



Upcoming Trinity Events

- ▶ June 9 – Fun & Fire
Bonfire
- ▶ June 11 – Family-Youth Service



FROM THE RECTOR: *BEFORE CLIMBING JUGHANDLE MOUNTAIN*

As I plan and look forward to traveling to Idaho during the first part of August for an Allen Family reunion, memories of past forays and reunions in McCall, Idaho, occasionally provide a montage of possibilities. One of these memories is the half-day hike to Louis Lake, a deep-blue glacial lake that lies in a fold of Jughandle Mountain at 7,004 feet. It's a dot on the map, but a place of rare beauty and tranquility.

The hiking trail to the lake takes one up a steep, exposed ridge through boulders and scree. The last time I hiked the trail I found it to be rather strenuous – hard on my old heart and legs. At the bottom of the climb there is a gurgling brook – a spring that seeps out of soft, mossy earth and flows through a lush meadow crammed with wildflowers blooming in wild profusion. The brook is a quiet place where one can re-hydrate and prepare for the challenging climb that lies ahead.

This hiking experience reminds me of the moment in *The Pilgrim's Progress* when Christian and his fellow-travelers find themselves at the foot of another steep ascent, the Hill Difficulty, at the bottom of which is a spring. "Christian now went to the spring and drank thereof to refresh himself, and then began to go up the hill" (John Bunyan, *The Pilgrim's Progress*, The Third Stage).

This Pentecost Sunday, I couldn't help but see and hear from several parishioners who are currently, or have recently, stood at the foot of Hill Difficulty, facing an impossibly high mountain to be climbed that could not be met with mere strength or wisdom. Some of these mountains included the care of an aging or disabled spouse, a difficult financial challenge, the death of a parent, or a painful recovery from a surgical procedure. The demands seemed insurmountable.

However, before any of us begins that climb, we might want to visit the spring that is God's abiding presence in our lives. We are able to come to God with all our weaknesses, weariness, feelings of helplessness, failure, doubt, and fear – to drink of God's power and wisdom; to fill ourselves with God's everlasting love – always remembering that dehydration imperils both body and soul! As we drink from the life-giving spring of God's loving presence, it is also a time not only to quench our thirsts, but also to ask for faith and hardy endurance to face and surmount the difficult challenge that lies ahead.

When we drink from the spring of Living Water, we are also drinking from the spring from which Jesus drank when he stood at the foot of Hill Calvary – a "brook beside the road" (Psalm 110:7). Then, rested and refreshed, having set our Good Shepherd before us, we can rise and face the difficult challenge that looms ahead.

Yes, when I go back to McCall this summer, Jughandle Mountain will be there to challenge me again – just like the challenging mountains of our life's journeys possibly remaining and being just as demanding as before. However, having been refreshed and empowered by God's goodness and mercy preceding all our human effort, we can ascend with steady faith, hope and love. *Michael +*

Youth Ministry



Thanks to all the help from Danielle, Derek, and Aidan Mitchell, along with Steve, Jack, Jonah and Jerred Vales with help and supervision from Ruth and Tim Cross, a grand total of 20 cars and vans were scrubbed and dried, and a grand total of \$240 was raised for the youth group.



Bible Study – Call to Discipleship

The Monday afternoon Bible study, the Call to Discipleship continues to meet each Monday afternoon in the gathering room at Trinity Church from **12:45 to 2:30 p.m.** This ecumenical Bible study is open to everyone and no previous Bible study is necessary to participate. For further information, please contact Penny Eufer at [201-825-1398](tel:201-825-1398)



YOUR PRAYERS ARE ASKED FOR . . . Eileen, Virginia, Deirdre, Michael, Hazel, Angie, Jennifer, Nicole, Cameron, Marissa, John, Marcia, Peggy, Mary Lee, Murray & Donna



The Knitters Group will meet on Tuesday, June 13th at 7:00 PM.

Ministries Visioning Gathering – Save the Date!

Please join with your fellow Trinity Family Members for a fun filled outdoor activity for adults and children: Our first bonfire night!! Here are the key points:



It is on **Friday June 9, at 7:00 PM (not 8:00)**

It is at the Ramsey's house (470 Brookside Ave., Allendale)

They are next to the Racquet and Swim Club

(Please park on the right side of Edgewood Rd which is across Brookside)

Note: Please use CAUTION crossing Brookside

This is for all ages!

There is a pool - bring a suit and towel

There will be glow sticks for the kids

There will be a fire pit by the pool and a bonfire by the river

There will be story time - sharing (that is the listening part)

There will be beer - wine - snacks - and S-mores

RSVP to timothycross@verizon.net



Burn, Spirit, Burn

There is a quiet peace that washes over us like a warm breeze on a cool summer night knowing that we are loved by God and valued and empowered in Christ's mission to spread the Good News of God's love to people of every family, language, people and nation. This peace also fills us in the knowledge that we are not going it alone. We have both the gift of the Spirit with us and our fellow sisters and brothers working together as one Body. I believe this is the peace that Jesus breathed on his disciples in the Upper Room as he empowered each of them with the gift of the Holy Spirit to do this work in the world. This is a peace we know as good stewards of our own Spiritual gifts exercising them for the mission of the Church. It is also the peace we are inspired to share with all as we include and encourage them in exercising stewardship of their Spiritual gifts - all of us together reaching "to the ends of the earth" for the common good.

How does the Holy Spirit fire burn within you? How do you fan the flames of the Spirit in others?
[Steward's Stirrings in the Diocese of Olympia, The Rev'd. Canon Lance Ousley, Pentecost Day, Year A, 2017]

OUTREACH - Center For Food Action

In our continual efforts to support of the Center for Food Action (CFA), the Outreach Ministry has decided to host different themes each month during the year.



June is “**Breakfast Month**”; which includes items such as cereal, juice boxes, Parmalat, breakfast bars, peanut butter, graham crackers and canned fruit. NOTE: This does not mean you must donate only these items, since they are merely suggestions. ALL donations are greatly appreciated.



Outreach – Mustard Seed Academy

We received a total of \$633.00 in our collection for meals for the Mustard Seed Academy yesterday. \$373.00 went into the bank in the form of cash donations and checks made payable to Trinity. Three parishioners made checks directly payable to RPU or Mustard Seed (\$150, \$60, \$50). This is such important and meaningful work Real Partners in Uganda, Joe & Elaine Griswold, Kathryn & Dana Hiscock, and *so many others*, are doing, and Trinity’s contributions strengthen their work and, quite literally, enhance and strengthen the living experience of these precious individuals. *Blessed be to all.*



Happy Birthday to You

Mary Lee Hoek (6/8)

Peg Patterson (6/10)

Sharon Pierson (6/12)

Danny Friedman (6/16)

Matthew Milano (6/20)



Thrift Shop sales in Midland Park can benefit our Church

Midland Park Community Thrift Shop (located on the lower level of the Midland Park Shopping Center, 85 Godwin Avenue at the rear of the mall. Easy entrance from Goffle Road to lower level. Telephone is 201-652-7661). Donations are accepted from 10 AM to 2 PM on Mondays and on the first Saturday of each month. Bring items inside to the back of the store. Do not leave donations outside. Welcomed donations include seasonal clothing in good condition, shoes in excellent condition, bric-a-brac cleaned and in working order and books (hardcover books must have jackets, paperbacks in excellent condition only), and toys (unused stuffed animals, unopened puzzles, and games in excellent condition with all pieces in the box). Do not donate records, sports equipment, computers, printers and car seats.

Our church receives a percentage of the sales of items identified with our number. All items brought to the shop should be clearly marked with #66.

We are asked to help staff the shop for one week each year as our share of helping with this worthy ministry. Any questions, please call Ruth Ann Morel at (201) 652-5172.



YOGA CLASS – Trinity Parish Hall – Wednesdays, 8:00 PM

Join Robert Anderson’s Yoga. First class FREE, following classes \$15/class.

Allendale resident, Robert Anderson brings a traditional hatha yoga class, blending a physical and meditative practice.

ALL ARE WELCOME

Visit robertandersonyoga.com for additional background on Robert. Or text him at [551.427.6466](tel:551.427.6466) with any questions. Email: robert@robertandersonyoga.com



Heartfulness Meditation – Trinity Fireplace Room – Sundays, 7:45 AM

Join the Heartfulness Meditation on Sunday mornings at 7:45 to 9:15, in the Fireplace room at Trinity. It’s Free and All are welcome. Led by Nupur Kothari: allendale.nj@heartfulness.org





THE ENNEAGRAM* & YOU
FACILITATED BY MICHAEL NAYLOR AND JUDITH ANDERSON

DATE	TIME	ADDRESS
SAT JUNE 10TH & SUN JUNE 11TH 2017	SATURDAY 9AM-5PM SUNDAY 2PM-5PM	55 GEORGE STREET ALLENDALE, NJ
COST:\$195		

Experience greater grace and ease in work and life. Learn your unique gifts and traps, including strategies to manage what has tripped you up – until now!
 – Hosted by Philomena Casey

*The Enneagram covers nine basic types of personalities. It explains why we behave the way we do, and it points to different directions for individual growth leading to greater connectivity with self and others.

COST: \$195. Please mail payment: PO Box 31 Allendale, NJ 07401
 Or call (201) 499-7270 w/cc info (processing fees will apply)
 For more info: Philomena Casey: (908) 512-5540 casey914@verizon.net
 Judith Anderson (201) 934-5151 JudithAnderson@AndersonRust.com

**You
Are
Invited**

**Saturday
June 10
9:00 AM – 5:00 PM
&
Sunday
June 11
2:00 PM – 5:00 PM**

*See Flyer
for Details,
Fee and
Contact Info
Judith Anderson
201-934-5151*



TRINITY SERVICE/PROGRAM SCHEDULE

June 11th – June 25th

11 SUN Trinity Sunday
Morning Prayer 7:30 AM
Said Eucharist 8:00 AM
Family/Youth Service 10:00 AM

Trinity Times

- 12 MON **St. Barnabas the Apostle (Tr. from 06/11)**
Matins 8:00 AM
Said Eucharist 12:00 Noon
Evening Prayer 6:00 PM
- 13 TUE **Anthony of Padua, Priest, Confessor, Doctor, 1231**
Morning Prayer 8:00 AM
- 14 WED **Basil the Great, Bp. of Caesarea, 379**
Morning Prayer 8:00 AM
- 15 THU **Corpus Christi**
Morning Prayer 8:00 AM
Said Eucharist 12:00 Noon
Evening Prayer 6:00 PM
- 16 FRI **Joseph Butler, Bp. of Durham, 1752**
Morning Prayer 8:00 AM
- 17 SAT **BVM**
- 17 SAT **Eve of Corpus Christi Sunday**
Said Eucharist 5:30 PM
- 18 SUN **Corpus Christi Sunday**
Morning Prayer 7:30 AM
Said Eucharist 8:00 AM
Eucharist w/Hymns 10:00 AM
- 19 MON **Feria**
Morning Prayer 8:00 AM
- 20 TUE **Tran. of Edward, King & Martyr, 980**
Morning Prayer 8:00 AM
- 21 WED **Feria**
Morning Prayer 8:00 AM
- 22 THU **Alban, 1st Martyr of Britain, c. 304**
Morning Prayer 8:00 AM
- 23 FRI **Most Sacred Heart of Jesus**
Morning Prayer 8:00 AM
- 24 SAT **The Nativity of John the Baptist**
Matins 8:00 AM
Said Eucharist 5:30 PM

25 SUN

The Third Sunday after Pentecost
Morning Prayer 7:30 AM
Said Eucharist 8:00 AM
Eucharist w/Hymns 10:00 AM



Social Media Director – Karen Roy



Facebook <https://www.facebook.com/TrinityEpiscopalChurchInNorthernBergenCounty>

Instagram <https://instagram.com/trinitynbc/>

Twitter <https://twitter.com/TrinityNBC>



FIND TRINITY CHURCH on our website: www.trinitynbc.org

LIKE US ON FACEBOOK



DO YOU HAVE A GREAT IDEA FOR OUR PARISH?

We'd love to hear it. Contact Father Michael or any Vestry member and share your creative thinking! Or use the last page, write it down and drop it off in our Parish office.

READERS! Do You Have An Article You Would Like To Appear In Our Newsletter?
Please Submit To Sharon: PiersonMilano@gmail.com



Trinity Vestry

Mr. Dave FerrarI (Co-Warden): mrgigabyte@yahoo.com
Dr. Ruth Schulze Cross (Co-Warden): rjs83md@gmail.com
Mr. Eric Ackerman (Vestry) ackgh73994@aol.com
Mr. Russ Bickert (Vestry): rbickert@verizon.net
Mrs. Irene Fink (Vestry): bickerti@glenrocknj.org
Mrs. Lynn Friedman (Vestry): friedmanlynn@gmail.com
Mr. Jon Mitchell (Vestry): jonmitchell39@gmail.com
Mrs. Nancy Schneberger (Vestry): english@holyangels.org
Mr. Steven Vales (Vestry): svales43@gmail.com

PARISH STAFF & LAY LEADERS

The Rev'd. E. Michael Allen, *Rector* fathermichael@mac.com
Mr. Joe Turrin, *Minister of Music* jturrin@josephurrin.com
Mrs. Joyce Magro, *Parish Administrator* info@trinitynbc.org
Mr. Rubén Rosario, *Sexton* migo452@icloud.com
Mrs. Karen Roy, *Altar Guild Director* kroylbi@gmail.com
Mrs. Penny Allen, *Church School Director* penelopeallen@hotmail.com
Mrs. Jean Lukert, *Pledge Secretary* jlukert1@optonline.net
Dr. Sharon Pierson (Editor): PiersonMilano@gmail.com 201-962-2032



TRINITY EPISCOPAL CHURCH
55 GEORGE STREET
ALLENDALE, NEW JERSEY 07401
(201) 327-3012 EMAIL: INFO@TRINITYNBC.ORG
FOR MORE UP TO DATE INFORMATION, PLEASE VISIT US AT:
WWW.TRINITYNBC.ORG
