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Dear Sisters and Brothers in Christ:

Did you know that Amazon sells 1,161 different kinds of toilet brushes? My daughter-in-law discovered this when she spent an evening trying to choose one for the bathroom in her home. Nearly an hour later, having read countless contradictory reviews and pondering far too many choices, she was tired and simply gave up. She was suffering from decision fatigue. Fortunately, after a good night's sleep, she went out and bought the only toilet brush the local dollar store offered.

We love having choices, but too many options can exhaust us and cause us to flee from making decisions. Researchers call this "choice overload". It's not just choosing toilet brushes that can overwhelm us. Even worse, an abundance of choices in our professional lives can cause problems. Years ago, if your last name was Baker you would work as a baker. The Carpenter family labored as carpenters. Smiths were smiths, Potters made pottery, and Farmers worked in the field. But today, there are more than 2,100 occupations available today, far exceeding the number of toilet brushes on the market.

As the number of options increases, the time and effort of making good choices also increases. And, as we are presented with more and more choices, the level of uncertainty we have about our final choice rises. The more choices we have, the more anxiety we feel about someday regretting the choice we have made. From toilet brushes to careers, we have a lot of options these days. And such seemingly endless options can lead to uncertainty, anxiety and decision fatigue. As the old saying goes, "A man with a watch knows what time it is. A man with two watches is

never sure." Too many options can be too much of a good thing. So what is the best path forward, one that will help us to be happy and decisive and free of fatigue? Psalm 62, a song of trust in God alone, gives us three words of advice: Wait, pray and obey.

First, wait. The writer of Psalm 62 is not in a rush to make big decisions. Instead, he says, "For God alone my soul waits in silence, for my hope is from him." So often we feel pressure to make choices quickly. But when the choices are serious, we almost always have time to wait. So how should we wait? Wait in silence. Wait for God. The psalmist says that God "is my rock and my salvation, my fortress; I shall not be shaken. On God rests my deliverance and my honor." This God is worth the wait. Researchers say that it's advisable to make your most important decisions in the morning, pointing to a Columbia University study that found that judges were more likely to give prisoners a favorable ruling in the beginning of the day than they were at the end.

Next, pray. Waiting in silence is not enough — it's also important to pray. "Trust in God at all times, O people; pour out your heart before him; God is a refuge for us." We pour out our hearts when we ask for guidance in our decision-making and when we pray about the various options that lie before us. Taking the time to discern God's will can help us eliminate a number of options that will lead us in the wrong direction. If choices that don't align with your understanding of the Bible, or don't fit with your Christian ethics, or your understanding of God's will for



your life, then scratch them off!

Finally, obey. After you wait and you pray, it's time to obey. "Put no confidence in extortion," says the psalmist, "and set no vain hopes on robbery; if riches increase, do not set your heart on them." Make sure that any decision you make includes obedience to the laws of God and the teachings of Jesus. The point is that when you have clear boundaries and constraints, you're more likely to be at peace with yourself; so one of the keys to happiness is to obey the laws of God and the teachings of Jesus. You will have fewer choices, but you'll end up with a feeling of more control over your life.

Once you wait, pray and obey, then God will repay. "Once God has spoken," says Psalm 62, "twice have I heard this: that power belongs to God, and steadfast love belongs to you, O Lord. For you repay to all according to their work." God will give peace to us, according to our work. If we choose peace, we will be given peace. If we choose justice, we will be given justice. If we choose mercy, we will be given mercy. God repays all according to their work.

In a world of decision fatigue, Psalm 62 invites us to trust in "God alone." To wait, pray, obey ... and believe that God will repay. This kind of faith is the secret to making good choices in every area of life, while avoiding the stress of decision fatigue. In the face of many options, there is only one Lord. God alone, the source of rest and peace.

Yours in the Light of Christ,
Father Bill +

Vestry Report

The Vestry met on January 14th. Father Bill announced his retirement plans to us at that time. A review of the budget took place. Due to the minimum wage increase, we had to adjust the salary line to take the new minimum wage into consideration.

Committee reports were reviewed and the Annual Meeting was discussed. Father Bill will be on vacation during the week of Ash Wednesday so a schedule for services around the area will be provided to the congregation. Should anyone need assistance during that week, please call the office or the wardens.

A need for some work on Buildings and Grounds was discussed. We need to organize ourselves to make sure we have all bases covered with these issues because there are things that only Father Bill knows that need to be taken on by the congregation. A strong emphasis on maintain our campus is a goal for 2015.

Our next vestry meeting will be on February 11th at 7:00 pm in the Trinity Room.

Altar Guild

I have been asked to inform you about what our group does, so here is an explanation:

The Altar Guild is made up of teams of two (2) who are responsible for setting up and taking care of the vessels and linens used during the Holy Eucharist. For example, the chalice is covered by a linen purificator. On this is placed the paten (plate) with the priest's host (large wafer). This in turn is covered by the pall (stiff square linen) and topped by the veil and the burse (which holds the corporal and another purificator). The veil, burse, and hangings on the pulpit and lectern come in different colors representing each of the seasons of the Church.

After the service, the vessels are washed, dried, and put into flannel covers and placed into the safe. The linens are taken home to be washed, ironed, folded, hand pressed, and returned the next Sunday. The fair linens on the altar and credence are covered by muslin cloths to protect them after the service is over. The needlepoint cushions and kneelers near the marble altar are also covered (if they have been uncovered). We also transfer the altar flowers to large cans covered by colorful paper (as the white vases need to be returned to the florist). If the flowers are given by a parishioner, they are asked to take them. If not, they are taken to the kitchen where Father Bill can find them and take them to our shut-ins. The offerings are put into a bank bag and taken to the office and locked away to be counted on Monday.

Twice a year the Guild cleans and polishes the silver, brass, and woodwork for Easter and Christmas.

The Altar Guild has had to learn different ways of setting up for the Holy Eucharist as we have moved from the marble altar, to the movable wooden altar, to the altar in the Arnot Chapel, and finally to the Roy Memorial altar. Father Bill has been a great help in guiding us through all these changes. Our learning experiences continue. Come join us!

Jackie Draht

Financial Report

	YTD December 2014 Actual	Month of December 2014 Actual
Income		
Pledges	\$54,667.00	\$7,654.00
Plate Offering	\$1,261.00	\$276.00
Facility Use Income	\$28,684.00	\$2,954.00
Pastoral Sub ELCA	\$46,205.00	\$3,850.40
Thrift Shop Operations	\$4,059.68	\$411.62
Other Income	\$484.63	\$45.00
TOTAL INCOME	\$135,361.31	\$15,191.02
Expenses		
Buildings & Grounds	\$37,857.06	\$3,065.48
Christian Ed & Spiritual Growth	\$2,299.76	\$678.57
Diocese	\$13,967.30	\$-
Governance	\$91,683.21	\$5,290.90
Lay Staff	\$18,958.12	\$2,325.00
Lay Staff Fringes	\$3,184.25	\$456.86
Miscellaneous	\$327.66	\$-
Office Expenses	\$5,038.44	\$664.53
Pastoral Care	\$1,112.62	\$-
TOTAL EXPENSES	\$174,428.42	\$12,481.34
Pos/(neg) results	\$(39,067.11)	\$2,409.68

Trinity History Corner

**50th Anniversary
Parish Buildings Renewal**

February of this year marks the 50th anniversary of the official completion of a ten-year renewal program that dealt with major improvements of Trinity and its properties, including the church with special emphasis on the chapel and parish building, both of which had become significantly deteriorated and limiting since their construction in 1880.

In 1955, under the leadership of the Reverend David Kingman, our Vestry voted to undertake a capital fund drive. Ten years later, on February 14, 1965, the project's completion was celebrated with worship services and a reception attended by the Rt. Rev. Walter M. Higley, bishop of the Diocese of Central New York.

Local architects Haskell, Considine & Haskell had been selected to present the design. The contractor was Streeter Associates of Elmira. The project initially included two phases. Work began with the chapel, which was considered the most needy, as the Vestry had voted to tackle one building at a time. On March 27, 1960, the announcement was made to move ahead with Phase III, the replacement of the "Club House", which had been condemned by the City.

The costs were \$125,000 for the Parish House (roughly all construction west of the kitchen), \$50,000 for the church, \$52,000 for the chapel, and \$135,000 for a new auditorium/gymnasium (the Parish Hall). The chapel was deconsecrated, renamed the Arnot Memorial Room, and repurposed for church school kindergarten classes and social events.

The debt was paid and celebrated with a mortgage-burning gala when the Reverend John C. Humphries, Jr. was rector.

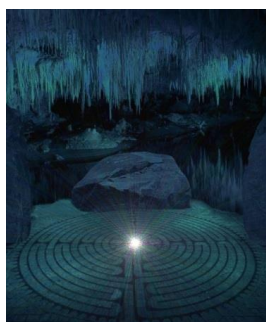
Third Friday Labyrinth Walk
“Contemplation for New Beginnings”
Friday, February 20th at 7:00 pm

Trinity’s Third Friday Labyrinth Walk will be held on February 20th at 7:00 pm. The theme for this month’s walk will be “Contemplation for New Beginnings”.

While our spirits become impatient with the drabness and the monotony of late February and time weighs heavily upon us, earth’s life is indeed beginning to awaken into spring. Join us for a peaceful evening as we walk with hope and patience and with understanding and acceptance of nature’s process.

In a healing atmosphere of soft music and candlelight you will walk to the center carrying a meditation stone, which symbolizes whatever you choose to leave behind. In the center you will leave your stone and choose a new one. This new stone symbolizes positive changes in your life as you anticipate spring and look forward to new beginnings, just as Mother Earth awaits Spring.

The Lenten Walk will be held on Friday, March 20th at 7:00 pm.



Fellowship Report

The Fellowship Team will again participate in its annual “No-Sew” Blanket Project during Lent. We will meet on Wednesdays starting at 11:30 am. Wednesday dates include February 25th, March 4th, March 11th, March 18th and March 25th. We ask that you bring your own bag lunch and your own pair of scissors. Dessert and beverages will be provided.

We expect to make at least ten (10) blankets which will be donated to the American Red Cross Emergency Services and the local women’s shelter as we have donated these items to them in the past. We welcome cash donations for this ministry as each blanket costs approximately ten dollars (\$10.00). Please mark your check memo line “no-sew blanket project”. We look forward to welcoming you and please do not hesitate to bring a friend or neighbor with you.

Thrift Shop Report

We have started the year in the Thrift Shop with a new look and the response has been good from our returning customers. We have lots of items to put out for sale and we have been working hard with a core group of people to keep the shop in good shape. The Tuesday night work sessions have proven to be very useful in organizing ourselves.

As always, donations of saleable products keep us going. Please consider us for any household goods or items that you are looking to donate. You will get a receipt for your taxes.

--Sue Draht

Shrove Tuesday Pancake Supper

An ecumenical pancake supper will be held at First Congregational United Church of Christ on Pulteney Street in Corning beginning at 4:30 pm and ending at 7:30 pm. The suggested donation is \$5 per person, \$15 per family. Children 6 and under eat free. All the proceeds will be going to the Ecumenical Church Garden at First Congregational UCC. Emanuel Lutheran will be one of the participating churches. The harvest from the Ecumenical Church Garden will be going to the Corning Food Pantry located two blocks down from Emanuel Lutheran.



St. Matthew's Episcopal Church in Horseheads is also hosting a Shrove Tuesday Pancake Supper. Pancakes (plain or blueberry) will be served with sausage and applesauce starting at 5:00 pm and ending at 6:30 pm. This will be a goodwill offering and the proceeds will go towards Youth Group activities.

Ash Wednesday Services

7:00 am – Grace Episcopal Church, Church Street, Elmira
9:30 am – Grace Episcopal Church, Church Street, Elmira
10:00 am – St. Matthew's Episcopal Church, South Main Street, Horseheads
12:05 pm – Grace Episcopal Church, Church Street, Elmira
5:30 pm – Emanuel Episcopal Church, Mt. Zoar, Elmira
7:00 pm – Ecumenical Service, First United Church of Christ, Madison Avenue, Elmira
7:00 pm - St. Matthew's Episcopal Church, South Main Street, Horseheads

NOTE: Father Bill will be gone this week. Please begin your Lenten season by attending one of the listed Eucharists with the Imposition of Ashes.

Ecumenical Choir For Ash Wednesday

If you would like to sing in the Ash Wednesday Ecumenical choir, please note the following rehearsals at First United Church of Christ on Madison Avenue: Tuesday, February 10th, Thursday, February 12th and Monday, February 16th. All times are from 6-8 pm. Second, please let Father Bill know so he can inform Randy Cornell, the choir director, how many from Trinity will be coming to sing in order to have enough music for all singers. On Ash Wednesday, the choir is asked to arrive at 5:45 pm.



Lenten Studies

In Elmira..... Dish to Pass and Study - Each Tuesday from February 24th through March 24th, St. Matthew's and Trinity Church will share a dish to pass supper that will start at 6 pm and will then be followed by a study group. This year the study will be based on a five part DVD series "Embracing Forgiveness", exploring what it is and what it is not. All are welcome for supper, but arrival at 6:45 pm for study is also possible. We shall alternate between churches. Here is the schedule: Feb 24th at St. Matthew's, March 3rd at Trinity, March 10th at St. Matthew's, March 17th at Trinity and March 24th at St. Matthew's.

In Corning..... Soup Supper and Study - Each Thursday from February 26th through March 26th, Emmanuel Lutheran, First Congregational, Christ Episcopal and First United Methodist Churches are gathering for a simple soup supper at 6 pm followed by a study group. This year the study will be based on the five part DVD series "Making Sense of the Cross: Exploring the history, presentation, and evolved understanding of the place of the cross in Christianity." All are welcome for supper, but arrival at 6:30 pm for study is also possible.

SPECIAL INGATHERING SUNDAYS IN LENT

Episcopal Relief & Development Sunday – On Sunday, February 22nd, Lent 1, there will be a special ingathering for ER &D. This independent 501© (3) organization works closely with Anglican Communion and ecumenical partners to help communities rebuild after disasters and develop long-term strategies to create a thriving future. Working with more than 3 million people in nearly 40 countries worldwide, ER & D will celebrate 75 years of Healing a Hurting World in 2014-15.

The Good Friday Offering – On Friday, April 3rd, Good Friday, there will be a special ingathering for the Diocese of Jerusalem. Since 1922, an offering has been taken in the parishes of the Episcopal Church to support the work of the Gospel in the Land of the Holy One. The offering collected carries on the ministry of Jesus of Nazareth, through support for the many ministries of healing, feeding, and teaching among the dioceses of the Province. Jesus cared for all in need, without regard for nationality or creed, and these ministries do the same, by building peace in the hearts of suffering individuals and communities.

Notice:

During the week of February 14th through February 21st when Father Bill is on vacation, if there is a need for pastoral care Mother Wanda Copeland from St. Matthew's Episcopal Church in Horseheads is but a phone call away. She can be reached at 607-739-5226 or at 612-810-3293.



STRIKES AGAINST HUNGER

On February 8th, St. Matthew's Episcopal Church is sponsoring a Bowling Tournament at Paramount Lanes in Horseheads. The proceeds from the tournament will go to the Horseheads Food Pantry and Heifer International. It is their hope that members from multiple congregations will join them for an afternoon of fun, exercise, friendly competition and an opportunity to give to those less fortunate.

The Horseheads Food Pantry is open Tuesdays and Thursdays from 12:00 to 2:00 pm and is located at First Presbyterian Church on Westinghouse Road. The Pantry serves between 50 and 60 families weekly. Heifer International is a nonprofit, humanitarian organization dedicated to ending hunger and poverty. Heifer currently provides livestock, trees, seeds and training in environmentally sound agriculture to families in more than 30 countries.

The winning team, among those identifying themselves from a local congregation, will receive a trophy and bragging rights! Churches may register as many 4-person teams as they would like. The format is 3 games of "no tap"-meaning persons of all levels of bowling skills are encouraged to participate. The cost per team is \$40. Bowling balls will be provided by Paramount or participants can bring their own. Shoe rental is at an additional charge.

Throughout the tournament door prizes and 50/50 raffles will be available. Pizza and soda will be also be available for participants. Other food, refreshments and adult beverages will be available for purchase through Paramount Bowling Lanes.

If you would like further information, you can reach Joy Overacker at 737-4815 during the day, 734-1463 in the evenings, or at markover@stny.rr.com for more details.



St. Matthew's Episcopal Church in Horseheads is hosting a blood bank on Saturday, February 28th between the hours of 10:00 am and 2:00 pm. Please consider stopping by and giving a pint.



An invitation from the Bishop

The Bishop's Lenten Retreat for Laity:
Jesus Save Us!
(Uh...from what?)

Bishop Adams will lead a day of gently provocative teaching and contemplative worship for lay persons across the spectrum of belief and practice. This is a gathering for those who find Lent a compelling time for self-reflection and preparation, but may wonder, "Preparation for what? How does it work?" We will consider how the journey through Lent relates to the promise of new life.

Saturday, March 7th, 2015
10 am to 3 pm
at
St. Luke's Episcopal Church
5402 West Genesee Street in Camillus

\$30 includes the full program, luncheon and refreshments.

Online registration is open at <http://cnyepiscopal.org/EventRegistration.aspx>

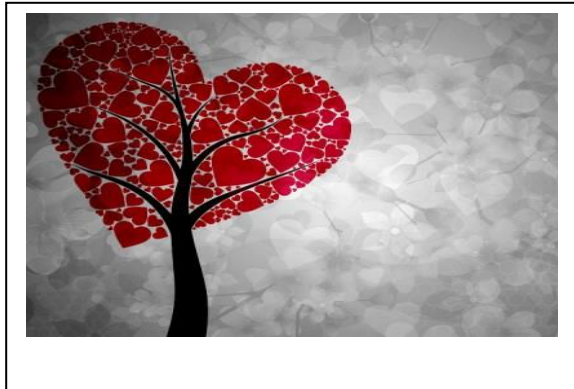
Intercessor Schedule

Date	Lector	EM	Intercessor	Acolyte	Ushers	Altar Guild	Offering Counter (Monday)
1 Feb 4 th Sunday after Epiphany	Sue Nagle Deuteronomy 18:15-20 1 Corinthians 8:1-13	Sue Nagle Psalm 111	Tari Buchholz	Steve Buchholz	Al Draht and Mike Buchholz	Nancy Isaacs and Tari Buchholz	Judy Sheasley
8 Feb 5 th Sunday after Epiphany	Steve Snyder Isaiah 40:21-31 1 Corinthians 9:16-23	Joy Perry Psalm 147:1- 12,21C	Shelly Bacmanski	Haleigh Carlson	Dan Brayer and Joe Battisti	Jackie Draht and Jeanne Battisti	Judy Sheasley
15 Feb Last Sunday after Epiphany	Sue Collins 2 Kings 2:1-12 2 Corinthians 4:3-6	Joy Perry Psalm 50:1-6	Sue Draht	Kendra Mace	Scott Mace and Carol Van Deusen	Judy Sheasley and Emily Meyn	Judy Sheasley
22 Feb First Sunday in Lent	Shelly Bacmanski Genesis 9:8-17 1 Peter 3:18-22	Sue Draht Psalm 25:1-9	Georgia Jordan	Nick Potter	Steve Snyder and Judy Sheasley	Nancy Isaacs and Judy Sheasley	Judy Sheasley

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Holy Eucharist Service 9:00am (Chapel) UBC Adult Ed 10:00 am (Trinity) Coffee Hour 10:15am (Library) UBC Worship Service 11:00am (Chapel) UBC Coffee Hour 12:00pm (Library)	2 Office open 9:00am-12:00 pm Staff meeting 9:15am Labyrinth Meeting 5:00pm – 6:30 pm (Trinity)	3 Office open 9:00am-1:00pm UBC Prayer Group 7:00pm (Trinity)	4 Office open 9:00am-1:00pm Children's Clothing Closet 9:00am-11:00am 2 nd Place East, Inc. 11:00am (Trinity) Christian Counseling 11:00am-8:00pm (Library) AA 12:15pm (Recovery Room) UBC Choir Practice 6:30-8:00pm (Music)	5 Office open 9:00am-1:00pm Buildings/Grounds and Finance 5:30pm (Trinity)	6 Office Closed UBC Prayer Shawl Ministry 10:30am (Trinity)	7 Thrift Shop 9:00am-12:00pm Triple Talent Academy 9:00am-3:00pm (Parish Hall, Music, Library, and Chapel)
8 Holy Eucharist Service 9:00am (Chapel) UBC Adult Ed 10:00 am (Trinity) Coffee Hour 10:15am (Library) UBC Worship Service 11:00am (Chapel) UBC Coffee Hour 12:00pm (Library)	9 Office open 9:00am-12:00pm Staff meeting 9:15am	10 Office open 9:00am-1:00pm UBC Board of Trustees 5:00pm (Trinity) UBC Prayer Group 7:00pm (Trinity)	11 Office open 9:00am-1:00pm Children's Clothing Closet 9:00am-11:00am 2 nd Place East, Inc. 11:00am (Trinity) Christian Counseling 11:00am-8:00pm AA 12:15pm Canterbury Way 2:00pm-4:00pm (Trinity) UBC Choir Practice 6:30pm-8:00pm Vestry 7:00pm (Trinity)	12 Office open 9:00am-1:00pm Council of Churches at Emanuel 6:30pm	13 Office Closed UBC Prayer Shawl Ministry 10:30am (Trinity)	14 Thrift Shop 9:00am-12:00pm Triple Talent Academy 9:00am-3:00pm (Parish Hall, Music, Library, and Chapel) Father Bill on Vacation
15 Holy Eucharist Service and Discretionary Sunday 9:00am UBC Adult Ed 10:00am Coffee Hour 10:15am UBC Worship Service 11:00am UBC Coffee Hour 12:00pm UBC Valentine's program 4:00pm (Parish Hall and Chapel) Father Bill on vacation	16 President's Day Office Closed Father Bill on vacation	17 Office open 9:00am-1:00pm UBC Prayer Group 7:00pm Shrove Pancake Dinner in Corning 4:30pm Shrove Pancake Dinner in Horseheads 5:00pm – 6:30pm Father Bill on vacation	18 Ash Wednesday Office open 9:00am-1:00pm Children's Clothing Closet 9:00am – 11:00am Christian Counseling 11:00am-8:00pm AA 12:15pm UBC Choir Practice 6:30pm-8:00pm Ash Wednesday Services (Times and locations listed in The Record) Father Bill on vacation	19 Office open 9:00am-1:00pm Father Bill on Vacation	20 Office Closed UBC Prayer Shawl Ministry 10:30am (Trinity) Labyrinth Walk 7:00pm Father Bill on Vacation	21 Thrift Shop 9:00am-12:00pm Triple Talent Academy 9:00am-3:00pm (Parish Hall, Music, Library, and Chapel) Father Bill on Vacation
22 Holy Eucharist Service 9:00am UBC Adult Ed 10:00am Coffee Hour 10:15am UBC Worship Service 11:00am UBC Coffee Hour 12:00pm	23 Office open 9:00am-12:00pm Staff meeting 9:15am Deadline for The Record	24 Office open 9:00am-1:00pm UBC Executive Board 5:30pm (Trinity) Embracing Forgiveness Bible Study/Dish to Pass 6:00pm at St. Matt's UBC Prayer Group 7:00pm	25 Office open 9am-1pm CCC 9am-11am Christian Counseling 11:00am-8:00pm No-Sew Blankets 11am-1:30pm AA 12:15pm Canterbury Way 2:00pm-4:00pm UBC Choir Practice 6:30pm-8:00pm Mutual Ministry 7:00pm	26 Office open 9:00am-1:00pm Soup Supper and Study at Emanuel 6:00pm	27 Office Closed UBC Prayer Shawl Ministry 10:30am	28 Thrift Shop 9:00am-12:00pm Triple Talent Academy 9:00am-3:00pm (Parish Hall, Music, Library, and Chapel)

February Birthdays

February 2: Shirley Eckler
February 4: Ingrid Husisian
February 5: Suzanne Knighton and Erica Brown
February 8: Edith Miller and Ethan Lutz
February 13: Ryan Nagle
February 14: Lisa Melens
February 16: Debra Haldeman and Dan Brayer
February 22: LaDonna Costello
February 23: Tom Padgett
February 25: Robert Stickler
February 29: Thomas Potter



February Anniversaries

February 13: Rick and Shelly Bacmanski
February 24: David and Lisa Melens

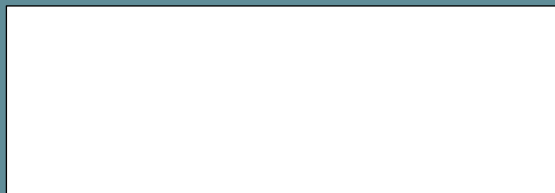
Trinity Episcopal Church

304 North Main Street
Elmira, NY 14901

Phone: 607-732-3241

Fax: 607-732-3894

Email: info@trinitychurchelmira.org



**Trinity Church: Serving God and
All People in Heart, Mind and Soul**

www.trinitychurchelmira.org

Trinity Staff

Rector:	Revered Dr. William C. Lutz Email: brsebastian@juno.com Father Bill is at Trinity Church on Mondays and Wednesdays and is at Emanuel on Tuesdays and Thursdays. He can always be reached at 607-725-1090.
Office Staff:	Kelly Comfort Email: info@trinitychurchelmira.org Office Hours are Mondays 9:00 am to 12:00 pm, Tuesdays – Thursdays 9:00 am to 1:00 pm.
Sexton:	Coley Perry
Organist:	Sharon Reynolds
Wardens:	Sue Draht and Judy Sheasley
Vestry Members:	Jeanne Battisti, Nancy Isaacs, Steve Snyder, Emily Meyn, Susan Nagle and Mike Buchholz
Treasurer:	Dori Riggs
Clerk of the Vestry:	Shelly Bacmanski