

## Announcements and Updates — Trinity Church, Swarthmore

+ This page is sent in advance by email to all who request it. *Are you connected?* +



### **THIS SUNDAY, March 29**

*The Fifth Sunday in Lent*

Holy Eucharist, Rite II

Online at 10am ([click here](#))

Trinity Digital Children's Ministry, 11am

Due to evolving safety guidance and in keeping with the Bishop's recent instructions to the Diocese, there will be **no Drive-Through Communion** on this or subsequent Sundays.

Use the link above or go to our website ([www.trinity-swarthmore.org](http://www.trinity-swarthmore.org)) to join our virtual service via Zoom videoconferencing.  
You can also call in by phone (instructions below).

Trinity Digital Children's Ministry with Natalee Hill is shifted to 11am.

And *please read below* to learn how to prepare for Sunday worship at home...

### **Special Instructions for Worshipping Communally from Home:**

Today's Readings ([linked here](#)): *Ezekiel 37:1-14; Psalm 130; Romans 8:6-11; John 11:1-45*

1. Gather bread (preferably a small, whole loaf or roll), wine and/or grape juice, a nice plate and cup or glass. Candles are a nice touch, as well.
2. Find a bible and mark the readings, or print out the readings for the day at the link above, with enough copies for all in your household who will want to see them.
3. Locate a 1979 Episcopal *Book of Common Prayer*, or download the Holy Eucharist, Rite II, from the BCP online, at <https://www.bcponline.org>. You will need to navigate via tables of contents. I will begin with "A Penitential Order, Rite II," beginning of the service, on p. 351, then continue with "The Holy Eucharist, Rite II," beginning on p. 355. If you do not have a prayer book, you will do fine with just printing out the Holy Eucharist, Rite II. You will not need the prior material in front of you.
4. Prepare space on a table for these elements. You may place the bread on the plate in advance, but do not pour the wine or juice.
5. If you have a candle, light it as part of preparing yourself to join via Zoom.
6. Connect to Zoom a minute or two before 10am. We hope to have music, as in a prelude. I will give a couple of minutes for connecting, after which I will begin the service.
7. Relax! We're learning to do this together. I will give instructions as we go.
8. During the service, I will keep all of your microphones muted to avoid feedback and background noises being shared across many households.

9. When we are done, after the dismissal, feel free to begin cleaning up your space. Please treat any remaining bread and wine with respect. Either consume it or put it in a place outdoors for God's creatures, animal or vegetable, to enjoy.

#### Phone Call-in Instructions:

- One tap mobile: +16465588656
- Dial-in number: +1-301-715-8592 (all U.S.)
- Meeting ID: 625 635 147
- Find your local number: <https://zoom.us/j/abnu9jWkAg>

Education Time: Trinity Digital Children's Ministry, 11 am on Sundays

*We'll sing, pray, hear a Bible story, chat, and be in community together online. Check the website for the link. There is also a parents' Zoom chat on Wed. nights at 9 pm. Details below.*

**Last week's flowers** went to Catherine Jenkins. See below for news of future flower donations.

## **LATER THIS WEEK...**

**Wednesday Lenten study and Compline, 7-8:15pm: "On Baptism"** – Fr. Ted is resuming online the Lenten study begun earlier in March. This week, we will explore Reformation-era issues concerning the meaning and practice of baptism. The study and reflection time lasts about an hour. We conclude with the form of night prayer called Compline.

*All are welcome.* Please use this link ([Click here](#)) or contact the office for details. Those already participating or in touch in advance will receive additional instructions, if needed, for calling in by phone.

**Monday night Centering Prayer group is now meeting by Zoom.** If interested, please contact the church office for details on how to get connected.

**Sanctuary Yoga** – Sanctuary Yoga now offers 60 minute, on-line yoga classes led by Mary Thompson via Zoom. Together we will continue to create compassionate community, despite these uncertain times. Open to yogis of all ages and experience levels, see notes above on what to bring and how to join the yoga classes.

***To connect with a specific yoga class, please contact the Trinity Church office for details.***

**Monday, 10am, Hatha Yoga:** building strength, balance and flexibility, mostly standing poses with a small dose of floor-work

**Tuesday, 7pm, Hatha Flow Yoga:** alignment-based flow of breath to movement, a mix of standing, balance and floor-work

**Thursday, 2pm, Chair Yoga:** connecting breath to movement while seated in a chair, building strength and flexibility; some standing poses using the chair for balance.

*What to bring:* Yoga mat, sturdy chair without arms or wheels, blocks, strap, blanket, rolled towel, pillows, water to keep you hydrated

*Sanctuary Yoga is offered free of charge as a donations-based ministry. 100% of all donations go to support of Trinity's Adult Formation and Spiritual Wellness ministries. Visit our website at [www.trinity-swarthmore.org](http://www.trinity-swarthmore.org) to make an on-line donation, selecting "Sanctuary Yoga" as your intended donation. Thank you!*

**Parents of Children & Youth:** Parents' Zoom Chat will continue Wed. nights at 9 pm. To join the chat, see Natalee's weekly email blast to parents.

Do you receive our weekly *Children & Youth Ministry News* via email? This is now more important than ever! If not, please contact Tina Hogan at [office@trinity-swarthmore.org](mailto:office@trinity-swarthmore.org) with your email address. It's a great way to learn about our current and upcoming events for the children and youth of Trinity.

**AA:** The "Little Group" continues to meet on-line only. *Questions?* Please contact Fr. Ted through the office.

**Thrift Shop is Closed:** Please be aware that the Thrift Shop is closed until further notice and cannot accept any donations.

## **OTHER NEWS**

### **THANKSGIVINGS, GIVING BACK, AND OTHER MINISTRIES**

#### ***Thanksgiving***

- + For all our ministry leaders who continue to connect for prayer, study, and good works in new ways.
- + For all those in the larger community who seek to continue in loving-care and ministry to others in this time of social dislocation and isolation.

#### ***Giving back***

- + **Food for the Hungry** – Outreach continues to prioritize supporting St. Mary's Food Cupboard and Chester Eastside's food cupboard during the pandemic. Donations are much reduced and this is an immediate need. We are asking for cash/check donations (payable to Trinity Church) or via Paypal on the church website (add a note that the donation is for food cupboard). We will purchase the food and deliver to St. Mary's and Chester Eastside. If you prefer to make a large grocery purchase and need help with delivery or information on how to do so yourself, please contact Cathy Gardner at [cgardner119@gmail.com](mailto:cgardner119@gmail.com).
- + **Homelessness knows no virus** – IHN/Family Promise is housing homeless families at the day center the week of March 22 to 27. Please use the Sign-Up Genius link, below, to volunteer to make a meal for 3 adults and 4 kids: a 17 y/o girl, 14 y/o boy, 6 y/o boy and 3 y/o boy. It is not necessary to stay, just drop off the food, and go or have fellowship if you desire. Everyone at the shelter is healthy and close to getting their housing. Thank you all for your support in these troubling times. We know homelessness does not stop because of the world; it continues, and we might see it on the rise because of the circumstances. We are all doing our part. *Thanks!* — Joe German  
<https://www.signupgenius.com/go/904094da5a629a2f85-dinner>

#### **LENT MADNESS – *The Saintly Smackdown goes on...We are now in the middle of the Elate Eight!***

Vote at [www.lentmadness.org](http://www.lentmadness.org) each weekday to advance your favorite saint. While doing so, you can learn about the Holy Spirit working in God's people across generations and cultures. Can you pick who will win the Golden Halo? Ann Marie Stanton is tracking your wins and losses. Which Trinity member is the best saintly picker?

**The Book Group** will discuss *The Night Visitor* by Lucy Atkins via Zoom at 10:30 on April 1. Perhaps others will enjoy this selection whether they are able to come to the book group or not! Prof. Olivia Sweetman has landed with a high-flying career as a TV presenter and historian, three children and a talented husband. But as she stands before a crowd at the launch of her new bestseller, she can barely pretend to smile. Her life has spiraled into deceit and if the truth comes out, she will lose everything. The only person who knows what Olivia has done is Vivian Tester, housekeeper of a Sussex manor who found the Victorian diary on which Olivia's book is based. And Vivian has secrets of her own. As events unfold, the relationship between these two women grows more entangled and complex, until a bizarre act of violence changes everything. The book group meets the first Wednesday of every month at 10:30 am in the Cleaves Room, and they are sticking to that format, virtually. Please contact Linda Sauer at [lindasauer@aol.com](mailto:lindasauer@aol.com), for more information. *All are welcome!*

**Zoom link:** <https://zoom.us/j/624695478?pwd=SzRVQjJlTFIVZzhmbVJMQ2NOeE5TdDZ09>

**Flower and Easter Memorials** – At this point, we are clarifying with the florist whether flowers can continue for Sunday worship. We do hope to have flowers for Easter Sunday, and we expect to have special music, via the online platform. Donations welcome!

**STORE HOURS RESERVED FOR SENIORS ONLY**

- + **Target, Springfield Mall:** 7-8 am daily (1 hour before opening to the general public)
- + **Giant, Baltimore Pike:** 6-7 am daily (1 hour before opening to the general public)
- + **ACME, Baltimore Pike:** 7-9 am, Monday through Friday

*Source: Strath Haven Condo Assn, with thanks to Janiece Oblak*

**POSTPONEMENTS**

- + **Trinity's 125th Anniversary Gala** (previously scheduled for May 31)
- + **Trinity's "Moveable Feast"** (previously scheduled for Saturday, April 25)
- + **Episcopal Community Services' 150<sup>TH</sup> Anniversary Celebration**

**PRAYERS AND THANKSGIVINGS THIS WEEK**

**WE GIVE THANKS...**

**For the power of God's Spirit to keep us connected across time and space, in love and service.**

**For those celebrating their anniversaries:** Ann and Ed Harris;

**For those celebrating their birthdays:** Don Solenberger, Noah Atsaves, Daisy Lentz;

**AND WE PRAY...**

**For this nation and the world:** For love and good works to conquer fear; for the Spirit of God to guide us through all challenges, especially in this time of global pandemic; for all healthcare professionals and first responders, those in the food industry and those making deliveries.

**For the Episcopal Church:** Michael, Our Presiding Bishop; and in the Diocese of Guatemala: (St. James Episcopal Church at the Cathedral), Guatemala City, The Rev. Arthur Tripp;

**In our Diocese of Pennsylvania, for Daniel, Our Bishop; Diocesan Programs:** Episcopal Academy, and for Montgomery Deanery: The Very Rev. Lynn Hade, Dean

**For parish families of the week:** Barbara and Stuart Hibben, Tracy Hicks and Patrick Egan and Katie, Susan and William Hicks, Natalee and Nate Hill. Liam and Ezra; Margaret Hoch; along with Ted, our rector; Paula and Bill, our clergy associates; and the vestry and staff

**For healing and comfort:** Constance, The Deppen family, Katie Egan, Tom Adams, Bob Koelle and Mona Terrell, Georgetta German, Ellie, Bernadette Blair, Martha Millett, Mark Pugh, Thomas Hill, Peggy Ferrari, Patrick Diggins, Jacqueline & Kevin Hogan, Leo Fox, May and Ethan Ball, Andrew Laverty, Peter Kane, Margaret, Judith, and Chuck Prudhomme.

**For the homebound:** Anne Abel, Barbara Salom, Nancy and Lin Urban, Alma Keech, Wallace Stroud, Marguerite Izbicki, Don Solenberger, Ed Harris, Suzanne Keer, Barbara St. John, Ellen Belk, and Catherine Jenkins;

**For the departed:** André Bramly;

**And for others for whom prayers are requested, including:** Lou Volpe, Eva Boudreau, Brenda Robinson, Marcy Holquist, Wes Vogel, Ellie, William & Susan Hicks, Ruth, Lucy Messick, the Harris Family, Andy, Ron Koch, Skip Werley, Christine Watson, Elizabeth, Cathy and her family, Mary & Steve Wietecha and Larry Johnson.

# Special Prayers for Our Times

## For the Good Use of Leisure

O God, in the course of this busy life, give us times of refreshment and peace; and grant that we may so use our leisure to rebuild our bodies and renew our minds, that our spirits may be opened to the goodness of your creation; through Jesus Christ our Lord. *Amen.*

-from the BCP page 825

## Prayer for People Critically Ill or Facing Great Uncertainty

*God of the present moment,  
God who in Jesus stills the storm  
and soothes the frantic heart;  
bring hope and courage  
to all who wait or work in uncertainty.  
Bring hope that you will make them  
the equal of whatever lies ahead.  
Bring them courage  
to endure what cannot be avoided,  
for your will is health and wholeness;  
you are God, and we need you.*

-Adapted from *A New Zealand Prayer Book*, p. 747

## Prayer for a Pandemic

May we who are merely inconvenienced, remember those whose lives are at stake.  
May we who have no risk factors remember those most vulnerable.  
May those who have the luxury of working from home remember those who must choose between preserving their health or making their rent.  
May those who have the flexibility to care for our children when schools close remember those who have no options.  
May we who have to cancel a trip remember those who have no safe place to go.  
May we who are losing our margin money in the tumult of the economic market remember those who have no margin at all.  
May those who settle for quarantine at home remember those who have no home.  
As fear grips our country, let us choose love during this time when we cannot physically wrap our arms around each other, let us find ways to be the loving embrace to God and our neighbor.

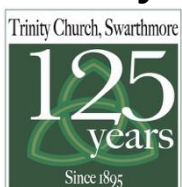
-Prayer by Cameron Wiggins Bellm (Sent in by Rich Englebach, with thanks to Bella Englebach.)

## Blessing

May the peace of the Lord Christ go with you,  
wherever He may send you.  
May He guide you through the wilderness,  
protect you through the storm.  
May He bring you home rejoicing  
at the wonders He has shown you.  
May He bring you home rejoicing  
once again into our doors.

-from Morning Prayer, *Northumbria Community's Celtic Daily Prayer*, published by Collins

## Trinity Church (Episcopal)



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