



September Tidings Trinity Episcopal Church

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The Rev'd Dr. Nicholas N. Sichangi

This year marks our 5th year since we started our mutual ministry between Trinity and St. Stephen's Parishes. In our mutual ministry, the fifth Sunday in a month is always dedicated for a joint fellowship hosted by each parish on a rotational basis. This year marks our second year as we gathered together at Hazelmere park for koinonia. Last year we were not able to offer such a service due to the decision to temporarily postpone in-person worship and gatherings due to the spread of COVID 19. Though this decision was met with a variety of emotions, but we had to do so because we love and care for one another. This is what koinonia is all about, loving and caring for one another in the body of Christ.

In our unique mutual ministry, we have developed an intimate fellowship for one another and opened our doors for other brothers and sisters in Christ for fellowship because it is a key aspect of our Christian life. As believers in Christ we are reminded to often come together in love, hope and faith. When we come together, as one writer has said, we not only share in the spirit, but also in all aspects of life, from meals, and other aspects. We share our love, talents and hospitality.



We thank God for the hospitality offered by the Goudy's family for sharing their beach with us and for all other members who brought something to share. Thanks again for coming along with your families and friends to our yearly beach picnic. We look forward to introducing other programs to go along with the service. I welcome insights from members on how to make the day better from the normal. Suggestions can be dropped in the suggestion box located at the back of the church or can be sent directly to our parish administrator.



We also want to thank our sisters from St. Augustine Parish – Chesapeake City who joined our fellowship this year. Not only has this parish participated in this years’ fellowship, but we have continued to work together in many other areas, like Christmas in April and the food pantry. We pray for their leadership, vestry and the entire congregation as they continue in their search for the new rector.



I want to thank our host parish – Trinity for the organization and for the food. I also want to thank Hudson for offering his PA system and technical support. Last, but not least, I also want to thank Mary Katharine for the music and Carol our chaliceist.



Thank you so much for your prayers and support while we were overseas for a short visit and vacation. Despite a few ‘hiccups’-we are back home and safe.



As you are all aware we are still being faced by COVID 19 pandemic, but God has been on our side. We have resumed our koinonia after long months of social distancing and wearing of masks but it seems we may go back due to the new variant that has come up again. We are doing this because we care and love one another.

Though we have been fully vaccinated, due to the rise in infection and the new variants (i.e delta and mu), we have been advised to wear our masks while in public places. Also observe social distancing and wash your hands quite often or sanitize.



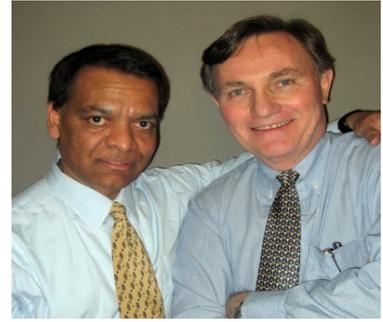
I wish you and your families God’s grace and peace.

Father Nicholas

Remembering the 9/11 Terrorist Attacks

20 Years Later

One story of 2 Survivors by Steven Greenhouse, [AARP](#), July 28, 2021



Brian Clark, an executive vice president of Euro Brokers, who worked on the 84th floor and was one of his office's volunteer fire marshals: I got down to the 81st-floor landing and was confronted by a heavysset woman coming up the stairs with one of her coworkers. She said, “Stop. You can't go down. We have just come off a floor in flames.” She blocked us. And the people I was with, this chain of seven or eight coworkers behind me, all went bump, bump, bump. Now we're all standing on this rather tiny landing, and the debate began. Up or down?

About 30 seconds into this, I was distracted by a banging noise, a muffled cry. I dropped out of the debate and concentrated on what I was hearing. I made out this male voice calling for help. [Clark's Euro Brokers colleagues turned around and headed back up the stairs with the two people who had come from below.] I went in on the 81st. It was dark on this floor, no electricity and some black smoke. The stranger's voice was, I'm guessing, 20 yards away. My flashlight beam was like a high-beam headlight on a country road at night in the fog. You just saw the particles but nothing else.

The flashlight caught him and went down into his eyeballs. He said to me, “One thing I got to know. Do you know Jesus Christ?”

I said, “I go to church every Sunday. Come on, we've got work to do here. Let's move here.”

Praimnath: I'm confronted by one lousy wall, a drywall that stood firm. The man with the flashlight said, “Climb over. I'll catch you on the other side.” At this point, I'm banged up, bruised, bloodied. He stood on a desk, reached over the top of the wall and grabbed me in a headlock. I squirmed and he pulled, and I flew over on the other side. I knocked him off his feet. When I realized where I was, I was lying on top of this guy. He got up. I don't know how to thank this man. I grab him, give him a kiss on the cheek.

Clark: I dusted myself off and put my hand up and said, “I'm Brian.” He said, “I'm Stanley. We'll be brothers for life.”

Praimnath: He said, “All my life, I've lived as an only child. I always wanted a brother.”

Clark: At that instant, I noticed that I had punctured my right palm. He had a puncture wound on one of his palms, too. I smushed our hands together. And I said, “In fact, we'll be blood brothers.”

Praimnath: This guy did something, this **act of kindness** and love, that I will go to the grave remembering.

Clark: I said, “Now, come on. Let's go.” We looked down the stairs and didn't see any flames, just the smoke coming up. The stairs were empty.

Praimnath: We walk all the way down. On the ground floor, I can hear the firefighters, the cops and the EMS workers, and all these men and women in uniform, they're belching orders: “Run, run, run! Do not look up. Do not look around. Just go!” And as they were sending us to safety, you could hear that scream behind us, because the building was crumbling. These men and women were sacrificing their lives so Brian and I could go to safety.

Clark's company lost 61 people that day. Praimnath's lost 23. Cantor Fitzgerald, an investment bank based on the 101st through 105th floors of the North Tower, lost 658. Only 18 people from the South Tower's impact zone survived. Praimnath and Clark were among them. They remain close friends.

Happy Birthday 3 Cheryl Lee 19 Mike Rossi 18 Bill Smith 24 Gordon Tozer 25 Robert Powell

Happy Anniversary 24 Paul and Sharon Arbour 30 Gordon and Beverly Tozer



ACTS OF KINDNESS

It's hard to believe the summer is over! We have already had two full weeks of classes at Villanova! Here are some more examples, insights and encouragement for our Acts of Kindness as we close out the summer and begin the Fall.

On one of our terribly hot and humid days in July, one of our Parishioners noticed a man coming into her store had a dog with him. She quickly provided some cold water for the man to give to the dog. The man was grateful and said, while he did have some water, it wasn't as cold and it was so kind of our Parishioner to provide this.

When Cheryl and I were on vacation in Upstate New York kayaking on a lake near our rented cottage there were reports of an impending thunderstorm. Not long after we saw the report a fisherman in a motorboat came over to us and offered to tow us to safety. We were only a short distance from our cottage and had lots of time to get there so we declined but thanked him for being so kind.

As Father Nicholas related in one of the services right before he left for vacation, as we were coming out of the Sacristy a person asked if he could rest on the stoop to get out of the heat. Father Nicholas graciously agreed. Later Father Nicholas went out to talk to this person and found that he had bad feet that were soaking wet with wet socks. He encouraged him to get his feet dry and rest and come back on Monday if he needed help. This encouraged further discussion of the idea to have a "lending library" little cabinet as an interim to getting back into a food pantry, where items can be placed in the cabinet for whomever needs them to get them. And this would enable dry socks to be included!! This idea is still being pursued by the Daughters of the King with possible help from the Brotherhood.

The entire planning, preparation and execution of our outdoor service last Sunday at Hazelmoores Beach involving St. Stephens, Trinity and Augustine Parish was a great Act of Kindness example on the part of Tracy and all who helped make this happen.

Finally, this morning I was trying to decide if I should write this article first or work out first. I worked out first and while working out had Good Morning America on TV. Who should be featured this morning but a professor who specializes in studying kindness! His message was that in all of his research he finds that simple acts of kindness to help others – providing encouragement, showing gratitude, helping to ease stress – all contribute to longer, healthier and even physically stronger lives!! God works in mysterious ways to have me see this and get this message out!

Have a wonderful rest of the Summer and start to the Fall. Keep all of you Acts of Kindness coming and let me know what they are so I can include them in the October Tidings!

Sincerely,

Ross Lee