



LifeLine

VOLUME 13
ISSUE 3

March 2020

The Church of the Holy Trinity

An Episcopal Church
office@holytrinityoxfordmd.org



A Message from Our Rector, *Fr. Kevin M. Cross*

Time to Smell the Roses

Lent is the time we prepare to enter the mystery of Easter. Just as nature has its seasons, the church has seasons. The liturgical seasons: Advent, Christmas, Epiphany, Lent, Easter, and Ordinary time mark the transitions in the worship life of the church. There is an ebb and flow in the liturgical year between times of preparation and celebration. Lent which means "forty" in Greek represents the 40 days and nights Jesus spent in the desert preparing for his ministry of proclaiming the Good News. Jesus spent those 40 days in prayer and reflection preparing himself physically, and spiritually for his mission.

Lent is best spent as a time to quiet down our lives, just as Jesus did during His desert experience. These 40 days we are invited to create breathing room amidst the frantic pace of daily life to rest, reflect, and listen to the voice of God. There is a piece of timeless advice that instructs us to take time to smell the roses. Lent can be such a time to reflect on the blessings in our lives, raise up to God our concerns and create the space to welcome God into our hearts.

As we are about to begin our annual journey through Lent, we may wonder how to go about this journey in a way that breathes new vitality into our spiritual lives. As with any journey it can be helpful and at times essential to have a compass or guide to point out the way. One such guide for the spiritual journey can be found in a close reading of our Scripture. We need only to look to Jesus and His disciples to find out how to successfully navigate our

way through life in a manner that puts the growth of our spiritual life front and center. Our Sunday readings throughout Lent highlight key events that defined the path followed by Christ.

As disciples of Christ, we are to be prophets disclosing the goodness of God humbly and respectfully through actions and words. We are to be the carriers of God's blessings to those who feel and see suffering. Through caring for others, we bless God. *"for I was hungry and you gave me food, I was*

thirsty and you gave me something to drink, I was a stranger and you welcomed, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me." **Matthew 25:35-36**

During this period of Lenten reflection, let us be vessels and prophets of God's blessings. Let us lead the way ever toward Easter.

Each Lent we are invited to prepare ourselves for our work as disciples of Christ. In addition to our regular Bible Studies, this year we will offer two programs—services and ministries to help us all have a fruitful time of self-examination, prayer and rebuilding our resolve to go out into the world proclaiming the Good News of Christ through

word and action. These programs are The Way of Love: Practices for Jesus Centered Life and Discover Many Ways to Pray. You will find information on these programs elsewhere in this LifeLine. In addition, each Wednesday at 8:30 am we will celebrate Holy Eucharist. I hope you will take the time to participate in these offerings. I pray hope you will take time to smell the rose and rest in God's loving embrace.

Blessings, Father Kevin





CHEERS and APPRECIATION

- Tremendous gratitude to **Cora** for making the ASE visit and workshops for area students possible. This event required an extraordinary effort to plan and execute. Not only was this a wonderful music event but it was also missionary work that gave children in this area skills and confidence to use their musical talents to better themselves and their communities. Thank you also to **Gordon Fronk and all the volunteers** who helped make this happen.
- Appreciation to our **Flower Guild** for the flower arrangements that have adorned our altar. You bring beauty to our worship.
- Thank you to **Wendy Grubbs, Kathy and Douglas Becker, Jim Foster, and Margaret & Ray Munsch** for funding and shopping for the Wednesday Lunch Bunch groceries.
- Thank you to our **ushers, altar guild, acolytes, readers, and vestry greeters** who make our worship services into times of grace and holiness.
- Thank you to **Larry Paz and his Soupmeisters** for creating nourishing and delicious soups for the Wednesday Lunch Bunch each week.
- Much appreciation to our pastoral care visitors: **Sharon Paz, Louise Thorndike, Sara Wangsness, Fr. John Wright, Barbara Cross, Bill & Susie Dial and Dr. Lisa Webb** who bring the love of Christ and this community to our ill and homebound .
- Thank you to **Gordon & Sally Fronk, The Vestry, Gary Lewis & Katie Dodds, Al & Eleanor Smith, and Ginny & Rich Wagner** for hosting the February coffee hour.

Blessings.

Fr. Kevin

Daughters of the King Meeting

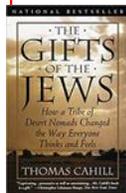
Monday March 9th at 10:45 am

Inquiring Believers

The Book of Isaiah

The sessions for the Men's Bible Study meets in the River Room on Monday nights at 6:00 pm.

WOMAN ON A JOURNEY



Women on a Journey is reading historical bestselling book by Thomas Cahill that is taking us on a journey to the origins of Western Civilization.

The Gifts of the Jews

How a Tribe of Desert Nomads Changed the Way Everyone Thinks and Feels

March 4th and March 18th

9:00 am – 10:30 am In the Parish Hall

For more information contact Beverly Rohman at 410-829-9561 or beverlyrohman@gmail.com



Installing the refurbished entryway rails
to the side entry,.

JUST ONCE PER YEAR

We are currently working on the present quarter and have every week accounted for except for March 24th. If you have the time, would you please sign up to provide the groceries for our Lunch Bunch clients? You can add them right to your shopping basket as you shop for yourself! Each week we provide lunches for around 35 clients and the members of our congregation have been taking turns, (Just Once Per Year!) providing the groceries needed. Will you take a turn? If yes, please contact Sharon Paz at 410-690-4472 or justsha33@gmail.com

Mission

Sunday School Helps with Change

The Sunday School children will once again be collecting money for their “Change for Change” project during Lent. To do this, we need your help. There will be big jars in the back of the church and in the Parish Hall. Please bring in your loose change and put it in the jars. Some people also like to put in paper currency or checks. At Easter time we count up all the money. The children decide how much money to set aside for the Neighborhood Service Center and



then go through catalogs (in the past we have used Food for the Poor, Heifer International, and Episcopal Relief Development) and decide what to purchase to help others. Some items we have purchased include goats, ducks, three little pigs, trees, farming tools, an education for children, rice and beans, solar cook stoves, a donkey, mosquito netting, soccer balls, etc. The discussions by the children are thoughtful and priceless. Thank you in advance for helping us. This project helps the children see the needs of others and that there is something they can do to help this world be a better place .

OXFORD DAY ECW PLANT SALE

Save the Date ----- April 25, 2020

Even with a mild winter, we all look forward to the beauty of Spring! As you plan your gardens.....*please* plan on buying your plants at the

ECW Holy Trinity Plant Sale on Oxford Day

Pre-sale order forms for Geraniums from 4.5” to 14” will be available in the April Lifeline.

Come join in the fun! Lots of helpers needed. Please contact

Beverly Rohman at beverlyrohman@gmail.com or 410-829-9561

ALL proceeds go to support Local Needs and Missions



Lenten Series 2020: Discover Many Ways to Pray
Tuesday evenings in March, 5:00-5:45 pm in the Parish Hall

The Outline of Our Faith (called “the Catechism”) in the **Book of Common Prayer** states:

Q: *What is prayer?* **A:** *Prayer is responding to God, by thought and by deeds, with or without words.*

While the Book of Common Prayer has words for almost every occasion, we will also find deep and moving connections to God when we leave the page and step into the story.

During this Lent, *bring a friend and join us to discover a variety of ancient practices* which will draw you closer to God – *“by thought and by deeds, with or without words.”* Each week we will explore another way to pray. Each session will open with a historical and instructional introduction, then the facilitator will lead the group in prayer.

March 3rd ~ Breath Prayer with Heather Hall & Louise Thorndike

From “ruach” in Genesis to “pray without ceasing” in Thessalonians, we are reminded of our connection to God through our breath. This simple form of prayer will connect you with God – anytime, anywhere.

March 10th ~ Lectio Divina with Louise Thorndike & Heather Hall

Lectio Divina – literally “Divine Reading” – became a common practice in 6th century monasteries and remains so today. In this form of contemplative prayer, a brief passage of scripture is read aloud, again and again... With each reading, we listen for the word or phrase which God is gifting each of us today, taking us deeper into God’s message.

March 17th ~ Visio Divina with Heather Hall & Louise Thorndike

Using illuminations from the St John’s Bible and their accompanying scripture passages, we’ll use the eyes and ears of our hearts to meet God in contemplative prayer. Based on the ancient practice of *Lectio Divina*, *Visio Divina* engages us through the word and artist images, inspiring us to listen for what God is calling us to do.

March 24th ~ Centering Prayer with Louise Thorndike & Heather Hall

Like the other forms of prayer we’ve explored, Centering Prayer is a contemplative prayer. However, Centering Prayer endeavors to meet God in silence. Unlike *Lectio Divina*, where we participate and are actively engaged, Centering Prayer is a receptive process, calming and clearing our minds to receive the message God brings us.

March 31st ~ Praying in Motion with Marie Davis & Heather Hall

It’s easy to forget that prayer doesn’t require kneeling. We wrap up our Lenten series by exploring other postures that move us closer to God.

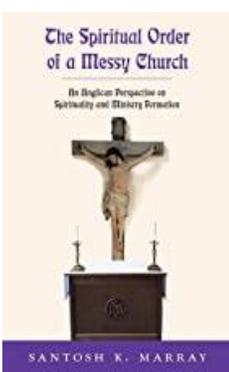
The Church of the Holy Trinity, 502 S Morris St, Oxford MD 21654

Volunteers needed for Talbot Interfaith Shelter (TIS)

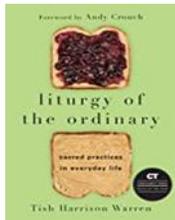
Volunteers are needed for the Talbot Interfaith Shelter from 10-1:00 and from 1:00-4:00. If you are interested, please contact Julie Lowe, 410-310-2316. A background check form which they will send to you, needs to be completed.

LENTEN RESOURCES FOR 2020

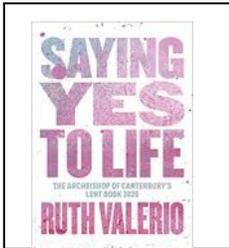
BOOKS



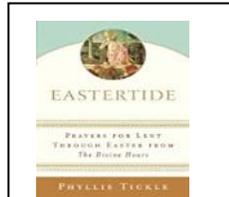
The Spiritual Order of a Messy Church is written for both laypeople and clergy who are intentionally pursuing personal and spiritual growth by using historic, grounded themes practiced by the early church—spirituality, discipleship, and evangelism. Our Bishop Santosh K. Marray describes the correlation between Acts 2:42-47 (the classical model of the early church for spirituality, discipleship, and evangelism) and the affirmations embodied in the baptismal covenant. He describes how both laypersons and clergy can develop a personal spiritual order to govern their lives and translate that spiritual structure to the congregations they may be leading and with whom they worship. Members of the Diocese can purchase Bishop San's book, "*The Spiritual Order of a Messy Church*", at the Diocesan office for a donation of \$20 per copy with the immediate proceeds going toward Bahamas relief. Please contact the Diocese office at 410-822-1919 to request your copy.



Liturgy of the Ordinary by Anglican priest Tish Harrison Warren, IVP In overlooked moments and routines, we can become aware of God's presence in surprising ways. How do we embrace the sacred in the ordinary and the ordinary in the sacred? Each chapter looks at something that the author does during the day. Life is viewed through the lens of liturgy - small practices and habits that form us.

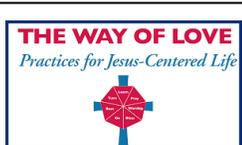


Saying Yes to Life: The Archbishop of Canterbury's Lent Book 2020 *Saying Yes to Life* lifts our focus from every day (and perfectly natural) concerns to issues that are impacting millions of lives around the world. As people made in the image of God, we are entrusted to look after what God has made – to share in the joy and creativity of God in making a difference for good. Author, Ruth Valerio imaginatively draws on the Days of Creation (Genesis 1 - 2.2) in relating themes of light, water, land, the seasons, other creatures, humankind, Sabbath rest and resurrection hope to matters of environmental, ethical and social concern. Foundational to the book are what it means to be human and, in particular, to be a follower of Jesus during Lent.



Eastertide: Prayers for Lent Through Easter by Phyllis Tickle Beginning with Ash Wednesday and moving through Lent and on to Easter Sunday, *Eastertide* provides the daily prayers that bring practitioners into the full spirit of this season. Each day is filled with psalms, readings from the Bible, and hymns of praise and worship.

OTHER RESOURCES



The Way of Love: Practices for Jesus Centered Life On Sunday mornings throughout Lent, Dr. Lisa Webb will guide us through a Rule of Life for the Episcopal branch of the Jesus Movement. By entering into reflection, discernment, and commitment around the practices of **Turn - Learn - Pray - Worship - Bless - Go - Rest**, We will grow as a community following the loving, liberating, life-giving way of Jesus. His way has the power to change each of our lives and to change this world. **Sundays: 3/1 at 10:45, 3/8, 3/15, 3/22, 3/29 at 9:45 am**



Prayer Practices During this Lent, *bring a friend and join us to discover a variety of ancient practices* which will draw you closer to God – “*by thought and by deeds, with or without words.*” Each week we will explore another way to pray. Each session will open with a historical and instructional



Signs of Life - Why Church Matters from the **Society of Saint John the Evangelist** During Lent 2020, the Society will explore the riches of our worship traditions, liturgy and sacraments, and the art and architecture of our worship spaces, revealing the full meaning of these signs, deepening our experience of Christian vocation and guiding us toward ongoing conversion. <https://www.signsoflife.org/>



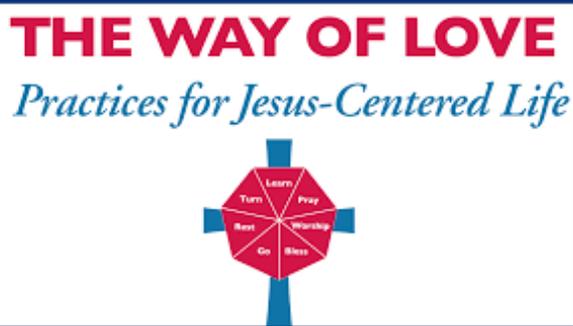
Exploring Prayer

A five-part series on speaking and listening to God. Over five lessons, Archbishop Justin explores different ways of praying. From asking for things and giving thanks, to expressing deep sadness and anger, Exploring Prayer helps you begin – or develop – your conversation with God.

<https://www.archbishopofcanterbury.org/exploring-prayer>



Thy Kingdom Come – Thy Kingdom Come is a global prayer movement that invites Christians around the world to pray for more people to come to know Jesus. What started in 2016 as an invitation from the Archbishops of Canterbury and York to the Church of England has grown into an international and ecumenical call to prayer. Resources include a Prayer Journal and a Prayer Adventure Map for families with children. <https://www.thykingdomcome.global/prayer-resources>



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This set of four Adult Forums ties the Easter Vigil readings to the seven practices of the Way of Love. Drawing on the ancient practice of setting aside Lent as a period of study and preparation for living as a Christian disciple (known as the catechumenate), the forums encourage participants to reflect on salvation history; walk toward the empty tomb; and embrace the transforming reality of love, life, and liberation. As we stand with the three women at the empty tomb, we hear his call to go and live that transformed reality.

March 1 at 10:45

Introduction

TURN: Dead to Sin, Alive in Christ (Romans 6:3-11)

March 8 at 9:15

PRAY: Israel's Deliverance at the Red Sea (Exodus 14:10-15:1)/

LEARN: Learn Wisdom and Live (Proverbs 8:1-8, 19-21; 9:4b-6)

March 15 at 9:15

BLESS: A New Heart and a New Spirit (Ezekiel 36:24-28)

REST: The Valley of Dry Bones (Ezekiel 37:1-14)

March 29 at 9:15

WORSHIP: The Gathering of God's People (Zephaniah 3:12-20)

GO: The Empty Tomb (Luke 24:1-12)

THE DAUGHTERS OF THE KING AN INVITATION

Who we are: The Daughters of the King is an international order of Christian women that began in 1885. Our members strive to fulfill the promises of their Baptismal Covenant through the adoption of a personal Rule of Life. Our mission is to expand Christ's kingdom through prayer, service and evangelism.

Our Motto: For His sake. I am but one, but I am one. I cannot do everything, but I can do something. What I can do, I ought to do. What I ought to do, by the grace of God, I will do. Lord, what will you have me do?

Meetings: We meet at Holy Trinity on the second Monday of each month for fellowship, a selected reading and discussion, and the updating of the prayer list that we maintain. The time that we meet is from 10:45 to 11:45 am.

If you have any interest, please join us at a meeting or contact Midge Menzies, our president or Barbara Cross, our vice president.

SAVE THE DATE

CHURCH GROUNDS CLEAN UP – SATURDAY APRIL 4th AT 9:30 am

On Saturday, April 4th you are invited to help us with our annual church grounds clean up. Time spent in our gardens and grounds is always soul refreshing. Please join us at 9 :30 am. If you can bring rakes, clippers, hedge trimmers and garden gloves it would be much appreciated. Come and enjoy some time in our beautiful setting as we prepare for Easter. Many hands will make for short work.

March Fellowship Event

Join us for the March "Winter Pot Luck Supper". It's a wonderful opportunity for good food and fellowship during the winter months. Bring your favorite dish and relax with old and new friends!

Date: Sunday, March 22nd

Time: 5:30 – 7:30 pm

Place: Parish Hall

Questions: Contact Nancy

Roberts at (609) 647-2622 or

Nancy_Roberts@verizon.net



Meet and Greet Your Vestry

Faith and Cancer Support Group

"You are a lot stronger than you think and God is much greater than you think." Lynn Eib

"Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace." Ephesians 4:3

Since I heard the words, "you have cancer" I have found much reassurance in my faith. However, I know that at its core Jesus taught us that our faith is a communal journey. There is an African quote "If you want to go fast, go alone. If you want to go far, go together." This quote has come to my mind several times in the last couple of months. When facing the challenge of cancer, I do not believe God intends for us to go on this journey alone. I believe God's desire, as in all things, is that we travel together offering support, prayer and encouragement to our fellow sojourners. Cancer is a unique road to travel. It can be a lonely time. It can be discouraging. It can be a journey that causes us to close out the world around us. I feel called to offer an alternative. I believe this journey can be a journey of hope on which we offer each other companionship, prayer, humor, and encouragement. It can be a time to deepen faith. I would like to discuss starting up a faith and cancer support group. Whether you are a believer, a seeker, or a questioning believer you are welcome. If you are on this journey as one with cancer or have a loved one with cancer, and would like some companionship, please call or email me. I would like to schedule a time to come together to discuss my idea and hear your ideas for such a group. You may reach me at 410-226-5134 or rector@holytrinityoxfordmd.org. All communications will be held confidential.



410.226.5134
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PO Box 387

The Church of the Holy Trinity



Lifeline

MISSION

The Church of The Holy Trinity, an Episcopal Parish in Oxford, Maryland: a caring Christian community dedicated to growing in God's love through worship, study, service and fellowship.

Who We Are

We are a small parish with a big heart comprised of committed people willingly sharing their talents to help those in need.

We are all seekers on a spiritual journey; encouraging of others also on the journey, and non-judgmental of where one might be on that journey.



HAPPY ST. PATRICK'S DAY!



Thanks to Oxford's Garden Club for the beautiful Valentine arrangements for Lunch Bunch clients