

# TRINITY TIDINGS

February 2018

The Newsletter of Trinity Episcopal Church

## Jesus – Not God Improved

An excerpt of a sermon given  
on Christmas Eve, Dec. 24, 2017

By *Scott White*

Maybe after Luke's account of the nativity in Bethlehem, the next most favorite biblical text related to Christmas is John chapter one. *In the beginning was the Word and the Word was with God and the Word was God. The Word was with God in the beginning. Everything came into being through the Word, and without the Word nothing came into being* (v. 1-3).

That is, Christ, the Word, was "in the beginning." John, is echoing the first book of the Bible, Genesis, that says, "In the beginning God created." When the world was created, Christ was there, shaping and molding us.

This type of love, enfleshed love, present love, can transform us and the world.

Many of you, maybe not our youngest members here tonight (unfortunately), remember Fred Rogers of *Mister Rogers Neighborhood*. In 1997, he won the Emmy lifetime achievement award.

This is an excerpt of his speech. "He said: So many people have helped me to come to this night.

Some of you are here. Some are far away. Some are even in heaven. All of us have special ones who have loved us into being. Would you just take, along with me, ten seconds to think of the people who have helped you become who you are? Those who have cared about you and wanted what was best for you in life. Ten seconds of silence. I'll watch the time."

So let's do it. Right now. I have a handy Apple Watch. I'll watch the time. Let's take ten seconds to remember those who have helped you become who you are.

Fred Rogers continued in his speech, saying, "Whoever you've been thinking about, how pleased they must be to know the difference you feel they've made."

You can find his speech on Youtube. The video shows actors and actresses tearing up during and after those ten seconds of silence.

All of us have special ones who have been there for us in the flesh and have loved us into being children of God. Some may be here. Some far away. Some now rest on another shore and in a greater



light where they join the saints around the heavenly throne still praying and offering intercession for us. We all have had spiritual parents. Who were there for us in the flesh.

Who are you a spiritual parent to?

Tonight is one of utter joy because we celebrate the truth that God has been with us from the beginning, and now God knows exactly what it is like

to be one of us, God is with us now, and will never, ever let us go.

That we have and continue to mess things up along the way is not a sign of God's absence. Jesus is not God improved, but God in flesh, proving what had been true all along that God's promise to save us is so deep and so firm that God is willing to become one of us to show it.

God takes on flesh, our flesh, not because of who we are but because of who God is.

And that's why we sing. That's why we rejoice. It is best Good News we have ever had and ever hope to have – God with us.

## A Question of Identity Self-Reflection for the Season of Lent

**How answering the question "Who Am I?"  
Brings Power, Purpose, and Peace Into Our Lives**

Our spiritual and psychological health rests in the question of identity. Regardless of whether we call it ego, personality, or persona, we need a strong one if we're going to navigate the world and enjoy a successful life. At the same time, if this is the only way we see ourselves, we will never be truly fulfilled. There's something deep within that longs to return to our essence, or divine self, and be in union, reunion, and communion with the Divine.

Depending on where we are in our lives, our primary focus may be on persona or on the divine self. But, in order to feel happy, healthy and whole, we need both. In this daylong workshop, participants will explore how to fully engage ego and essence. We'll examine:

- Proven four-step process to package, present, and promote our best selves so that we can use our gifts more fully.
- Means for tuning into our "internal GPS" to help us more intentionally navigate our lives.
- Three-tiered psychological-spiritual system to help us claim our Divine DNA and become the person we were born to be.

Date and Time: Saturday, March 3, 2018; 8:30 to 4:00.

Place: The Undercroft, Trinity Episcopal Church, 60 Church Street, Asheville, NC

Investment: \$25 (Includes materials and light lunch.)

Registration/Information: Call Trinity Church at 828-253-9361. Deadline for registration is Wednesday, February 28.

*Trainer: For more than twenty years, Randy Siegel has been helping men and women "stand in their power and become the full expression of all they are." The author of two best-selling books - Engineer Your*

*Career and In Search of The One - Randy is a nationally known expert on identity. He has trained more than a thousand professionals worldwide on how to package, present, and promote themselves, serving such blue-chip clients as The Recording Academy (The Grammy Awards), The Giving Institute, and The University of Georgia MBA Program.*



## Faith Begins with Questions

### Sermon Excerpt

By *David Henson*

Most of us have a question or two that beat brightly and hotly at the center of our souls, questions, that even if we don't expect to find a satisfactory answer, we nevertheless can't simply let go unasked. These are the kinds of questions we say, half in hope and half in anger, that we are going to ask God when we finally meet face to face.

But what would you ask Jesus if you were to stumble into him picking through the candy barrels at Mast General or hiking Looking Glass Rock in Pisgah National Forest? What is that one question you couldn't help but blurt out, that question that maybe makes you a little restless or even uncomfortable?

Maybe that questioning is frightening or even disorienting to think about, like we might be afraid that if we ask that question out loud, we might get the answer we're looking for . . . or we might not get an answer at all. Or that if we follow down the rabbit hole of that question, we aren't entirely sure where it might lead, where we might end up, what might happen to us and our faith.

Don't be afraid. Those questions are where the work of maturing faith really starts to unfold.

At least according to John's gospel, discipleship begins with questions.

Unlike the calling of the disciples in the other gospels, there is not dramatic and emphatic dropping of nets in the middle of fishing, no leaving of parents or professions in mid-sentence.

Instead, there are simply questions, which, like children's questions may appear simple or silly, but are anything but, lending these stories of the calling of the first disciples with an ephemeral feeling of curiosity and doubt more than certainty and trust.

A few verses before today's story about Nathanael, the first disciples, including Andrew, don't drop everything to follow him. Instead, they feel him out a little first.

"Where are you staying?" they ask Jesus.

Andrew could have just as easily followed Jesus blindly, trusting in the endorsement of Jesus by his mentor John the Baptist. But instead he questions.

Later, when Philip tells his brother that he has found the Messiah, Nathanael responds not with excitement or praise but with no small measure of skepticism.

"Can anything good come out of Nazareth?" he says.

Nathanael could have simply embraced his skepticism completely, declaring "You know, I know Nazareth, and I know nothing good can come out of Nazareth." But he holds out this shred of doubt, a shred of curiosity, a shred of a question. And it is enough to transform the whole direction of his life.

For John, these questions lead the disciples to Jesus.

Questions are the first steps on the path to following Jesus with our whole selves.

Questions are where the journey really begins.

## Music Notes

### Celtic Evensong

5:30, February 18

The Chancel Choir will be present at the weekly candlelight Celtic service on this First Sunday in Lent, singing music to usher in the season. Martha Bailey, harpist, will accompany "Cantique" by Faure, and other music will include Rutter's "The Lord Bless You and Keep You," and "Lord, for Thy Tender Mercy's Sake" by Farrant. A reception will follow.

### Our Choirs Welcome New Members!

Please speak to Sharon Carleton Boone for more details.

Chancel Choir meets Wednesdays at 7:00

Alleluia Choir meets Wednesdays at 5:00  
(ages 5-2nd grade)

Jubilate Choir meets Wednesdays at 5:30

### Handbell Ringers are Needed!

This choir meets on Mondays at 5:00. It's great fun, and the more the merrier! We have four octaves of Malmark bells, but only six ringers. If you have elementary skills at music reading, and especially counting, that is enough to ring bells. Please speak to Sharon if you have interest.



### Broadway/Musical Revue

February 7

Menu: Pork Tenderloin, Rice, Salad, Yeast Rolls, Red Velvet Cake/Brownies

Cost: Adults \$6.00, Children \$3.00

Don't miss our annual dinner and Broadway/Musical Revue on Wednesday, February 7 at 5:30 in Tuton Hall! This is always a spectacular night when our own talent shines! Anyone is welcome to perform. We'll have music from "Oklahoma," "Spamalot," "Cats," and much more!

### Celtic Musicians for February

2/4 Andy Jurik, guitar

2/11 Michael Jones, oboe

2/18 Trinity's Chancel Choir, Martha Bailey, harp

2/25 Rosalind Buda

# Adult Education

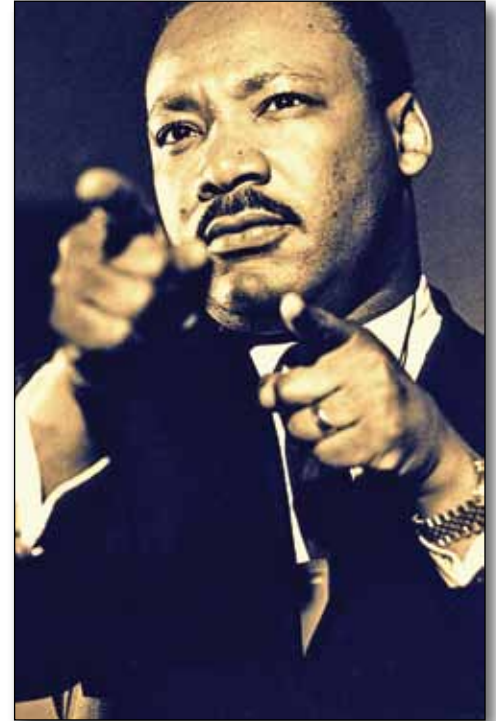
## Adult Forum

Jan. 7 - Feb. 4

### *Illuminating the Art and Stories of Female Saints*

Jennine Hough. In the Undercroft

Join artist and professor Jennine Hough on an incredible journey during Epiphany exploring the art and stories of female saints and the fascinating role they played in Christian history. Often considered male-dominated, Christian history is replete with faithful women who lived extraordinary and inspiring lives for God. An expert who studied the art and stories of these women for decades, Hough will be our guide, beginning with St. Genevieve whose feast day is Jan. 3 and who is said to have saved Paris from Attila the Hun with nothing but prayer!



Feb. 18 - March 25

### *To the Mountaintop: The Sermons of Martin Luther King, Jr.*

Undercroft and at St. Matthias Episcopal Church

As the nation marks the 50th anniversary of the tragic assassination of the Rev. Dr. Martin Luther King, Jr., on April 4, we will spend each Sunday in Lent exploring one of King's sermons -- many of them lesser known than his iconic "I Have a Dream" speech. In remembrance of his legacy, we will let King's voice and spirit speak directly to us again today, as his prophetic sermons continue to challenge and inspire, provoke and lead. Held jointly in honor of Dr. King's vision of beloved community, this series will be led by and hosted at St. Matthias for the first two weeks Feb. 18-25, concluding for the final weeks at Trinity March 4-March 25, from 9:30-10:15 a.m., with Sundays led by Liz Colton (3/4), vestry member at Trinity and board member of the Asheville Martin Luther King, Jr. Association, The Rev. Sam Faeth (3/11), the Rev. Dennis Fotinos (3/18), and the Rev. Scott White (3/25). The Rev. Kirk Brown, chaplain at Christ School, will be on hand with Fr. Scott to share his own experiences being present at King's final Sunday sermon, held at the National Cathedral. St. Matthias is located a few short blocks from Trinity at 1 Dundee St, which gives us plenty of time for travel.



Feb. 11

### *Vestry Sunday* Undercroft

The Vestry of Trinity Church believes in the power of transparency. In order for Trinity Church to be a vital and thriving community all members need to trust in the way Trinity operates and know that their gifts of time, talent and treasure are being put to use as they have been intended. Come

to meet the Vestry members of Trinity. Learn about the ministry of the Vestry, how they arrived at their priorities for 2018, what they have spent their time and energy on this year and what they think the future looks like for Trinity Church. All of your questions about Trinity's operations can be answered. Our treasurer will be present as well to answer any questions you might have about our financial life at Trinity.

## Adult Education

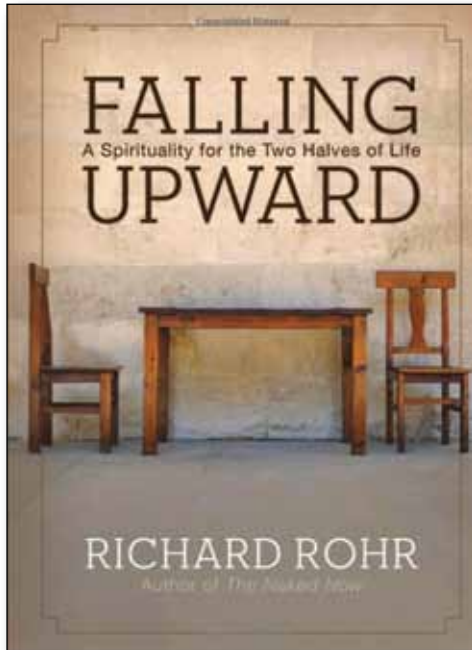
### Parents in Conversation

Jan. 7 - Feb. 4

#### *Falling Upward in Epiphany*

##### Clark Room

The second half of life can be a time of dramatic change, shifting priorities, and a reorienting of identities. Sometimes pejoratively called a mid-life crisis, it can be a time of profound and healthy spiritual transformation in our individual lives. Abram, after all, didn't set out on his journey out of Ur until well into adulthood. And neither did Frodo Baggins! How do we navigate this second half of life? With the help of Richard Rohr's book *Falling Upward*, we will explore the riches and pitfalls of this turn in life both as parents, as spouses, and as individuals.



Feb. 18 - March 18

#### *Temptations in Parenthood*

##### Clark Room

During Lent, Parents in Conversation will take a fresh look at a classic topic for the season: temptation. Even Jesus, of course, was tempted. But, then again, Jesus was never a parent either. One might wonder how Jesus' temptation in the desert might be different had he had infants or teenagers waiting for him at home! Each week we'll look at one of the major temptations of parenthood, discussing what they say about our fears and our desires and how deepening our faith might help us confront these temptations.

Feb. 11

#### *Table Top Lent: Bringing the Season into your Home*

##### Clark Room

We have the Advent wreath to guide us through the season of Advent, but what about Lent? How can we find a tangible way to acknowledge the season from week to week?

Enter: TABLE TOP LENT!

We will be gathering in Tuton Hall during the Sunday School hour to create and assemble the materials needed for TABLE TOP LENT. We will

be using the Godly Play Lenten series of lessons called "The Faces of Easter" as our basis. Our Director of Children and Family Ministries will be leading us through this lesson and how we will use materials from a Lenten bag to create our own TABLE TOP LENT. Each family will be given a purple burlap bag, a length of purple felt, special pictures from the "Faces of Easter" lessons and small items to correspond with each "face" picture. Each bag includes instructions on how to use the pieces. All you need is a table top :dining room table, foyer table, any flat surface where these materials can reside for the season of Lent. Come and join us as we create a new way to "see Lent" in our homes!



### Shrove Tuesday Pancake Dinner

Our Shrove Tuesday will be held in Tuton Hall on Tuesday, February 13th at 5:30 pm. The cost is \$5.00 with a family cap of \$15.00. Please join us in preparation for the start of Lent, as we enjoy pancakes, sausage, and bacon, all prepared by TRINITY MEN! There will be mask making, pancake racing

and pinata breaking for the kids! No reservations required. TRINITY MEN, your help to cook and clean up between 4:30 - 7:00 pm. Please sign up on the bulletin board near the Conference Room or email [debbie@trinityashville.org](mailto:debbie@trinityashville.org).



# Trinity Kids




## Club 345 at SKY ZONE Trampoline Park

**Sunday Jan. 14**

Our junior youth group made up of 3rd-5th graders went to Sky Zone Trampoline Park on after the 10:45 service on Jan.14th.



## Debbie and Beth at Forma Conference

**Charleston, SC**

Our Directors of Youth and Children's Ministries, Debbie Cox and Beth Chestnut, attended the annual **Forma** (Organization that supports Christian Formation Leadership) in Charleston, SC on January 24th through the 26th. This year's theme was "Formed for Justice" with Bishop Curry speaking! Beth and Debbie attended many different workshops in their related fields. This is an important piece of staff continuing education as they gain inspiration and new ideas!

## CLUB 345 to Solve a Mystery at Conundrum

**Sunday, Feb. 11th**

Our next Club 345 will be somewhere brand new for us! On **Sunday, Feb. 11th, immediately following the 10:45 service, we will walk to Burgerworx for lunch and then head to CONUNDRUM across the street from the Grove Arcade.**

Conundrum is an "escape room", where all kinds of adventures have been designed for different ages. We will go to **KIDNUNDRUM**, a specially designed adventure/mystery for ages 6-14. The mystery we will be solving is called "Trouble in the Tycoon's Treasure Trove". The children will have to work as a group to find the treasure! The adventure starts at 1:15 and lasts for an hour. **COST WITH TAX IS \$17.**



You will need to include lunch money as well, so \$25 should cover everything. Always remember that if money is an issue, please contact Beth Chestnut at [beth@trinityasheville.org](mailto:beth@trinityasheville.org) for financial assistance. Pick up at Trinity around 1:30. Please rsvp! Should be lots of fun!

## “Everybody Upstairs Sunday”

Jan. 21

Our children joined us in the 10:45 worship service and participated in the telling of the Godly Play story “The Good Samaritan.”



## “Come to the Table”:

*Learning About Holy Communion with Fr. David*  
**Godly Play 2 and Rite in the Middle**

This class is an engaging, age-appropriate program that involves children in the meaning of Holy Eucharist. It also helps to prepare them to receive communion by giving them practical instruction at the altar rail. Godly Play 2 (Grades K-2nd) and Rite in the Middle (Grades 3rd-5th) will each have two sessions with the Rev. David Henson, concluding by receiving communion together at the 10:45 service. We hope all children will join in as we help deepen their experience of the Eucharist.

## Family Friday (on a Sunday!)

**ANNUAL SNOW TUBING!**

**SUNDAY, FEB. 18th (MAKE UP DAY THE FOLLOWING SUNDAY, FEB. 25th)**

Calling all families with elementary age children and younger! Every winter we try to get a little snow tubing in! Sometimes it's with our Club 345 and sometimes with our families. Let's do the family thing! We will have **pizza to eat in Tuton Hall** following the service. We'll head out in the van (or take your own car if you like) to **Wolf Laurel's Zip and Slip**. We'll leave for the slopes around 12:30 and tube for an hour once there.. If we have 15 or more in our group, we can get a rate of **\$15 per person for the hour**. Please let Beth Chestnut know if you are interested in coming by emailing her at [beth@trinityasheville.org](mailto:beth@trinityasheville.org).



## Youth News

### Youth Formation for Middle School

**Sunday Mornings, 9:30 a.m. to 10:30 a.m.**

This class meets in Trinity's Youth Area. It's located under Tuton Hall and can be accessed from the stairs to the right of the Tuton Hall kitchen or from the outside door into the same stairway. The classroom is on the left pass the game room.

Middle School education at Trinity focuses on the growth period from the 3-4-5 class and the high school class. During the 3 year program, youth will grow in their faith and have the opportunity to be confirmed. The class blends teachings from the

New Testament and Old Testament with discussions of what a living faith is in today's world. World religions are discussed from the perspective of the cornerstones of Episcopal faith. And we have donuts ...

**Save the Date!  
(Grades 8-12)**

High School Spring Conference, March 2-4,  
2017 @ Valle Crucis, NC.

### Youth Formation for High School

**Sunday Mornings, 9:30 a.m. to 10:30 pm**

The High School class meets in Trinity's Youth Area. It's located under Tuton Hall and can be accessed from the stairs to the right of the Tuton Hall kitchen or from the outside door into the same stairway. The classroom is the first on the right.

#### February

#### The Humanity of Jesus in the Gospel of Mark

Mark is the most concise and direct gospel and is the basis for much of the Gospels of Luke and Matthew as well. Our look into Mark will focus on the humanity of Jesus that makes a difference for us today.

### "Holy Grounds" for grades 9-12

**February 1st and 6th, 7:00 am**

First Tuesday of every month, meet at City Bakery for morning prayer and to talk about upcoming events before school.

First Thursday of every month, meet at Starbucks across from Carolina Day at 7:00 am for morning prayer and to talk about upcoming events before school.



# Diocesan Ski Trip

## EYC grades 6-12



# Cataloochee®

## Ski Area

### Sunday, February 11th

### 10:30 am - 5:00 pm



**Jr EYC and EYC (grades 6-12)**  
**Diocesan Ski Trip @ Cataloochee**  
**Sunday, February 11th, 10:30 am - 5:00 pm**  
 \$40 lift ticket includes lift ticket, equipment, and lesson.



## Youth News

### Middle School Mission Trip

**Registration extended until February 3rd!**

This is a mission trip opportunity for your youth that is taking place this summer from **August 5-10, 2018 in Raleigh, NC**. We will be offering a Diocesan wide middle school mission trip through Youth Mission Co. Youth Mission co. is an organization based in Asheville that provides the chance for youth to experience mission, transformation, and connection with others and God through service at local organizations in Raleigh.

**Who can attend?** We have spots for 30 youth in grades 6-8. Youth who have completed sixth grade are eligible to attend.

**What is the cost to participate?** For a week-long experience (Sunday evening through Friday morning), it is \$330 per person. We request that you pay at **\$120 non-refundable deposit, by February 3rd** to hold your spot for this trip. The remainder of the cost will be due on June 1, 2018.

**What will my youth be doing on this trip?** A Sunday evening to Friday morning program that includes volunteering at 4 to 6 worksites and debriefing programs that include Bible study, group discussion, and art projects as a means of reflection. Towards the end of the week groups will be led in an urban awareness walk, discernment of a plan on how to "take the experience home" with them, and a closing worship. Housing is provided (indoor camping style) as well as most meals.

**What to expect?** Will be doing all kinds of work from physical labor to visitation to playing games with kids or simply sharing a meal with the homeless. We will all be experiencing what it means to be Christ's hands and feet in the world. In the evenings, we will reconvene after showers and dinner for a program where we'll explore and debrief our daily experiences. We will close our time together with worship, led by RYM staff.

**Where will we be staying?** We will be staying at First Presbyterian Church in Raleigh, NC (120 West Hargett St. 27601). There are rooms designated in the Stock Building for RYM.

For more information, contact Debbie Cox at 253-9361 or [debbie@trinityasheville.org](mailto:debbie@trinityasheville.org).

### Soup-to-Go Fundraiser for Mission Trips 2018

**February 4th, after both services in Tuton Hall**

The high school and middle school are going to Raleigh and Houston, Texas this year. We have several opportunities for our youth to raise money for their trip. The first opportunity is a **Soup-to-Go** fundraiser. After both services, we are selling **Soup-to-Go for \$10.00 a quart**. The money will be divided evenly between the middle and high school mission trips. For more information, please contact Debbie Cox at 253-9361 or [debbie@trinityasheville.org](mailto:debbie@trinityasheville.org).

### Trinity T-shirts for Sale for Mission Trips 2018

**February 25th and March 18th, after both services in Tuton Hall**

We are selling t-shirts with our trinity logo for the middle and high school mission trips 2018.

The t-shirts cost is \$20.00 per shirt. The money will be divided evenly between the middle and high school mission trips. For more information, please contact Debbie Cox at 253-9361 or [debbie@trinityasheville.org](mailto:debbie@trinityasheville.org).

### High School Mission Trip to Houston

**Hurricane Harvey Response and Relief**

**July 8th -15th**

**Grades 9-12 • Cost: \$750.00**

Mark your calendars! We're going to Houston to assist and to serve in the ongoing relief and recovery efforts in the Houston area, following the devastating effects of Hurricane Harvey.

As soon as the hurricane made landfall, and we realized how extensive the damage to the community was, I immediately began making calls and connecting with Episcopalians on the ground there asking how we could best serve and help.

So often it can seem like there is little we can do to help, or that even the help we try to offer actually hinders recovery. But I'm thankful for the relationship we are forming with the Diocese there so that our week in Texas can be one of mutual benefit,

support, and a true partnership.

I am excited about this opportunity to serve, to make a difference, and to stand in solidarity with the people of Houston -- to put our hands and feet to work along with our prayers and donations as a parish. I hope you will join me in this.

If you are a high school student, Please let me know as soon as possible whether you feel called to this mission work this summer. Because the recovery situation is still new and fluid in its development, I am still working on details and will be send a more formal letter in January, but a deposit will be due on January 30.

I look forward to serving with you!

Thanks,

*Debbie Cox*



### 10 Hidden Benefits of Acolyting

1. Acolyting is essential
2. Acolyting allows young people to be active participants in worship
3. Acolyting is intergenerational
4. Acolyting is relational
5. Acolyting is a family affair
6. Acolyting allows kids to play with fire
7. Acolyting makes a young person the center of attention
8. Acolyting makes people nervous
9. Acolyting is formational, and teaches liturgy
10. Acolyting is leadership

Source: Lisa Brown, [buildfaith.org](http://buildfaith.org)



## Becoming, Belonging, Beloved: A Women's Retreat

Trinity's annual Women's Retreat at Lake Logan will be led this year by the **Rev. Christie Olsen** from St. James' in Hendersonville. A dynamic, engaging, and fun facilitator and teacher, the Rev. Olsen will lead our retreat right at the mid-point of Lent, providing the perfect time for reflection, spiritual growth, and building relationships together. The 24-hour retreat's theme is "Becoming, Belonging, Beloved." Register at <http://www.trinityasheville.org/education/womens-retreat/>. This year we have several different rooming options, including three cabins and the Retreat House on Lake Logan's property. The cost is \$110 (double occupancy) and

we have space for 23 participants. One important note about individual cancellations. Lake Logan's cancellation policy requires Trinity to pay in full for all rooms reserved 30 days prior to the retreat no matter if they are filled. As a result, we are unfortunately unable to accommodate cancellations or refunds after Feb. 16.



## Caregiver Burnout

As our population ages, many people are finding themselves being a caregiver for a parent or spouse. They take care of every need that arises for the one they care for every day. But often they neglect to pay attention to their own needs, even while their own life has changed in almost every aspect. Below are some common symptoms of "caregiver burnout:" do you fit into one or more of these categories?

1. Feeling anxious, depressed or irritable? You feel furious one minute, sad and helpless the next.

You are easily overwhelmed and angry. You can't eat or you eat too much. You may have difficulty sleeping.

2. You catch every bug that comes your way. Stress takes a toll on your immune system. You may have been feeling tired and run down. You may experience new or worsening health issues.

3. You are snapping at everyone or overreacting to minor nuisances.

You are not alone; every caregiver has these feelings to some degree.

Trinity Church has organized a Caregivers group. The facilitator for the group is Dr. Frances Morrill. She is a licensed psychologist with a background in gerontology. The group meets the second Tuesday of each month in the Youth Room at Trinity Episcopal Church. Please contact Dr. Morrill at 684-3972 or Rev. Peggy Buchanan at 778-0920.

## Trinity Lenten Devotional

At Trinity, the wealth of faithful disciples in our community is an overwhelming and profound gift to our parish's common life. Across all aspects of Trinity, from young to old, the collective wisdom and witness of our members represent the breadth and depth of what it means to be a follower of Christ in the 21st century. So for Lent this year, we have decided to lift up this wisdom and witness with a daily Lenten devotional, written by some of Trinity's own.

Be on the lookout for this daily devotional booklet with a meditation and reflection for each day. Pray along with your fellow Trinitarians, learn from them, and allow them to call you continually to observe a holy Lent.

So why not just use a pre-packaged devotional? Of course, we love Forward Day by Day as much as the next person, but we believe our common life is deeply and profoundly enriched when we hear from those closest to us, about each other's faith and experiences of following Jesus. In doing so, we join in that great cloud of witnesses who point to the transcendent, immanent, and transforming love of God. Our hope is that as we journey to the cross together during these Lenten days through this parish devotional, we will find ourselves drawn closer to both God and to the community to which God has called us.

## Wednesdays in Lent

### Faith in the 828

Join us this year for lunch and for a unique and engaging new Lenten program called **Faith in the 828**. Drawing together faith leaders from Asheville and Western North Carolina for live, one-on-one conversations about the state of spirituality in our rapidly changing region, this Wednesday Lenten series will give us a unique snapshot of Faith in the 828 from a variety of perspectives.

This series should change your lunch hour into an engaging, educational, and transformative experience. So mark your calendars!

Our inaugural guest on Feb. 21 will be none other than **Bishop José McLoughlin**. After traveling extensively in this first year-and-a-half as bishop, few other leaders have the kind of birds-eye view of the state of spirituality in our region as well as the on-the-ground, day-to-day perspective.

The following Wednesday, Feb. 28, we will be honored to host **Rabbi Batsheva Meiri** from Beth HaTaephila, expanding our own perspectives about faith in the region beyond the lens of Christianity. We will also be joined in the following weeks by the **Rev. James Lee** and the **Rev. Vic Mansfield**.

### Tuton Hall at Noon

Cost: \$5.00 per person

February 21st - Soup/Grilled Cheese/Dessert

February 28th - Chicken Casserole/Rice/Dessert

March 7th - Soup/Salad/Dessert

March 14th - Baked Potato Bar/ Spinach Salad/ Dessert

March 21st - Baked Chicken/Rice/ Dessert

If you would like to volunteer to help cook, collect money, and clean up please contact Debbie Cox at 253-9361 or [debbie@trinityasheville.org](mailto:debbie@trinityasheville.org).



## Trinity Episcopal Church

The Episcopal Church in Downtown Asheville Since 1849

60 Church Street • Asheville, NC 28801

Telephone: (828) 253.9361 • Fax: (828) 253.9866

Email: info@trinityasheville.org

Web address: www.trinityasheville.org

### Sundays at Trinity

8:00 am: Holy Eucharist

9:00: Breakfast

9:30: Nursery Opens

9:30: Education & Formation for All Ages

10:45 am: Holy Eucharist

12:15 pm: Coffee Hour

5:30 pm: Celtic Service with Eucharist

### Church of the Advocate

Sundays: 1:30 p.m.

### Our Vision Statement:

“Trinity Church is a nurturing Christian community providing opportunities for worship, Spiritual growth and commitment in a supportive and open atmosphere.”



The Reverend Dr. R. Scott White.....Rector  
The Reverend David Henson..... Associate Rector  
The Reverend Peggy Buchanan..... Deacon  
Dillon Manly..... Financial Assistant  
Ken Wilson.....Administrative Assistant  
Sharon Carleton Boone ..... Music Ministry  
Debbie Cox..... Fellowship & Youth Ministries  
Beth Chestnut..... Children & Family Ministries  
Paul Dismukes..... Building Engineer  
Glenn Childes..... Sexton  
Jo Rice..... Program Assistant

### VESTRY

Class of 2017	Class of 2018	Class of 2019
Spencer Atwater	Erich Cluxton	Elizabeth Gardner
Courtney Blossman	Anne Imes	Fred Groce
Elizabeth Boulter	Melene Patchel	Barbara Setzer
John Hoskins	Joe Sechler	Elizabeth Trask
Bonnie Scothorn	Lisa Wheeler	Mark Whitney

Spencer Atwater ..... Senior Warden  
Elizabeth Boulter..... Junior Warden  
Jeff Covington ..... Treasurer  
Katie Chappell..... Clerk

## A Note from One of Our Missioners

To my church family,

*Merry Christmas from Hong Kong! As the season of Advent has sped by my thoughts have turned to Asheville. As y'all can easily imagine, this season looks different in this city of seven million than in our mountain town.*

*With every passing day, I realize that I am blessed beyond measure to work with the Mission to Seafarers. The men and (occasional) women that I meet in my daily work carry the world's economy on their backs. Often their lives are difficult, only getting to spend two or three months with their families a year.*

*Currently, part of my job is packing and distributing a large chunk of the 7,000 Christmas presents MTS Hong Kong distributes every year to seafarers coming through our port. This is a logistically challenging task at times, but joyful all the same.*

*Knowing that I am in your prayers has meant the world to me in these past months. As you may remember from my fundraising appeals in the summer, more than 90% of the world's trade is transported by seafarers. As you gather for Christmas dinners and gift exchanges, I would ask that you take a moment to lift up in prayer the seafarers who make such celebrations possible.*

*Thank you so much for enabling me in this mission with your thoughts, prayers, and financial support! I love and miss Trinity.*

Peace,

Elizabeth Bleyнат

Elizabeth Bleyнат's address if you want to write her: The Mariners Club

11 Middle Road

Tsim Sha Tsui, Kowloon, Hong Kong

## Letting Go for Holy Week

### A Zentangle Retreat

March 24, 9:30 a.m. to 2 p.m.

Join parishioner and certified Zentangle instructor Joan Payton as we prepare ourselves for Holy Week with a unique end of Lent retreat called, "What Are You Letting Go?" The experiential retreat will explore letting go and allowing the hand of God to touch our lives. During the season of Lent, we let go of certain behaviors or things as we journey to the cross, and now we are entering Holy Week, a time when our Lord let go completely for us.

During the retreat we will use Zentangle which is a beautiful, relaxing, and meditative art that employs repeating pattern and is an art form that anyone can enjoy. "Anything is possible, one stroke at a time" sums up the process of Zentangle. The day will be led by Joan Payton, a certified Zentangle teacher for 8-plus years and a member of Trinity. Sign up soon as the retreat is limited to 15 spaces.