



Trinity Episcopal Church
105 North Bridge Street
Elkton, M.D. 21921
Founded in 1832
trinityelkton@gmail.com
410-398-5350

The Rev. Dr. Nicholas N. Sichangi

Our parish vision statement, living and growing in our relationship with God, Trinity Parish wishes to share the good news of Jesus Christ with our expanding Church family, and go forth into our community to spread his love and joy.

Happenings at our church

BISHOP'S VISIT We are deeply grateful for the recent visit of Bishop Marray, whose presence brought inspiration, encouragement, and spiritual renewal to our church community. His message of faith resonated deeply with all who attended, and his time with us truly a blessing. May God bless Bishop Marray with peace, health, and joy in the next chapter of his journey.

COFFEE HOUR A heartfelt thank you to all the volunteers who faithfully serve our Sunday coffee hour. Your hospitality, warm smiles, and delicious refreshments help create a welcoming space where fellowship can flourish after worship. Your efforts—setting up, serving, and cleaning up are deeply appreciated. You help make our church not just a place of worship, but a true community. Thank you for your time, your care, and the love you pour (and pour again!) each week.



YARD SALE Thanks to all that participated in this year's yard sale, especially Valerie Reichenbach for organizing and marketing the event. We were blessed once again with nice weather and had a good crowd of shoppers. According to Mary Helen our total income for the day was \$2581.00. A special thanks to Emily and Zachary Phipps for running the food and drink concession! It was a good day to interact with the community and work together to support Trinity.

~Hans Nafzinger

Prayer List

"Our prayers are with all those who are ill, all who are caring for them and all who are striving to hear the voice of God in these challenging times. May God bless you now and always.

Bob, Sean, Mary Helen Atwood, Jane Bach, Tim Bennett, Betsy Clark, Lorris Clay, Alan Fenson, Shawnda Fenson, Diane Hair, Hawah Kamara, Libby Keefer, Dorothy Kirk, Louise McLean, Jim McQuaide, Pat McQuaide, Emma Melvin, Larry Parker, Guy Parks, Susan Parlier, Robert Powell, Welenia Powell, Hunter Smith, and Kyle Watson.

Birthday & Anniversary Wishes

HAPPY BIRTHDAY 8/3 Lewis Collins Jr. 8/8 Carri Birdsall 8/16 Welenia Powell 8/24 Sharon Arbour

HAPPY ANNIVERSARY 8/3 Mary Katharine & Tom Hitchcock 8/11 Cheryl & Ross Lee
8/29 Welenia & Robert Powell 8/31 Rick & Susan Burkholder

Readings for August

Sunday, August 3

Hosea 11:1-11
Psalm 107:1-9, 43
Colossians 3:1-11
Luke 12:13-21

Sunday, August 10

Genesis 15:1-6
Psalm 33:12-22
Hebrews 11:1-3, 8-16
Luke 12:32-40

Sunday, August 17

Jeremiah 23:23-29
Psalm 82
Hebrews 11:29-12:2
Luke 12:49-56

Sunday, August 24

Isaiah 58:9b-14
Psalm 103:1-8
Hebrews 12:18-29
Luke 13:10-17

Sunday, August 31

Sirach 10:12-18
Psalm 112
Hebrews 13:1-8, 15-16
Luke 14:1, 7-14

In our Community

Dear Trinity Members,

The NorthBay Education Wellness Center Campus has issued a plea for assistance due to a financial shortage. The financial shortage has caused strain on their facility with purchasing medical supplies for the children they serve at the facility.

NorthBay's educational mission is to challenge people through transformative outdoor educational and retreat experiences to realize their attitudes and actions have a lasting impact on their lives, communities, and the environment. Most of our attending students during the school year are impoverished middle school aged, from Maryland and surrounding states. At times the medical staff of NorthBay are the only health professionals that some of these students have access to.

Statistics (09/01/2024- 06/13/2025)

- 4578 medications were administered (PRN and Scheduled)
- 527 Student visits related to injury (occurred at Home or at NorthBay)
- 359 Student visits related to illness
- 15 Diabetics, 654 Asthmatics, 30 seizure disorders, 682 students with Psychological/Mental Health Disorders
- 90 Students with Activity Restrictions- Needed close monitoring by staff
- 779 Students with Dietary Allergies/ Restrictions
- 7 students with severe hearing loss
- 24 students with visual impairments (glasses to legal blindness)

Beginning July 27th, as our next outreach project, we will be collecting items for NorthBayWellness Center. If you can donate the following items, please bring them in and drop them into the box located in the back of the church

Latex free Band-Aids

- travel size shampoos/conditioners
- monthly feminine products (pads and tampons of all sizes)
- reusable water bottles
- Triple antibiotic OINTMENT
- Socks and Underwear (boys' and girls' sizes 8 - 16)

I am also looking for monetary donations to help purchase a blood pressure tower which includes a monitor, pulse ox, thermometer, and 3 different size cuffs. Checks can be made out to NorthBay Education Wellness Center or Trinity Outreach. The Trinity outreach fund will match all financial donations up to \$300 so please donate if you are able!

Mary Katharine Hitchcock

Acts of Kindness update

I thought this would be a good time to update our Acts of Kindness for Trinity. I was prompted by a lovely note from Heidi White (one of “Trinity South” parishioners who now lives in Florida). Heidi reached out to me with the following article published in the Episcopal News Service on July 7. I reproduced it here as it speaks to our Acts of Kindness:

Episcopalians invited to share stories of care, connection and courage to social media

By Melodie Woerman

Posted Jul 7, 2025

[Facebook](#)[WhatsApp](#)[Email](#)[Share](#)



Photo: Courtesy Diocese of New York

The Very Rev. Winnie Varghese (left), dean of the Cathedral Church of St. John the Divine, and New York Bishop Matthew Heyd share a social media-style frame during the launch of the new #onesingleact campaign.

[Episcopal News Service] The [Episcopal Diocese of New York](#), the [Cathedral Church of St. John the Divine](#) in New York City and other faith partners have launched a new social media campaign aimed at helping people share the good things taking place in their communities. Called One Single Act and using the social media tag #onesingleact, the 100-day project was announced July 1 from the cathedral steps. New York Bishop Matthew Heyd said during the launch event that when people experience “chaos, cruelty and carelessness” in the world around them, one antidote is to respond with “care, connection and courage.” Sharing the good things they see taking place – or doing one themselves – are “the deepest expressions of our faith.” The Very Rev. Winnie Varghese, the cathedral’s new dean, told Episcopal News Service she knows people can feel powerless in the face of huge global and local forces that affect them. But this campaign offers people a chance to emphasize a very fundamental spiritual value. “How we engage with one another, engage the stranger, engage our neighbor, is actually a fundamental power to be the conduit for God’s love in the world,” she said. Among Facebook posts using the hashtag include a man sharing a music-themed drawing given to him by a young fellow parishioner; a photo from [St. Philip’s Episcopal Church](#) in Durham, North Carolina, of a cooler of chilled bottled water at the entrance to their courtyard; and a video of a favorite piece of music. An Instagram photo shows a smiling man “using his first day of retirement” to set up the food pantry at [St. Mary’s Castleton](#), on Staten Island, New York. The other partners in One Single Act are [Episcopal Charities](#), [Episcopal Divinity School](#) and the [Interfaith Center of New York](#).

I thought this was such a neat follow on to our Acts of Kindness process that we started back in 2018 for the 150th anniversary of the Diocese of Easton when we committed to 150 Acts of Kindness by October of that year (and surpassed them!!) The process we set up was to keep these Acts of Kindness going, focusing on one single Act of Kindness at a time – and just like the New York Diocese is articulating – this is enabling all of us to see God’s love working through each of us!! So thanks Heidi for such a wonderful reminder and inspiration!! And here are a few examples of the Acts of Kindness we have provided to others, including our treasured fellow creatures, as well as Acts of Kindness others have provided to us. Keep up these beautiful and wonderful experiences and our own examples of “care, connection and courage”!!

Sincerely,

Ross Lee

- Painted neighbor’s mailbox post
- Assisted in setting up picnic tables and chairs for community cookout
- Replaced refrigerator water filters for physically incapacitated neighbor
- Established and worked on various committees for community summer activities
- Assisted in retrieving neighbor’s garbage cans
- Donated clothing to a school family center
- Let someone come into my lane (multiple)
- Sent out happy Spring and St. Patrick’s day messages
- Sent notes to ill and recuperating parishioners and others (multiple)
- Helped with coffee hour clean up (multiple)
- Drove parishioners to lab for tests, and to Church
- Made calls to homebound people
- Left \$20 dollar bill at Royal Farms for whomever might not have enough (multiple)
- Helped distant family member in need (multiple)
- Helped take care of neighbor with onset of dementia to establish a safe home
- Carried dog who was suffering from heat exhaustion
- Helping the homeless (multiple)

And here are some Acts of Kindness that we have experienced from others:

- Long time friend from college visited and helped fix benches in need of repair
- Fellow hiker offered dinner that enabled food for rest of trip (a gift that kept on giving)
- On a very hot day, fearing the grass cutting job, finding it almost done by our Priest!
- Having a Home Depot manager allow dog to come in so she wouldn’t be in hot car