

TRINITY EPISCOPAL CHURCH



ICON OF THE HOLY TRINITY
By Andrew Rublev, AD1425

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TRINITY MESSENGER



ICON OF THE HOLY TRINITY
By Andrew Rublev, AD1425

Volume 42, Issue 9

March, 2010

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Special points of interest:

- Sr Warden message
- CROP Walk
- ECHO insert

Robert's Reflections

Weight Lifting with Jelly Doughnuts: Lent 101

So we got our ashes and prayed the Collect for Ash Wednesday. The liturgy for the day continued with calling us to observe a Holy Lent. Now what?

Like my title implies, we think of Lent as an exercise with the obvious – food. I am thankful that jelly doughnuts no longer have their hold on me as they once did as a youth. Many things have replaced that craving. Besides – sugar spikes do my diabetes no favors! So if we are to use Lent as the springtime of the Church Year, a time of preparation for Easter or what St. Paul calls the “power of the resurrection” (Phil. 3:10) what might be some of the basic disciplines?

Page 17 of the BCP (Book of Common Prayer) calls its readers to “**special acts of discipline and self denial.**” This includes the discipline of *fasting*. Why *fast*?

The call to fast is not an option for people of

Anglican Christianity. *The Calendar*, page 17 of the BCP clearly calls us to fast and NOT just in Lent. “*Fasts: Ash Wednesday and Good Friday; Days of Special Devotion* observed by special acts of discipline and self denial – Ash Wednesday and the other weekdays of Lent and of Holy Week, except the feast of the Annunciation...Good Friday and *all other* Fridays of the year, in commemoration of the Lord’s crucifixion, except for Fridays in the Christmas and Easter seasons, and any feasts of our Lord which occur on a Friday.”

By modern standards this might sound rather austere. Yet there are no clear guidelines from the Fathers handed down for this important practice. From the fourth century, Saint John Cassian wrote, “They have not given us a single rule for fasting or a single standard and measure for eating, because not everyone has the same strength; age, illness or delicacy of body create differences. **But they have given us all a single goal, to avoid over eating and the filling of our**

bellies.” One rule Cassian did suggest was: “**A clear rule for self control handed down by the Fathers is this: stop eating while still hungry and do not continue until you are satisfied.**”

The prayer book does make clear that fasting is to be preceded by **self-examination and repentance**; then **by prayer, fasting and self-denial**; and **by reading and meditating on God’s holy Word** (*Ash Wednesday, p.265*).

Finally, remember the year 2000 movie *Chocolat* that made it clear that it was not food or even chocolate that should be given up, but rather hatred and anger. The Church has always taught that two guys GUS (*fasting*) and TOM (*service*) have much to teach us in training Christians to confront the temptation to sin. **Giving Up Something and Taking On More** when balanced with the preceding paragraph will help Lent put the spring in our Christian faith the entire Church year. GUS and TOM prayerfully done will be all the weight lifting necessary for fitness!



Symbols in Our Home

We need to choose to let our homes be a place full of the holy – things that help raise our minds and hearts to God. Our world is full of so many images that lure our minds and hearts elsewhere. Here are some symbols that will carry the ongoing meaning we give them, for us and for our families and loved ones.

A Cross
We probably all have a cross in our home. If not, Lent might be a wonderful time to buy one and place it in a central place. Even a child’s drawing of Jesus’ death for us can be a powerful, stirring reminder of

God’s love.

Water
A simple bowl of water, in a central place, can be transformed into an ongoing reminder of our journey to the font of baptism for the renewal of commitment and life in Christ. Perhaps we can pray over it. “Lord, may this water remind us of our baptism and be a blessing for our home, where our dying and rising in you is lived each day. Bless us, as we sign ourselves with it each day.”

Sand
Perhaps a bowl of sand can help us remember our journey. God led the people in their journey in the desert. Jesus himself reenacted that journey to

face his own temptations. The desert can be a place of retreat, where there is a freedom from distractions. It can be a good place to be led and to face our temptations.

A Candle
Imagine having a candle in a central place in our home. Imagine praying over it together as we begin Lent. “Lord thank you for the gift of your Light in the midst of all darkness. Let this candle be a symbol of our faith in your presence among us.” And imagine if we light this candle whenever we feel tempted away from the Light of Jesus, when we are experiencing tensions in our home, whenever we need special

graces. Imagine how powerful experiencing the lighting of the New Fire will be at the Easter Vigil.

A Bible
The Word is so important for us during Lent. Perhaps the prominent presence of a Bible in our home can represent for us our desire for God’s Word in our lives. Imagine the experience that could be ours if - when we feel a new inspiration or a softening of our heart, or just a sense of God’s love – we pick up that Bible and hold it close to our hearts.

*Taken from the *Praying Lent* pages of Creighton University’s *Online Ministries* web site: www.creighton.edu/CollaborativeMinistry/online.html. Used with Permission.”

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Trinity Episcopal Church

“This is a safe place where we accept all God’s Children and help each other live out our faith.”

Our Vision:

To know Christ and make Him known.

Our Mission Statement:

The Mission of Trinity is to restore all people to Unity with God and each other in Christ.

Sadness & Joy

Mark Karrels - Senior Warden



(Ed. Note: this was written Tuesday, 2/16/10)

Lent begins tomorrow with Ash Wednesday. It has been described by some as a "Season of Sadness" because during the forty days we prepare ourselves by fasting and observing spiritual discipline knowing that the end of Lent culminates in the death and crucifixion of Jesus Christ followed three days later by His glorious and triumphant resurrection.

I recently had several patients die that I had known and enjoyed seeing for many years. I think it's always difficult to find the right words to express sympathy to the family, so many times I just say I'm sorry for their loss. If I'm familiar with their life story, I feel comfortable acknowledging how the departed has touched the lives of many others and how the world is a better place because they

were born. I can be sad they have died but rejoice they were born.

As I was thinking about this Lenten season, it occurred to me to compare and contrast the emotions involved with Jesus' life and death and our own mortality. I realized that we actually could be sad that Jesus was born for his mission was to save us from our sins. What an awesome burden. But we can rejoice that he suffered and died for our salvation and rose again on the third day. How interesting that just the opposite emotions are involved when contrasted with our lives.

Lent allows us time to prepare for the wonderful gift of eternal life with our creator. Accepting Christ as our Savior is appropriate any time of the year. Then our season of sadness can turn to joy.

ANNUAL MEETING HIGHLIGHTS

1. Annual meeting approved the election of two Alternate members of the vestry to assist as needed to fill a quorum or work on projects. Term of alternates is for one year.
2. The following were elected to the Vestry of Trinity Church: Mark Karrels, Sr. Warden—1-yr Term
Phil Whitford, Jr. Warden—1-yr Term
Martha McHugh, Dave Daane, Kate Lohmann—3-yr Vestry Member Terms

1. Rachel Rotzoll, Jane Syme—1-yr Vestry Alternate Terms (new positions)
2. The following were elected to be deputies and alternates from the congregation to the 2010 Diocesan Convention in October:
Deputies: Dick and Rita Lynes
Alternates: Betty Gilbert, Jane Syme
3. The following were elected to be deputies and alternates from the congregation to the 2010 Diocesan Convention in October:
Deputies: Dick and Rita Lynes
Alternates: Betty Gilbert, Jane Syme
4. Treasurer Adel Smith announced no Endowment Funds were used in 2009 and none are planned to be used

in 2010. The balance sheet showed a net profit of \$22,137.12 in 2009. The proposed budget for 2010 is "balanced."

5. The Senior Warden honored and thanked the following for their services: Retiring vestry members Dela Ends and Rebecca Wallendal
Retiring clerk of the vestry Lyda Holz

6. Treasurer sent \$1,268 to the Milwaukee Diocesan Haiti Project.
Sharon Williams, Vestry Clerk

VESTRY MEETING HIGHLIGHTS

Trinity Vestry Members met on Jan. 31, 2010. Below are the highlights from their meeting:

1. The following joined the Vestry of Trinity Church

on January 31:
Mark Karrels, Senior Warden—1-yr term; Phil Whitford, Junior Warden—1-yr term.
Martha McHugh, Dave Daane, and Kate Lohmann for 3-yr terms as members. Rachel Rotzoll and Jane Syme will be vestry "alternates" to serve as needed for 1-yr terms.
2. The following were

(Continued on page 3)

The Ministers of this Church are the People of this Congregation

Bishop of Milwaukee

The Rt. Rev. Steven Andrew Miller

Rector

The Rev. Robert E. Lebron

Deacon

The Rev. Deacon Marcia Tyrivier

Outreach Ministry Team

Paul Benish, Dela Ends, Sandy Petranek

Christian Education Ministry Team

Rebecca Wallendal

Music & Choir Director

Thelma Wilcox

Organists

Susan Blumer, Anne Wanke, James Morrison, Jane Syme

Sunday School Coordinator

Anne Wanke

Acolyte Coordinator

Beth Mullen

Building & Grounds Ministry Team

Phil Whitford, Bill Bostwick, Dick Lynes, Martha Morehart, Dane Albright

Lucille Wells Scholarship Fund Administrator

Martha McHugh

VESTRY MEMBERS:

Sr. Warden: Mark Karrels
Jr. Warden: Phil Whitford

Ben Blagooee, Dela Ends, John Davis, Edward Schultz, James Schultz, Jayne Thomas, Curt Van Allen, and Rebecca Wallendal

Treasurer: Adel Smith

Clerk: Lyda Holz

Parish Administrator:

Jeanette Thorp
Office hours:
Tuesday Wednesday, and Thursday, 9 am—4 pm.

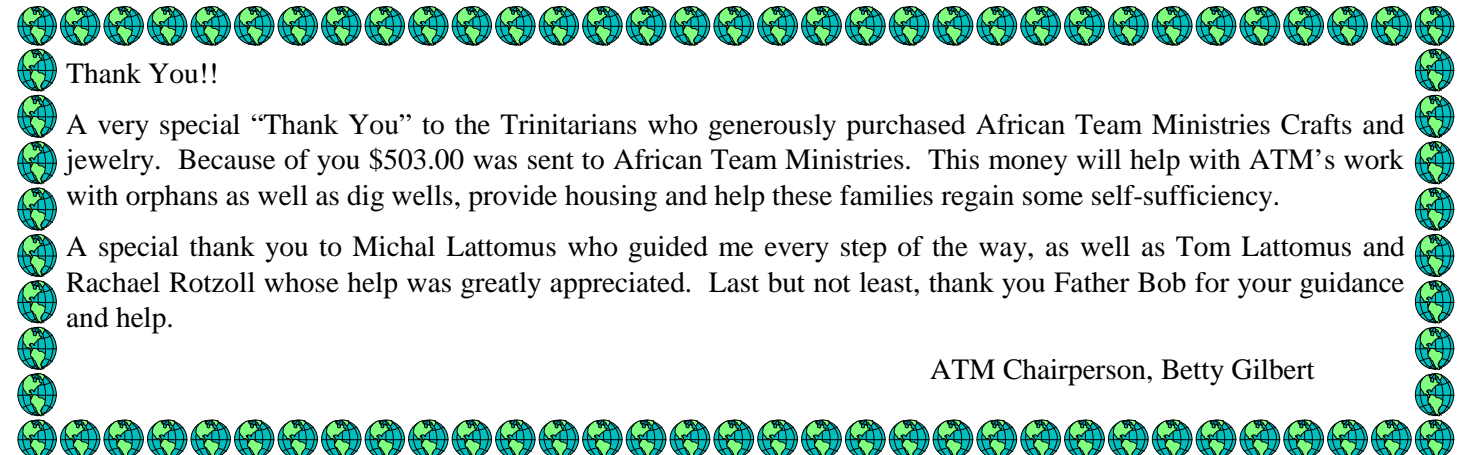
March Birthdays & Anniversaries

3/1 Victoria Gounah	3/19 David Daane
3/1 Andrew Holdorf	3/22 Ryan Lewis
3/3 Bola Blagooee	3/24 Sandy Petranek
3/4 Walter Kevern	3/24 Anna Davis
3/7 Penny Christianson	3/25 Michal Lattomus
3/8 Drake Zuehlke	3/30 Aaron Walters
3/9 Jack Morehart	3/31 Tobi Rotzoll
3/12 Linda Tregoning	
3/13 Judy Bostian	
3/15 John Kuster	
3/16 Marlene Roessler	
3/17 John Oehrke	
3/18 Chris Benish	



(A) Denotes Anniversary

Every effort has been made to ensure accuracy. If we have made an error, please contact the church office.



Thank You!!

A very special "Thank You" to the Trinitarians who generously purchased African Team Ministries Crafts and jewelry. Because of you \$503.00 was sent to African Team Ministries. This money will help with ATM's work with orphans as well as dig wells, provide housing and help these families regain some self-sufficiency.

A special thank you to Michal Lattomus who guided me every step of the way, as well as Tom Lattomus and Rachael Rotzoll whose help was greatly appreciated. Last but not least, thank you Father Bob for your guidance and help.

ATM Chairperson, Betty Gilbert

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Cassandra Clarson, Funeral Director
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Paul Benish, CFP®
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Janesville
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trimarkdental.com

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Call Jeanette Thorp,
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1-608-754-3402
Email: mail@trinityjanesville.org



Contribute to CROP WALK, please.

Efforts for the yearly CROP Walk will start late February. At that time, check with Paula DeRubeis to obtain an envelope or make a contribution.

In late February, please see Paula DeRubeis to sign-up to walk, be a spirit walker (who collects money but can't come to the April 25 walk), or rock. OR contribute to someone who is collecting money.

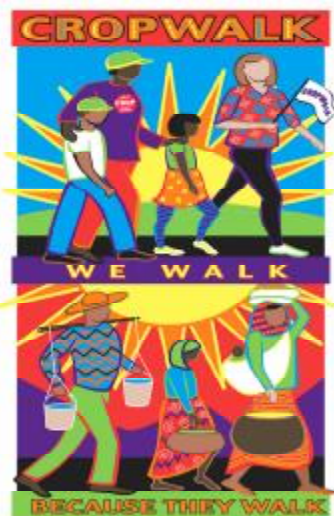
OR before April 21, mail a check to the church office, MADE-OUT TO CROP WALK.

This is Janesville's 34th CROP Walk, the only walk in the nation which contributes its benefits to the hungry people world-wide AND to the needy in our local community. CROP Walk is organized by Church World Service (www.churchworldservice.org), and is consistently given "A" or "4 star" ratings for efficiency and giving the best aid to the needy (Charity Navigator, Charity Watch Rating Guide, GiveSpot.com).

Last year Trinity's CROP Walk team earned several thousand dollars. Let's do it again!

"The bread that you possess belongs to the hungry. The clothes that you store in boxes, belong to the naked. The shoes rotting by you, belong to the bare-foot. The money that you hide belongs to anyone in need." **Saint Basil**, fourth century theologian and monastic

Jesus said, "Whatever you do to the least of these...you do to me." (Matthew 25:40)



CHRISTIAN FORMATION—Sunday School

Wow! Thanks are not enough to express the gratitude I have for the staff, students, and members of Trinity! Our pancake supper was a roaring success. Huge thanks to the kitchen staff; the cooks, dishwashers, cleaners. The staff was awesome, and the students worked so well.

A special thanks goes to Byron Morehart for his wonderful guitar playing during the meal, and to Debbie and Bill Litzler for the fabulous face painting and magic show! We all enjoyed it so much.

Not only did this meal provide funds for the Sunday school, it also provided a chance for our guests at the GIFTS program to be a part of our community. What a wonderful witness.

While we are still figuring out profit after bills, I am sure that we all are blessed by this effort. Thanks again so much! Anne Wanke and the Sunday school staff and students of Trinity.

March news for Sunday school:

The students will be working on Lenten outreach project of a pennies war to go Haiti. We may use the ERD or any other organization the vestry and Father Lebron deem advisable. They will also be taking a serious look at Lenten practices in the church, and how it relates to daily life.

Nursery update: Anyone able to help in the nursery would be greatly appreciated. Call the church office; 754-3402. Thanks, Anne Wanke

CHRISTIAN FORMATION—adult

- Sunday Morning Fellowship w/ family Sundays @ 11 am
- The Office of Compline Wednesday @ 7pm contact Jayne Thomas
- SOS Groups (Seekers of Spirituality) Meets weekly for study, prayer, and support. Monday's, 7:00 pm. Contact Paula DeRubeis
- Trinity Contemplative Prayer Group Thursday eve 7:00 pm contact Jayne Thomas
- Women's Group Friday 9:30 -11 am Ortmayer Hall Contact: Corky Van Allen
- Men's Action Group Monday, Feb 22, 5:30pm Ortmayer Hall

(Continued from page 2)

3. Vestry approved the following to be deputies and alternates from the Vestry to the 2010 Diocesan Convention in October:
Deputies: Jayne Thomas, Ed Schultz
Alternates: Kate Lohmann, Martha

McHugh

4. The Annual Vestry Retreat will be pending. Following extensive discussion, the Vestry decided to table the lighting proposal indefinitely. Many believe building and grounds problems need to be prioritized before additional repairs are undertaken. Following prioritization of needs, the church might be able to perform some of the smaller repairs without borrowing more money. Borrowing money is of particular concern while there is still outstanding debt to pay on the roof repair loan.

from 9:00 a.m. to 3:00 p.m. on Saturday, March 13 at Trinity.

5. Next Vestry meeting will be Monday, February 15 at 6:30 p.m. in Ortmayer Hall

Sharon Williams, Vestry Clerk

VESTRY MEETING HIGHLIGHTS

Trinity Vestry Members met on Feb 15th, 2010. Below are the highlights from their meeting:

1. **Ministry Review Goals:** Vestry will develop goals (Children/Youth, Leadership Development, Pastoral Care and Worship) at the retreat being held Saturday, March 13, at Ortmayer Hall.
2. **Mission and Development Grant:** Vestry is seeking more committee members to brainstorm on ways to use this grant from the diocese.
3. **Parish By-Laws:** Jane Syme and Ed Schultz will join Curt VanAllen in revising the Parish By-Laws.
4. **Lighting Proposal for Church:** All lights which were out of order have been repaired except for one which is

pending. Following extensive discussion, the Vestry decided to table the lighting proposal indefinitely. Many believe building and grounds problems need to be prioritized before additional repairs are undertaken. Following prioritization of needs, the church might be able to perform some of the smaller repairs without borrowing more money. Borrowing money is of particular concern while there is still outstanding debt to pay on the roof repair loan.

5. **Funds for Church Youth:** At the request of Anne Wanke, Vestry approved the use of funds earned by youth at the pancake supper for youth scholarships and Sunday School supplies. Vestry also approved the plan for the Sunday School to organize a Lenten Pennies' War for Haitian relief. These

funds will be given to Episcopal Relief or other approved organization.

6. **Consideration of Lot Purchase:** Vestry decided the lot for sale at the corner of Wisconsin and Court Streets would not supply enough parking slots to justify the expense of purchasing the lot, tearing down the building, and constructing a parking lot for Trinity's use.

7. **July Vestry Meeting:** Because of the number of July vacations planned, the Vestry voted not to schedule a July meeting. In case business of an urgent nature arises, a special meeting can be scheduled.

8. **Changing Stewardship Campaign Date:** Vestry decided to discuss the date for 2010 Stewardship Campaign at the March 13 retreat.

Sharon Williams, Vestry Clerk



Elder Ministries of the Diocese has planned a conference of very broad interest on spirituality in aging. This is designed for the aging, family care givers, chaplains, all health professionals and anyone interested in learning about how spirituality in aging is important to us all.

Date: April 23, 2010 (registration begins at 8:15)

To Register: Call 262.754.0525 or go online to www.spiritualityinaging.org and click on the attendee brochure

Location: Country Springs Hotel & Resort, 2810 Golf Road, Waukesha, WI 53187

Ticket(s): \$50/per person, parties of 6 or more \$35,

and students and seniors \$15

Presented by: The Elder Ministries Committee,

Sun	Mon	Tue	Wed	Thu	Fri	Sat
7 8 AM Choir practice 8am- Holy Eucharist Rite I 9:30am- Holy Eucharist Rite II 10:45am Fellowship/Education	1 7pm SOS (call Paula DeRubeis)	52 A DAMS BREAKFAST>	3 12pm Service & Lunch 5:30 pm Lenten Soup/Study 7pm Compline	4 9:30 am Knitting Group @ Mocha Moment 7pm Contemp. Prayer (call Jayne Thomas)	5 9:30-11:00 Women's Group	6 9am-3 pm Vestry Retreat— Ortmyer Hall
14 8 AM Choir practice 8am- Holy Eucharist Rite I 9:30 Holy Eucharist Rite II 10:45am Going Away Party for Deacon Marcia poltuck	8 7pm SOS (call Paula DeRubeis) A DAMS BREAKFAST>	9 A DAMS BREAKFAST>	10 12pm Service & Lunch 3PM St. Elizabeth Birthday Party 5:30 pm Lenten Soup/Study 7pm Compline A DAMS BREAKFAST>	11 9:30 am Knitting Group @ Mocha Moment 7pm Contemp. Prayer (call Jayne Thomas) A DAMS BREAKFAST>	12 9 :30-11:00 Women's Group A DAMS BREAKFAST>	13 9am-3 pm Vestry Retreat— Ortmyer Hall
21 8 AM Choir practice 8 & 9:30am Morning Prayer 10:45am Fellowship/Education	15 7pm SOS (call Paula DeRubeis) 6:30 pm Vestry Mtg. NEWSLETTER DEADLINE	16 DAMS BREAKFAST>	17 1 2pm Service & Lunch 5:30 pm Lenten Soup/Study 7pm Compline	18 9:30 am Knitting Group @ Mocha Moment 7pm Contemp. Prayer (call Jayne Thomas)	19 9 :30-11:00 Women's Group	20
28 PALM SUNDAY 8 AM Choir practice 8am- Holy Eucharist Rite I 9:30am- Holy Eucharist Rite II 10:45am Fellowship/Education	22 7pm SOS (call Paula DeRubeis)	23 30 7:30am—Morning Prayer 4:30 pm—Evening Prayer 7pm SOS (call Paula DeRubeis)	24 12pm Service & Lunch 5:30 pm Lenten Soup/Study 7pm Compline	25 9:30 am Knitting Group @ Mocha Moment 7pm Contemp. Prayer (call Jayne Thomas)	26 9:30-11:00 Women's Group	27
			31 12pm Service & Lunch 7pm Compline	April 1— Maundy Thursday 7:30 pm Service 8:45 pm Vigil Watch til Friday at 7:30am	April 2—Good Friday Vigil Watch ends 7:30 am 12 noon—Stations of the Cross 1pm Good Friday Service 7 pm Shadow Box Stations of the Cross	April 3 Holy Saturday 7 :30 pm Easter Vigil

Date	Acolytes	Lay Reader	Prayers of People	Ushers
03/07 8am	EM-John Holcomb EM- David Thill	David Thill	David Thill	Bill & Marlene Roessler
9:30 am	T-Rachel Cunningham T-Madison Schultz C-Temi Blagooee EM-Tolani Blagooee EM-Linda Adams	Dela Ends	Betty Gilbert	Dane & Deborah Albright
3/14 8 am	EM-Kipp Boesdorfer EM-Dick Lynes	Non Griffith	Len Griffith	Phil & Susanne Whitford
9:30 am	T-Julia Frerichs T-Jack Elliot C-Madelynn Schultz EM-Beth Mullen EM-Anna Davis	Jayne Thomas	Rita Lynes	Gene DeRubeis & James Schultz
3/21 8am	EM-Michael DeRubeis EM-Ellary Nemetz	Jane Syme	Jane Syme	Anne Abram
9:30am	T-Colin Cabelka T-Chris Cabelka C-John Casper EM-Samantha Casper EM-Daneille Aubrey	Levi Zuehlke	Jayne Thomas	Ed Schultz & Warren Smith
3/28 8am	EM-Holly Grams EM-Maggie Bostwick	Nona Griffith	Len Griffith	Monte & Karen Whitford
9:30am	T-Ryan Daane T-Marc Daane C-Kevin Daane EM-Levi Zuehlke EM-Jill Daane	Anne Wanke	Susan Barton	David & Linda Daane

The Bread Basket

The Adams School Breakfast Club needs about 50 loaves of bread each month of the school year. We usually get the bread from the ECHO Pantry. Their bread supply has been decreasing as our needs have been increasing. The first Sunday of each month will be designated as "BREAD BASKET SUNDAY." It would be wonderful if each church family donated one loaf of bread per month during the school year. If you are unable to donate on the first Sunday of the month, the bread basket will be located at the back of the church every Sunday. If you wish to help in other ways, a check made out to "Adams School Breakfast Club" will be appreciated.



Do you have news, an article or information you would like to submit for our monthly newsletter? Please submit your items to the church office by the 15th of the month. I would appreciate any assistance to assemble the newsletter. Please let me know if you are willing to help with this task!! Thank you!!

Jeanette, Parish Administrator