



# Trinity Times

## Spring 2022

### The Season of Lent

The season of Lent is a time of prayer, fasting and self-examination in preparation for the celebration of the resurrection of the Lord at Easter. It is a period of 40 days — like the flood of Genesis, Moses' sojourn at Mount Sinai, Elijah's journey to Mount Horeb, Jonah's call to Ninevah to repent and Jesus' time of testing in the wilderness. (The Sundays in Lent are not counted in this reckoning of the time between Ash Wednesday and Easter, as every Lord's Day is a celebration of the resurrection of Jesus Christ.)

In the early church, Lent was a time of preparation for the celebration of baptism at the Easter Vigil. In many communities of faith it remains a time to equip and nurture candidates for baptism and confirmation and to reflect deeply on the theme of baptismal discipleship.

### Come Rain or Shine

"I will keep on."

That's what I heard him say.

*I will keep on*

driving out demons and healing people,  
speaking the truth and loving endlessly,  
searching for the lost sheep and crying for  
the brokenhearted, feeding the hungry and  
welcoming the outcast.

"I will keep on."

That's what he said, right after he said my  
name, right after he called me beloved,  
right after he welcomed me home and saved  
me a seat.

And I knew, there was no stopping him.

I was under his wing.

Come rain or come shine, today and  
tomorrow, this love keeps on.

*Prayer by Rev. Sarah A. Speed  
A Sanctified Art LLC | sanctifiedart.org*

### Join us for Worship!

Sundays at 10:00 am

In-person and Live Stream at  
[trinitypalmcoast.org](http://trinitypalmcoast.org)

### Office Hours

Monday-Thursday

9:00am - 12:00 noon

***Hear the good news!  
Christ died for us,  
Christ rose for us,  
Christ reigns in power  
for us,  
Christ prays for us.  
Anyone who is in  
Christ is a new  
creation.  
The old life has gone;  
a new life has begun.***

The Annual  
Report for 2021,  
including the  
2022 Budget is  
available online at  
this [LINK](#) or use  
the QR Code.



# *“This is the Way”*

What does way forward mean? A quick search yields that the origin of the phrase is simply not known. However, the word “forward” dates back to the Old English word *forward* meaning towards the future. Even though the word forward has many different meanings, depending on the context, this is the one most closely related to the idiom. In this case, the “way” indicates a path that needs to be taken. The way forward the way I see it, is a process, an understanding, a major team effort, using the gifts and abilities of each and every member and friend of Trinity Palm Coast. And as the Mandalorian, a fictitious bounty hunter in George Lucas’ Star Wars universe would say, “This is THE WAY.” In the early years of my youth, 1972 to be exact, yes, the same year the Miami Dolphins showed us the way by going undefeated 17-0, The Way, a modern translation/paraphrase of the Bible, was introduced. The aim was to provide an engaging, easy-to-read biblical narrative for the young and the young at heart to find their way forward.

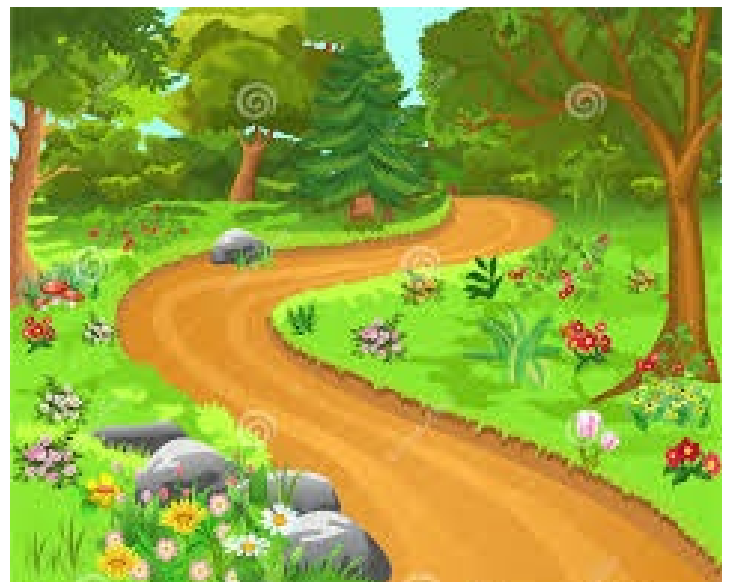
Trinity’s way forward, yes means being inwardly strong, and outwardly minded, and upwardly focused, and yet we, the members and friends of Trinity Palm Coast, but for us it also means we must face our many challenges. While these challenges are not unique to this particular congregation, they’re our challenges. In his book, Canoeing the Mountains, author Tod Bolsinger relates the challenges of the Church to that of the Lewis and Clark’s expedition westward. As their team journeyed west they found themselves having to make adjustments, where necessary, in the course they were plotting, especially as they encountered the mountains of the west. They had accepted their role and they had a responsibility to find a way forward, of which they did. As Paul Harvey would

ordinarily end his daily word of encouragement, “and now we know the rest of the story!” Lewis & Clark ,along with Sacagawea, were not able to find the continuous water route they set out to find, however, they discovered far more that they could have every asked or imagined. The late Rev. George Mehaffey reminds us, “*we remember the past with gratitude, we live in the present with enthusiasm, we look to the future with faith*”. So let us once again be reminded that we have been called by God, though our Lord Jesus Christ and empowered by the Holy Spirit and that our way forward involves us being a worshiping, nurturing, and serving community of faith.

Jeff

**“Now to him who is able to do above and beyond all that we ask or think according to the power that works in us”.**

Ephesians 3:20



# *Faith Formation*

As we enter a new season in the life of the church, I am reminded of an object lesson that I once did. The lesson involves a large glass container (think fish tank) and you ask how much you can fit in the tank. First you put in large rocks and fill it to the brim. Next you put in smaller rocks, filling the cracks. Next comes small pebbles and then finally sand to fill everything up to the brim. You then ask, can I fit anything else in here? It looks like it would be impossible to fit anything else in, but then you take out a jar of water and fill up the invisible cracks with water. As you view the now full container, you are amazed with all that was able to fit in there, only achievable when the things were put in, in the correct order.

Right now in my life, I am trying to juggle many different tasks and at times it can be overwhelming, trying to get everything accomplished. I am looking forward to Lent and this season because it tends to be a season where we reorganize our priorities, we remember and practice putting God first, and watch and wait as all the other pieces fill in where they can.

Our theme for Lent is “Full to the Brim: An Expansive Lent.” We will explore what it means to live your life focusing on God’s abundance.

A Sanctified art says: “Lent can sometimes get a negative reputation. It’s viewed as the season in our faith when we give things up, we prepare for the worst. However, I cannot help but image that God wants more for us than just six weeks of discipline or six weeks without chocolate. I cannot help but imagine that

God wants a life for us so expansive that faith, joy, and hope flow over the edges.”  
Rev. Sarah Speed sanctifiedart.org

Throughout Lent we will have many opportunities for you to expand your faith and reorganized your priorities in life. In this issue you will find “A Reflective Assessment Tool for Expansive Living Worksheet,” we hope that you will take some time before Lent begins and fill this out, so that you can take a deeper look at your life and get ideas of where you could us a little more expansive living.

If you are looking for a book to read, I would recommend God, Improv, And The Art of Living By MaryAnn Mckibben Dana. It fits in nicely with our theme and encourages us to live life with a “yes, and. . .” accepting what life throws our way and using God to build upon it.

On Ash Wednesday I will be offering a class from 3:30pm-5:00pm in Mehaffey hall where we will complete a creative art project that you will use throughout this year’s Lenten journey. You will need to bring 2 used magazines and a roll of clear tape. You do not need to be an “artist” or even a creative person to enjoy this class. You will leave with a project that will help you begin your Expansive Lenten season.

Blessings,

Brooke Tucker

Director of  
Faith Formation



## *Behind the Stage of the Music Director /Organist*

Trinity Church,

I am glad we have been able to carry on with caution during these challenging times. Recently, the weather has not been conducive for our voices, however we are overcoming the best we can every Sunday Morning.

We would welcome tenors and basses in the Choir. Please come join us.

I'd like to welcome back Gwen to the choir and recognize the soloists and instrumentalists for their efforts. Also, under the direction of Ms. Lillian Warner, our hand bell choir has enriched our services once a month. I am looking forward to their future music.

My prayers go out to Bob Pearson along with his wife for strength and recovery.

Thank you for the continued words of encouragement for our music. It serves and inspires us to keep going despite the pandemic and difficult times for everyone. I hope to continue inspiring this church and serve as Music Director going forward.

Heasuk Che

## *Worship and Music Notes*

The Worship and Music Committee meets monthly with the Pastor and Director of Music to review and plan the worship service and other Worship service related items.

Currently, we are working on the worship and music plans for the approaching Lenten Season along with Holy Week leading up to Easter on April 17. These plans include an outdoor worship service on Easter.

As some of these plans are still in development at this writing, you can rest assured they will be announced in a timely manner for you to plan and participate.

Specific music plans for the season are also in development and rehearsal. Music will include the choir, congregation, piano, organ and handbells.

The "Livestream worship service" continues to be well received by those at home and throughout the world.

The on the wall presentation of liturgy and music has enhanced the worship experience in the sanctuary as well as with the in screen inserts.

Your attention is called to the Worship & Music report contained in the 42nd Annual Report.

### **Chancel Flowers for Sunday Morning Worship**



**Don't forget to sign up for chancel flowers for 2022! This is a wonderful way to honor and remember loved ones or celebrate special occasions. Sign-up cards are located on the flower board in the Narthex. Cost is \$35 per arrangement and flowers will be ordered when payment is received. Thank you!**



# Liturgical Colors

Liturgical colors can orient us to the season of the church year and help to engage the sense of sight in worship. White and gold symbolize days and seasons of joy and mark pivotal events in the life of Christ. Red symbolizes the work of the Holy Spirit and the sacrifices of martyrs. Purple (and sometimes blue, in Advent) designates a season of penitence and preparation, such as Lent.

This was not always the case. For the first thousand years of the church's history, little thought was given to liturgical color. White vestments were most common, with more elaborate garments and paraments (of whatever color) reserved for important festivals. The 12th through 16th centuries brought localized experiments with liturgical color, but no standard practices prevailed until 1570, when the Roman Catholic Church established a normative sequence of colors to accompany the church calendar. Calvinists in the sixteenth century eschewed these rubrics, however, preferring black vestments. The past two centuries have seen a resurgence in the use of liturgical colors, propelled by a new appreciation for the aesthetic dimensions of worship, as well as the marketing efforts of church supply stores.

Here is a typical schedule for the use of liturgical colors:

- Advent: purple or blue
- Christmas (12 days) to Epiphany (Jan. 6): white and gold
- Ordinary Time (Jan. 7 through the Tuesday before Ash Wednesday): green, with the exception of Baptism of the Lord and Transfiguration of the Lord, both white
- Ash Wednesday through the first five weeks of Lent: purple
- Palm / Passion Sunday: red and/or purple
- Monday, Tuesday and Wednesday of Holy Week: purple

- Maundy Thursday: purple (until the church is stripped bare)
- Good Friday: no color; church remains stripped bare
- Easter Season (including Ascension of the Lord): white and gold
- Day of Pentecost: red
- Ordinary Time (Monday after Pentecost through Saturday before the First Sunday of Advent): green, with the exception of Trinity Sunday, All Saints' Day (or first Sunday in November), and Christ the King, all white
- Additionally, white is used for funerals. Red is sometimes used for ordinations, installations and church dedications and anniversaries. Baptisms, communion services and weddings should retain the color of the season.



## Elders & Deacons

### SESSION

#### Class of 2022:

Carol Corson  
Martha Gioielli  
Kelli Jebbia  
Ken Mettler  
Leslie Russo  
Shelley Wheeler

#### Class of 2023:

Kathleen Cooke  
Evelyn Clickard  
Ginny Elgin  
Carol Graff  
Gwen Levene  
Judy Murgitroyde

### BOARD OF DEACONS

#### Class of 2022:

Bill Butler  
Brenda Digby  
Leisa Gardner  
Cyndy McCormick  
Maudie Parker  
Joyce Peters  
Alison Reid  
Jan Roberts  
Marlene Williams  
Donna Decina  
Zoe Alred

#### Class of 2023:

Colleen Connors  
Nancy Cumming  
Patty Edwards  
Muriel Fallon  
Sandy Glasner  
Susan Kopyar  
Jan Markiewicz  
Tracy Martin  
Millicent Peart  
Michael Peters

## Trinity Finance News

Trinity started 2022 with a new, balanced budget. Part of our financial responsibility is to support the governing organizations of the Presbyterian Church (USA), including our St. Augustine Presbytery and the General Assembly. Our support of the General Assembly consists of an annual “per capita” payment of \$8.98 per active member, which is used for governance of our denomination, including Board of Pensions for pastoral staff, the Presbyterian Foundation, and various missions. Our support of the St. Augustine Presbytery is called “Unified Giving”, and is a contribution rather than an assessed amount. The Presbytery supports seminary students, pastoral staff, and congregations with training, resources, pastoral search assistance and ordination, and various ministries and missions. Some presbyteries group the two components into a single assessed per capita. For example, the National Capital Presbytery in Washington DC has a per capita of \$42.67 per member in 2022.

Please consider assisting Trinity with our contributions to the Presbytery on your behalf. A contribution of \$8.98 for each of your family who is a member of the church will pay for the per capita for the General Assembly. Please also consider a contribution toward the St Augustine Presbytery Unified Giving. You may use your Per Capita envelope or the Per Capita fund on Shelby, or simply indicate Per Capita and/or Unified Giving on your check. Thank you for your generosity.

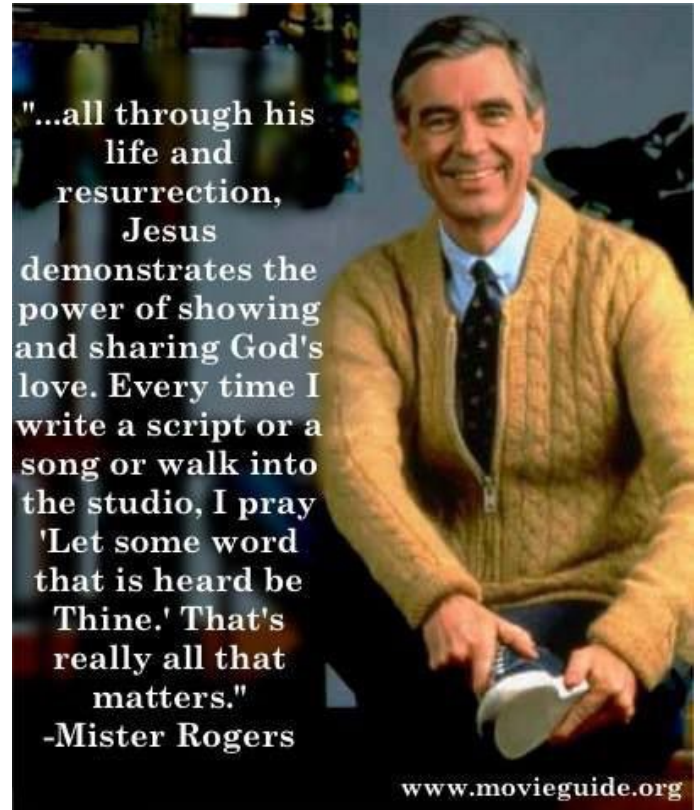
### Offering of our Gifts

Please continue to give your offering. Offerings can be received in the Church, by mail, or you may utilize online banking options at [www.trinitypalmcoast.org](http://www.trinitypalmcoast.org) or by scanning the QR code here:

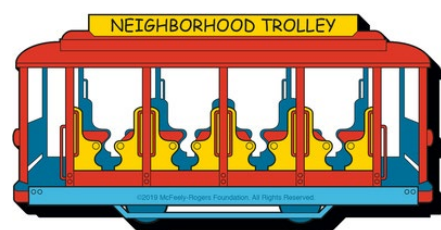


## Won't You Be My Neighbor Day

March 20, 2022



Anyone with kids and a television set knows Fred Rogers. Three generations of children have grown up with “Mister Rogers” — the friendly sweater-and-sneakers-clad grownup who talks frankly about feelings and invites them to be part of his TV “neighborhood.” What is less widely known is that Fred Rogers was a Presbyterian minister, ordained in 1962 by Pittsburgh Presbytery.



# *Trinity Presbyterian Women*

Bible study continues with “What My Grandmother Taught Me” by Merryl Blair with Lesson 5..the continuing story of Naomi and Ruth

Circles meet as follows

Mary and Martha--3rd. Wed. of the month @6 pm in Kepler Conf. Room

Miriam—3rd. Wed. of the month @10 am in Mehaffey Hall

Faith—3rd. Wed. of the month @ 1pm in Kepler Conf. Room

Rebecca-3rd. Thurs. of the month @10 am in Mehaffey Hall

We are also presently exploring the possibility of a Virtual Circle(Naomi & Ruth) via Zoom—for more information call Martha Gioielli @ (850)661-1685

**\*\*Please Note-ALL Bible studies are open to ALL women so feel free to visit any or all of these meetings. Names and contact information for all PW Team members and Circle Moderators can be found on the PW Bulletin Board across from the Church Office. Stay tuned for date and time of Ice Cream Social in May.. details TBA.**

Our Feb. Gathering was held Feb. 2,2022 with Guest Speaker, Jeff, Director of Operations from the Flagler Humane Society. It was a fun and informative presentation and all were generous with their donations to this worthy cause.

Next PW Gathering is scheduled for Wed. May 4th.@10:30 am(Speaker TBA)

The Presbytery of St. Augustine PW held their Winter Gathering on January 29th,2022 at Montgomery Conference Center, sponsored by Kirkwood Presbyterian Church. It was a very meaningful event that included an insightful and inspirational Worship Service, an incredibly dynamic Guest Speaker, informative Business Meeting, lovely lunch and several afternoon

workshop offerings in idyllic surroundings. It was a blessing and privilege to be a part of this Gathering.

**SPECIAL EVENTS----**A Rummage Sale will be held on May 21st,2022 with all proceeds going to our Youth to assist with expenses for their Montreat Retreat this summer. Contact Carol Graff-246-3948 or Susan Kopyar-529-4812 for information as well as volunteering to help as you are able.

Wishing ALL a safe and healthy 2022 as we continue to safely gather to study God's word, support each other through Fun, Fellowship and Prayer as well as supporting several local charitable organizations.

## **Rummage Sale**

### **Saturday, May 21<sup>st</sup>**

**9am-12 noon**



Look through your things and see what no longer brings you joy that maybe someone else could find joy in & donate it to the sale

Then come on over to the Rummage Sale and find some “new to you” things that you need!

Organized by The Presbyterian Women

All proceeds go to Trinity Youth!

## *Service and Outreach*

The S&O Committee started 2022 with a focus on enhancing the Birthday Fund participation by redesigning the birthday card. The subcommittee has resigned the birthday card which will be utilized starting in March. Our current giving trend through the Birthday Fund is below normal. Our hope is that our congregation will give at least half their age which would provide adequate money for our commitment. Our 5 mission partners often send us cards or letters stating their appreciation of the money we send to them. Those mission partners are: Mandeville Learning Center, Old Glory Service Dogs 4 Vets, Trinity Presbyterian Church-Chinle, Family Life Center, and Whispering Meadows.

The other outreach service we manage is the Family Food Program. We currently are assisting 3 families. Also, the program now is providing after school snacks to the Boys & Girls Club of Volusia/Flagler County who meet at the Rymfire Elementary School. In 2022 we hope to expand the food program outreach by partnering with other food outreach missions in Flagler County. We look forward to telling your more about this in our next *Trinity Times* article.

Our sister church relationship with Trinity Presbyterian Church-Chinle, AZ has the committee focused on getting portable water to the reservation as well as assisting in some minor repairs to the church. Due to the high infection rate of COVID19 on the reservation the Grand Canyon Presbytery and the AZ Department of Health have recommend the cancellation of worship services, fellowship meetings, and all other groups of 10 or more until April 2022. The Grand Canyon Presbytery will review these recommendations on a weekly basis to determine when to open back up. Until then the process of providing a home water & storage system to families on the reservation will move slower than we'd like.

The Service & Outreach Bulletin Board has been utilized by several members of the congregation. The board is routinely updated with new information for all of Trinity Presbyterian Church's missions. If you want more information about a particular outreach, then go to the bulletin board and take an information card from the mission envelope. It's a good way to learn more about that specific mission partner.

If you would like to be part of what good we do in the Service & Outreach committee, then join us at our monthly meetings on the 2<sup>nd</sup> Monday at 10am. We'd love to have more helping hands to do God's work.

*Respectfully Submitted,*

Kelli Jebbia & Carol Corson  
Moderators





# One Great Hour of Sharing



in a world of disaster, hunger, and oppression

**Millions of people lack access to sustainable food sources, clean water, sanitation, education, and opportunity.**

The three programs supported by One Great Hour of Sharing - Presbyterian Disaster Assistance, the Presbyterian Hunger Program, and Self-Development of People - all work in different ways to serve individuals and communities in need. From initial disaster response to ongoing community development, their work fits together to provide people with safety, sustenance, and hope.

Give now by designating your giving to “One Great Hour of Sharing (OGHS)” or look for the special offering envelopes during the Lenten Season.



**Presbyterian Disaster Assistance** enables congregations and mission partners of the Presbyterian Church (U.S.A) to witness to the healing love of Christ through caring for communities adversely affected by crisis and catastrophic event. Presbyterian Disaster Assistance (PDA) is the emergency and refugee program of the Presbyterian Church U.S.A. The core budget, including staff and administrative costs, is funded through the One Great Hour of Sharing, and its program work is additionally funded through designated gifts.

Presbyterian Disaster Assistance:

Focuses on the long term recovery of disaster impacted communities.

Provides training and disaster preparedness for presbyteries and synods.

Works collaboratively with church partners and members of the ACT Alliance (Presbyterian Churches Together) internationally, and nationally with other faith based responders.

Connects partners locally and internationally with key organizations active in the response — United Nations, NVOAD (National Voluntary Agencies Active in Disaster), World Food Program, Red Cross, FEMA and others.



**PRESBYTERIAN  
DISASTER  
ASSISTANCE**

OUT OF CHAOS, HOPE

*Thank you*



Your help was essential in the success of the *Epiphany take home meal*. The helping hands were:

- ❖ Kitchen Crew – Cyndy McCormick, Laurie Harrison, Kelli Jebbia
- ❖ Cookies- Tracy Martin, Martha Gioielli, Wendy Rogers, Marti Benz, Maudie Parker, Laurie Harrison, Judy Murgitroyde
- ❖ Delivery-Thank you to those angels who made home deliveries to our shut-ins, our sick and our outreach families

*With Sincere Appreciation,  
KISS Epiphany Take Home Meal Committee 2022*

*Sunday, February 13th was our Souper Bowl of Caring and we collected 292 food items and \$376 for the United Methodist Soul Café and Care Cupboard in Bunnell!*

*Even though the Los Angeles Rams won the big game, the Cincinnati Bengals won our competition here, but everyone's a winner as all of this stays right here in Flagler County to help tackle hunger! Great job Trinity!!!*

**THANK YOU!**

Trinity Presbyterian Church's 2022 Collection

raised:

**\$367 and 292 food items**

Thanks to your efforts this year, more dollars have been raised, more lives have been changed and the nation has seen the impact of people working together to help those in need. Thank you for working to transform the time around the Super Bowl into the nation's largest celebration of giving and serving.



**February 13, 2022**

*Alison Reese*

Alison Reese  
Executive Director  
Souper Bowl of Caring



### **Deacon Assistance Fund**

**The purpose of the Deacon's Assistance Fund is to provide emergency financial resources to the members and friends of the Church, and to the surrounding community. Support of this fund is provided by the generous contributions of the members and friends of Trinity Presbyterian Church. Please consider the Deacon's Assistance Fund in your regular offerings. You may make a donation online by simply using the QR code or by marking your check/envelope "Deacon's Assistance Fund."**

# Library News

Check out our new book!

*The Masterpiece*  
by Francine Rivers

F  
RIV

Struggling to make a home for herself and her five-month old son Samuel, Grace Moore accepts a position as a personal assistant to Roman Velasco, a temperamental successful artist.

Genre: Christian-Fiction



## Bible Trivia LOVE

The hallmark of the Christian faith is love. As Paul said, "The greatest of these is love" (1 Corinthians 13:13). Here are some familiar verses that speak of love.

Can you supply the missing word? [Answers found on page 21]

1. "Better is a dinner of \_\_\_\_\_ where love is..."
2. "Many \_\_\_\_\_ cannot quench love..."
3. "...the love of Christ which surpasses \_\_\_\_\_."
4. "Speaking the \_\_\_\_\_ in love..."
5. "God hath not given us the spirit of \_\_\_\_\_ ; but ... of love."
6. "We are more than \_\_\_\_\_ through him who loved us."
7. " \_\_\_\_\_ no one anything, except to love one another."
8. "Put on the \_\_\_\_\_ of faith and love."
9. "As many as I love, I \_\_\_\_\_ and chasten."
10. "Love covereth all \_\_\_\_\_."





# Full to the Brim

*An expansive lent*



The scriptures for this Lenten season (in the Revised Common Lectionary, Year C) are filled with parables and promises of God's abundant and expansive grace—these sacred texts are brimming with a gospel of grace. We've done nothing to deserve or earn this grace, and yet, like water, it spills over.

Full to the Brim is an invitation—into a radically different Lent, into a full life. It's an invitation to be authentically who you are, to counter scarcity and injustice at every turn, to pour out even more grace wherever it is needed. It disrupts the scarcity mentality that capitalism, oppression, or hierarchy can plant inside of us. When we allow ourselves to be filled to the brim with God's lavish love, that love spills over. It reaches beyond ourselves; like water, it rushes and flows, touching everything in its path.

We recognize that traditional iterations of Lent often emphasize restraint, confession, and piety. The origins of Lent were that one was to leave their old life behind to fast and prepare to be baptized into a new way of living. In essence, this was a practice of stepping away from the rat race, corrupt power, scarcity mentality, and empty rituals in order to live a more expansive and full life of faith. And so, Full to the Brim trusts the promise of our baptisms—God has already claimed us as God's own and nothing we can do will ever change or erase that.

Full to the Brim doesn't ignore or deny sin and suffering. It doesn't absolve accountability for wrongdoing. Instead it contextualizes our faith. If love is our beginning, how can we live our lives led by love's promises? It reminds us to live fully—as we pursue justice and hope, or express grief and gratitude. And so, this Lent, let us trust—fully—that we belong to God.

Let us increase our capacity to receive and give grace. Let us discover the expansive life God dreams for us.





## About this Resource

Lent is a season that invites us deeper into intentional living. This tool is designed to help you do just that. Use this worksheet to help you reflect on where you are in your life and how you hope to grow throughout this Lenten season.

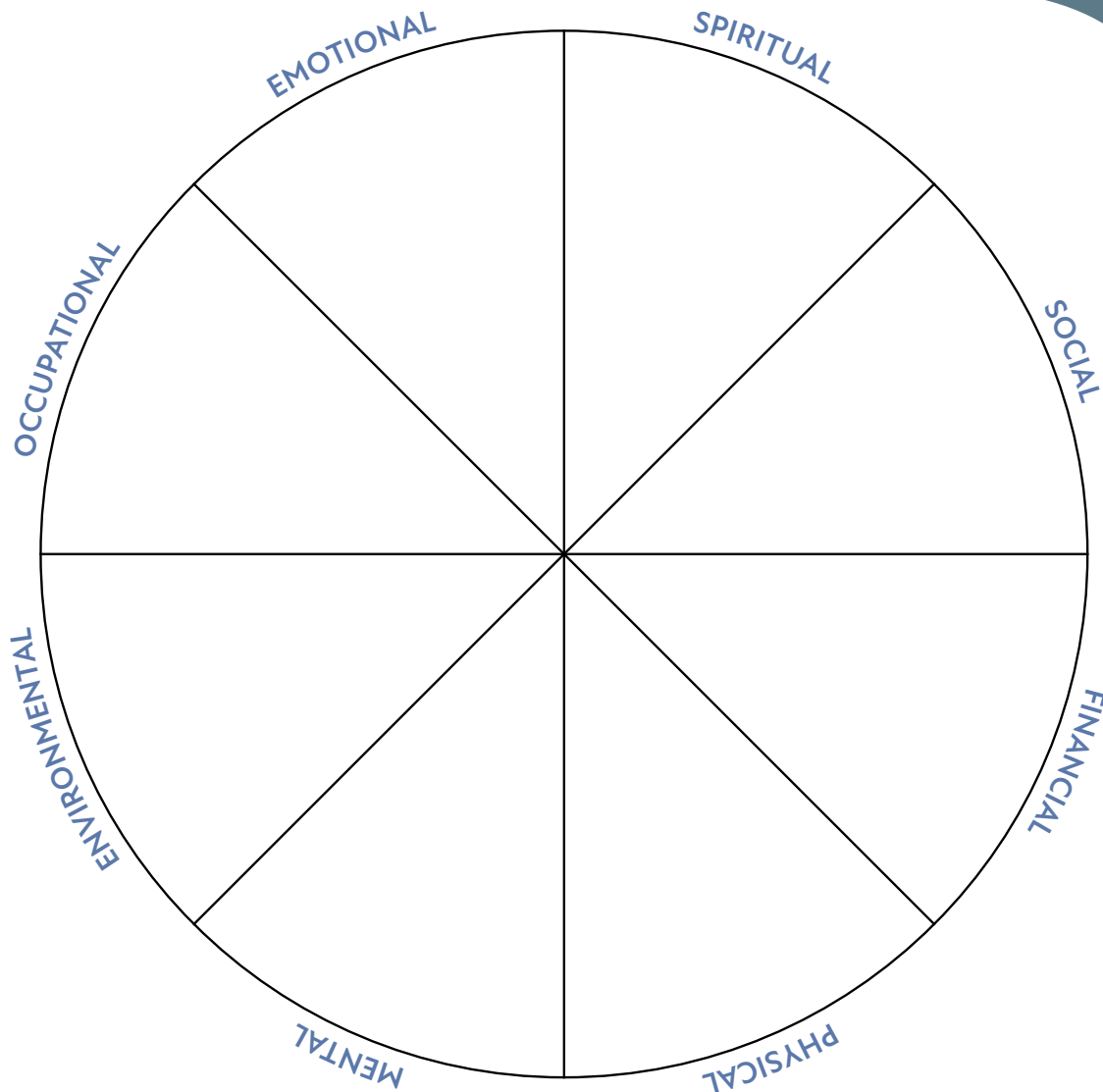
## What is an Expansive Life?

### ex·pan·sive

The formal definition of expansive is extensive or wide-ranging, spacious and all-embracing. From a spiritual standpoint, we add to that definition. Expansive living is a life that reflects the fullness that comes from right relationships with God, yourself, and others. This will look different for everyone, but might be marked by awe and gratitude, a sense of self-worth rooted in God's love, meaning and purpose in one's life, loving relationships, and joy that comes from using your God-given gifts.

## Wellness Wheel

Wellness wheels have been used as a meaningful reflective tool for years. By inviting ourselves to reflect on individual components of our life, we see a more holistic image of ourselves, which allows us to live more intentionally.



**Within each section of the wheel, respond to the following prompts:**

- **EMOTIONAL:** What emotions do you feel day to day? Which are prominent?
- **SPIRITUAL:** Where are you in your faith journey? Do you have practices nurturing your faith? How are you living from your values?
- **SOCIAL:** What are the positive and healthy relationships in your life? Where would you like to grow? Where do you need to draw boundaries?
- **FINANCIAL:** What is your current financial state, and what emotions or desires does that bring up?
- **PHYSICAL:** How are you taking care of your body? What does your body need?
- **MENTAL:** Are you mentally stimulated? Learning new things? Honing new skills? Curating the information you take in from social media or the news?
- **ENVIRONMENTAL:** Does your home and/or work environment allow you to thrive? Does where you live feel like home?
- **OCCUPATIONAL:** How does your current work use your gifts? How satisfied are you with your vocation? What is your calling?

## Takeaway Reflections

1. What did you learn about yourself in this process?
2. What are you bringing with you into this Lenten season?
3. What areas of your wellness wheel feel expansive and beautiful, and what areas do you want to focus on in the future?

## Expansive Life

*You've filled out the wellness wheel. You have a picture of what your life looks like currently. Now, imagine how your life might become more expansive. What does a "full to the brim" life filled with meaning, purpose, faith, awe, beauty, and relationships look like for you? How would you describe a life that full of goodness? In order to live an expansive life, what needs to change? What do you need to take on? What do you need to let go of? Draw or write your reflections below.*

## Next Steps

*Name three small things you want to focus on this Lent to help you draw closer to God and the wildly beautiful life God invites you to lead:*

## Closing Prayer

God of new life,

We know that you want more for us than the rat race of work-sleep-eat-repeat.

In our fiercely independent and competitive world, living a life any other way feels almost impossible.

Remind us that you ate meals around tables.

Remind us that you demonstrated radical generosity.

Remind us that you took quiet time on the mountainside by yourself.

Remind us that you opened doors and said, "Come on in!"

Remind us that you created friendships that transformed.

*This is the life you modeled, and it's the life we long to lead.*

Holy God, help us tap into this deeper and more expansive way of living.

Help us use this season of Lent as an intentional one.

Starting today, help us build a life not measured by to-do lists, but measured by love.

With hope we pray, amen.



**Ash Wednesday** is a Christian holy day of prayer and fasting. It is preceded by Shrove ("Fat") Tuesday and falls on the first day of Lent (the six weeks of penitence before Easter). Ash Wednesday is traditionally observed by Western Christians.

As it is the first day of Lent, many Christians begin Ash Wednesday by marking a Lenten calendar, praying a Lenten daily devotional, and making a Lenten sacrifice that they will not partake of until the arrival of Eastertide.

Many Christians attend special church services. Ash Wednesday derives its name from the placing of repentance ashes on the foreheads of participants to either the words "Repent, and believe in the Gospel" or the dictum "Remember that you are dust, and to dust you shall return." The ashes are prepared by burning palm leaves from the previous year's Palm Sunday celebrations.

## Ash Wednesday Events

at Trinity

Wednesday, March 2<sup>nd</sup>



### 3:30pm-5pm: Creative Lent Art Project:

Join us in the Fellowship Hall to begin Lent with a creative art project.

We will be turning old magazines into a basket for you to use to keep track of your blessings during your Lenten journey.

No artistic talent or creative talent needed.

Bring two magazines, a roll of invisible tape and an open mind.

We will have fun and create at the same time!

### 5pm-6pm Drive Through Ash Wednesday Experience

Stay in your car and drive through the Trinity Parking Lot to receive Ashes, a blessing, and a meal for you and your family.

# THE LABYRINTH AT TRINITY PRESBYTERIAN CHURCH

The labyrinth is an ancient spiritual tool that allows participants to walk with God on a simulated journey of faith. While a maze has tricks and dead ends, a labyrinth has only a single path leading to its center.

As you follow the winding pathway to the center and back out again, allow yourself to clear your mind and open yourself to God's spirit with an open heart and an open mind.

During Lent, we will once again have our Labyrinth located in the front grass lot. We invite you to come whenever you wish to have a quiet moment to walk with God.



## TIPS FOR WALKING THE LABYRINTH

### **PREPARE**

Pause at the entrance to the labyrinth and sit quietly for a bit to reflect. Take time to slow down, to provide yourself the space and peace necessary for the journey.

### **BE YOURSELF**

Allow yourself to be yourself. Walk naturally, neither hurrying or plodding along. Travel at a comfortable pace so you can concentrate solely on your thoughts.

### **BE OPEN**

As you walk towards the center, pray for release of your fears, distractions, and resistance. Let go of worldly concerns and be open to the leading of the Spirit.

### **BE RESPECTFUL OF OTHERS**

You may not be alone in the labyrinth. Be aware and considerate of others walking there. You may nod to others or you may find yourself in deep meditation. The labyrinth can be a powerful tool, both individually and communally.

### **HONOR THE SITE**

While the labyrinth itself is complete, the stories of those who journey it are not. You are welcome to leave a memento of your walk, but please do not remove anything from the labyrinth or surrounding area. Yours is just one story among many unfolding in Trinity's labyrinth.

### **EVERY EXPERIENCE IS DIFFERENT**

You may have a powerful experience or feel nothing at all. This will vary with each walk of the labyrinth. Whatever your experience is: listen to your heart, take stock of the journey, and do not get discouraged.

Enjoy the journey.

For additional information and other creative ways to walk, pray, and utilize the labyrinth, visit [labyrinthociety.org](http://labyrinthociety.org) and [veriditas.org](http://veriditas.org)



## Guided Faith Activity

### Finger Labyrinth:

**REST:** Take time to prepare your space and yourself before beginning to move. Place your index finger from your non-dominant hand at the entrance of the labyrinth, this may help slow your movement and enhance your focus. Take a few slow, deep breaths to calm and center you in the present moment. Attention to your surroundings and a few simple rituals can enhance and deepen the meditative experience. A comfortable chair and small table, an inviting and tranquil space, indoors or out, and a journal and pen is a good place to start. Simple rituals may include a candle or instrumental music.

**RELEASE:** This is the first stage, the path to the center of the labyrinth. It is a time for releasing, letting go, of distractions, such as fear or other concerns in your life. Slowly tracing the path to the center helps quiet the mind.

**RECEIVE:** Pause in the center, open and still, ready to receive whatever insights, wisdom, guidance or peace that *may* come. Stay as long as you need.

**RETURN:** Slowly retrace the path back out of the labyrinth. Begin to reflect on your time in the labyrinth as you slowly prepare to return back into your day. Pause before lifting your finger off the path and out of the labyrinth the last phase of walking. Offer a simple sign of gratitude.



# Holy Week at Trinity

JOIN US IN PERSON OR ONLINE!

## **PALM SUNDAY**

April 10th 10am Worship

## **MAUNDY THURSDAY**

April 14th 6pm Worship

## **GOOD FRIDAY**

Guided "Journey  
to the Cross"  
Prayer Walk  
Friday April 15th  
12pm

## **FAMILY EASTER CELEBRATION**

Games, crafts, story time and egg hunt  
Saturday April 16th 4pm-5:30pm

## **EASTER SUNDAY OUTDOOR WORSHIP**

Sunday April 17th 10am

## **TRINITY PRESBYTERIAN CHURCH**

156 Florida Park Drive  
Palm Coast, FL 445-4757

join us online [trinitypresbyterianchurchpalmcoast.us](http://trinitypresbyterianchurchpalmcoast.us)



## *Maundy Thursday*

Maundy Thursday begins the Three Days (or Triduum), remembering the new commandment that Christ gave us in word and deed as he taught us how to love one another, washing our feet as a servant. We also celebrate the Lord's Supper, remembering the meal Christ shared with his disciples before his death.



Ford Madox Brown, *Jesus Washing Peter's Feet*, 1856

### *A Lenten Prayer of Confession*

Holy and merciful God, we acknowledge and confess before you our sinful nature, prone to evil and slow to do good, and all our shortcomings and offenses. You alone know how often we have sinned— in wandering from your ways, in wasting your gifts, in forgetting your love. We confess our sins against our brothers and sisters— the hardness of our hearts toward those in suffering and need, our indifference toward justice and mercy, our arrogance and all the evil ways of our selfishness and pride.

## Fellowship Meal

Join us on Sunday,  
March 27<sup>th</sup> at 4pm in  
Mehaffey Hall for a  
Fellowship Meal.



## *Journey To the Cross Prayer Walk*

This Lent, in our front grass lot we will once again have our “Journey To the Cross” Prayer Walk.

This self-guided prayer walk will be open throughout Lent for you to take some time to walk with God along Jesus’ journey to the cross.

Walk alone or bring a friend.

We will be offering a guided prayer walk on Good Friday at Noon and will also have a virtual version of the prayer walk available on our website during Holy Week.



## Family Easter Celebration

Saturday, April 16<sup>th</sup>  
3:30pm-5:30pm.



Join us in the Trinity front lawn for Easter Fun. Crafts, games, food, and an Easter Egg Hunt.

All ages invited and welcome!

# Light The Fire

## Spring Youth Retreat at Montgomery Presbyterian Center

April 29<sup>th</sup> -May 1<sup>st</sup>

Open to all youth 7<sup>th</sup> Grade-12<sup>th</sup> Grade

For more information or to reserve your spot:  
contact Brooke Tucker [brookeerintucker@gmail.com](mailto:brookeerintucker@gmail.com)



**MONTGOMERY  
CENTER**  
EST. 1967

Established in 1957, Montgomery Center is a 501-c3 non-profit camp, resort, retreat and conference center with beautiful and comfortable amenities! Located between Starke and Keystone Heights, FL.

Montgomery Center has welcomed all people for more than **60 years**. Situated on **3 serene lakes** and more than **140 wooded acres**, we have hosted thousands of people as they take a break and experience the wonder of creation.

In addition to camp programs, we welcome corporate, community, and social events helping us serve seniors, veterans, women and families in crisis, teens at risk, and children in need of unique educational programs.



# About the Presbytery of St. Augustine



The Presbytery of St. Augustine is one of the 170 presbyteries of the Presbyterian Church (U.S.A.). Our mission is *"to support our faith community, so that together we are a greater witness to the gospel of Jesus Christ!"* The Presbytery has 55 congregations, of which we are one, located in Florida's northeast and north-central regions. Each of these churches is a place to experience the joy of Christian fellowship as we hear God's Word, celebrate the sacraments, and respond to Christ's call to discipleship. We have about 155 minister members and commissioned ruling elders who serve Christ in a variety of ways.

**Have Leadership Questions? Contact:**  
**Joe Albright, Coordinating Council Chair**  
(904) 392-5618

**Jerie Lukefahr, Presbytery Moderator**  
(314) 406-8460

**Presbytery of St. Augustine Office**  
1937 University Blvd. W. / Jacksonville, FL 32217  
Phone: (904) 733-8277 / Fax: (904) 737-6658



Study with Rev. Dan Graham

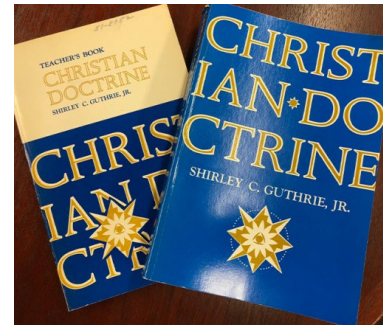
A Brief Introduction to Some Ideas in Calvinism or Do you have to believe in Providence and Predestination to be a Presbyterian? This course explores epistemology, causation, and soteriology (salvation) from a Reformed perspective. Class members will be invited to discuss how they know what they know, who/what makes things happen, and who are the elect and the damned.

Texts: Christian Doctrine by Shirley C. Guthrie, Jr.  
Holy Bible

Instructor: Dan Graham

Course Length: eternal, in 90 minute increments

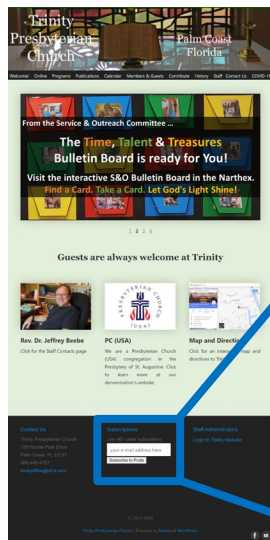
Thursdays in the fellowship Hall @ 1:15pm.  
Course continues through April 7<sup>th</sup>.



## Answers to Bible Trivia

1. herbs, Proverbs 15:17
2. waters, Song of Solomon 8:7
3. knowledge, Ephesians 3:19
4. truth, Ephesians 4:15
5. fear, 2 Timothy 1:7
6. conquerors, Romans 8:37
7. Owe, Romans 13:8
8. Breastplate, 1 Thessalonians 5:8
9. Rebuke, Revelation 3:19
10. Sins, Proverbs 10:12

## Want to Subscribe?



Subscriptions for the Trinity Times newsletter are quick and easy. You simply need to provide your e-mail address. Go to our website at [trinitypalmcoast.org](http://trinitypalmcoast.org), find our *Subscriptions* box at the bottom of the page, type in your e-mail address, and click *Subscribe to Posts*.

You will receive an email when the Trinity Times is posted.

The church works hard to keep us all up-to-date with all the goings-on here at Trinity Presbyterian Church. If you have any difficulty, the church office can help, call the office at (386) 445-4757. They can even arrange for the Times to be mailed to your home!

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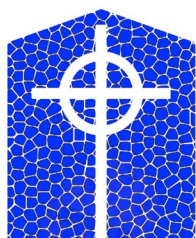
### *A Note from the Editor*

I hope you enjoyed this issue of the Trinity Times. Please note: the deadline for content submission for the Summer Edition is May 10, 2022. The Summer Edition will cover Pentecost, Trinity Sunday and all of our Summer Church happenings, including the months of June, July and August.

Please send submissions to [trinityoffice@cfl.rr.com](mailto:trinityoffice@cfl.rr.com). Thank you!

*-Judy Grady*

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### **Church Staff**

The Rev. Dr. Jeffrey W. Beebe, Pastor  
Heasuk Che, Director of Music/Organist  
Brooke Tucker, Director of Faith Formation  
Lillian Warner, Director of Handbell Choir  
Tommy Buonocore, Sexton  
Judy Grady, Financial & Admin. Asst.

*Trinity Presbyterian Church is called by God, through our Lord Jesus Christ, and empowered by the Holy Spirit, to be a **worshiping**, **nurturing** and **serving** community.*

### **Trinity Presbyterian Church**

156 Florida Park Drive Palm Coast, Florida 32137  
(386) 445-4757 [www.trinitypalmcoast.org](http://www.trinitypalmcoast.org)