

TRINITY TRUMPET

TRINITY EPISCOPAL CHURCH

1415 - 6th Avenue South Anoka, MN 55303

(763) 421-1196 Fax (763) 421-4202

E-Mail: admin@trinityanokamn.org

Website: www.trinityanokamn.org



March 12, 2009

OFFICE INFORMATION

Admin. Assistant: [Marilyn Zebe](#)

Office Hours:

Tuesday, Wednesday, Thursday

10:00 a.m. - 2:00 p.m.

RECTOR: [Fr. Richard Matthews](#)

Available at Trinity

(763) 421-1196 or (763) 213-2029

Tuesdays 10:00 a.m. - 2:00 p.m.

Wednesdays Noon - 8:00 p.m.

Thursdays 9:00 a.m. - Noon

Sundays 8:00 a.m. - 2:00 p.m.

SUNDAY SERVICE - 9:30 a.m.

with Holy Communion, Sunday School

Nursery and Coffee Hour.

Healing and Intercessory Prayer

offered during service

and available upon request.

Thank God for the Many Blessings at Trinity

Trinity held the Annual Parish Meeting on Sunday, February 8 after the Sunday service. The following members were elected to the Vestry: Marilyn Sawyer as Sr. Warden; Gladys Odegaard as Jr. Warden; Kay Stickney, Sam Lucast and Debbie Burns for regular Vestry terms, and Jeff Brown to fill in Gladys Odegaard's position for one year. The Diocesan Delegates are Glenn Hibbard, Diane Newstrom, and Sally Specht, with Jackie Matthews and Gladys Odegaard as alternates. Fr. Matthews said it's the first time in his 22 years as a pastor that he's seen a balanced budget and a healthy congregation. We are no longer considered a small parish--now we are mid-size with 270 members. 50% of most of the small parishes have under 100 people. In the Parochial Report for 2008 our average attendance increased from 80.1 to 89.2 on Sunday. Most parishes are happy with .1, but we have five times that. Fr. Matthews said, "What a testament to the health of our parish. Pat yourself on the back." We have three representatives at the Diocesan Convention. Our outreach ministry surprises a lot of people. The Diocesan representatives at Council were impressed that we have been doing Family Table for 15 years. We also work with Meals on Wheels. Trinity may be mentioned in "Soundings" (the Diocesan newspaper). Fr. Matthews stated that when Bishop Jelinek was at our parish's 150-year celebration on Sept. 14, he gazed into the parish and mentioned the diversity of the congregation. He asked Fr. Matthews what program did we have in place to get people from all continents. Fr. Matthews told him people love coming here because of the warmth of the parish, adding --"which is what Christ calls us to be--warm and welcoming". We have doubled our attendance since Fr. Matthews first arrived in 2004 and it was noted that our "Angel" section (near the side entrance) is filling up. The central focus of "What is the One Thing" will be where God leads us and we will be having a fundraiser in the fall. Regarding our balanced budget, this is due to the generous bequest from Valborg Ravn, who left proceeds from drilled oil in N.D. to Trinity. We received \$4,000 from July-Oct last year. We've received \$24,000 in January, 09 and will receive \$6,000 each month. However only \$2,000 will be used per month and the remainder will go into the endowment fund for investments. Fr. Matthews jokingly exclaimed, "PRAISE OIL!" Barb Fischer and Bob Webster were thanked for doing extensive financial work to make financial tracking safer and easier for all. We have so many blessings to be thankful for. TYG



PALM SUNDAY - APRIL 5
EASTER SUNDAY - APRIL 12

Live Well
 Laugh Often
 Love Much

Contact Cres Schramm via mail, Trinity Office Box or e-mail

(SchrammNews@msn.com) to put items in newsletter.

Newsletter mailed monthly.





O Father in heaven, when the way is dark and confusing, lead me into Your light and guide me out of the darkness. Amen

A Little About Joanie Mangels...

by Eva Mae Cleator

Joanie, her husband Fred, Warren and I were not well-acquainted until one Sunday afternoon, when Joanie called to ask if we would like to share a pot roast that was in the oven. It was a pleasant dinner and Joanie and I discovered we had many similar interests. There were too many happy times to be counted and, of course, a few sad ones also, as when their son, Tom, was killed. She lost her mother and sister, and then Fred also passed away. We had so much fun because we found humor in every situation. Whether it was one of our many trips or on a Crucile weekend (there were three), serving on kitchen duty, sleeping on the floor or on wooden bunks with just a sleeping bag between us and the boards--too old to cry, so we laughed. She loved her Trinity family and was devoted to God and her parish. She served on Vestry, Altar Guild, many service committees and, of course her favorite, the choir. Richard, our organist and choir director, teased her not to quit smoking so they didn't lose a bass voice. She did quit anyway. She was also a wonderful artist. Joanie stayed with us several times since she returned from Washington. She never complained when she had to go upstairs with a sore knee or when I made hamburgers for dinner, even though I didn't realize she couldn't swallow it. Now it's memory time for us and I am grateful God saved our Joanie from months of pain and unhappiness.

March Birthdays

Forest Fout	March 1
Orrell Nilsson	March 1
Diana Williams	March 3
Chris Mezera	March 5
Hannah Kumar	March 7
Norah Lund	March 7
Roger Specht	March 7
Ryan Fischer	March 9
Chris Stickney	March 9
Lois Barthel	March 13
Ginnie Kopydlowski	March 14
Alyssa Nelson	March 15
Eileen Beasley	March 16
Olive Fischer	March 17
Joe DeCourcy	March 22
Debbie Burns	March 24
Amanda Vincent	March 26
Shelley Nelson	March 31

Each day brings a chance for you to draw in a breath, kick off your shoes, and dance.

Oprah

Youth Group

APRIL EVENT

Feed My Starving Children

30-Hour Famine

April 9

Please let Sue Hildman know if you will participate in this event or if you can help,

by April 5. Help is needed.

The Peer Ministry is Youth-Led meetings and meets every Sunday from

10:45 - 11:45

It's not too early to think about the end of the year barbeque in May.

Anyone for Easter Choir?

If you like to sing but can't make a long-term commitment, you are invited to sing with the Trinity Choir on Palm Sunday and Easter Sunday.

The choir rehearses Sunday mornings at 8:30 a.m.

Of course, if you decide you like it, you can stay longer.

If you have questions, contact Tom, Debbie or Bob.

Confirmation Ceremony April 25 - 11:00 p.m. St. Mark's Cathedral



Ladies of Trinity Luncheon
March 30 at 11:30 a.m.
Applebee's at Northtown.

Contact Eva Mae Cleator for more information.

Activities, Meetings and Gatherings

Vestry Meeting	Second Monday of each Month	7:00 p.m.
Trinity Knitters/Shawl Ministry	First Tuesday of each month at Trinity	10:30 a.m.
Warden's Committee Mtg.	First Wednesday of each month	
Holy Eucharist	Wednesdays	7:00 p.m.
Bible Study	Wednesdays in November, January, March, May, July, September	7:30 p.m.
	<i>This month the study is on Moses.</i>	
St. Anne's Guild	Third Tuesday of each month	Noon
	TRINITY COOKBOOKS ARE HERE!! Beautiful and for sale for \$20.00 through St. Anne's or the Office.	
Trinity Guild	Third Thursday of each month March 19	10:30 a.m.
	WOMEN OF THE BIBLE: Zeb Shreve - Alexandra House, Guest Speaker Hostess: Nancy Barks	
Ladies of Trinity	The luncheon is always held the last Monday of each month. All ladies from the Parish are welcome to attend. Lunch is at Applebee's, Northtown on March 30. Call Eva Mae Cleator for more info.	11:30 a.m.



Visit Our Website at www.trinityanokamn.org
Contact Cres Schramm to also receive Trinity info by e-mail. SchrammNews@msn.com



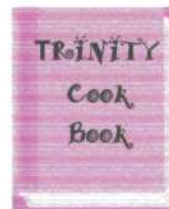
ST. ANNE'S ANNUAL CARD PARTY

May 20 at Noon - Tickets are \$17.50

Contact Becky or Cindy for more info.

NEW TRINITY COOKBOOKS

Over 1000 wonderful recipes on sale for \$20.00.
Get your cookbook from St. Anne's Guild or the Church office.



UNRAVEL a Tangled Necklace

You know how hard it can be to unravel your favorite chain necklace. To help speed up the process, place your necklace on a hard nonporous surface, then apply a few drops of mineral oil. Using a straight pin, gently pull out the tangles. The oil makes its way between the chain links, instantly loosening the grip of knots.

Family Table

Approximately \$15 covers
the cost per grocery bag

DONATABLE ITEMS TO FAMILY TABLE

18 oz.	Creamy Peanut Butter
18 oz.	Grape Jelly
15 oz.	Canned Vegetables
15 oz.	Pork & Beans
2 cans (6 oz.)	Water-Packed Tuna
2 Boxes (7-1/4 oz.)	Mac & Cheese
28 oz.	Spaghetti Sauce
2 lbs.	Spaghetti Noodles
Choice of Cereal:	Oatmeal
	Rice Krispies or Cheerios

Family Table Needs Helpers

ACBC Food Shelf Needs Donations.
Food Shelf Sunday at Trinity is the second Sunday of each month.

Let's
Eliminate
Negative
Thinking

HOLY WEEK SERVICES

JOIN US FOR HOLY WORSHIP ON

Palm Sunday - April 5

9:30 a.m. Sunday Service

Maundy Thursday - April 9 - 7:00 p.m.

Sign up for the All-Night Watch in the Chapel following the service.

Good Friday Liturgy - April 10

12:15 p.m. and 7:00 p.m.

Holy Saturday - April 11

The Great Vigil of Easter - 8:00 p.m.

Easter Sunday Celebration - April 12

9:30 a.m. Sunday Service

Easter Egg Hunt Following Service



Easter flowers



Help celebrate Easter and His Resurrection by donating towards beautiful flowers to decorate our parish. Many people make a monetary donation in thanks of or in memory of loved ones. If you would like to contribute, include your list of names along with your donation and a notation that they are for Easter flowers. A list of names will be printed and included in the Easter bulletins. Names should be to Marilyn by April 1. Contact Jan Dereschuk for info.

Upcoming Events

March 30 - Ladies of Trinity at Applebee's Northtown

April 5 - Palm Sunday

April 9 - 30-Hr. Famine/Feed My Children-Youth Group

April 12 - Easter Sunday

April 25 - Confirmation at St. Mark's Cathedral

May 20 - St. Anne's Card Party

Service Times at Trinity

Priest - Father Dick Matthews

Sunday Service - 9:30 a.m.

with Holy Communion,

Sunday School, Nursery and Coffee Hour

Healing & Intercessory Prayer offered

during service and available as requested.

Trinity Episcopal Church
1415 - Sixth Ave. South
Anoka, MN 55303

We remember how you loved us to your death, and still we celebrate, for You are with us here; and we believe that we will see You when You come, in Your glory, Lord, we remember, we celebrate, we believe.



Blessed is he who forgives without remembering and who receives forgiveness without forgetting.



Litany of Penitence

Most holy and merciful Father:

We confess to you and to one another, and to the whole communion of saints in heaven and on earth,
that we have sinned by our own fault in thought, word, and deed;
by what we have done, and by what we have left undone.

We have not loved you with our whole heart, and mind, and strength.

We have not loved our neighbors as ourselves.

We have not forgiven others, as we have been forgiven.

We have been deaf to your call to serve, as Christ served us.

We have not been true to the mind of Christ.

We have grieved your Holy Spirit.

Have mercy on us, Lord.

We confess to you, Lord, all our past unfaithfulness:
the pride, hypocrisy, and impatience of our lives.

Our self-indulgent appetites and ways, and our exploitation of other people.

Our anger at our own frustration, and our envy of those more fortunate than ourselves.

Our intemperate love of worldly goods and comforts, and our dishonesty in daily life and work,

Our negligence in prayer and worship, and our failure to commend the faith that is in us.

We confess to you, Lord.

Accept our repentance, Lord, for the wrongs we have done:
for our blindness to human need and suffering, and our indifference to injustice and cruelty,
for all false judgments, for uncharitable thoughts toward our neighbors,
and our prejudice and contempt toward those who differ from us,
For our waste and pollution of your creation, and our lack of concern for those who come after us,

Accept our repentance, Lord.

Restore us, good Lord, and let your anger depart from us;

Favorably hear us, for your mercy is great.

Accomplish in us the work of your salvation
That we may show forth your glory in the world.

By the cross and passion of your Son our Lord,
Bring us with all your saints to the joy of his resurrection.



THE JELLY BEAN PRAYER

RED is for the blood He gave, GREEN is for the grass he made.
YELLOW is for the sun so bright, ORANGE is for the edge of night.
BLACK is for the sins we made, WHITE is for the grace He gave.
PURPLE is for His hour of sorrow, PINK is for our new tomorrow.

A bag full of jelly beans, colorful and sweet
Is a prayer--is a promise, is a small child's treat!

Watch, dear Lord, with those who wake,
or watch, or weep tonite, and give your
angels charge over those who sleep.

Tend your sick ones, O Lord Christ.

Rest your weary ones.

Bless your dying ones.

Soothe your suffering ones.

Pity your afflicted ones.

Shield you joyous ones.

And all, for your love's sake.

Amen

by St. Augustine



Lenten Prep

SECOND LESSON

1 Peter 3:18-22

Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, in which also he went and made a proclamation to the spirits in prison, who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight persons, were saved through water. And baptism, which this prefigured, now saves you—not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

GOSPEL

Mark 1:9-15

Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, “You are my Son, the Beloved; with you I am well pleased.” And the Spirit immediately drove him out into the wilderness. He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him. Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, “The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.”

Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*



GOSPEL

Mark 8:31-38

Jesus began to teach them that the Son of Man must undergo great suffering, and be rejected by the elders, the chief priests, and the scribes, and be killed, and after three days rise again. He said all this quite openly. And Peter took him aside and began to rebuke him. But turning and looking at his disciples, he rebuked Peter and said, “Get behind me, Satan! For you are setting your mind not on divine things but on human things.” He called the crowd with his disciples, and said to them, “If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. For what will it profit them to gain the whole world and forfeit their life? Indeed, what can they give in return for their life? Those who are ashamed of me and of my words in this adulterous and sinful generation, of them the Son of Man will also be ashamed when he comes in the glory of his Father with the holy angels.”