



TRINITY TOPICS: 2020

A WORD FROM REV. NANCY

Beyond Giving Up Chocolate: Going Deeper in Lent

Giving up something for Lent helps us enter into the season with a sense of purpose and greater awareness.

We might want to consider looking at Lent in a deeper way. It can be tempting to say, "I'm giving up chocolate" or whatever. Without more reflection it can become simply a way we show God how strong we are. It is more about us than any conversation with God.

The real grace is when we recognize that Lent is a season in which God wants to give us something. God wants to help us transform our lives and make us freer in our relationship with God, the way we live our lives, and love our families.

This year, we might reflect and ask the deeper question:

What is God inviting me to change this Lent?

How do I know what God might be stirring in me?

Asking what we would like to change about ourselves this Lent requires a little reflection. What pattern of behavior needs changing? What do I need more of in my life? Patience? Unselfishness? More loving behavior toward someone in our family or congregation. Maybe deepening our prayer life is what is needed. In the inner silence the language God speaks is love. How can I "be" rather than do?

Perhaps it means reading Forward Day By Day. Perhaps finding a book in Rev. Nancy's study to read. Perhaps it is joining the Tuesday morning book study. Perhaps it is coming to Eucharist on Tuesday morning at 10. Perhaps it is attending Celtic service, or visiting someone in the nursing home—you get the idea!

Pay attention to the "nudges" you feel. Pay attention to your desires. Pay attention to the things your inner self tells you to do or pray about or for.

Lent is a wonderful time of turning to God, spending more time with God, and being aware of Jesus' presence with us. It is a time to slow down and turn away from our own desires and allow God's grace to penetrate us.

Indeed, let us return to God with all our hearts !!





Lent 2020: A Call to Prayer, Fasting, and Repentance Leading to Action

An Invitation from Presiding Bishop Curry to Turn and Pray on Behalf our Nation
February 11, 2020

As the season of Lent approaches, Episcopal Church Presiding Bishop Michael Curry invites Episcopalians and people of faith to turn and pray on behalf of our nation:

"In times of great national concern and urgency, people of faith have returned to ancient practices of repentance, prayer and fasting as ways of interceding with God on behalf of their nation and the world. This is such a moment for us in the United States.

"On Ash Wednesday I will join with other Christian leaders observing this Lent as a season of prayer, fasting and repentance on behalf of our nation, with continued fasting each Wednesday until the Wednesday before Advent begins.

"Our appeal comes during a time of profound division and genuine crisis of national character. This is not a matter of party or partisanship, but of deep concern for the soul of America.

"The group of religious "Elders" who share this commitment – the same group that over a year ago published the "Reclaiming Jesus" statement – includes Evangelical, Roman Catholic, mainline Protestant leaders. While we hold diverse political affiliations and positions on many issues facing our country, we find common ground in two shared convictions:

First and foremost, we are committed to Jesus Christ as Lord, and his way of love as our primary loyalty.

Second, because we love our country, we are concerned about its moral and spiritual health and well-being.

"For me, this call is rooted in my personal commitment to practice Jesus's Way of Love, by which I turn, learn, pray, worship, bless, go and rest in the way of our savior. Especially now, drawn together by love, hope and concern, and recalling the wisdom of our ancient traditions, I am grateful to join others in the spiritual practice of prayer, fasting and repentance for our nation. If you feel called to join us in this practice, the invitation is attached. The full text, together with the "Reclaiming Jesus" document can be found on the [Reclaiming Jesus website](#)."

Let us pray.

Almighty God ... We humbly pray that we may always prove ourselves a people mindful of your favor and glad to do your will. Bless our land with honorable industry, sound learning, and pure manners. Save us from violence, discord, and confusion; from pride and arrogance, and from every evil way. Defend our liberties, and fashion into one united people the multitudes brought hither out of many kindreds and tongues. Endue with the spirit of wisdom those to whom in your Name we entrust the authority of government, that there may be justice and peace at home, and that, through obedience to your law, we may show forth your praise among the nations of the earth. In the time of prosperity, fill our hearts with thankfulness, and in the day of trouble, suffer not our trust in you to fail; all which we ask through Jesus Christ our Lord. Amen.

Your brother,

The Most Rev. Michael B. Curry
Presiding Bishop and Primate
The Episcopal Church



Lent: A Season of Reflection and Preparation

The journey through Lent into Easter is a journey with Jesus. We are baptized into his life, self-giving, and death; then, we rise in hope to life transformed.

This Lent, communities are invited to walk with Jesus in his Way of Love and into the experience of transformed life.

LENT

Week Day Worship and Book Study

Beginning Tuesday, March 3 and continuing each Tuesday during Lent, Rev. Nancy will lead a Eucharist Service at 10:00 am in the sanctuary.

A Book Study for Lent will take place following the morning service from 11:00 am - 12:30 pm in the Workman Lounge.

We will be reading and discussing *Holy Solitude* by Heidi Haverkamp, and *Speaking of Sin* by Barbara Brown Taylor. Books will be available.

During Lent a Daily Meditation/Prayer will be posted on the Trinity website: www.trinitytroyohio.org and also on our Trinity Facebook Page

These readings are taken from Creighton Education's on line ministry. www/onlineministries.creighton.edu/CollaborativeMinistry/Lent

As the world fights to figure everything out,
I'll be holding doors for strangers,
Letting people cut in front of me in traffic,
Saying good morning,
Keeping babies entertained in grocery lines,
Stopping to talk to someone who is lonely,
Being patient with sales clerks,
Smiling at a passerby.

WHY?

Because I will not stand idly by and
live in a world where love is invisible.
Join me in showing kindness,
Understanding, and judging less.
Be kind to a stranger,
Give grace to friends who are having a bad day,
Be forgiving of yourself -- today and every day.

BE the change, BE the light,
Start today and never stop.

Audrey Loves Paris



News to Know



In Our Prayers

Rita Naegele is home and doing well!
 David Cobb's surgery went well.
 Brenda Sleeper is in rehab at UVMC recovering from a stay at the hospital.
 Wiley Smith is recuperating at home after breaking his heel and spraining his ankle.
 Thank you to all who have stepped up to help with music on Sundays.



Joshua Kraynek, Max Marley, Carolyn Wacker, Millie Woryk, Patrick Jacobs, Joanie Gutermuth, Dick Jordan, Benjamin Stewart, Jim and Brenda Sleeper, John Weikle and Kenton Ford, Larry Sondra Salyer

INQUIRERS CLASS: Sundays at 9:30 am

The Inquirers Class will begin a new study on March 1
The Way of Love by Bishop Curry.
 We meet in the Parish Hall.

TUESDAYS BEGINING MARCH 3:

Worship: 10:00 am

Please join us on Tuesday mornings for Holy Eucharist in the sanctuary.

Lenten Book Study: 11:00 am - 12:30 pm

We will be reading and discussing, *Holy Solitude* by Heidi Haverkamp, and *Speaking of Sin* by Barbara Brown Taylor. Books will be available.

We hope you will join us for Holy Eucharist and our Lenten Book Study.

Outreach Committee News:

Our March Craft Day is Saturday, March 21, 10 am - 12 pm. We meet in the Parish Hall. We will continue to work on knitting squares for lap quilts.

The Outreach Committee will meet Sunday, March 22 after the service in the Parish Hall. We will continue to plan for the upcoming year.

All are welcome.



Fellowship Hour is an important part of our community; an opportunity to meet, greet, talk, drink coffee, and relax. The Fellowship Committee is always happy to have a group, individuals, or a committee host this time. **We wanted you to know that receipts for the cost of food and supplies can be reimbursed.**



NEWS TO KNOW



Time Change: Don't forget to "spring ahead" on Saturday night, **March 8th** as we begin Daylight Savings Time.



Vestry Retreat: Our Wardens, Vestry, and Rev. Nancy will gather on Saturday, **March 14** for their Annual Vestry Retreat. They will be looking at the year ahead to set goals and make plans for 2020. Please keep them in your prayers.



1st Day of Spring is officially **March 20th**. Let's hope we see the signs of warmer weather and the beginning of new life in our gardens and trees.



Sarah Kraynek competes in the State Gymnastic Tournament today, Saturday, February 29. What a wonderful opportunity.



Doing any **spring cleaning**? Wanting to down size that basement "stuff"? Trinity's Spring Rummage sale will be held in early May. We'll take good condition items off your hands.



COMMUNITY



The University of Dayton Chorale under the direction of Steven Hankle is performing in Troy on Sunday, March 15, 2020 at 3:00 pm.

This nondenominational event sponsored by the Troy's Mayor Concerts, Inc. will be held at the First United Methodist Church, 110 West Franklin Street, Troy. It is free and open to the public.

The chorale has a rich tradition in vocal music, which has given them the opportunity to travel throughout the U.S. and Europe. Participation in the group requires auditioning.

The chorale is under the direction of Steven Hankle, assistant professor of Choral Music and Music Education at the University of Dayton where he teaches choral music education classes and directs the University Chorale and Choral Union. Dr. Hankle also serves as choral faculty at Blue Lake Fine Arts Camp, where he has conducted the staff choir, alumni choir, and vocal ensemble. An active clinician and adjudicator, he has worked with choirs in California, Florida, Virginia, New York, Pennsylvania, Kenya, Africa, and Tijuana, Mexico.

