



From the Priest-in-Charge

Dear Friends,
Lent begins this year on March 5th, Ash Wednesday. We will offer ashes at noon and 7:00 pm following our Lenten Soup Supper. Lent is a time of reflection and a time for us to deepen our relationship with God.

There are many ways that we can observe this season. Most people give up something at the beginning of Lent as a form of self-denial. Some people take on a new spiritual discipline. As the dreary days of winter slowly begin to wane and the first feelings of spring are in the air, Lent offers us a time to transition our souls from its dormancy into new life.

Some helpful suggestions for this Lenten season:

- Attend worship - find time this week to worship, and *really listen*. Open your heart and attend to the Word proclaimed and the Sacraments offered.
- Give Alms - Give of yourself, your time, and your treasure in a *sacrificial* way. Take time to take part in the outreach ministries of Trinity or elsewhere, and show the love of God. You may even decide to forgo a meal once a week and give what you would have spent to feed the needy.
- Pray - Take time each day to pray. Whether it is in the morning or the evening, or anytime, *set aside* time for this purpose.
- Read the Bible - If you wish to take this on as a Lenten practice, read the Gospel of Mark, read a Psalm a day, or read St. Paul's Epistle to the Romans.

Be kind - Be kind to yourself and others. When you choose your Lenten fasts, remember that you may not always succeed in them. Let this be an opportunity to reflect on your need for God. Let every discipline you undertake be out of love for God and one another. Remember Paul's words in the Thirteenth Chapter of Corinthians, "*If I give away all I have, and if I deliver my body to be burned, but have not love, I gain nothing... So faith, hope, love abide, these three; but the greatest of these is love.*"

I wish you all a blessed and Holy Lent. May God bless you in your Lenten practices and guide you to a fuller celebration of his resurrection, grace, and love this Easter.

Faithfully in Christ Jesus,
Fr. Bob+

Submit your news to Trinity Times News Editor,
Jill Long jillwilsonlong@gmail.com

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Birthdays & Anniversaries



March Birthdays

5 William Killpatrick, Jr.
13 Bob Butiste
19 Vince Cole
27 Deborah Gower



March

Anniversaries

7 Robert & Deborah Gower
31 Charley & Ginny Day

O God, our times are in your hand: Look with favor, we pray, on your servants as they begin another year. Grant that they may grow in wisdom and grace, and strengthen their trust in your goodness all the days of their life; through Jesus Christ our Lord. *Amen*

March Calendar of Events

- March 1 - Special Diocesan Convention, 10:00 a.m.
March 2 - Paradise Twp. Historical Society Meeting, 2 p.m., Parish Hall
March 5 - Trinity at Food Pantry, 8:30 a.m. - Noon
 Imposition of Ashes/Holy Eucharist, Noon
 Soup Supper, 6:00 - 6:45 p.m., Parish Hall
 Imposition of Ashes/Holy Eucharist, 7 p.m.
March 8 - Popcorn & Movie Night, 6:00 p.m., Library
March 9 - Vestry Meeting, 11:45 a.m.
March 10, 24 - Trinity Crafters, 10:00 a.m. - Noon
March 11 - Ecumenical Lenten Service, 7:00 p.m., Trinity, Mt. Pocono
March 15 - Cancer Society, Tricky Tray, 11 a.m.- 5p.m
March 18 - Ecumenical Lenten Service, 7:00 p.m., St. Mary on the Mount, Mt. Pocono
March 21 - Newsletter Deadline for Information
March 25 - Ecumenical Lenten Service, 7:00 p.m., Mt. Pocono United Methodist Church
March 28 - Newsletter Mailing

“BE NOT AFRAID OF GROWING SLOWLY, BE AFRAID ONLY OF
STANDING STILL” CHINESE PROVERB

Our Prayers have been requested for:

Mary Baker
Sean Beech
Ed Benintende
Lee Connolly
Fr. Bob & Neil Criste-Troutman
Randy Criste-Troutman
Bishop Jack Croneberger
Victoria Forstein
Paige Kozak
Becca McConnell
Rob McMahon
Jim Rawson
Lola Rocks
Lois Rothrock
Christopher Rose

Dudley Rowell
Katrina Troutman
Donald
Will Klopp
Jon & Austin

Heavenly Father, giver of life and health: Comfort and relieve your sick servants, and give your power of healing to those who minister to their needs, that those for whom our prayers are offered may be strengthened in their weakness and have confidence in your loving care; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen*

Peace Pages

Repentance is All or Nothing

We are sinners trapped in a sinful world. We are damned if we do and damned if we don't. Is there any way out of this maze that will bring us peace? Thanks be to God, there is. It's called "repentance".

John the Baptist started his ministry by telling his listeners "Repent for the Kingdom of Heaven is at hand". Jesus began his ministry the same way. It's the only logical place to start.

Repentance is not saying you're sorry. That's remorse. That's too easy. Repentance is far deeper. Repentance means turning your life around; stop doing what's wrong and start doing what's right; becoming a new person. It means being born again. When Jesus told Nicodemus "you must be born again" he knew exactly what he was saying. Unfortunately, Nicodemus didn't get it.

Repentance is all or nothing. One can't repent half-way any more than one can be born half-way. And, if we fall off the wagon, we can always repent again and be forgiven again, as many times as repentance is sincere, according to Jesus. And, it's all made possible through the life, death and resurrection of Jesus.

What a brilliant solution!

Book Review - Tom Sayer

Lent is not Rocket Science: An Exploration of God, Creation, and the Cosmos
Meditations for 40 Days of Lent

Written by W. Nicholas Knisely, X111 Bishop of Rhode Island (download Amazon \$3.99)

As an engineer, I have long been interested in the relationship between science and faith. To jump to the conclusion, I see no conflict. Science and faith are perfectly compatible.

I based a successful career on facts and logic. They are vital to any scientific endeavor on the physical plane. But being smarter than the average Pennsylvania black bear, I know that there are things on the spiritual plane that transcend facts and logic. Love can't be explained on a scientific basis, but I believe that love is the very foundation for a well-ordered universe, from the Big Bang to the Higgs boson. Einstein was not a conventional believer but he had no time for atheism. He believed in a First Cause, or Master Intelligence. In science, every effect has a cause. Nothing happens spontaneously.

Bp. Knisely has done us a great service in writing "Lent Is Not Rocket Science". Believers are not gullible, ignorant, or stupid (although those who insist on taking mythology too literally may be!) On the contrary, it is non-believers who are on the slippery slope of explaining how all things came to be. I have followed atheism rather closely, and I have yet to find the explanation even attempted by atheists. So don't be apologetic about being a rational, intelligent believer. It makes more sense than the alternative. Read Nick Knisely's book and be glad!

Food Pantry News

Hello all,

The weather played a big part in our operation in February and so our numbers are

221 Families Served

Adults 430 Children 243 Seniors 88 Total people served 761

We are open the first Saturday and first Wednesday of every month .

Volunteers are always welcome our hours are 9am to noon.

Please call 570 8942072 if you are interested in helping at the Pantry.

Thank you,

Lorraine Naiko

Bible Study - Wednesdays 1-2

It's no secret that Fr. Bob is a very interesting interpreter of the Bible. If you are free on Wednesdays, you will be treated to the interpretation of Deuteronomy. Come any Wednesday or every Wednesday. Treat yourself!

I'M NOT OLD

I woke up, I lifted my arms, I moved my knees, I turned my neck.....
Everything made the same noise: CRRRRAAAACCCCK!

Getting to Know You



Introducing Esmie and Austin Dennis

Esmie is our resident connoisseur of fashion, style, and bright colors, a ray of sunshine. She was born in the U.S. Virgin Islands on the Island of St. Thomas. After moving to New York City where she was employed by the New York City Payroll Administration for 44 years as an Office Associate III, she met Austin through a friend at a church dance. She obviously didn't let him get away. She served under many Mayors from Richard Lindsey to Michael Bloomberg. Upon retirement she moved with her husband Austin to the Poconos.

Austin was born in St. Croix in the same Virgin Islands. After high school he moved to New York City where he enlisted in the U.S. Air Force. After serving he worked for Boeing, Lockheed and Republic Air Craft. These three companies supplied our military with much needed fighter and bomber air craft during WW II and the Korean conflict. Austin worked as a bench mechanic, air frame repair and assembly. He worked various other jobs before attending school for washing machine repair. Upon retirement in 2003 Austin and Esmie moved to our Pocono Mountains. They raised four daughters Charlene, Charlemayne, Cheri Amor and Cellenia. All college graduates. Esmie says this with a sparkle in her eye and a bunch of pride.

Together they some how found Trinity church tucked in the woods. Upon arriving they were greeted by our then Junior Warden Thomas Parry. They have become regular members of our parish ever since. We have the pleasure of seeing Esmie now and then at the lectern, reading the lessons from the Bible. Austin and Esmie are always together enjoying each others company as we enjoy them.

I want to thank them for sharing their story, God bless Esmie and Austin.

Respectfully submitted,
Dick Orner

Treasurer's Report

The purpose of this brief report is to keep everyone informed on Trinity's finances. The complete set of financial reports is posted on the bulletin board near the Parish Hall and it has the itemized detail of revenue and expenses for the current month. It is a lot to digest, so here is a summary. Our final report from December 2013 showed an operating loss of (\$36,939). This was modestly better than had been expected. Importantly, Pledge revenue was lower than expected for the year by roughly \$6,000 or -6%.

In 2014, as a result of a very successful Stewardship Campaign and the very generous support of the Parish, Pledge Revenue is projected to increase +27% for the year. Expenses are being tightly controlled and are budgeted to rise by a modest +2%. The overall result is a projected Operating loss of (\$21,538). While we have reduced the projected losses in 2014....we still have a long way to go to achieve a balanced budget. Keeping a close watch on expenses and of course keeping up with Pledges will be critical.

Unfortunately, in January 2014 compared to January 2013 our revenue was down (\$3248, -26%) and our expenses were up +37% (due to some unanticipated expenses carried over from 2013 and snow plowing) versus January 2013. This produced an operating loss for the month of (\$7,572). The biggest factor in the decrease in revenue came from Pledge Revenues lagging.

At the Annual Meeting last fall we all heard about the need for Trinity to work towards a balance budget. For several years we have been dipping into reserve funds to cover our expenses. At the rate we **had** been running, Trinity would have run out of money in 3 years. Clearly, this is not what any of us want!

As we continue to tell our story in the community, focus on all the good works of our Parish let us also be mindful that ours is a welcoming and inclusive community built on faith. Invite your friends and neighbors to celebrate with us. As we grow, the numbers will take care of themselves!

Respectfully submitted,

Peter Gonze

What is it about Trinity that keeps you coming?

Trinity Episcopal Church - Why do you attend? Some of us have gotten up and given heartfelt talks about our faith journey and/or why it is important to pledge or why Trinity is a good fit for us. Talking in front of a group isn't everyone's cup of tea. Our Newsletter is your opportunity to share a few sentences or several paragraphs as to **what is it about Trinity that keeps you coming? What was your journey to Trinity?**

Any month you wish to respond, send to me, Jill Long jillwilsonlong@gmail.com.

I'll put in 2-3 each month. If you don't have a computer, use your typewriter or pencil and put it in my box.

Trinity wasn't something I planned in my life, I was going along fine, we had just retired and had settled in. Suddenly, out of nowhere, unexpected serious family troubles knocked me for a loop and sleeping was no longer on my agenda. Totally overwrought with my troubles, I was pacing the floor about 3am one morning, as I often did, and suddenly I blurted out 'I can't do this without God!' The next Sunday we were at Trinity, having found it when we were here during summer months before we retired. Not that a miracle happened, no it didn't, going to church didn't make any of my problems go away but I felt better to cope and it took a good year for things to get better. Just walking into Trinity gave me peace and I felt that Trinity was home right from the beginning, especially once we started coming in the back door. That is sort of like going to Grandma's house, you come in the back door and go straight into the kitchen. I felt at home ever since at Trinity... now this is just what I do every Sunday morning.....come in the back door and then go into the kitchen area to get a cup of coffee! Making myself at home. Over the years we have joined in many activities and served in many capacities and would not give any of it up. This is my way of saying 'thank you' to a beautiful building with lovely stained glass windows, by giving of my meager talents and always keeping up my monthly pledge so that Trinity can continue to thrive and someday it just might save another person, as it did me. It gave me something I didn't know that I needed, until that morning when sleep wasn't happening and I knew I had to turn to God. I found Him at Trinity and truly feel His presence there. Trinity gave me a purpose and still does. To me it was no accident that this happened. You know what they say - there are no accidents!

Name withheld by request

Tales from a Welsh Corgi by Patricia Goodwin

Greetings from Huw, your Welsh Corgi friend,

You would think that I don't pay much attention to things my folks say that don't involve food, but in my own little way I do listen. Recalling years ago I heard mom talking to dad about a gentleman friend of mom's from church who insisted they sit together every Sunday. You see, mom and this gentleman started out as 'choir orphans' because dad was in choir, as was this gentleman's wife, so they were left to sit alone and became pared up each week thereafter. When church was over mom would say 'see you next week' and the gentleman's comment would be 'Insha 'Allah' which my mom later discovered was 'God willing'. Maybe some of you reading this will know exactly the origin of the phrase and what language that is, too much for my little brain, thank you.

During these long winter months, when it is too cold or too slippery for many adventures, I bask in memories from previous days out. One, a lovely autumn day last year, off we were, the 3 of us, to frolic in the woods and leaves in the state park. I was on a leash, of course. I can still remember the crunch and rustle of the leaves as we walked around, up and down small hills and down gravel paths. In the car on the way home my folks saw a momma black bear with 3 little cubs following behind in perfect order, right in front of our van...as for me, I was fast asleep, worn out from the long walk and the fresh air. Indeed, I did miss seeing the 3 bears and their momma, but more sadly, they missed seeing their first ever handsome, red, male, Corgi dog, resplendent and fluffy after a fresh groom. Bummer for the bears.

Well, good day to you all, this is enough from my corner of the world. Spring, please come soon and bring many lovely new memories for all of our friends at Trinity and their furry companions. I leave you with this farewell, 'Insha'Allah', see you again next month, God willing.

