

Trinity Episcopal Church

Lenox, MA



A peak inside:

- The Season of Lent
- Rite 13 Photos
- March birthdays

SERVICES

SUNDAYS

8 a.m. - Holy Eucharist

10:15 a.m. - Holy Eucharist

with Hymns, Godly Play and

J2A

5 p.m. - Evening Prayer

DAILY

7 a.m. - Morning Prayer (8

a.m. on first Saturday of

every month)

RECURRING EVENTS

Prayer Shawl Ministry - 12

noon on first Thursday and

third Tuesday of every

month

Taize Prayer - 5pm on third

Sunday of every month

Saturday Morning Prayer -

8am on first Saturday of

every month

A Message from our Rector

Dear People of Trinity Church,

After a brief period of recovery from all of our Christmas festivities, things are picking back up again. Our February Newsletter finds us beginning the season of Lent, one of my favorite times in the church year. I know that might sound a little strange, but I find Lent to be one of the most spiritual fulfilling seasons. I always welcome the opportunity to refocus my life and to dedicate myself to trying a little harder. Over the years, some Lenten have been better and some have been worse, but through my Lenten rule, all of them have been seasons of growth for me as a Christian.

I would like to share with you a little about how I construct my rule each year, and hopefully my story might have some value to you. When I was young, we were encouraged at our parish to do a little more than just give something up for Lent. We were encouraged to take on a rule with three parts: prayer, fasting, and almsgiving.

Lent is a wonderful time to take on some additional prayer. Morning Prayer is said every day at 7am in the chapel, and we will also be adding a healing service on Wednesday evenings at 7pm.

But beyond prayer in church, there are thousands of other ways that you can pray at home (feel free to contact me if you would like some guidance). Fasting is the traditional 'giving something up' part of the rule. Ordinarily, we give up things that are pleasant to us to prompt us to greater gratitude for all of the gifts we've been given. Finally, in Lent it is traditional to give alms to those in need of gratitude. It is very important to remember that alms are gifts given to those who cannot repay us. They are not gifts to the church. Almsgiving can be a way to engage a little more directly with outreach, or they can be a way to simply say thanks to God. They are a small way in which we can extend God's love in the world in a concrete way. In past years, I've picked one thing in each of these categories, and I have found it to be quite valuable.

In all things, your Lenten rule should be something that makes sense for you, something that you will actually be able to keep. And it should be something that will be of spiritual benefit to you. I would be more than happy to speak to any of you if you would like to explore any of these ideas more fully.

This year, I would like to propose a Lenten discipline that we can all share together. I propose that we all take a small Sabbath break, and that we commit to refrain from shopping on Sundays. In this small way, we can carve out a little bit of space for God, for our families, and for ourselves.

I leave it entirely up to you all about how you interpret this rule, or indeed, if you will take it on at all! I will not answer any questions about your own interpretation. If you'd rather not participate, that's fine. If Sunday is really the only day that you can get some essential shopping done, but you'd prefer to set aside another day, then that's fine too. One person asked me about whether online shopping would count! It is up to you whether or not or how to apply this discipline.

I'll be saying a little more about Lenten rules in the Sundays leading up to Lent, and I hope that you will also find this season to be one of refreshment and spiritual renewal. I wish you all a holy Lent.

Yours in Christ,

Trinity Birthdays

March

- 2 Edward Baptiste
- 4 Anita Stuart
- 6 Virginia Giddens
- 8 Ava Gamberoni
- 19 Porter Tuck
- 21 Barbara Bartle
- 22 Catherine Gamberoni
- 22 Marnie Miller
- 23 Tessa Gamberoni
- 24 Helen Hainesworth
- 26 Betsy Bemis
- 28 Jules Seltzer
- 29 Marion Rutledge
- 29 Wendy Philbrick



The Season of Lent at Trinity



Jeremy Taylor

Lent Series

2013 Lent Series
Exploring Anglican Spirituality with
Jeremy Taylor
Sunday: 5:30-7pm

Jeremy Taylor (1613 – 1667) lived through some of the most tumultuous times of the Anglican Church's history, and he was known as one of the finest preachers of his day. Taylor's sermons and devotional prose writing were of such a high quality that he was regarded as one of the few 17th century writers who stand alongside Shakespeare. In one of his finest works, *The Rules and Exercises of Holy Living*, Taylor translated the emerging spirituality and ethos of the Anglican Church into a practical method of ordering one's life. In our Lent series this year, we will reflect on excerpts from Taylor's *Holy Living* and explore how we might apply some of Taylor's insights in our modern lives.

We will begin after Evening Prayer with a potluck supper at 5:30 pm, and discussion beginning around 6 pm.

Schedule for Lent

Sunday 5:30 – 7pm (follows Evening Prayer) – Lent Series: Holy Living with Jeremy Taylor

Weekdays – 7am Morning Prayer

Wednesday – 7pm Holy Eucharist with Healing Service

Lenten Quiet Day

Take some time for quiet! There will be a Lenten Quiet Day from 9:00 am to 12:30 pm on Saturday, March 9th. Our Quiet Day will be led by the Rev'd Dr. Al Zadig, a priest here in Western Massachusetts currently serving at Grace Church in Oxford. Over the fifty years of his priestly ministry, Father Al has served in many different parishes up and down the East Coast and spent most of his life working as a clinical psychologist. Stay tuned for further details about the day.

Journey To Adulthood – Rite 13 Ceremony

This Sunday, I had my Rite 13 -- I and two of my peers, that is. (Zoe Nadig, Mathew Heim and Penny Schwartz)

I don't think any of us were really expecting anything to come of it, it was just a thing -- a thing everyone else had done and that we knew, ever since fifth grade, we would have to do. I never really thought much of it.

But this year, for ours, our Reverend Michael Tuck wanted to make it more than just a thing. We met with Michael at the Rectory in the library room and the four of us talked about the service, something no other group of Rite 13-ers had ever done before.

It was interesting. Michael gave us -- at least me -- lots of things to think about in terms of growing up. We talked about childish-adults and adultish-children and maturity and things like that. But we also talked about the roles different age groups have in society. This really stuck out for me. It was really interesting, How people in their thirties and forties were the "ones who know what they're talking about" and how the people in their fifties "*really* know what they're talking about" and how important it is for older people have the chance to share their experiences and to pass on their knowledge and wisdom to the younger generations.

He also suggested that the twenty year-olds and the teenagers were the ones whose roles in the community is to push the envelope and to have a black-and-white perspective on life, with all the good and bad that comes with it. He told us that this was particularly important as we started growing up. More importantly, he added this into the service, encouraging the congregation to listen to us and our new ideas.

I like this part. I hope that adults will listen to us more often. This gave a lot more meaning to the service for me. Being listened to is one of the things that, at least to me, means that adults are finally recognizing you as a grown-up person, not just a little kid any more. I hope that I will earn the people in the congregations respect as I grow and I also hope that all of you will pass on the knowledge and experience that you have gained by surviving the stage of life I am entering now.

Thank you all for being so supportive.

Submitted by Zoe Nadig



The Heim Family



The Nadig Family



The Schwartz Family

Journey To Adulthood – Rite 13 Ceremony



When I heard about doing a reading for the Rite 13, I was very excited. My fellow Godly Journeyers and I each picked our readings, and the next Sunday we were going to practice them. Unfortunately, the next Sunday I was sick, so I don't exactly know what happened.

When I arrived at church the morning of the Rite 13, I was kind of nervous. We did a little rehearsal, and practiced speaking slowly, being loud, and enunciating.

Then it was time for church. We sat in the second row waiting. We didn't have long to wait, because our readings were early on. When it was our turn, Siena and I nervously walked up. I had my reading first.

I was surprised how loud it was. I had never really used a microphone before. But I did what they told us, and I spoke slowly, loudly and I enunciated.

It was really fun, and while I was up there, I wasn't scared at all. It was a really great experience, and I hope to do a reading again someday.

Submitted by Claudia Maurino



Godly Play in the Season of Lent

The children of Trinity Church are raising money for a project to help bring medicine and supplies to those who need it in the Dominican Republic. Trinity Church parishioner, Dr. John Dubois is partnering with a congregation from South Carolina and is in the process of organizing this important mission which we hope will happen in November of this year. All of our children were presented with mite boxes on Sunday, February 10th to collect money to help support this important initiative. In Godly Play the children learned a little bit about the geography of the DR and also about some of the needs that that people have. During Lent, the kids will be focused on figuring out how to fill their mite boxes with donations. Parents can help their children raise money in a variety of ways. Some kids like to do extra chores to try to earn money to put in their mite box. Some of

our GP students have asked their neighbors and relatives to contribute. It's up to each family to decide how they would like to participate. The kids will present their mite boxes during the offering on Easter Sunday. Mite boxes will be available after February vacation for the children who didn't receive one earlier in the month.



The Mystery of Easter



The children in Godly Play recently heard the story – ***The Mystery of Easter***. This story helps us to prepare for the great mystery which is Easter, and allows us to begin to understand the serious time of Lent and the pure celebration of Easter.