

*The*  
*word is near you,*



*on your lips*  
*and in your heart*

**TRINITY UNITED CHURCH OF CHRIST**  
2340 State Street, East Petersburg, PA 17520  
717-569-1632

Website: [www.trinityeastpete.org](http://www.trinityeastpete.org) E-Mail: [secretary@trinityeastpete.org](mailto:secretary@trinityeastpete.org)

The Rev. Dr. Christopher M. Rankin, Pastor

The Rev. Harry G. Royer, Pastor Emeritus

The Rev. Dr. Carolynne 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

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**FIRST SUNDAY IN LENT**

**8:00 A.M. SERVICE**

**Today's Theme:** These forty days called Lent are like no other. It is our opportune time to return to the God who rescues, to receive the gifts of God's grace, to believe with the heart and confess with the mouth the wonder of God's love in Jesus, and to resist temptation at every turn. This is no small pilgrimage on which we have just embarked. It is a struggle Jesus knew. It is a struggle Jesus shares. The nearness of the Lord, in bread and wine, water and word, will uphold and sustain us.

**Prayer:** *O Lord God, you led your people through the wilderness and brought them to the promised land. Guide us now, so that, following your Son, we may walk safely through the wilderness of this world toward the life you alone can give, through Jesus Christ, our Savior and 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.*

## ANNOUNCEMENTS

*(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.**

Worship the one who gives and sustains life; sing praises to the one who is our refuge.

**There is no place we can go where God is not; amid life's terrors,  
God's promises hold true.**

Here is food and drink for the journey. Take and be filled.

### CONFESSION OF SINS

#### CALL TO CONFESSION

During the season of Lent we are called to return to the Lord with all our heart.

**Let us confess our sin in the presence of God and of one another.**

*(SEATED OR KNEELING)*

#### SILENT CONFESSION OF SINS

#### CONFESSION OF SIN

Let us confess together.

**Holy One, we confess that we have wandered far from you: we have not trusted your promises, we have ignored your prophets in our own day, we have squandered our inheritance of grace, we have failed to recognize you in our midst. Have mercy on us! Forgive us and turn us again to you. Teach us to follow in your ways, assure us again of your love, and help us to love our neighbor. Amen**

#### KYRIE

Lord, have mercy.

Lord, have mercy.

Christ, have mercy.

Christ, have mercy.

Lord, have mercy.

Lord, have mercy.

#### ASSURANCE OF PARDON



(PLEASE BE SEATED)

## TIME WITH THE CHILDREN

### THE WORD OF GOD

#### THE FIRST LESSON

Deuteronomy 26:1-11

*The annual harvest festival, called the Feast of Weeks, provides the setting for this reading. This festival celebrates the first fruits of the produce of the land offered back to God in thanks. In this text, worshipers announce God's gracious acts on behalf of Israel.*

The Word of the Lord. **Thanks be to God!**

#### THE PSALTER

Psalms 91:1-2, 9-16

You who live in the shelter of the Most High, who abide in the shadow of the Almighty, **will say to the Lord, 'My refuge and my fortress; my God, in whom I trust.'**

Because you have made the Lord your refuge, the Most High your dwelling-place, **no evil shall befall you, no scourge come near your tent.**

For he will command his angels concerning you to guard you in all your ways. **On their hands they will bear you up, so that you will not dash your foot against a stone.**

You will tread on the lion and the adder, the young lion and the serpent you will trample under foot. **Those who love me, I will deliver; I will protect those who know my name.**

When they call to me, I will answer them; I will be with them in trouble, I will rescue them and honor them. **With long life I will satisfy them, and show them my salvation.**

#### THE SECOND LESSON

Romans 10:8b-13

*Paul reminds the Christians at Rome of the foundation of their creed, the confession of faith in the risen Christ as Lord.*

The Word of the Lord. **Thanks be to God!**

(PLEASE STAND IF YOU ARE ABLE)

#### THE HOLY GOSPEL

St. Luke 4:1-13

*After being filled with the Holy Spirit at his baptism, Jesus is led in the wilderness. Through his responses to the temptations of the devil he defines what it means to be called "the Son of God."*

*Glory be to You, O Lord.*

# THE GOSPEL OF OUR LORD

*Praise be to You, O Christ.*

*(PLEASE BE SEATED)*

SERMON

“What We Say Matters!”

Pastor Rankin

*(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

From the abundance entrusted to us, O God, we offer up the best we can give. Guide our use of this precious trust, that it may be spent in ways you choose, in places where you would send us, for the sake of people among whom you wish to dwell. May we bear witness to your abiding love, not only with money but with dedicated lives. Allow us to be instruments of assurance and compassion in our homes and wherever our journeys lead. 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.**

Holy God, we praise and bless you for creation and the gift of life and for your abiding love which brings us close to you, the source of all blessing. We thank you for revealing your will for us in the giving of the law and in the preaching of the prophets. We thank you especially that in the fullness of time you sent Jesus, born of Mary, to live in our midst, to share in our suffering, and to accept the pain of death at the hands of those whom Jesus loved. We rejoice that in a perfect victory over the grave you raised Christ with power to become sovereign in your realm. We celebrate the coming of the Holy Spirit to gather your church by which your work may be done in the world and through which we share the gift of eternal life. Because you have come to us in Jesus Christ, enduring the Cross so that we might know eternal life, it is right that we should give you thanks and praise. With angels and archangels, saints and martyrs, the church on earth and the church in heaven we praise you with your holy name.

**Holy, 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.

Drawn close to the heart of God, we offer these prayers for the church, the world, and all who are in need.

We pray for the church. Sharpen its proclamation of the word so that your people learn to reject voices of deception and distraction. Strengthen all who are tempted to believe lies about themselves or others. Merciful God, **receive our prayer.**

We pray for the earth and all its creatures. Protect wilderness places and all plant and animal species that call them home. Sustain farmers and all laborers who work the land and harvest the fruits of its abundance. Merciful God, **receive our prayer.**

We pray for the nations of the world. Awaken elected leaders and government officials to the needs of those who are oppressed and grant them compassion to deal mercifully with immigrants and refugees who reside among us. Merciful God, **receive our prayer.**

We pray for those in need. Rescue those experiencing mental illness or contending with addiction. Ease the anxiety of those who live with dementia. Command your angels concerning all who are sick. Merciful God, **receive our prayer.**

We pray for this assembly. Bless those who bake bread and prepare the table for our communion celebration. Accompany those who share the bounty of this meal with those who are homebound or hospitalized. Merciful God, **receive our prayer.**

### **SILENT PRAYER**

Let us pray together.

Blessed Jesus, in this rich meal of grace, you have fed us with your body, the bread of life. Now send us forth to bear your life-giving hope to a world in need. Amen.

## **CLOSE OF WORSHIP**

### **BENEDICTION**



### **ANNOUNCEMENTS**

**The Chancel Flowers** are given by **Cherie Cataldi** in honor of our Sunday School teachers! Thanks you for all you do!

**The Worship Aids** are given by **Cherie Cataldi** in memory of Kevin Schadt, Dottie Schadt's son, who would have turned 50 on February 25<sup>th</sup>.

**Money Counters:** Bud & Kathy McCarty, Scott Owens, Dave Connor, John Shelsky

**Building Trustee:** John Shelsky      **Lector:** Rev. Bob Bistline

### **Happy Birthday!**

Monday – Mid Gockley, Valerie Zahm

Wednesday – Meghan Leinbach

Friday – Eleanor Latsha, Mike Lichtenwalner

Saturday – Brendan Garrett, Maxwell Schuessler



Attendance for Sun., Feb. 27	8:00–16	10:30–67	<b>TOTAL – 83</b>
Attendance for Ash Wednesday	2:00-35	7:00-32	<b>TOTAL—67</b>
Sunday School	20		

### **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
Tuesday	7:00 PM – Finance
Wednesday	7:00 PM – Lenten Service
Thursday	10:00 AM – Mercersburg Study
	6:30 PM – Cub Scouts
	7:00 PM – Pastor/Parish
Friday	7:00 PM - Pinochle
Saturday	7:00 PM – Alanon
	8:00 PM - AA
Sunday	8:00 AM – Eucharist
	9:00 AM – Sunday School
	10:30 AM – Eucharist

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## **CATCH THE VISION & SHARE THE JOY**

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**Why no alleluias or hymn of praise during Lent?** You may have noticed that the act of praise following the assurance of forgiveness is missing from our worship. We join other churches in omitting alleluias, glorias, and other hymns of praise as we turn again to our Lenten journey of exile and repentance. We long for the eschatological New Jerusalem "...the Jerusalem above; she is free, and she is our mother" (Galatians 4:26). We walk in darkness awaiting the city of God where... "there will be no more night; the servants of God need no light of lamp or sun, for the Lord God will be their light, and they will reign forever and ever" (Revelation 22:5). Until then, we travel with our Lord Jesus into the desert to face the devil, we join him in his triumphant procession into Jerusalem, we pray with him in the garden of Gethsemane, and we follow him to the painful cross and to the cold dark tomb. We trust that our journey with Christ does not end there. On Easter we once again join the praises of the choirs of heaven: "The Lord is risen; the Kingdom has come; our joy is complete; and, in concert with the angels and saints, we greet the risen Lord with shouts of 'Alleluia!'" ([http://catholicism.about.com/od/worship/f/No\\_Alleluia.htm](http://catholicism.about.com/od/worship/f/No_Alleluia.htm)).

**PRAYER CONCERNS:** Marvin Lehman and family, Lee Bossert, Joann Garvin, Rev. Phyllis Baum, Rev. Jere & Judy Chapman, Herb Charles, Rev. Paul Eyer (former pastor of St. Luke's), 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.

**SPRING AHEAD:** March 13 is Daylight Savings Time, so don't forget to turn your clocks one hour ahead on March 12!!!

**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).*

**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.

## **“FOOD FOR THE JOURNEY” BOOK STUDY**

Pastor Rankin will be leading a book study after Easter. We will be reading *With Burning Hearts: A Meditation on the Eucharistic Life* by Henri Nouwen. We will meet via Google Meet at 7 p.m. on April 21 & 28 and May 12, 19, & 26. **The deadline to order books through the church office is March 15.**

**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 & April 24.**

Upcoming dates for worship aids are: **April 3, 10, 17 & 24.**

**LUNCH WITH THE PASTOR:** Bring your lunch and enjoy the fellowship on March 17 from noon-1 p.m. in Isenberg Hall!

# THANK YOU FOR YOUR SUPPORT!



## TRINITY PRESCHOOL SUB SALE

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

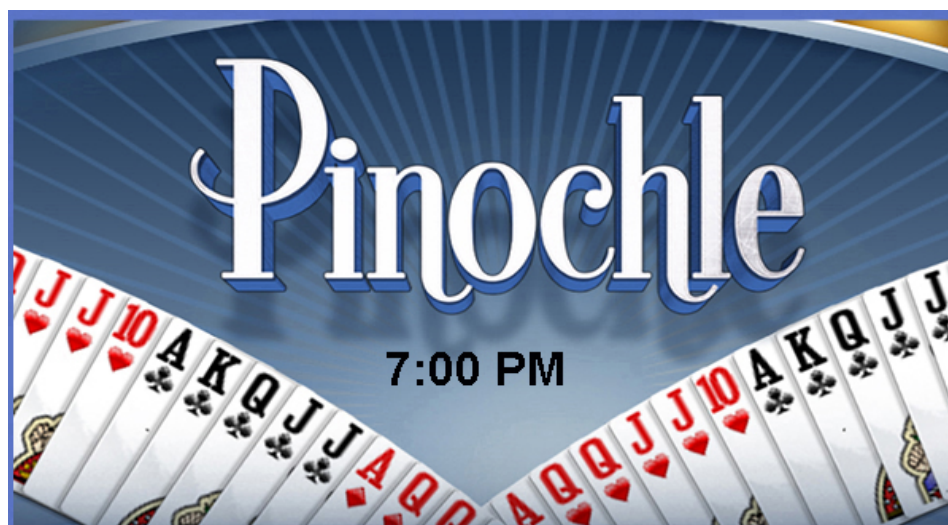
**Place your order form and money in church office**

NAME	PHONE	QUANTITY	TOTAL	PAID (Please check)

Please make checks payable to: **TRINITY PRESCHOOL**

NAME \_\_\_\_\_ Email: \_\_\_\_\_

Phone: \_\_\_\_\_



**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*

**CHURCH MULCHING:** The Property Committee is tentatively planning to put mulch around the church property on Saturday, April 2 (in the morning). Watch for more details in the coming weeks!



## 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.

## **LIFE LINE SCREENING**

Do you have high cholesterol or high blood pressure? Have members of your family suffered from these ailments? do you have a poor diet? If you answer “yes” to any of these questions, you may want to consider being screened through the services of Life Line Screening. Life Line Screening uses ultrasound technology to view the plaque buildup in your carotid arteries, the main arteries that carry blood to the brain. Blockages in these arteries are a leading cause of stroke. We are pleased to host this Life Line Screening event on 3/26/22 at Trinity UCC. Register for a Wellness Package which includes 4 vascular tests and osteoporosis screening from \$149(\$139 with our member discount). All five screenings take 60-90 minutes to complete. In order to register for this event and to receive a \$10 discount off any package priced above \$129, please call 1- 888-653-6441 or visit [www.lifelinescreening.com/communitycircle](http://www.lifelinescreening.com/communitycircle) or text the word circle to 797979. You can also sign up on the Screening Apt. Sheet on the table in the Narthex.

Also available are coupons for either a free screening or a half price screening. There are a limited number of coupons. First come, first served. Contact the church office for more information.

## **ALTAR GUILD VOLUNTEERS NEEDED**

When we returned to worship in the midst of the pandemic, Pastor Rankin has taken on the altar guild responsibility each week. The pastor now is looking for a few more volunteers to help prepare the altar for weekly worship. The following people have agreed to serve: Nancy Enders, Hedwig Hunsicker, Karen Olley, and Jamy Shelly. The pastor is looking for another 2-4 people to serve. Pastor Rankin is willing to offer a training session for all volunteers. You can contact him or Donna Denlinger, the Elder representative to the altar guild.

## 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 Change Through Compassion 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 Self-Compassion in Psychotherapy, or SCIP, program. 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 UC San Diego Center for Mindfulness, 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.

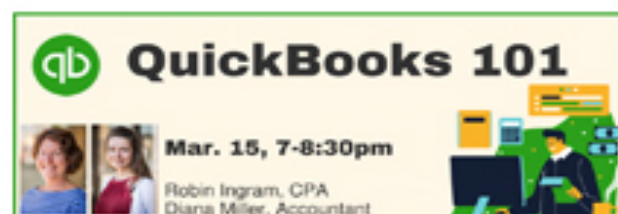
Have questions about the workshop or the SCIP discount? Contact Lesley Huff, a licensed psychologist and instructor of Change Through Compassion, at [lhuff@scclanc.org](mailto:lhuff@scclanc.org) or 717-560-9969, extension 259.

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



**Parish  
Resource  
Center**

Solutions For Churches & Communities

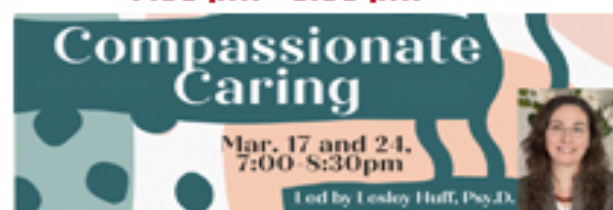


**QuickBooks 101**  
**March 15, 2022**  
**7:00 pm - 8:30 pm**

Robin Ingram, CPA  
Diana Miller, Accountant



**Housing Panel**  
**March 22, 2022**  
**7:00-8:30 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**

Led by Lesley Huff, Psy.D.



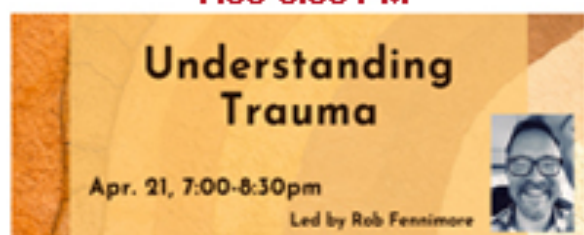
**Small Groups Panel**  
**April 4, 2022**  
**7:00-8:30 PM**

ANDREA BROWN, GRANDVIEW  
JIM GROSSNICKLE-BATTERTON, LITITZ COB  
SUSAN GASCHO-COOKE, COMMUNITY MENNONITE



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

MAR. 19, 9:00AM-4:00PM  
LED BY AMY SHUTT, SPIRITUAL DIRECTOR



**Understanding Trauma**  
**April 21, 2022**  
**7:00-8:30 PM**

Apr. 21, 7:00-8:30pm

Led by Rob Fennimore

# SUMMER ACTIVITIES AT TRINITY U.C.C.



SAVE THE DATE  
Barnstormer's Game

July 7, 2022



Concert  
5-6 PM

SAVE THE DATE



FRIENDSHIP FEST



July 17th

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



Dear Trinity Members,

**“Wade In The Water”** is the theme for this summer’s Vacation Bible School. It will be held Monday, July 18 to Thursday July 21, from 6:30 to 8:30 PM, with the closing program on Friday, July 22.

We will need your help to welcome and teach the children of Trinity and the wider community. The ideal VBS program would touch and/or be touched by each member of the congregation. Please check the activities in which you would be willing to share during the week. Please return this form to the VBS Director’s mail slot in the church office by April 15. If you have any questions please contact us. Thank you.

*Dina Slechta and Diane Rice*

\_\_\_\_\_Teacher—travels with group through stations and teaches the story lesson to the class each night.

\_\_\_\_\_Assistant Teacher - travels with the group through stations and helps with teaching the story each night.

\_\_\_\_\_Caretaker And Me Class Facilitators - 2 people with clearances who can be available in the nursery for any caretaker and child who need to take a quiet time/play by themselves break in the nursery.

\_\_\_\_\_Games Leader—leads 10 to 15 minute games reinforcing the night’s concept and story

\_\_\_\_\_Games Helper

\_\_\_\_\_Crafts Leader

\_\_\_\_\_Craft Helper

\_\_\_\_\_Floaters - we need some potential teachers and assistants who will be at VBS, ready to jump in as needed.

\_\_\_\_\_Registration—needs to be there 6:15 to 6:45 the first two evenings to register children

\_\_\_\_\_Help anywhere needed.

\_\_\_\_\_Youth Helper (7<sup>th</sup> grade on up)

Transportation Needed\_\_\_\_\_

Name\_\_\_\_\_

Phone Number\_\_\_\_\_

Email Address \_\_\_\_\_

Days you would be available \_\_\_\_\_

**MARCH 6, 2022**

**(C)**

**FIRST SUNDAY IN LENT**

**FIRST LESSON. Deuteronomy 26:1-11**

When you have come into the land that the Lord your God is giving you as an inheritance to possess, and you possess it, and settle in it, you shall take some of the first of all the fruit of the ground, which you harvest from the land that the Lord your God is giving you, and you shall put it in a basket and go to the place that the Lord your God will choose as a dwelling for his name. You shall go to the priest who is in office at that time, and say to him, "Today I declare to the Lord your God that I have come into the land that the Lord swore to our ancestors to give us." When the priest takes the basket from your hand and sets it down before the altar of the Lord your God, you shall make this response before the Lord your God: "A wandering Aramean was my ancestor; he went down into Egypt and lived there as an alien, few in number, and there he became a great nation, mighty and populous. When the Egyptians treated us harshly and afflicted us, by imposing hard labor on us, we cried to the Lord, the God of our ancestors; the Lord heard our voice and saw our affliction, our toil, and our oppression. The Lord brought us out of Egypt with a mighty hand and an outstretched arm, with a terrifying display of power, and with signs and wonders; and he brought us into this place and gave us this land, a land flowing with milk and honey. So now I bring the first of the fruit of the ground that you, O Lord, have given me." You shall set it down before the Lord your God and bow down before the Lord your God. Then you, together with the Levites and the aliens who reside among you, shall celebrate with all the bounty that the Lord your God has given to you and to your house.

**SECOND LESSON. Romans 10:8b-13**

"The word is near you, on your lips and in your heart" (that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, "No one who believes in him will be put to shame." For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, "Everyone who calls on the name of the Lord shall be saved."

**GOSPEL. Luke 4:1-13**

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, "If you are the Son of God, command this stone to become a loaf of bread." Jesus answered him, "It is written, 'One does not live by bread alone.'" Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, "To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours." Jesus answered him, "It is written, 'Worship the Lord your God, and serve only him.'" Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down from here, for it is written, 'He will command his angels concerning you, to protect you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'" Jesus answered him, "It is said, 'Do not put the Lord your God to the test.'" When the devil had finished every test, he departed from him until an opportune time.

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