

# Reflections

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This past Sunday morning our Priest Susan, reminded us that sometimes it is easy to sing a hymn in church without recognizing how the words communicate with God. One thing we could do would be to use the quiet time before the service to read over and contemplate on some of the hymns that have been chosen for that day.

Many years ago when I was a student organist we were told, " However brilliant a player you may be, you will never touch a person's soul with your music unless you know the meaning of the words of the hymn that is to be sung". Sometimes even in this age of speed, I have the opportunity to read over a hymn before we sing it; almost all our hymns contain real gems and insight to the Christian faith. In centuries past, singing hymns was an important means for teaching Christian truth in a church that was largely illiterate. Even so, hymn singing was and is, far more than just another way to disseminate Christian knowledge. It is a means for all believers, educated or uneducated, great or lowly, to express praise to their Creator and Saviour. It is a way for all of us to communicate with God using more than mere words. It allows us to pour out our grateful feelings of the heart, feelings awakened by the experience of forgiveness, salvation and the gracious work of the Holy Spirit.

As you come to Church services each Sunday morning, remember as you lift your heart and voice in praise to the Lord, that you are joining with a chorus of believers of all peoples and all centuries throughout history, who have done the same thing. You are joining with the saints, past, present and future in one great chorus around God's throne. For as the great English hymn writer Isaac Watts once recognized. "The singing of God's praise is the part of worship most closely related to heaven"

M.J.G

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## **BUTTERNUT SQUASH SOUP RECIPE**

Since I have health issues, one suggestion is that I eat less meat and more plant based foods. Recently while at the store I looked up and right in front of me was this huge container of chopped, already cleaned and ready, butternut squash. I was delighted, making the soup would be easier with the squash already cleaned and cut into chunks. So I can't say this is a family heirloom recipe but one that my husband and I both enjoyed very much. This was the first time I made the soup, although I had it at a friend's house years ago. It is especially good in the winter months and has a lovely texture and aroma. One thing I should say, I did not have any apple cider but was so eager to make the soup that I didn't wait to make another trip out to the store.

Recipe ingredients:

2 cups diced onion  
2 tablespoons olive oil  
10 cups diced butternut squash  
4 cups vegetable broth  
1 cup apple cider (optional)  
1 teaspoon kosher salt

In a large heavy soup pot, sauté the onions until onions begin to soften, approximately 5 minutes.

Add remaining ingredients and cook until squash is fork tender, about 30 minutes.

You may then use an immersion blender or a food processor, neither of which do I have, so I used a potato masher and it worked just fine.

Serve hot in bowls, garnish with cream fraiche and chopped parsley, if desired.  
and chunks of warm bread.

*Patricia Goodwin*

## Birthdays & Anniversaries

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### February Birthdays

11 Vernon Yeich  
14 Penny Clark  
17 Robert Gower, Jr.  
19 Nigel VanGronigen  
27 Deborah Higgins  
28 Marie Milone



### February Anniversaries

25 Corris & Marva Cannonier

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*

## February Calendar of Events

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- Feb. 6 – Trinity at Food Pantry, 8:30 a.m. – Noon  
Feb. 6,13,27 - Potluck and Bible Study - 6:00 - 8:30 p.m.  
Feb. 7 – Newsletter Mailing  
Feb. 10 – Vestry Meeting, 11:30 a.m., Library  
Feb. 13 - Community Services Meeting - 11:00 a.m., Library  
Feb. 19 – Pastoral Care Team Meeting, 10:45 a.m., Library  
Feb. 23 – Popcorn and Movie Night, 5:00 p.m.  
“Double Indemnity”  
Feb. 28 – Newsletter Deadline for Information  
March 6 – Trinity at Food Pantry, 8:30 a.m. – Noon  
Ash Wednesday  
Imposition of Ashes & Holy Eucharist  
Noon and 7:00 p.m.  
Soup Dinner, 6:00 p.m.  
March 7 – Newsletter Mailing  
March 10 – Vestry Meeting, 11:30 a.m., Library

## Our Prayers have been requested for:

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Alex Backora  
Sean Beech  
Catena Family  
Randy Criste-Troutman  
Victoria Forstein  
Robert Kupfer  
Jutta Moser  
Wendell Moser  
Merrill Nanton  
Jim Rawson  
Lois Rothrock  
Jennifer Salmon  
Tom Sayer  
Pat Young

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*

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## Book Review

“WHAT’S SO AMAZING ABOUT GRACE?” By Philip Yancey

Most of you may not know, I was a Jehovah’s Witness until about ten years ago. JW’s don’t use the word grace. They prefer to say, an undeserved kindness, which I’ve been told is an accurate translation of the word grace. Unfortunately the phrase was used very narrowly, and I was missing the fullness of this beautiful word. Actually much of Christian teaching escaped me as I began to encounter it, and I found myself often perplexed. Then I came across Mr. Yancey’s book ! You see I had , had a series of spiritual experiences that changed me, and left me searching for the words to describe something I didn’t have a vocabulary for.” *What’s So Amazing About Grace?*” was full of stories that challenged my thinking, as much as my experiences had, and the book was the first I’d encountered writing affirming the transformative power of grace as fully as I experienced it. When I mentioned the book to people , they all agreed it was a good book, except , they would mention the chapters, people, or circumstances they didn’t believe God could forgive. So the book is challenging, and for that worth taking the time to read. I must confess , I haven’t taken the time to re-read it this past month. It is one of the few books I haven’t packed up , and plan to set time for it this year. Anyone want to join me?

*Becky Hendricks*