separate us; unite us in bonds of love; and work through our struggle and confusion to accomplish (God's) purposes on earth." (BCP 815). Shalom, y'all!

Elizabeth Wheatley-Jones+

Time to "Tell Out My Soul! The Greatness of the Lord!"

Our Annual Stewardship Season has begun! Running through the month of October, this season is a chance for us to reflect on the deep connections we have formed here at Trinity. In a world of constant change, the one constant is the community we have built together. This season will culminate with our Ingathering of Pledge Cards on Sunday, November 2nd at 9 AM followed by a Celebration Brunch.

A Season for Storytelling

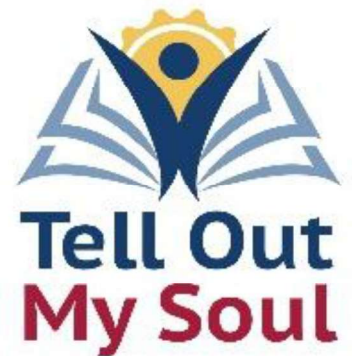
Our theme this year is "Tell Out My Soul!" Everyone has a story to tell about why they came to Trinity and why they continue to participate in our community. This is a place where we can bring our whole selves — our stories, our dreams, our struggles, and our joys — and find the support and encouragement we need.

Throughout this campaign, we will celebrate the many gifts within our congregation. You will hear from artists, musicians, and poets who will share how they transform God's inspiration into art and action. This same process happens in each of us as we seek ways to share our gifts with the world. Also, you will have opportunities to share your own story through weekly written reflections and testimonials during services. Be sure to look for our new "Did you know?" facts around the church, highlighting the ministry and mission of Trinity.

Join Our Celebrations

- **Harvest Dinner — October 24th.** Join us for our Harvest Dinner on Friday, October 24th from 5:30-7:30 PM. We'll give thanks for the abundance God has given us and connect with one another as we prepare for the winter season. Plan to bring your favorite harvest dish to share. Please arrive 5:30 PM; dinner starts at 6 PM.
- **Combined Service, Ingathering and Brunch November 2nd.** Our stewardship season will conclude on Sunday, November 2nd, with a special, combined service at 9 AM in St. Helens Hall. This service will honor All Saints and All Souls and will serve as our Ingathering for pledge cards. (See All Saints and All Souls article for details about that observance.) Afterward, we'll celebrate with a festive brunch in Brooks Hall.

We look forward to hearing your story and celebrating with you!



Contact Us

(541) 382-5542 (office)

Elizabeth Wheatley-Jones

Rector

rector@trinitybend.org

Kelly Metcalf

Parish Administrator

Christian Clark

Director of Music

Joan Wellman

Contributions Secretary

Casey Murphy

Sexton

Sarah Irby

Assistant to the Sexton

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,

October starts with one of my favorite feast days...The Feast of St. Francis, when we celebrate by bringing our furry companions with us to church (if we dare...).

How did St. Francis come to be associated with the love of animals and nature? According to a book of folklore and legends, developed after St. Francis' death, called the *Fioretti*, there was a story about St. Francis and a wolf.

As the story goes, there was a vicious wolf that was terrorizing a town and its inhabitants. St. Francis went into the mountains and found the wolf, brought it down to the town and negotiated a pact between the wolf and the town's people to longer harm them if they fed him. Francis learned by listening that the wolf was angry and vicious out of being hungry and not having his needs met. The people never again were threatened by the wolf. Thus, Francis' ability to listen, understand and negotiate proved to be successful for the wolf and the townspeople.

St. Francis teaches this lesson by showing us how he could be with animals, but maybe these animals are representative of those people in our lives we don't understand. As we make great efforts to care for our pets who can be vicious and mean if their needs aren't met — many of us go to great lengths to comfort our furry friends whose language and sometimes behaviors we don't understand — let's look at the people in our lives who we feel this way about...how can we comfort them?

Perhaps we may want to follow Francis' lead by taking a closer look at situations where we feel we are being hurt, wronged and threatened by others. What motivates some people to display hurtful and destructive behaviors? Could there be instances where we could provide something simple to remedy some of the vitriol? If we look closely, is there another story besides the one we see on the surface? Is it not in our own best interest to feel love and concern for someone's unhappiness and do what we can to help, as opposed to being angry and feeling hate because we don't understand? It's a whole lot easier to carry around love than bitterness.

Some of our diners at Family Kitchen come to my mind. I am often stymied by people who are homeless...how can they let that happen to themselves? Why do some of them behave in unusual ways, seemingly foreign to us? How can we as a society allow homelessness to happen? Who knows? We can try to understand when given the opportunity and/or just help as best we can. One simple way Trinity has helped for years and can continue to help (and understand!) is to feed people! Everyone feels better with a full belly!



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Senior Warden's Column (cont.)

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Family Kitchen, along with several other food-providing organizations, are facing very limited budgets right now. Trinity is going to start a "Red Wagon" Ministry.

- **Non-Perishable Food.** In the coming weeks, we will place a wagon at the back of each sanctuary for congregants to place non-perishable items for the use of food kitchens in the Bend Community.
- **Milk Fund.** There will also be a place to contribute money for milk for Family Kitchen. Family Kitchen cannot afford to provide milk for their diners at this time. They only need about 4-6 gallons per meal.... but it's just gotten too expensive for them. We'd like to restore the ability to make milk a part of their meals.

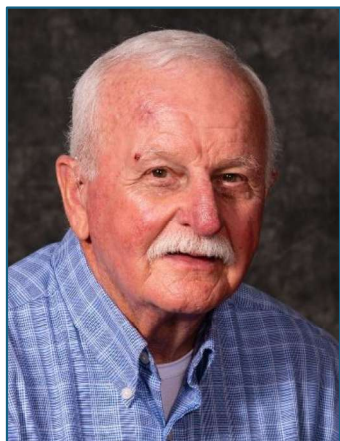
So, continue to open your hearts to the "beasts" among us both human and animal (and the beasts within us...). Try to understand and when that's not possible, simply love with what you can...even if it's just with a can of beans or a quarter towards milk!

Sincerely,

Adrienne Garrison
Senior Warden

Junior Warden's Report

Tom Lowery



It is difficult to accept that fall is here and the summer is over. There are so many changes with the change of seasons. The weather is the obvious change, but the days get shorter, school zones are active, and all the activities at church start up again.

Snow Removal. For the Building and Grounds the next big project is to tackle preparing for the winter weather. We will be having a meeting for the snow removal volunteers soon. Changes were implemented at the very end of the last snow season. We need to review the changes and visit the existing procedures. The volunteers will be notified shortly. As always, we could use some extra shovelers on deck for the coming season. If you are willing to join our Snow Removal Crew, let me know.

Sidewalk Repairs. The city has made it very difficult for us to proceed with the sidewalk repair. At the last Building and Grounds meeting we decided to attempt to find a contractor that can navigate through the city's red tape. This process will cost us more money but we are unable to provide the necessary documents to the city. I doubt that we will be able to get the work started before the winter weather arrives. So this will be a next spring project.

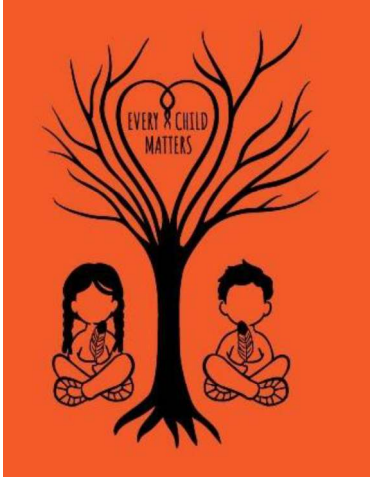
CPR Classes. We will be having the CPR classes on September 27th and October 4th. We have a total of sixteen Trinity members attending the classes. If you are interested but did not sign up, let me know. We will schedule more trainings as needed.

I have a great deal of gratitude for the people that have supported our safety goals.

Thank you and God Bless,

Tom Lowery

Orange Shirt Day – September 30th



**Wear ORANGE on September 30th (and again on October 5th at church)
in observance of**

**Orange Shirt Day, a.k.a. the National Day of Remembrance
for U.S. Indian Boarding School Survivors!**

Join in solidarity to honor indigenous families, children and elders whose lives have been impacted by Federal Indian Boarding Schools. This annual day of remembrance encourages us to confront this painful history, strive to understand its ongoing effects and commit to the healing needed to support Indigenous communities. **By wearing Orange on September 30th**

(and October 5th at Trinity) we proclaim: "Every Child Matters."

<https://www.oregon.gov/odhs/tribal-affairs/pages/orange-shirt-day-background.aspx>

Church at Alpenglow: Blessing of the Animals – Oct 5th, 10 AM



Join us for our final outdoor service of the season on Sunday, October 5th at 10 AM at Alpenglow Park for a combined observance of the Feast of St. Francis with an outward, communal observance of "Orange Shirt Day." (Our 8 AM Eucharist will be at Trinity that morning.)

On October 5th wear ORANGE and grab your critters on leashes or in pet carriers and your lawn chairs/blankets. If it's chilly, bundle up. Come on over to the Pavilion at Alpenglow Park to celebrate the Blessing of the Animals with Holy Communion. Help us spread the word to neighbors, pet-lovers and those who may want to visit Trinity in a less formal and a bit more lively environment.

All are Welcome! All God's Critters are Welcome! All of God's Children are Welcome!

Meet the New Youth Leader for BYC – October 5th, 4 PM



Did you know Trinity has re-upped our commitment to the BEND YOUTH COLLECTIVE (BYC), a combined youth group from a collective of faith communities including Trinity, Bend United Methodist, First Presbyterian, Nativity Lutheran, Storydwelling and Unitarian Universalist Fellowship. The BYC has entered into a unique collaboration with an ecumenical innovation ministry partner, Together Lab, to hire full-time organizer and leader Stef Jenkinson who brings the capacity and intentionality toward BYC and belonging for youth that we have needed.

Together as a collective of local communities of faith and fierce love, we seek to create sacred space for all youth to be seen, known and loved, just as they are; to learn more deeply about themselves and the world; and to cultivate a commitment to love of self, neighbor, and that which surpasses all understanding.

Without watering down what makes each of our traditions unique, the goal is to lift up the shared deep commitment to Love, Justice, and Mercy that connects us all with God/Spirit/Divinity. Stef's background in ministry, education, and nonprofit leadership equips her to build bridges and bring out the uniqueness amid difference. Service, play, and leadership, in a space of belonging, makes room for deep conversation. Youth will have concrete tangible experiences to make meaning out of their individual faith journeys, while parents, caregivers, and local congregations are more equipped to accompany teens in faith formation.

What will their first 90 days look like?

- 1) **Maintain and Strengthen the BYC Regular Gatherings** — Stef will be able to jump right in, coordinating the Sunday night gatherings, lead the team of volunteers, and co-design and co-facilitate meaningful and fun experiences for youth, and build relationships with youth and families.
- 2) **A Listening Campaign to deepen the web of BYC** — Stef will do many relational meetings with leaders in congregations and in the community, potential new volunteers, youth and families. Widening the web means a wider circle of leaders (less volunteer burnout!) and deepens BYC's reach of youth, families and community.



IMPORTANT NOTE FROM STEF:

Dear BYC Families,

I'm so excited to introduce myself and begin connecting with you all as part of the Bend Youth Collective! Over the next few weeks, I'll be slowly rolling out emails to families so I can get to know you and your youth, and to explore together how the BYC can best fit into your lives.

Our very first BYC gathering will be:

Sunday, October 5th

4:00–6:30 PM

Bend Church (680 NW Bond St.)

We'll be carving pumpkins, sharing food, and simply spending time together. Food for this event is already handled, but we will be asking for help for future gatherings.

- Please **RSVP (even loosely if you're not sure yet)** to stef@togetherlab.org so I know how many pumpkins to purchase.
- If you have pumpkin carving tools at home, feel free to bring them along.

I can't wait to meet your families and kick off the BYC season with some fall fun.

With gratitude,
Stef Jenkinson

Highway 20 Litter Patrol – October 11th, 9 AM

Les Davis



Join our Litter Patrol on October 11th for our fall clean-up of a two-mile section of US 20 between Bend and Sisters! Our section runs a mile north and south of the Scenic Viewpoints, so we have four miles of roadside and the two viewpoint parking areas to maintain.

We will meet at the Northside Viewpoint at 9 AM to get organized and to pass out yellow/orange caution vests, grabbers, and yellow plastic bags, and to sign the waiver and get instructions.

With enough volunteers, we can be done in an hour or so. Adults and youth are welcome, but this is not safe for young children. No experience required!

Are you available to help on October 11th? Contact Les Davis to volunteer – and thank you for your support.

Red Wagons Are Coming in October

Mary Keath

We are starting a RED WAGON MINISTRY at Trinity. Red Wagons will be placed in the entry areas of Trinity and St. Helens to collect items like food, socks, school supplies and more to support a variety of outreach ministries. On the Fourth Sunday of each month (October 26th), our RED WAGONS will be rolled forward at the Offertory as an outward and visible sign of our efforts to share God's love and bring relief to those in need in our community.

Our first RED WAGON outreach will be Family Kitchen. Beginning in October, you are invited to bring the following nonperishable foods to fill the red wagons to supplement Family Kitchen's supply of ingredients for meals:

- **Nonperishable items** — especially vegetable oil, olive oil, cooking spray, peanut butter, mayonnaise, ground coffee, white sugar, brown sugar, honey, jam/jelly, Emergen-C, electrolyte packs
- **Healthy snack items for sack lunches** — small bags of pretzels, fruit snacks, apple sauce/smoothie packs, crackers
- **Trail mix ingredients** — nuts, chocolate chips, pretzels
- **Shelf stable proteins** — black beans, canned chicken, garbanzo beans, lima beans, lentils



AND... Watch for "Milk for Family Kitchen" milk bottles on the entry tables of Trinity and St. Helens Hall. We will be collecting money to purchase milk, a precious commodity and nutritious addition to the meals for the diners at Family Kitchen, too.

Family Kitchen is now its own 501(c)(3) nonprofit, and Trinity supports it by use of the downstairs space at St. Helens Hall and by parishioners who serve as volunteers. Now more than ever, Family Kitchen depends on donors for money and food to provide thousands of nourishing meals each month. They need our continued support in providing these meals, especially in these trying times.

Submitted by Mary Keath on behalf of TEAC Economic and Social Justice subgroup.

Contemplative Outreach of Central Oregon – October 11th

CONTEMPLATIVE OUTREACH OF CENTRAL OREGON

FREE FILM EVENT

Saturday, October 11, 2025

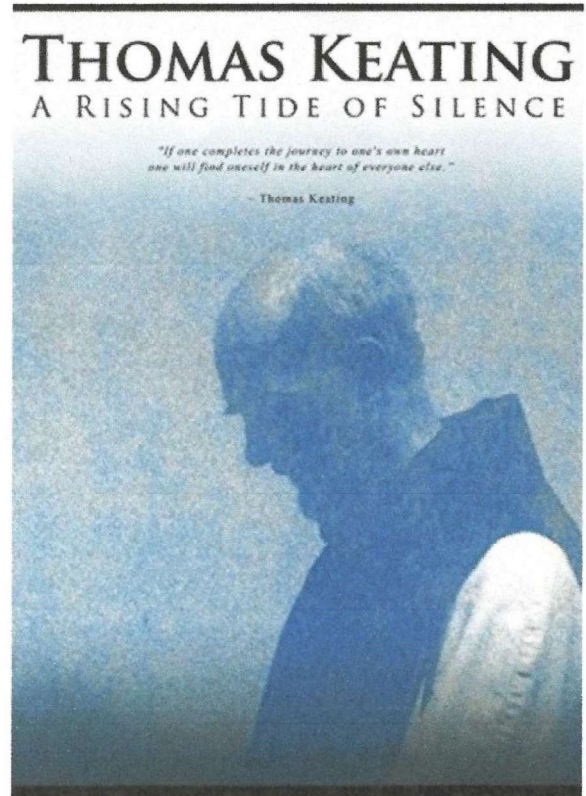
9:00 am to 12:00 noon

Doors open 8:45

ALL ARE WELCOME

**HOLY COMMUNION CHURCH
1245 SE 3rd Street, Suite C10, Bend**

Contemplative Outreach of Central Oregon and Holy Communion Church invite you to a screening of the film “A Rising Tide of Silence”, a reflective portrait of Thomas Keating, the founder of Contemplative Outreach, Ltd and the Centering Prayer practice



Join us for a morning retreat of Centering Prayer, viewing of the film and discussion. The event is free and open to all and to all silent meditation practices. Instruction in Centering Prayer will be offered for those new to silent meditation practices.

Centering Prayer is from the Christian tradition. Thomas Keating adapted ancient contemplative practices for contemporary times and popularized Centering Prayer around the world.

“One of the most influential Christian spiritual teachers of his era, Thomas Keating had a long life with many phases and contradictions.” (Laurence Freeman, OSB)

Whether you are an experienced practitioner, or are new to Centering Prayer, learning about Thomas Keating will inspire you and enhance your spiritual journey.

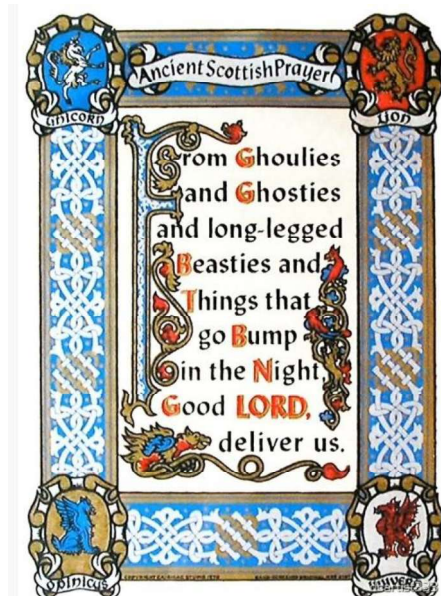
For more information, please email COCO@contemplatives.us.

All Hallows Blessing of Trick or Treaters – October 26th

Calling all Ghoulies and Ghosties
and Children of all Ages...

Wear your Halloween Costumes
to Church on October 26th
and share some early
All Hallow's Eve spooktacular Joy!

At both services
we will offer a
Blessing over the Trick or Treaters!



All Saints/All Souls Combined Service – November 2nd



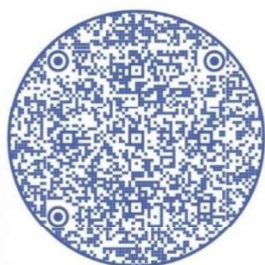
In observance of the Feasts of All Saints and All Souls, we will celebrate as **ONE** Church family at **ONE** combined service on Sunday, November 2nd at 9 AM in St. Helens Hall. (Repeat, the service will be at 9 AM, not 8 AM nor 10 AM.)

As part of the celebration, we will read the **Memorial Roles**, the names of those who have departed since All Saints and All Souls, November 1, 2024. Beginning in mid-October, there will be a **Book of Remembrance** at the entry of each nave. Anyone may enter the names of loved ones who have made their journey into eternal life in this past year.

You may submit names online by using the following URL

or QR code:

https://docs.google.com/forms/d/e/1FAIpQLSdbHBaK7IY5nEzPrwrjH_fsKqoQJXw6IJfslMse5pUI_P7Jag/viewform



In addition, as part of our "Tell Out My Soul" Celebration Brunch in Brooks Hall immediately after the service that day, we will have a "**Día de los Muertos**" altar or **ofrenda** to honor our loved ones who have died. Bring framed photos or special items to display on the table in remembrance and in thanksgiving. Be sure to label the back of the frame or item so it may be returned to you.

Let us celebrate our lives together and the lives who have walked this earth before us. Let us Tell Out our Souls with joy and festivities. **Questions? Contact John Lidstrom.**

Red Door Bake Sale and Bazaar – November 22nd

The Red Door Bake Sale and Bazaar Saturday, November 22nd 9 AM – 1 PM

The Red Door Bake Sale and Bazaar is just about here! The Red Door Committee is hoping that all Trinity members will find a way to participate in the sale in November. The purpose of the sale is to raise money for Trinity's outreach to the community.

How Can You Help?

1. **Sign-up** at the information table after the 8 AM service or during coffee hour.
2. **Fill out a "yellow sheet"** which lists ways you can help. Yellow sheets can be found in each sanctuary, Brooks Hall, and on the counter of the church office. Place the completed yellow sheet in the offering tray, box on the counter in the office, or give it to a Red Door committee member.

To the right is a "copy" of the yellow sheet to give you an idea about ways you can help or contribute to the Red Door sale. Contact a Red Door committee member if you see a way you would like to help and we will sign you up!

Drop off Site

We are looking for donations of new handcrafted items — sewn, quilted, knit or crocheted items, jewelry, cards, photography, woodworking items, floral arrangements, wreaths and other creative items. Trinity has a lot of talent!

After you have finished making your handiwork, where does it go before the sale?

- Kelly Metcalf, Trinity's Parish Administrator, has a storage box in her office where merchandise can be placed before the sale. Your goods will be collected and safely stored until the Red Door. Please bring items to Trinity any time during Kelly's office hours.
- If you choose to hold on to your handiwork until the sale, that's great. We will be setting up for the Red Door sale on Thursday, November 20th, and you can bring your merchandise to Brooks Hall then.
- If you need to have items picked up, please contact a Red Door committee member to arrange a time for pick-up.

Trinity Episcopal Church	
Red Door Bake Sale & Bazaar	
Saturday November 22, 2025	
<input type="checkbox"/>	I will contribute by donating baked goods, jams and jellies etc. <i>(Please describe on reverse side.)</i>
<input type="checkbox"/>	I will contribute by donating hand-made items to sell at the Red Door. <i>(Please describe on reverse side.)</i>
<input type="checkbox"/>	I will assist with pricing and organizing sale items on Thursday, November 20.
<input type="checkbox"/>	I will assist on Thursday morning, November 20, with setting up tables prior to the sale.
<input type="checkbox"/>	I will assist with taking down tables and rearranging goods on Saturday afternoon November 22.
<input type="checkbox"/>	I will assist on the day of the Red Door sale, Saturday, November 22.
<input type="checkbox"/>	I have items to donate to the Raffle. <i>(Please describe on reverse side.)</i>
<input type="checkbox"/>	I will assist on Sunday afternoon with packing and storing left over goods after the coffee hour sale.
<input type="checkbox"/>	I will deliver posters/Help with publicity
<input type="checkbox"/>	I will assist in another way. <i>(Please describe on reverse side.)</i>
Name: _____	
Phone: _____	
Email: _____	
Please place the completed form in the offering plate, drop it off at the Trinity Office, or email your response regarding contributions to Loretta Slepikas, lorettaslepikas@gmail.com	

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Red Door Bake Sale and Bazaar – November 22nd (cont.)

Baked Goods for the Red Door Bake Sale and Bazaar

Baked goods, canned goods, candy and other food items are a big part of the Red Door Bake Sale and Bazaar! With the sale being right before Thanksgiving, shoppers purchase to stock up for the holiday season.

- Please bring food items for the Red Door sale to the Brooks Hall Library on Friday, November 21st, the day before the sale, between 12 PM — 4 PM.
- Please plate, wrap and price what you bring. It helps if what you bring is ready to be sold. Also, clearly mark if what you bring contains nuts!

Thank you for your willingness to help with the Red Door Bake Sale and Bazaar. It's a rewarding way to help our community through outreach and begin the holiday season.

The Red Door Committee — Loretta Slepikas, Barb Lowery, Sylvie DeKalb and Beth Ellis.



Gifts for the Christ Child – Donations Needed by December 1st



Family Access Network (FAN) advocates are available in each local school to help impoverished students with basic needs — food, shelter and school supplies. The FAN advocates personally have validated a child's needs — this is not a scam.

As in past years, FAN desperately needs Safeway food gift cards which allow a family to buy food they need and can use, especially if they are homeless, living in their vehicles, etc., or when they may not have refrigeration or a means to cook food, or even room to store the donated food. The food gift cards are not valid for tobacco or alcohol.

Because the school district's holiday recess schedule, the Family Access Network needs our assistance well before the holidays — by December 1st — in order for the FAN advocates to distribute the gift cards to the needy families before the schools close for the school holiday break.

- You may send in a check to the parish office, or go online to trinitybend.org and use the <DONATE> button. **Be sure to identify your gift as "Gifts for the Christ Child" in the memo area.**
- You may designate the Gifts for the Christ Child on the donation card that will be included with the holiday giving letter that will be sent out shortly.

Reminder: Gifts for the Christ Child donations are due by Monday, December 1st!

Your assistance will be greatly appreciated. Questions: contact Judy Warren

Trinity Pastoral Meals Ministry



Mary Keath passes the torch to Susan Mondry

The coordination of the Trinity Pastoral Meals Ministry has been led out of love and care by Mary Keath for several years, with gracious support from Jane Davis and Beth Ellis.

We are grateful that Susan Mondry has agreed to assume Mary's role. This time of transition is an opportunity to thank everyone who has participated in this ministry in the past number of years, to check in with current participants to determine who wants to continue, and to recruit new meal providers.

We want to welcome all who wish to consider becoming meal providers in this ministry that provides meals for Trinity members

who may need help after a medical procedure, prolonged illness, and other situations of need. We like to keep a full list of "food prep" people so when Susan is contacted, she can facilitate the delivery of food in a timely manner.

If you have any questions, please contact Susan. We would love to have you join this ministry! It doesn't involve a huge amount of your time, but it certainly provides members who need support a wonderful connection to show that the Trinity Community is thinking of them.

We look forward to hearing from anyone who would like to join this ministry.

Susan Mondry, (541) 389-7922, slmondry@msn.com.

Community Supports K.I.D.S.!

Marie Suhre

Word is spreading about K.I.D.S mission to help underserved children and youth in Central Oregon experience camps, extracurricular sports, art lessons, horseback riding and nature opportunities.

This year K.I.D.S. has received a \$2,500 grant from the Rotary Club of Central Oregon and a \$1,000 grant from Brooks Resources! On Tap Bend, Handel's Ice Cream and Mountain Burger in Bend have provided venues or donated a portion of their sales on a K.I.D.S. Day to our mission. And Discovery Corner in Northwest Crossing has provided space for a K.I.D.S. information table at their monthly summer music and food cart event.



God's love is rippling out to local families who could really use a helping hand to provide healthy experiences for their kids. We are "doing something positive" to show that Trinity cares. And our community is pitching in to help!

Thank you, Trinity, for all you do to support this vital mission through donations, attendance at K.I.D.S events, purchase of raffle tickets and so much more.

Your K.I.D.S. Team: Adrienne Garrison, Celine Burke, Todd Cary, Va Nee Van Vleck, Cindy Roach, Christine Wilkins, Judy Warren, Marie Suhre

In a country of abundance, what happens when the abundance is not shared to meet each person's needs? In 2023 in Deschutes County more than 12% of households experienced food insecurity due to high cost of food, housing, transportation, medical bills, etc. And that number has increased significantly in the past year. In the months of April and May, Family Kitchen made more meals and fed more diners each month than any month in the entire history of Family Kitchen.



Where do you get food when the pantry is empty and so is the bank account??

In Deschutes County there are a number of places to seek assistance in times of food insecurity including:

- | | |
|--------------------------------------|----------------------------------------------------------------------------------|
| • Family Kitchen | www.familykitchen.org |
| • Food Stamps | www.oregon.gov/odhs |
| • Neighborhood Impact | www.neighborimpact.org |
| • The Giving Plate | www.thegivingplate.org |
| • Seed to Table | www.seedtotableoregon.org |
| • High Desert Food and Farm Alliance | https://hdffa.org |
| • Central Oregon Locavore | www.centraloregonlocavore.org |
| • Council on Aging in Central Oregon | www.councilonaging.org |
| • Salvation Army | www.bend.salvationarmy.org |
| • COVO | https://covo-us.org |
| • Meals on Wheels | www.councilonaging.org |

How do these organizations serve so many people?? PAID STAFF AND VOLUNTEERS!

You can serve as a volunteer in a variety of roles. Currently parishioners at Trinity volunteer at Family Kitchen, Meals on Wheels, Council on Aging, and a number of other such places, preparing, transporting, and serving meals, and providing access to food and fellowship for fellow residents of Deschutes County, sharing God's love across cultural, racial, and economic boundaries! If you are interested, find out more, check the websites or strike up a conversation with any of the following parishioners:

- | | |
|----------------------------|------------------|
| • Donna Rae Benson | Meals on Wheels |
| • Debby and Don Greenfield | Council on Aging |
| • Sylvia DeKalb | Family Kitchen |
| • Mary Keath | Family Kitchen |
| • Beth Ellis | Family Kitchen |
| • Suzanne Bell | Family Kitchen |

Let's strive to up our hands-on efforts and volunteer to make a difference with love!

Submitted by Mary Keath

on behalf of TEAC subgroup Social and Economic Justice



On Thursday August 21st Ginger Sanders, Sandy and I drove to the Portland airport to pick up Nola Nackerud, Trinity's representative in Condega, Nicaragua. Nola was in the States to visit family and decided to come to Bend. She was with us for three full days, and boy did we make the most of those three days.

On the first day we had a reunion of sorts at Strictly Organic Coffee. Richard Steffensen and Rhonda Ealy, the owners of Strictly Organic, were some of the first people to go to Condega with us. Joining us for coffee and a sweet role was Mark Taylor, the Assistant Fire Chief, who did such an amazing job of improving fire protection in Condega.

As we were finishing our coffee Kathie Eckman, a past Bend Mayor and again one of the first representatives from the city to visit Condega, joined us. Kathie took Nola for the afternoon and showed her Bend and Sisters.

The following morning Elizabeth WJ+ and the Condega Advisory Committee met with Nola to discuss the future of the Condega program. Nola and all of us associated with the Condega program are not getting any younger. The outcome of this meeting was a recommitment by Nola, and the

Committee, to continue our work in Condega as long as we are able.

That afternoon we hosted a reception for Nola. Around 20 people who have traveled to Condega at one time or another, attended. While enjoying light refreshments we shared stories about our experiences in Nicaragua.

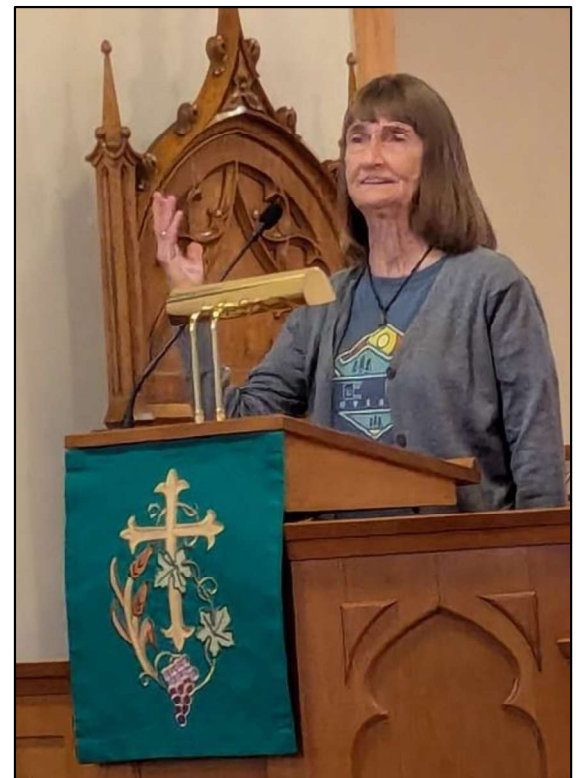
The next morning, Sunday morning, was a joy for all of us. Nola came to a well-attended Adult Forum and answered questions about her work in Condega. She thoroughly enjoyed meeting so many of you.

Nola attended the 8 AM and 10 AM services, where she was introduced by Elizabeth. She took this time to express her sincere appreciation for all the support Trinity has given to the people of Condega. Sunday afternoon was spent with Ginger touring the southern half of Deschutes County.

Trinity's work in Condega is a two-way street. We raise the money, but we are completely dependent on having a reliable representative in Condega. Nola has helped us pick out meaningful projects in Condega and made sure they got done. She came up to thank us and left feeling an overwhelming sense of appreciation.

On a final note, this report has to be submitted before the Condega Celebration has taken place. You have always supported Condega and I'm certain you will come through again.

Because of this I'll thank you now and will provide the details next month.



October 2025 – Greeters' and Ushers' Schedule

Date	Time	Greeters	Ushers
10/5	8AM		Jeanne Merritt and Family
	10AM	Jill Burkett Evelyn Poole	Rich and Lorraine Cedros
10/12	8AM		Tom and Barbara Lowery
	10AM	John Campbell Judi Inglis	Ken Wellman Karly Nash
10/19	8AM		Sylvia DeKalb
	10AM	Mary Keath Sandra Pospisil	Stewart Silva David Depew
10/26	8AM		Frank and Stephanie Wood
	10AM	Meg and Rick Walsh	Rick and Sandy Negus

October Birthdays

2 David Hahn	10 Jeanne Merritt	17 Bill Weiss	27 Chuck Bowen
3 Phil Romas	12 Diane Lindeleaf	17 Deby Welch	27 Don Greenfield
5 Ken Sandine	12 Rick Walsh	19 Jane Davis	28 Julie Lear
5 Carol Spongberg	13 Alexandra Crowell	23 David Kreitzer	29 Mary McCaffrey
6 Jan Schweizer	14 Jandi Kelly	23 Susan Teague	31 Ann Havill
7 Wendy Cliff	17 Kaitlin Leck	24 Jim Christo	

October 2025 – Lectors' and Eucharistic Ministers' Schedule

Date	Time	First Reader	Epistle Reader	Prayers of the People	Eucharistic Ministers
10/5	8AM	Linda Phillips	Kake Huck	Jonathan Taylor	Jonathan Taylor
	10AM		Sue Snyder	John Lidstrom	John Lidstrom Joan Wellman (2 nd)
10/12	8AM	Ben Haag	Loretta Slepikas	Lauren Thomas	Lauren Thomas
	10AM	Gretchen Jackson	Arlene Ullman	Cathie Price	Cathie Price Arlene Ullman (2 nd)
10/19	8AM	Milree Latimer	Yolanda Sanchez-Peterson	Jonathan Taylor	Jonathan Taylor
	10AM	Krystal Milazzo	Connie McCracken	Jan Schweizer	Jan Schweizer Connie McCracken (2 nd)
10/26	8AM	Stephanie Wood	Kake Huck	Jane Davis	Jane Davis
	10AM	Adam Knobel		Joan Wellman	Joan Wellman Hayden Price (2 nd)

October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10 AM Bend Senior Support 7 PM Choir Rehearsal	2 12 PM Midweek Eucharist 5:30 PM Taizé Service	3	4 9 AM Altar Guild 9 AM Women's Group Retreat 9 AM CPR Training
5 8 AM Holy Eucharist 10 AM Blessing of the Animal with Holy Communion at Alpenglou Park	6 1:30 PM Centering Prayer	7 8:30 AM Tuesday Gang (Zoom)	8 10 AM Bend Senior Support 10:30 AM TEAC Racial Justice 1 PM Prayer Shawl Ministry 3 PM TEAC Creation Care 7 PM Choir Rehearsal	9 12 PM Midweek Eucharist 2 PM Finance Committee (Zoom) 2 PM Red Door Marketplace	10 Parish Office Closed	11 9 AM Altar Guild
12 8 AM Holy Eucharist 9 AM Adult Forum 10 AM Godly Play 10 AM Holy Eucharist 11:15 AM Coffee Hour	13 Parish Office Closed 1:30 PM Centering Prayer	14 8:30 AM Tuesday Gang (Zoom) 1:15 PM Memories	15 10 AM Bend Senior Support 11 AM Pastoral Care 7 PM Choir Rehearsal	16 12 PM Midweek Eucharist	17 Parish Office Closed	18 9 AM Altar Guild
					<div style="border: 1px solid black; padding: 5px; text-align: center;"> EDEO Convention </div>	
19 8 AM Holy Eucharist 9 AM Adult Forum 10 AM Godly Play 10 AM Holy Eucharist 11:15 AM Coffee Hour	20 1:30 PM Centering Prayer	21 8:30 AM Tuesday Gang (Zoom) 6 PM Vestry	22 10 AM Bend Senior Support 7 PM Choir Rehearsal	23 10 AM K.I.D.S. Team 12 PM Midweek Eucharist	24 5:30 PM "Tell Out My Soul" Harvest Dinner	25 8:30 AM Men's Breakfast 9 AM Altar Guild
26 8 AM Holy Eucharist 9 AM Adult Forum 10 AM Holy Eucharist with Blessing of Trick or Treaters 11:15 AM Coffee Hour	27 1:30 PM Centering Prayer	28 8:30 AM Tuesday Gang (Zoom)	29 10 AM Bend Senior Support 6 PM Family Potluck and Service 7 PM Choir Rehearsal	30 12 PM Midweek Eucharist		