

CCT Newsletter
May and June
Edition

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Christ Church Trumbull
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Christ Church Trumbull Newsletter May and June 2020

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From Pastor Jane

Even for the most peaceful and centered among us, the coronavirus and resulting quarantine have been and continue to be stressful.

After having Elias I started working full-time as an oncology chaplain. For the first 18 months of Elias' life, Elias and I got RSV and every other kind of cold imaginable. It seemed we were always sick. I found it really difficult to figure out how to balance work, childcare, and all these illnesses, so I went to a psychologist. She asked me if I thought I was practicing good self-care. I thought that I actually was doing a decent job. Every now and again I would take a bubble bath or paint my nails. While these are helpful self-care practices, the psychologist pointed out that in fact self-care is much more than that. She went on to ask me: How are you tending to your spiritual life? Are you engaging in spiritual practices that you find important? How is your physical health? Are you exercising, eating healthy? How is your intellectual life? Are you reading, doing puzzles, writing? How is your social life? Do you take time to connect with people outside of your immediate household? And how is your relational life? Are you taking time to nurture those relationships that are most important to you? Your marriage, your son?

We went through the list carefully and it was striking how I had let my intellectual and social life lag and how I felt that Elias and I and Eric and I were not really having quality time together. That is when I decided to start listening to sermon podcasts. I decided to go out with a friend twice a month. I decided to stop and spend some quality time every night with Elias when I got home even if it was just 30 minutes and he went to sleep later as a result, and Eric and I decided to go out once a month even though we didn't think we could afford it.

Since then, whenever anything is off, whenever life is especially stressful I look to the list the psychologist gave me: How is my spiritual life? Am I tending to my physical health? How is my intellectual life? What about my social life? How are my most important relationships? Usually when life is especially hard, I find that one or more of those is off.

As we adjusted to this new, stressful reality it is normal and quite possible that your self-care strategies fell apart or are no longer possible. You are not going out on date nights because you cannot go out. You are not going to the gym because... well gyms are closed. Take time to look at your self-care. Ask yourself how you are taking care of yourself spiritually, physically, mentally, socially, and relationally? How are you doing? You do not need to pile on more obligations right now, but perhaps it might be worth it to make a nice meal, give the kids a movie, light a candle and have a date night at home. Or perhaps you need to go for a walk around the block to get a bit of exercise. Right now especially as life is stressful, it is so important that we find ways to care for ourselves.

Paul tells us in 1 Corinthians that our bodies are a temple of the Holy Spirit. Christ dwells in you and you in him. God wants you to remember yourself and care for yourself.

Much peace,

Pastor Jane

Uppercroft Update

We have been continuing work on the Uppercroft during the crisis, the project is coming along as seen by the video we recently shared on Easter Sunday. The project is about 70% complete at this point. The painters and electricians will complete their work in the main room this week.

We have used up the majority of the funds in the Building Fund, both from the parish and from the Marjorie Scott grants. We hope to be able to get a certificate of occupancy so we can use the space, and will be discussing with the town.

Next up are plans for the kitchen, once we have an idea of the funding available in 2020. The full project is expected to cost \$150,000, we have spent roughly \$90,000 to date.

Many thanks to everyone who has contributed ideas and effort to getting us to this point.

Regards,
Jaye Irwin

Look for photos detailing our progress in this newsletter!

There is a need for face masks during this time of social distancing. Since they can be hard to come by, a couple of our parishioners have offered to sew them for those parishioners in urgent need. A few have been sewn, and before heading out safely with her mask on, a fellow parishioner snapped this fun photo to show her appreciation for her mask. Adorable, right??



An update from our Sew Caring Quilters: **Even though they can't meet here at CCT on Tuesday mornings right now, while at home, they've kept working and have made over 20 quilts! It's nice to know that once we're able to start getting back to normal, our quilters will still be able to donate their beautiful quilts to happy recipients! Thanks quilters, for being so awesome! We can't wait to see you on Tuesday mornings again!**

Calvary St. George's Community Supper

At the current time, Calvary St. George's is not holding suppers inside their building.

However, they are distributing food to their clients in the form of a paper bag supper. This includes two sandwiches, a piece of fruit, chips, and a drink.

Calvary St. George's is scheduling the paper bag suppers weekly—meaning no advance planning at this time. We are contacting them each week to see what their need is for the following week. As of this time, they have not needed our help. We will continue to contact them going forward.

If you would like to be a part of a future "paper bag supper" effort—ordering food, delivering the food to Calvary St. George's, we'd appreciate it! Please email Maryanne in the Parish Office and let her know that you'd like to be involved.

Thank you!

From Todd Rossel, Our Senior Warden

To all our parishioners,

I wish for all of you the same things we hear again and again: stay safe, stay well, stay home (though I hope you are all getting outside as well and finding ways to exercise and enjoy beautiful spring weather in ways that still fall within social distancing guidelines. Getting outdoors is definitely good for the soul).

Every routine is different now, including the way we count our weekly offerings. Instead of a two-person team going into the office after Sunday services, hoping to complete the task uneventfully in hopes of getting to coffee hour before snacks and java are finished, we now have adapted to a new process. At the end of each week, I head to the church when it is empty, pull together the envelopes and checks that you have sent in, and begin a FaceTime call with another fellow counter, usually Karen Holmes or Jody Irwin. With FaceTime on, and facemask in place, I flip the camera and scan and review all the checks and money, enter them on the counting sheet in the appropriate places, and total everything, making sure my FaceTime partner is in agreement. After it is placed in the envelope, I drop it off at the bank, same as usual, but I am **struck by how this weekly process, so strange initially, seems so “normal” to me now. I have to admit, I look forward to catching up with the lives of my fellow counters and seeing their family members darting in and out of the picture!**

I do want to thank all of you who have been maintaining pledges and sending in offerings and contributions. The Vestry **looks at our finances closely and, in addition to scheduled meetings in March and April, we had an additional “checkpoint” meeting in early April to see if we are keeping our “head above water,” and to discuss options if we identify a clear need to reduce expenses.** So far, we are keeping pace well enough with our budget and we are *extremely* grateful. I am not **surprised that you all want to maintain your commitment to Christ Church and do what you can to keep our “virtual doors” open while we all stay focused on “flattening the curve” of the virus, but I also look at your financial support as a statement** at this unprecedented time. It represents the value we all place on the work done by our devoted staff: Maryanne, Domingo, and Judy, and also how we value them as colleagues and friends. It also represents a validation of the tremendous, time-consuming work Pastor Jane and Matthew do every week to provide us with an online spiritual place to go. I know I am not alone in feeling inspired by their dedication and creativity. Their work and unyielding outreach to our community is yet another example of how things that feel strange and unusual can, rather quickly, feel normal and even uplifting!

I also want to inform you that each week, the Diocese of CT has a Wednesday morning Zoom call for Rectors and Sr. Wardens, led by Bishops Ian and Laura, to update all Episcopal churches (170 or so) on relevant news. Mostly, it provides an opportunity to share different ideas for maintaining contact as parishes and also to begin brainstorming on how we might start gathering again when the time is right. When that happens, it will surely be in some type of phased, gradual approach, with sensible restrictions and guidelines, rather than a sudden return to Sunday services-as-usual. Seeing faces across the screen each week, anxious to learn and share and help, is comforting and helps me stay positive and hopeful! It also reminds me we will likely never be the same, but we can come out of this better, with new and expanded ways to serve each other, worship, and just think about how God is present in our lives.

Finally, I hope you enjoyed the website video tour of the Uppercroft and the tremendous progress that has been made. There is still much to do, especially as we wrap up work on the main hall and start focusing on the kitchen (anyone who has been involved in constructing or renovating a kitchen knows how daunting and consuming such a project can be) but we can surely now start to envision a future with a new parish hall. Continued thanks to Jaye Irwin, who has done excellent work managing the project, and also to our building partner, Bob Bronski. What a grand idea to keep this space in our imaginations as we stay home for now, daydreaming about the day we will all return in person to our church again!

Regards,
Todd Rossel

Meditation Guidelines from Peter Ulisse

A note from Peter Ulisse, our Meditation Series leader at Christ Church Trumbull:

Meditation has been around for thousands of years and has benefited people of all races and religions. Long known for its ability to calm and heal, meditation allows us to see ourselves and the world in which we live in a more clear and **authentic way. It “centers” us.**

But sometimes there is confusion as to what meditation exactly is. After all, don't we have Zen, TM, Loving/Kindness, and the Christian Centering Prayer for starters. And yet, despite the many different types usually based in cultural and theological beliefs, at its core most meditations are remarkably similar. It is with this in mind that I have created these Meditation Guidelines based on these similarities and as used in our group meditation at Christ Church.

Meditation Guidelines

1. Find a quiet place where you feel comfortable and are less likely to be disturbed. Sit with your feet on the floor and silence your phone.
2. **Close your eyes, relax, and begin to be conscious of your breath. Don't force anything- just be “aware” of what's happening as you breathe in and out for several minutes.**
3. **If at any time you should feel tension or pain anywhere in your body, acknowledge it, but don't dwell on it- just return to focusing on your breath.**
4. Soon your body will begin slowing down, but your mind might still be racing- **thoughts, emotions, things you didn't do yesterday, things you have to do tomorrow. Don't let it bother you- you are doing nothing “wrong.” Everyone (including seasoned mediators) faces this issue- it's normal, simply the way our so called “monkey mind” works.**
5. **What you do now is the KEY to your whole meditation. Do “not” get upset with yourself but do pretty much what you did with your body- acknowledge the thoughts but see them as clouds gently passing your line of vision. Just return to the breath and “begin over.” Pick up where you left off and begin over- that's the essence. Relax.**
6. **At this point you will begin focusing on a “mantra” that you will pick ahead of time. A mantra is just a simple word for phrase that you coordinate with your in/out breath to give more focus to your meditation. For example, one we've used at the Church was saying the word Love to ourselves as we breathed in and the phrase Drives Out Fear on the out. But it can be anything - I am/Calm or Peace/Within for example - be creative.**
7. You are now in the deepest (and longest) part of your meditation and are totally silent. Stay here as long as you want. **Feel the calm, the peace. Just keep repeating the mantra as you breathe in and out and when (notice I didn't say “if”) you wander just return to the breath as stated without judgment. Without judgment.**
8. **Eventually, whether you've been in 10 minutes or an hour (20 is most common), it will be time to “come out” of your meditation. If you're worried about time you could set a clock beforehand, but usually your body will tell you. Do this slowly and, when ready, open your eyes, re acquaint with your surroundings, and after a few minutes stand. Your meditation is finished as you feel your whole “being” moving just a bit slower.**

Sunday Worship Services

On the direction of the Episcopal Diocese of Connecticut, we will continue to follow the social distancing guidelines set forth by the Governor, prohibiting gatherings of more than a few people. We will continue to monitor the Diocese guidelines, and in the meantime, continue with our virtual worship services on Sunday.

In an effort to involve more parishioners and, hopefully, to keep you all feeling connected during this time, we are looking for volunteers to be readers during our virtual worship service via Zoom. Pastor Jane and Matthew have been working hard to bring you worship services that resemble, as much as possible, what you would experience in church on any **Sunday. It's a work in progress and we're learning all the time how to bring you a meaningful worship service each week. If you'd like to participate in the recording of a Sunday service, we'd love to have you! At this point, Pastor Jane will be recording the service on Wednesday, some time mid-morning. You don't have to be a pro with using Zoom either ... we're here to help.** If you are interested in being a reader, please let Pastor Jane or Maryanne in the parish office know as soon as you can.

Pastor Jane will post Sunday services on Sunday mornings. Here's the link to that page of our website:

<https://www.christchurchtrumbull.org/online-services/>

If you've missed any of our virtual services, you can find past services here:

<https://www.christchurchtrumbull.org/past-sunday-services/>



**Church doors will be closed,
but our hearts are still open.**

Sunday Service will be online.

Click "Worship"

Prayer is offered

Click "Prayer"

Happy Birthday to our Parishioners!

MAY

1-May Cristina Lundy
3-May Ken Halaby
8-May Virginia Green
9-May Gary Green Jr.
10-May Jack Goepfrich
19-May Bob Sear
21-May Nancy Garofolo
28-May Claudia Yourieff
31-May Sally Lundy

JUNE

5-Jun Matthew Flader
6-Jun Carolyn Flader
7-Jun Thomas W. Hawkins, Jr.
7-Jun Justin Hawkins
8-Jun Ginnie Glassman
18-Jun Barbara Stowell
25-Jun Austin Baird
26-Jun Thomas Hawkins III
27-Jun Paige Rawlins

Some Very Good News!

Thanks to the grace of God and your many prayers, my dad's recovery from the coronavirus is newsworthy. This is a wonderful telling of the life of the man I am proud and happy to call my dad. I've known him all my life and love him always. Thank you everyone for your prayers and concern.

Ginnie Glassman



Straight talk from one of 'The Greatest Generation'

He grew up during the Great Depression. He served in World War II. He wasn't born when the second wave of the devastating Spanish flu pandemic hit in 1918, although he didn't miss it by much.

Tony Casola, as Tom Brokaw wrote, is one of "The Greatest Generation."

Present tense.
Not was one of "The Greatest Generation."

Not past tense.
When Tony Casola was taken to Danbury Hospital and tested positive for COVID-19 nearly a month ago, his three daughters and son feared the worst. Tom Casola, who lives north of Philadelphia,

JEFF JACOBS

said he began to try to make peace with what was ahead for his dad.

"Nah, I'm OK," Tony Casola, 95, said Monday morning from Macfair Health Care Center in Trumbull.

Yeah, this son of the Bronx, this dad of Bridgeport, this grandfather of Monroe, this great-grandfather and husband of 71 years of the Newtown Rehabilitation & Health Care Center, is OK.

More than OK.

He is someone special.

Numbers and cases, of course, change quickly by the day. Yet to give some perspective: When "Interesting Engineering" put a list of coronavirus survivors together

See Jacobs on A9

Tony Casola
Casola family / Contributed photo

JACOBS

From page A1

on April 12, it found only a dozen people around the world as old as Casola.

On Saturday, the family got the news that Tony had tested negative for the second time for the coronavirus. He was moved to another floor at Maefair. On Sunday, Tony said he got a little dizzy and was brought back to his original floor where there are recovering COVID-19 patients. Tom explained that his dad had begun some physical therapy which had aggravated pre-existing neurological issues.

"I've been fooling around with that dizziness for 20 years," Tony said. "When it hits me like (Sunday), the best thing is just to sit down."

Tony said, and Tom confirmed, he hasn't been told exactly when he can return home. This much is sure. His young bride, Lucy, will be waiting.

Anthony Casola was born in New York in 1924, the son of Italian immigrants. He started college, went to work to help support the family and ended up joining the Navy. During World War II, he served with the Seabees in the South Pacific, the Naval Construction Battalion that quickly rushed into the islands to build airstrips, roads, bridges, hospitals, warehouses. "We build, we fight," was the motto of the 325,000 Seabees in World War II. Tony spent much of his time in the Philippines.

He returned from the war. He married in 1948. He and Lucy had been friends since childhood. They would move to Connecticut. Skills he learned in the military paid off. He spent most of his career with Sikorsky Aircraft. They were living in the former Beardsley Terrace in Bridgeport when Tom was born. They moved to



Lucy and Tony Casola

Casola family / Contributed photos

Monroe and lived there for a half century.

Along with Tom, Tony and Lucy had three girls: Gianie, Trish and Teri. They all live in Connecticut. After some health issues, mom and dad would move to the Spring Meadows assisted living facility in Trumbull, and when Lucy needed more care they moved to Newtown Rehabilitation, formerly known as Lockwood Lodge.

"Part of the facility is assisted living and part of it is nursing care-rehab," Tom said. "Mom's in the nursing care-rehab side, she has needed a little more care, and dad before (the COVID-19) was on the assisted living side. They have separate living space, if you will, but they spend their days together."

Tony and Lucy, 93, will celebrate their 72nd wedding anniversary in July.

"Amazing, isn't it?" Tom said.

It is.

Tony and Lucy have four grandchildren. They have three great-grandchildren and a fourth on the way.

So take that, COVID-19. I asked Tom about Tony's secret to living for nine-and-a-half decades and beating COVID-19 on the way to 96.

"I've been asking myself that question, too," Tom said. "My mom and dad are just really committed to family, always tried to do the right thing. Church-going, religious people. Hard-working. Neither one of them ever smoked, ever drank, ever cursed. Straight-up serious, committed people. Dad sacrificed. He never bought anything for himself. He still won't."

"He's not a big guy, 5-8, 5-9, kind of wiry, muscular, but not a hulking figure. I asked him the other day what the coronavirus was like and he just said, 'It wasn't too bad.' That's the way he is. He has had his share of health issues, but



Tony Casola is his Navy uniform. He served in the South Pacific during World War II.

he's tough as nails. I tell him he's like a Timex watch, takes a lickin' and keeps on tickin,' keeps bouncing back."

You look at the numbers. You look at who survives and who doesn't at age 80, 85, 90. They are stark. Yet here was Tony Casola on Monday morning picking up the phone, telling me, hey, he couldn't talk too long, because his son was calling and he had to keep the line open.

"I called him, I go, 'How are you doing?' He goes, 'Not bad. Food's not great, but it's all right,'" Tom said. "He always has been that way. Doesn't let things faze him. Works his way back. When he is told to do his physical therapy, he takes it seriously. Doesn't go half-way like a lot of folks."

Tom said Tony wanted to make sure to thank people at Danbury Hospital and Maefair and the people who have supported him through all this. He also wanted to send prayers and encouragement to all still affected by the pandemic. He had a message for them, straight talk from one of The Greatest Generation.

"You can beat this thing," Tony Casola said.

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Uppercroft Progress!

Building of the ceiling beams



Our builder, Bob Bronski



New Flooring



Completion of wainscoting and painting



Overhead beams and lighting



Beginnings of the Kitchen area



Uppercroft Progress!

Wall Sconces



Hatch door to match the beams in the upper storage area



Find us on Facebook!

We've recently made a brand new Facebook page for our church. Our name is Christ Church Trumbull. Please look for us and send us a friend request!

Keep in touch, share with us, and stay involved in all that's happening at CCT!



More Parish News

Remember Ginnie Glassman's dad Tony...(from a couple pages back...)? Well, we've got even more good news!



This is a photo taken of Tony on the day he was discharged from Maefair Health Center in Trumbull and was able to go back and join his wife Lucy at Newtown Rehabilitation Center. Check out his shirt! It's great to see Tony looking so healthy!!

In other news...

In an effort to keep up with our church group meetings, Pastor Jane has asked a few of our parishioners to lead Zoom meetings. Some of the groups that we'd like to try as a virtual meeting are the Meditation Group and the Prayer Ministry Group. Some other Zoom groups that we're thinking of doing are weekly get-togethers with the kids from our Sunday School and a Mom's Group — meeting separately of course!

We will use this week as a "trial week" for a couple of those meetings and see how it all goes. If you're interested in "attending" one (or more!) of these groups, please let Maryanne in the parish office know. We'd love to have you!

If you have an idea for another Zoom group, and/or would like to be a leader for the group, we'd love that too! Please let Maryanne or Pastor Jane know.

Spring at Christ Church Trumbull

Thank you to Martine Yourieff for these lovely photos of our church grounds.



Christ Church Vestry

2020 Vestry Members

Todd Rossel.....	Senior Warden
Jaye Irwin	Junior Warden
Margaret Marcotte	Treasurer
John Goepfrich	Clerk
Bob Mitola.....	
Martine Yourieff	
Pat Foster	
Shirley Mayo.....	
Peter van Zyl.....	

Christ Church Trumbull Vestry Meeting Policy

Parishioners are welcome to attend Vestry meetings if they have a particular concern, idea or proposal that should be brought to the attention of the Vestry. A written request should be made to one of the Vestry officers or the Rector a week in advance for inclusion on the meeting agenda, along with any documentation to be reviewed in advance of the meeting. **Approximately the first 15 minutes of the next Vestry meeting will then be set aside to address the parishioner's concerns,** ideas or proposals. Otherwise, in the interest of covering all of the items on the agenda in a timely way, Vestry meetings are generally closed to parishioners.

Upcoming Vestry Meeting Dates -- 3pm online meeting via Zoom

May 20, 2020

June 17, 2020

Parish Calendar -- May 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 The 4th Sunday Of Easter Virtual Online Service: https:// www.christchurchtrumbull.org/online-services/	4 11:	5	6	7	8	9
10 The 5th Sunday Of Easter Virtual Online Service: https:// www.christchurchtrumbull.org/online-services/	11	12	13	14	15	16
17 The 6th Sunday Of Easter Virtual Online Service: https:// www.christchurchtrumbull.org/online-services/	18	19	20 Vestry Mtg. 3:00pm Online	21	22	23
24 The 7th Sunday Of Easter Virtual Online Service: https:// www.christchurchtrumbull.org/online-services/	25	26	27	28	29	30
31 Day of Pentecost Virtual Online Service: https:// www.christchurchtrumbull.org/online-services/						

Parish Calendar -- June 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7 The 1st Sunday After Pentecost Worship Service - TBD	8	9	10	11	12	13
14 The 2nd Sunday After Pentecost Worship Service - TBD	15	16	17 Vestry Mtg. 3:00pm Online	18	19	20
21 The 3rd Sunday After Pentecost Worship Service - TBD	22	23	24	25	26	27
28 The 4th Sunday After Pentecost Worship Service— TBD	29	30				