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## Rector's Corner

When the Vestry and I were negotiating my letter of agreement, I asked that we include "Rules for Respect" as part of that agreement. I had been introduced to them by my previous bishop, Greg Rickel, when he first came to the Diocese of Olympia. He said that it had always been his practice to include them in his letters of agreement when he was called as rector and he planned to do the same thing as a bishop.

I believe that the relationships we have with one another are very precious and represent some of the most important gifts that we are blessed with. It is my hope that these Rules of Respect will help us truly care for our relationships with each other as we continue to do the work that God has given us to do.

Faithfully,  
Christy

## Rules for Respect

1. If you have a problem with me, come to me privately.
2. If I have a problem with you, I will come to you privately.
3. If someone has a problem with me and comes to you, send them to me, and I'll do the same for you.
4. If someone consistently will not come to me, say, "Let's go to N together. I am sure that she/he will see us." I will do the same for you.
5. Be careful how you interpret me--I'd rather do that. On matters that are unclear, do not feel pressured to interpret my feelings or thoughts. Intentions are easily misinterpreted.
6. I will be careful how I interpret you.
7. If it's confidential, don't tell. If anyone comes to me in confidence, I won't tell unless, a) the person is going to harm him/herself, b) the person is going to physically harm someone else, or c) a child has been physically or sexually abused. I expect the same from you.

Trinity Episcopal Church  
469 N.W. Wall Street  
Bend, Oregon 97701

*Return Service Requested*

8. I do not read unsigned letters or notes.
9. I do not manipulate, I will not be manipulated, do not let others manipulate you, and do not let others manipulate me through you. I will not preach at you. I will leave conviction to the Holy Spirit (she does it much better anyway!)
10. When in doubt, just say it. The only dumb questions are those that don't get asked. Our relationships with one another, at the end of the day, are the most important things so if you have a concern, pray, and then, if led to do so, speak up. If I can answer it without misrepresenting something, someone, or breaking a confidence, I will.

### Our Rector is here, but when is she in?

It's hard for me to believe, but I have been here two months. I have greatly enjoyed my time and I am even beginning to get a bit of a schedule figured out. It's important to me that the congregation know when they can expect me to be in the office and that they know how to reach me. In terms of my schedule, the basic rule of thumb that I try to go by is that if I have a meeting in the evening, then I usually don't come in until noon or 1:00. If I have meetings in the morning, afternoon and evening, then I will attempt to work a half day the following day.

On a weekly basis I seem to have developed the following schedule. On Sunday I do the 8:00, 10:00 and 5:00 service. I try to visit people Sunday afternoon, or get caught up on other work. Mondays I usually don't come in until 1:00, and sometimes have Vestry meeting in the evening. Tuesdays I have a pastoral care meeting first thing in the morning, a service at Bend Villa Court or pastoral visits in the afternoon, and meetings in the evenings. As a consequence, I try to work a half day on Wednesdays. Thursdays I am usually in the office or visiting people from 9-5:00 and Fridays and Saturdays are my days off. The key to my schedule is flexibility and I try to flex my hours depending on the needs of each week.

Jan and Emily have a copy of my schedule at the beginning of each week and know how to get hold of me at any given time. Since I make my own appointments you can either call me at the office, 382-5542 or email me at [christy@trinitybend.org](mailto:christy@trinitybend.org) if you'd like to meet with me. I continue to look forward to getting to know each of you better in the months and years to come.

### SCHEDULE

Sunday	Time	Service	Deacon	Eucharistic Minister	Lector		Bread Team	Prayer Team	Altar Guild	Usher	Coffee Host
					Reader	Prayers					
June 1 3rd Sunday after Pentecost	8:00 10:00 5:00	EOW 3 EOW 3 EOW 3	Gaye Lawson Gaye Lawson	Pat Gibson Peggy Ziegler Mary Jeanne	Mark Lane Tena Paulson	Terry R.		Steve W.	Team 3 Captain: Connie Miller	Orville Bell Bob Burpee Ken & Joan Wellman	Ann Havill Betsy Lamb
June 8 4th Sunday after Pentecost	8:00 10:00 5:00	H.E. 1 EOW 3 EOW 3	Gaye Lawson Gaye Lawson	Cheryl McAdams Joan Wellman Steve W.	Jean Heath Deby Falconer*	David Clark	Gaye Lawson	Steve W.	Team 4 Captain: Joan Walker	Jeanne & Russ Merritt Rick & Sandy Negus	Cathy Speckmann
June 15 5th Sunday after Pentecost	8:00 10:00 5:00	EOW 3 EOW 3 EOW 3	Gaye Lawson Willie Hoffer	Jean Gillespie Ray Jeff Spreler Peggy 'z.	Pete Loving Randy Jones*	Tena Paulson	Gaye Lawson	Duane B.	Team 1 Captain: Judy Wallace	Sylvie DeKalb Mike Williams Mike & Joan Robertts	Karly Nash Rosemary D.
June 22 6th Sunday after Pentecost	8:00 10:00 5:00	H.E. 1 EOW 3 EOW 3	Willie Hoffer Willie Hoffer	Judy Montgomery Shirley James Mary Jeanne	Kathy Arthurs Tom Brueckheimer*	Mark Lane	Ted Saunders	Julie & Jerry L.	Team 2 Captain: June Serley	Jack & Ann Farry Tom Stucklen Peggy Ziegler	Heidi DeCorte
June 29 7th Sunday after Pentecost	8:00 10:00 5:00	EOW 3 EOW 3 EOW 3	Willie Hoffer Willie Hoffer	Pat Gibson Elizabeth Henry Steve W.	Loretta Slepikas Ellen Jones*	Terry R.	Ted Saunders	Cathy S.	Team 3 Captain: Connie Miller	Judy & Scott Wallace John Bolen June Serley	Helene L. Kathy H.
July 6 8th Sunday after Pentecost	8:00 10:00 5:00	H.E. 1 EOW 3 EOW 3	Willie Hoffer Willie Hoffer	Cheryl McAdams Joan Wellman Peggy Z.	Jean Heath David Clark*	Carol Bryant	John Speckman	Karen Cox	Team 4 Captain: Joan Walker	Rod & Trisch Clark John Bolen Joan Walker	Anne F. Sylvia K.

\*pass the second chalice

### Trinity Episcopal Church

Rector: The Rev. Christy Close Erskine	Senior Warden: Jack Crowell	
Priests: The Rev. Paul Morton	Junior Warden: Helene Lulich	
The Rev. Chuck Christopher	Vestry:	
Deacons: The Rev. Willie Hoffer	Robert Lebre	Julie Lear
The Rev. Gaye Lawson	Donna Jacobsen	Jane Lilley
Parish Administrator: Jan Stalker	Terry Rahmsdorff	Carol Luther
Office Hours: 9:00-3:00, Mon.-Fri.	Norm Henry	Rachel Fox
Phone: 382-5542	Lynne Fitzwater	
E-mail: ministry@trinitybend.org	Services:	
Website: www.trinitybend.org	Sun. 8 am Holy Eucharist	
Office Assistant: Emily Moore	Sun. 10 am Holy Eucharist	
Music Director: Jim Knox	& Sunday School	
Parish Nurse: Marianne Lebre	Sun. 5 pm Holy Eucharist	
Family Ministries: Mary Wells	Trumpet Editor: Jean Gillespie	

### JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 Eucharist <b>1</b> 9 St. C. Choir 9:05 Adult Ed. 10 Eucharist 5 Eucharist	<b>2</b>	<b>3</b> 5 Family Kitchen	<b>4</b> 4:30 Cent.Pr. 7:00 Choir	<b>5</b> 5 Family Kitchen	<b>6</b>	<b>7</b> 12 Fam. Kitchen Youth biking
<b>8</b> 8 Eucharist 10 Eucharist 5 Eucharist	<b>9</b> 10:00 Depression Support 12 Prayer Shawl 4 Trinity Foundation 7 Vestry	<b>10</b> 4 Kids meet 5 Family Kitchen	<b>11</b> 9 Worship com. mtg. 10:30 Staff mtg 4:30 Cent.Pr. 7:00 Choir	<b>12</b> 5 Fam. Kit. 5:30 Women's COL	<b>13</b> 6 Family Event at Shevlin Park	<b>14</b> 12 Fam. Kit. Bag Lunch
<b>15</b> 8 Eucharist 10 Eucharist 5 Eucharist	<b>16</b> 7 Vestry	<b>17</b> 5 Family Kitchen	<b>18</b> 4:30 Cent.Pr.	<b>19</b> 5 Family Kitchen	<b>20</b> 7 Renewal & Welcome service	<b>21</b> 12 Fam.Kit.
<b>22</b> 8 Eucharist 10 Eucharist Teens meet 5 Eucharist	<b>23</b> 10:00 Depression Support	<b>24</b> 4 Kids meet 5 Family Kitchen	<b>25</b> 4:30 Cent.Pr. 5:30 Info Potluck	<b>26</b> 5 Family Kitchen	<b>27</b>	<b>28</b> 8 Men's Breakfast 12 Fam.Kit.
<b>29</b> 8 Eucharist 10 Eucharist 5 Eucharist	<b>30</b>	<b>31</b>	Coming soon July 7 - 10 Vacation Bible School July 12 Smith Rock Race			

### Worship Committee Establishes a Feedback Box

The Worship committee would like to hear your thoughts about worship on an ongoing basis. Beginning in June there will be a box marked "Worship" in the entryway of the church. It is our hope that you will let us know your thoughts about various changes that are made and how you are feeling about them. Do you like the service leaflets and not juggling books, or do you miss using the prayer book? How do you feel about not repeating written announcements? How do you like using real bread for communion? Do you like trying new service music like the Gloria and the Sanctus or do you prefer to always use the same one? Do you think that someone involved in leading or supporting our worship (altar guild, lay readers, lectors, choir, clergy, etc.) has done a great job? Basically, we want to know what you are thinking on a regular basis so that we have a way of being in communication with the congregation. Our goal is to improve the quality of our worship experiences and we can't do that in a vacuum. The Worship Committee meets monthly and we will review any feedback that is given to us as a standing agenda item during our meetings. Thanks for caring enough to let us know your thoughts and feelings!

### Renewal of Ministry and Welcoming a New Rector June 20

On Friday, June 20th at 7:00 pm, we will officially install Christy as our new Rector. This is a grand celebration for a church and promises to be a very fun evening! In addition to welcoming Christy, the service is a time for us all to renew our baptismal covenant and to give thanks for the gifts we have as a community. Part of the service involves the giving and receiving of symbolic gifts which represent our congregation and the ministries which we carry out. It is a time to celebrate all that Trinity has been blessed with while we, as a community, offer ourselves to God in order to transform the world through the love of Jesus Christ.

### SUMMER WORSHIP

**Share your musical talent with us:** We have a lot of musical talent in this congregation. If you would like to provide the music for the anthem and/or during communion this summer, please talk to Jim Knox, 318-0253, and add your name to the list of summer music on the door of the choir closet.

**5:00 p.m. Eucharist:** Beginning next Sunday, June 1st, the 5:00 pm service returns to its summer location at Saint Helens Center (Grace First Lutheran Church). Please use the south doors to enter the building.

### HEALING PRAYER

The healing prayer team offers special prayers to individuals after Eucharist at most 10:00 am services. In the past we have also offered private prayer in the small chapel after the service. We once again would like to regularly offer that service.

Please feel free to come with your concerns about family and friends as well as your own needs or struggles. We recently heard of an answered prayer that happened as the prayer was being spoken in a small group gathering. A loved one who had for some time been suffering a terminal illness was at that same time relieved of their suffering, healed of the illness and passed peacefully onto the arms of the Lord. Do you have a story of healing? Please contact me at 388-1138 so we can share it anonymously.

*Peggy Ziegler*

### EUCCHARISTIC VISITORS

I am so thankful that we were able to bring Eucharist on a regular basis to Betty Pomeroy before she died. Betty helped me really feel The Holy Spirit moving through our presence in her life. Do you know of someone who is no longer able to come to church but would like to receive the Lord's Supper and continue to feel connected to the Trinity community? Please contact the office or Peggy @ 388-1138. Then a Eucharistic Visitor can contact them.

### AIR CONDITIONING FOR THE CHAPEL THANK YOU, MEG!

As summer approaches, we are very grateful to Margaret Ann Cole (Meg) for the air conditioning in the chapel. Since the chapel is on the southwest side of the building, it gets really hot in the summer!

In the early 1950's when there was a major renovation to the building, Meg made a donation for the chapel to be redone in its present location. The plaque on the door to the chapel says it is dedicated to Francis Williamson by her daughter; that daughter is Meg. Riki Strong

## HAPPY BIRTHDAY !

June 1	Jan Stalker	June 16	John Morrissey
June 2	Joy Tooley	June 17	Judy Boone
June 3	Tom Stucklen	June 17	Capri Howe
June 4	Rita Bowne	June 18	Beverly Meyer
June 4	Jackson Baber	June 20	Katrina Hays
June 4	Bette Hamilton	June 21	Marcia Matlick
June 6	Orville Bell	June 21	Riki Strong
June 6	Michael Roberts	June 21	Denise Oakey
June 6	Sandy Taylor	June 22	Peggy Ziegler
June 7	John Bolen	June 23	Liam Hall
June 7	Grace Nielsen	June 25	Richard Etzel
June 7	Cheryl Podesta	June 25	Jennifer Meyer
June 7	Beth Hartwell	June 26	Janet Stevens
June 8	John Holmberg	June 26	Jennie Zachem
June 8	Charles Kolisch	June 26	Beverly Anne Furlott
June 10	Kyla Roberts	June 26	Edd Doorn
June 11	Rachel Fox	June 26	Sophia Erskine
June 12	Mary Wells	June 27	Bill Ennis
June 12	Christine McLeod	June 27	Clancy Todd
June 13	Geoff Nielsen	June 27	Bill Wuest
June 13	Mark Whitney	June 28	Braeden Thomas
June 14	Charles Miller	June 29	Whitney Drew
June 15	Kay Berry	June 29	Jack Farry
June 15	Loretta Slepikas	June 29	Victoria Carroll
June 16	Becky Powell	June 29	Justin Roberts
June 16	John Robinson		

### Deaths

We remember in our prayers David Ellison and Betty Pomeroy, who have entered into a new life.



Betty's memorial service is 3:30 Saturday, May 31, at Trinity.

### DEPRESSION/BIPOLAR SUPPORT GROUP

The Depression/Bipolar Support Group meets the 2nd and 4th Mondays from 10 – 11:30 a.m. in the church library. Contact: Marianne Lebre 330-6064

Notices re the Home Ownership Meetings (which includes income guidelines), and Faith House 2008 are posted in Brooks Hall. If you have any questions or comments, call Michael Roberts, 383-5915.

### **SMITH ROCK RACE JULY 12**

Would you like to be a part of the Smith Rock Race this year - the 15k race or the 5k Fun Run & Walk? There will also be a run/walk event for kids. For all the information, go to their website, <http://www.smithrockrace.org>, or talk to Steve Welbourn, 312-4692. If you would like to volunteer to help with the race, call Brian Douglass, 388-1860.

The proceeds this year will benefit Interfaith Volunteer Caregivers. IVC is a network of religious congregations and community agencies who serve seniors and persons whose needs for assistance go unmet due to lack of family, friends or funds. Trinity has been a part of this important ministry for many years.

### **SEXTON SABBATICAL**

I will be across The Pond for a month beginning June 13th. In order for the church not to appear to conform to the same grooming standards to which I hold myself, I would like to put forth a call for volunteers to help with some maintenance while I am gone. If anyone would like to fill in for me with the yard work it would be much appreciated. Also, to everyone, it would be a big help to all and especially to Shelley, if stuff was put back in its place so as not to be in the way of the next group to use the area and to aid in cleaning.

I know you all wish me not to worry while I am gone. If anyone would like to help, please call me at 815-3685 or leave a message with the church office.

Thank you,  
Mark

### **DIOCESAN CONVENTION DELEGATES ELECTED**

At their May 19 meeting the vestry elected the following as delegates to the Diocesan Convention: Peggy Ziegler, Ray Jeff Spreier, Jean Gillespie, Shirley James, and Rachel Fox. The convention will be held in Baker City October 10-12.

is digging up more history of the chapel and all the changes over the years. Watch for her report next month.

### **ADULT EDUCATION**

**9:05 SUNDAY JUNE 1**

#### **THEN ADJOURN FOR THE SUMMER**

On Sunday June 1, a recap of the important topics and discussions from the May 21 informational potluck will be presented. For those who may have missed the May 21 discussion, this will be a great opportunity to join the discussion regarding the many options we can explore to enrich our Sunday worship services.

"Between the Services" adult ed will then adjourn for the summer and reconvene in September. The Christian Formation Committee wishes to express our sincere appreciation for all who participated, presented, and supported the many programs of the 2007-2008 season

*Ray Jeff Spreier*

### **INFORMATION POTLUCK JUNE 25**

What's going on with St. Helen's Center? Plan to come to an information Potluck at 5:30 on June 25 to hear the latest status and plans. Childcare and kids' activities will be provided.

### **FAMILY MINISTRY NEWS**

Many of us gathered for the Information Potluck and heard the presentations on Godly Play and Journey to Adulthood. These programs are of the highest quality and set ambitious goals for Trinity. Everyone received a copy of the program descriptions in the mail, as well as an invitation to participate in a conversation about how to structure Sunday mornings to enhance adult as well as child Christian Education. I sincerely hope that you share your thoughts with the Sunday Morning Ad Hoc group.

The Family Ministries will be modifying and experimenting with children's chapel this summer. So there will be something going on every Sunday all summer!

If the volunteer corp for the 10 and older group is still game, this group will continue to leave after the sermon and return for communion. I will

be in touch with parents by email. Please consider volunteering this summer to give our teacher/mentors a break. Thank you. Plus it's fun.

Three Trinity Teens are in the beginning stages of planning a mission trip to Condega next year. You will be hearing more about that next month.

**Teens** will continue to meet in June after church on the 2nd and 4th Sundays.

**Kids 10-12** will meet 2nd and 4th Tuesdays- June 10th and June 24th, at church from 4-5. Parents, I will be in touch with you as to meeting times in July and August.

**All youth! 10 and up, Biking in Sunriver Saturday June 7.** We will meet at the Wal-Mart parking lot at 12:30 (after lunch). Transport bikes in Mary's truck. Helping parents will carpool with kids to Sunriver. Return to Wal-Mart parking lot at 5:00. Bring a working bike, helmet, water, a snack and appropriate clothing, (light wind-breaker). I'm going to start getting legged up now!

### **FAMILY EVENT! SCHOOL'S OUT! FAMILY FUN!**

**Friday June 13, 6:00-8:00** Shevlin Park Pond- Fishing for the kids! (Right by the Aspen Hall) Friday evening, bring a blanket and/or chairs, and fishing rods for the kids. The Wissings have a few extra rods so not to worry if you don't have one. If you have extras bring them. Family Ministries will provide sandwich makings and dessert. Please bring your own drinks and veggie nibbles or chips. **DON'T FORGET THE KIDS!**

I look forward to lots of Trinity family fun this summer.

God Bless

Mary Wells

### **VACATION BIBLE SCHOOL**

Vacation Bible School is happening July 7th -10th with an overnight for the older kids to the 11th.

Registrations and information will be in Brooks Hall. Get your kids signed up for this fun summer opportunity!

Can you help? We need helpers for snacks, crafts, etc. Help a little, or help a lot, let's make this a great camp.

On June 3, 2008, we start our 1st educational program and we are in need of Money Mentors for our clients.

Would you consider being a Money Mentor?

Ask yourself these questions:

Do you usually have enough money to pay your necessary bills each month?

Are you interested in improving the lives of Central Oregonians, one person at a time?

Do you have time to make 1 more phone call a week and have 1 more "coffee date" a month?

Do you have 2-4 Tuesday nights free in June?

If the answer to these questions is, "Yes" you meet the qualifications to be a Money Mentor.

PLEASE Call (or e-mail) me if you are interested in finding out more about our program and being a Money Mentor either now or in the Fall.

Thanks for considering this mentoring program.

Terri Rahmsdorff

tahmsdorf@bendcable.com

21770 Eastmont Dr, Bend OR 97701

Home: 541-388-2778

Cell: 541-390-1097

### **FAITH HOUSE 2008**

Habitat requests our prayers as the third Faith House will begin soon. Faith House 2008 will be the home of Kim Corpus and her four children. As in the past, this is another great opportunity to support our commitment to Trinity's great "Outreach Programs" either by volunteering time/talents to work on construction, or donating funds to build the house. (Make your check out to Trinity and put "Faith House" on the memo line.) Construction of the house will start in early July, and it will be located on one of Habitat's lots on Blakely Rd.

Also, Bend Habitat's current greatest need is to locate families who qualify for Habitat home ownership. They have several homes available, so if you or someone you know is interested in owning a home, please attend one of their next Orientation Meetings at the Bend Habitat office from 6-7pm on Tues June 3 or Thurs June 5. It would be great to get a Trinity family qualified, whom we could all then support.

## OUTREACH COMMITTEE

Over the last few months the Outreach Committee has developed a Mission statement and set of Goals:

The Mission of the Outreach Commission is to maximize the impact of Trinity's resources to communicate Christ's message of loving care.

### GOALS:

1. Create an inventory of financial and human resources that can be used for Outreach.
2. Educate the congregation so they are inspired to participate in our Outreach Program.
3. Develop a methodology for allocating Outreach resources to maximize benefit.
4. Advocate that financial support for Outreach is a high priority at Trinity.

Enclosed with this month's Trumpet is a Survey questionnaire representing the first step to achieve our goals. Your participation in the Survey, and the participation of each of your family members, is paramount to our having a clear picture of the Outreach interests of the congregation. We need your **IN**put for **OUT**reach! Additional survey forms can be found in the narthex, Brooks Hall, and the office.

The members of your Outreach Committee are Bill Cowan, Sylvie DeKalb, Marie and Pat Gibson, Larry Kogovsek, Sylvia Knudtson, Pete Lovering, Rick Negus, Loretta Slepikas and Victoria Wodrich. Please don't hesitate to contact any one of us if you have questions regarding the Survey or any other aspect of outreach.

Pat Gibson, Committee Chair

## COLINK NEEDS HELP!

Central Oregon Low Income Network Konnection (COLINK) needs your help!!!

COLINK's mission is to help the unbanked and low income people of Central Oregon gain access to financial services at reasonable rates and in a sustainable fashion. We will provide free financial education, mentors and specialized products to help this qualified segment of our communities avoid the downward spiral of poverty (how to set up a budget and manage your expenses), mentoring, and a variety of other COLINK efforts.

## CASA LABYRINTH — EVERY SUNDAY

Does life feel like a rat race and you are running in circles? Calm your mind, body and soul by walking the meditation circle of a large outdoor labyrinth in the midst of wildflowers. This slice of time out of a busy day will allow you to enter a meditation of unwinding and centering yourself on God. **ALL ARE WELCOME — EVERY SUNDAY.** Instructions are available for beginners. Directions to Casa Labyrinth are in the front entry and Brooks Hall. For more information call Willie Hoffer (318-0788).

## OUR NEW PHOTO DIRECTORIES ARE HERE!

Many of you have already picked up your new photo directories. When you see them, please be sure to say thank you to Emily Moore, Sara Johnson and Lloyd Gust for taking responsibility for this huge project! With the assistance of many capable helpers they managed to get a great "snapshot" of life at Trinity.

The directories will be in the front entry on Sundays and in the office during the week. If you had your picture taken for the directory, look for one with your name on it. There are plenty of extra too, so please be sure you have one. We knew even before the directories were finished that we'd be wishing they were more current! We are compiling a list of names and addresses that should have been in the roster following the photos. To be sure we include you, call the office! Address corrections can be made as well. This supplemental page will be available in early June.

## MEN'S BREAKFAST

**8 a.m on the last Saturday of the month  
MAY 31 and JUNE 28**

The May breakfast is at the Black Bear Restaurant. We will decide whether to continue meeting there or try something new, so stay tuned to learn where the June breakfast will be. Plan to join the men of the congregation for breakfast and conversation.

## COL WOMEN'S CIRCLE

Thanks to Sally Jacobson for a very informative talk on "Getting Organized" at our May gathering.

The June gathering of COL Women's Circle will be Thursday, June

12th, **5:30 p.m. (note new time)** at Dawn Doorn's home. Sally Murphy will co-hostess. We will start with a simple salad supper. Greens, beverages and dessert will be provided. Bring a topping for salad to add to the salad bar if you can (i.e. chopped veggies, shredded cheese, chopped eggs, or be creative). We are starting 1/2 hr. earlier so we can end by 8:30. Come for a relaxed evening of Christian fellowship. Visitors welcome, so bring a friend! Directions to Dawn's home will be in the narthex June 8th for those not on our e-mail list. This is a great way to get to know some other fantastic women! Contact: Marianne Lebre 330-6064.

### **EXERCISERS WANTED**

Do you have a passion for exercise? Would you like to encourage others to 'get going' as well? If this sounds like you, please give me a call. We are planning a fun program for the fall. Marianne Lebre, Parish Nurse 330-6064

### **PRAYER SHAWL MINISTRY**

**JUNE 9TH, MARK YOUR CALENDARS!** We invite you to visit our June gathering. It was delightful having eight at our last meeting sharing projects and stories and enjoying the time together. We meet between 12:00pm and 1:30pm in the Trinity Library. All levels of knitters are welcome (crocheters too). Stop in with a sack lunch or just to say hello. We look forward to meeting you.

For more information or if you know someone for whom you would like to request a handmade shawl, call Joan Springer-Wellman at 548-3927 or Joy Nutwell at 389-8566.

### **2008 WOMEN'S RETREAT**

Our third annual women's retreat will be held in Central Oregon on September 20th. For those of you who attended a prior one, you know what a special, peaceful, and spiritual day of fellowship and learning we experienced. We are now looking for others who wish to be on the planning team for 2008. If interested, please contact Cathy Speckmann at 385-1385. For the rest of you, please save the date for this day of music, reflection, spiritual teaching and the opportunity to get to know others from Trinity.

### **PARISH HEALTH**

Health records. Aren't they something our doctor is supposed to keep for us? Wrong! They are something each one of us should be keeping for ourselves. With all the health related visits we are likely to make, and most especially as we age, it is essential that we are able to give accurate information to the next health care provider that we see.

What I'd like to suggest, if you aren't already doing it, is for you to get a 3 ringed binder and some tab dividers for each member of your family. Tabs would include sections for:

**Medical History:** What chronic conditions do you have (diabetes, high blood pressure, COPD, asthma, atrial fibrillation, ulcers, depression for example), illnesses such as chicken pox, and what surgeries have you had with dates for all.

**Doctor visits:** Each time you see a provider, enter date, whom you saw, and what they said (i.e. see in 6 months, referred to Dr...)

**Lab results:** Ask for a copy of your lab results each time and keep it for reference.

**Immunizations:** Keep track of all immunizations in one easy to locate spot. (When was your last tetanus, shingles, pneumonia vaccination, etc.)

**Allergies and Medications:** Keep an up to date list of all medications and dosages as well as what they are for (if they are not easy to remember). If you are on a changeable dose medication such as Coumadin, keep a separate list of it with INR readings, until they are stable. List all allergies and sensitivities and what they are (i.e. rash, slight upset stomach, etc.)

**EKG:** Ask for and keep a copy of your EKGs. They can be very valuable to note changes.

**Tests and Procedures:** If you have had a procedure, ask for a copy of the reports such as Dexascans, EBT, CT scans, nuclear studies.

You may think of other tabs that would make sense for your records as well. Take your binder with you when you see a health care provider. It might make a life saving difference.

Marianne Lebre RN  
Parish Nurse