

# Trinity Times

A newsletter for the members and friends of Trinity Episcopal Church

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## Lent - March - 2004

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### ON LENT

The Rev. T. Scott Allen

Growing up in Appalachia and of a free Protestant tradition, I scarcely knew the word "Lent." Certainly the understanding of forty days before Easter to prepare for the Lord's Resurrection Feast was not in my family's understanding of doing things. Ash Wednesday was when the "Catholics" walked around school with (what looked like) dirty foreheads. Certainty we would not be caught dead showing our Christianity in such a public and penitential way. It would be embarrassing and maybe a little too showy for my more austere tradition-of-origin. Preparing for Easter (for us) meant coloring eggs, buying chocolate bunnies and maybe observing Maundy Thursday and Good Friday. Of course my family ALWAYS attended Church on Easter Sunday.

When I became an Episcopalian in college, I thought Lent was so cool -- a LONG time to show God just how worthy you were! At first I understood it as a time to give something up as a sacrifice to God for all Jesus had done on the cross. After all, if Christ could suffer and die, the least I could do was give up alcohol, sodas or chocolate for 5 weeks. But, for me, giving something up was much more a study in my own will-power than a spiritual exercise. I tried thinking of Jesus and his passion whenever I would crave a Three Musketeers Bar or wanted to go out for a beer with my pals. It was less-than-edifying for a twenty year old college Sophomore. But, as I grew in my faith, I realized that mine is not a personality that does well with giving things up.

Instead of a deeper spiritual life at the end of Lent, I was smug and proud of myself for hanging in there and performing my Lenten sacrifice. A little judgmental of all those people gathered with me in Church who I had suspected had fudged on their Lenten sacrifice. Hrrumphh! No, it takes a good spiritual director and constant vigilance to turn a sacrifice into a spiritual exercise rather than yet another exercise in "look what will-power I can muster!" I deserve a Resurrected Messiah! well, ummm.....

So I took to taking things on. To reading a book of a spiritual topic, or putting in some extra sessions of therapy to get at why I act a certain way or respond to things in a way which depletes me, or maybe even exercising on a more consistent basis -- understanding that even this can turn into post-consumer content works of righteousness. But taking care of my body, mind and spirit are things I need to have a yearly reminder of. That Christ died so that I may have abundant life begs the question of "How can I live more abundantly?" How can I experience myself as the one Christ loved enough to die for?

That's what Lent is for me now, and maybe that will also change in a few years—I hope so.

Peace, Scott

[The Rev. T. Scott Allen is rector of St. Elizabeth's Schnecksville. This is a note he wrote to our Diocesan mailing list on Ecunet, Bethlehem of PA]

## United Thank Offering



“Daily prayers of thanksgiving strengthen our being and doing. The blue box can be a reminder of our many blessings. Uniting our own gifts of thanks with those of others keeps us in thank-

ful relationship them and with all of creation. In sharing our thank offerings with those throughout the Communion who seek to address compelling human need and extend the mission of the Church, we deepen our sense of participation in the lives of others. The shared prayer and money offerings help others to respond to God’s call and to grow in their own deepened sense of living within the greater Christian community.” [from the UTO Statement of Theology]

Every penny placed in a UTO box is spent on grants. Of the over \$ 3 million awarded in 2003, which ranged from building schools in Haiti and the Dominican Republic to helping repair church facilities in Iowa and Oregon, \$2.7 million came from those little blue boxes. Every small prayer said in thanksgiving for God’s bounty and blessings help others.

If you don’t have a blue box at home, pick one up from the back table in church soon and put it on your kitchen table or counter. With each small ... or large ... thanksgiving (warmth, health, children, loved ones, sunshine, laughter ... the list is endless), put coins (or bills!) in the box.

Trinity’s UTO Ingathering will be in September. At the October Diocesan Convention, representatives from every church in the diocese will place a card in the UTO Plate with the dollar amount given by their parish written on it. And it grows.

Every day, in every way, give thanks

## Worship During Lent

Is this headline an invitation or information? Well, it’s both.

In the liturgy for Ash Wednesday, the church invites her members to “the observance of a Holy Lent.” During the Litany of Penitence (BCP 267) we are led through a list of faults which we all share; we examine our hearts and ask God to help us to do the things that please him.

You’ll find many suggestions already in this newsletter, some from Fr. Scott, an opportunity to train as an advocate for ARCC, an invitation to give thanks and pray each day by participating in the UTO. You’ll find other opportunities to do the things that please God elsewhere in your daily lives; look for them; look for that opportunity.

And, each Sunday, make time for worship. If you look at the calendar you’ll see that the Sundays from now until Easter are listed as Sundays *in Lent* ... not *of*. That is because Sundays are always celebrations of the resurrection: feast days. When you come to worship each Sunday, you will be fed by Word and Sacrament as well as with fellowship to strengthen you to find what pleases God in your life outside of church.

Worship during Lent will be Rite II without music at 8 o’clock and Rite I with music at 10. We omit *The Gloria* and *Alleluia* in both rites during this season. Rite I is a more formal liturgy and more penitential in nature, which suits the season; nevertheless it is a celebration of the resurrection.

Worship during Lent.

**ARCC’s 2004 Volunteer/Advocate Training:** Help change the world! Become a volunteer. The Abuse and Rape Crisis Center’s (ARCC) annual volunteer/advocate training is just around the corner. Training begins on Saturday, March 6th and runs until Thursday, May 6th. If you’d like more information about this 65-hour training, call 570-265-5333. In addition to providing direct services to victims of domestic and sexual violence, transporters and interpreters are needed.



# Trinity Episcopal Church - March 2004

Lent

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3/7 Ray and Haley Bresett 3/14 Chris and Rachel Brewster 3/21 Marie Bubniak, MaryAnn Burke 3/28 Joe, Laura, Rachel, Peter and Tim Cama	1	2	3	4	5	6 Bishop's School, All Saints, Leighton, 10 to 3:30 Laura Smith Evelyn Gurney Forbes
7 <b>Second Sunday in Lent</b> 8:00 Holy Eucharist II 9:45 Godly Play 10:00 Holy Eucharist I 11:00 Coffee Hour <i>Elizabeth Pashley</i>	8	9	10 <i>Beverly Barton Jan Beck Jack Forbes</i>	11 <i>Greg Lake</i>	12 <b>Lenten Retreat for Women</b> , Mary Immaculate Seminary, through Sunday	13 <i>Keith Holywood Barbara Caum</i>
14 <b>Third Sunday in Lent</b> 8:00 Holy Eucharist II <b>Vestry Meets</b> 9:45 Godly Play 10:00 Holy Eucharist I 11:00 Coffee Hour	15 <i>Bonnie Bailey</i>	16 <i>Jeff Hunt</i>	17 <i>William Wood</i>	18 <i>Mike Barry</i>	19 <b>St. Joseph</b> <i>Mary Tolbert</i>	20 Bishop's School, All Saints, Leighton, 10 to 3:30 <i>Peter Cama</i>
21 <b>Fourth Sunday in Lent</b> 8:00 Holy Eucharist I 9:45 Godly Play 10:00 Holy Eucharist II 11:00 Coffee Hour <i>Rick Bubniak</i>	22	23	24	25 <b>The Annunciation</b> <i>Mike Barry</i>	26 <i>Mary Tolbert</i>	27 Bishop's School, All Saints, Leighton, 10 to 3:30 <i>Robert Benn Mary Ann Burke</i>
28 <b>Fifth Sunday in Lent</b> 8:00 Holy Eucharist II 9:45 Godly Play 10:00 Holy Eucharist I 11:00 Coffee Hour <i>Jeanne Ewing, Mary Beth Paul</i>	29 <i>Joe &amp; Laura Cama (1980)</i>	30	31 April 1 - <b>Christm</b> Mass, Cathedral	Diocesan Prayer Cycle 3/7 Calvary, Tamaqua Suzanne Shapcott, senior warden; St. James/St. George, Jernyn Rev. Paul Meglathery, priest-in-charge 3/14 St. Mark's, Moscow The Rev. Earl Trygar, rector; St. Mark's, New Milford Canon Carol J. Horton, rector 3/21 Grace, Allentown The Rev. Patrick Malloy, rector; Grace, Honesdale The Rev. F. Graham Cliff, rector 3/28 St. Mark's/St. John's, Jim Thorpe, Canon Kenneth S. Umbehoeker, rector; St. John's, Hamlin The Rev. Edward K. Erb, rector	April 4 - Palm Sunday April 8 - Maundy Thursday April 9 - Good Friday April 10 - Great Vigil April 11 - Easter Day	

**Anglican Cycle of Prayer:** 3/7 Church of the Province of Central Africa, Most Rev. Bernard Amos Malango, primate; 3/14 Anglican Church of the Central American Region, Most Rev. Martin de Jesus Barahona, primate; 3/21 Anglican Church of Canada, Most Rev. David Crawley, acting primate; 3/28 Anglican Church of the Congo, Most Rev. Dirokpa Balufuga Fidele, archbishop. **Companion Dioceses:** Diocese of Kajo-Keji: Bishop Manasseh, Stephen Tomor and all who work to support the Diocese of Kajo Keji; 3/7 The Congregation of Kiri; 3/14 Jolimo Orphanage; 3/21 The Congregation of Magburru; 3/28 St. James Refugee Congregation, Kampala. **Diocese of Meath and Kildare,** Bishop Richard Clarke



**Attention Knitters!**  
The Christmas-at-Sea program of the Seamen's Church

Institute of New York and New Jersey is looking for knitters. Last year they placed over 14,000 hand-knitted caps, scarves, vests and socks, but the need was greater. Most seafarers come from tropical countries and are unprepared for frigid winter temperatures. Add your name to the list of 3,500 knitters from every state by contacting Barbara Clauson at Christmas-at-Sea, 212-349-0909, [cas@seamenschurch.org](mailto:cas@seamenschurch.org) or download patterns from [www.seamenschurch.org](http://www.seamenschurch.org).

If knit one purl two is the extent of your knitting knowledge, can you knit a square? Can you crochet a square? The blanket ministry begun by the late Marie Elizabeth Dyer continues. You can create 6 inch squares or offer to sew them together.

**Miles of Pennies**

Keep collecting pennies for the Church Periodical Club. The National Books Fund enables CPC to grant books and Bibles to seminarians and educational materials, medical textbooks, agricultural manuals, video and cassette tapes to those in need here and overseas.

The mile of pennies program (MOP) is a separate program for children only, pre-school to grade 12. In addition to providing printed or taped books and related materials, MOP gives grants for the shipping costs of recycled children's books. A mile of pennies is \$848.88, sixteen pennies is about one foot. Like the UTO, small donations from all around the country enable good things ... so keep saving your pennies!



**The Mystery of the Disappearing Birthday and Anniversary List**

In late December we put a copy of last year's list on the back table and asked people to make additions or corrections. Many of you dutifully did. A few weeks later, it disappeared.

In February, we put out a new one and asked people to redo any changes they'd made on the old one since the first one had vanished.

Now, this second list has gone to the place where socks go when you end up with just one, perhaps in another dimension between your foot, the laundry basket, the laundry room and back.

We're going to try again. But, please, if you have a March birthday or anniversary and don't find your name, now you know why!

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**March at Trinity**