



Lenten exercises



When I get up in the morning, the first thing that I do is a series of exercises. I do some sit ups, some leg lifts, stretches and deep knee bends. Then I climb on the exercise bike or go out for my walk.

Without fail, there is one thought when my eyes open from a night's sleep. I am grumpy and stiff and parts of my body ache. My thought is, "Why don't we skip it today?" It is always a temptation, but it is one I rarely give in to. Why? Because I remember how I feel on those days I don't do my exercises. The stiffness and the aches stay with me for much of the day...and so I stay grumpy. An hour of exercise and walking makes the rest of the day better because my stiffness is gone and I feel more vital and alive.

If you understand that, then you can understand the importance of Lent. Lent is the season that tells us it is time to exercise spiritually. It is time to work out some of the stiffness...to walk out some of the cramps in our life with the Lord. Lent asks us to pray more, to sacrifice more, to worship more. It also asks us to eat less, to fast at certain times, to give up some of the things that we cherish. And every year, there is a temptation among all us Christians to 'skip' Lent for this year. There is the voice that whispers, "You don't need to do all that."

Lent makes you a stronger and better Christian just as exercise makes you a healthier and more alert person. It is easy to pass up both regular exercise and Lenten discipline...but your larger life will suffer for it.

Athletes need practice. Musicians need to rehearse. Olympians must have a regimen that builds up their bodies and their skills. Is it so strange that we Christians also need a time to (with God's help) build ourselves up? We need to stretch our prayer life. We need to become more deeply aware of the sacrifice our Lord made on the cross by our own little Lenten sacrifices. We need to take time to learn more about our faith and our church. If we want to grow in our knowledge and our spiritual health as Christians, then we need the discipline of Lent.

Fr. Fred †

On Thursday, April 1, the watch throughout the night will begin at 9:00 p.m. following the Maundy Thursday service and continue until the 7:00 a.m. Friday Eucharist. Parishioners are asked to come to the sanctuary to watch and pray during a designated time. Either Fr. Fred or Fr. Michael will be present the entire night, so no one will ever be alone in the church. Please choose a time and sign up on one of the lists in the kitchen or in the bell tower.

DIOCESE CONTINUES SATURDAY LENTEN SERIES

“Seeking Balance in a Busy World”

PBS Correspondent Ray Suarez to Speak
on March 13

The Fort Worth Episcopal Diocese Saturday Lenten series continues through March. Three soup and salad suppers, featuring speakers focusing on 6th Century St. Benedict's tools for creating order in the midst of busy lives, begin at 5:00 p.m. at St. Christopher's Episcopal Church, 3550 Southwest Loop 820. Please make a reservation to insure that adequate food is prepared. Register online from the Trinity website or call 817.921.4533. The cost to each participant is \$5, and childcare will be provided for children through age 8.

On Saturday, March 13, PBS Correspondent Ray Suarez will speak at 1:00 p.m. in the Fellowship Hall of University Christian Church, 2720 S. University Drive, Fort Worth. No childcare will be available for this one event.

Saturday, March 6: The Rt. Rev. Steven Charleston *“Right Relationship with God and the World”*

Saturday, March 13: Mr. Ray Suarez *“External Lens for an Inward Faith”*

Saturday, March 20: The Rev. Dr. Helen Appelberg *“Benedict's Tools for Holy Living”*

Saturday, March 27: The Rev. Mary C. Earle *“Everyone's Name is Christ”*

HOLY WEEK SCHEDULE MARCH 29 – APRIL 4

MONDAY

9:30 a.m. – Morning Prayer in the Chapel

TUESDAY

11:00 a.m. – Holy Eucharist

7:00 p.m. – Women of The Passion and Eucharist

WEDNESDAY

7:00 a.m. – Holy Eucharist and Breakfast

MAUNDY THURSDAY

12:00 a.m. – Holy Eucharist

7:00 p.m. – Maundy Thursday Service

9:00 p.m. – Watch Begins

GOOD FRIDAY

7:00 a.m. – Holy Eucharist

12:00 p.m. – Holy Eucharist

6:00 p.m. – Children's Stations of the Cross

7:00 p.m. – Holy Eucharist

HOLY SATURDAY

1:00 p.m. – Confessions in the Chapel

7:00 p.m. – Easter Vigil and Baptisms

EASTER SUNDAY

8:00 a.m. – Holy Eucharist – Rite I

9:15 a.m. – Choral Eucharist – Rite II

10:40 a.m. – Easter Egg Hunt on the Lawn

11:30 a.m. – Contemporary Eucharist and Music

6:00 p.m. – Holy Eucharist – Rite II



Trinity Altar Flowers *From the Flower Guild*

For the past 12 or 14 months, the number of Sunday donors for altar flowers has dwindled. The Flower Guild has continued to strive to have lovely arrangements at the main altar and in the columbarium whether we have a donor or not. Unfortunately, funds are low and the cost of flowers continues to go up.

On a typical Sunday, flowers for three of our altars run between \$50 and \$80, depending on the flowers that are available at the wholesaler. The cost to decorate the church, chapel and columbarium at Christmas cost a bit over \$1500, which our donations did not cover. We realize that the economy has curtailed discretionary spending for most of us. We think it important to let the congregation know that in the future, on the Sundays when we have no donor, we may have to simplify floral arrangements or have greenery instead of flowers.

Sunday School Hosts Seder Luncheon March 21

by Karen Rangel



WHAT: Seder led by Jerry Weiner from Fort Worth Beth El Temple
WHERE: Parish Hall: approximately 10:40 (adult forum/Sunday school hour)
WHO: Our entire parish family is invited. Please RSVP. See details below.
BRING: Biblical Kosher side dish (main dish of brisket and lamb provided)

Biblical Kosher??? What’s that? It’s not strict kosher as conservative Jews practice, but please don’t bring any type of pork/ham, shellfish, or any wheat product, including crackers, bread, noodles or breaded casseroles. Do bring salads, fruit trays, veggie trays, kosher hot dogs (for the kids), chips, sweet potatoes, mashed potatoes, cheese and meat trays with rice crackers, and, if you are really brave, matzo ball soup. Use your imagination.

Avoiding wheat reminds us of the Israelites’ escape from slavery. They had no time to bake bread. This is why we eat Matzo. As wheat is so much a part of our own everyday lives, we’ll have to think a little “outside the box.” Think of your extra effort as your prayer for those who have to do without.

Please contact Erin Harvey to reserve your place and tell her what you will be bringing for the luncheon <erharvey@sbcglobal.net>. She can also supply ideas if you don’t know what to bring. If you don’t cook, Erin can certainly assign you something to pick up at the store.

The point of celebrating a Seder is to pray for freedom of oppression for all people, including the oppression of poverty. It is usual to make a charitable contribution at this time (a mitzvah). Donations will be accepted for the Presbyterian Night Shelter; please bring a monetary contribution or any of the items which we are collecting this month. The last words of the Seder, “Next year in Jerusalem” hold the spirit of God’s love for us and God’s desire that we should all be free.



Substitute teachers are needed for Sunday School.

If you are willing to be an extra adult in a class if one of our helpers is sick, please send me your name and number. <rangel_karen@yahoo.com>

A STORY ABOUT ALL OF US

A story marking our one-year anniversary since we reorganized the Fort Worth diocese is on the diocesan web site at <<http://episcopaldioceseoffortworth.org/newsindiocese/020710-oneyearlater.htm>>

Next to it is a button that says “Share your reflections of the past year.” Please click on it to send an email to Katie Sherrod and Elinor Normand— send us your happiest, funniest, most meaningful, etc., memory of our first year since we reorganized. We will post it to share with the rest of the diocese.

And don’t miss the poem by Millie Gore Lancaster of All Saints, Wichita Falls that is posted beside the story.

Remember — this is your story, the story of all of us. Help us make it as complete as possible.

UBS dates: July 12-16 “Baobab Blast.”
9:00 a.m. – 12 p.m., 3 years – 5th grade.
The registration form is on the Trinity website.
If you can volunteer in any way, call me.
<rangel_karen@yahoo.com>

The Social Concerns Commission reminds parishioners that collection boxes remain in the parish hall for toilet paper and paper towels for Opening Doors for Women and toiletries for the Presbyterian Night Shelter.

EYC HAPPENINGS! *by Karen Parrish*

Things are happening around EYC! The youth have been busy in January and February!

A group of 13 went to the Fort Worth Stock Show and Rodeo and had a great afternoon watching the events and walking around the Mid-Way and Stock grounds afterward.

The group decided that for one of their service projects they would use part of their budget to make “Birthday Bags” to donate to the South Central Alliance of Churches of which Trinity Episcopal Church is a member. The EYC went as a group to purchase all of the items necessary to let one child have a “Birthday Celebration” on his or her special day. When families reach out to the SCAC for assistance, one of the things that the SCAC does is to offer a bag to children who have upcoming birthdays; it includes a cake mix, frosting, cups, napkins, hats, candles and favors (stickers, erasers etc.). The bags are made specifically for a boy or a girl and supplies are included for six people. Tiel Jenkins, Executive Director of SCAC, was overwhelmed by the generosity and time that was put into this project and was very grateful for the gift from the EYC.

On Super Bowl Sunday, the youth gathered for the usual EYC meeting at 4:00 p.m. and then headed upstairs to join the Super Bowl Party that was given by the church.

Other activities have included Bible studies and bowling. Can't wait to see what March brings! EYC is for students who are currently in 6 – 12th grade. If you or your child is interested in joining the group, please contact Fr. Michael at <trinitycurate@sbcglobal.net> or 817-926-4631.

MARCH SCHEDULE

Sunday	March 7	4:00 p.m.	Church	Social
Sunday	March 14	4:00 p.m.	Church	Bible Study
Sunday	March 21	TBA	Museum	Activity
Sunday	March 28	4:00 p.m.	TBA	Service Project

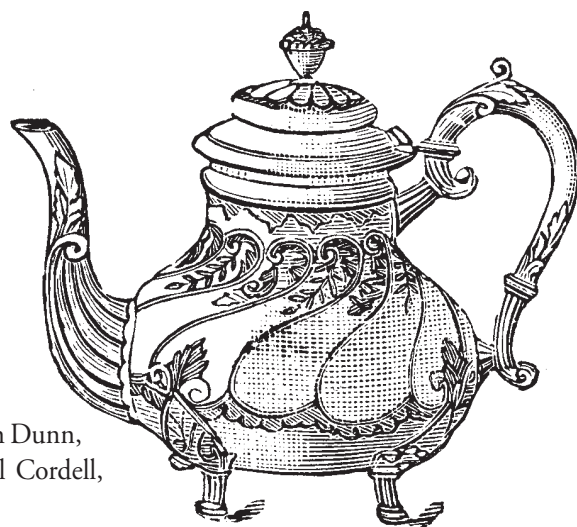
Our British Guests

from the *Tea Planning Committee*

We thought it might be nice for the congregation to know a bit about our British guests who will be coming to visit our parish to put on a traditional afternoon tea on Saturday, April 17. The ladies names are Miriam Dunn, Pat Addington, Carol Hurrel, Rosemary Wright, Bridget Porteous, Carol Cordell, Marion Sargent, Janet Osborne and Mary Kirby.

In this group there is an occupational therapist, a hospital secretary, a seamstress, a domestic science teacher and five housewives (mums and grannies.) These nine women have gained an excellent reputation for their catering skills and have been in great demand for all local functions in their town of Pakenham, which is in East Anglia, not far from Cambridge, England. Their catering bookings have included suppers, dinners, wakes, lunches, cream teas and full English teas, the latter being the most popular.

We hope that everyone will want to meet them and attend the exquisite Trinity Tea that they will prepare for us in April. The Trinity Tea will be limited to 100 persons and tickets may be purchased beginning the first Sunday in March. They will be sold in the parish hall between the 9:15 a.m. and 11:30 a.m. services. Tickets are \$25. Proceeds will go into Trinity's kitchen remodeling fund.



PLACES TO GO AND PEOPLE TO SEE

The Thursday Morning Women's Bible group began a new 10 week study called "The Patriarchs: Encountering the God of Abraham, Isaac, and Jacob" p.m. on Thursday, February 25. They meet from 11:00 a.m.-1:00 p.m. in the church library. There is still time to join. Contact Karen Parrish via email at <karenparrish@prodigy.net>.

Beginning Sundays, February 21 and 28 and continuing on Sundays, March 7 and 14, parishioner Kimberly Cooper is leading a new series entitled "The Prodigal God." It is a dramatic film and group study resource based on Jesus' great parable of the prodigal son. The group meets upstairs in the Sunday School hall to the right—last room on the left. Call Kimberly Cooper with questions (817) 845-9089.

Trinity Seniors will meet for lunch in the stockyards at Risky's Barbeque on Wednesday, March 10 at 11:30. Call Jack and Margie West (817) 927-0707 for more information.

Saturday Supper will be March 20, from 7:00 to 9:00 p.m. at the home of Jacque Cage, 3644 Westcliff Rd. S. Please bring a dish for eight to share and your beverage of choice. Coffee, tea and soft drinks will be provided. This is a great way to meet our Trinity family in an informal setting.

The next garden work day is Saturday, March 27 at 9 a.m. Weather complying, we'll put in the spring/summer annuals and putter about, weeding and trimming. All are welcome! For more info, call Mary Kelly 817-926-9344 or email <mlckelly@charter.net>.

Vestry Retreat The Vestry and Clergy of Trinity will be attending an overnight retreat at Camp Crucis in Granbury, March 12 and 13. The Rev. Sam McClain, recently retired priest of St. Luke, Stephenville, will be the Retreat Master.

Trinity Half-Timers

New Group for Young & Middle Age Adults (ages 20-ish to 50-ish)

The Half-Timers met recently at Café Bella and it was a huge success with over 30 people attending! We have already made plans for our next gathering, so please R.S.V.P to Julie Wilson <nishhome2@yahoo.com> or 817-926-4695 and come join us for fun and fellowship at:

7:00 p.m.
Saturday, March 6, 2010
at
King Tut Restaurant
1512 W. Magnolia Avenue
Fort Worth, Texas 76104
Dutch Treat!

King Tut features fabulous Egyptian, Greek and Middle Eastern food with soft drinks, tea and coffee.
There is not a BYOB policy at this particular restaurant.

Please Save our Kitchen Garbage Disposal (and Money for the Maintenance Budget)

The Church is asking that those cleaning up after meals scrape plates into the garbage/trash can rather than putting food down the disposal. Our drains are old and are easily stopped up when food clogs the disposal. Calling a plumber is an expense that we can avoid by simply using the disposal only to rinse plates that have already been scraped.

NEWS FROM THE 11:30 SERVICE

by Jan Hughes



What an honor for the Folk Mass Band to be invited to lead music at the combined service on January 24! The bulletins had already been printed when we found out, but Paul's recent guitar arrangements from the 1982 hymnal were the perfect

solution. It was altogether a happy blend of both services. And what a perfect image of unity: the Chancel Choir and the Folk Band together, singing the beautiful call-and-response, "We Are One Body."

We learned later there were visitors from England with us that day, and one was heard to remark that if their churches had the humor of our clergy and such music, "we would fill the pews!"

Thanks to Debora Clark, who tapped us to play, to Alan Buratto and his wonderful choir, and to everyone who made the Body of Christ so visible for us all. Let's do it again soon!

See you at our next potluck on March 14!

EPISCOPAL RELIEF & DEVELOPMENT

Currently Trinity parishioners have given over \$1700 for Haitian Relief through ERD. The need in Haiti is great and will be so for a long time. To assist those suffering in the wake of this disaster, please consider making a donation to the <Haiti Fund> at <www.er-d.org> or call 1-800-334-7626, ext. 5129. Gifts can be mailed to Episcopal Relief & Development, PO Box 7058, Merrifield, VA 22116-7058. Please write "Haiti Fund" in the memo of all checks

Trinity Episcopalian Editorial Board

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Distribution: Mary Cockran and mailing staff

The Trinity Episcopalian is published monthly by volunteer Trinity Church parishioners. Please submit articles for inclusion by the 12th of each month. Submitted material may be edited to fit an 8 page format.

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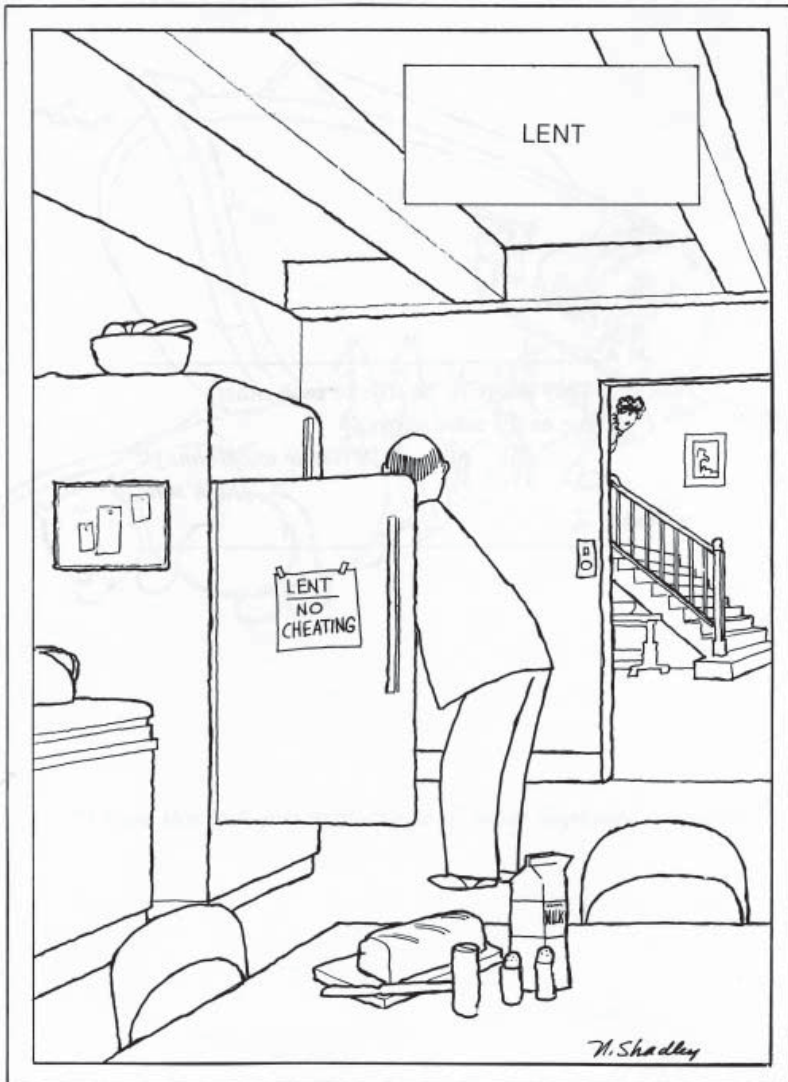
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Jamy McGilvray
Mark Neyland
Evan Peterson
Jack West



“I should of stood in bed”.

Joe Jacobs, World Series 1935

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Don't Forget
Wednesdays during Lent,
6:30 p.m. Evening Prayer
followed by Soup Supper
in the Parish Hall



BIRTHDAYS AND WEDDING ANNIVERSARIES



March 1
Anthony Branch
Jill Dorn
Steve Hamilton
Deacon Janet Nocher
Tracy Redman

March 2
Jane Mossbarger

March 3
Kyle Fisher
Sandy Liser
Faye Reynolds

March 4
Frank Quattrochi, Jr.
Hillary Relyea

March 5
Bill Harse
Joe Romine
Deanna Smith

March 6
James Reardon
Anna Whitworth

March 7
Graham & Gina Powell

March 8
Theda Cobb
Mary Holstein

March 9
Tatum McDaniel
Michael Sherry
Gary & Priscilla Tate
Tom & Jean Wilson

March 10
Ben Barlow & Alice Pritchard

March 11
Heather Earls
Dan & Kimberly Grigg

March 12
Elizabeth Fels
Shelly Seymour

March 13
Smith Landers
Jane Lindsey
Jamy McGilvray

March 14
Bill Langston

March 15
Jennifer Rhodes
Matthew Rios

March 16
Scott & Margaret Richter

March 17
John Bradbury
Molly Roberts
Cameron Walker

March 19
Karen Barlow
Joseph Powell
Gary Bruton & Luanne Kallas-Bruton
Aubrey & Stephanie Espinosa

March 20
Henry Elkouri
Elizabeth Jewett
Ethan McGilvray
Maggie Withroder

March 21
Cathleen Berdan
Terry Ramsey

March 22
Angela Branch
Jeff Claassen & Charlotte Huff

March 23
Bill Barnes
Aiden Williams

March 24
Jennie Grassia
Paul McCament
Jim Smith

March 25
Megan Ferguson
Jack Holstein
Boston Skinner

March 26
Curran Judge
Joseph Portugal
Carey Spikes
Terry St. Peters

March 27
Cathy Bateman
Joaquin Castro-Balbi

March 28
Linda Smith
Britt West

March 29
Joseph Okafor
John Shipp
Mike and Elaine Stoltz

March 30
Rimi Fort
Jim Goldthwaite
Ben Ramsey
Alex Reardon
James and Heather Reardon

March 31
Betsy Drew
Joshua Giles

HEALING

Maya Grace
Asley Taylor
Fred and Helen Dydo
Taytem Debth
Olivia Sanchez
Anna & Armando Barosa
Robert Stohlmann
Misty Jackson
Jerry Laster
Bill Cross
Paul E. Smith
Laura & Sarray Guaderrama
Sandy Wade
Esteban Saucedo
Troy Snodgrass
Nelson Houston
Cassey, Jerry & Family
Trace Hutton & Family
Wyvonne Shearin
Alex Nordholm
Emma Fergeson
Cindy Schmidt
Marsha Brown
Ruben Aguirre
Jim Pratt
Nancy & Rudd Ross
Greg Smith
Shirley Wheelock

DEPARTED

Patricia Johnson Tigner
Carlos "Charlie" Frazier
Judith Weston Mangold
Virginia
Martha Hall
Ronald Bangart
Janie Ruth McGowan
Travis Hutton
Bettye Elrod
Michael Hobgood





TRINITY EPISCOPAL CHURCH

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SERVICE INFORMATION

SUNDAYS

Holy Eucharist

8:00 am Rite I

9:15 am Rite II *Family Service
with Choir and Children's Chapel*

10:40-11:20 *Sunday School,
ages 2-18*

11:30 am Rite II *Folk Mass*

6 pm Rite II

WEEKDAYS

Monday: 9:30 am *Morning Prayer*

Tuesday: 11 am *Holy Eucharist*

Wednesday: 7 am *Holy Eucharist
followed by breakfast*

Thursday: Noon *Holy Eucharist
followed by Bible study*

STAFF

Rector: *the Rev. J. Frederick Barber*

Curate: *the Rev. Michael Caldwell*

Deacon: *The Rev. Janet Nocher*

Director of Trinity School: *Lynn Allen*

Choirmaster: *Alan Buratto*

Organist: *Debora Clark*

Folk group: *Bob Hunt & Paul Warren*

Webmaster: *Elinor Normand*

Children's Ministry: *Karen Rangel*

Business Manager: *Jackie Robinson*

Parish Administrator: *Linda Santiago*

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