

*Announcement Sheet Deadline: Wednesday, 12 noon,  
for Saturday publication*

## **Announcements for the Fifth Sunday in Lent March 26, 2023**



**8am Holy Eucharist, Rite One\*** – Traditional language, spoken service (no music)

**9:15am Holy Communion** – Child-friendly, with liturgical sources from around the world

### **10am Education Hour**

- + Sunday School for Pre-K to 5<sup>th</sup> grade (Parish Hall)
- + Middle School group (Conference Room)
- + Reflecting on the day's scriptures (Adults and High-schoolers, Cleaves Room)

**11am Holy Eucharist, Rite Two\*** – Contemporary language, with organ and choir

\*8 and 11am services are **livestreamed and recorded** on our [Trinity YouTube channel](#).

**Childcare** is available from 9am-12:30pm.

## **The Week Ahead**

**Daily Morning Prayer, Monday-Friday, 8am** – Join fellow parishioners via Zoom for Morning Prayer, using Rite Two from the 1979 *Episcopal Book of Common Prayer*. To join, click this [Morning Prayer](#) link or visit our website. To call in, for Philadelphia, dial +1 267-831-0333, then Meeting ID 917 6013 7051. For more information, contact the church office.

### **Monday**

- + **Sanctuary Yoga, 10:30am** – A gentle class, free and open to all, in the beauty of the main sanctuary. Classes are offered free of charge, on-site and on-line via Zoom. To register for Zoom links, visit: [Sanctuary Yoga](#). Donations welcome!
- + **Centering Prayer, 7:30pm** – This longstanding prayer group meets online and engages in meditative prayer, teaching, and community, the basics of Centering Prayer. It is open and there is no fee to join, but individuals pay for the study materials as needed. This long-standing group currently meets by Zoom. All who are interested can leave a message at the Church Office, and the call will be returned by a Group member.

### **Tuesday**

- + Stephen Ministry meets at 2pm in the Cleaves Room.
- + The Little Group meets at 7:30pm in the Cleaves Room.

### **Wednesday**

- + **12noon: Holy Eucharist, Rite Two** – In person in the chancel (choir stalls), with shared dialogue on the day's scriptures. All are welcome.
- + **6:30-8pm: "Exploring Spiritual Gifts"** – A soup-and-salad study and discussion series in Lent and Eastertide. For details, please see under "Other Upcoming Events".

### **Thursday**

- + **The Thrift Shop** will receive donations from 8:30 to 11am.
- + **There will be no yoga today.**
- + **"Scriptures and Songs" from 6:30-7:20pm** – Join us before the choir meets, to spend 50 minutes exploring the lessons and music for the upcoming Sunday.

**Next Sunday: Trinity Youth join in the Youth Feeding Ministry**, with thanks to the Shore/Bockman family for anchoring the event.

## Other Upcoming Events and Activities

**Wednesdays in Lent: "Exploring Spiritual Gifts" — A soup-and-salad discussion series in Lent and Eastertide** – Have you ever wondered about the so-called "gifts of the Holy Spirit" described in the scriptures? Do you know if you have any of them? Who or what even is the Holy Spirit? How does one receive these "gifts"? What does it mean to be "spiritual" people? These are some of the questions about the Spirit and things spiritual we will explore. Led by Fr. Ted and lay graduates of Education for Ministry and other Bible courses, we will present multiple views. Come, ask questions, and offer your thoughts and experience!

**TIMING:** Wednesdays, 6:30-8pm, beginning March 1 and going for 10 sessions. We will take a break for Holy Week and Easter Week (April 5 and 12) then resume April 19 and go into May.

**FOOD:** Food offerings have been expanded! Participants are asked to contribute soup or other entrée, salad or bread for 6-8 people. To sign up, [CLICK HERE](#) or look for the linked announcement in this weekend's Constant Chronicle or on the website.

### Lent 2023

## EXPLORING SPIRITUAL GIFTS

A Soup-and- Salad Discussion Series  
Wednesdays 6:30pm - 8pm  
Trinity Parish Hall

### Scriptures and Songs

- A weekly exploration of some of the lessons and music for the upcoming Sunday services in Lent
- Thursdays, March 2 to April 2
- 6:30 to 7:20 PM in the Cleaves Room
- A friendly and relaxed conversation - feel free to bring to your evening meal if you are going on to choir rehearsal (or anything else!)

**Thursdays in Lent, 6:30pm to 7:20pm – *Scriptures and Songs*** is back! Are you curious about our liturgy? Who picked the scriptural lessons we read throughout the year and why? How is our music related to the words of our liturgy and to the lessons? Join us on Thursday evenings before choir for "Scriptures and Songs" to spend 50 minutes exploring the lessons and music for the following Sunday.

**Every day and week during Lent** – From Sean McConnell, Senior Director, Engagement, ERD – *You make a difference through your prayers, inviting us for speaking engagements, sharing resources and in so many other ways. We hope that the 2023 Lenten Meditations, "Who is your Neighbor?" will give you a glimpse into our work happening across the globe so that they feel*

*connected to our partners and their stories. Please check out [Lenten Meditations](#) or go to the ERD website. To partner with ERD in support of people affected by the deadly earthquakes along the border between Türkiye (Turkey) and Syria, visit the [Türkiye \(Turkey\)-Syria Earthquake Response Fund](#) on the ERD website. *Wishing you peace**

**Blue Heron, Last Works and Legacies: Johannes Ockeghem's Missa Mi-mi & Other Works Concert** Sunday, March 26, 3 p.m. at Lang Concert Hall, Lang Music building, 99 Whittier Place, Swarthmore. After the concert, you may want to stay and watch the **Masterclass** with Swarthmore students at 5pm. [Blue Heron's](#) program at Swarthmore, *Last Works and Legacies*, is the last installment in the ensemble's "Ockeghem@600" effort to perform the complete works of one of the greatest, yet seldom-performed, European composers of the 15th century, Johannes Ockeghem. Free and open to the public.

**Trinity Book Group** will discuss *West with Giraffes* by Lynda Rutledge on April 5. *From Amazon:* "It's 1938. The Great Depression lingers. Hitler is threatening Europe, and world-weary Americans long for wonder. They find it in two giraffes and a twelve-day road trip in a custom truck to deliver them to the San Diego Zoo. Behind the wheel is the young Dust Bowl rowdy Woodrow. Inspired by true events, the tale weaves real-life figures with fictional ones, including the world's first female zoo director, a crusty old man with a past, a young female photographer with a secret, and assorted reprobates as spotty as the giraffes. Part adventure, part historical saga, and part coming-of-age love story, *West with Giraffes* explores what it means to be changed by the grace of animals, the kindness of strangers, the passing of time, and a story told before it's too late." The book group meets via Zoom at 10:30am the first Wed. of each month. All are welcome! For info and/or the Zoom link, contact Linda Sauer at [lindasauer@aol.com](mailto:lindasauer@aol.com).

## Giving Back

**Chili Cookoff Success! A huge thank you** to all who donated their talents cooking for Sunday's Chili Cook-off and also to those who came out and supported our youth and their pilgrimage. Everyone was so generous from cooking to buying raffle tickets and bidding on our silent auction items. We raised \$700 towards the trip. ~ Kristin Cardi, Outreach

**Families Serving Together in Worship at 9:15am** – *Would you and your family like to help shape the 9:15am liturgy? Do you want your children to be more fully engaged in worship?*

- 1) Serve as the **"Family of the Week"**! The Family of the Week takes up for one Sunday important but straightforward roles requiring little preparation. Greeting, carrying the cross to start and end worship, reading the first lesson, collecting the offering...these are meaningful ways children and their parents can more deeply worship together. [Sign up](#) for a Sunday today! *Questions? Contact Kristine Golden at [krisy.golden@gmail.com](mailto:krisy.golden@gmail.com).*
- 2) Get ready for **real bread on Sundays**! Sarah Kanner is exploring special bread recipes for Communion. Stay tuned for how your family can be part of this exciting way for children to be involved in preparing for Communion.

**Family participation for the Youth Feeding Ministry** – This is a wonderful learning experience for the family and an opportunity to serve those experiencing homelessness in our communities. *Can you help?* Anyone who can share their time on the 1<sup>st</sup> Sunday of the month is greatly appreciated. The [SIGN-UP LINK](#) for organizing families is full right now, but we still need Youth to come and help in the kitchen, the first Sunday each month. Homelessness and hunger don't take a holiday. The families at Connect Shelter count on us for their Sunday meal. Please contact [Kelly Fitzpatrick](#) with any questions you may have.



**At the foot of the Cross** – In honor of National Women's History Month in March and as an intergenerational Lenten service project, please join Trinity in collecting diapers, feminine hygiene and incontinence products as a way to help women at all stages of life as they care for themselves and others. SNAP and other welfare programs do not cover these necessary products. Each month, this leaves countless people without the products many of us take for granted. Products will be collected each Sunday in bins in the sanctuary nave through March 31st, and donations distributed to local organizations in need of these supplies. Thank you for your support. –*Outreach Committee*

**From Sanctuary Yoga** – Welcome March! This month we honor the vital role and contributions of women to our history, culture and society. In honor of Women's History Month, all March donations to Sanctuary Yoga will be used to support Trinity's 2023 Lenten Intergenerational Service project, see above. As always, thank you for your continued support of Sanctuary Yoga as an intentional community in service to others. –*In peace, Mary*

**Episcopal Community Services** would like for you to consider Joining our Community Advisory Council: We're currently looking for community members, leaders and stakeholders to join the *St. Barnabas Community Advisory Council*. Council members will help support initiatives that increase the awareness of the community's needs and help inform the efficacy of programs and services offered through our St. Barnabas Community Resource Center (SBCRC). Help us spread the word! To learn more about this exciting opportunity, call 215-528-5147 or [click here to learn more](#).

**Episcopal Resource on Public Policy Action** – Ever wonder what The Episcopal Church policy is on an issue you're interested in? Have we got the resource for you! Check out our brand-new [Policy for Action](#): An Index of Episcopal Church Public Policy Resolutions. In this revised edition, you will find hyperlinks directly to the full text in the Archives, revised snippets of each policy, and all of the recent resolutions from General Convention and Executive Council since we last published this document, plus a few older ones that weren't in previous versions. We also have refreshed categorization aimed at helping you learn about our policies.

*PLEASE SEND EASTER MEMORIALS FOR THANKSGIVINGS AND IN MEMORY OF LOVED ONES TO THE OFFICE BY APRIL 4<sup>TH</sup>. Thank you!*

*Are you ready to help us meet our pledge goal as a parish for 2023? We're so close! [Choose Trinity!](#)*

## Prayers and Thanksgivings this Week

*The flowers on the altar this week are given to the glory of God by Robert St. George in loving memory of his parents, Janette Wigley St. George and Gordon Lewis St. George*

### Trinity Church gives thanks...

...for this season of Lent: for the many ways for people to enrich their spiritual lives and draw closer to God

...for the organizers of the Chili Cookoff last week and for the winner, David Arata

...for the newcomers and new energy in our 9:15am congregation

### We pray...

**For healing and comfort:** Randy Williamson, Bill North, Brett Koelle, Linda, Fran Vartanian, Nancy Gary, Jeannette, Helene Anastasio, Margaret, Marj Oughton, Miriam Stanton, Norma Williamson, Raquel Melul; Carolyn Wall, David McCurry, Debbie George, Edith & John Ogden, Mark Michaels, Beth, Steve Marinari, Josephine and Myron Smith, Debbie Casazza, Jimmy Murray, Ann Kane, Katie Alton, Jacqueline, Leola Nicholas, Warren Phillips, James Lyons, Evelyn, Cindy Bourassa, Noah, Louise Poole, the Ziegler family; Molly Stanton, the Riffert family, David Edwards, Constance Gorman, Lou, Robin Wright, Patrick Diggins, Judith, Nick, Becky and Will Scull, and Jennifer Lincoln

**For the homebound:** Ellen Belk, Eunice Gary, Alma Keech, Suzanne Keer, Mel Sutherland, Don Solenberger, Robert St. George, and Wallace Stroud

**For others named to us:** including Patrice, Erica Epstein, Christine Kellett, Ellie, Cheryl, Ernest, Mary, Jeanne Wagner, Dick Koelle, Rosine Charron, Carol & Mark Pugh, Kevin, Marty & Janet Goldstein, William & Susan Hicks, Katie Egan, Katie, Marcy Holquist, and Lucy Messick

### And we give thanks and pray...

**For the Episcopal Church:** Michael, Our Presiding Bishop; and in the Diocese of Guatemala, the Episcopal Church of Maria, the Mother of God, Solola, The Rev. Albert Cuc

**For our Diocese of Pennsylvania:** Especially Daniel, our Bishop; for the Evangelism Committee, and for the Delaware Deanery, The Very Rev. Edward Thompson, Dean,

**For parish families of the week:** Eve & Randall Walter; Mike Werley, Suzanne & Ed West, Mary Pipan & John Whitelaw, Eileen Whiteman & Mitch Berger, Patrick Whiteman-Berger; along with Ted, our Rector; and Paula Lawrence-Wehmiller and Bill North, our clergy associates; and the vestry and staff

**For those celebrating their anniversary:** Susan and Bill Lawson

**For those celebrating their birthdays:** Paul Fritz, Matthew Leonard, Barb Swartz and ....

Don Solenberger, who will be 101 years old on Friday! Don would like to receive cards from parishioners, his address is 1048 W. Baltimore Pike; Riddle Village M405B; Media PA 19063-5380

**For those who have died:** Skip Werley, Lee Darrow, George Helland, Harry Reppert, and Frank Griswold

#### **Office Hours:**

*Tina will work virtually Monday this week.*

*Regular hours for drop-in business will be Tuesday through Thursday, 9am-4pm; Friday, 9am-12 noon*

*The image at the top is in the public domain.*

## Trinity Church, Swarthmore

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*A parish of the Episcopal Diocese of Pennsylvania*