

## A Twist on a 'Fish Fry'

Believe it or not there is a part of me that really looks forward to the season of Lent coming – the culinary part. You wonder where I am going with this? Well Lent usually means for me, regular “Fish Fry’s”. I have also gone with friends during Lenten Fridays and enjoyed ‘seafood’. What a tough life is it not?

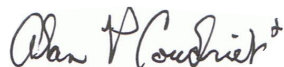
Perhaps you’ve noticed the attempt to “cheat” here in some kind of way? Yes, I am aware some of us don’t follow the dietary directions for the season of Lent from our *BCP*. Let me frame where I am going differently. What discipline am I (we) living? I don’t believe we are really called to all give something up. But I am convinced that we all need to find discipline – spiritual discipline – in our lives. Athletes do not improve, or become really athletes without discipline and sacrifice. Nor do we become closer to God and therefore more deeply spiritually grounded without spiritual discipline. That discipline may come in different forms, but unless it’s used, it withers and dies.

Oh and yes, we might even be fooling ourselves about self-discipline or lack thereof if we do not check in with God and another trusted human being. It’s terribly easy to fool ourselves – therefore my ‘cheating’ on the fish fry’s... and seafood...

I invite you into a deeper time of discipline – even repentance. Even if you’ve messed up with Lent already, you can easily start again fresh. You can take the time and look into your life and take some spiritual discipline that you may become closer to God and the person God wants you to be!

Come to Lent. Come to who you are called to be.

With affection,



(The Rev) Alan P Coudriet +  
Interim Rector

## LENTEN WORSHIP OPPORTUNITIES TUESDAYS, WEDNESDAYS, THURSDAYS

### Lenten Programs at Trinity

On Wednesday Evenings during Lent we will gather together at 6:00 PM for Evening Prayer followed by a simple vegetarian and no dessert pot luck supper. Different programs will be presented over the five weeks. Those making presentations:

**February 24th** —Deacon Gail— Spiritual Disciplines

**March 3rd**— Diane Brant—Centering Prayer

**March 10th**—Paul Boger —Dental Mission to Guatemala

**March 17th** — Pat Hesch—Youth Music Program

**March 24th** — Father Alan— (1994) Trip to the Holy Land

**Community Lenten Services sponsored by** the Warren Area Ministerial Association are being held Thursdays during Lent at First United Methodist Church, 200 Market Street, Warren, PA.

**Thursday, Feb. 25** – Rev. Steve Sorensen, preaching

**Thursday, March 4** – Rev. Kevin Haley, preaching

**Thursday, March 11** – Rev. Rick Rohlin, preaching

**Thursday, March 18** – Rev. Ray Forstrom, preaching

**Thursday, March 25** – Rev. David Blank, preaching

**Thursday, April 1** – Rev. Charles Wells, preaching

All services are at noon followed by a Soup & Pie Luncheon (\$4.00) at 12:30PM.

For the third year in a row, Christians in the city of Warren will gather to celebrate Lent together on Tuesday evenings at different locations. Each evening begins at 7:00PM with a worship service using the beautiful Holden Evening Prayer service. All services will be followed by a time of conversation, cookies and Christian fellowship. Everyone is invited to attend. Below is a list of locations and preachers:

**Tuesday, Feb. 23** - First United Methodist Church, 200 Market Street - Rev. David Blank, preaching

**Tuesday, Mar. 2** - First Lutheran Church, 109 W. Third Street - Rev. Bill King, preaching

**Tuesday, Mar. 9** - First Presbyterian Church, 300 Market Street - Rev. Kevin Haley, preaching

**Tuesday, Mar. 16** - Holy Redeemer Roman Catholic Church, 11 Russell Street - Rev. Sandra Jones, preaching

**Tuesday, Mar. 23** - Grace United Methodist Church, 501 PA Avenue East - Father Walter Packard, preaching

### Thank you, thank you.

Many thanks to the members of Vestry for hosting our Shrove Tuesday pancake supper. We were treated to great pancakes, pork sausages, turkey sausages (mmm, mmm, good) and of course, delicious maple syrup.

We had a great turn out and everyone got more than their fill. What wonderful time of food and fellowship.

Thanks again to all who purchased, set up, cooked, served and cleaned up.





## PRAYER

We Prayer Ministers are happy with the large number and variety of prayer requests Trinity's parishioners place in the prayer basket at the back of the church. You request prayer for friends and family, the community, the church and the world. (Prayer requests remain in the basket, until we are asked to remove them.)

Can you guess the one request we don't see in the basket? No one asks for prayer for themselves. Is it because people believe it is selfish to pray for their own wants and needs? If our God is the loving Father we claim Him to be, why would we believe we are selfish or "bothering Him" with our requests?

I believe the main purpose of prayer, which is conversation with God, is to build a relationship with God, to reach the point where my immediate response to all of life's challenges is to turn to Him. Therefore, I strive to pray for everything, even parking places. If I get the parking place, I thank God; if I don't get the prayed for parking place, I thank God. The point is not the parking place; it's the communication, the relationship.

When we fly, the safety instruction we receive include the directive, "If you are traveling with small children or persons needing your assistance, put your own oxygen mask on first, before assisting them with theirs". The same principle applies to intercessory prayer. If we care enough about someone to pray for them, we certainly must care enough to be willing to be part of the answer to their prayer. Thus, we must pray for ourselves first. This applies even to those broad areas such as world peace. Gandhi said, "Be the change you pray for in the world". So, if we are praying for world peace, our contribution might be to live in a peaceful manner. Certainly, we'll need to pray for the grace to do that.

If you can't get over your feelings of selfishness, ask God to help. If you forget to pray, ask God to help you remember. Ultimately, perhaps, our focus will shift from ourselves to our Lord as we talk to Him all day, every day.

### Easter Food Baskets

Diane Groszek is asking for volunteers to help with distribution of the Easter Food Baskets on **Saturday, March 27th**. Volunteers are needed as fillers, greeters, breaking down boxes, and cleaners. Also anyone who has a truck who can pick up food at Thornes Bi-Lo and Aldi's on March 25th would be appreciated. A sign-up sheet is on the table in the narthex.



### Coffee Hour Hosts

Thank you to *the McColloughs, Ellen Scalise & Sylvia Anderson, the Thomas family* and *the Winslows* for providing goodies in February. A sign-up sheet for hosts and clean up volunteers for the months of March and April is in the narthex.

### Kids in Socks!!

We are requesting donations of socks this year to be distributed with the Easter Food Baskets on Saturday, March 27th.

Two socks, new socks, we are collecting all sizes of socks for children. A basket for your sock donations is in the narthex.



### Easter Meals

Barry & Renee Cunningham and Addy Landrio are making plans for the Easter Meal Delivery on Holy Saturday, April 3. Ham, potatoes, vegetable, and rolls along with a cupcake comprise the Easter meal.

Volunteers are needed for cooking, preparing and serving the food, as well as, making the deliveries. Cupcakes are also needed. If you can help with this outreach ministry, please sign up in the narthex. If you have any questions, please speak with Barry & Renee (563-7212) or Addy (723-4809).

### Prayer for Trinity

*Almighty and gracious God, ruler of all things in heaven and earth, hear our prayer for the rector, vestry and parish family of Trinity Memorial Episcopal Church. By the indwelling of your Holy Spirit, enlighten and strengthen us for your service. Teach us in all things to seek first your honor and glory. Guide us to know what is right, and give us courage to pursue it and grace to accomplish it. Renew us in faith, hope and charity. Grant us all things necessary for our common life, make us always thankful for your providence, and bring us all to be of one heart and mind with your holy Church; through Jesus Christ our Lord. Amen.*

### Prayers

**At Home:** Denny Brown, Jon Ettinger

**In nursing/assisted living homes:** Ann Blackman, Mickey Ettinger, Lillian Lemmon (Cambridge), Margaret Gilson, Betty DeLong, Bernadine Goyda, Bill Anderson, (Rouse), Judy Nobles, (Warren Manor), Palmer Davis Jr. (Golden Living), Rhea Waples, (Watson Home), JoAnn Kosthorst, Eloise Metz

**Illness/Surgery/Other Needs:** Cody Stalder, Amy Hindman, Kathy Fleming, Cleo DiFiore, Dick, Ed Brant, Michael Brant, Billy Moriarity, Mary Klancher, Lori Brusso, Gar Spicher, Scott Mitchell, Hayden Turner, Mary Simmons, Judy Trask, Tim Strohmeyer, Sam Hill, Teri Gruver, Leslie Kershaw, Jeff Washburn, Martha Phelps, Janet Ely, Lewis Conroy, Terry Brant, John Wallo, Jane Betts, Samuel Lindell, Frances, Patrick Nuhfer, Eric Lindell, Colin Hillard, Jill Lasecki, Kara Donaldson, Emily, Kurt Glarner, Dave Johnson, Nancy, Scott Brown, Sandy Lewis, Marysue Baker, Brian Knisley, Lee, Margaret Suttor, Becky Campbell, Martha Ishman, Charlie, Greg, Emily Onuffer, Denise Fink, Wendy Suder, Patty Johnson, Jaxon Madril & family, Sue Whitney, Calder, Jerry Davis, Anne Reynolds, Cindy Nelson, Sue Scofield, Jack McMaster, Pam Rea, Carol, Lisa Jackson, Peg Ploof, Bobbie Long & family, Bud & Sue McCollough, Randy, the O'Connor family, Carrie, Denny Hahn, Dick Willis

**Serving in the Armed Services:** Christopher Holmes, Adam Pontious, Jo Kennedy, Lenny Johnson, the 3<sup>rd</sup> Infantry Division serving in Iraq, Jake Glenn (Afghanistan), Michael Miller, Peter Landrio, Marc Miller Parker Hahn, Cody, Toby, & Jeremy Williams, Matthew Hammond, Jackie Shaw

**Serving justice and peace:** Christian Peacemaker Teams; House of Hope, Birds of the Sky, and Good Samaritan House in India; Center Fabio, Ivory Coast; Asociacion Rescate, Rio Dulce Guatemala

**Bishops:** Rowan Williams, Archbishop of Canterbury; Katharine Jefferts Schori, our Presiding Bishop; Sean Rowe, our Bishop

**Clergy:** Martha Ishman, Canon to the Ordinary; Alan Coudriet, our interim rector; Gail Winslow our deacon and archdeacon of the diocese

**The Vestry:** Barry Cunningham, Clare Glarner, Pat Hesch-Sr. *Warden*, Keith Hinsdale-*Treasurer*, Tom Jensen, Addy Landrio, Jim McCollough - *Jr. Warden*, Elaine Rhodes, Ellen Scalise

**The Search Committee:** Diane Brant - chair, Denise Ely, Clare Glarner, Skye Hill, Tom Jensen, Dick Klancher, Jocelin Thomas

*May the Souls of the Faithful Departed Rest in Peace*

*Stephen "Morty" Steele*

*.Let Light Perpetual Shine Upon Them.*

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**Come join us Wednesday evenings during Lent. March 3, 10, 17, and 24.**

**The evening schedule will be:**

**6:00 PM Evening Prayer**

**6:15 PM Vegetarian Pot Luck Dinner**  
**Please, no meat or desserts**

**7:00 PM Program**

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**Also, please join us at the Concert of Prayer on March 20th at 3:00PM. A brochure is enclosed.**

**Sunday Schedule**

- 8:00 AM Holy Eucharist
- 9:15 AM Choir Rehearsal  
Healing Prayer in the Chapel  
Nursery available
- 10:30 AM Holy Eucharist

*Coffee & Fellowship before, between and after services*

**Monday**

- 7:00 PM Women's Bible Study

**Wednesday**

- 10:00 AM Holy Eucharist
- 11:00 AM Knitting Group
- 12:00 PM Healing Team in the Chapel
- 6:00PM Evening Prayer
- 6:20PM Pot Luck Supper
- 7:00PM Program

**Thursday**

- 6:00PM Men's Bible Study  
Spiritual Formation  
Search Committee Meeting

**Office Hours**

8:30 AM – 4:30 PM Monday— Friday