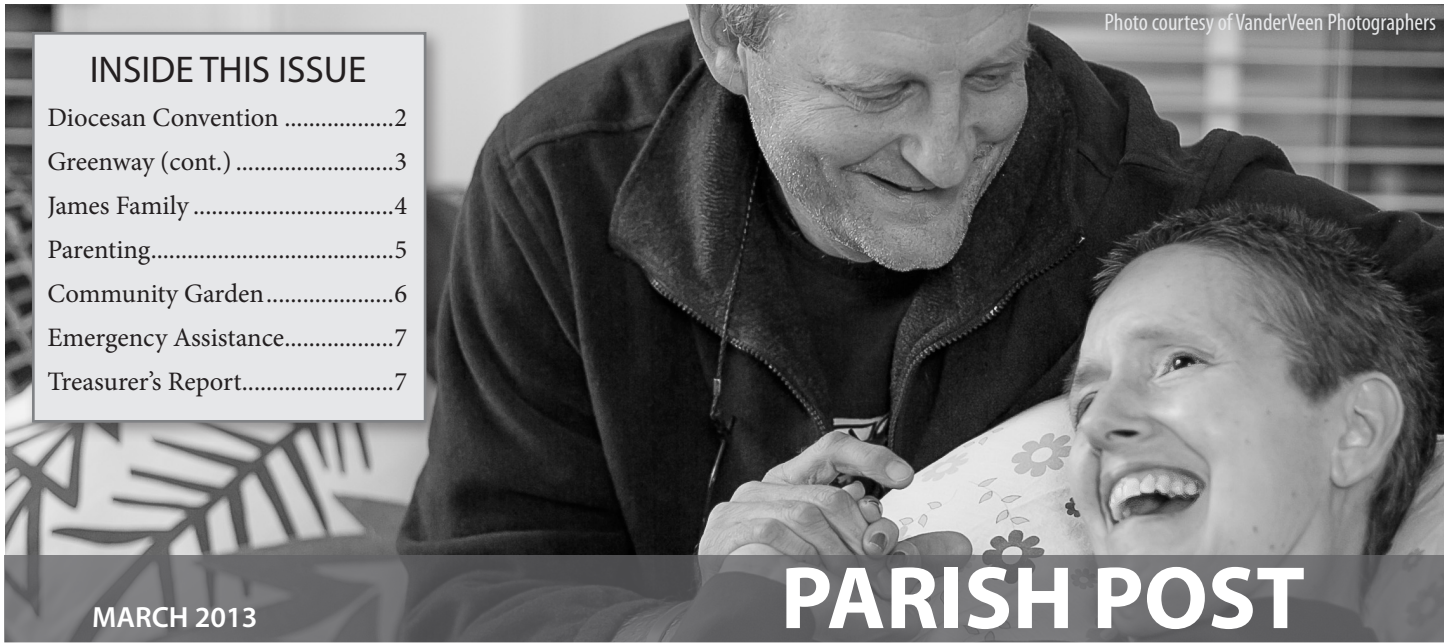


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Deep Roots, the Greenway, and a New Park to Enliven Fisher Park Neighborhood

Deep Roots Market, the Downtown Greenway, and an engaging Triangular Park – all are assets coming to the Holy Trinity neighborhood that promise more people and panache for the two blocks between Greene and Eugene streets.

“We are excited about the synergies that will spark as Holy Trinity and the Sacred Garden Bookstore link with Deep Roots and the Greenway, which includes the Triangular Park,” says Jane Cooke, Holy Trinity’s Sacred Garden Bookstore co-manager.

“Added visibility and traffic, joint programming, and special events will promote our church programming and worship, our labyrinth, the Mary Stuart Snider and Charles Aycock McLendon Meditation Garden, and of course the Bookstore and use of its community meeting rooms. It’s a win-win for us all.”

About Deep Roots

Deep Roots Market, around the corner from Holy Trinity, opened March 20. It is Greensboro’s only consumer cooperative and promotes organic and locally grown products and healthy lifestyles. In its new location at 600 N. Eugene Street, Deep Roots extends its current offerings and adds a cafe with food to-go or enjoy on-site, plus a community meeting room for classes, group meetings, and other events.

Greenway Coming to Fisher and Greene Streets

By this time next year, construction will be beginning on a portion of Phase III of the Downtown Greenway in the Holy Trinity neighborhood. Beginning at Greene and Fisher, the Greenway will run beside the sanctuary and past Mary McKissick Armfield Garden, Fisher Annex, and Sacred Garden Bookstore. It will continue for another block and then turn to the left on Eugene Street, going past Deep Roots Market.

A newly created Triangular Park will accent the Greenway at the intersection of Eugene and Smith streets, near the Smith Street Diner and a block from the Holy Trinity Youth House. Among its amenities will be an artistic bench by Jeannette Brossart of Durham which will use mosaic designs to celebrate the Fisher Park neighborhood. A diagonal section of Smith and Eugene will be closed to add room to the park and to simplify the intersections of Battleground, Smith, and Eugene streets.

From the park, pedestrians and bicyclists can cross Eugene and continue on the existing Greenway path beside the new Greenway at Fisher Park Apartments. Later construction will connect the Greenway’s apartment section to the planned Tradition Cornerstone and Plaza, which will be located at Smith and Prescott.

Phase III of the Greenway will bring more pedestrian traffic past Holy Trinity and the Sacred Garden Bookstore welcoming people to our sacred space in the city.

A Glimpse into the 2013 Diocesan Convention

Interview with delegate May Toms



Delegates to the 2013 Diocesan Convention (from left to right): Ken Sisk, Neil Yeargin, Denny Crowe, May Toms, Sarah Wimbish, Virginia Herring, Tim Patterson. Not pictured: Richard Cox and Ginny Bain Inman

While many of us were contemplating curling up by a cozy fire when it snowed the last weekend in January, priests and delegates from churches throughout the Diocese of North Carolina were in Winston-Salem for the 197th Annual Convention. Each year, the diocese meets to conduct business, worship together and connect with one another.

The election the Diocese's sixth bishop suffragan took place at this year's convention. Anne Hodges-Copple, current rector of St. Luke's, Durham, became the Diocese's first female bishop after her election on the fourth ballot out of a field of five nominees. She will perform regular ecclesiastical duties like parish visitations and confirmations, while focusing especially on Galilee ministry initiatives, young adult ministries, diaconate expansion and diocesan outreach ministries. Read more about her: http://www.dionc.org/dfc/newsdetail_2/3157580

Communications coordinator Jo Owens spoke with May Toms, one of Holy Trinity's six lay delegates, about her experience at Diocesan Convention.

Jo Owens: Was this your first year attending the Diocesan Convention?

May Toms: No, this was my third year. When you're asked to be a delegate,

it's a three-year commitment.

JO: How was this convention different than the previous two years?

MT: Well, there was the weather! And the election of the Bishop Suffragan was the focus this year and that made it really different. The other two years

there were speakers who were a big part of it. Never having been part of anything like the election before, it was so moving.

JO: Tell me more about the election.

MT: I looked through the information about each of the five candidates ahead of time and decided who I was going to vote for. As it turned out, the Spirit moved me to change my vote in the middle of the process.

In the beginning and between each ballot, Bishop Curry guided the convention in silence and prayer. It was also made clear that when the results came back there would be no cheering or sighing. We were voting, but really we were discerning. We were looking for how God was leading us through this process. It made it so different than who got the most votes.

JO: How were you led by the Spirit in the voting process?

MT: I had asked Ginny and Tim ahead of time what they thought of the candidates. Though I voted my own way, their opinions informed my process. There were two women I liked, and I started with one person and I voted two ballots for her. As the votes started to move, I ended up switching my vote to Anne Hodges-Copple.

There was a part of me that thought,

well I'm going to keep voting for my original choice because that's who I wanted. So I had to go past that part of my ego to think "where is the Spirit leading us". It was like the Quaker process of looking for the light to guide us. I haven't always liked consensus— it's hard—but it is a way of letting go of our own agenda.

JO: As you were going into the weekend, did you have any expectations?

MT: I didn't have any real expectations, having the experience of the two prior years. One thing I have loved all three years is to see the bigger community we are a part of. Because it's easy in such a vibrant church like Holy Trinity to not think about what the rest of the diocese is doing. Visiting the booths different groups set up helped me to see just how much is going on in the Diocese—it's really exciting.

JO: What are the highlights of attending a convention?

MT: The Eucharist that is typically held at St. Paul's is always one of my highlights. Some people don't take part in it because it's been a long day and they want to get home, but I think it's so moving. This year the convention attendees were supposed to walk to a park nearby and have the Eucharist there as part of the Galilee initiative. It was cancelled due to the snowy weather, but if they do it next year I might have to go over for the service, even if I'm not a delegate.

JO: Do you have any words of advice or wisdom for the person taking your spot next year?

MT: Just to accept that invitation—it's really a wonderful experience. It's easy to think it's boring because you're sitting in your seat most of the day. There are a lot of things you're voting on that might not mean that much to you, but there's so much to be gained by seeing the Spirit of God working in a context outside of life at Holy Trinity.

Greenway (continued)

Construction of the Tradition Cornerstone and Plaza, at the northwest corner of the Greenway, will be done in 2013 and will feature a dynamic sculpture saluting Greensboro traditions.

Construction will begin on the Holy Trinity Greenway section in early 2014 with completion in mid-2015.

Creating the Greenway at Holy Trinity

To create the Holy Trinity section of the Greenway, Fisher Street will be reengineered to become a more narrow pedestrian friendly neighborhood street versus a thoroughfare. The Greenway will abutt Holy Trinity's property line. Space will be created for the 12-foot paved trail and a five-foot landscaped green zone by narrowing street lanes and incorporating the existing sidewalk area that runs along Holy Trinity's property line.

Landscaped curb extension will define new marked parking spaces along the Holy Trinity side of the street. Parking will be eliminated on the north side of the street, but new parking will be added on Smith Street near the Youth Building.

A later part of Phase III Greenway construction will also narrow Fisher Avenue from Murrow Boulevard west across Elm Street to connect with the Holy Trinity section. It will be done in conjunction with the reengineering of Murrow Boulevard.

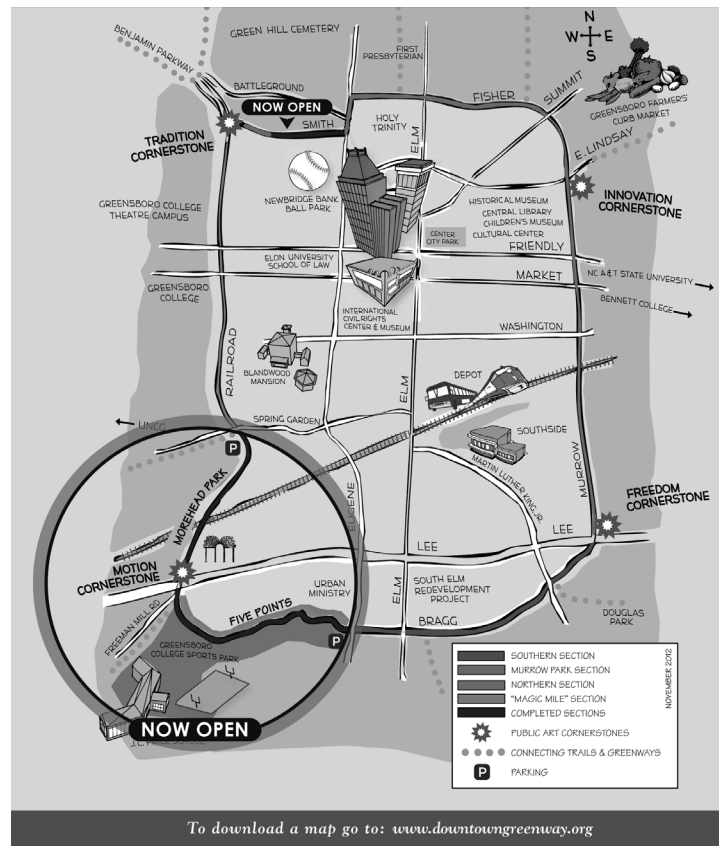
Earlier state transportation planning envisioned Murrow and Fisher as major highway thoroughfares, a vision that has not become reality. Reworking Murrow and Fisher will slow traffic, make the streets safer for pedestrians and bicyclists, and allow room for Greensboro's unique Downtown.

The Holy Trinity section of the Greenway will feature innovative stormwater tree wells and landscaping, which will improve water quality by filtering and cleaning rainwater run-off through specially constructed soil. Two amenities that promise to be popular with pedestrians and bicyclists alike will be a Greenway bench and bike rack in front of the Sacred Garden Bookstore.

About the Downtown Greenway

The Downtown Greenway is planned as a four-mile art-filled recreational trail encircling Greensboro's central business district. It enhances the urban landscape with green space and promotes fitness, connectedness, and well-being for residents and visitors in an aesthetically pleasing environment. It serves as the hub of a local trail and greenway system that will eventually total 400 miles.

"Linking over 12 neighborhoods, the Greenway also sets Greensboro apart. Ours will be the only city in North Carolina, and one of the few in the nation, that has a greenway defining its central city," says Dabney Sanders, Greenway



project manager and Holy Trinity member.

"We also see it as a powerful engine for economic development with studies clearly demonstrating how greenways stimulate commercial and residential growth along their paths."

The Greenway is a collaborative project of the City of Greensboro and Action Greensboro. Funding comes from public-and private-sector donors including foundations, corporations, and individuals as well as local, state, and federal governments.

Two sections of the Greenway are now completed: Five Points, which runs through the Warnersville neighborhood between Eugene and Freeman Mill Road, just south of Lee Street, and Morehead Park, which goes from Spring Garden to Lee Street parallel to Freeman Mill Road.

For information about the Greenway, including naming and volunteer opportunities, call 336.387.8353, contact dsanders@actiongreensboro.org, or visit downtowngreenway.org.

– Cissy Parham

Despite Challenges, Alex James Maintains a Happy Home



Holy Trinity members Liz and Alex James, and sons Will and Matt, were spotlighted earlier this year in The High Point Enterprise. With permission from The Enterprise, we share the January 27, 2013, article.

A cursory glance at Alex James and family says much about his life, and yet it says so little.

We see 54-year-old Alex — tall, lean and ever smiling — surrounded by wheelchairs.

We see Liz, his wife of nearly 28 years, crippled by multiple sclerosis and unable to speak anymore. She's been on a gradual downward spiral since being diagnosed in 1991, but the disease has taken a particularly debilitating toll since 2007.

We see their 22-year-old sons, Will and Matt, twins who were diagnosed with muscular dystrophy when they were 3 years old — only two years after Liz was diagnosed. Neither of the boys is expected to live much past the age of 30.

All three of them — Liz, Will and Matt — require feeding tubes. Matt, who is autistic, also has a ventilator to help him breathe. The family lives in Greensboro, in a modest home built specifically to accommodate a family living with disabilities.

Alex, the primary caregiver for his wife and sons, clearly did not envision this life for himself when he was growing up in Thomasville during the 1960s and '70s. A brilliant student and gifted basketball star at Westchester Country Day School — where he was recently inducted into the school's Athletic Hall of Fame — he went on to earn a degree from Harvard University, where he also lettered in basketball, and landed a promising job with IBM. Two weeks after starting the job, he met Liz, and they married in 1985.

Life seemed idyllic, and Alex could not have predicted what his life would look like today. But today, you will not hear him complain. Not today.

"It looks tragic from the outside," Alex says softly, "but it's not as hard as people might think. Yes, it's a tragedy that this would happen to all these people in one family, and it looks real challenging. But from the inside, there's plenty of room for joy."

And there is joy. The reminders are everywhere, from the constant smile on Liz's expressive face to the green rubber bracelet on Alex's right wrist. The bracelet, part of a fundraiser for the Muscular Dystrophy Association, reads "I love Matt and Will."

It's more obvious, though, in the way

Alex cares for and interacts with his family: Patiently reading Liz's lips as she tries to express a thought to him. Gently encouraging Matt to smile for a photo Matt's not sure he wants to be in anyway. Assisting Will when he needs to go to the bathroom.

"Yeah, this isn't what I planned, but it's clear what needs to be done, and so I'm gonna do that," Alex explains.

"I get up every morning and their needs are right there in front of me, and these are the people I care about more than anyone in the world, so this is what I'm gonna do today, and it's the right thing to do. And that's kind of rare. People comment when they spend time with us that they can sense the love between us, and that we really do have a happy home."

That first statement — "It's clear what needs to be done, and so I'm gonna do that" — defines much of Alex's adult life.

When the boys were diagnosed with muscular dystrophy, for example, he quit his job at IBM and went back to school to study occupational therapy, which he had read would be beneficial for his sons.

"That's the kind of guy Alex is," says Kim Setliff, who knew Alex at Westchester and remains friends with him today. "He's an inspiration to me and to lots of people."

After earning his degree in occupational therapy, Alex secured a job at Gateway Education Center, working with students who have severe mental and/or physical disabilities.

When the boys reached middle-school age, and Alex and Liz didn't think the school system's curriculum for the boys would be beneficial, Alex quit his job at Gateway and home-schooled his sons.

"It's been more like home-fun, really," Alex says, explaining that he mostly just spends time with his sons, teaching them what he can and loving them while he can.

continued on page 5

Parenting as a Spiritual Practice

Tips to make family time rewarding and productive

In the “Parenting as a Spiritual Practice” Sunday school class, we asked the following questions:

- Does our interpersonal communication with our children keep us connected to them or disconnected from them?
- As people of faith, is our parenting unconditional or conditional?
- Are we willing to shift from a control (“doing to”) or “power over” paradigm to a problem solving (“working with”) or “power with” paradigm?
- Does our parenting have a lot more to do with our needs, our fears and our own upbringing than what is really in our children’s best interest?

Research reports that nearly one in five children say that they have “too little” or “hardly any” meaningful time with their parents. Many children spend more time in front of screens today than they do interacting with families.

Families can be like safe havens for us all – a place to relax and to be recharged. However we often experience family time as being a source of stress and conflict. No one wants it that way, but we were never really taught how to be close. Families that are close create an atmosphere of warmth, fun, acceptance, belonging, understanding and delight in each other. So how do we create a connection like this within our family?

The book *How to Talk So Kids Will Listen & Listen So Kids Will Talk* by Adele Faber and Elaine Mazlish (available at The Sacred Garden Bookstore) provided some practical sugges-

tions that move us closer to providing the safe haven we all long for in our families.

The authors say: “We want to break the cycle of unhelpful talk that has been handed down from generation to generation, and pass on a different legacy to our children.” Here are ten ideas from our discussion and the book:



Families had a great time at the HTDS Family Fun Day on March 9 with the band Big, Bang, Boom!

1. Understand Your Own Level of Stress and Reactivity

Acknowledge that our own calm, clear, loving presence is foundational to effective parenting. Our own awareness of how stress leaks out of us into our relationships with our family members might be the vital missing piece for many of us. We have to be willing to stop, focus on what is going on within us and then between us so that we can proceed with a loving heart.

2. Make Your Home Emotionally Safe

One way of creating emotional safety is by becoming aware of your children’s feelings and allowing them to express their emotions, no matter how irrational. Just listening and being present to your child, without judging, dissipates (many times) extreme emotions. Children who feel silenced, smothered, judged, threatened or rewarded will

have a difficult time.

3. Find Alternatives to Punishment

Most of us have learned to use threats, grounding or timeouts to get our children to do what we want them to do.

continued on page 8

James Family (continued)

He gets home-health assistance during the day — pretty much a necessity, considering he’s caring for three people with challenging disabilities — but he chooses to tackle evenings on his own.

“I think if you have somebody around all the time, it’s hard to have an intimate family time,” Alex explains.

The family lives primarily off of Liz’s disability insurance.

They also receive help from the “JoyFriends,” a network of friends and acquaintances who since 1998 have been providing meals and assisting with other needs. Church members raised money to help purchase a handicap-accessible van.

“We get to see people at their best,” Alex says. “It’s really uplifting to have so many folks trying to help you out.”

Spend a little time in the James household, though, and talk to a few people who know them well, and you’ll begin to believe Alex and his family are the ones who are doing the lifting, rather than the ones being lifted.

– Jimmy Tomlin

For information about JoyFriends, the James family support group, contact Holy Trinity parishioner Sally Cohen (Mrs. John K.), sdcohen1@earthlink.net.

Holy Trinity's Community Garden is More Than Food

Make connections in the garden



One of the quietest ministries at Holy Trinity is its community garden. It doesn't wave banners, sing songs, or preach sermons. Rather, it steadily and quietly grows and blooms over the months.

Staff member Eric Hoekstra has been a large part of the success of the garden. Quiet and unassuming himself, Eric has done the hard work of forming the garden. He visited other community gardens to get a sense of how they're structured, contacted the NC State Cooperative Extension to plan the space and even built a majority of the plots.

The garden is made up of 32 individual plots measuring 4'x16'. These 64 sq. feet of soil are room enough for each gardener to grow lettuce, beans, tomatoes, peppers, eggplant, okra, herbs, flowers and more.

Celebrating its fifth year, the garden is more than just flowers and vegetables. It's about connection.

Kathleen Forbes, another of the garden's organizers said, "I find a spiritual connection by working with the earth, a connection with my community where I meet other parishioners I might not otherwise interact with, and a political connection by growing my own food."

Connections are also made at social gatherings such as the Harvest party at the end of the season, or the Fourth of July party held at the height of summer.

There is also a connection made with the Greensboro community. Garden participants are asked to donate 10% of their harvest. Twice a week, Eric gathered the contributions left in the donation box at Fisher House, carefully weighed the produce, and delivered it to the Servant Center. Last year, Holy Trinity donated over 900 pounds of produce.

The plots in the garden are tended not only by parishioners, but also by others who are connected to the church. The Holy Trinity Day School has two plots where children grow lettuce and carrots. They are involved in the planting, watering, weeding and harvesting of the produce. Last year each child took home some "salad" to share with their family.

Four of the garden plots are tended by the refugee families who live in Holy Trinity's transitional housing. The garden plots enable the families to grow vegetables native to their homelands providing not only nourishment but a little bit of home that's so far away.

A few plots are available each spring. The cost is \$25 to reserve a plot. Each plot is filled with soil, and the church provides the water. Contact Eric Hoekstra at eric@holy-trinity.com if you are interested in a plot.

– Jo Owens



Emergency Assistance

Donations Doubled by Anonymous Donor

Emergency Assistance or EA, is the official title given by governments and agencies to monies available to persons in the community in need of help with rent or utility payments. In Greensboro, the majority of our emergency assistance funds are administered through Greensboro Urban Ministry and the Salvation Army.

Emergency assistance funds can also come from the state or federal government. Some, such as the Share the Warmth fund, come from donations to the utility companies themselves, which are then turned over to the agencies to administer.

In general, emergency assistance funds cover only rent and utilities. There are a couple of government programs that help with mortgages, run by the Salvation Army. Other common expenses such as car payments, repairs, and insurance; medical costs, telephone, cable or internet, etc. are not covered under the EA guidelines.

Of necessity, the agencies have many qualifications on who can apply for these funds. For example, everyone in the household must have a social security number. Someone in the household must be employed or have some sort of income.

In recent years, the need for emergency assistance has grown in our community. The funds available to the agencies fall woefully short of meeting even the needs of those qualified, and there are many, many people who don't qualify for assistance through the agencies.

Because of all this, people in need turn to the churches, hoping that we can fill the gap. Unfortunately the gap is much bigger than even the larger congregations can manage. Moreover, faith communities do not normally have social workers on staff, who are qualified to investigate and determine the appropriate

response for those who call.

Several years ago, some 25 local congregations joined in a partnership with GUM and the Salvation Army. We call ourselves GCAN (Guilford Congregational Assistance Network). Our agreement is that they will interview clients and assist as they are able. When they have a need greater than they can meet, or there are qualification issues but the need is genuine, they contact us. Those congregations who have funds available offer what they can, and sometimes the needs get met.

In turn, when folks call the church we refer them to the agencies who have agreed to interview them on our behalf. It's not a very streamlined system, but it works, and it allows even congregations with very small assistance budgets to participate. Because the faith communities are not bound by such stringent regulations, we are sometimes able to meet needs the agencies cannot touch.

Last year, a generous individual came to Holy Trinity and offered to double our Emergency Assistance budget. Needless to say, the money was gratefully received. This person then said, "Ask your members to donate to your Emergency Assistance fund. We will double everything that is donated!" That is an incredible offer, but again, one we received joyfully. We put the word out, and more than \$4000 was donated between October and December of last year – and was doubled by our benefactor.

The offer has been graciously renewed this year, and the need level continues to grow. You are encouraged to consider a donation – either one-time or monthly – to Holy Trinity's Emergency Assistance fund. Every penny will be doubled, and every gift will help someone in our community.

– Virginia Herring

Money Matters

Our Treasurer's Report

Once again, we find ourselves in the midst of perhaps the most Holy season of the church year. Traditionally, the season of Lent has been one of self-reflection, sacrifice and giving. In his 2008 Lenten Stewardship message, Pope Benedict said, "According to the teaching of the Gospel, we are not owners but rather administrators of the goods we possess: these, then, are not to be considered as our exclusive possession, but means through which the Lord calls each one of us to act as a steward of His providence for our neighbor."

The budget was approved at the Vestry meeting on February 25, and we can begin to move forward on the special projects included in that budget. I am sure you will begin to notice some of the projects, if not before our early Easter, certainly immediately thereafter.

Many exciting things are happening at Holy Trinity: for the first time in several years, the Holy Trinity Day School is close to capacity; we have a vibrant growing young adult program with both spiritual and social elements; and the spring confirmation class has a bumper crop of youth moving through the instructional program. We, indeed have a lot of nice things to be proud of.

As you personally make your journey through Lent and as you reflect and practice the traditional sacrifices of the season, please also think about giving, either through service or monetarily, or even both, so that Easter week will be a very special experience for all of our parish and friends.

Finally, as I have said before, if you have questions about our church finances, please e-mail me jcompton1@triad.rr.com. I am committed to making the finances of Holy Trinity transparent to all parishioners.

Our Lord has written the promise of the resurrection, not in books alone, but in every leaf in spring-time.

– Martin Luther

John Compton is a parishioner and serves as Holy Trinity's treasurer. He can be reached via e-mail at jcompton1@triad.rr.com.

The Rev. Timothy J. Patterson
Rector

Return service requested

The Rev. Virginia N. Herring
The Rev. Ginny Bain Inman
Assistants

Parenting (continued)

While this is commonly accepted, the research suggests that these practices do not work. Redirecting the power struggles through stating your expectations or problem solving (in a neutral tone of voice) allows the child to be engaged in the process. We need to stop thinking of our children as “problems to be solved” and shift to a more creative exchange—that keeps us connected to them.

4. Schedule Sanely

It is almost impossible to feel close when you are hurrying around trying to get things done. Family members feel that something else is more important than they are when we are rushing from one activity to another. Finding ways to slow down and “just hang out” together can be of service to the whole family.

5. Compassion is Contagious

When someone does an act of kindness, both people experience a boost in their immune system. Additionally, everyone else who watches it will experience a boost in their immune system – even if the act was not done to them. Small acts of respect and kindness in our families impacts all other family members and contributes to a safe-haven home environment.

6. Commit To Closeness

We may say we want to have peace and closeness in our families, but have you ever made it a commitment? What would that even look like? One way to accomplish this is to teach your family to become aware of the energy in your home. Is it tense and negative or is it loving and cooperative? If it is tense and negative, change the energy by encouraging one another, talk about how people are feeling or do something fun. Make being close as a family your number one priority every day.

7. Encourage Your Family To Be A Team

Encouraging your family to become teammates creates a sense of belonging and unity. Talk about your family being a team who holds certain values: “We are the kind of family who . . . (helps others; support each other; values time

together)”

8. Honor Your Child’s Path and Unique Gifts

Help your children become independent and responsible human beings by respecting the path they take to learn and grow. Rather than wanting or expecting them to do what you think is best (e.g., get the grades you want, or participating in the clubs and sports you want), you allow your children to explore their own options. This gives your child freedom to discover their unique talents and passions, as well as make their own mistakes. Your children will want to be close when they feel celebrated for who they are.

9. Greet Each Other.

Children like to feel the connection that occurs when you say your “hellos” and “goodbyes” in a passionate way. Does your face light up when you see them? This creates a feeling of being wanted and welcomed.

10. Get To Know Each Other

At mealtimes, do a “Summary of Your Day.” Each person shares as many of the following questions as they want:

- What was the best part of their day?
- What was the worst part of their day?
- What was something silly or funny that happened today?
- What is your biggest challenge right now?

Anyone can ask advice on any subject. The only rule is that no one can criticize or make fun of anything someone is sharing.

– Ruth Anderson

Booksigning for Parents:

Hopes and Fears: Everyday Theology for New Parents and Other Tired, Anxious People with the Rev. Lee Hull Moses, Senior Minister at First Christian Church (Disciples of Christ).

April 13 from 2–4 p.m. at the Sacred Garden Bookstore

Childcare is available.