

Trinity Episcopal Church

200 South Second Street

Pottsville, PA 17901

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Return Service Requested

DEADLINE FOR **MARCH TOPICS** **MONDAY FEBRUARY 20**

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Permit No. 305

Pottsville, PA 17901

February Birthdays

1- Phyllis Moehrle

4 - Kathryn Polcrack

8 - Norman Kauffman

10 - Shelby Hostetter

15 - Walter Howells

16 - Brent Burns

18- Holly Haddad

20 - Walter Bohnenblust

23 - Patricia Brennan

26 - David Demcher

25 - John Fehr

29 - Cassie Kauffman Holm





A word from Fr. Jim

Dear People of God at Trinity,

Not long ago Nancy and I were out with friends for the evening and I struck up a conversation with a gentleman that was sitting at the table near us. The discussion went from one subject to another and then he indicated to me that he had a real interest in the origin of words and sayings. We discussed the fact that so many words in the English language seem to have a variety of meanings or images attached to them. I think of that and our conversation now as we approach the season of Lent. Take that word “Lent.” What comes to mind immediately when you hear the word? My guess would be that probably what first comes to mind are things like penitence, self-denial, giving up sweets, etc. Now while all of these may be part of one’s Lenten discipline, in the ancient Anglo-Saxon, the word Lent simply means “Spring.” Spring is that time of the year when flowers and trees begin to bud and bloom. So too Lent is a time for new growth. It is a season for our own new spiritual growth. Penitence, self-denial, and fasting, these are all forms of spiritual discipline which we might use to allow us to grow in the knowledge and love of Christ. But, there are also other ways. Prayer, study, and giving of ourselves to and for others are a way of deepening our awareness of God and God’s work in and through our lives. They are means of strengthening us in our Lenten journey, our journey with the Lord. And so I invite each and every one of you to join with me and your fellow parishioners as we make our Lenten pilgrimage. Join us in worship. Join us in the opportunities for prayer and study. Join us for fellowship and sharing. Join us as we journey with Christ. Those who do will find at the end of the journey all the joys of Easter.

I invite you, therefore, to grow in your life with Christ and to the observance of a holy Lent.

Faithfully yours,

A handwritten signature in dark ink, appearing to read "Jim" with a small cross or flourish at the end.

Trinity's Mission Statement

*“To be a Christ-centered parish, that knows Christ and makes Him known to others
by sharing our gifts, striving for justice,
and respecting the dignity of every human being.”*

You Can Help !!!!



Our Diocesan Stewardship Commission is taking a survey in preparation for Diocesan Training Day on March 24th. Please take a few minutes to complete the survey. It is completely confidential.

You will find the survey at:

http://www.surveymonkey.com/s/Diobeth_Stewardship

Thank for your participation,

Fr. Jim for the Stewardship Commission

A Thought about Stewardship



Each time the sun rises, another day is added to our lives for our enjoyment and use. When we begin that day with prayer, we remember our relationship with God and cherish and celebrate the new day as a gift to us. Then as we go forward into the day we are called to carry the message of Christ with us. How will our stewardship of the day unfold? Into what relationship, task, or fun will we carry the “good news”? How can we take this daily gift of life and find a way of gently applying the love of Christ in the activities of our day?

A word from “Trinity” the Church Mouse

Dear Parishioners,

Well, now I better understand what it means for the liturgy to be “the work of the people.” Just the other Sunday, I peered out from my niche and was surprised not to see Fr. Jim. Someone said he was sick. I wondered what was going to happen, but lo and behold there were several of you stepping in doing what was necessary and leading us in a wonderful and joyous worship experience. I’m sure that made Fr. Jim happy and thankful; I know it was a blessing for me to see you doing it.



Trinity

THE LENTEN SEASON AT TRINITY



Ash Wednesday

February 22nd

**Holy Eucharist with “*Imposition of Ashes*”
at
*12Noon and 7:00pm***

Lenten Soup Suppers & Evening Prayer

**every Wednesday in Lent
beginning February 29th**

**6:15pm – Soup Supper
7:00pm – Evening Prayer**

Sign-up Sheets for the Suppers will be on the Bulletin Board

Lenten Study Groups

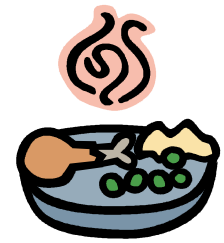
**“*The Last Seven Sayings of Jesus from the Cross*”
will be the focus for study group
reflection, discussion, and prayer during Lent.**

**Groups will meet on
Mondays at 7:00pm
or
Wednesdays at 11:00am**

**The Groups will meet for 5 sessions
beginning February 27th and ending March 28th**

Parish Chicken Dinner & Soup Sale

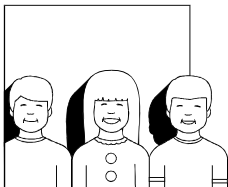
Sponsored by the Fundraising Committee



Saturday February 25

5:00 p.m.

Free dinner with freewill offering taken. Donations of homemade soup will be sold at the dinner for \$5.00/quart and \$2.50/pint. Containers will be provided in the lounge for parishioners to take, fill with soup, and label. Sign-up sheets will be up on the bulletin board—please sign up!



Church School News

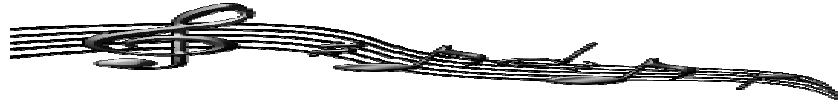
The Juniors class, led by Janet Curtis, met in late January for a movie night in the church lounge. They watched the film "The Ten Commandments" in its entirety. They enjoyed spending a Saturday evening together, along with Fr. Jim. The Juniors class has been well attended and active since its inception the past fall.

On February 12, the Sunday School group will host a Valentine's Day party in the lounge following the 10 a.m. service.

We are currently collecting items to be distributed to children at the local hospital pediatric unit for Valentine's Day. We are asking for donations of the following items: Small Dolls, Chapstick, Children's Socks, Notebooks, Pens, Coloring Books, Crayons, Colored Pencils, Comic Books, Decks of Cards, Matchbox Cars, Hair accessories, Legos, Puzzle Books, and other small items that may brighten a child's day in the hospital. We will be making valentines to send as well. We appreciate ANY contribution to this project. Contributions can be given to any Sunday School teacher or left in the church lounge marked for Sunday School.

The Sunday School will also host the annual MOVIE NIGHT at the Pine Grove Theatre on Sunday, March 4 from 4-6 p.m. Our congregation, as well as other Episcopal churches in the county, is invited to attend at no cost. We reserved the entire upstairs theatre for this event so please join us for a family-oriented movie and some fellowship. Refreshments will be provided. To RSVP or if you are willing to contribute food items for the event, please contact Dawn Burns at 385-1667 or dgre1burns@verizon.net.

THE MUSIC CORNER by Cora A. Gamelin-Osenbach



The first snow of the winter season has arrived and the Annual Meeting has already taken place, so we are well on our way to Lent. The liturgy will change as we enter our most solemn season, and the music that the choir is already preparing will reflect that. We hope that, as always, the choir anthems add to your reflection as you commence your Lenten journey beginning on Ash Wednesday, February 22nd. Under Lea Bortner's direction, the church school children are already learning their parts for a Palm Sunday anthem and the Easter Vigil as well.

Our concert series is looking ahead with great anticipation to Sunday, April 15 when renowned organist Canon Mark Laubach will thrill our audience with his presentation. Already planned is the Liszt "Fantasy and Fugue on B-A-C-H" and the great "St. Anne" Prelude and Fugue by J.S. Bach. Please see the March TOPICS for the flyer and more details. This concert will make your day despite paying taxes! We anticipate a large audience for this event, so I am already calling upon our culinary artists to think about preparing your usual delectable treats. Our receptions are as well known as our outstanding concerts!

Please Remember in Your Prayers

Those serving in the armed forces especially:

Michael Steinruck, Cassie Kauffman Holm, Tom Austerberry, Joseph Nangle, Erik Ryland, Larry Reedy, II, Stephen M. Reier, Michael J. Reier, Jeffrey J. Bohanick, Ethan Garrity, Jake Shirey, Eric Walls, Cory Maurer, Robert Petlansky

Those sick or in need of healing: especially:

Fr. Cal Adams, Milton Anchorstar, George Barlow, Duane Barnhart, Ray Barton, M. Jean Bedford, Henry Bigg, Walter Bohnenblust, Alexis Bohr, Ron Boris Jr., Ron Boris Sr., Darlene Bouch, Betty Bradley, Ivana Bradley, Joan Cake, Sara Conlen, Phyllis DeMarco, Jean Ebling, Norm Emery, Jerry Field, Ken Fisher, Margaret Frederick, Dorothy Frye, Ed Harris, Ida Heckman, Holly Hedstrom, Walter Howells, Robert Hubler, Larry Kachelries, Martha Kline, Barbara Kull, Lena Levkolic, Sterling Lewars, Jeff Lippencott, Eric Macklin, Anthony Merlino, Jr., Rose Morgan, Rita Murphy, Wendy Nabholz, Heidi Nangle, James Oerther, Michael O'Malley, Maxine Peroutka, Gregory Pomian, Elizabeth Pritiskutch, Mark Rauco, Audrey Reiber, Sarah Rile, Sally Ring, Jennifer Robinson, Donna Ross, John Ross, Bill & Tina Rutecky, Rayne Slackus, Abigail Smith, Heather Anne Smith, Vivian Smulley, George R. Stone Jr., Wendy Stone, Kathy Strouse, Lora Hart Wentzel, Sophie White, Mary Witman, Charlene & Carl Yost, Arlen Zerbe, Ron, Bob, Joan, Judy, Lea & Trent, Mike, John, Paul, Betty, Jen, Linda, Ben, Kim, Jessica, Tom, Jane, Lois, Walter, Betty, Dot, Bonnie, Ronnie

NEWS FROM MARION C. PRICE TRUST



Since February is heart month did you know that, according to the Centers for Disease Control (CDC,) heart disease is the leading cause of death in the United States and is a major cause of disability? The most common type of heart disease in the United States is coronary heart disease, which often appears as a heart attack.

The chance of developing coronary heart disease can be reduced by taking steps to prevent and control factors that put people at greater risk. Additionally, knowing the signs and symptoms of heart attack are crucial to the most positive outcomes after having a heart attack. People who have survived a heart attack can also work to reduce their risk of another heart attack or a stroke in the future.

Other conditions that affect your heart or increase your risk of death or disability include arrhythmia, heart failure, and peripheral artery disease (PAD.) High cholesterol, high blood pressure, obesity, diabetes, tobacco use, unhealthy diet, physical inactivity and secondhand smoke are also risk factors associated with heart disease.

Some heart attacks are sudden and intense; however, most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- **Chest Discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach without any chest discomfort. Pain may extend downward into your abdominal area and feel like heartburn.
- **Shortness of breath.** May occur with or without chest discomfort.
- **Other signs.** These may include breaking out in a cold sweat, nausea, or lightheadedness. You may feel a sense of doom or feel as if you are having a panic attack for no apparent reason.

Women may not have chest pain but feel really tired - even after enough sleep. Women may have trouble sleeping, experience new or worse headache, or have pain in the belly, above the belly button in addition to all other symptoms listed above.

The American Heart Association, the National Heart, Lung and Blood Institute, the Red Cross, and the National Council on Aging have launched a new “**Act in Time**” campaign to increase people's awareness of heart attack and the importance of calling 9-1-1 immediately at the onset of heart attack symptoms.

If you or someone you are with begins to have chest discomfort, especially with one or more of the other symptoms of a heart attack, do not drive to the hospital or let someone else drive you. Call 9-1-1 immediately so medical personnel can begin life-saving treatment on the way to the emergency room.

A healthy diet and lifestyle are the best weapons you have to fight heart disease. Many people make it harder than it is. It is important to remember that it is the overall pattern of the choices you make that counts. As you make daily food choices, read nutrition labels and base your eating pattern on these recommendations:

Choose lean meats and poultry without skin and prepare them without saturated and trans fat.

Select fat-free, 1% fat and low-fat dairy products.

Cut back on foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet.

Cut back on foods high in dietary cholesterol. Aim to eat less than 300 mg of cholesterol each day.

Cut back on beverages and food with added sugars.

Select and purchase foods lower in salt/sodium.

Keep an eye on your portion sizes.

If you drink alcohol, drink in moderation. That means no more than one drink per day if you are a woman and two drinks per day if you are a man.

Although heart disease is sometimes thought of as a “man’s disease”. Heart disease is a very real threat to women.

Coronary Heart Disease (CHD) is a disease in which plaque builds up in the inner walls of your coronary arteries. Plaque is made up of fat, cholesterol, calcium and other substances found in the blood. Hardened plaque narrows the coronary arteries and reduces the flow of oxygen-rich blood to the heart.

In Coronary Microvascular Disease (MVD), the walls of the heart’s tiny arteries are damaged or diseased. Women are more likely than men to have coronary MVD. Many researchers think that a drop in estrogen levels during menopause combined with other heart disease risk factors causes coronary MVD.

Women are also more likely than men to have a condition called broken heart syndrome also called stress-induced cardiomyopathy. In this recently recognized heart problem, extreme emotional stress can lead to severe (but often short-term) heart muscle failure.

The symptoms are so similar to the traditional heart attack that you may feel chest pain, shortness of breath, arm pain and sweating. Because traditional heart attacks can be triggered by stress as well, don’t take any chances, go to the hospital immediately any time you experience these symptoms.

Operation We Care – Thanks to your generosity, over 3000 pounds of goodies and personal care supplies have been sent to our local servicemen and women stationed in Iraq & Afghanistan.

2012-2013 Property Tax/Rent Rebate – The rebate program benefits eligible Pennsylvanians age 65 and older; widows and widowers age 50 & older; people with disabilities age 18 and older. The program expansion increased the income limit from \$15,000 to \$35,000 (which excludes ½ of Social Security income) for homeowners and raises the maximum rebate for both homeowners and renters from \$500 to \$650. The income limit for renters is \$15,000.

If you received or qualified for a property/rent rebate within the past year. You will automatically receive an application in the mail. If you did not receive a rebate in the past year on property taxes or rent paid in 2011 but think you qualify to receive a rebate in 2012 call

Kathy Burda at 621-3220.

February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<i>1</i> 10:30am Zumba Class 11:00am Study Group 12n Holy Eucharist 7:30pm Choir	<i>2</i>	<i>3</i> 7:00pm Ballroom Dance	<i>4</i>
<i>5</i> 8am Holy Eucharist 9:45am Church School 10am Holy Eucharist	<i>6</i> 6:30pm Rector @Diocesan Stewardship Mtg. NO Study Group	<i>7</i>	<i>8</i> 10:30am Zumba Class 11:00am Study Group 12n Holy Eucharist 7:30pm Choir	<i>9</i> 7:00pm HALOS	<i>10</i> 7:00pm Ballroom Dance	<i>11</i> Diocesan Renewal Assembly IV
<i>12</i> 8am Holy Eucharist 9:45am Church School 10am Holy Eucharist	<i>13</i> 7:00pm Study Group	<i>14</i> 7:00pm Vestry Meeting	<i>15</i> 10:30am Zumba Class 11:00am Study Group 12n Holy Eucharist 7:30pm Choir	<i>16</i>	<i>17</i> 7:00pm Ballroom Dance	<i>18</i> 11:00a.m. Wetherill Memorial at Providence Place
<i>19</i> 8am Holy Eucharist 9:45am Church School 10am Holy Eucharist	<i>20</i> 7:00pm Study Group	<i>21</i> 5:45 pm Diakon Exercise 7:00pm Belly Dancing	<i>22 Ash Wednesday</i> 10:30am Zumba Class 12n Holy Eucharist Imposition of Ashes 7pm Holy Eucharist	<i>23</i> 7:00pm HALOS	<i>24</i> 7:00pm Ballroom Dance	<i>25</i> 5:00pm Parish Chicken Dinner & Soup Sale
<i>26</i> 8am Holy Eucharist 9:45am Church School 10am Holy Eucharist Soup Sale Sunday	<i>27</i> 4:30pm Soup Kitchen 7:00pm Study Group	<i>28</i> 5:45 pm Diakon Exercise 7:00pm Belly Dancing	<i>29</i> 10:30am Zumba Class 11:00am Study Group 12n Holy Eucharist 6:15pm Lenten Soup Supper & Evening Prayer 7:30pm Choir			

DATE	READERS	ALTAR GUILD	CHALICE BEARERS/ ACOLYTES	GREETERS USHERS	COUNTERS	ALTAR FLOWERS	LAY EUCHARISTIC MINISTERS
February 5 8 a.m. 10 a.m.	D. Beausang OT J. Brocious NT J. Bednar POP H. Mitchell	K. Portland A. Portland B. Bacon	B. Rutecky A. Portland Acolytes C. Demcher C. Menuchak	C. Gearhart B. Rutecky J. Mansell T. Malarkey	A. Portland N. Buehler		
February 12 8 a.m. 10 a.m.	K. Kovalovich OT T. Malarkey NT F. Osenbach POP J. Giansello	K. Portland A. Portland B. Bacon	G. Moyer H. Mitchell Acolytes C. Menuchak John Curtis	C. Gearhart B. Rutecky E. Barnwell B. Bacon	B. Bednar N. Buehler	In Loving Memory of Augusto Valentino Bridi & Andrew J. & Lillian J Kovalovich by Kurt & Cara Kovalovich	Carol Field to Carol Greiner
February 19 8 a.m. 10 a.m.	C. Field OT F. Brocious NT P. Bortner POP A. Portland	K. Portland A. Portland B. Bacon	B. Rutecky J. Bednar Acolytes John Curtis Jacquelyn Curtis	C. Gearhart B. Rutecky J. Mansell T. Malarkey	H. Mitchell A. Portland		Peter Bortner to Roy Seitzinger
February 26 8 a.m. 10 a.m.	D. Beausang OT J. Brocious NT T. Malarkey POP J. Bednar	K. Portland A. Portland B. Bacon	G. Moyer E. Barnwell Acolytes C. Demcher Jacquelyn Curtis	J. Mansell T. Malarkey E. Barnwell B. Bacon	H. Mitchell B. Bednar		