



*Tidings*  
*Trinity Episcopal Church*

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*The Rev'd Dr. Nicholas N. Sichangi*

## Senior Warden's Message

We are now open in our beautiful church with those who are fully vaccinated able to worship and sing with no masks. We are still socially distancing with our assigned seats but that's a small price to pay to keep everyone as safe as possible. Please join us either in person or via the Zoom link.

Another sign of reopening is the start up again of our shared ministry get togethers. As we have done in the past any month that has five Sundays is the time for a joint service with St. Stephen's on that last Sunday. That will happen in August. So on the 29th we'll have a service beginning at 10:00 on the beach at Hazelmoor. After the service we'll get together for a cookout and fellowship. More details will follow but please plan to join us. The last time we did this a great time was had by everyone!

Please continue to stay safe.

Blessings,  
Gayle

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**A BIG thank you** to the Vestry Members and others, including Father Nicholas and Carol for staying on top of the rules for re-opening Trinity Church following pandemic restrictions. It is wonderful once again to see our friends and "break bread together on our knees."

Sincerely,  
Mitzie Snyder

*Thank  
you*

## *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 and keep you, now and always.”*

<i>Amber</i>	<i>Michael</i>	<i>Stephanie</i>	<i>Jane Ayers</i>	<i>Bob Boulden</i>
<i>Pam Boulden</i>	<i>Marion Conner</i>	<i>Carol Costello</i>	<i>Donna Hurst Dellinger</i>	<i>Elizabeth</i>
<i>Sharon Elliott</i>	<i>Alan Fenson</i>	<i>Shawnda Fenson</i>	<i>Mary Foxwell</i>	<i>Fern Hitchcock</i>
<i>Bill Jackson</i>	<i>Kathy Koslak</i>	<i>Fred Layaou III</i>	<i>Victoria Marsh</i>	<i>Sharon McCallum</i>
<i>Jean Mulford</i>	<i>Larry Parker</i>	<i>Rose Perrone</i>	<i>Piseth</i>	<i>Pisey</i>
<i>Rev. Christopher Porteus</i>		<i>Janice Potts</i>	<i>Chantha Prak</i>	<i>Liz Rossi</i>
<i>Mike Rossi</i>	<i>Jane Sichangi</i>	<i>Hunter Smith</i>	<i>Betsy Spina</i>	<i>Cathy Tosh</i>
<i>Sandy Tosi</i>	<i>Lara Tozer</i>	<i>Socheath Yun</i>		

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### *Happy July Birthday*

2 Ross Lee	5 Sandy White	5 Andrew Koenings
5 Jean Mulford	15 Diane Hair	23 Flavia Cugini
29 Katy Derby		



### *Happy Anniversary*

4 Lindsay & Danny Ray	24 Diane & Dwight Hair
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## Farewell my Friend

I met Mr. Richard Lemen in 2007 at Calvert Manor Nursing Home. I worked in the office as a receptionist and Dick would come in almost everyday to visit his Mom, who was a resident there.

As we got to know each other, he would stop by the office and chat with me. On the weekends he would bring me apple cider donuts from Milburn Orchards. In the fall, Dick would show up with the most beautiful mum plants. One day he stopped by the office and said, "you applied for a secretary position at the same church me and my wife Penny go to."

As time went on, and I left Calvert Manor, I would not see Dick as often due to him devoting his time with Penny, who was now living at Calvert Manor. Every day, he would go at lunch time to be with her. When his dear Penny passed in December of 2015, Dick became a part of Trinity Church: a part in every sense of the word. He became totally engaged, physically, emotionally and financially invested in Trinity. I have never met anyone as devoted as him. He, in my eyes, was on a mission to see Trinity Church grow and become better than ever.

Through the years, Dick seamlessly decided to be on almost every committee at Trinity Church. When he became a part of a committee, I knew I would be seeing Dick that very next day. Everyday I would see him around the church property either planting flowers, pruning bushes, or painting something. If he wasn't working outside, he was in the parish house meeting with other committee members. Dick would show up at my office around 11:00 am with all his notes trying to figure out how we together can improve things. I worked closely with him on everything.

When COVID hit in March of 2020, I stopped going into the office. Everyday, we would communicate by phone. At the end of our conversations, he would say "it was nice speaking with you and I look forward to speaking with you tomorrow." Dick was a loyal friend. He was the type of person that when you told him something it went no further. He would always ask how everyone in my family was doing. He always had a story to tell. As time went on, I realized that Dick was not well. As he became sicker, it became harder for me to call him, but I knew he looked forward to my calls.

I have known Richard Lemen for over 14 years and have had many wonderful conversations with him. You could always find him sitting in my office eating chocolates, with his feet propped up on my desk. When I spoke to his daughter Jane the day he passed, she told me he said, "you were his best friend." I consider that a great honor. I thank God for bringing him into my life. Trinity has lost a very beautiful soul. I miss him dearly.

Carol Cummings





As we enter into the hot days of summer and are blessed to see more people vaccinated and the masks and issues associated with the pandemic starting to recede (but unfortunately still very much with us), let's all focus on renewing our commitment and mindset to our Acts of Kindness.

One of the books I have chosen to read this summer is called "Make Your Own Sunshine". It is written by Janice Dean, whom some of you may recognize as the weather person on Fox News morning show, "Fox and Friends". She had written another book a while ago called "Mostly Sunny". Her goal is to show the Acts of Kindness that people do even amidst difficult times. She published this in 2021 and as we have seen, even amidst the pandemic we find the opportunity for great Acts of Kindness. Janice has MS and she has included others with MS who have done extraordinary things to help others with the disease. Sometimes when we face difficulties, such as the loss of loved ones as Jane and Father Nicholas mentioned last Sunday just sharing these with others to receive their comfort makes a tremendous difference. Another story she shared in her book concerned a couple who had just adopted a baby overseas and were returning to the US on a flight. Having never had a baby they needed help to understand what to do on the long flight with regard to diapers and comforting the infant. The airline steward announced their joy in having adopted a child and the entire plane applauded. Then everyone on the plane took out a napkin and wrote some words of encouragement to the couple. One came from someone who had been adopted as an infant and gave a heartfelt thanks to them to providing a home for their new baby as others had done for her. Small Acts of Kindness that will be with that family always.

We all were saddened by Dick Lemen's passing. I think Dick exemplified what we mean by "Acts of Kindness". We all have received cards from Dick. Birthdays, Thank Yous, Get Well, Encouragement – just when we needed them. He would do these even when he was struggling himself with health issues. He even joined our vestry meeting the last night of his life from the hospital. He always checked in with me to make sure I wrote this article for Tidings on Acts of Kindness and I believe he is watching now to be sure it gets in the July Tidings! We will all miss him but his legacy will continue in us as we continue to do our Acts of Kindness with the quiet efficiency that Dick did his!

Sometimes our Acts of Kindness, as in the example with the airplane or in sharing our difficulty with others is about many coming together to help others. As Gene Clay was fond of saying, "many hands make light work". Cheryl and I were on vacation in the Adirondacks at our friends Lake House. They had just acquired the property for themselves (it had been a family property before) and there were many tasks they were involved with. Surprisingly it was hot and humid on the first day there. They decided to put up the awning they had ordered. It came in a gazillion pieces and they were dismayed at the complexity of the task. It turned out that everyone one of the 8 of us, along with others, each dug in with them in some unique way to decipher the instructions and accomplish the task. It got done in the better part of the day but it would have been near impossible without the contributions provided by all.

As you continue through the summer, think about the small ways that you may brighten someone's day and maybe even by being part of helping others to help others. As Janice says in our book "performing an act of kindness makes you feel better". Please keep them coming and have a blessed and healthy summer.

Sincerely,

Ross