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As they finish their terms, Tom Weber and Kate Worland look back on a busy year.		Wednes	sday Evenings in Lent
look back on a busy year.		5:30pm	Stations of the Cross
Trinity Food Ministry News	Page 8	6pm	Holy Eucharist with meditation
"The needs of the poor touch our hearts especially during the holiday season and donations of food are generously		Thursd	ay Morning
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Notes for the Journey

The beach stretched out in front of us, blue water lapping thinly on hard packed sand. The tide was going out. This was no time to look at the sky, to admire the clouds or scan the horizon, this was a time to look down at your toes where a prize might be gleaming. Shells were there for the taking, if you could spot them. Cone shells with exotic markings like a foreign alphabet, periwinkles, coquinas we called angel's wings, scallops, and the strange little ones that looked like miniature volcanoes. My sisters and I spent hours each spring vacation trolling the beach in front of my grandfather's house in Florida creating our own collection of shells.

On a bright sunny day with a fresh breeze and sparkling light it was hard to imagine the sea creatures who once possessed our treasures. We did not think about the lives those small animals had once known, or consider that our own lives would end some day too.

Now of course, we all know. Ash Wednesday with its solemn ritual of kneeling for the grit pressed into my forehead is a reminder of my own mortality, which each year grows more and more precious as the grains slip through the hourglass of life. We are most acutely aware of the goodness of life and of the value of our relationships when one we love slips away into that dim realm of eternal life leaving behind only a shell of memory.

Many times during the past month as we have come together in shared grief to say goodbye to cherished friends and loved ones I've heard over and over people express preferences for a particular hymn or reading or psalm for their own funeral. "Do you have it in writing? Is it in a file in the church office?" I ask. "No", was always the answer. I've heard people say that they always meant to getting around to having advance directives, or a Durable Power of Attorney for Health Care document but just never found the time. It's a subject we'd all like to avoid.

With the deaths of Michael Sampson and Charlie Watts still fresh in our minds and Ash Wednesday leading us into Lent, we will have the opportunity to take care of these necessary tasks in the good company of fellow believers. Three noon forums after church on Sunday will address religious and spiritual issues, legal and medical decisions, and planning for funerals.

On February 20th we'll discuss what it is we bring to this subject in terms of theology and spirituality. What is a soul? What do we really believe about heaven, eternal life, and the body? On February 27th we will go through the documents relating to Advance Directives, that is, what kind of medical care we want at the end of life and also who we appoint to make medical decisions for us when we are incapacitated. On March 6th we'll walk through the burial and funeral services and liturgies, and put our choices in writing.

It's easier (and more fun) to do this kind of planning in the company of others. I urge all Trinitarians to attend even if you have your affairs in order down to the last paper clip. Your experience might be valuable to the

Prayers of the People

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discussion and your presence and support will help others. Your planning for what will surely happen one day will truly be a gift to those who will need to make decisions in a difficult time. So come, bring your questions and your curiosity, and let's walk this Lenten journey together.

Blessings,



WE PRAY FOR THOSE WHO ARE ILL OR IN NEED

Teresa Bundstein Nancy Cadenhead Kayte Foxworth Jackie Judd Margaret Kane Geoff Kraft Camilleann Nelson Frank Oakes Joyce Trewyn

FOR THOSE IN THE MILITARY

Eran Eaton Josh Gennari Corey Harwell. John Worland

FOR DISCERNMENT

Matthew Owings

FOR THE DEPARTED

Michael Sampson

Charlie Watts

FOR THOSE WHO MOURN

Ann Watts and her family

Patricia Sampson, Kathi & Drew

FOR THOSE CELEBRATING BIRTHDAYS

February

2	Hazel Kirk
4	Joyce Daughaday
5	Matthew Haggans Alexandra Cadenhead
6	Joyce Trewyn
8	Larry Sather
9	Valorie Adrio Nelson Corliss
13	Margo Skinner
16	Kitty Drescher Raymond Adams
17	Jarrett Young Berkley Adrio
25	Alexander Gerteis
26	Charlene Wright

From the Trinity Community

FOR THOSE CELEBRATING BIRTHDAYS (CONTINUED)

MARCH

2	Matthew King
3	Gwen Porter
6	Tom Kirk Devanshe Renne Sanders
7	Jerry Copeland Daniel Moore
8	Claire Corliss
10	Orelia Woodson
12	Al Adams
17	Karen Lucas
18	Frank Oakes
19	Marjorie Hoeltzel
21	Kenneth Lehrmann
25	Valvin Sinclair Nathaniel Winston
26	Carlos Daughaday
28	Karin Layher
29	Kim Corliss

Archival Acuity

artha Baker and I have recently gone through boxes and boxes of records that comprise Trinity's history as we put together the latest written segment of our church's history - from 1975 to 2005. It occurs to both of us how important it is to let all of you know that we do have an archive, or "repository" for memories or information. It is stored in the North Parish Hall.

Soon we will begin celebrating our sesquicentennial year, and we want to encourage you to think about what Trinity memories/information/photos, etc. might be found in your home. Should you be thinking of downsizing, or maybe just tidying up, don't just pitch Trinity-related stuff, give the church office a call and we will get back to you. And thanks for looking!

Etta Taylor

The Spiritual Life

n the Third Wednesday, February 16th, the Women's Spirituality group will meet to watch and discuss a 20 minute video from NOW, the PBS show. On that show, Sister Joan Chittister is speaking about religion and politics. The meeting begins at 6:30, after the Wed. Eucharist, and ends about 7:30. All women are welcome.

Georgia Johnston

Your Vestry Notes

DECEMBER VESTRY MEETING

our Vestry met at 7 PM on Tuesday, December 14th at the home of our Rector, in recognition of the last meeting of the year. Although food and drink were plentiful, we were serious about business and didn't touch the table until the stroke of 9 o'clock.

Topics covered during the meeting included disposition of a \$5,000 bequest, which will be added to the Janet Niekamp capital account that was set up earlier this year.

We had a fascinating discussion under the heading of "Trash Talk", wherein the Vestry heard from our Junior Warden about progress toward changing over to a more economical trash hauler.

Your senior warden brought up the topic of nominees for the Parish Trustees. John Drescher has expressed a desire to resign because of the challenges posed by his failing eyesight. The Vestry accepted John's intention to resign while suggesting that he will be asked to stay on as "Trustee Emeritus" in an advising capacity. Vander Corliss will be nominated to fill John's position.

Other topics of note:

Stewardship progress was reported at 95 pledges for about \$199,000.

The Nominating committee has 4 candidate volunteers thus far to fill the four vestry positions.

Various other routine reports were made, including our Rector's usual busy

schedule and the report from the Food ministry regarding the healthy sales of Christmas Card. All in all, it was a productive meeting that ended with a delightful social hour in honor of the hard work of this marvelous Vestry.

Tom Weber

STEWARDSHIP CAMPAIGN REPORT

am happy to report that 102 members of our parish family have pledged thus far for a total of just over \$207,300. This total is within \$1,000 of the amount pledged last year. Considering that we started our pledge campaign about \$25,000 behind because of normal attrition, this is a remarkable accomplishment. Our community is alive and well, enthusiastically supporting the Trinity mission.

Congratulations!

Tom Weber

TREASURER'S REPORT

s of December 31, pledge income is at 96% of budget, or about \$8,000 less than was budgeted. However, a number of expenses came in under budget, and the parish has a surplus of about \$10,000 for the year. The Trinity Food Ministry ended the year with about \$13,000 more in expenses than Income. This will be made up from the TFM cash reserve from the beginning of the year.

Barbara Uhlemann

From Our Wardens

REFLECTIONS OF THE SENIOR WARDEN

'm really not much for articles such as this. However, I submit this brief reflection, (at the request of the Editor) with a sense of gratitude for having been asked to serve as Senior Warden this year. I believe I've had it quite easy, being asked to serve at this particular time. Our Rector was in her third year at Trinity, when the initial adjustments had been made and she went about the tasks of envisioning and laying the ground work for who she wants to be as our Pastor and Rector. The vestry was composed of as fine a group of people as I've known. Leading this group is really a misnomer, as you are blessed with a Vestry comprised of leaders, thinkers and ready volunteers. Our Junior Warden did all of the heavy lifting, having had a remarkable year in the care of our building and grounds. And we witnessed this year a refocusing of our Food Ministry, highlighted by Steve Turner's decision to volunteer to lead the program.

The year allowed me to get to know Anne as a colleague, consultant and friend. She, Kate and I have enjoyed frequent 8 AM meetings at the Bread Company, a combination of planning, problem solving and congenial sharing. I have been honored to be called by Anne and Kate to think through issues, offer opinions and occasionally make a few decisions – such as the decision to cancel Sunday services following the ice storm during my first week on duty! Okay, I'll admit it. I'm looking forward to "retirement". But I do so

with fond memories of a year as senior warden, grateful for the privilege to serve this wonderful church community.

Tom Weber

MANY HANDS MAKE LIGHT WORK

y year as Junior Warden is rapidly drawing to a close with a mixture of regret and relief. Just think, I won't be as involved in building projects (sad), and nothing exploded (woo-hoo!). I've had a wonderful time working with all of you. We've managed to include a wide variety of people from young Oliver and Sarah, to the young adults, former Junior Wardens (thank the Lord), newcomers, and all the rest of you willing and handy folks.

Stop and think what you have done this year!

Carrying through George Friesen's parking lot repair plan, contracting new lighting and electrical work, plumbing to Health Department standards, meeting health-code in the kitchen for the hot lunch program, building new shelves for the Food Ministry, building a trash can cover in North Parish Hall, creating a beautiful nursery, painting and carpeting the parish and Food Ministry offices and the Sunday School room, opening up and repainting the North Parish Hall, sewing a new harpsichord cover and paraments, repairing the sacristy sink sprayer, planting dozens of

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More News

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bulbs, painting the South Parish exterior wall, clearing the gardens and patio, straightening the iron fence, refurbishing the library and repairing its fan, as well as adding new storage in the choir office, on the basement steps, and in the North and South Parish Halls. All of this was with dedication, laughter, and good food! We have a lot to be proud of and I congratulate all of us.

It has been a pleasure to serve in our Trinity Community where so many people do so much with great skill and love.

Kate Worland

Flower Festival

The Most Rev. Frank Griswold, Presiding Bishop of the Episcopal Church, will be the preacher at the annual Flower Festival. This event will be held on April 23-24 at Christ Church Cathedral with a street fair, concert, and festival Eucharist on Saturday, and Evensong on Sunday.

Take Note ...

Trinity is collecting stories, anecdotes and photographs for a book of remembrance for Michael Sampson's godson Drew. Please send yours to the Trinity office by e-mail at trinity-cwe@sbcglobal.net or by hand if you prefer." Please speak to Kate Haggans if you have questions.

REMINDER

f your email address has changed, or if you're unsure we have your current email, please let Bill Ader (trinity-cwe@sbcglobal.net) know so he can add you to the weekly Trinity Times email list.

Notes from the Trinity Timeline

From "Parson to Person", the Rev. William D Chapman's column in the Trinity Times, May 1991:

God gave me the gift of a sense of humor. What a blessing it is to be able to enjoy a good laugh—especially a laugh at yourself, when you find you're taking yourself too seriously...

Years ago, I'd taken a rather severe pratfall on the ice. Next day at the early service, I was repeating that phrase near the end of the canon, "and here we present unto thee, O Lord, ourselves, our souls and bodies, to be a living sacrifice..." But I said, "our souls and bottoms."

There's a cascade of Trinity memories, like Bryce Mouw's huge and holy sneezes at the most tender liturgical moments. And the time Joan Dunbar concluded her reading of the Genesis creation story, "'This is the Word of the Lord' - but obviously written by a man." I was new to Trinity then, so I laughed, of course, until I saw Father Tombaugh, the liturgist, glaring at Joan and then at me. And that made me laugh even harder."

So even as the Spirit is given, there's laughter.

Martha Baker

Trinity Food Ministry News

Trinity Food Ministry benefits from a United Thank Offering Grant

In 2000, the United Thank Offering awarded Trinity Food Ministry a grant to increase the protein content of the food we distribute through the food pantry. For a number of reasons this grant money was not spent but rather reserved in an account specified for the purchase of food. At the urging of the UTO and in order to close out the account we have purchased a quantity of canned meat, chicken, tuna, beef stew, sloppy joe mix, chicken and dumplings, chili, etc.

The needs of the poor touch our hearts especially during the holiday season and donations of food are generously given. However, during the summer and into the autumn we often run out of canned food and have to go out and make purchases. The supply of canned meat purchased with the UTO grant along with the cans of vegetables, soup, etc. donated in December by the children of the Old Bonhomme School constitutes a reserve bank of food for the food pantry. We hope this reserve will stretch into the summer months when Trinity parishioners and other donors are on vacation and the food baskets on Sunday mornings are less full.

The food ministry is our greatest outreach ministry. Please continue to support the ministry with your donations of cans and checks even though we are now blessed with a reserve of food.

Christmas card sales

Thank you to all who used the Trinity Food Ministry Christmas cards to send holiday greeting to friends and relatives. We sold 2,730 cards and earned \$3,408 after paying for the printing of the cards. Many folks were very generous and contributed more than the suggested price for the cards. A special thanks to Kathy van Bakergem for designing the beautiful card, to our friends at Sprint Print for their help with printing and to the food pantry volunteers who folded and packaged the cards.

December and January Food Ministry Notes

During December, the food pantry served 304 folks, 93 of whom were children and 40 were seniors. During January. 244 individuals were served, 50 of whom were children and 34 were seniors. Preparation for the holidays and the colder weather in January probably account for the differences in these two months. Donations of canned food were received from some of the organizations (such as Dignity, Growing American Youth, and Bisexual Alliance of St. Louis) that use our church building without charge for meeting space throughout the year. The Church of St. Michael and St. George, St. Nicholas Greek Orthodox Church, Central Reformed Congregation, First Unitarian Church, St. Matthew's Episcopal Church and St. Timothy's Episcopal Church as well as a number of

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TFM News & Diocesan Events

(Continued from page 8)

individuals donated either food or financial contributions. The Christmas season is a time when many Trinity parishioners also give extra financial support to the food ministry.

As the cold days of winter continue, the hot lunch on Sundays is especially appreciated by our guests. Average attendance at the lunch continues at about 60 - 70 each week. Rabbi Randy Fleisher's seventh grade class at Central Reformed Congregation prepared and served the lunch on the first Sunday in December.. Grace Episcopal Church served the second Sunday. The Episcopal Church of the Holy Communion prepared roast chicken, dressing, and green beans on the third Sunday. Finally, on the day after Christmas, the fourth Sunday, Central Reformed Congregation again served. During January, St. Mark's Episcopal Church, Grace Episcopal Church, the Episcopal Church of the Holy Communion, Trinity Episcopal Church and St. Francis Episcopal Church took their turns preparing and serving the hot lunch.

Trinity's next Sunday to serve is Easter Sunday, March 27th. Please see Steve Turner to volunteer or indicate your interest on the sign up sheet in the South Parish Hall.

Absalom Jones

The Feast of Absalom Jones will be celebrated with a spiritual pilgrimage on Saturday, February 12th with a visit to the federal building in downtown St. Louis. A reenactment of the Dred Scot proceedings will take place at 10 a.m. Participants are asked to gather at

Christ Church Cathedral at 9:15 a.m. to begin with prayer before the reenactment. A box lunch will be provided and is included in the fee of \$8 for adults and \$5 for students. Advance registration is necessary for lunch. Please call the cathedral at 314-231-3454.

Diocesan Leadership Conference

will be held Saturday March 12, from 9 a.m – 3 p.m. at St. Martin's Episcopal Church at 15764 Clayton Road in Ellisville. The keynote speaker will be the Rev. Dr. James Lemler, director of Domestic Missions at the Episcopal Church Center in New York. All members of Trinity are encouraged to attend Please see the rector or contact the Rev. Canon Dan Smith at 314-231-1220 or edsmith@missouri.anglican.org

The Episcopal Diocese of Missouri Youth Event: The 30 Hour Famine.

February 25-26 at the Church of the Advent in Crestwood. It begins on Friday evening at 6 p.m. They participate in a variety of activities that teach about hunger and how to make a difference. On Saturday they canvas the neighborhood to collect food for Feed My People.

Communion is celebrated on Saturday evening followed by a breaking of the fast at a 6 p.m. dinner. All youth in the diocese are welcome and encouraged to participate and bring a guest. The youth minister Larry Willis can be reached at home at 636-225-1449.

Education Events

Sharing the Message of Hope

Lent and Easter at Trinity Episcopal Church Education and Services

Wednesday Lenten Program

Feb. 16, 23. March 2, 9, 16

5:30 PM Stations of the Cross

6:00 PM Holy Eucharist

6:30 PM Simple Supper

7:00 PM Groundwork Program

Noon Adult Forums

Feb. 20, Feb. 27, March 6

Lenten Adult Forums

February 20 - Religious and Spiritual Issues of Death

Death is a mystery that has always driven human imagination. What happens to us, our souls and bodies, when we leave this world? This Forum is a time to ask hard questions and share personal beliefs about the Soul, the Afterlife, and Heaven.

February 27 - Legal and Medical Issues of Death and Dying

This Forum is designed to be a more 'hands-on' session focusing on documents that all of us should have prepared. We will be discussing and actually completing Advance Directives and Durable Power of Attorney for Health Care. Medical and legal professionals will help guide us through this process.

March 6 - Funeral Planning

With hymnals, prayer books, and Bibles all around, we will spend time together picking favorite hymns and other essentials needed to complete Trinity's funeral planning form. This should be a time of sharing and caring while dealing with a topic that makes many of us uncomfortable.

Wednesdays in Lent

Groundwork: Digging Deep for Change and Growth

Groundwork is an adult education program created by the Episcopal Church. Each week is centered on themes found in the lectionary readings for Lent that ask all of us to reflect on our lives as we prepare for Easter. Through the use of study questions and materials tailored specifically for Trinity, we will explore ways we can as a community and individually bring the Christian message of hope to others. It brings together the best in congregational development strategies in a workable and practical way that will inspire all of us.

Inquirer's Class

Sundays at 12:30pm

April 17 and 24 May 1 and 8

The Inquirer's Class is designed for those who wish to be confirmed or received in to the Episcopal Church and for those who have questions about the Church. The class covers the basics of what it means to be Christian in the Anglican tradition. We'll meet on Sundays following the 10:30 am service and share a simple meal to start. Please see the rector if you have questions.

Holy Week & Education Notes

Holy Week at Trinity

Palm Sunday, March 20 Liturgy of the Palms and Passion Gospel

Holy Eucharist Rite I 8:00 AM Holy Eucharist Rite II 10:30 AM

Holy Tuesday, March 22 Agape Eucharist, 6:00 PM

Holy Wednesday, March 23 Stations of the Cross, 6:30 PM Holy Eucharist, 7:00 PM

Maundy Thursday, March 24 Holy Eucharist, 7:00 PM

Good Friday, March 25 Liturgy of Good Friday 12:00 noon and 7:00 PM

Saturday, March 26 The Great Vigil of Easter. 8:30 PM

Easter Day, March 27 Holy Eucharist Rite I, 8:00 AM Choral Eucharist Rite II, 10:30 AM

Education Question for the month:

This year is a very busy one for Trinity. Much of our attention and planning is directed at the celebration of the 150 years we have worshipped as a parish. This has meant fewer educational offerings. I thought a good way to still provide a forum for Christian education would be to write a column for the *Times* that hopes to answer

questions I hear from folks.

The first question is one that was asked at the latest Inquirers' Class. One of the class members asked what transubstantiation is and if Episcopalians believe in it. Very simply, transubstantiation is the belief that the bread and wine at the Eucharist transform into the actual body and blood of Jesus. After the rediscovery of Aristotle's writings, Thomas Aguinas was able to argue that all matter is made up of two parts. The first is called matter's accident, which simply is its outward appearance. The other part is called the substance and is unseen but gives matter its true nature. Aquinas took this idea and said that at the altar the substance of the bread and wine are transformed or replaced by Jesus. So, human eyes may see bread and wine but in reality it has transformed into the actual body and blood of Jesus.

The second part of the question is actually much more difficult because the answer is both yes and no. Some Episcopalians believe in transubstantiation and some do not. In general, and perhaps more importantly, Episcopalians leave each other a wide amount of latitude for belief. What each of us is asked to affirm when the bread and wine are given to us is that they are the body and blood of Jesus. We are asked to believe in the Real Presence of Christ in the Eucharist. When we gather around the altar, Jesus is with us in a special way that fills us with grace and empowers us to continue sharing God's love for the world.

If you have a question you would like me to take a try at please see me at church, leave me a note in the office, or send me an email at mattnkc@yahoo.com.

150th Anniversary News

A celebration of 150 years of ministry and mission

February - May, 2005

Friday, February 11, 2005 6:00 pm

Historic Evensong from the 1789 Book of Common Prayer, marking the 150th anniversary of the first service at Trinity Church.

Potluck to follow

Sunday, March 6, 2005 10:30 am

Historic Eucharist, using the 1892 Book of Common Prayer

Sunday, April 17, 2005 5:30 pm St. Cecilia Remembered

Evensong from the 1928 Book of Common Prayer with a musical setting composed for the occasion by Trinity's organist, Jeff Nall

6pm Concert
Featuring a variety of musicians connected to Trinity Church

7pm Supper Reservations required at \$10 per adults, \$5 for children some complimentary tickets available Trinity Sunday May 22, 2005 10:30 am

Festival Eucharist

Celebrant: The Rt. Rev G.W. Smith Bishop of Missouri

Preacher
The Rt. Rev Barbara Harris
Assisting Bishop of Washington

Luncheon following at the Mahler Ballroom
Reservations required at \$10 for adults,
\$5 for children
some complimentary tickets available

The DisAbility Project

Monday, Feb. 28 at 7:15 pm, Webster University will present the "The DisAbility Project" in the Browning Theater at the Loretto-Hilton Center, 130 Edgar Road. The performance is free and open to the public; a reception will follow. Through humor, movement, and real life stories, the DisAbility Project explores issues such as architectural accessibility, transportation, health care, employment, and societal attitudes. The performance will be signed for the hearing impaired. If accessible seating is needed, or for more information, please call 968-7174. The DisAbility Project is a production of That Uppity Theatre Company, directed by Joan Lipkin.

Schedule for Servers

FEBRUARY 13, 2005: LENT 1

8:00 AM CB1 Mary Seager

U1 Tom Kirk

10:30 AM MC Harry Leip

CB1 Jim Andris

CB2 Darrell Berg

CR Barbara Uhlemann

TH Gil Fisher

T1 Ida McCall

T2 Carrie Weber

R1 Matthew Owings

R2 Larry Sather

I Martha Baker

U2/G Nora Peterson

Rolly Peterson

H S Adams & D Scott

FEBRUARY 27, 2005: LENT 3

8:00 AM CB1 George Friesen

U1 Darrell Berg

10:30 AM MC Gil Fisher

CB1 Susan Adams

CB2 Dee Scott

CR Jan Parker

TH Jim Andris

T1 Fritzi Baker

T2 Alex Gerteis

R1 Ellie Chapman

R2 Julien Worland

I Dean Bradley

U2/G Ann Watts

Cindy Curran

H M Baker & G Fisher

FEBRUARY 20, 2005: LENT 2

8:00 AM CB1 Darrell Berg

U1 Barbara Ritchey

10:30 AM MC Matt Owings

CB1 Lisa Will-Smith

CB2 Mary Seager

CR Carrie Weber

TH Steve Turner

T1 Michael Simbeck

T2 Ellen Weber

R1 Dee Scott

R2 Jeffrey Simbeck

I Ginny Benson

U2/G Etta Taylor

Ted Taylor

H Stephen Nichols

MARCH 6, 2005: LENT 4

8:00 AM CB1 Mary Seager

U1 Tom Kirk

10:30 AM MC Lisa Will-Smith

CB1 Steve Turner

CB2 Matt Owings

CR Barbara Uhlemann

TH Gil Fisher

T1 Lisa Carpenter

T2 Ida McCall

R1 John Uhlemann

R2 Fritzi Baker

I Darrell Berg

U2/G Kitty Drescher

Joan Gregory

H S Adams & D Scott

Sunday Lectionary Readings

from the Revised Common Lectionary

LENT 1	LENT 2
Genesis 2:15-17; 3:1-7	Genesis 12:1-4a
Psalm 32	Psalm 121
Romans 5:12-19	Romans 4:1-5, 13-17
Matthew 4:1-11	John 3:1-17
LENT 3	I porte 4
LENT 3	LENT 4
Exodus 17:1-7	1 Samuel 16:1-13
Exodus 17:1-7	1 Samuel 16:1-13

TRINITY EPISCOPAL CHURCH

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