This is my Son,
my Chosen;
listen to him!



TRINITY UNITED CHURCH OF CHRIST

2340 State Street, East Petersburg, PA 17520 717-569-1632

Website: www.trinityeastpete.org E-Mail:secretary@trinityeastpete.org
The Rev. Dr. Christopher M. Rankin, Pastor
The Rev. Harry G. Royer, Pastor Emeritus
The Rev. Dr. Carolyne Call, Covenanted Minister of Mission
Mr. Michael Slechta, Director of Music/ Sounds of Trinity Choir Director
Mrs. Christine Oetama, Organist
Mrs. Carmen Richards, Pianist
Mrs. Carol Kratz, Administrative Assistant
Mr. Sean McKelvey, Preschool Director

TRANSFIGURATION SUNDAY 8:00 A.M. SERVICE

Today's Theme: Witnesses to the glory of God in the face of Jesus reflect that glory in the world. It was true for Moses. It was doubtless true for Peter, James, and John. We pray that it will be true of all of us who see God's glory in the word and in the supper and who are being "transformed into the same image" by God's Spirit.

Prayer: Holy God, mighty and immortal, you are beyond our knowing, yet we see your glory in the face of Jesus Christ. Transform us into the likeness of your Son, who renewed our humanity so that we may share in his divinity, Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever.

Welcome all visitors! We welcome all who worship with us. May the joy of Christ's presence and the power of the Holy Spirit fill you with peace and hope! We are honored by your presence and trust that you will join us in the praise and worship of God. Please sign our guest book in the narthex. If you are interested in church membership, please give your name and telephone number to Pastor Rankin.

Welcome to the Eucharist! All who seek to follow Jesus and who seek the gifts Jesus offers us are invited to share in this sacrament of Holy Communion. Children are invited to receive communion at the discretion of their parents/guardians. If a child wants to receive a blessing, they are asked to fold their hands.

(PLEASE STAND IF YOU ARE ABLE)

CALL TO WORSHIP

AFFIRMATION OF BAPTISM AND INVITATION TO THE TABLE

In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

We come together, a community of faith.

We have gathered to talk and listen to our God.

May our faces shine in anticipation.

Our God has invited us to this moment of meeting.

Come to God's table. There is a place for you and enough for all.

CONFESSION OF SINS

CALL TO CONFESSION

God has come to us in Christ, but we often live as if it made no difference.

Let us confess our sins before God in silent prayer.

(SEATED OR KNEELING)

SILENT CONFESSION OF SINS

CONFESSION OF SIN

Let us confess our sin in the presence of God and of one another. Merciful God, we confess that we have sinned against you and your beloved children. We have turned our faces away from your glory when it did not appear as we expected. We have rejected your word when it made us confront ourselves. We have failed to show hospitality to those you called us to welcome. Accept our repentance for the things we have done and the things we have left undone. For the sake of Jesus Christ, have mercy on us. Forgive us and lead us, that we may bathe in the glory of your Son born among us, and reflect your love for all creation. Amen.

KYRIE

Lord, have mercy.
Christ, have mercy.
Lord, have mercy.
Lord, have mercy.
Lord, have mercy.
Lord, have mercy.

ASSURANCE OF PARDON

ACT OF PRAISE

O God, open my lips.

And my mouth shall proclaim your praise.

Praise to the holy and undivided Trinity, one God:

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen.

(PLEASE BE SEATED)

TIME WITH THE CHILDREN

THE WORD OF GOD

THE FIRST LESSON

Exodus 34:29-35

Moses' face shone with the reflected glory of God after he received the Ten Commandments on Mount Sinai. The sight caused the Israelites to be afraid, so Moses wore a veil to mask the radiance of God's glory, taking it off when he spoke directly with God.

The Word of the Lord. Thanks be to God!

THE PSALTER

Psalm 99

The Lord is king; let the peoples tremble! He sits enthroned upon the cherubim; let the earth quake!

The Lord is great in Zion; he is exalted over all the peoples.

Let them praise your great and awesome name. Holy is he! Mighty King, lover of justice, you have established equity; you have executed justice and righteousness in Jacob.

Extol the Lord our God; worship at his footstool. Holy is he! Moses and Aaron were among his priests, Samuel also was among those who called on his name. They cried to the Lord, and he answered them.

He spoke to them in the pillar of cloud; they kept his decrees, and the statutes that he gave them. O Lord our God, you answered them; you were a forgiving God to them, but an avenger of their wrongdoings. Extol the Lord our God, and worship at his holy mountain; for the Lord our God is holy.

THE SECOND LESSON

2 Corinthians 3:12-4:2

In his debates with the Corinthians, Paul contrasts the glory of Moses with the glory of Christ. The Israelites could not see Moses' face because of the veil. But in Christ we see the unveiled glory of God and are transformed into Christ's likeness.

The Word of the Lord. Thanks be to God!

(PLEASE STAND IF YOU ARE ABLE)

THE HOLY GOSPEL

St. Luke 9:28-36

The conversation about Jesus' suffering and death is enclosed in a dazzling foreshadowing of the resurrection. God affirms Jesus' identity and the disciples are stunned speechless.

Glory be to You, O Lord.

THE GOSPEL OF OUR LORD

Praise be to You, O Christ.

(PLEASE BE SEATED)

SERMON

"Three Mountains"

Dr. Anne Thayer

(PLEASE STAND IF YOU ARE ABLE)

NICENE CREED

We believe in one God, the Father, the Almighty, Maker of heaven and earth, of all that is, seen and unseen.

We believe in one Lord Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, light from light, true God from true God, begotten not made, of one Being with the Father; through him all things were made. For us and for our salvation he came down from heaven, was incarnate of the Holy Spirit and the Virgin Mary and became fully human. For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in accordance with the Scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who in unity with the Father and the Son is worshipped and glorified, and has spoken through the prophets. We believe in one holy catholic and apostolic church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.

PEOPLE'S OFFERING

OFFERING DEDICATION

Thank you, God, for choosing us to speak for you and to act on your behalf. It is an honor to share with others what you have entrusted to us. Our offerings represent the depth of our commitment. We rededicate to you the talents, abilities, and resources you have placed in our hands. May we be faithful in our mutual ministry. We pray in the name of Jesus Christ. Amen.

THE EUCHARISTIC PRAYER

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them up to the Lord!

Let us give thanks to God Most High.

It is right to give God thanks and praise.

Eternal God, who has created the heavens and the earth, giving breath to every living thing, we thank you for all the gifts of creation and for the gift of life itself. We thank you for making us in your own image, for forgiving us when we act as though you have no claim on us, and for keeping us in your steadfast care. We rejoice in Jesus Christ, the only one eternally begotten by you, who was born of your servant Mary and shared the joys and sorrows of life as we know it. We remember Christ's death, we celebrate Christ's resurrection, and, in the beloved community of your church, we await Christ's return at the end of history. We take courage from the abiding presence of your Holy Spirit in our midst. We offer you our praise for women and men of faith in every age who stand as witnesses to your love and grace. With the prophets, martyrs, and saints, and all the company of heaven, we glorify you:

Holy, holy God of love and majesty, the whole universe speaks of your glory, O God, Most High. Blessed is the one who comes in the name of the Lord. Hosanna in the highest!

(PLEASE BE SEATED)

WORDS OF INSTITUTION AND PRAYER OF CONSECRATION

THE PRAYER OF OUR LORD

Our Father, who art in heaven, hallowed be thy name. Thy kingdom come. Thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, for ever. Amen.

COMMUNICATION

As this grain was once scattered in the fields, and has come together in one bread, so we, with different needs and hopes, come together as one, for we share one bread.

The Bread of Life, broken for us.

The cup which we share is the cup of the New Covenant written in our hearts and witnessed by Jesus.

The Cup of Blessing, poured out for us and for the many.

(Those who wish to come forward will be invited by the pastor. The pastor will serve you the host, saying, "The Body of Christ." You reply, "Amen!" The assistant will present you with the cup, saying, "The Blood of Christ." You reply, "Amen!" Grape juice is in the chalice with the cross and wine is in the other chalice. If you need the pastor and assistant to come to you, please indicate that to someone near you or the pastor. If you do not wish to come forward, you are invited to use the packaged elements in the narthex and commune in your pew. The pastor will offer a blessing everyone has communed. Children are invited to receive communion at the discretion of their parents/guardians. If a child wants to receive a blessing, they are asked to fold their hands.)

(PLEASE STAND IF YOU ARE ABLE)

POST COMMUNION PRAYERS

The Lord be with you.

And also with you.

In peace, let us pray to the Lord.

The Spirit of the Lord is poured out upon us in abundance, so we are bold to pray for the church, the world, and all that God has made.

Transform us by your greatness, O God. Send us down the mountain to share joy with all people. Make us agents of change, confident that your hope will vanquish despair and your goodness will conquer evil. God of grace, **hear our prayer.**

The mountains and valleys sing your praise. Dazzle us with your presence in every landscape: bluffs built by ancient glaciers, canyons carved by flowing rivers, flat horizons with uninterrupted views, and sands shaped by ocean tides. God of grace, **hear our prayer**.

You love justice and establish equity. Strengthen leaders of local governments, community nonprofits, and grassroots campaigns. Bless them with gifts of integrity, creativity, and sound conscience. Build up safe and joyful communities where all people may thrive. God of grace, **hear our prayer.**

Heal those who are in distress. Give patience to those waiting for answers. Grant hope to those who have reached the limits of treatment. Give compassionate hearts to those who accompany loved ones through illness and uncertainty. God of grace, **hear our prayer**.

Today we shout alleluia from the mountaintop. This week we enter the wilderness of Lent. Bless all who prepare and lead us in worship during this change of season: pastors, elders, deacons, musicians, and all who contribute to our worship life. God of grace, hear our prayer.

SILENT PRAYER

Let us pray together.

We give you thanks, gracious God, for we have feasted on the abundance of your house. Send us to bring good news and to proclaim your favor to all, strengthened with the richness of your grace in your Son, Jesus Christ. Amen.

CLOSE OF WORSHIP

RESPONSIVE BENEDICTION

Arise, and go forth to shine for all the world to see.

We go to spread the good news of light and love, righteousness and justice.

May the blessing of the God of light rest upon you and fill you with light. Amen.

CATCH THE VISION & SHARE THE JOY



ANNOUNCEMENTS

The Chancel Flowers are given by Ken & Janice Jenkins in thankfulness for the many kindnesses shown to our family.

The Worship Aids are given by Brenda & Harry Himelwright in loving honor of our son, Gary Himelwright's birthday on February 28th & Ronald J. Himelwright.

The **Baptismal Font Flowers** are in loving memory of Lou Ann Himelwright by her husband, **Gary and parents**, **Harry**, **Brenda and Deb Rich**, **sister-in-law**.

Money Counters: Lee Bossert, Steve Shenk, Ron & Don Denlinger

Building Trustee: Mike Wagner Lector: Pastor Rankin

Happy Birthday!

Tuesday – Holly Connor, Heather DuBois

Wednesday – Diane Arey, Michael McDonough

Friday – Rev. Phyllis Baum

Attendance for Sun., Feb. 20 8:00–16 10:30–74 TOTAL – 90

Sunday School 22

This Week at Trinity Church

(Church Office Hours: Monday-Friday 9:00 a.m.-2 p.m.)

Monday 7:00 PM – SOT Choir/7:45 PM – Bells

Monday 7:00 PM – Property Committee Wednesday 2:00 PM – Ash Wednesday Service

7:00 PM – Ash Wednesday Service

Thursday 7:00 PM – Lancaster Association Executive Committee

Saturday 7:00 PM – Alanon

8:00 PM - AA

Sunday 8:00 AM – Eucharist

9:00 AM – Sunday School

10:30 AM – Eucharist

PRAYER CONCERNS: The family of Lou Ann Himelwright, Marvin Lehman and family, Lee Bossert, George DeLong, Joann Garvin, Rev. Phyllis Baum, Rev. Jere & Judy Chapman, Herb Charles, Danielle Huggins Holbein, Carole Connor, Gina McCarty (daughter-in-law of Bud & Kathy McCarty) Donna Smoker (friend of Trinity), Mary Witmer, Mark & Mary Anne Ritter (friends of the Paulukows), Patrick & Mel(nephew of Marianne Gibble & his wife), the Martin family, Robert Richards (brother of Jerry Richards), Hillary Brennan (mother of John Brennan), Ann Wolf (neighbor of George & Sandy DeLong), David & Ann Potts (friends of Brenda & Harry Himelwright), Pete & Nora Petrosky (friends of Dr. Cathy Hoshauer), Lynn Dull, Hilma Slechta (mother of Mike Slechta), Chad & Paul Zirkel (sons of Donna Zirkel), Ronald Himelwright (grandson of Brenda & Harry Himelwright), Barry Richards (son of Jerry & Carmen Richards), Tyler Miller (grandson of Iris DeMaio), Joan Kalbach (mother of Dr. Cathy Hoshauer), Donna Denlinger, Cathy Hoshauer, Nancy Patton, Gary Reynolds (friend of Mike & Shelley Wagner), Rev. Bob & Nancy Musser, Phyllis Zimmerman, Donna Zirkel, Chris Rice (nephew of Diane Rice & Karen Olley), Jaimie & Aurora Commero (friends of Sarah Paulukow), Mark Zody (friend of Denise Huggins), Jim & Kathy Long (friends of Jerry & Carmen Richards), John Siebern (Bob Siever's brother-in-law), Carl Roth (Gretchen Leinbach's brother), Scott Summers, Rev. Frank Lantz, Lainie Christensen, Sandra Englert (niece of Betty Tyndall), Charles & Betty Booraem, Betty Tyndall and family, Dorothy Fasnacht, Jo Jo Richards & family (Carmen & Jerry's granddaughter-in-law), Bob & Marlyn Wible, Lily Kilgore & family, Barry Moore (Donna & Ron Denlinger's brother-in-law), Jordan Sensenig (grandson of Pat & Joan Sensenig), Judy Wisniewski (sister of Chuck Husted), Elaine Sturgis (friend of Sue Husted), Doris Leaman, Judie Bistline, and the Bonilla-Rodriguez family (friends of Trinity Church).

DEVOTIONALS: The January-March edition of *These Days* & Lenten devotionals are available on the table across from the church office or on the lower level by the portico entrance.

THE MARCH PARISH POST is available on both floors of the church building.

CHURCH DIRECTORY: Copies of the new church directory are available on the table across from the church office and in the information racks on both floors of the church building.

MONEY BOXES: The children's Sunday School class has been learning about sharing God's gifts with others. They created boxes to collect coins to support a mission project. The last day will be **TODAY!**

CHRISTIAN EDUCATION CLASSES: Christian Education classes will be held for all ages at 9:00 a.m. Here are the locations for the classes:

- 1. Children's Class will meet in the classroom on the first floor.
- 2. **Middle School/High School Class** will meet in the classroom on the second floor.
- 3. **The Combined Adult Class** will meet in Isenberg Hall. They are using the book "Practicing Our Faith" edited by Dorothy C. Bass.

The Rev. Dr. Rich Christensen will be leading an adult Sunday School class on March 6, 13, and 20 at 9:00 a.m. in Isenberg Hall. The title of Dr. Christensen's class is "Uncovering Deeper Meaning in the Bible". He will look at some familiar texts and see the meanings behind them which are not immediately obvious.

LENTEN SERVICES---Theme: Turning Toward God's Abundance
Lent is a season of repentance, turning to God and asking for God's
goodness to wipe away our sins and to show us how to live anew. Lent
also turns us toward Easter and the abundant life God will offer through
the Three Days. This Lenten midweek service series turns us toward
God's abundance by focusing on five divine attributes from the gospel
texts for Lent (lectionary cycle C).

Ash Wednesday (March 2 at 2 p.m./7 p.m.)---Rev. Dr. Carrie Call The 2 p.m. service will be streamed on our Facebook page.

- Week 1: Faithfulness (March 9 at 7 p.m.)---Rev. Dr. Rich Christensen
- Week 2: Mercy (March 16 at 7 p.m.)---Dr. Randall Zachman
- Week 3: Compassion (March 23 at 7 p.m.)---Rev. Margaret Rohnacher
- Week 4: Forgiveness (March 30 at 7 p.m.)---Rev. Bob Bistline
- Week 5: Love (April 6 at 7 p.m.)—Rev. Sandy Morris (may include the order of healing)

We are also planning to stream the Wednesday evening services.

Today we welcome Dr. Anne Thayer, the Dieffenderfer Professor of Mercersburg & Ecumenical Theology/Professor of Church History at Lancaster Theological Seminary. A member of the faculty since 1999, Dr. Thayer is also the Director of the Doctor of Ministry Program. She has received degrees from Wellesley College (BA), Episcopal Divinity School (MA), and Harvard University (AM/PhD).

As a historian, Professor Thayer is particularly interested in late medieval and early modern Christianity, the history of preaching and pastoral care, and the popular communication of religious ideas. Dr. Thayer's current research examines the marginalia of Thomas Swalwell, OSB, monk of Durham. Swalwell's many annotated books are windows onto the life and work of a dedicated monk on the eve of the English Reformation. They reveal his lifelong scholarly studies, concern for the integrity of the clergy, administrative duties, and response to the impending religious changes.

Professor Thayer is president of the International Medieval Sermon Studies Society and is active in a variety of other professional organizations including the American Academy of Religion, American Society of Church History, and Mercersburg Society. She resides in Lancaster with her husband, John, and they are members of Hamilton Park U.C.C.

Dr. Thayer's presence with us today celebrates the longstanding relationship between Lancaster Seminary and our congregation. Many of our clergy members are graduates of Lancaster Theological Seminary:

The Rev. J. Robert Musser-1961

The Rev. J. Kenneth Trauger -1962

The Rev. Robert Hunsicker-1963

The Rev. Harry Royer-1965

The Rev. Dr. Richard Christensen-1970

The Rev. John Esbenshade -1971

The Rev. Jere Chapman 1981

The Rev. Phyllis Baum-1995

The Rev. Susan Sokolowski -1998

The Rev. Margaret Rohnacher-2000

The Rev. Dr. Christopher Rankin-2004/2014

Former Pastors of Trinity Who Graduated from Lancaster Seminary (Reformed Seminary):

The Rev. Warren Johnson-1885

The Rev. Albert O. Bartholomew-1898

The Rev. William Gerhard-1909

The Rev. Walter Pugh-1913

The Rev. Jeremiah Rothermel-1915

The Rev. Thomas W. Rhoads-1923

The Rev. Carl Isenberg-1926

The Rev. Paul Nagy-1936

The Rev. Robert Nagle-1944

The Rev. Carl Marks-1947

The Rev. George Geisler-1950

Former Pastors of St. Luke's Who Graduated From Lancaster Seminary (Reformed Seminary):

The Rev. Jacob F. Wiant-1869

The Rev. William Lichliter-1875

The Rev. John Frantz-1906

The Rev. Robert Roschy-1934

The Rev. A. Gail Holt-1942

The Rev. Paul Forrey-1993

The Rev. James Robison-1998

The Rev. Audrey Shirk-2004

The Rev. Paul Eyer-2006

Former Members/Friends of Trinity Church Who Graduated From Lancaster Seminary (Reformed Seminary):

The Rev. Vernon Baum- 1947/1971

The Rev. Dr. James Bright-1957/1984

The Rev. Charles Fogle-1959

The Rev. Thomas Busteed (former organist)-2013

CHURCH COVENANT IN THE MIDST OF THE PANDEMIC

As an individual who attends Trinity United Church of Christ I covenant to work with my fellow church members, family and friends to keep our community safe and healthy.

I covenant to. . .

Wear a face mask as a symbol of love and care for others.

Maintain physical distancing when possible.

Clean up after myself in the spaces I use because germs are everywhere I go too!

Honor and respect the sacredness of each person in this space and to stay home if I don't feel well or have been around someone who is waiting the results of a COVID test, knowing God is with us wherever we are, whether inside or outside the walls of the church.

Work together with my church family in creating a safe and healthy space to gather for worship, fellowship, or church activities as one body, united in God's love.

Acknowledge the hard work ahead, and the commitment to care for one another.

Together, we as the church, covenant to care and love one another in new and different ways as we:

- --Share God's love with our community
- --Serve God's children
- --Bring healing and wholeness to those in need
- --Share the Gospel in liturgy, music and study

WORSHIP VOLUNTEERS: We are looking for worship volunteers at the in-person worship services:

Greeters/Ushers: To welcome worshippers at the door and to seat them in the sanctuary (10:30 a.m. service only)

Lectors: Assist with the worship service or to just read the scripture lessons at the 8:00 a.m. and/or 10:30 a.m. services.

Please contact Pastor Chris or Carol Kratz if you are willing to volunteer.

Meal at First Reformed U.C.C., Lancaster: The community meals at First Reformed U.C.C. are starting again in 2022. They will continue to serve a grab and go meal. The diners and servers must be masked at all times.

Meals (cold or hot) can be prepared in the church kitchen. They are telling us to prepare for 60-70 people.

We are looking for some people to coordinate these meals. If you are interested or have more questions, contact Paula Dennes, Nancy Enders, or Pastor Rankin.

EASTER FLOWER ORDER FORMS are available on the table across from the church office or in the Parish Post. The deadline to order flowers is March 15. Contact Dan Otthofer for more information.

2022 CHANCEL FLOWERS AND WORSHIP AIDS SPONSORS

Contact Carol in the church office to sign-up for chancel flowers and worship aids for 2022. We recently changed florists and so the new price for flowers will be \$60. The price for worship aids will remain at \$26. Upcoming dates for chancel flowers are: March 20 & 27. Upcoming dates for worship aids are: March 6, 20 & 27.



We would like to thank you for supporting our fund raiser. When you redeem your coupon at S. Clyde Weaver you get to choose from at least seven sub varieties:

Sweet Bologna · Ham · Italian · Turkey Roast Beef · Chicken Salad · Tuna Salad Each Sub Redemption Certificate: \$8.00

BREAD OPTIONS:

white sub roll • bread • tortilla wrap

CHOICE OF YOUR CONDIMENTS:

mayonnaise • mustard • creamy horseradish • olive oil • vinegar

CHEESE OF YOUR CHOICE:

American • Provolone • Swiss

YOUR CHOICES OF VEGETABLES:

lettuce • tomatoes • onions • marinated onions • sweet peppers banana peppers • hot peppers • black olives • pickles salt • pepper • herb mix • Parmesan

Place your order form and money in church office

NAME	PHONE	QUANTITY	TOTAL	PAID (Please check)

Please make ch	ecks payable to: TRINITY PRESCHOOL	
NAME	Email:	
Phone:		

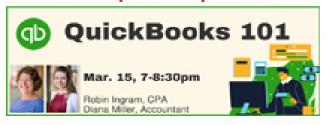
Parish Resource Center 2160 Lincoln Highway East #18, Lancaster, PA 17602 717-299-1113 info@parishresourcecenter.org www.parishresourcecenter.org



Solutions For Churches & Communities



Greening Your Church Panel February 28, 2022 7:00 pm - 8:30 pm



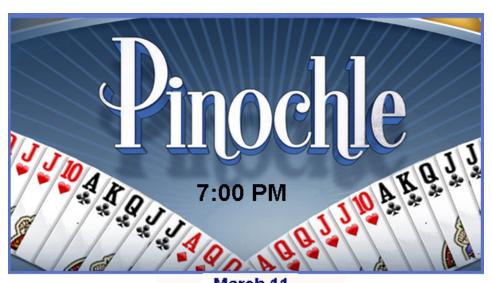
QuickBooks 101 March 15, 2022 7:00 pm - 8:30 pm



Compassionate Caring Session 1: March 17, 2022 7:00 pm - 8:30 pm Session 2: March 24, 2022 7:00 pm - 8:30 pm



Remembering God's Mercy: Lenten Retreat March 19, 2022 9:00 am - 4:00 pm



March 11
April 8, and May 20
Masks may required per CDC guidlines
Please bring your own drink and snack.
Any Questions call: Karen Olley (717)598-0247

Change Through Compassion Spring Workshop (Sponsored by Samaritan Center)

March 31, 2022 - May 26, 2022

Start:March 31, 2022 at 6:00 pm, End:May 26, 2022 at 8:30 pm

Venue:Online, Phone Number:717-560-9969, ext. 259

The eight-week online <u>Change Through Compassion</u> Workshop provides participants with the opportunity to gain experience in mindfulness and self-compassion by deepening their own wisdom through an emphasis on practice. Research on self-compassion and mindfulness show that these practices can boost your health and wellness by contributing to overall happiness, reducing anxiety and depression, and even helping you maintain beneficial lifestyle habits such as diet and exercise.

This workshop meets for eight weekly sessions on Thursdays from March 31 through May 26, with no class on May 5. Sessions run from 6 p.m. to 8:30 p.m. EST. The Retreat Day is April 30 from 10 a.m. to 1:30 p.m. EST. The investment for the workshop is \$370. We recommend obtaining a copy of the "Mindful Self-Compassion Workbook" (2018) by Chris Germer, Ph.D., and Kristin Neff, Ph.D., to support your learning.

The Change Through Compassion offerings are founded on the evidence-based Mindful Self-Compassion program, developed by Germer and Neff. The UC San Diego Center for Mindfulness maintains responsibility for this program and its content.

This workshop meets the requirements for Mindful Self-Compassion Teacher Training and the <u>Self-Compassion in Psychotherapy</u>, or <u>SCIP</u>, <u>program</u>. Discount of \$25 for SCIP participants.

Samaritan Counseling Center is also able to offer 24 continuing education credits, or CEs, for mental health professionals at a cost of \$80. CEs for this program are provided by <u>UC San Diego Center for Mindfulness</u>, which is approved by the American Psychological Association to sponsor continuing education for psychologists. The State Board of Pennsylvania accepts these CEs for licensed clinical social workers, licensed professional counselors, and licensed marriage & family therapists.

Have questions about the workshop or the SCIP discount? Contact Lesley Huff, a licensed psychologist and instructor of Change Through Compassion, at lhuff@scclanc.org or 717-560-9969, extension 259.

SUMMER ACTIVITIES AT TRINITY U.C.C.





3:00 - 7:00 PM Save The Dates VBS 2022



Wade In The Water

July 18 - 21 6:30-8:30 PM July 22 Closing Program

CHURCH CAMP REGISTRATION

Even though the air is cold and snow is on the ground, the warmer days of the Summer Camp season are right around the corner! Camp registration is open and ready for you to start planning your summer around weeks at Kirchenwald & Nawakwa! There are a wide range of camps this summer for all ages — kindergarteners through high schoolers, families, adults, and older folks. You can find printed brochures on the table across from the church office or view the schedule at https://www.lutherancamping.org/forms/SummerBrochure.pdf

As you know, Penn Central Conference paid for 50% of camp registration fees last year. It is wonderful to be able to announce that that same generous offer stands again this year! You can help send campers from Trinity by contribution to our Camp Scholarship Fund. Place your contribution in your weekly offering envelope and mark the special designation box with "Camp Scholarship".

"HARTMAN CENTER SPIRIT WEEK" 2022

Save the date: "Hartman Center Spirit Week" will be returning this summer!

This will be a week of camp in the spirit, community, and traditions of Hartman Center. Registration information and a brochure will be available soon.

Saturday, August 6 through Friday, August 12 at Camp Mt Luther in Mifflinburg PA. Talk with Pastor Chris or Anne Rankin for more information.

FIRST LESSON. Exodus 34:29-35

Moses came down from Mount Sinai. As he came down from the mountain with the two tablets of the covenant in his hand, Moses did not know that the skin of his face shone because he had been talking with God. When Aaron and all the Israelites saw Moses, the skin of his face was shining, and they were afraid to come near him. But Moses called to them; and Aaron and all the leaders of the congregation returned to him, and Moses spoke with them. Afterward all the Israelites came near, and he gave them in commandment all that the Lord had spoken with him on Mount Sinai. When Moses had finished speaking with them, he put a veil on his face; but whenever Moses went in before the Lord to speak with him, he would take the veil off, until he came out; and when he came out, and told the Israelites what he had been commanded, the Israelites would see the face of Moses, that the skin of his face was shining; and Moses would put the veil on his face again, until he went in to speak with him.

SECOND LESSON. 2 Corinthians 3:12-4:2

Since, then, we have such a hope, we act with great boldness, not like Moses, who put a veil over his face to keep the people of Israel from gazing at the end of the glory that was being set aside. But their minds were hardened. Indeed, to this very day, when they hear the reading of the old covenant, that same veil is still there, since only in Christ is it set aside. Indeed, to this very day whenever Moses is read, a veil lies over their minds; but when one turns to the Lord, the veil is removed. Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And all of us, with unveiled faces, seeing the glory of the Lord as though reflected in a mirror, are being transformed into the same image from one degree of glory to another; for this comes from the Lord, the Spirit. Therefore, since it is by God's mercy that we are engaged in this ministry, we do not lose heart. We have renounced the shameful things that one hides; we refuse to practice cunning or to falsify God's word; but by the open statement of the truth we commend ourselves to the conscience of everyone in the sight of God.

GOSPEL. Luke 9:28-36, (37-43)

Now about eight days after these sayings Jesus took with him Peter and John and James, and went up on the mountain to pray. And while he was praying, the appearance of his face changed, and his clothes became dazzling white. Suddenly they saw two men, Moses and Elijah, talking to him. They appeared in glory and were speaking of his departure, which he was about to accomplish at Jerusalem. Now Peter and his companions were weighed down with sleep; but since they had stayed awake, they saw his glory and the two men who stood with him. Just as they were leaving him, Peter said to Jesus, "Master, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah"-not knowing what he said. While he was saying this, a cloud came and overshadowed them; and they were terrified as they entered the cloud. Then from the cloud came a voice that said, "This is my Son, my Chosen; listen to him!" When the voice had spoken, Jesus was found alone. And they kept silent and in those days told no one any of the things they had seen. (On the next day, when they had come down from the mountain, a great crowd met him. Just then a man from the crowd shouted, "Teacher, I beg you to look at my son; he is my only child. Suddenly a spirit seizes him, and all at once he shrieks. It convulses him until he foams at the mouth; it mauls him and will scarcely leave him. I begged your disciples to cast it out, but they could not." Jesus answered, "You faithless and perverse generation, how much longer must I be with you and bear with you? Bring your son here." While he was coming, the demon dashed him to the ground in convulsions. But Jesus rebuked the unclean spirit, healed the boy, and gave him back to his father. And all were astounded at the greatness of God.)

From the New Revised Standard Version of the Bible Copyright 1989 by the Division of Christian Education of the National Council of Churches of Christ in the U.S.A.

