

Trinity Episcopal Church

Serving the Madison Valley
for over 150 years
from Jeffers, Montana

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Reverend Jaime Leonard, Rector

703-819-9170, by appointment.

Please call or text.

HOLY EUCHARIST

SUNDAYS, 11:00 AM at

Trinity Episcopal Church

93 Jeffers Rd, Ennis, Montana



VESTRY MEMBERS:

David Hoag, Sr. Warden

Marc Glines, Jr. Warden

Bev Bishop

Ron Hardwick

Judy Herrick

Manny Hoag

Melissa Smith

Jean Striegel

Jerry Striegel, Treasurer

Parish Nurses:

Judie Frey

Jean Striegel

Our Vision:

We are called

To love God with complete abandon
To love thy neighbor with no exceptions,
And ourselves with gentle kindness.

Our Mission:

We carry out our mission
By living into the
Baptismal Covenant
As outlined and expressed in
The Book of Common Prayer.

TRINITY TRAILS

January, 2019 Newsletter

A Note From Reverend Jaime—

Dear Friends,

The new year marks a time of reflection and re-evaluation of how we spend our time - our very precious life-time. We are hopeful as we make large (or small) adjustments to our schedules, diets, and attitudes. Be gentle with yourself. Be slowly persistent in whatever you wish to change or augment. Most of all, be grateful we are here together living in community. Advent and Christmas at Trinity were evidence for me of the love which pours out from each of you. It took the form of cookies and decorations, home visits to our folks who were ill, stories around our Advent Soup Table, and voices lifted in song during our services.

Carrying the Christ child forward with us into this new year - - my encouragement to you is that we characterize our time with JOY. Yes, there will be losses and heartache. The JOY is found in that we share the burdens together, just as we do every happiness. We can comfort each other in sorrow and laugh together when our hearts overflow with gladness.

“Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near.” Philippians 4:4-5

At the end of this month, on January 27, we will gather for our Annual Meeting. Reports from various committees and from our Senior Warden, David Hoag, will be available a couple of weeks prior to the meeting. I'll be writing a report, too. I encourage you to review and comment on these reports and to ask questions you might have about Trinity's status. Also, if you have any agenda items for the meeting, please let me know at least two weeks before, by January 13. Agenda items are welcomed.

Trinity is in good shape. We have healthy camaraderie, we are currently on sound ground financially and we are growing in our spirituality. I am thrilled to be walking with you as we ask the Holy Spirit's guidance, as we set out together, on God's path for 2019.

The Lord has done great things for us, and we rejoiced. Psalm 126:3

God's peace and a blessed new year to each of you,

Rev. Jaime

What kinds of questions are worth pondering? For example, at our 11 a.m. service, on February 4th, 2018 our support Priest Bruce McNab asked each one of us to consider, "How would my life be different, if I were totally committed to the service of God?"

And, last year at this Advent time – December 2017 – we wondered about God's way for us, as we prayed to know his will, in regard to finding a new Priest. Reverend Jaime Leonard answered this call and delightfully reminds us that the Kingdom of God is at hand.

What might our questions be now? What is it about Episcopalians that we are always asking questions of God, each other, and ourselves?

The alternative to asking questions might look like this: "To be totally independent of God is to be finally dependent upon circumstances – and their victim." — Posted on the wall of Stella's Restaurant, Billings, MT – December 2nd, 2017. Know anyone who claims to be independent of God? I do.

A summer visitor and friend of ours tells about growing up in the Episcopal Church in Brooklyn, NYC, back in the 1950's and 60's and serving as altar boy and acolyte. He always concludes with, "Then I became a high school science teacher and I didn't need religion anymore." I didn't have a response to this other than to invite him and his wife to Trinity Episcopal Church; and, they have attended a few times. The irony is, he no longer questions Faith, yet he would've taught his students the Socratic method – i.e., to question known precepts in order to solve scientific or life's problems. We think he was a crackerjack teacher for he tells about a hospital stay last winter and the surgical procedure that gave him a clean bill of health – performed by a doctor who is a former high school science student of his.

I take our friend's outlook this way: he, like many of us in today's world, look at life as a problem to be solved rather than a mystery to be lived. Like a high school science class: "We want clear answers so that questions are finally settled, and we can take comfort in knowing that we are right. We also like to know who's in and who's out. The trouble is that we often cannot tell the difference between cleverness and true wisdom. We are uncomfortable with the unknown and the unknowable, and we'd rather have a slick answer that live with a probing question. We like to be in the know and be in control.

Further, St. Augustine tells us, 'If you have understood, what you have understood is not God.' Much of our journey of faith is in a kind of not knowing, or a letting go of our lust for certainty and learning the risk of trust." – The Very Rev. Alan Jones, Dean Emeritus, Grace Cathedral, San Francisco, CA.

I fall far short of living my life totally devoted to God as called for by Father Bruce McNab. But, in this season of Advent I am hopeful and open to a life of faith that deepens questions rather than gives quick and easy answers.

How about you? Are you open to a life of faith that deepens questions rather than gives quick and easy answers?

With faith, "In Jesus we see the adventure of being human is centered on love. We find answers to knotty questions not lying in a formulaic approach to life but in appreciation of the centrality of the first commandment. Love trumps everything, especially trick questions about the meaning of life." – Rev. Jones.

A closing prayer by Rev. Jones: "Loving Mystery in whom we live and move and have our being, we give thanks that you continually open our minds with ever-deepening questions and open our hearts to ever greater depths. Help us see in your 'deep but dazzling darkness' the love that sustains all things and give us courage to let go of our lust for certainty and embrace the risk of trust." *Amen.* *David Hoag*

Three wise women would Have...

Asked directions,
Arrived on time,
Helped deliver the baby,
Cleaned the stable,
Made a casserole,
Brought practical gifts and
There would be
Peace on Earth.

Remember the Annual Meeting January 27

**Trinity Trails will not be published in its entirety in February due to a trip Barbara and I are taking. A calendar for February and a report on the Annual Meeting will be published.
Thanks—Manny**

Thank You...

- To Shirley Masson for all the work you do in the kitchen both before and after services.
- To Kitty Eneboe for your decorating the church and parish hall, not only for Christmas, but during the year as well. Thank you also for your gift of poetry.
- To Marc Glines and all others who shovel snow when we have a storm.
- To our Parish Nurses, Jean Striegel and Judie Frey for all you do to make our parish a healthier and kinder place.
- To lay readers, acolytes, servers, counters, who make things go more smoothly.
- To those who do things without being asked, without asking for anything in return, and who do those things without being noticed.
- To all those not mentioned here, because you are the ones who make our church what it is.

Cultural Awareness

After attending a workshop in Bozeman, Manny & Barbara will present a workshop after the service on February. This is a very complex subject and all should attend.

"Once in Alaska, long ago, on a winter night, darker than any darkness I have known, the light I carried failed, and I was alone with that most ancient fear, the one that haunted us before there was fire. Disoriented, I knew if I walked the wrong way I might go on walking forever, wearing the night like a shroud. I prayed into the icy wind sent out streamers of breath like a lifeline. Then I saw a light, a single light, a cabin light just beyond the trees. God is the light that comes to us just when we need it most, the ancient light that calms our fear, hope as old as fire."

Steven Charleston, *Hope as Old as Fire, a Spiritual Diary* p. 161. Red Moon Publications, Oklahoma City, OK. 2012.

A pledge for \$500.00 has been received with no name. Please contact our Treasurer, Jerry Striegel, and let him know who you are. Thank you.

Editor's Note: Because the following information is so important, I have been asked to print it in its entirety. The article is long, but every word, every sentence, is required reading. And, men, there is good information for us as well. MH

FEMALE HEART ATTACKS

I was aware that female heart attacks are different, but this is the best description I've ever read.

Women rarely have the same dramatic symptoms that men have ... you know, the sudden stabbing pain in the chest, the cold sweat, grabbing the chest & dropping to the floor that we see in movies. Here is the story of one woman's experience with a heart attack:

"I had a heart attack at about 10:30 PM with NO prior exertion, NO prior emotional trauma that one would suspect might have brought it on. I was sitting all snugly & warm on a cold evening, with my purring cat in my lap, reading an interesting story my friend had sent me, and actually thinking, 'A-Ah, this is the life, all cozy and warm in my soft, cushy Lazy Boy with my feet propped up.

A moment later, I felt that awful sensation of indigestion, when you've been in a hurry and grabbed a bite of sandwich and washed it down with a dash of water, and that hurried bite seems to feel like you've swallowed a golf ball going down the esophagus in slow motion and it is most uncomfortable. You realized you shouldn't have gulped it down so fast and needed to chew it more thoroughly and this time drink a glass of water to hasten its progress down to the stomach. This was my initial sensation--the only trouble was that I hadn't taken a bite of anything since about 5:00 p.m.

After it seemed to subside, the next sensation was like little squeezing motions that seemed to be racing up my SPINE (hind-sight, it was probably my aorta spasms), gaining speed as they continued racing up and under my sternum (breast bone, where one presses rhythmically when administering CPR).

This fascinating process continued on into my throat and branched out into both jaws. 'AHA!! NOW I stopped puzzling about what was happening -- we all have read and/or heard about pain in the jaws being one of the signals of an MI happening, haven't we? I said aloud to myself and the cat, Dear God, I think I'm having a heart attack!

I lowered the foot rest, dumping the cat from my lap, started to take a step and fell on the floor instead. I thought to myself, 'if this is a heart attack, I shouldn't be walking into the next room where the phone is or anywhere else... but, on the other hand, if I don't, nobody will know that I need help, and if I wait any longer I may not be able to get up in a moment.'

I pulled myself up with the arms of the chair, walked slowly into the next room and dialed the Paramedics... I told her I thought I was having a heart attack due to the pressure building under the sternum and radiating into my jaws. I didn't feel hysterical or afraid, just stating the facts. She said she was sending the Paramedics over immediately, asked if the front door was near to me, and if so, to un-bolt the door and then lie down on the floor where they could see me when they came in.

I unlocked the door and then laid down on the floor as instructed and lost consciousness, as I don't remember the medics coming in, their examination, lifting me onto a gurney or getting me into their ambulance, or hearing the call they made to St. Jude ER on the way, but I did briefly awaken when we arrived and saw that the radiologist was already there in his surgical blues and cap, helping the medics pull my stretcher out of the ambulance. He was bending over me asking questions (probably something like 'Have you taken any medications?') but I couldn't make my mind interpret what he was saying, or form an answer, and nodded off again, not waking up until the Cardiologist and partner had already threaded the teeny angiogram balloon up my femoral artery into the aorta and into my heart where they installed 2 side by side stints to hold open my right coronary artery.

I know it sounds like all my thinking and actions at home must have taken at least 20-30 minutes before calling the paramedics, but actually it took perhaps 4-5 minutes before the call, and both the fire station and St Jude are only minutes away from my home, and my Cardiologist was all ready to go to the OR in his scrubs and get going on restarting my heart (which had stopped somewhere between my arrival and the procedure) and installing the stents.

Why have I written all of this to you with so much detail? Because I want all of you who are so important in my life to know what I learned first hand:

1. Be aware that something very different is happening in your body, not the usual men's symptoms but inexplicable things happening (until my sternum and jaws got into the act). It is said that many more women than men die of their first (and last) MI because they didn't know they were having one and commonly

“Heart Attacks”, continued from previous page.

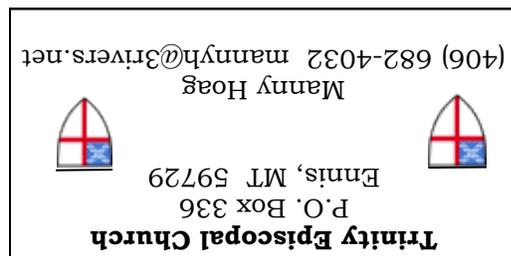
mistake it as indigestion, take some Maalox or other anti-heartburn preparation and go to bed, hoping they'll feel better in the morning when they wake up... which doesn't happen. My female friends, your symptoms might not be exactly like mine, so I advise you to call the Paramedics if ANYTHING is unpleasantly happening that you've not felt before. It is better to have a 'false alarm' visitation than to risk your life guessing what it might be!

2. Note that I said 'Call the Paramedics.' And if you can, take an aspirin. Ladies, TIME IS OF THE ESSENCE!
 - Do NOT try to drive yourself to the ER - you are a hazard to others on the road.
 - Do NOT have your panicked husband who will be speeding and looking anxiously at what's happening with you instead of the road.
 - Do NOT call your doctor -- he doesn't know where you live and if it's at night you won't reach him anyway, and if it's daytime, his assistants (or answering service) will tell you to call the Paramedics. He doesn't carry the equipment in his car that you need to be saved! The Paramedics do, principally OXYGEN that you need ASAP. Your Dr. will be notified later.

3. Don't assume it couldn't be a heart attack because you have a normal cholesterol count. Research has discovered that a cholesterol elevated reading is rarely the cause of an MI (unless it's unbelievably high and/or accompanied by high blood pressure). MIs are usually caused by long-term stress and inflammation in the body, which dumps all sorts of deadly hormones into your system to sludge things up in there. Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know the better chance we could survive.

A cardiologist says if everyone who sees this post would Share or re-post, you can be sure that we'll save at least one life.

*Please be a true friend and SHARE this article to all your friends, women & men too. Most men have female loved ones and could greatly benefit from know this information too!”



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