



Trinity Topics

From the Rector's Desk . . .

By the Reverend Sherry Deets

Dear Friends,

The church season of Lent begins with Ash Wednesday on March 5. It is a season marked by reflection, repentance and fasting. In light of this, I share from Joyce Rupp's book, *The Cup of our Life: A Guide for Spiritual Growth*, the section entitled "The Cleansed Cup":

"You have many different natures. Light and dark. Kind and mean. Inconsistent and predictable. You'll never be perfect. But you can be better than you are now. For your own sake, try". –Nancy Wood

One day a colleague stopped by my office to visit. As he walked in, he passed by my desk and glanced into my empty coffee cup. He looked into it, laughed, and said, "Wow, that cup is really dirty." I was startled by his comment. Later, I looked inside of it and, sure enough, it was very discolored and stained. I couldn't remember when I'd last given it a good scrubbing. That evening, I took some cleansing powder and was astonished at how clean it became with a bit of attention.

Like my coffee cup, I know that I need to be regularly cleansed from inner stains that keep me from living as a loving person. My life can easily get drab, discolored, and stained with the day-to-day grime that collects when I do not pay attention on a deeper level. These stains might be old patterns of thinking or unbridled emotions that hurt myself or others, unhealthy attitudes that lash out at life instead of nurturing it, or any other dimension that brings harm to myself or to my world. A "stain" of mine that consistently collects is self-absorption. I constantly need to clean self-centeredness out of my heart so it can be filled with awareness of others.

One of the paradoxes about inner stains is that while the stains must be recognized and attended, love for one's self must continue fully. It is not the

INSIDE THIS ISSUE:

<u>The Rector's Desk</u>	1-2
<u>Parish Office Hours</u>	2
<u>Healing Service</u>	2
<u>Ash Wednesday</u>	3
<u>Annual Meeting</u>	3
<u>Legacy Planning</u>	4
<u>Introduction to the Gospels of John</u>	4
<u>Potluck</u>	5
<u>Community News</u>	5
<u>Birthdays & Anniversaries</u>	6
<u>Readers, Servers & Greeters</u>	6
<u>Calendar of Events</u>	7
<u>Mission Statement & Contact Information</u>	8

nagging, coercing, and denigrating of my spirit that will bring change. It is the knowledge that I am capable of much greater goodness that creates a desire in me to change. It has been my experience that the more I have believed in my inner storehouse of goodness, the more I have wanted to become truly loving and whole.

Another paradox is that there are some stains that can be removed and others that will remain my whole life long. I continually pray for guidance so that I will know what stains need some spiritual elbow grease and which ones are part of the “character” of my being.

I invite you to pray for an awareness of what needs cleansing within you. Ask for guidance about how to have the stains removed. Wait patiently and then accept the ways in which the scrubbing happens in such things as interruptions, challenges, feelings of love, new ideas, or unforeseen glitches in an otherwise neatly planned life.

Daily Practice:

Breathprayer:

Breathing in: Create in me....

Breathing out:a clean heart, O God.

Reflection:

Sit with your cup in your hands.

Notice if your cup is stained or not.

Ask God to help you see one inner stain of yours.

Be still and wait for this awareness to rise.

Whether it is stained or not, take your cup to a sink.

Prayerfully wash it with soap and water.

As you do so, pray to be cleansed of what sullies your spirit.

Parish Administrator – New Office Hours

Reminder of Jamoca Harkins new office hours. She will be in the church office Mondays through Thursdays from 4 p.m. to 7 p.m. The office is closed on Fridays.

Healing Service via Zoom Thursdays at Noon

We continue to offer a Healing Service via Zoom on Thursdays at Noon. The Zoom link is emailed via our Constant Contact email service on Wednesdays along with a copy of the order of service for the week. The order of service is also shared on the screen during the service itself. We commemorate a “saint” from the Episcopal Church utilizing the resource ‘A Great Cloud of Witnesses’ and share a little healing music from a variety of sources.

Ash Wednesday Services with Imposition of Ashes

March 5 in the Sanctuary

Noon (no music)

and 7 p.m. (with music)

Trinity's Annual Meeting

March 16th after the church service in Stone Hall

With Guest, Amber Little-Turner, 2nd Century Alliance

Church of the Trinity's annual meeting will be held on Sunday, March 16. Amber Little-Turner, Executive Director at 2nd Century Alliance, will be with us to share what has been happening and what we can look forward to in downtown Coatesville.

We will elect members to Vestry and Convention/Deanery delegates at our annual meeting. Be thinking about who a good vestry member or delegate would be as our Annual Meeting approaches. We have four Vestry slots open and one member with an expiring term who is willing and able to run again: Chris Haak. Pat Bush and Stacey Heston have been nominated as of the writing of this article and have agreed to run.

The vestry is the body within a congregation that, with the clergy, leads and manages the parish. The vestry:

- Helps to discern the vision toward which God is drawing that particular community;
- Articulates and communicates the vision;
- Holds the community accountable for its realization of that vision; and
- Keeps the mission of the Church and that of the individual congregation clearly before the parish community.
- Works on budgeting
- Establishes and enforces policies and procedures
- Establishes action plans
- Maintains property.

The deanery/convention delegates are elected to represent Trinity at our annual Diocesan Convention and vote for people in Diocesan leadership positions, the Diocesan Budget, various changes or new initiatives in our Diocese, etc. Our convention is usually held on a Saturday, at the end of October. There may also be an occasion to attend one or two other meetings in our Brandywine Deanery throughout the year.

Legacy Planning
Coffee Hour Forum on the Why's and How's
March 23

Join us for a Coffee Hour forum with Lori Daniels, the Executive Director of The Church Foundation. She will share with us information on how we can ensure that the ministries we truly care about will continue to thrive. What are the various options for giving during our lifetime and what are the options for giving through our estate when we die? Come for an informed presentation and discussion on Sunday, March 23 at Coffee Hour (after the church service) in our social hall.

An Introduction to the Gospel of John
Sunday Morning Adult Forum
Sunday, March 30

For us Christians, the Gospels are the heart and pinnacle of the Bible and of our faith. These four New Testament books are the most important books of the Bible, and we read and interpret the rest of the scriptures through their lens. Each of the Gospels tells the same story about our Lord and Savior, Jesus Christ, but from its own unique perspective.

The fourth Sunday Morning Adult Forum will take place in the Parish Hall after Sunday morning worship on March 30. There will be Coffee Fellowship followed by the program. The forum will last about an hour and include a brief talk on the Gospel of John, a video presentation by Anglican Bishop and world renown New Testament scholar, NTWright, and conclude with time for questions and discussion.

Plan to attend and learn the unique character and perspective of the Gospel story of John.

Dan Hinkle, Facilitator

ATTENTION: POTLUCK DINNER!!!

St. Patrick's Day

4-7 PM, Monday, March 17th

In the interest of fellowship, friendship and fun, we will be gathering on Monday, March 17th to celebrate St. Patrick's Day and the loving community of Trinity Episcopal.

Please put this event on your March calendars today. You don't want to miss this opportunity to connect with each other while enjoying a hearty meal. This is a great way to fight those winter blues.

There will be a sign-up sheet available after each service from now until March 16. This is not to deter attendance, but just to assure an abundance of tasty offerings. Please join in the fun from 4 to 7 PM on 3/17.

The categories for food to bring are: 1) casserole, 2) vegetable, or 3) dessert. Please bring sufficient food to serve a minimum of 12 people. Hope to see you there!

March 2025 Trinity Topics

Community Happenings by Liz Hulse

On March 18th Sherry and I attended the **Faith and Wellness** event in Coatesville. We heard about social services that are available to Chester County residents, everything from housing to insurance options for the uninsured.

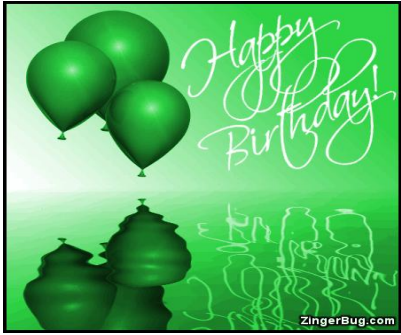
I also attended February's **Coffee with the Chief-** at the Coatesville Neighborhood Center. It is on the 1st Wednesday of each month usually in the morning at various locations around Coatesville and offers an opportunity to get to know others in our community.

Volunteer English Program: I recently met with the staff of this organization to inquire about a "language exchange" since some members of the vestry expressed an interest in this as a way of making connections with our neighbors and helping us to learn their language. Unfortunately, language exchange is not something they do because it takes proficiency in English. They encouraged us to become volunteer tutors instead. On March 6 there will be an information session to learn more about volunteering to tutor adults learning English. I will place materials at the church and you can learn more at volunteerenglish.org.

WIN (Women in the NAACP) fundraiser: "A Raisin in the Sun" at People's Light theater, 39 Conestoga Rd., Malvern. "Your support will help make a difference in the lives of women and children in our area." March 22nd at 2:00, food and music at 12:30. Tickets are \$54. Contact Cassandra Burgess at 609-992-5427 to learn more

Interim Superintendent Meet & Greet: at Scott Middle School on March 12 at 6:30

If you have any questions or would like to know more feel free to contact me, Liz Hulse, at liztrinity323@gmail.com




Happy
Anniversary

Jean Carroll	1-Mar
Caroline Dowling	3-Mar
Adeline Hamburg	5-Mar
Antonio Wilson	6-Mar
Wesley Hamburg	6-Mar
Chris Haak	7-Mar
Mildred Coveleski	9-Mar
Esther Harvey	14-Mar
Michelle Butler	20-Mar
Meg Devereux	26-Mar
Joseph Kirkner III	29-Mar
Robin McWilliams	29-Mar

Readers, Servers and Greeters for March 2025

Date	Readers	Psalm	Prayers
3/2	Chris Haak	Greg Bentley	Deborah Murray
3/9	Paul Shidlowksi	Pat Bush	Bill Terry
3/16	Vic Shanley	Kent Nation	Minnie Kirwin
3/23	Deborah Murray	Erika Haak	Greg Bentley
3/30	James Gaddy	Paul Shidlowksi	Chris Haak

March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
SH Rented	Bible Study 1130AM	AA 7PM	Ash Wednesday Services at 12noon & 7pm	Healing Service 12noon		
9	10	11	12	13	14	15
SH Rented	Bible Study 1130AM	AA 7PM Sherry Away 		Healing Service 12noon		SH Rented
16	17	18	19	20	21	22
Annual Meeting	St. Patrick's Day Potluck Dinner in Stone Hall ***** Bible Study 1130AM	AA 7PM		Healing Service 12noon		SH Rented
23	24	25	26	27	28	29
Lon Daniels Planned Giving- Coffee Hour	Bible Study 1130AM	AA 7PM		Healing Service 12noon		SH Rented
30	31					
Coffee Hour Forum: Gospels Series with John ***** SH Rented	Bible Study 1130AM					

THE EPISCOPAL CHURCH OF THE TRINITY

323 East Lincoln Highway
Coatesville, PA 19320-3409

For more information contact:

The Reverend Sherry Deets, Rector

610-384-4771

trinitycoates@aol.com

Website:

www.trinitycoatesville.org

Mission Statement

Church of the Trinity is a congregation rooted in the faith and love of Christ, unified in diversity, seeking to grow and nourish the Trinity family and our Coatesville community.

Service Schedule:

Holy Eucharist:
Sundays: 9:30 AM

Church School
Sundays: 9:15 AM

Healing Service
Thursdays via Zoom:
12:00 PM

Jamoca Harkins,
Parish Administrator

Parish Office Hours:

Monday - Thursday: 4-7 PM