

# The Weekly Tidings

Holy Trinity Evangelical Lutheran Church

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Come Together, Grow in Faith, Serve the LORD

## AED Training

Anyone who is interested in being trained on the AED Defibrillator in our Narthex is welcome to join us for a formal training after Wednesday Worship at 6:00 PM concludes, on *June 23rd and June 30th*. Please remember that the more people who are trained in using the AED Defibrillator, the more likely we'll be able to save a life.



## Wedding at Holy Trinity

Congratulations to Auderien and Malone Soeun, who were married in our Sanctuary on Saturday, June 12. Auderien is the daughter of Tommy and Ade Monareh.



## Len Klein's Memorial Service - July 22 at 2:00 PM

A Memorial Service for Len Klein will be held on Thursday, July 22 at 2:00 PM. All are invited to come; this will be our first memorial service open to the general congregation since the pandemic began. Light reception to follow.



## Pop-Up Pantry

We have decided to ask for a monthly wish item to include in our bags. June's item is a bag of coffee (canisters are too inflexible for our bags)! Feel free to drop off any day outside our pantry door or bring when you attend a church service and we'll have a box at the front of the church. We also wanted to let you know that with your help, we have given away 428 bags of food this year! Add that to last year's total of 460 (July-Dec), we all have clearly helped our local families through these difficult times. Many thanks for your continued support!



## Pastor Tim's Article: June 10, 2021

A podcast that I have been listening to these past several months is “The Happiness Lab.” (You can find it wherever you listen to podcasts.) It is hosted by Dr. Lauri Santos. She is a Professor of Psychology and the Head of Silliman College at Yale University and is an expert on human cognition and the cognitive biases that impede better choices (why we make the choices we do). She designed the course, “Psychology and Good Life” which is about how to make wiser choices and to live a happier and more fulfilling life. It is the most popular class in the 300-year history of Yale and has been modified and made available for free on the Coursera platform titled, “The Science of Well-Being.”

In season 2 of her podcast, Dr. Santos created a “mini-season” called, “The Happiness Lessons of the Ancients.” In it, she mines ancient philosophies and religions for what they got right about what brings us happiness and a more fulfilling life and how it has been supported through science today.



The episode I listened to on a walk during my lunch was titled “The Happiness Lab: The Torah.” She talks about the ancient wisdom of the first 5 books of the Bible and what they have to teach us today. While there is a lot I could go into, a major theme she shares on is gratefulness. She explains that much of the time we need to think our way into a new way of feeling as opposed to feeling our way into a new way of thinking. Perhaps it is better phrased with the following.

*It is not happy people who are grateful, it is grateful people who are happy.*

Being grateful is not dependent on being in a good mood. I don't have to feel a certain way in order to name something that I am grateful for. Rather, science and the Torah says that whether you are in a good mood or not, we are asked to be grateful and it is in the naming of something that we are grateful for that we then actually begin feeling better and our mood starts to rise. Science has found this to be true.

Like many families, mine says grace before dinner every night. As part of saying grace, we leave a space in which we all say something for which we are grateful. Sometimes it

is on the more serious side, such as giving thanks for a good diagnosis of a friend's disease. Many times, it is very playful or even downright silly, and someone will say they are thankful for things like their "fork" or "toilet paper." The point is not what you are grateful for (although I do wish we would veer on the more serious side more often, the point is to practice gratitude, which in turn will make us happier people.

So, if you are still reading this, take a moment and name something for which you are grateful. If you can, name three things. You don't have to write them down, but you can if you want. Savor them. Think about how they have brought you joy in the past and how they might bring you joy again. Notice the feeling that, hopefully, develops within you and spreads throughout you.

Maybe end with giving thanks for the ability to feel gratitude.

Grace and Peace (and know that today I am giving thanks for you),

Pastor Tim

### **Backyard Wednesdays - VBS at Holy Trinity**

We are excited to announce our plans for VBS this summer. We are combining VBS with our Wednesday evening worship those weeks and are going to call it Backyard Wednesdays! We are looking for volunteers to help facilitate the 5 evenings. You can sign up to volunteer by contacting the Church Office and we will reach out with more details on scheduling times/dates and what is needed as we get closer to July.



## Property Team

It has been a long and sometimes frustrating process to design and install a new fire alarm system for our building. It has been nearly a year since a lightning strike and power surge damaged our system. Over that period the work on a new system has proceeded, often in fits and starts. Just as we have been challenged by the pandemic, our contractor has also been impacted. We were hopeful that the work would have been completed in May, but that was not to be. That said, we can safely say the end is in sight. Nearly all of the various components have been installed and wired. The new alarm panels have been powered to allow programming to be conducted. Soon the system installation and final testing will be completed and we can get back to normal building use. Grace takes many forms!

Even with our relatively dry spring, there has been plenty of grounds work to keep our somewhat small, but willing group of volunteers busy tending to the grass, the trimmings, the plantings, the bushes, and whatever. As always, regardless of the season, we have also continued to take on property-related building tasks inside and around the building. There is always something to do, and many of these tasks languish on the "to-do" list. The fact is that we do not typically have enough volunteers available to do all that needs to be done. As normal building use returns, some of these needs will become more apparent and visible. Some might ask, "Why not just plan and work off the items on the list?" It just isn't that simple.



A couple of months ago, I developed a description of what the Property Team does. It may or may not be complete. The description was intended to be a starting point for discussions on some better approaches to dealing with all that needs to be done. We have not yet devised new approaches, but I think it could be useful to distribute this description more widely so that we all can gain more insight on what it takes to keep a relatively large facility such as ours functional and safe, particularly when we depend so heavily upon volunteers. Perhaps the list will inspire some of you readers to seek more information on details and to get involved at some level as a Property Team volunteer. Here is what we typically do, regularly, periodically, from time-to-time and as needed.

**Weekly inside, Thursday Group** ... includes some things not typically covered by our cleaning service

- Change water in baptismal font. Clean the font.
- Put things back in place in Sanctuary, as needed.
- Generally pick up papers, extraneous materials left behind in Sanctuary
- Clean up any spills, messes as needed
- Clean smudges, etc. off glass at main entrance doors and sliding doors at Sanctuary entrance
- Clean up around the kitchen sink area, counters, island
- Check refrigerator(s) and dispose of spoiled, dated, extraneous items
- Check cabinets for items that need to be pitched
- Change light bulbs as needed where reasonably accessible
- Minor repairs and maintenance (carpentry, plumbing, electrical, whatever) as needed
- Keep storage areas in reasonable order
- Test a portion of the emergency lights
- Remove spider webs in difficult-to-reach areas

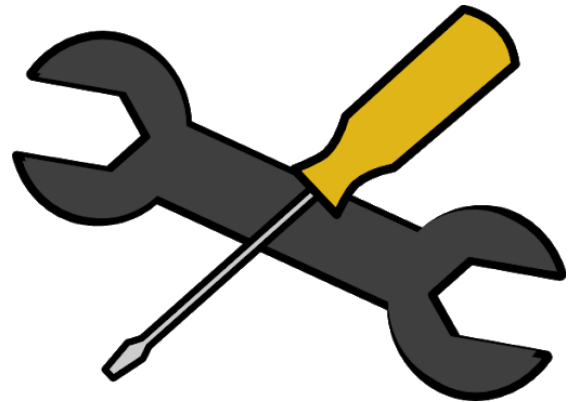
**Weekly outside ... Thursday Group (seasonal)**

- Mow grass
- remove grass clippings from walks and drives
- Trim bushes, trees, brush
- Remove leaves, branches, debris, trash
- Maintain gardens, plantings
- Minor outside repairs
- Keeping equipment in order and operable
- Keep storage barn in order
- Minor snow removal in season



**Periodically inside ... Typically Thursday Group and other volunteers**

- Coordinate/assist with aerial lift to change light bulbs in the high overhead areas of the Sanctuary or to do other work in these overhead areas
- Put up, take down, store seasonal decorations. Assist other teams with similar tasks (eg banners from the Iron Ring, the mobile above the baptismal font).
- Resolve inspection issues such as Fire Department findings, utility matters
- Heating system routine maintenance and repairs
- Plumbing and electrical repairs, modifications
- Coordinate repairs and services with contractors (eg, sump pumps, dehumidifier, carpet cleaning, painting, plumbers, electricians)
- Install and remove window air conditioner units
- Move, remove furniture
- Wash windows
- Deploy salt buckets, snow shovels for winter, and putting them away in the spring
- Work to resolve emergent issues such as the mouse problems this winter



**Periodically outside ....Typically Thursday Group and other volunteers**

- Raise and strike the tent. Take tent in and out of storage (spring and fall)
- Wash windows (target spring and fall)
- Get air conditioners out of storage, return them to storage (spring and fall)
- Clean gutters (spring?)
- Store hoses, get hoses out of storage (spring and fall)
- Gas, service mowers, snow blower, trimmers, etc for their seasons. De-gas and store in off-seasons
- Minor outside repairs to building (siding, doors, trash bins, etc)
- Coordinate with contractors for work, such as parking lot and driveway maintenance and repair, lawn chemicals, snow plowing and salt applications
- Coordinate/perform special projects work such as the work in summer/fall 2020 to pour concrete step-off pads at several fire doors to resolve fire department inspection findings

### **Ad Hoc projects/activities ...Typically Thursday Group and other volunteers**

- Take action as needed to support resolutions to issues such as the lightning strike damage in 2020, gas utility issues requiring us to provide ice and snow protection over our gas meter and to modify the gas line penetrations through our building walls, and others
- Place contracts for engineering, architectural studies, and equipment installation for a new fire alarm system to replace the system damaged by the lightning strike.
- Obtain, evaluate, report on bids for outside services. Coordinate work by outside service contractors
- Obtain, evaluate, report on costs for equipment or repairs to same
- Coordinate/support special projects such as the new Wiggle Room, new Conference Room, moving of Sanctuary chairs to support floor cleaning, relocation of the choir, piano, organ