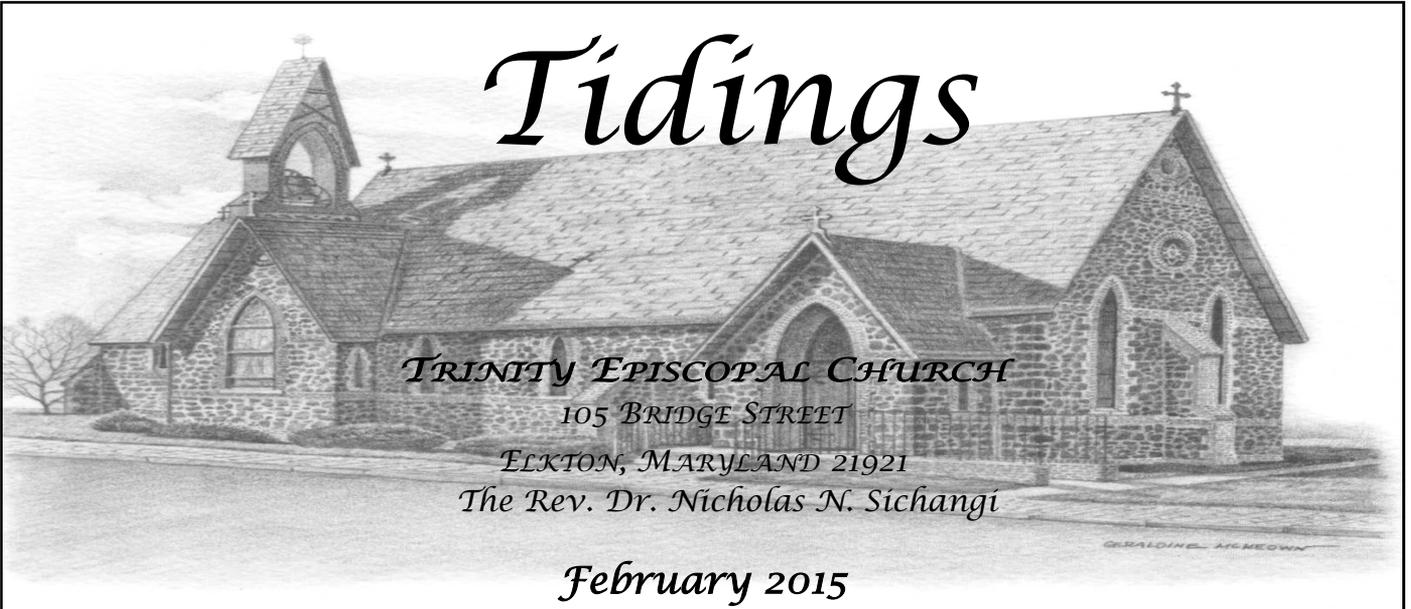


# *Tidings*



*TRINITY EPISCOPAL CHURCH*

*105 BRIDGE STREET*

*ELKTON, MARYLAND 21921*

*The Rev. Dr. Nicholas N. Sichangi*

*February 2015*

## *Lent*

The Lenten season is a time of sacrifice and cleansing as we prepare to celebrate Easter and the miracle of the risen Christ.

A friend, decided to give up smoking for Lent. This was both a meaningful sacrifice and one that would be beneficial to his personal wellbeing. But a sacrifice is personal. What would be authentic for one person, might not be a reality for another. We can not judge.

Preparation and sacrifice cannot be imposed. It must come from within. While I was a student at St. Paul's School of Divinity at Kapsabet, in Kenya, our principal decided to take us to St. Stephen's church where we would fast and pray in preparation for Lent. Each of us was to seek a solitary spot to meditate. We scattered and found respite from the sun and our principal under the shade of wattle trees, and slept.

As you choose your method of sacrifice and preparation, whether it be giving up something, serving a needy person, or monetary. Examine your soul and assure its relevance to the sacrifice our Lord has given to us.

On Ash Wednesday, February 18, we will begin our Lenten season with the sign of the cross impressed with ashes from our last Palm Sunday upon our foreheads to humble our hearts and to remind us that we are not permanent on this earth. Man is ashes and to ashes we shall return. Therefore this symbol invites us to a moment of penitence and allows us to humbly examine our souls, so that we can fully give ourselves to Christ whose divine life we will celebrate on Easter Sunday.

*~The Rev. Dr. Nicholas N. Sichangi*

***Your Prayers are asked for***

<i>Randy</i>	<i>Rebecca Duffy</i>	<i>Justin Pearce</i>
<i>Jacob Asroff</i>	<i>Emily Gaffney</i>	<i>Rose Perrone</i>
<i>Mary Helen Atwood</i>	<i>Rev. Lauren Gough</i>	<i>Diane Porter</i>
<i>Dustin Bartow</i>	<i>Joe Heimberger</i>	<i>Christopher Porteus</i>
<i>Adele Bass</i>	<i>Walter Jermyn</i>	<i>Vaughn Potts</i>
<i>Jim Bauman</i>	<i>Peggy Jordon</i>	<i>Rev. Judy Upham</i>
<i>Laura Boston</i>	<i>Libby Keefer</i>	<i>Linda Rawlings</i>
<i>Robert Burchett</i>	<i>Kathy Koslak</i>	<i>Brooke Rollins</i>
<i>Goldie Cook</i>	<i>Victoria Marsh</i>	<i>Jane Sichangi</i>
<i>Tim Coudon</i>	<i>Rosemarie Scott Murphy</i>	<i>Ron Thompson</i>
<i>Jesse Cugini</i>	<i>Richard Palmer</i>	<i>Lisa Wiegand</i>
		<i>Susan Tull Wilson</i>



**8:00 a.m. service**

Date	CBR	P of P	Usher
2/15	Gordon Tozer	Mary Helen Atwood	Mitzie Snyder, Paul Arbour Jr.,
2/22	Victoria Koslak	Tricia Smith	Sam Smith, Susan Weed

**10:00 a.m. service**

Date	Acolytes	Lector	CBR	Ushers	P of P	Greeter
2/15	Marina White Jack Fossler	Bill Gorak	Debbie McKeown	Eugene Caffey Ross Lee	Judy Caffey	Libby Keefer
2/18 Ash Wed.	Aaron Derby	Marina White	Heidi White	Charlie Davidson	Marina White	Kathy Davidson
2/22	Jack Fossler Marina White	Mary Morrison	Orville Potts	Eugene Caffey Charlie Davidson	Debbie McKeown	Jane Ayers

***Lent begins***  
**Ash Wednesday,**  
**February 18**  
 Holy Eucharist  
 with the  
 Imposition of  
 Ashes  
 at 7:00 p.m.



**Thank you to the  
 Brotherhood for putting up and  
 taking down our crèche!**

**Thanks to the Women of Trinity  
 who helped with the  
 annual meeting.  
 Thanks again!!**

## Shove Tuesday, Pancake Supper

Tuesday, February 17<sup>th</sup>

Parish House

5:00 pm– 7:00 pm



Come, relax, and let others do the cooking and serving while you enjoy the fellowship.

Adults \$ 5.00

Families \$15.00

Children 5 and under free.



### **Gifts of the Season**

*Lent is considered a penitential season when sacrifices are made. But consider the possibility of giving gifts—gifts that do not cost a cent but are worth their weight in gold.*

**The Gift of Listening**– No interrupting, no daydreaming, no planning your response.  
Just listening.

**The Gift of Affection**– Be generous with appropriate hugs, kisses, pats on the back and handholds. Let these small actions demonstrate the love you have for family and friends.

**The Gift of Laughter**– Clip cartoons. Share funny stories. Your friends will say,  
“I love to laugh with you.”

**The Gift of a Written Note**– It can be a simple “Thanks for the help” or a full sonnet. A brief, handwritten note may be remembered for a lifetime and may even change a life.

**The Gift of a Compliment**– A simple and sincere “You did a super job” or “That was a wonderful meal” can make someone’s day.

**The Gift of a Favor**– Go out of your way to do something kind for someone.

**The Gift of Solitude**– There are times when we want nothing better than to be left alone. Be sensitive to those times and give the gift of solitude to others.

**The Gift of a Cheerful Disposition**– The easiest way to feel good is to extend a kind word to someone. It is not that hard to say “Hello” or “Thank you.” Friends are a very real jewel indeed.

## Shrove Tuesday



## Trinity Teens

### Community Service

Who: Trinity Teens and their friends

What: Shrove Tuesday Pancake Supper Servers

At the request of the Brotherhood, the Trinity teens will help serve food at the Shrove Tuesday Pancake Supper.

When: Tues., Feb. 17, 4:45pm

Where: Trinity's Parish House

### Trampoline Outing

Who: Trinity Teens and their family & friends

When: Sunday, Feb. 15, 3:30

What: Launch Delaware - 200 Interchange Blvd., Newark, DE

Launch is an indoor trampoline park.

Please check out: [launchde.com](http://launchde.com). All participants (or parents of those under 18) must sign a waiver, which you can find on the website. Afterwards, the group plans to eat at the Claymont Steak Shop, 57 Elkton Rd, Newark, DE.

Cost: \$14 per person for trampolining plus food (payable at the event)

RSVP: ASAP with numbers of those planning to attend to [sandyw1994@aol.com](mailto:sandyw1994@aol.com)



### FLOWERS OVER THE ALTAR

are a lovely addition to our worship experience and a beautiful way to celebrate an occasion or remember loved ones. Please consider donating flowers during the year.

Sign-up sheet is in the Parish House.

### COFFEE HOUR HOSTS

are needed to provide light refreshments (cookies, donuts).

We supply the coffee, cream and sugar after the 10:00 a.m. service. Coffee hour is a critical ministry, not only for the fellowship of our regular members but also for the meeting and greeting of newcomers. **Sign-up sheet** is in the Parish House.

### Redner's Warehouse Markets Save a Tape--Here's how it works:



When you shop at Redner's Warehouse, use your pump perks card, and save your receipt. By using this card each time you purchase merchandise at Redners, your receipt will be designated as a Save-A-Tape customer receipt. Bring your tapes into the Parish House and place them in the envelope on the bulletin board. Trinity will receive 1% of you total. Thank You in advance!!