



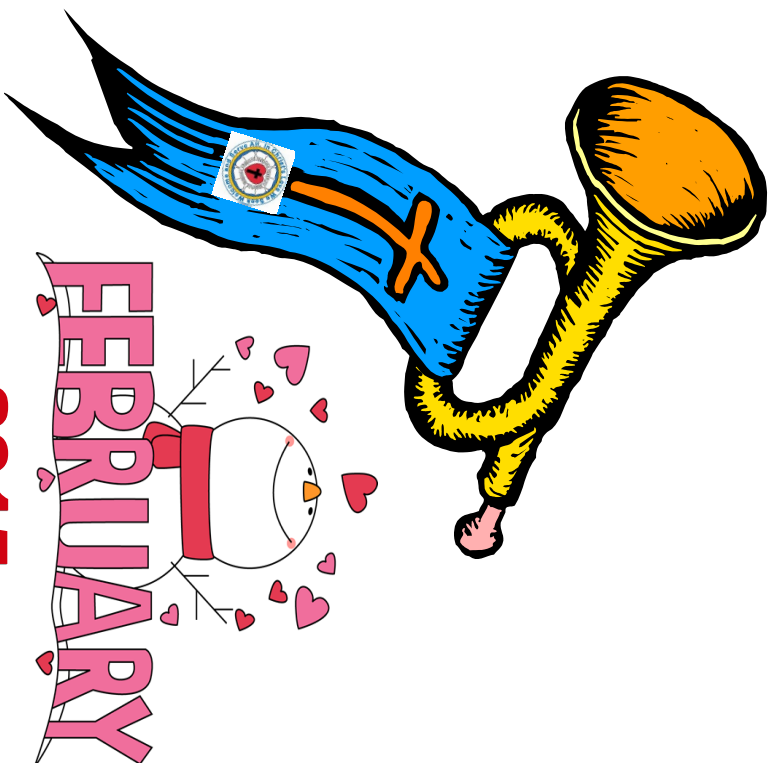
Trinity Evangelical Lutheran Church  
P.O. Box 64 - 8520 Oakes Road  
Pittsburg, Ohio 45358

## Our Mission:



Evangelical Lutheran  
Church in America

# TRINITY TRUMPET



A MONTHLY NEWSLETTER PUBLISHED BY  
**TRINITY EVANGELICAL LUTHERAN  
CHURCH OF PITTSBURG**

(A Mission Congregation of the ELCA)

P.O. Box #64 - 8520 Oakes Rd. - Pittsburg, Ohio 45358

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# February 2015

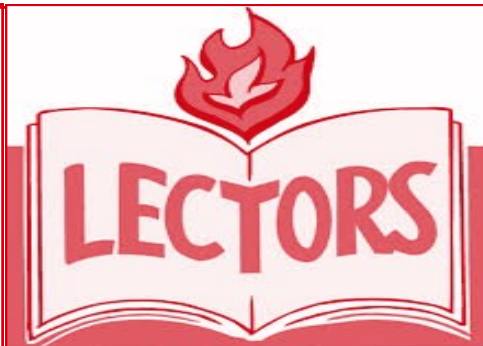
## Lent Begins

2 18

Join Us for the Lenten Wednesday Night Soup Suppers and Worship Services  
This Year's 6 Week Series Is Entitled "RESTORED IN CHRIST!"

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 -- 9:30 AM-Sunday School w/ Breakfast Served</p> <p>10:30 AM Worship Service w/Holy Communion</p> <p>"Soup-er Bowl of Caring" Soup, Salads, &amp; Desserts Downstairs After Worship</p>	<p>2 -- 7:30 pm Dartball @ Beech Grove Church of Brethren</p>	<p>3</p>	<p>4-- 6:30 PM Confirmation Class</p> <p>6:30 PM - WELCA Meeting</p>	<p>5</p>	<p>6 -- 12 Noon - Brown Bag Lunch &amp; Book Discussion -Garrison Keillor's - "Life Among the Lutherans"</p> <p>3:30--5 PM Fish Choice Pantry-- 400 Markwith St. Greenville</p>	<p>7</p>
<p>8 -- 9:30 AM-Sunday School w/Breakfast Served</p> <p>10:30 AM Worship Service</p>	<p>9 -- 7 PM Dartball Tournament Begins First United Methodist 202 W. Fourth St. Greenville, Ohio</p>	<p>10 -- 7 PM - Dartball Tournament Continues First United Methodist 202 W. Fourth St. Greenville, Ohio</p> <p>* Council Meeting moved to the 17th due to Dartball Tournament</p>	<p>11--10:00 AM- 12Noon - Stillwater Cluster Meets</p> <p>12 Noon- Ladies Luncheon League @ Brickhouse Café in West Milton</p> <p>6:30 PM-Worship Team Meets in Adult S.S. Room</p>	<p>12 -- 7 PM - Dartball Tourney - Last Night First United Methodist 202 W. Fourth St. Greenville, Ohio</p>	<p>13 -- 9:00 AM--1 PM Prayers and Squares Quilters Meet</p> <p>3:30--5 PM Fish Choice Pantry - 400 Markwith St. Greenville</p>	<p>14</p> <p>Happy Valentine's Day</p>
<p>15-- 9:30 AM-Sunday School w/Breakfast Served</p> <p>10:30 AM Worship Service</p> <p>Blood Pressure Screening After Worship Service</p> <p><b>March Newsletter</b></p>	<p>16</p>	<p>17 -- * Rescheduled to Tonight @ 7:00 PM - Trinity Congregational Council Meeting</p>	<p>18-- 7 PM-Ash Wednesday Service w/H. Communion &amp; the Imposition of Ashes</p> <p>Session One: "Broken Hearts Restored"</p>	<p>19 --6:30 PM- Christian Education Team Meets Downstairs</p>	<p>20 -- 12 Noon - Brown Bag Lunch &amp; Book Discussion -Garrison Keillor's - "Life Among the Lutherans"</p> <p>3:30--5 PM Fish Choice Pantry - 400 Markwith St. Greenville</p>	<p>21</p>
<p>22-- 9:30 AM-Sunday School w/Breakfast Served</p> <p>10:30 AM Worship Service- Blood Pressure Screening After Worship Service</p> <p><b>5 - 6:30 PM--</b></p>	<p>23 -- 9:00 AM--1 PM Prayers and Squares Quilters Meet</p>	<p>24</p>	<p>25 --10 AM-GGMA Meets</p> <p>6 PM -Soup Supper</p> <p>7 PM-- Lenten Service</p> <p>Session Two: "Broken Vessel Restored"</p>	<p>26</p>	<p>27 -- 12 Noon - Brown Bag Lunch &amp; Book Discussion -Garrison Keillor's - "Life Among the Lutherans"</p> <p>3:30--5 PM Fish Choice Pantry - 400 Markwith St. Greenville</p>	<p>28</p>

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**February 1 — Peggy Didier**

**February 8 — Christi Jasinski**

**February 18 — Marge Warner**

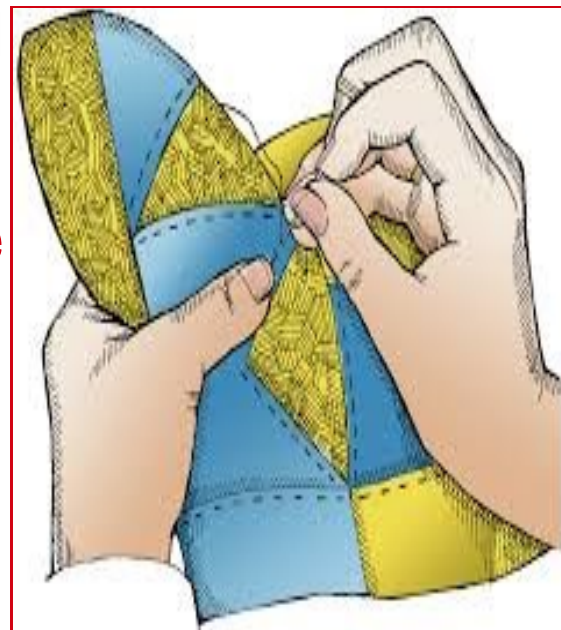
**February 22 — Mark Oswalt**

**If you are interested in reading the scripture lessons on Sunday,  
Please contact Rob Arling @ 937- 621-3103.**

**Prayers & Squares Quilters will  
be meeting Friday, February 13,  
and Monday, January 23 for the  
Prayers and Squares Quilters.**

**9 AM to 1 PM.**

**Come join in the fun!**



**\$ FINANCIAL NEWS FROM JAN. 4, - JAN. 25, 2015 \$**

Current Operating Budget per week: Budgeted giving is **\$1,543.00/** Per Week  
Benevolence Budget Per Week: **\$341.54**

Building Fund: No budgeted amount. We are about to begin the handicapped  
restroom project. Please consider giving generously toward this advancement.

<u>Date</u>	<u>Current</u>	<u>Benevolence</u>	<u>Building</u>	<u>Attendance</u>
<b>1/04</b>	<b>\$ 2,645.00</b>	<b>\$ 80.00</b>	<b>\$ 30.00</b>	<b>68</b>
<b>1/04 - Pr. Mel's Installation</b>		<b>\$ 272.00</b>		<b>92</b>
<b>1/11</b>	<b>\$ 510.00</b>	<b>\$ 40.00</b>	<b>\$ 30.00</b>	<b>86</b>
<b>1/18</b>	<b>\$ 1,795.00</b>	<b>\$ 65.00</b>	<b>\$ 35.00</b>	<b>59</b>
<b>1/25</b>	<b>\$ 1,045.00</b>	<b>\$ 40.00</b>	<b>\$ 00.00</b>	<b>52</b>

# ***Birthdays***

2 Charles Didier

4 Zach Diceanu

6 Gerald Merzke

6 Jennifer McKibben

6 Joseph Newnam

6 Natalie Snider

7 Katie Ressler

8 Linda Feitshans

8 Sierra Bruner

9 Tyler Tauscher

10 Isabella Harleman

12 Trudy Arling

17 Antonia Baker

17 Quintin Muhlenkamp

21 Adam Hemmerich

22 Emily Warner

22 Robby Arling

23 Kent Thompson

23 Logan Ressler

26 Paul Barga

28 Oliver Gettinger

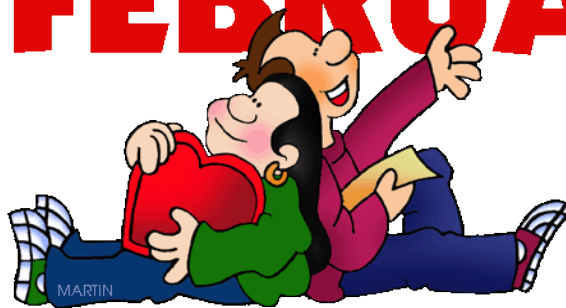
28 Tommy Nelson Jr.



18 Connie and Dave Gilmore

28 Tracy and Ed Muhlenkamp

# **FEBRUARY**



phillipmartin.info

# ***Baptisms***

2 Joe Williams

2 Kent Thompson

4 Zach Diceanu

5 Donna Thompson

7 April Zderad

11 Allison Snider

11 Matthew Dornbusch

12 Dean Thompson

12 Diane Warner

16 Autumn Myers

17 Kayla Garwood

19 Michelle Heckman

21 Tammy Merzke

27 Bucky Burrell

29 Maya Diceanu

29 Nakayven (Ky) Cool







**From the Days of All, German Only Spoken, Services in the Little Church in the Woods  
To Our Beloved Trinity Where She Stands on Oakes Rd. Now in Pittsburg**

It may be hard to imagine, but Trinity will celebrate 150 years in existence come January 8, 2016. Due to the fact her birthday falls in the dead of winter, we have decided to plan the 150th Celebration for a date in June or July of 2016.

Much plotting and planning is going into this Celebration and we are counting on a great many of you to help out by "loaning" us pictures, documents, etc that have to do with Trinity's rich history. Portia Boord has graciously consented to be our "Official Historian" for this great undertaking and we are asking for anyone who has anything you think might be of interest to contact her. If you do not wish to let go of any of your treasures we fully understand and ask if it might be possible for you to scan them and send them to Portia via email @ [portiab76@aol.com](mailto:portiab76@aol.com). Portia's phone number is 937-459-5691 if you would like to contact her for any reason or if you would be willing to work with her toward putting all the memorabilia together.

God Bless You and let's all work together to make this occasion uniquely special



**WELCA NEWS FROM YOUR PRESIDENT**

We had a great turnout for our regular monthly meeting in January.

**Old business** included the following items: First, those participating in Secret Sisters will reveal their sisters at the March meeting. New names will be drawn for the coming year at the March meeting, too. You do not have to be at the March meeting to participate in Secret Sisters. Also, we voted to change the year to run from September-August. New officers will be chosen at the April meeting. A large stash of mittens, gloves, and hats were found in the church basement during our cleaning & reorganizing which were donated to Greenville FISH.

**New business** included several items. We talked about several possible fund raisers as our treasury is getting slightly depleted due to our many ministries. We've made many donations to worthy causes and organizations. Did you know if you are hospitalized, **WELCA** donates \$25 to one of our many sponsored charities in your name?

**Possible upcoming fund raisers** include a bake sale Mother's Day weekend, a quilt raffle, and hopefully the Lion's Club Dinner in June along with some other ideas. If you have input let me know. We also voted to start a new ministry called Operation Christmas Child. More information will be coming soon about Operation Christmas Child which will encourage whole congregation participation. The children of our church will play a big role in this event which culminates next November.

The February lesson leader is Diane Warner with Peggy Didier and Diane being hostesses. We will be on chapter 5 in our book. All women are welcome at the **WELCA** meetings. I would encourage all of you to try a meeting and join in our Christian fellowship the first Wednesday of each month. **Please Note:(In March our meeting will be Thursday, March 5th, due to the Wednesday night soup suppers and Lenten services.)**

Coming in May, our Annual Bunco Bash for Mother's, Daughters, and Friends! **DON'T MISS IT !!!**  
Marge Warner, president. 623-2544!

**Ladies Luncheon League**

**This month the Ladies Luncheon League will head over to our neighbors to the East in West Milton, and dine at the Brickhouse Café, located at 2 South Miami St. Please see Shirley Rhoades or give her a call @ (937-737-0097) no later than Monday, February 9th so she can make reservations for our group. Bring a friend, neighbor, or family member with you. Come join the fun, all are welcome!!**



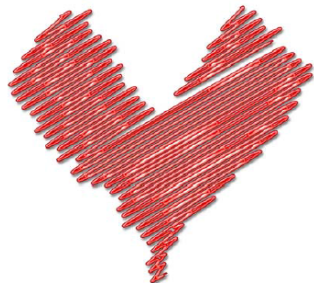
# February Health Tips

Good Samaritan Hospital Health Ministries

## Are you at Risk for Heart Disease

During the month of February, Americans see the human heart as the symbol of love. February is American Heart Month, a time to show yourself the love. Learn about your risks for heart disease and stroke and stay "heart healthy" for yourself and your loved ones. Many cardiovascular disease deaths could have been prevented through healthier habits, healthier living spaces, and better management of conditions like high blood pressure and diabetes.

### Plan for Prevention



**Work with your health care team.** Get a checkup at least once each year.

**Monitor your blood pressure.** High blood pressure often has no symptoms, so be sure to have it checked on a regular basis.

**Get your cholesterol checked.** Your health care team should test your cholesterol levels at least once every 5 years.

**Eat a healthy diet.** Choosing healthful meal and snack options can help you avoid cardiovascular disease deaths and its complications

**Maintain a healthy weight.** Being overweight or obese can increase your risk for cardiovascular disease.

**Exercise regularly.** Physical activity can help you maintain a healthy weight and lower cholesterol and blood pressure. The Surgeon General recommends that adults should engage in moderate-intensity activity for at least 150 minutes per week.

**Don't smoke.** Cigarette smoking greatly increases your risk for CVD.

**Limit alcohol use.** Avoid drinking too much alcohol, which can increase your blood pressure.

**Manage your diabetes.** If you have diabetes, monitor your blood sugar levels closely, and talk with your health care team about treatment options.

**Take your medicine.** If you're taking medication to treat high blood pressure, high cholesterol, diabetes, or another condition, follow the instructions carefully.

Source: CDC

The material above is general medical information provided for informative and educational purposes only. General medical advice can never substitute for personal, professional advice given based on your medical history, your family medical history, your medication history, and other factors. Because these factors are different for every person, you should always consult your physician before relying on this information. These help tips should not be construed as establishing a patient-physician relationship between you and Premier Health, Good Samaritan Hospital and/or any staff members. If you need medical assistance, contact 1-866-GSH-WELL to make an appointment with a physician, or call 9-1-1 immediately if it is an emergency.

 Premier Health

[goodsamdayton.org](http://goodsamdayton.org)



### Check Out Our New Flatscreen!

A new flatscreen television has been purchased for use in our social room. It will serve as an educational tool as well as used for family fun nights, youth special events, guest speakers with visual displays, etc. Anyone wishing to contribute toward the cost of this new TV, stand, and hopefully soon, a new HDMI DVD player will be more than cheerfully accepted. If writing a check, please make it payable to Trinity Lutheran Church. If you would like your donation to be included in your year end giving statement simply write your envelope number on the outside of the envelope and/or the memo portion of your check. You may do the same with cash donations too!

### MARCH NEWSLETTER

### DEADLINE IS:

**THURSDAY, FEBRUARY 15**

### CHRISTIAN EDUCATION NEWS

UPCOMING EXCITING NEWS!!!! A Family Fun Night will take place on Sunday, February 22 from 5:00pm-6:30pm.

What is the main attraction? Guitar Hero, other gaming events and you, of course. More good news!! This night will be perfect with the recent purchase of a 65" flat screen television! Guess what friends and family are welcome, too. Pizza and pop will be provided. Parents, we could use a little help with veggies, fruit, chips, cookies, and you being there for this event. This event is designed for Sunday School kids from the 6th grade down, their friends, and parents.

I'm sure all are enjoying their brand new Bibles! Please try to bring Bibles to Sunday school each week. If you are unable to make it you can still read the lesson. The lessons are as follows:

February 1	Teaching & Healing	Bible	Mark 1:21-28.	Story Bible	254
February 8.	Jesus Heals	Bible	Mark 1:29-39.	Story Bible	256
February 15	The Transfiguration	Bible	Mark 9:2-9.	Story Bible	358
February 22	Naaman is Healed	Bible	2 Kings 5:1-19.	Story Bible	148

Thanks to all who have been helping with Sunday school, but we could always use a few more volunteers! Call Marge at 623-2544 to teach a week or just sign up. You will have helpers. Mark Oswalt will be leading a discussion time shaped by you while your children are in Sunday school. This adult group can evolve with time to meet your needs!

Parents we would love having your input! Sunday school starts at 9:30. Bible School this summer is a great possibility. We are considering a pirates theme. Hearing from you on this matter would be great. Check out the pew pads for info regarding Bible school.

Marge Warner, Sunday School Superintendent.

# Notes from Your Parish Nurse February 2015

American Heart Month



When we think about February, we think about the heart as a symbol of love. This would be a good time to stop and think about whether you are living a heart healthy lifestyle.

The number one killer of men and women in the United States is cardiovascular disease.

**Cardiovascular disease (CVD)** - Includes heart disease, stroke, and high blood pressure.

Men are more than twice as likely as women to die from preventable CVD.

Having a close relative who has heart disease puts you at higher risk for CVD.

Many CVD deaths could have been prevented through healthier habits and health management.

## **Tips for a healthier heart:**

**Work with your health care team** - Yearly visits may detect high blood pressure or diabetes.

**Monitor your blood pressure.** High blood pressure often does not have any symptoms. The parish nurse offers blood pressure screening on the 3rd and 4th Sundays at the church after 10:30 service in the adult Sun. School classroom.

**Get your cholesterol checked.** Your health care team should test your cholesterol levels at least once every 5 years

**Eat a healthy diet.** Limiting sodium in your diet can lower your blood pressure. Be sure to eat plenty of fresh fruits and vegetables—adults should have at least five servings each day.

**Maintain a healthy weight.** Being overweight or obese can increase your risk for CVD

**Exercise regularly.** Physical activity can help you maintain a healthy weight and lower cholesterol and blood pressure. The Surgeon General recommends that adults should engage in moderate-intensity activity for at least 150 minutes per week. Walking does help.

## **Don't smoke!!!**

**Limit alcohol use.** Men should stick to no more than two drinks per day, and women to no more than one.

**Manage your diabetes.** If you have diabetes, monitor your blood sugar levels closely, and talk with your health care team about treatment

**Take your medicine** - Know what you're on and why you're on it.

Information obtained from:

CDC: National Center for Chronic Disease Prevention and Health Promotion, Division for Heart Disease and Stroke Prevention 2014

**Together we live into the mission of sharing God's grace.**

Parish Nurse,

PJ Musser BA, ADN, BC, CNRN



## ***Fasting, Service, and Prayer***

These are three really great ways to prepare for the coming of Easter and the Resurrection of Our Lord.

**FASTING:** Some people have been known to go without food for days, but that's not the only way to fast. You can fast by cutting out some of the things in your life that distract you from God. Some Christians use the whole 40 days to fast from candy, TV, soft drinks, cigarettes or meat as a way to purify their bodies and lives. You might skip one meal a day and use that time to pray instead. Or you can give up some *activity* like worry or reality TV to spend time outside enjoying God's creation. What do you need to let go of or "fast" from in order to focus on God? What clutters your calendar and life? How can you simplify your life in terms of what you eat, wear or do?

**SERVICE:** Some Christians take something on *for* Christ. You can collect food for the needy, volunteer once a week to tutor children, or work for reform and justice in your community. You can commit to help a different stranger, co-worker or friend every day of Lent. Serving others is one way we serve God.

**PRAYER:** Christians also use Lent as a time of intentional prayer. You can pray while you walk, create music or art as a prayer to God, or savor a time of quiet listening. All can be ways of becoming more in tune with God.

## ***Top Ten Disciplines YOU CAN Do During Lent***

10. Try an electronic fast. Give up TV, Guitar Hero, texting, tweetering, e-mail and all things electronic for one day every week. (or every day of Lent!) Use the time to read & pray.
9. Start a prayer rhythm. Say a prayer every time you brush your teeth, hear an ambulance, or check your e-mail. Before you text someone, pray for them.
8. Read one chapter in the Bible each day. (Matthew's a good book to start with. Psalms, too.)
7. Forgive someone who doesn't deserve it (maybe even yourself.)
6. Give up soft drinks, fast food, tea or coffee. Give the money you save to help folks in Haiti or others in crisis.
5. Create a daily quiet time. Spend 30 minutes a day in silence and prayer.
4. Cultivate a life of gratitude. Write someone a thank you letter each week and be aware of how many people have helped you along the way.
3. Be kind to someone each day.
2. Pray for others you see as you walk to and from classes or drive to and from work.
1. Volunteer one hour or more each week with a local shelter, tutoring program, nursing home, prison ministry or a Habitat for Humanity project.

## ***From Your Congregational Council***

### **No Meeting In January = No Minutes, No President's Perspective**

**Please Note All You Council Members!!!** This being February, and Dartball Tournaments being held the second week of February, the council meeting for the month of February has been moved to the 17th of the month instead of the 10th.

Your newly installed council for Trinity Evangelical Lutheran Church is as follows:

**Pres.** - Dean Thompson

**General Treas.** - Katherine Obringer

**Graceworks** - Claire Wilt  
and Carla Hesler

**V. Pres.** - Bev Erdmann

**Recording Sec.** - Roxanne Groff

**Wernle Reps.** - Julie Kossler  
and Judy Ulrich

**Elder** - Mark Oswalt

**Financial Sec.** - Caleena Hesler

**Trustee** - Gary Obringer

**Sunday Sch. Supt.** - Marge Warner

**Nominating Committee:**

**Deacon** - Donna Bridenbaugh

**Delegates to S.O.S.** - Mark & Pam Osw

Kami Schmitmeyer

**Deacon** - Shirley Rhoades

**Delegates to NW Conf.** - Gary & Kat. Obringer

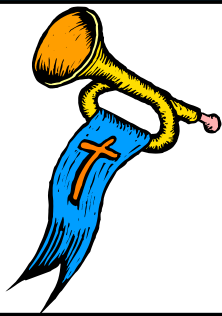
Shannon Ressler

Sarah Stephens



# Lenten New Testament Bible Reading Plan

Date	Passage	Initial
Wednesday, February 18, 2015	Matthew 1:1-7:29	
Thursday, February 19, 2015	Matthew 8:1-12:50	
Friday, February 20, 2015	Matthew 13:1-18:9	
Saturday, February 21, 2015	Matthew 18:10-22:46	
Monday, February 23, 2015	Matthew 23:1-26:68	
Tuesday, February 24, 2015	Matthew 26:69-Mark 3:30	
Wednesday, February 25, 2015	Mark 3:31-8:21	
Thursday, February 26, 2015	Mark 8:22-12:44	
Friday, February 27, 2015	Mark 13:1-Luke 1:25	
Saturday, February 28, 2015	Luke 1:26-5:11	
Monday, March 2, 2015	Luke 5:12-9:17	
Tuesday, March 3, 2015	Luke 9:18-12:59	
Wednesday, March 4, 2015	Luke 13:1-18:30	
Thursday, March 5, 2015	Luke 18:31-22:53	
Friday, March 6, 2015	Luke 22:54-John 2:25	
Saturday, March 7, 2015	John 3:1-6:59	
Monday, March 9, 2015	John 6:60-10:42	
Tuesday, March 10, 2015	John 11:1-15:17	
Wednesday, March 11, 2015	John 15:18-21:14	
Thursday, March 12, 2015	John 21:15-Acts 6:7	
Friday, March 13, 2015	Acts 6:8-10:48	
Saturday, March 14, 2015	Acts 11:1-16:15	
Monday, March 16, 2015	Acts 16:16-21:36	
Tuesday, March 17, 2015	Acts 21:37-27:44	
Wednesday, March 18, 2015	Acts 28:1-Romans 7:6	
Thursday, March 19, 2015	Romans 7:7-13:14	
Friday, March 20, 2015	Romans 14:1-1 Corinthians 6:11	
Saturday, March 21, 2015	1 Corinthians 6:12-13:13	
Monday, March 23, 2015	1 Corinthians 14:1-2 Corinthians 4:18	
Tuesday, March 24, 2015	2 Corinthians 5:1-Galatians 1:24	
Wednesday, March 25, 2015	Galatians 2:1-Ephesians 4:16	
Thursday, March 26, 2015	Ephesians 4:17-Colossians 1:23	
Friday, March 27, 2015	Colossians 1:24-2 Thessalonians 3:15	
Saturday, March 28, 2015	2 Thessalonians 3:16-Titus 1:4	
Monday, March 30, 2015	Titus 1:5-Hebrews 7:28	
Tuesday, March 31, 2015	Hebrews 8:1-James 1:27	
Wednesday, April 1, 2015	James 2:1-2 Peter 1:11	
Thursday, April 2, 2015	2 Peter 1:12-Jude 23	
Friday, April 3, 2015	Jude 24-Revelation 11:19	
Saturday, April 4, 2015	Revelation 12:1-22:21	



# The Trinity Trumpet

Newsletter for Trinity Evangelical Lutheran Church  
† PO Box 64 † 8520 Oakes Road † Pittsburg, OH 45358  
Phone: 937-692-5670 † E-mail: [secretary@pitsburgtlc.org](mailto:secretary@pitsburgtlc.org)  
Website: [pitsburgtlc.org](http://pitsburgtlc.org)  
Pastor Mel Musser 937-626-7100 [pastor@pitsburgtlc.org](mailto:pastor@pitsburgtlc.org)



*So faith comes from what is heard, and what is heard comes through the word of Christ. Romans 10:17*

*Grace and peace to you from God our Father and from Christ our Brother, amen.*

It's hard to believe Lent is upon us already this month! We just got through Advent and Christmas and rounded the corner to a new year and we run smack into the season of Lent. Lent is a season of the Christian Year where Christians focus on simple living, prayer, and fasting in order to grow closer to God. It's the forty days before Easter. Lent excludes Sundays because every

Sunday is like a little Easter. Basically, it's about one-tenth of a year (like a tithe of time). Mardi Gras is the day before Lent, which begins with Ash Wednesday. This year it's from February 18th - April 5th (Easter).

After Jesus was Baptized He was sent into the wilderness by the Spirit. In the wilderness he fasted and prayed for 40 days and was tempted by Satan. Through his fasting and prayer, Jesus found clarity and strength to resist temptation. Afterwards, he was ready to begin his ministry. I don't know why Jesus was taken by the Holy Spirit into the wilderness. Maybe Jesus needed some time with God to sort through the major changes happening in his life. Maybe He needed to get away from family, friends and the familiar routine in order to see God (and himself) more clearly. Perhaps he wanted some intentional time with God as he searched for direction and answers. Like Jesus, we need to take some serious time to pray and listen for God.

Are you searching for something more? Tired of running in circles, but not really living life with direction, purpose or passion? It's pretty easy to get caught up in the dramas of life. Between family, work, or school our lives can become one drama after another. If not drama filled then we fill them with other distractions that take us away from living a life with Christ. We try to fill the emptiness inside with mindless TV, meaningless chatter, stimulants, alcohol, too many activities, or other irrelevant stuff. We run away from life and from God.

Lent is a great time to "repent" -- to return to God and re-focus our lives to be more in line with Jesus. It's a 40 day trial run in changing your lifestyle and letting God change your heart. There are three traditional Lenten disciplines many Christians have practices for centuries. Fasting or "Giving something up for Lent" is probably the most popular. The others are doing a service project and dedicating yourself to a more regular prayer life. All of these are great practices and I encourage you to try all three, but this year I have a special challenge.

This year I challenge each and every one in our Trinity faith community to pledge to read the entire New Testament during the 40 days of Lent. That's right read the entire New Testament. I know that sounds like a huge undertaking, but if you break it down into daily chunks it really isn't all that much. The average reader can read all the way from Matthew through Revelation in 40 days if you spend about 30 minutes per day.

In this Newsletter you'll find a reading chart that gives suggested daily reading assignments. When you read each day's assignment initial next to that day. Once Lent is over and you've finished the challenge, turn in your completed chart and one Sunday after Easter I'll invite everyone who completed the challenge to come forward and present each of you with a Bible Reading Certificate, suitable for framing.

If you're not much of a reader, you also get credit if you listen to the entire New Testament on a CD, or your iPod, or streaming through the internet. Remember St Paul said faith comes from hearing the Word of God. So, either read it or listen to it alone or as a family before supper. However you do it, just do it! Have fun, and happy reading!

Yours in Christ,