



HOLY TRINITY NEWS

MARCH 2025



Lenten Practices and Changes - From the Rector

Just a few short days after you receive this newsletter we will be moving into the liturgical season of Lent. This is the season in which we walk the journey to Jerusalem and the cross with Jesus.

As a part of this season tradition has held that folks give something up for Lent. As a child I often gave up chocolate – truly not an easy thing for me to do. As an adult I have been more likely to try adding some kind of discipline to my life. This year that addition will be reading a portion of the book: “Turning Over Tables” every day as a part of our Lenten book study taking place on Thursdays.

You’ll notice some liturgical changes as well. The color on the altar and in what I wear over my alb (the white robe garment) will change to purple beginning on Ash Wednesday. This color reminds us that it is a penitential season – one that wants us to look at how we act in the world and where we can improve. The other liturgical change is that we will not use the word “Alleluia” between Ash Wednesday and Holy Saturday. But don’t worry - on Easter morning they will be back loud, clear, and plentiful. Come to the Pancake Supper on Tuesday, March 3 to learn a little bit about why we do this! A personal change for me, that you will see, is how I celebrate the Eucharist. The words will all be the same but my movements will change. Simply, I will not be raising my hands while I say the Eucharistic prayers. It is important to note that this raising of hands is not required in the celebration of the Eucharist – it is a matter of personal preference for the priest. You can check this by looking at the words of the various Eucharistic prayers in the Book of Common Prayer. Instructions for the celebrant are included in italics.

I have found that omitting this practice during Lent allows me to focus more deeply on the words I am praying. The ritually required steps of touching or holding the cup and/or bread during the prayers will be done. And then, on Easter Sunday, when the Alleluias return, so will my raised hands – and they will be high and lifted up in thanksgiving for the wonders God has given us.

From what will you refrain this Lenten season? Or what might you add? Let me know...I’d love to hear.

Lent schedule – 2025

- Tuesday, March 4, Shrove Tuesday Pancake Supper: 5pm
- Wednesday, March 5, Ash Wednesday
 - Noon: Ecumenical service at St. Luke’s – St. Albans: imposition of ashes, no eucharist
 - 6pm: Ash Wednesday service at Holy Trinity: imposition of ashes and Eucharist
- Adult formation
 - Video recorded each week and posted to our YouTube Channel and Facebook page by Rev. Kathleen. This will focus on a book called “River through the Desert” by Richard Sewell. You do not need the book in order to enjoy the videos.
 - Book study using “Turning Over Tables” by Kathy Escobar. We will gather at 6pm on Thursdays to discuss the readings for the week and enjoy soup and bread.
- Palm Sunday, April 13: 10am Eucharist service
- Monday, April 14, 6pm, Vespers
- Tuesday, April 15, 6pm, Vespers
- Wednesday, April 16, 6pm, Seder Meal
- Thursday, April 17, Maundy Thursday
 - 6pm: Eucharist and stripping of the altar
 - Prayer Vigil in the chapel to follow
- Friday, April 18, Good Friday
 - Noon: service specifics to be determined
 - 6pm, Good Friday service
- Easter Sunday, April 20: 10am Eucharist service





RETIREMENT

Please join us for coffee hour on Sunday, **March 2nd** as we thank Linda Wirts for the many years serving as chair of Fellowship - picnics, luncheons, dinners, surprises, teas, cooking, oyster stew, group gatherings to share journey's with heart disease, memory loss, movies and fine dining and how Fellowship incorporates Outreach, Pastoral Care, St. John's, Morning Prayer and Compline with the Diocese.



Shrove Tues Pancake Supper Tues Mar 4

5:00 for Arts & Crafts

5:30 supper

Pancakes, bacon & sausage and beverages
Sign up on the bulletin board to bring toppings - syrup, berries, choc chips, whipped cream, etc.

If you would like to help with set up, flipping pancakes, serving or clean up - speak to Helen or Natalie

There will be mask making, Alleluia banner coloring & hiding, and lots of fellowship



Seeking Supplies

The Swanton After School Program is looking for donations of the following items: canning jar lids, Large milk or juice cartons (cardboard), tin cans, old CDs or DVDs that can be used for crafts, toilet paper/ paper towel tubes, egg cartons, Mason or other glass jars, tissue boxes. There will be a collection box in the narthex.

Daylight Savings Time

Spring your clocks forward Saturday night March 8.

Stations of the Cross

The Stations of the Cross are up in the church. The booklets for the stations are on the communion rail. Feel free to do the stations yourself any time the church is open (Mon-Fri 9:00-2:00). Thanks to Helen & Frank Short for providing the pictures for the parish.

Richard Clark's Stations of the Cross

"All such justifications aside, Richard Clark's emotionally powerful pieces deserve to be seen on their own terms as skillfully executed works of art. They also happen to be the last drawings Clark made before his death in 2005. The grotesques lurking and leering in almost every one of Clark's Stations of the Cross owe a lot to German expressionism. The supremely ugly and contorted faces of Jesus' tormentors have antecedents in the work of artists such as Otto Dix and Max Beckmann, although those artists' portraits reveal stronger influences of cubism and other modernist innovations than do Clark's drawings, which are tamer and more traditional. Some of his depictions also verge on caricature; they're more cartoonish than caustic." (Seven Days, April 2014)



Celebration of New Ministry

Mark your calendars! Thursday, August 21, 6pm will be a celebration! Bishop Shannon MacVean-Brown will be joining us for a Celebration of Rev. Kathleen's ministry with us and marks the end of our clergy transition period. The Bishop will be the celebrant and Rev. Kathleen's mentor and friend, The Rev. Florence Ledyard, will be preaching. There will also be a reception to follow!



ART WALL

A big thank you to Marie Speer for her photography from different places in the world and her Barn Quilts. And a thank you to her husband Neil who has an eye for creating a straight line.

Our artist for March will be Diane Crane from Grace Church, Sheldon who has an eye for horses and other such surprises.



MEMORY

February was chosen as the month to talk about memory - the memory that remembers things and the memory that forgets things. So we invited the 4 Episcopal churches to share in conversation about the memory that forgets things. Aging With Grace has been meeting on Thursday mornings in February - 11:00 am for conversation and 12:00 noon for lunch in the parish hall. Susanne and Jo from the State Alzheimer's Association have led the group in conversation and statistics and storytelling. One of our participants who had worked with patients in memory care for 40 some years told of a man with memory loss looking out his window and agitated and distressed that his car was not there as it had been for years. She said to him "Your car is in the service station getting ready for winter with an oil change and snow tires." At once he was comforted and at ease and moved away from the window where he had been distressed. The care giver said to us, "Our intent is not to lie but to offer him the comfort he cannot give himself" Within seconds he had no memory of distress about his car.

We thank all the worker bees for the delicious luncheons provided.

Upcoming Events

Sun, Mar 2 – Pastoral Care 9:15
Retirement Coffee Hour 11:30
Mon Mar 3- Outreach meeting, 9am
Tues Mar 4- Shrove Tues pancake supper, 5pm
Choir Rehearsal, 7pm
Wed Mar 5- Ash Wed service, noon @ St Luke's,
6 pm @ Holy Trinity
Thurs Mar 6- Lenten Book Study, 5:30-8pm
Sun, Mar 9 – Daylight Savings Time begins
Mon Mar 10- Vestry, 5pm
Tues Mar 11- Choir Rehearsal, 7pm
Thurs Mar 13- Lenten Book Study, 5:30-8pm
Tues Mar 18- Choir Rehearsal, 7pm
Thurs Mar 20- Lenten Book Study, 5:30-8pm
Thurs Mar 27- Lenten Book Study, 5:30-8pm
Sun, May 4 – Ministry Fair
Thurs, Aug 21 – Celebration of New Ministry, 6 pm

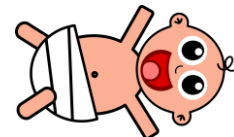
Vestry Update, Feb 10 meeting

- Ministry Fair, May 4
- Began discussion of Diocesan Sanctuary resolution & how Holy Trinity can be involved
- Explored upgraded HVAC for church sanctuary
- Kitchen sink repair completed
- Celebration of New Ministry Aug 21



Open Door Dinners

Nativity/St Louis Roman Catholic
Thursdays Mar 27, 5:30 pm
Holy Trinity Episcopal
Thursdays, Apr 24, May 22, Jun 26



Diaper/Wipe Ministry

The Diaper/Wipe Ministry is very appreciative of the generous donations from our parish. Thank you so much. If you would like to volunteer on Mondays or Wednesday 10 am- 1 pm distributing same, speak to Mary Hartman.

Linda B's March Angels Corner From the Heart

Day 1 You're going places with your angel

Day 2 Hope is contagious, catch some

Day 3 My angel says tomorrow can be your best day ever

Day 4 With hope you are 99.9% likely to succeed

Day 5 A smile is still the best gifts you can give

Day 6 You are smarter, stronger and more special than you realize

Day 7 With your angel you can reach that dream. It's one of the best things you can do

The angels say you cannot downplay laughter

Every day is an opportunity to start over. Begin again with your guardian angel. It works.

Intelligence – angels possess great wisdom

Emotions are in joyful assembly in the presence of God in Heaven

Moral Will: angels make many decisions. We see angels exercise their Moral Will. That worship belongs only to God

Angels live forever. Once created that never cease to exist. Angels are not subject to death

A prayer from our angels:

I bring my whole self to you right now just as I am. Help me to focus my mind on you today. Turn my thoughts to the truth of your word. Open my eyes to see you Open my ears to hear your voice. Open my heart to receive your word. Open my hands to accept whatever you give. Draw close to me Lord as I grow close to you.

Love never gives up. Never loses faith. Is always hopeful & endures through every circumstance. Blessed be our Guardian Angel.

Be an Angel - Tomorrow morning is an invitation to Joy as you go through the rest of the day. That tomorrow you will begin the day with a grateful heart treating others with kindness. I try this for a few days running and see what else changes as a result.

Begin with your angel - Silence. Still your body, slow your breathing, quiet your mind, focus on being fully present in this moment right here right now. Be good to your angel & your angel will be good to you. Word before world: our angel has taught us to be with Christ. With the source of our contentment, no circumstance, trial, emotion or situation will strip us of our joy.

Be kind to one another. It always works.



MARCH BIRTHDAYS

6	Leanne Marie, Drew Wood
7	Suzy Kenyon
9	Hugh Kenyon
13	Crystal Lampman
18	Helen Short
27	Judy Ayer
30	Sandy Hersey

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Sexton: James McDonald 582-5596

Cleaning Services: Jill Walsh

AV/Tech: Lincoln Buczkowski

Rector's Office Hours

Tues: 2 - 7pm Weds: 2 - 4:30pm

Thursdays: 8:30 - Noon; 2 - 4pm

Friday is a Sabbath day away from work, including emails. If there is a pastoral emergency please call my cell phone 301 848-6069