

In this issue

- 1 Rector's Note
- 2 Trinity Happenings
- 3 March Schedule
- 4 March Calendar
- 5 Prayer List
- 6 Coronavirus
- 7 Cursillo
- 8 Snapshots of Trinity
- 9 Birthdays & Anniversaries



Trinity Tribune March 2020

Getting Back to Where We Belong

Lent is a season to which I both dread and look forward. I dread it because I always abstain from things that I like a little too much such as sweets and snacks and Diet Dr. Pepper. However, those are also the reasons I look forward to it. One of the ways that I find Lent helpful is that it helps me to get control over my physical health and desire to have too much of a “good” thing. But holistically, it is a way to refocus my life – to re-center my life around God.

We come to recognize that the hard things that we give up for Lent were a distraction from God whether we were aware of it or not. So, for me, Lent is a time to refocus on the most important thing in our lives – God. The God from which all the goodness and love in our lives come.

We began this season with Ash Wednesday with a serious look inward. If you didn't make it to the service, I encourage you to look at the Litany of Penance in the Book of Common Prayer on page 267. You can also find it online at BCPonline.org. Self-examination can help us refocus on keeping God at the center of our lives. Our God who loves us and the One to whom we should go to first for advice when making a decision, when we are joyful and thankful, when we have been hurt or sad.

Our God is ready and willing to listen to us, advise us, rejoice with us, and comfort us.

So, I encourage you to practice your discipline this Lent whether it is giving up something or taking on something. Some suggestions include:

- Read and pray on the Ash Wednesday liturgy.
- Read your Bible. Pick a book.
- Use a devotional to start or end your day. Day by Day and the Episcopal Relief and Development Devotionals are available.
- Come to Sunday School and learn about more about the Sacraments.
- Add the 5:30 Wednesday evening service.
- Spend 5-10 minutes just listening to God each day.
- Keep a list of Thanksgivings or God Moments.
- Volunteer to help someone else.

Let us be grateful for the Lenten Season to help us get back to where we belong– at the feet of Jesus.

-The Rev. Sarah Carper Morris

Lenten Services



During Lent this year we will join with St. Andrew Lutheran for our 5:30 Wednesday Eucharist. This Lenten focus will be on the second reading for Palm Sunday, Philippians 2:5-11. The services on March 11th, 18th and 25th will be at Trinity. The service for April 1st will be at St. Andrew

Lutheran. A meal of soup and sandwiches will follow the service. If you would like to help provide a meal, please let Sarah know. We still need hosts for March 18th & 25th.

Hosts Needed



Hosts for *Nibbles in the Narthex* and *Coffee Hour* are needed. We provide the coffee if you'll provide a light snack. Sign-up sheets are located in the Parish Hall.

Book Group



We are discussing of our book, [Even the Stars Look Lonesome](#), by Maya Angelou. Please email or call Wendy Tatman wbtatman@yahoo.com, 336-374-6828 if you have any questions.

Knit One, Pray Too



Knit One, Pray, Too will meet on Thursday, March 19 at 2:00 pm Contact Denny Jennings (drdjennings5952@gmail.com) or the church office for more information.



Special thanks to everyone that cooked, cleaned and contributed to the Shrove Tuesday meal a success.

If you're seeing a paper copy of the newsletter in color, it is thanks to John Springthorpe, III who graciously donated a new color printer and ink to Trinity.

Christian Formation Conference

Kanuga Episcopal Conference Center
in Hendersonville, NC
June 8-12, 2020

Light On Our Path: Navigating the challenges and joys of life, formation, and ministry in a setting that provides the blessing of sabbath



My husband and I attended this conference last year and learned so much gained so many wonderful ideas to help spread the Gospel through Trinity. This isn't "just" Christian formation, but speakers are brought in from all over the country in many areas of expertise. If you are

interested in knowing more about the conference, please see me or go to Kanuga's website <https://www.kanuga.org/our-programs/adult-conferences-retreats/christian-formation/>.



What is Lent Madness?

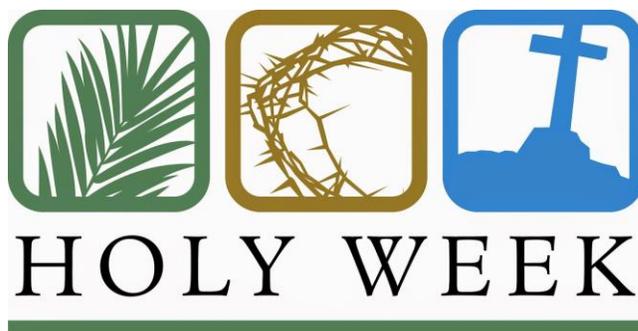
Loosely based on the wildly popular NCAA basketball tournament, Lent Madness pits 32 saints against one another in a single-elimination bracket as they compete for the coveted Golden Halo.

Here's how it works: on the weekdays of Lent information is posted at www.lentmadness.org about two different saints, and then participants vote to determine who goes on to the next round. Each pairing remains open for 24 hours as people read about and then vote for their favorite saint. Sixteen saints make it to the Round of the Sainly Sixteen; eight advance to the Round of the Elate Eight; four make it to the Faithful Four; two to the Championship; and then winner is awarded the Golden Halo.

The first round consists of basic biographical information about each of the 32 saints. Things get a bit more interesting in the subsequent rounds as we offer quotes and quirks, explore legends, and even move into the area of saintly kitsch. It's fun, it's informative, it's the Sainly Smackdown! Booklets are now available!

March Schedule

<i>Date</i>	<i>Cookies Coffee Hour</i>	<i>Usher/ Greeters</i>	<i>Lector</i>	<i>Chalice Bearer</i>	<i>Flowers</i>	<i>Altar Guild</i>	<i>Godly Play</i>	<i>Vestry Reps/ Counter</i>
March 1 8:30 a.m. 10:30 a.m.	** Luncheon	Theresa Ross & Jill	Vicky Ann V.	Vicky Jesse	Lent	Martha Marcum	Denny	Brenda
March 8 8:30 a.m. 10:30 a.m.	Theresa Gray Kate Appler	Ted Gloria & Ann	Ann C. Linda L.	Mike/Jim Janet H.	Lent	Margie Martin	Brenda	Lucinda
March 15 8:30 a.m. 10:30 a.m.	Vol. Needed Mary & Tom	Mary Bill & Pam	Theresa Kale King	Vicky Town Linda L.	Lent	Mary Fawcett	Wendy	Mac
March 22 8:30 a.m. 10:30 a.m.	Marilyn Lamm Pat & Janet	Marilyn Margie & Martha	Ann C. Wendy	Mike/Jim Jesse	Lent	Vicky & Linda	Kate	Kate
March 29 8:30 a.m. 10:30 a.m.	Vol. Needed Gloria	Ted Lucinda & Wyatt	Vicky James D	Vicky Town Wendy	Lent	Vicky & Linda	Linda	James D.



Palm Sunday April 5, 2020
 Wednesday in Holy Week April 8, 2020
 Maundy Thursday April 9, 2020
 Prayer Vigil
 Good Friday April 10, 2020
 Easter Sunday April 12, 2020
 Easter Egg Hunt

Holy Communion at 8:30 & 10:30 a.m.
 Evening Communion 5:30 p.m.
 Foot Washing, Holy Eucharist and Stripping of the Altar 7 p.m.
 Thursday 8 p.m. through Friday 12 noon
 One service at 12 noon
 Holy Communion at 8:30 and 10:30 a.m. with special music
 following the 10:30 service

March

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30 am Holy Eucharist 9:30 Sunday School 10:30 am Holy Eucharist	2	3 9 am Medical Loan Closet	4 10:30 am Book Group 5:30 pm Lenten Service at St. Andrew	5 8:30 am Staples	6	7
8 8:30 am Holy Eucharist 9:30 Sunday School 10:30 am Holy Eucharist	9	10 9 am Medical Loan Closet 6 pm Vestry Meeting	11 10:30 am Book Group 5:30 pm Lenten Service at Trinity with meal to follow	12 8:30 am Staples	13	14 Vestry Retreat
15 8:30 am Holy Eucharist 9:30 Sunday School 10:30 am Holy Eucharist	16	17 9 am Medical Loan Closet Clericus at Trinity	18 10:30 am Book Group 5:30 pm Lenten Service at Trinity with meal to follow	19 8:30 am Staples 2:00 Knit One, Pray Too	20	21
22 8:30 am Holy Eucharist 9:30 Sunday School 10:30 am Holy Eucharist	23	24 9 am Medical Loan Closet	25 10:30 am Book Group 5:30 pm Lenten Service at Trinity with meal to follow	26 8:30 am Staples	27	28
29 8:30 am Holy Eucharist 9:30 Sunday School 10:30 am Holy Eucharist	30	31 9 am Medical Loan Closet				

Trinity Prayer Concerns

Immediate Needs:

David Banfield
Mike Branch
Wayne Burton
Jack Campbell
Pete Campbell
Gary Cook
Kat Cook
Jim Couture
Anne Smith Cox
Richard Croom
Ann Dalessio
Anthony Dalessio
David Dalessio
Mildred Edwards
Marcus Ford
Lorien Gilliland
Ben Green
Kim Halden
Whitney Hall
David Hardy
Raydan Hawks
Leroy Johnson
Larry Keesler
John Kidwell
Kale King
Carrie Krahn
Augustine Lewis
Susannah Lewis Marais
Abbie Mummert
Mary Jo New
Susan Olchak
Bill Pendleton
Darryl Quesenberry
Melanie Rodenbough
David S.
Bobby Scales
BJ Shelton
John Smith
Sid Spencer, Jr.
Vera Spivey
Christi Stevens
Bill Stinson
Annie Tayloe
Vicky Town

Jerry Varn
Mike Wilson
Long Term Needs:
*Anonymous
Melissa Belcher
Shayne Bell
Kristi Calton
Theresa Caravello
Mazie Chilton
Annie Chittum
Ron Doerschug
Linda Doerschug
Donna Fargo
John Foltz
Gainseof Family
Chandra Harmon
James Hayes
Adam Hewko
Linda Hicks
John Hidley
Melva Houston
Kelly Jarvis
Allen Johnson
James Kemp
Patti Kirchoff
David Kroupa
Butch Lancaster
Angelia Lawrence
Kristin Leathers
Will Merritt
Wade Nichols
Dick Olchak
Rocks-Anne Paul
Theresa Rizzo
Candace Sammons
Haley Selby
Gary Sheldon
Stan Smith
Richard Snyder
Barbara Summerlin
Marie Taylor
Malik Torrence
Betty Town
Tom Wilmoth
Jack Woltz
Hope Zimmerman

Healing Rites Offered

Laying on of hands and anointing will be offered at the altar at each service. To participate please remain at the altar rail after receiving Holy Communion.

Please pray for our Trinity family in the Armed Services of our country:

Amanda Eads, Wesley Frye, Corbin Humphrey, Matt Kroupa, Glenn Lynch, Gordon Lynch, Haley Muething, John Nichols, Robert Poole, Matthew Quillman & Terry Stone

If you have placed a name on the prayer list and feel it is time to take it off, please call Tobi in the church office.



How to let us know of your prayer concerns:

Call the church office at 336-786-6067 or email us at info@trinitymtairy.com



I know that many of you heard the news that the coronavirus, or COVID-19, has reached North Carolina. I also know that this, as well as the flu, is a concern for all of us. We want to respond sensibly and without panic. Coronavirus in North Carolina, however, is not cause for panic. Our Bishops have responded with recommendations from Episcopal Relief and Development and the CDC stating that "It is a call for keeping perspective and continuing preparation." The ERD developed a series of guidelines for faith-based response to epidemics reminding us that our role "as churches, dioceses and compassionate Christians is to:

- Combat fear with knowledge in order to encourage preparedness and decrease stigma.
- Maintain operational continuity and continue worship life in the case of potential quarantine and disruption.
- Show God's compassion and care to those in our communities who are affected.

Some suggestions to prevent the spread of the Coronavirus of the flu include:

- If you feel ill, it is okay to stay home.
- We will provide hand sanitizer at the back of the church for parishioners to use. The chalice bearer and I will also use hand sanitizer before distributing communion
- Communion: those who are concerned may abstain from communion or receive "in one kind" (host only); use of the common cup with proper purificator procedure presents relatively low risk; intinction should be avoided. We will try to wipe the altar rail after each service.
- Sharing of the Peace: Those who have concerns or who have a compromised immune system may sit and wave which is perfectly acceptable in place of shaking hands or hugging.
- Wash your hands frequently. Wash for 20 seconds (approximately the length of the Doxology.)
- Wash your hands before going through the line at Coffee Hour.

As with all health threats, the key is to prepare without panicking. Make sure you are getting information from reliable sources such as the CDC, WHO, and ERD. Every precaution recommended for the coronavirus is good advice during every cold and flu season and following these precautions every day is a great way to practice self-care as well as care for one another.

Let us also, lift up to God healthcare workers and researchers, as well as those who are sick, their families and all who care for them. Pray for those whose livelihoods threatened. Recognize those that who become ill are children of the one God, and therefore as our very own brothers and sisters and hold them in prayer.

Snapshots



Marilyn Lamm playing with MAUI



Bruce & the Shrove Tuesday donations



Shrove Tuesday Fun



Shrove Tuesday diners

March Birthdays & Anniversaries

Birthdays

1st Wade Nichols
14th Eric Jennings
17th Bill Woltz
20th Mark Donnell
23rd Theresa Gray
26th Holden Appler
27th Jay Springthorpe
29th Jan Frye Hill
30th Bill Pendleton
31st Linda Denney

Anniversaries

25th Scott & Jennifer Green



Birthday Blessings

You may come forward for a birthday blessing during any of our services. It is our custom to put one penny (-or dollar!) in the birthday bank for each year of your life.

The funds go to support our Staples Food Ministry.

www.trinitymtairy.com

www.facebook.com/trinitymtairy

info@trinitymtairy.com

(336) 786-6067



Find us on
Facebook

Trinity
Tribune
March
2020

Po Box 1043
Mount Airy, NC
27030