

The Trinity Light

Number 13, for The Fourth Sunday in Lent, March 31, 2019, - Laetare Sunday

An official weekly publication of Trinity Episcopal Church, Wetumpka, Alabama

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Our Mission: Trust in the Lord and Do Good.

*Our Vision: become a parish that Trusts in the Lord and Does Good
by coming together in Public Worship, Fellowship, and Reaching out to all.*



Refreshment Sunday



Imagine you are a monk or nun (collectively known as a "religious) in an 11th century monastery or convent. Lent has been going on now 25 days. You have had nothing to eat but vegetables and a little bread. No cheese, eggs, meat, fish, fowl, fat of any kind except for a tiny bit of fat on Sundays. You have almost no energy to continue the seven daily offices and complete your assigned work. On the fourth Sunday of Lent, you go to the refectory for lunch after mass and low and behold, there is meat or cheese or fat or maybe even an egg on the table. Not too much, but enough. After lunch, you rise from the table with new energy, new excitement, new enthusiasm for the remainder of the Lenten fast. And, even though you don't know it, now you are not going to starve to death before Easter.

That's why in some places the fourth Sunday in Lent is still known as Refreshment Sunday – a bit of relaxation from the severity of Lent and, for nuns, monks and other religious, the infusion of some protein and carbs into their near starvation diet of Lent.

For us, it's a time to relax, too, both liturgically and in our lenten discipline, whatever that may be. AS Fr. Francis X. Weiser, says in *The Easter Book*:

On this Sunday, which marks the middle of Lent, a measure of consoling relaxation is provided, so that the faithful may not break down under the severe strain of Lenten fast but may continue to bear the restrictions with a refreshed and easier heart.

This Sunday is also known in some places as "Laetare Sunday," a term taken from the opening words of the Latin mass for this day: "Rejoice (Laetare) Jerusalem," calling the church to joyful anticipation of the victory to

be won" at Easter.

In England, it is called "Mothering Sunday." This comes from the opening of the "traditional epistle for this Sunday which states that the heavenly Jerusalem "is the mother of us all." On this day in England, it was and still is customary for people to visit both home church and their mother, often bringing a "mothering cake."

Rose is the tradition color for Refreshment Sunday. Rose is a color symbolizing the hope, joy and encouragement as we slowly progress towards the Easter Feast.

We have no rose colored hangings or vestments here at Trinity. However, we will "refresh" our liturgy by breaking the processional silence with a hymn, by omitting the *Angus Dei* and the Prayer of Humble Access and instead of "Bow[ing] down before the Lord" for a Solemn Prayer we will end with the normal blessing.

Another function or activity which is important on this "mid-point" of Lent is to review our Lenten Discipline and spiritual progress, as well as investigate ways to continue and deepen our preparation for the remainder of Lent leading to Easter.

We should also remember that every Sunday in Lent is a feast day, despite the more somber tone of our liturgy. While it is not appropriate to gore ourselves on those things we may have given up for Lent, it does not hurt to partake of them in a limited way, especially on this "Refreshment Sunday."

This Week at Trinity

Mar. 31: The Fourth Sunday in Lent

Laetare Sunday

- 8:00 a.m. - Holy Eucharist
- 8:40 a.m. - Breakfast
- 9:15 a.m. - Choir Practice
- 9:20 a.m. - Sunday School
- 10:30 a.m. - Holy Eucharist
- 11:30 a.m. - Meet & Greet
- 4:00 p.m. - EYC, Carter House
- 5:00 p.m. - Lenten Preaching Series: The Rev. Mark Waldo

Apr. 2: 9:00 a.m. - Coffee Drinkers Bible Study, Library

Apr. 3: 12:10 p.m. - Holy Eucharist, Chapel
6:00 p.m. - Loaves & Fishes, Dunn Hall

Apr. 4: 4:00 p.m. - Music Teacher, Library
6:00 p.m. - Pack 50 Parent Meeting, Library

April 7: The Fifth Sunday in Lent

Sunday Ministers

Lent IV Mar. 31, 2019
 LEM: 8:00 a.m..... Jack McDaniel
 10:30 a.m..... Becky Wilkinson
 Acolytes: Richie Bailey, Anna Bailey, Watson Perdue
 Lector:..... Rhonda Baughman
 Epistoler:..... Charlotte Lackey
 Intercessor:..... Kathy Atchison
 Altar Guild:..... H. Landrum/B. Roberts
 Flower Guild:..... LENT
 Vestry:..... Elizabeth Recchio
 Greeters:..... Dennis & Dawn Kizziah
 Flowers..... LENT
 Meet and Greet..... Linda Summey
 WTC..... Sandy Hallmark
 Teaching K-2nd..... Tonia Ayers
 Teaching 3rd-6th..... Hope Mucklow

Lent V Apr. 7, 2019
 LEM: 8:00 a.m..... Susan Powers
 10:30 a.m..... C. Hammondsroy
 Acolytes: Phillip, J.P. & Tyler Baughman
 Lector:..... Beverly Roberts
 Epistoler:..... Sue Beumer
 Intercessor:..... Tonia Ayers
 Altar Guild:..... S. Beumer/S. Hallmark
 Flower Guild:..... LENT
 Vestry:..... Tonia Ayers
 Greeters:..... S. Hallmark/B. Roberts
 Flowers..... LENT
 Meet and Greet.....
 WTC..... Sandy Hallmark
 Teaching K-2nd..... Elizabeth Recchio
 Teaching 3rd-6th..... Suellen Young

LAETARE SUNDAY LITURGY

Our liturgy this Sunday will follow Laetare Sunday's theme of relaxing, for one Sunday, the rigors of Lent. We will:

- ✠ Sing a processional Hymn
- ✠ Say the psalm in unison
(we won't sing the psalm – we don't want to relax too much)
- ✠ Use the "short" invitation to confession
- ✠ Not say the Agnus Dei or the Pray of Humble Access
- ✠ End the service with a Blessing
rather than with The Solemn Prayer

LENTEN PREACHING SERIES




The graphic features five purple signposts on a dark purple background. Each signpost has a white arrow pointing right with a word inside: STOP, PRAY, LISTEN, LOVE, and LIVE. Below the signposts, the text "SIGNPOSTS ON THE LENTEN WAY" is written in large, white, bold, sans-serif capital letters.

**This Week, the Word is: Listen
and the preacher is
The Rev. Mark Waldo,
St. Michael's, Millbrook.**

**Join us in the chapel at 5:00
for Compline and Preaching,
followed by supper in Dunn Hall.
This Week's Cook is Charlotte Henderson**

TO PONDER



A black and white portrait of Nadia Bolz-Weber, a woman with short hair and glasses, wearing a dark top and a necklace with a cross. She is looking slightly to the right.

The Christian faith, while wildly misrepresented in so much of American culture, is really about death and resurrection. It's about how God continues to reach into the graves we dig for ourselves and pull us out, giving us new life, in ways both dramatic and small.

Nadia Bolz-Weber, Pastrix

PLEASE REMEMBER IN PRAYER:

We give thanks for the life and ministry of Victoria Taylor, Ed Chalker and Linda Summary who celebrate their birthdays this week;

and to

Crawford and Phyllis Kennedy who celebrate their anniversary this week.

We pray for those who have requested our prayers:

Immediate Concerns:

Robert Luckie, Sarah Brown, Barbara Hester, Jackie Harper, and Harriet Landrum.

Shut-Ins: Avis Finch and Mary Smith

Continuing Concerns:

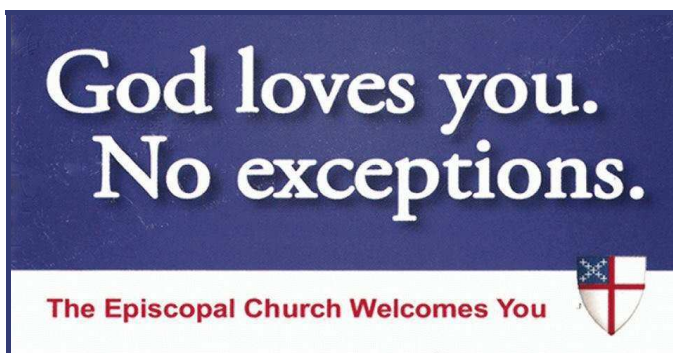
Crawford Kennedy, Kelley Wright, Linda Summey, Voncille Lankford, Howard & Glenda Rice, Ellen Williams, Dot Franklin, Billy Lacy, Amelia Lovell, Greg Jones, Louise Lambert, Rilla Keith, Ed Chalker, Johan Beumer, Karen Brooks, Sylvia McConnell, Jasper Roberts, J.T. Peters, Ray Howell, Jean Webb, Christine Cole.

WEEKLY PLEDGE OFFERING

| | |
|--|------------|
| Budgeted Weekly Pledge Income. | \$ 3,500 |
| Contributed Sunday, March 24 | \$ 975 |
| Budgeted Year to Date | \$ 42,000 |
| Contributed Year to Date. | \$ 39,677 |
| Over/(under) Budget. | \$ (2,323) |

On March 3, pledge receipts were \$3,080 over budget. That's a swing of over \$5,000 compared to today. This puts us in a difficult cash flow situation. Contribution statements were emailed today. Please, check yours and if behind, bring your pledge up to date so we won't have to borrow money for this week's expenses.

A copy of the most recent Financial report is posted on the Kitchen Hall bulletin board. Contact any Vestry member or the Treasurer, Mike Bannon if you have questions.



God loves you.
No exceptions.

The Episcopal Church Welcomes You



ADULT SUNDAY SCHOOL

The adult Sunday school class continues its discussion of "Breakfast with Buddha" by Roland Merullo. The book can be downloaded free if you have Kindle unlimited or obtained through all the usual sources. See you there!

CLEAN-UP DAY

Saturday, April 13, 8:30 - 'til done. We'll be cleaning up the grounds and the interior of the buildings. Please put this date on your calender. With plenty of volunteers we can have everything spick and span for Easter in just a few hours. We need your help.

IMPROVEMENTS AT TRINITY



Closet doors in Trinity Hall



Closed in Window behind the coming Coffee Bar

PRAYER FOR THE WEEK

*We lie down in peace knowing our sins are forgiven; we lie down in peace knowing death has no fear. We lie down in peace knowing no powers can harm us; we lie down in peace knowing angels are near.
Amen*

*✠ from Celtic Worship
Through the Year*

GOSPEL READERS NEEDED

Psalm/Passion Sunday (April 14) is rapidly approaching which means that we need volunteers to read the Passion Gospel. If you are willing to read, please contact Bob by text or email. Thanks.

AND ON THE PLAYGROUND

