With an early Easter this year, Lent is upon us already with Ash Wednesday arriving on February 10th. During the service of Ash Wednesday, the Church will invite her members, “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” (1979 BCP, 265). We engage the season of Lent not to earn God’s approval by our deeds or to punish ourselves for our misdeeds, but to joyfully draw closer to God as we engage in a spiritual health check.

This year, our focus will be that of a Deep Lent: Looking Below the Waterline. With the image of an iceberg in mind, so much of our energy is focused on our outward behavior and appearance, the ice that is above the waterline, as it were. But only ten percent of an iceberg is above the waterline; the rest, the vast majority and the foundation, is all below the waterline. Lent is an opportunity to look below the waterline and come to terms with what we don’t always want to look at in our lives. Again, we don’t do so in order to curry God’s favor or to do penance for our sins, but in order to deal with our wayward hearts which are, in the words of the hymn, “prone to wander...prone to leave the God I love.”

So how can you keep a holy Lent? First, be willing to go below the waterline. As you engage in self-examination, prayer, fasting, and the study of Scripture, allow God’s light to be cast below the waterline so that His healing can begin. One of the best ways to go deeper is to be sure you are in Church on Sundays. On the first Sunday of Lent (Feb. 14), our new ACNA liturgy directs us to use the Exhortation, an historic invitation to prepare oneself to receive Holy Communion. The sermons will take us below the waterline to examine challenging places where we may need to seek God’s restoration.

Second, take advantage of the special activities of the season and let them deepen your Lent. Here are some of those activities.

**Ash Wednesday Service of Holy Eucharist and the Imposition of Ashes.** We will have three Ash Wednesday Services, each about one hour in length. The service starts with the reading of Scripture and the invitation to keep a holy Lent. “To make a right beginning of repentance, and as a mark of our mortal nature,” (BCP, p. 265) we are invited to receive the imposition of ashes, a reminder that we are mortal and will one day give an accounting for our lives. We then engage in the searching Litany of Penitence (BCP, p. 267), a resource we would do well to consult all through the season of Lent. While the service is sober and somber, it concludes with Holy Eucharist, a reminder of God’s grace and love.

**Soup Suppers.** On Wednesday evenings in Lent, beginning February 17 and continuing until March 16, we will gather at First Congregational Church from 6:00 – 7:00 p.m. for a simple soup supper, fellowship, and devotions. This year we will present how to use the short Devotion for Early Evening in a creative and impactful way.

**Lenten Quiet Day.** On Saturday, February 27, the Order of St. Luke will host a Lenten Quiet Day. This retreat day is open to anyone who would like to attend. The location will be announced shortly.

Join me and your Trinity family for a Deep Lent as we draw nearer the Lord we love.

Yours in Christ,
On Ruminating in Lent

I was recently at a conference on Anglican liturgy and worship where the main speaker, Anglican theologian Ashley Null, made the point that much of Thomas Cranmer’s Scripture-saturated liturgy was designed to allow the English people to *ruminate* on the Scriptures. The message of Scripture sometimes strikes like lightning on a dark night—bright, sudden, quick. But more usually the message makes a slow journey from the head to the heart. There was an Archbishop of Canterbury who said that the journey from the head to the heart is the longest and most arduous journey the world has known. Such a journey of course does not occur without a fair amount of tears, heartache and exhaustion. Neither does this journey end without a great deal of rumination.

When we ruminate on the Scriptures or on the liturgy, or when we linger in our prayers, we are allowing the message to sink slowly into our hearts. When we linger over a well-trodden prayer or a well-known passage from the Bible, we allow the Spirit of God space and time to take the familiar message and illuminate unfamiliar regions of our hearts. How can we profitably ruminate upon the Word of God this Lenten season?

*Meditate upon the Scriptures*—Rather than rush through your daily readings, take your time reading and reflecting upon the details. You may find yourself reading less but noticing more. Read the passage; then read it again. Read the passage as a prayer.

*Memorize a passage of the Bible or a prayer from our Liturgy*—When we commit prayers or passages to memory, we can take those words up again and again during the day. We can ruminate upon God’s Word all day long.

*Take a Quiet Day*—On a quiet day we can lay all of our thoughts before God and lay all of ourselves at His disposal. On a quiet day we find ourselves saturated in God’s presence.

*Enjoy the power of music*—Music often helps us make the journey from the head to the heart. Let the music of the church sink the message deeply into your heart.

Blessings,

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Getting Your House in Order
End of Life Planning

Those who were unable to attend the recent end of life workshop, *Getting Your House in Order*, but desire to begin working on the planning process, a Memorial Planning Tool Kit is available on the church website. Print it and begin working through the process today!
In The Parish Family

Our Sympathy to …
the Fitzgerald and Ray Families on the recent death of daughter and sister, Kathy.

Congratulations to …
the Lewis Family. Joshua & Katie welcomed Matheson Paul to their family on January 21st. Brothers Marshall & Myron are very excited!

If you know of any individual in our church family who is ill, in the hospital, had a loss in the family, or suffering in any way, please call the church and let us know.

FEBRUARY BIRTHDAYS

Susie Dietze
Michael Longbottom
Sandy Roper
Roland Bogie
Kelly Ludwin
Madeline Ming
Kevin McEwen

Eden Carroll
Tom DeNatale
Ben Fitzgerald
Merry McCalley
Solomon Poon
Elaine Kelly
Bob Yerry
Jacob Longbottom
Mildred Woods

If you are having a birthday and it is not listed above, please call Tara in the church office and give her your date of birth.

2016 Board of Directors

Congratulations to our newly elected Board members:

Priscilla Beck
Steven Brown
Dennis Gibson
Phil Lamirand

Continuing Board members are:

Steve McCalley
Chad Savage
Guy Lingo
Olga See
Anne Giles
Mike Young
Jeff Mendoza
Mark Smith

Our officers are:

Senior Warden - Mike Young
Junior Warden - Dennis Gibson
Treasurer - Ed Taylor
Clerk - Anne Giles

Delegates for Diocesan Convention

Congratulations to our 2016 Delegates for Diocesan Convention:

Mary Carpenter
Debbie Gibson
Paul Wagner
Donna Chaffee
Sandy Roper

DEEP LENT

Looking Below the Water Line
A Sermon Series for Lent
Starting February 14th

ACW VALENTINE BAKE EVENT

Bring Your Baked Goods to Help the ACW
Sunday, February 7th after both services
TRINITY STATS

Attendance

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<th>Date</th>
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SENIOR SINGLES

The Senior Singles Group will meet on Sunday, February 7th, at 9:15 for a get-together breakfast at:

Black Bear Diner

ASH WEDNESDAY

February 10th.

Holy Communion and Distribution of Ashes at three services:
- 7 a.m. in the Chapel at California Avenue
- 12 p.m. at St. John’s Lutheran
- 7 p.m. at St. John’s Lutheran

with full choir

LEN TEN SOUP & PROGRAM

All are invited to come share a bowl of soup, enjoy fellowship and reflect on the goodness of the Lord.
- Wednesday Evenings from Feb 17—Mar 16
- 6 PM until 7 PM
- At First Congregational Church, 5 Real Road

AGES TO AGES

Faith | Family | Future

Total Pledged: $2,694,606
Total Collected (12/31/15): $1,186,512

We are awaiting the completion of the appraisal and bank loan processes, and expect the city to complete the final review of the project soon.

LOOKING AHEAD

HOLY WEEK

PALM SUNDAY March 20th
Holy Eucharist at 8:00 a.m. & 10:30 a.m.

MAUNDY THURSDAY March 24
Holy Eucharist at 7:00 p.m.

GOOD FRIDAY March 25
Meditations at 12:00 p.m.

EASTER SUNDAY March 27
One service only
Holy Eucharist at 10:30 a.m.
February 2016

WORSHIP SERVICES

Sunday Morning
at St. John’s Lutheran Church
8 a.m. Holy Communion
10:30 a.m. Holy Communion

Thursday Morning
10 a.m. Healing Service
5100 California Avenue
Suite 108

BOARD OF DIRECTORS

Mike Young  Sr. Warden
Dennis Gibson  Jr. Warden
Ed Taylor  Treasurer
Anne Giles  Clerk
Steve McCalley
Guy Lingo
Jeff Mendoza
Chad Savage
Olga See
Mark Smith
Priscilla Beck
Steven Brown
Phil Lamirand

OUR CLERgy

The Rev. Karl E. Dietze, Rector
The Rev. Joseph Lawrence, Assistant
The Rev. John M. Wilcox, Retired
The Rev. John LaMar, Deacon

TRINITY ANGLICAN CHURCH

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The Messenger