

LENT 2010

SUNDAY SERVICES

Holy Eucharist 8 a.m. & 10 a.m.

WEEKDAY SERVICES

Morning Prayer

Tuesday - Friday 8:30 a.m.

Holy Eucharist

Wednesday 6:30 p.m.

TRINITY EPISCOPAL CHURCH

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What's Different about our Lenten Worship Services?

Lent is the season of the Church year that runs for 40 weekdays and 6 Sundays between Ash Wednesday and Easter Day. It is a penitential season where we do not say or sing the Gloria in Excelsis nor do we use *Alleluias* in our prayers or music. You'll notice the liturgical color of purple and that there are no flowers on the Altar. We'll ring a gong at the time the procession is to begin. At 10 a.m. we'll process and recess in silence and without the singing of hymns. Our service will begin with the different opening acclamation, "Bless the Lord who forgiveth/forgives all our sins" and the people respond with "His mercy endureth/endures for ever." We'll use on occasion the Decalogue where we hear the commandments of God to God's people. Some of the elements on the Altar will be wooden instead of brass.

All of these changes help us live more fully into the penitential nature of Lent and help us prepare ourselves for the joy of Easter Day.

There are many offerings during Lent to consider, and we hope that you will find new or renewed ways to be nourished as we journey together through the season of Lent 2010.

SERVICES AND SPECIAL EVENTS

Silent Retreat at Holy Cross Monastery, West Park, N.Y.

Friday, February 12 - Sunday, February 14

Trinity will join other Episcopal Churches in the Hartford area for a silent retreat and guided meditations at this Episcopal Monastery with a focus on keeping a holy Lent. Esther de Waal, Anglican laywoman and spiritual writer, is this year's retreat leader. We again share this time away with Grace Episcopal Church-Hartford and St. James Episcopal Church-Glastonbury. The Rev. Dr. Frank Kirkpatrick will be the celebrant and preacher at Trinity on Sunday, February 14.

Shrove Tuesday Pancake Supper - February 16



Join us for pancakes at **7 p.m. on this night**. Russ and Laurann Asklof will work with our young people in Rite-13 and J2A, to gather some community service hours by serving us delicious pancakes. Proceeds will be given to Haiti relief. Why pancakes?

Shrove Tuesday is day before Ash Wednesday and the name Shrove comes from the Middle Ages' word *shrive* - to confess. On that day people would go to Confession so that their sins would be forgiven before the holy season of Lent began. It was also the day that all of the cream, butter, eggs and the fat in a household had to be used up, since Lent was truly a time of

penitence and those products were forbidden to be eaten during Lent. Therefore, using up all of those delicious foods by making pancakes became a means for celebrating one last time before the discipline of Lent began. So, join us to celebrate together as a parish family on Shrove Tuesday!

Look for sign-up sheets in the Narthex.

Ash Wednesday, February 17

Holy Eucharist and Imposition of Ashes

7 a.m., 4 p.m., 7 p.m.

Each service invites all to the observance of a holy Lent. We are all called to “Remember that you are dust, and to dust you shall return.” (BCP, 265). The 7 a.m. and 4 p.m. services will be at Trinity. At 7 p.m. we and our choir join the people of Christ Episcopal Church, Avon, for a combined service at their church (35 Harris Road, Avon).

Lenten Lending Library

February 17 and throughout Lent

In the Narthex will be books recommended for your Lenten reading. Please select a book that interests you, and sign your name and the book you’ve borrowed. Enjoy this way to focus on a Lenten theme. There are also Lenten day-by-day booklets from Episcopal Relief & Development with a theme of “healing *ourselves* and a hurting world.” This year’s Lenten booklet was crafted by Sr. Clair Joy of the Community of the Holy Spirit. Lenten devotional materials for families to use at home are available. There is reading for all ages.

Check out www.d365.org/journeytothecross. It’s a great website for Lenten devotions for teens and young adults.

Saturday in the Park

February 27

Want to help someone during Lent? Trinity members will join Christ Church Cathedral's *Saturday in the Park* program in Bushnell Park on **February 27**. We gather at Trinity to make sandwiches and pack bag lunches for approximately 60 homeless people. You can donate food or warm socks. You can come to help make sandwiches at 11 a.m. You can join us at 1 p.m. as we head to Hartford and distribute the lunches in Bushnell Park. Rain or shine or snow or any temperature we'll hand out lunches and visit with those who gather at 2 p.m. See the signup sheets in the Narthex.

Reaching Out to the People of Haiti Throughout Lent

Our children will be invited to think and pray for the children of Haiti and all the victims of the earthquakes there. Donations will continue to be collected with a particular focus on St. Vincent's Hospital and School for the Handicapped. Lenten alms offering cans are available for children of all ages to help make a difference as we think of others during Lent. Help teach your children to reach out by joining them!

Friday Lenten Soup Suppers and Program

We have supper programs lined up for four consecutive weeks in Lent - **Friday, March 5th**; **Thursday, March 11th**; **Friday, March 19th**, and **Wednesday, March 24th**. We'll begin at 6:30 p.m. with a hearty soup and bread supper to be followed by four programs on the theme of building Abrahamic partnerships.



The series is entitled *Across Faith Traditions—Walking a Path of Understanding*. We'll have an opportunity to learn about other faith traditions and at the same time deepen our own understanding of Christianity. Supper will be a family affair – everyone is invited around the table and **childcare will be provided**. Children and teens are invited to participate as they are able. Invite a friend or neighbor to join you as we learn and grow together and build bridges/connections across Abrahamic traditions.

Signup sheets for these supper programs are in the Narthex and if you have any questions, see Theresa or Linda+.

Week 1: Friday, March 5th
Presenter: Sister Shamshad Sheikh



Sister Shamshad will share with us her tradition of Islam—what's important to her, how she embraces Holy Scripture, a taste of the essence of Islam. She was the first Muslim Chaplain at Yale College. She now volunteers with Iraqi refugees in New Haven. Want to learn more about Islam? Come and hear our Muslim sister share her faith.


Week 2: Thursday, March 11
Presenter: Rabbi Debra Cantor




Interested in learning more about our Jewish roots? Come and hear Rabbi Debra teach us about Jewish Holy Scripture and a taste of the essence of Judaism. Debra is Rabbi at Congregation B'nai Sholom in

Newington and has been ordained for 21 years. She was a member of the first class at Jewish Theological Seminary in New York to include women. Join us and have fun with a Jewish journey for a night.

Week 3: Friday, March 19
Presenter: The Rev. Linda Spiers

Come for conversation  about how Christians interpret Holy Scripture. There are many ways to explore the Bible with many theological perspectives. This evening we'll explore a few of them and talk about them together. Linda will share how Holy Scripture forms and informs us as Episcopalians and Anglicans. Join us for a journey into Christian thought.

Week 4: Wednesday, March 24
Presenters: Sister Shamshad Sheikh, Rabbi Debra Cantor, and the Rev. Linda Spiers

Come and hear a  discussion among all three of our Lenten presenters as they share and explore together how Abrahamic partnerships can be deepened. Ever been in conversation with a Muslim, a Jew, and a Christian? Join us as we go a little deeper into our faith traditions together and discover how we can share and do share much in common.

Knitting as a Spiritual Discipline

Consider knitting as a spiritual discipline for Lent. Creating something with your hands in the context of prayer can be a way of calming the soul as well as a way of reaching out to someone in a quiet way. When they are available, we give a prayer shawl to someone as a symbol of God's love and comfort. It may be given for a joyful celebration or in a time when we want someone to know we care deeply about what she/he is going through. There are prayer shawl kits in the Memorial Room that include yarn, needles, and instructions. The kits only need your hands and the warmth of your heart. We also make baby blankets and caps for newborns who spend their early days in St. Francis Hospital's Neonatal Intensive Care Unit. Consider how the work of your hands might be blessed gifts.

We believe in what? What's the Episcopal Tradition all About Anyway?

Have you ever wondered what we Episcopalians believe?

What do you know about the history of the Episcopal Church? Could you name an Anglican theologian? Ever wondered what those strange pages in the back of the *Book of Common Prayer* are all about? If you are interested in exploring what it means to formally join the Episcopal Church, please see Linda+. Confirmation for Trinity's young people is held every other year, and the next time for that is Spring 2011. However if you are an adult interested in making the step of confirmation, reception, or re-affirmation, Linda will be happy to explore that journey with you now. This year's North Central Deanery Confirmation will be on **Saturday, April 10, at 11 a.m.**

Bishop Jim Curry will host a day of retreat for adult confirmands on **Saturday, February 27, at Diocesan House, 9 a.m. to 3 p.m.** There is no charge for the day, and lunch is included. It's a time for those adults considering confirmation or reception into the Episcopal Church. Please see Linda for more information.

The Reconciliation of a Penitent Anytime

Lent is often a time when individuals chose to make a formal confession of those sins that trouble the conscience. The Reconciliation of a Penitent is a sacramental rite in *The Book of Common Prayer* found on page 447. It has been said of this rite about those who consider it: "all may, some will, none must." The rite is available to all who desire it. If you wish to make this part of your Lenten discipline, please contact Linda+ for more information or to schedule an appointed time.

Holy Scripture Study

Thursdays 9:30 a.m. & 7:00 p.m.

Please remember that there are two Scripture Study/Reflection groups that meet each Thursday at the above hours in the Memorial Room. Anyone is welcomed to join either group for the six weeks of Lent if you choose to add the study of Holy Scripture as a Lenten discipline. We spend time with the readings of the upcoming Sunday Scripture and deepen our understanding of Scripture as the Living Word of God. Please call Theresa if you have questions or are interested in joining one of these groups.

HOLY WEEK & EASTER SCHEDULE

Palm Sunday: March 28

8 a.m. Blessing of the Palms in the Narthex with procession into the church for choral reading of the passion and Holy Eucharist

10 a.m. Blessing of the Palms in the Parish Hall with procession into the church for choral reading of the passion and Holy Eucharist

Holy Monday, March 29

8:30 a.m. Morning Prayer

7:30 p.m. Quiet hour in the church

Holy Tuesday, March 30

8:30 a.m. Morning Prayer

9:00 a.m. Clergy Renewal of Vows - Christ Church Cathedral, Hartford

7:30 p.m. Service of Tenebrae - this service provides an extended meditation upon, and prelude to the events in Jesus' life between the Last Supper and the Resurrection.

Holy Wednesday, March 31

8:30 a.m. Morning Prayer

9-11 a.m. Quiet morning in the church

6:30 p.m. Holy Eucharist

7 p.m. Quiet hour in the church

Maundy Thursday, April 1

8:30 a.m. Morning Prayer

7:30 p.m. Holy Eucharist with Foot Washing and Stripping of the Altar. An all night Watch follows in the church and Narthex concluding with Morning Prayer at 8:30 a.m. on Good Friday.

Good Friday, April 2

8:30 a.m. Morning Prayer

12 p.m. Good Friday Liturgy in the church

4 p.m. Children's *Way of the Cross*. Prayers and readings will be offered by children and youth in the tradition of moving from station to station marking our Lord's passion and death.

7:30 p.m. *Way of the Cross* - an adaptation of a local custom widely observed by pilgrims to Jerusalem: the offering of prayer at a series of places in that city traditionally associated with our Lord's passion and death. We will walk those steps using prayers, responses, and readings of Holy Scripture. The service, also known as Stations of the Cross, will be in the church.

Holy Saturday, April 3

8 p.m. **The Great Vigil of Easter.** This is the first service of Easter Day and includes readings of pivotal events of the Old and New Testaments—the Passover of Jews from the bondage of slavery in Egypt to the Promised Land, the Passover of Jesus Christ from death into life, and our own passover from the bondage of sin and death to new life in Jesus Christ. We begin the service in darkness, light the new Paschal Candle, and rejoice in the everlasting light of Jesus Christ

celebrating with Festival Holy Eucharist.
Reception follows in the Parish Hall.

Easter Day, April 4

- 5:30/6 a.m. Sunrise service in Trinity's Memorial Garden.
Holy Eucharist.
- 8 a.m. Festival Holy Eucharist with music.
- 10 a.m. Festival Holy Eucharist with full choir followed
by Trinity's traditional Easter egg hunt for
children.

*“Early on the first day of the week, while it was still dark, Mary
Magdalene came to the tomb and saw that the stone had been
removed from the tomb.”* *John 20:1*