

THE TRINITARIAN

MARCH 2020



What do you know about Lent?

In a study done in 2014, 72% of adults knew what Lent was, and 88% of those participating in Lent were giving up some item of food for 40 days. Chocolate was the number one food most people were willing to give up. Whether by giving up something – a habit, a food, or other desirable things or taking on a Lenten discipline – reading the Bible and spending more time in prayer, Lent is meant to be six weeks of self-examination and reflection.

The Catholic Church started the tradition around the year 325, during the Council of Nicea. The term Lent came later from the Middle English word “lente,” which means springtime. In other countries, Lent's name is a derivative of the Latin term, “Quadragesima,” or “the forty days.” You probably know Lent is 40 days long; but there are actually 46 calendar days between the start of Lent on Ash Wednesday and Easter. Sunday's are not included in Lent as they are always considered feast days celebrating the resurrection of Jesus Christ.

On Ash Wednesday, Christians have their foreheads marked with ashes made by burning the palm fronds saved from the previous year's Palm Sunday. Christians do this as a sign of penance and mourning.

So, why 40 days? The number 40 is a significant number for Christians. Jesus spent 40 days in a desert praying, fasting and being tempted by Satan. Noah had to wait 40 days for his ark to float. And Moses, along with his followers, traveled through the wilderness for 40 years before reaching the Promised Land. We Christians seek to imitate Jesus 40 days of trial in our 40 days of Lent in reflection and self-examination.

The Bible does not mention the custom of Lent, however, the practice of repentance and mourning with ashes is found in both the Old and New Testaments. Our church services will have different prayers as we give up our “Alleluias” and tone down our “Gloria in excelsis.” You may notice other changes which are intended to provide a more modest experience of the Sundays of Lent so that Easter may burst forth in the proclamation of the resurrection.

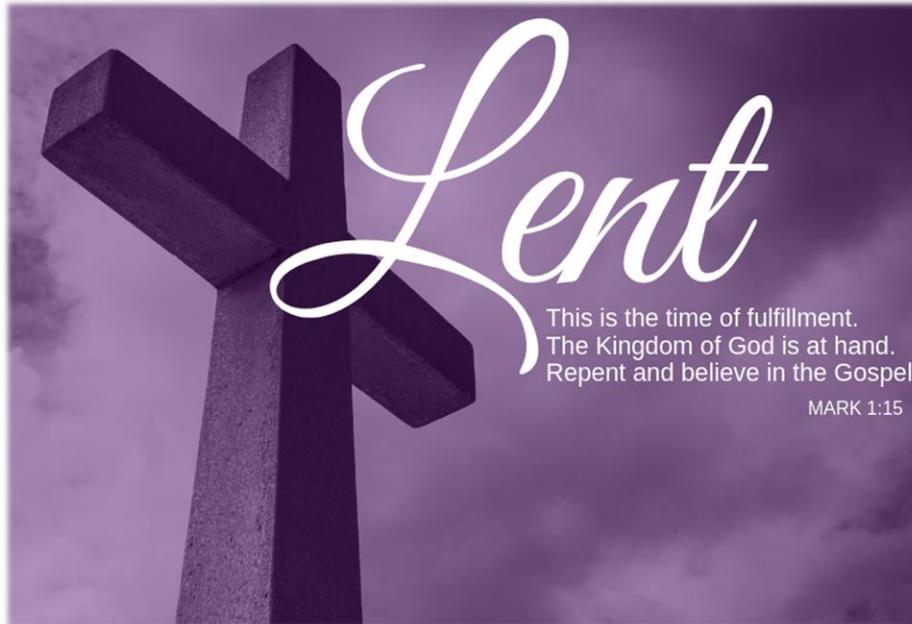
Palm Sunday and Holy week with Maundy Thursday, Good Friday, and Holy Saturday mark the completion of Lent. Each Friday during Lent at 12:15 PM, our parish will offer the Stations of the Cross – a short yet meaningful devotion to the Passion of Christ which recalls a series of events at the end of Jesus' life from his condemnation to his burial.

I hope that you have chosen to participate in Lent in some way. You can either take on or give up something, or, you might do nothing but choose a time of silent reflection that will serve as a reminder to you of the sacrifice Jesus made for our sins.

May you have a Blessed Lent as we prepare for a glorious Holy Easter.



Fr. Jim



How To Say Your Prayers

Ten Rules for Getting Effective Results from Prayer

by NORMAN VINCENT PEALE

- ♥ Set aside a few minutes every day. Do not say anything. Simply practice thinking about God. This will make your mind spiritually receptive.
- ♥ Second: Then pray orally using simple, natural words. Tell God anything that is on your mind. Do not think you must use stereotyped pious phrases. Talk to God in your own language. He understands it.
- ♥ Pray as you go about the business of the day, on the subway or bus or at your desk. Utilize minute prayers by closing your eyes to shut out the world and concentrating on God's presence. The more you can do this every day the nearer you will feel God's presence.
- ♥ Do not always ask when you pray, but instead affirm that God's blessings are being given, and spend most of your prayers giving thanks.
- ♥ Pray with the belief that sincere prayers can reach out and surround your loved ones with God's love and protection.
- ♥ Never use a negative thought in prayer. Only positive thoughts get results.

- ♥ Always express willingness to accept God's will. Ask for what you want but be willing to take what God gives you. It may be better than what you ask for.
- ♥ Practice the attitude of putting everything in God's hands. Ask for the ability to do your best and to leave the results confidently to God.
- ♥ Pray for people you do not like or who have mistreated you. Resentment is blockade number one of spiritual power.
- ♥ Make a list of people for whom to pray. The more you pray for other people, especially those not connected with you, the more prayer results will come back to you.

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MMO MAKING THE NEWS

Herd continues to help homeless

Marshall Medical Outreach (MMO), our student-led free mobile medical clinic, serves more than 32 patients every month in the parking lot behind Trinity Episcopal Church in Huntington.

During the three-hour free monthly clinic, about 30 volunteers provide medical care and encouragement for the homeless and those at risk for homelessness in Huntington. In addition to access to primary care and over-the-counter medications, MMO helps patients receive necessary prescriptions, eye screenings and dermatology services.

MMO also hosted a special clinic in Charleston on April 13, 2019, in collaboration with Grace Bible Church.

In addition to students and faculty from the Marshall School of Medicine, MMO also partners with the Robert C. Byrd Center for Rural Health at Marshall University, Marshall University School of Pharmacy, Cabell-Huntington Coalition for the Homeless/Harmony House, Cabell-Huntington Health Department, Ebenezer Medical Outreach and the Bright Clinic.

MMO was established in 2011 and has served more than 2,500 patients to-date.

Number of
community
service hours by
medical students
in 2018/19:

6,887



Class of 2019 graduates, Drs. Matthew Riley, Erin Fankhanel, Ben Jude and Emily Wright, volunteer at MMO on a rainy Saturday morning.



INTERESTING THINGS IN THE BOOK OF COMMON PRAYER

From the Historical Document section from The Book of Common Prayer...

Articles of Religion

As established by the Bishops, the Clergy, and the Laity of the Protestant Episcopal Church in the United States of America, in Convention, on the twelfth day of September, in the Year of our Lord, 1801.

XVII. Of Predestination and Election.

Predestination to Life is the everlasting purpose of God, whereby (before the foundations of the world were laid) he hath constantly decreed by his counsel secret to us, to deliver from curse and damnation those whom he hath chosen in Christ out of mankind, and to bring them by Christ to everlasting salvation, as vessels made to honour. Wherefore, they which be endued with so excellent a benefit of God, be called according to God's purpose by his Spirit working in due season: they through Grace obey the calling: they be justified freely: they be made sons of God by adoption: they be made like the image of his only-begotten Son Jesus Christ: they walk religiously in good works, and at length, by God's mercy, they attain to everlasting felicity.

As the godly consideration of Predestination, and our Election in Christ, is full of sweet, pleasant, and unspeakable comfort to godly persons, and such as feel in themselves the working of the Spirit of Christ, mortifying the works of the flesh, and their earthly members, and drawing up their mind to high and heavenly things, as well because it doth greatly establish and confirm their faith of eternal Salvation to be enjoyed through Christ, as because it doth fervently kindle their love towards God: So, for curious and carnal persons, lacking the Spirit of Christ, to have continually before their eyes the sentence of God's Predestination, is a most dangerous downfall, whereby the Devil doth thrust them either into desperation, or into wretchedness of most unclean living, no less perilous than desperation.

Furthermore, we must receive God's promises in such wise, as they be generally set forth to us in Holy Scripture: and, in our doings, that Will of God is to be followed, which we have expressly declared unto us in the word of God.

XVIII. Of obtaining eternal Salvation only by the Name of Christ.

They also are to be had accursed that presume to say, that every man shall be saved by the Law or Sect which he professeth, so that he be diligent to frame his life according to that Law, and the light of Nature. For Holy Scripture doth set out unto us only the Name of Jesus Christ, whereby men must be saved.

XIX. Of the Church.

Your location The visible Church of Christ is a congregation of faithful men, in which the pure Word of God is preached, and the Sacraments be duly ministered according to Christ's ordinance, in all those things that of necessity are requisite to the same.

As the Church of Jerusalem, Alexandria, and Antioch, have erred; so also the Church of Rome hath erred, not only in their living and manner of Ceremonies, but also in matters of Faith.

XX. Of the Authority of the Church.

The Church hath power to decree Rites or Ceremonies, and authority in Controversies of Faith: and yet it is not lawful for the Church to ordain anything that is contrary to God's Word written, neither may it so expound one place of Scripture, that it be repugnant to another. Wherefore, although the Church be a witness and a keeper of Holy Writ, yet, as it ought not to decree anything against the same, so besides the same ought not to enforce any thing to be believed for necessity of Salvation.

XXI. Of the Authority of General Councils.

[The Twenty-first of the former Articles is omitted; because it is partly of a local and civil nature, and is provided for, as to the remaining parts of it, in other Articles.]

The original 1571, 1662 text of this Article, omitted in the version of 1801, reads as follows: "General Councils may not be gathered together without the commandment and will of Princes. And when they be gathered together, (forasmuch as they be an assembly of men, whereof all be not governed with the Spirit and Word of God,) they may err, and sometimes have erred, even in things pertaining unto God. Wherefore things ordained by them as necessary to salvation have neither strength nor authority, unless it may be declared that they be taken out of holy Scripture."

New word alert: wretchchlessness from XVII above.

NEEDS OF CRIDLIN PANTRY

Food of the Month and Underwear needs: 48 cans of Tuna & Men's L Boxers

We are in desperate need of infant sizes 0-18 months, men's clothing and toys.



9:30 AM
SUNDAYS IN THE PARLOR

LENT

Early Christians observed "a season of penitence and fasting" in preparation for the Paschal feast, or Pascha (BCP, pp. 264-265). The season now known as Lent (from an Old English word meaning "spring," the time of lengthening days) has a long history. Originally, in places where Pascha was celebrated on a Sunday, the Paschal feast followed a fast of up to two days. In the third century this fast was lengthened to six days. Eventually this fast became attached to, or overlapped, another fast of forty days, in imitation of Christ's fasting in the wilderness. The forty-day fast was especially important for converts to the faith who were preparing for baptism, and for those guilty of notorious sins who were being restored to the Christian assembly. In the western church the forty days of Lent extend from Ash Wednesday through

Holy Saturday, omitting Sundays. The last three days of Lent are the sacred Triduum of Maundy Thursday, Good Friday, and Holy Saturday. Today Lent has reacquired its significance as the final preparation of adult candidates for baptism. Joining with them, all Christians are invited “to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God’s holy Word” (BCP, p. 265).

from <https://episcopalchurch.org/library/glossary/lent>

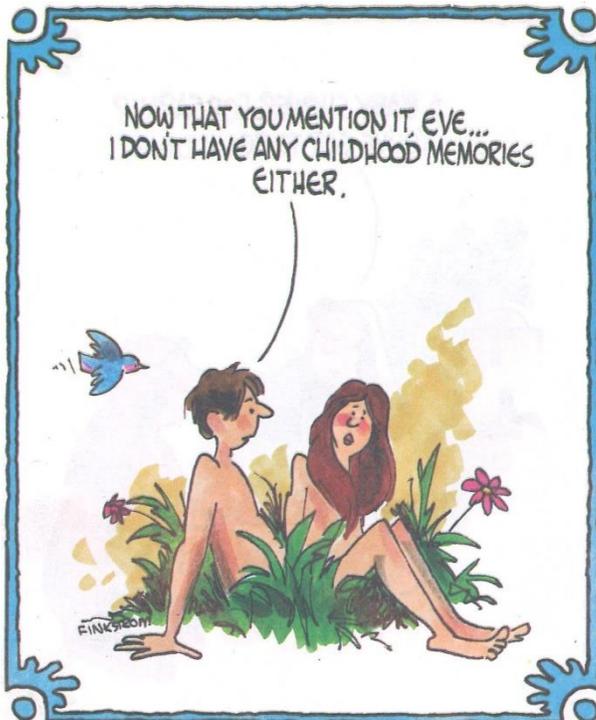
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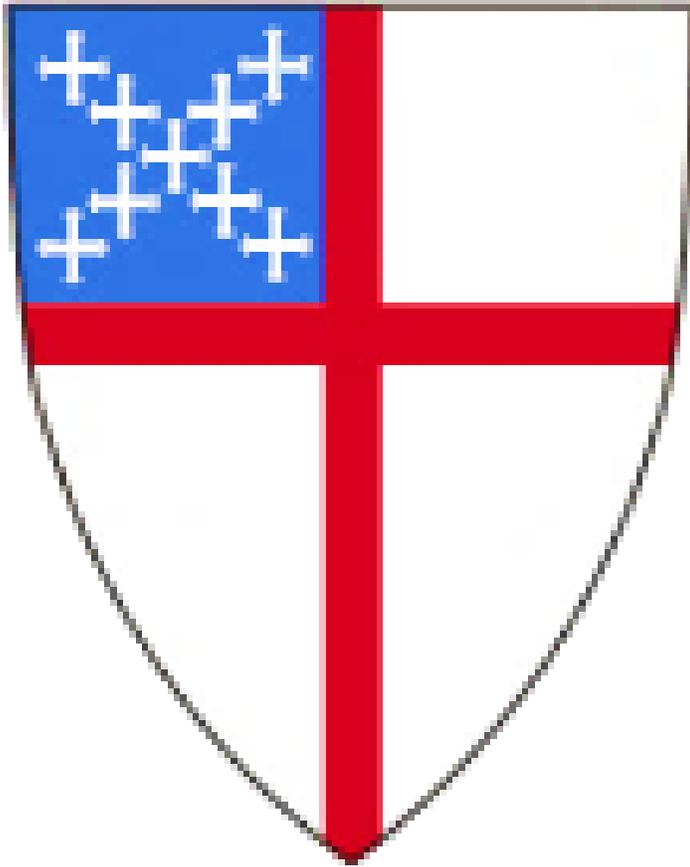


There will be a test next month.

- † The word paschal comes from the Hebrew word *Pesach*, which means Passover *
- † The traditional fourteen Stations of the Cross include locations specifically mentioned in the gospels and six stations based on pious legend. *
- † In addition to The Book of Common Prayer, the Episcopal Church has another official book called The Book of Occasional Services. As the title suggests, this book contains forms for services that are used infrequently or “occasionally.” *
- † The color of the season of Lent is purple which designates both penance and preparation. Lent may also be represented by oxblood and sack cloth.*

* Gunn, Scott, and Melody Wilson Shobe. *Walk in Love: Episcopal Beliefs & Practices*. Fourth ed., Cincinnati, Forward Movement, 2018.





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