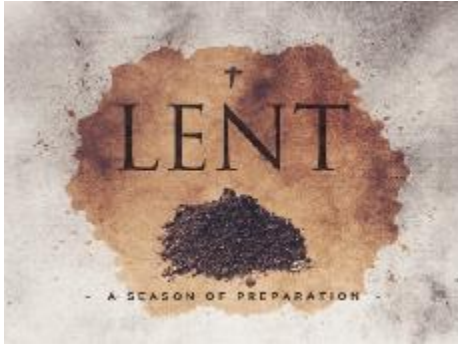


# Trinity Times

## March 2025

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Lent has always been a time for growing through repentance, prayer, meditation, fasting, and almsgiving. Our Christian ancestors took Lent very seriously and the degree to which it affected their everyday lives is reflected in the many customs that have arisen over the centuries.

The final days before Lent are known by many names: Carnival, Mardi Gras (Fat Tuesday), Shrove Tuesday. The word *carnival* comes from the Latin phrase *carne levare* (the removal of meat). Medieval Christians developed carnivals to celebrate with exuberance one last time before the rigorous Lenten fast. No meat, butter, eggs, milk, or cheese were generally allowed during the forty days. Lenten meals might be restricted to one each day and that one taken after sundown. In addition to fasting, Christians were permitted no weddings, dances, or festivals during Lent; the season was reserved for prayer and repentance. So medieval Christians began to observe days of celebration, to hold rowdy parades, masquerades, and dances, and to fling themselves into festivity one last time before Lent. Such pre-Lenten festivities are still widely observed today, preserved in the gondola parades of Venice, the Mardi Gras of New Orleans, and street parties of Rio De Janeiro.

Recipes for all manner of rich foods that medieval Christians consumed during Carnival have been preserved in various pre-Lenten traditions. Such feasting developed in part to prepare body and spirit for the long fast and in part to use up the foods that could not be stored during Lent. Doughnuts were one of the first European carnival foods to become popular in America. More widely known are the pancakes of varying types eaten in several countries. Rich foods gave Carnival the name Fat Tuesday (English translation of Mardi Gras). The name Shrove Tuesday is derived from a different custom: that of confessing sins (being shriven) in order to begin the spiritual disciplines of Lent renewed by an awareness of God's mercy and power.

Ash Wednesday marks the beginning of Lent, the time of preparation to receive God's most precious gifts: a transforming grace that forgives us even from the cross, a resurrection that overcomes the power of death, and a promise that God is with us always. Ash Wednesday draws our attention to the very things we least like to look at: our sins and shortcomings and our mortality. Ashes from the previous year's Palm Sunday greens are burned, blessed, and applied to the forehead, accompanied by these words: "Remember that you are dust, and to dust you shall return" (Genesis 3:20). Ashes were a sign of repentance in the Old Testament, accompanied by wearing sackcloth. With ashes, one begins a forty-day period of penitence, self-denial, prayer, and reflection about the meaning of God in one's life.

This year we will try to recapture the traditional sense of the season in our activities and worship, but with a surprising twist or two. See the LENTEN ACTIVITIES AND WORSHIP page in this issue for details! Let us fling ourselves gaily into Carnival, receive somberly the ashes of penitence, and emerge prepared for a Holy Lent.

Pastor Eileen

# LENTEN ACTIVITIES AND WORSHIP

## Weekly Reflection

In the sanctuary each Sunday, at 9:50 am, you are invited to observe 10 minutes of silent reflection.

This brief time is set apart for contemplation, meditation, thought, consideration, cogitation, rumination, deliberation, cerebration, musing, pondering, wondering.

The usher will give you a reflection guide to follow in the pew.

As you pass through the doors to the sanctuary,

please observe the silence so as not to disturb the reflections of others.

Of course, prayer is an excellent addition or alternative to meditation.

## Ash Wednesday: March 5<sup>th</sup>

***There will be no evening service.***

The church will be open between noon and 8:00 pm for your personal observance of the day.

Ashes and a worship sheet will be set out near the chancel.

Read and reflect on the sheet.

When ready, experience the ashes as you wish:

apply them to your forehead,

or apply them to your hand,

or place your fingers in the receptacle, feel the ashes, dust off the excess, and allow the stain to remain.

Ashes will also be available at the worship service on March 9<sup>th</sup>.

## First Sunday in Lent: March 9<sup>th</sup>

***Reverse church: fellowship, then worship!***

Instead of coffee hour after the worship service,

there will be a (free) pancake breakfast before it at 9:00 am in fellowship hall.

Then all will walk to the sanctuary for worship at 10:00 am

The service will include a ritual with ashes and Holy Communion, and explains their connection.

## Coins for Lent

During Lent, we are reminded to examine our lifestyles and ask, "What can we do for others?"

Lent is a good time to commit to giving money to charity that helps people in need.

***Coins for Lent 2025*** calendars will be distributed on the First Sunday of Lent, March 9th.

The Lenten coin calendar includes a playlist.

Find creative ways to incorporate this playlist into your use of the calendar

and let music help guide you and your family this Lent.

Make a container to collect the money (a glass or plastic jar, a box, or coin bank you don't use).

Decorate it and place it where the entire family can see it.

Decide what coins you will give.

The confirmation class will determine where the money will go.

Bring the container to church on Easter Sunday to be blessed.

# MARCH WORSHIP



March 2 Transfiguration Sunday  
*Holy Communion will not be celebrated this day.*  
Scriptures Exodus 34:29-35  
\*Luke 9:28-36  
Sermon Shining Faces



March 5 Ash Wednesday  
*There will be no evening worship service.*  
*The church will be open noon **till** 8:00 p.m.*  
for prayer, reflection, and ashes.  
Please use the ashes  
and printed worship experience provided.



March 9 First Sunday in Lent  
*Holy Communion and the cloth with ashy prints*  
Scriptures Romans 10:8b-13  
\*Luke 4:1-13  
Sermon No



March 16 Second Sunday in Lent  
Scriptures Psalm 27  
\*Luke 13:31-35  
Sermon Hens and Foxes



March 23 Third Sunday in Lent  
Scriptures Isaiah 55:1-9  
\*Luke 13:1-9  
Sermon Truth, Love, and Time



March 30 Fourth Sunday in Lent  
Scriptures Psalm 32  
\*Luke 15:1-3, 11b-32  
Sermon Homesick Hearts

# A POEM FOR LENT

Lent is a time to take the time  
to let the power of our faith story take hold of us,  
a time to let the events  
get up and walk around in us,  
a time to intensify  
our living unto Christ,  
a time to hover over  
the thoughts of our hearts,  
a time to place our feet in the streets of Jerusalem  
or to walk along the sea and listen to his word,  
a time to touch his robe  
and feel the healing surge through us,  
a time to ponder and a time to wonder . . .

Lent is a time to allow a fresh new taste of God!

***Ann Weems***

## Southern California Relief

If you want to support the relief efforts in Southern California, consider donating to the United Methodist Committee on Relief (UMCOR), a unit of Global Ministries, is a humanitarian organization that helps alleviate human suffering, one of the two main goals of Global Ministries.

Originally founded in 1940 in response to displaced and vulnerable populations in the wake of World War II, UMCOR assists the most vulnerable people affected by crisis or chronic need without regard to their race, religion or status. UMCOR's work is carried out by providing relief and assistance in response to natural and human-made disasters and supporting programs in the areas of migration, health, food security and environmental sustainability.

## Roundtable Discussions

Meet on Tuesdays at 8 pm on ZOOM.

### DATE

March 4<sup>th</sup>

March 18<sup>th</sup>

### TOPIC

Dramatization of the Bible.

What's on our bucket lists?

Future Topics:

What are some of our nightly dreams?

How do we view the homeless?

What should be done about/for the homeless?

Is there a decade in your life you would like to relive and why?

Call Karen Jenkins for any questions, 845-242-5590,

Patsy Boisvert for the ZOOM link, 845-298-0454



# 2024 - Year in Review

## Local Church Ministry

### Serving People in Need through the Mid-Hudson Love INC Network

God continued to open doors for local churches to connect in meaningful ways with people in need.

- WHO?** 225 Volunteers from 44 local churches working together
- WHAT?** Gave over 7,200 hours of their time serving neighbors in need
- SERVING?** 235 Families, impacting 306 adults and 159 children in Poughkeepsie, Hyde Park, Wappingers Falls, LaGrange, Pleasant Valley, Fishkill & Hopewell Junction
- HOW?**
- Answered 1,085 Calls for Help
  - Enrolled 59 new households for direct services
  - Delivered 763 bags of Personal Care Items (at home & in class)
  - Delivered 94 packages of Linens (towels, sheets, pillows, blankets)
  - Completed 24 Furniture Deliveries
  - Completed 19 deliveries of Household Items (in partnership with Acts of Kindness)
  - Delivered new beds to 36 households
  - Filled 24 requests from class participants for items from the Hygiene Pantry
  - Hosted 14 participants in Building Hope class series
  - Hosted 6 participants in Faith and Finance class series
  - Hosted 18 participants in Spiritual Exploration class series
  - Hosted 3 participants in a Grief and Loss Support series
  - Created a Single Moms' Support Group that met monthly serving 2 families
  - 9 adults and 12 children participated in Family Fun Day, and 5 children attended classes
  - Distributed 15 backpacks bursting with school supplies at Family Fun Day
  - Prayed regularly with hurting people by phone and in person
- WHAT ELSE?**
- Invited the community to 'Fill the Truck' with items needed for classes (Thank You!)
  - Offered groceries, cleaning supplies, Bibles, financial planning guides, hygiene Items, & grocery cards to class participants
  - Offered monthly prayer calendars via email and web and weekly prayer lists for both focused and general prayer for our community, our churches, our country
  - Helped Poughkeepsie United Methodist Church reach 30 additional households with food for Thanksgiving
  - Connected St. Nicholas-on-the-Hudson with 11 families, including 23 children, in need of Christmas gifts and connected St. John's Lutheran Church with 28 families in need of Christmas dinner meals and gifts for their children
  - Partnered with Hudson Valley Bridge Builders Youth Camp to deliver furniture and personal care items to 10 neighbors and pick up furniture donations from the public
  - Continued exploring partnership with Spanish-speaking churches to better serve our local Spanish-speaking neighbors in need
  - Offered 8 **DISCOVER Love INC** events to community and church partners to help people understand what Love INC does and recognize the impact.

Mid-Hudson Love In the Name of Christ is a partnership of churches.  
Love INC exists to support, engage, train, and coordinate the local Body of Christ in serving people in need with excellence and *Redemptive Compassion*.  
**Together we are Building Relationships – Restoring Hope – Transforming Lives**  
845-471-0102 \* [www.mid-hudsonloveinc.org](http://www.mid-hudsonloveinc.org) \* Follow us on Facebook & Instagram



## Daily Devotions

Consider a daily devotion for Lent ...

Do you want to get your day started with an inspiring thought? Or give yourself a mid-day boost of positive thoughts? Or end your day with a time of quiet reflection? Give a daily devotion a try ...

The Church will have three daily devotions available during Lent this year.

- "The Upper Room"
- "Our Daily Bead"
- "Today - refresh, refocus", renew".

Each offers a daily devotion that includes a scripture reading, an inspiring message and a prayer focus and takes around five minutes.

I have been doing a daily devotion each morning for many years, and I cannot say enough of how they inspire me, uplift me, encourage me, and draws me closer to God. It is the most important five minutes I spend every morning.

Please consider reading a daily devotion as part of time of reflection this Lenten season. A few minutes each day can make a world of difference !!!

Your brother in Christ,

Clay Beattie

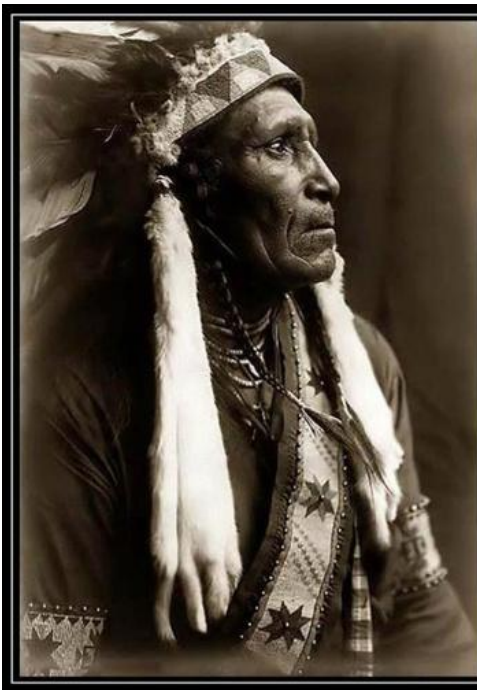
## The New York Conference|The United Methodist Church



Have you ever wondered what happens at the NY Annual Conference?

Go to [nyac.com](http://nyac.com) to answer all your questions.

Patsy Boisvert



When told the reason for Daylight Savings Time, the old Indian said:

"Only a white man would believe that you could cut a foot off the top of a blanket and sew it to the bottom of blanket and have a longer blanket".

## Heifer Project

I've been thinking long and hard about what animal to showcase for Heifer Project this year. My brain has been working overtime trying to come up with an animal we haven't done yet.....Then my stomach took over and all I could think about was Pulled Pork, Bacon, Sausages, Stuffed Pork Chops, Ham Sandwiches and my most favorite RIBS..... So my stomach won me over and this year it will be PIGS!!!!!!!!!!!!!!

It's not all about my stomach, pigs can help hungry undernourished families put protein back in their diets at little cost, pigs need little land and can thrive on crop and garden scraps. And since a sow can provide up to 16 piglets a year, many more families will soon benefit as our gift is passed on. I hope to find a pig that is a little gentler on me than Petunia the sheep was last year. Coming to Trinity early to mid March.



Thanks, Cathy Hamlin

### Trinity United Methodist Church

Webpage: <https://trinityumclagrange.org>

Worship Recordings

This is our link for the Trinity YouTube channel for people who want to see our worship recordings.

<https://www.youtube.com/channel/UCeNePmj0UUjXh3c0aXixbVQ>

# March Food Pantry

The Food Pantry Distribution is back to its usual time on the last Thursday of the month.

The March Food Pantry Distribution is Thursday, March 27<sup>th</sup> from 7- 8 pm.

Bagging precedes it on Tuesday, March 25<sup>th</sup> at 10 am in the parish hall.

We are now typically serving over 60 families and 200 people, so thank you to all those who continue to supply paper bags with or without handles - either the larger 17" tall size or the smaller 13" tall size. They are appreciated!

Many thanks, Marcia Grant

## Trustee Corner

### Trustee Members:

**Class of 2025** - Ann Sherer, Chris Freeman, Mike Bangert – Treasurer

**Class of 2026** -

Mike Tucci – Co-Chair, Royal Ricci – Co-chair, Bob Boisvert – Secretary

**Class of 2027** - Patsy Boisvert, Ralph La Casio, Ron Lemar

The recent furnace problems in the sanctuary have been resolved.

There will be a Spring work/cleanup day. Watch for dates.

## Yoga

Beginner/All Levels "Align & Refine"  
RajaHatha Yoga

**Trinity United Methodist Church**

Tuesday Class 5:30 - 6:45 pm

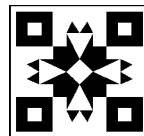
Thursday Class 6:00 - 7:15 pm

Saturday Class 9:00 - 10:15 am



\*please arrive 10 minutes prior to start of class.

\*class cost: \$5 (20% donated to church)



Trinity

Piecemakers

The Trinity Piecemakers will meet in the Fellowship Hall on the first Thursday of each month. Meeting dates will be posted during church. Please contact Debbie Beattie at: 845-223-5584 for more information.

### Adult Bible Studies

**Please join us - all are welcome**

Weekly Adult Bible Studies with a time of prayer and praise via Zoom on Tuesday evenings at 7:15pm. Contact Clay Beattie, 223-5584



Trinity United Methodist Church  
6 South Cross Road  
LaGrangeville, NY 12540

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## DATES TO REMEMBER

March 1 <sup>st</sup>	Fellowship Dinner!
March 2 <sup>nd</sup>	Transfiguration Sunday Trustees meet at 11:30am
March 5 <sup>th</sup>	Ash Wednesday Ashes available in church
March 9 <sup>th</sup>	First Sunday in Lent Daylight Savings Starts SPR meets at 11:30 am
March 16 <sup>th</sup>	Second Sunday in Lent
March 17 <sup>th</sup>	Saint Patrick's Day
March 23 <sup>rd</sup>	Third Sunday in Lent
March 25 <sup>th</sup>	Food Pantry bagging 10 am
March 27 <sup>th</sup>	Food Pantry Distribution
March 30 <sup>th</sup>	Fourth Sunday in Lent

## The Trinity Times

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Organist: Heidi Tucci

Secretary: Eileen Hartney

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