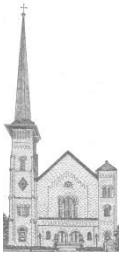


# *The Trinity Messenger*



## Trinity United Church of Christ

Volume 46, Number 2

March 2020





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## **Vision Statement**

**Trinity United Church of Christ seeks to be a diverse, dynamic, Spirit-filled congregation, connected to each other and the community.**



**Deadline for the April  
Messenger is:  
Monday March 23, 2020**



**March Meetings**

Consistory	Monday, March 9, 2020	6:30 pm
Christian Ed	Sunday, March 8, 2020	11:30 am



**Dr. Covin's Office Hours**

Monday - Out of Office  
Tuesday – 11:00 – 5:00 pm  
Wednesday – 11:00 – 5:00 pm  
Thursday – 11:00 – 5:00 pm  
Friday – 11:00 – 5:00 pm  
Saturday - T CPA (2<sup>nd</sup> Saturday 12 – 2:30 pm)  
Sunday – 10:30 – 12:00 pm



# IMPORTANT NEWS!!!

## *PLEASE TAKE NOTICE WE HAVE NEW PHONE NUMBERS FOR THE CHURCH*

Main Number	717-848-1775
Pastor	717-668-8610
Organist	717-900-8152
Bookkeeper	717-854-1933
First Floor Office	717-356-2133
Basement	717-747-3762
Trinity Day Center	717-668-8912

## *WE COULD USE YOUR HELP!*



Any member interested in donating their time and talents to our Church please consider joining one of the following committees:

Altar Guild – Chairman Margaret Scott

Christian Ed – Chairman Kay Kraft

Lector - Office

Mission – Chairman Joan Boyce

Residents-In-Care – Carl Sallade or the Office

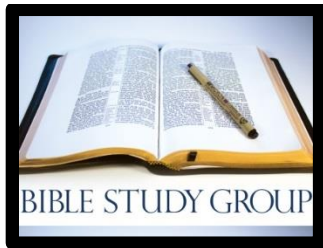
For more information please contact one of the above individuals. Remember ALL are welcome!



# **Trinity College Preparatory Academy – TCPA**

## **Jacob R. DeHoff Learning Center**

The next monthly meeting of TCPA will be March 14, 2020. If you have any questions please feel free to contact Dr. Covin. Thank You!



Sunday Bible School will resume on  
Sunday, February 23, 2020, at 9:30 am.  
Dr. Covin will be teaching the Winter Session.

Title: The Mystery of Spirituality:  
Why Some Can See and Others Cannot

The six week series will focus on the text in Exodus 33: 18-23, with special emphasis upon verses 21-23. “And the Lord continued, See, there is a place by me where you shall stand on the rock; and while my glory passes by I will put you in a cleft of the rock, and I will cover you with my hand until I have passed by, then I will take away my hand, and you shall see my back, but my face shall not be seen.”

Schedule:

February 23rd

March 8th

March 22nd

March 29th

April 5th

April 19th



## SOCIAL JUSTICE

To learn more concerning Social Justice and the responsibility of the Church please visit our website [www.trinityucc-york.org](http://www.trinityucc-york.org), and click on Dr. Covin's Essays. Currently the library contains the following essays written by Dr. Covin while at either Lancaster Theological Seminary or Princeton PTS.

### Titles:

1. Dr. Covin on Dietrich Bonhoeffer - The Unethical Corrupting of Law and Order
2. Dr. Covin's Essay on 19<sup>th</sup> Century Sunday School Society
3. Dr. Covin on Homelessness, Poverty, and Incarceration: The Criminalization of Despair
4. Dr. Covin on The Constructing Of A Contemporary Corrections Ethic In The Tradition Of Social Contract Theory
5. Dr. Covin – A Summary of Jurgen Moltmann's Theology of Hope
6. Dr. Covin on Medieval European Workhouse and Contemporary Penitentiary in the United States
7. Dr. Covin on Reflection Upon the Work of Jurgen Moltmann and James Cone on Lynching in Jim Crow America
8. Dr. Covin on Dietrich Bonhoeffer & God's Revelation
9. Dr. Larry Covin on W.E.B. Du Bois and Double Consciousness
10. Dr. Larry Covin and Reflections Upon The Political Theology of Nicholas
11. Dr. Covin on The Political Theology of Nicholas Wolterstorff
12. Dr. Covin on The Theology and Ethics of Reinhold Niebuhr and Martin Luther King, Jr.
13. Dr. Covin on African American Religious History
14. Dr. Covin on The Theology of Friedrich Schleiermacher

# Daylight Saving Time



Just as sunflowers turn their heads to catch every sunbeam, so too have we discovered a simple way to get more from our sun.

Daylight Saving Time gives us the opportunity to enjoy sunny summer evenings by moving our clocks an hour forward in the spring. Yet, the implementation of Daylight Saving Time has been fraught with controversy since Benjamin Franklin conceived of the idea. Even today, regions and countries routinely change their approaches to Daylight Saving Time.

So catch the rays and remember to “Spring” your clocks forward on Sunday March 8, 2020.



## VBS PLANNING

There will be a meeting of the Christian Education Committee Sunday, March 8, 2020 to begin planning for Vacation Bible School. The meeting will be held in the parlor following the morning church service. Anyone interested in helping is invited to attend.

**Kay Kraft – Christian Ed.**

# Food For Thought

## *Reflecting on the Lenten Season*



People often don't look forward to Lent. Childhood memories of giving up candy or sitting through weekly Stations of the Cross come immediately to mind. Words like "sacrifice," "discipline," and "self-denial" are often used in ways that suggest that Lent is something to be endured rather than a time of grace and spiritual growth.

Have you ever thought of Lent as a yearly second chance? Each year the Church gives us six weeks to take a long, loving look at our lives to see if our values and priorities are in line with God's desires for us. Since most of us find that we've wandered from God's path, Lent becomes that second chance, or do-over, to "return to God with our whole heart."

Let these stories of Lenten practices and memories of people inspire you to reflect on or create new Lenten experiences. As you read these stories remember the Lenten season is a time of meaningful prayer, fasting, and almsgiving for themselves, their loved ones, and their communities. Invite family members to share their thoughts, hopes, and desires for Lent. Decide to support one another in whatever you choose to do. As you journey



through this annual second chance, remember that each step brings you closer to the welcoming arms of our loving God.

**Let the wisdom and spirit of these stories  
inspire you in your own Lenten journey.**

### *Around the Breakfast Table*

One of my best Lenten practices was begun when my children were in elementary school and I was a working parent. It seemed as though we were struggling to find time to eat dinner as a family and this was greatly disturbing me. I decided that if we were unable to hold the dinner hour sacred due to work schedules and after school activities, I would instead hold the breakfast hour sacred. I made sure to get up each morning during Lent just a little earlier so that I could not only provide breakfast for my family but actually sit together, pray our meal prayer and begin each day on a happy note. It began in Lent and didn't end until my children went off to college many years later. I learned that Lenten habits could carry far off into the future with my family. The impact was dramatic in that each day was started with a prayer and positive attitudes. Breakfast became and remains one of our favorite rituals of the day.

Roberta, IL

### *Drawing a Prayer*

I took time every day to draw in a sketchbook. I called the time my "God Time." I wanted to make each day of Lent special by taking time to reflect on God and my relationship to God.

Barbara, OH

## *My Lenten Jar*

I always have nice things that I'd like to do, but never seem to make time to get to: write a letter to a friend, visit a lonely person, call a distant friend. At the beginning of Lent, I write down 40 plus tasks, one per little slip of paper, and toss them in a jar. Then, each morning of Lent, I pull one out and do the task written there. It teaches me that I like surprise and variety in my Lenten practices. For me, this is a simple way to concentrate on the disciplines of giving alms and doing good for others.  
Mark G., KS

## *Coming Home*

I had been away from the Church for many years. I did not have an especially strong upbringing in the Church, so it was easy to fall away as a young adult. When my mother died when I was 31, I was very angry at God. After over a year of being angry at God, I felt a really strong need to go to Mass. I ignored that feeling for a while but found myself in church one Ash Wednesday. There, in the quiet of the Church before the service started, I felt called home. All throughout that Lent, every homily felt like it was spoken directly to me. God let me know, in the death and resurrection of his son, that he was big enough to handle my anger; patient enough to wait for me to heal from it; and that he never stopped loving me. To this day, Lent reminds me of my homecoming!

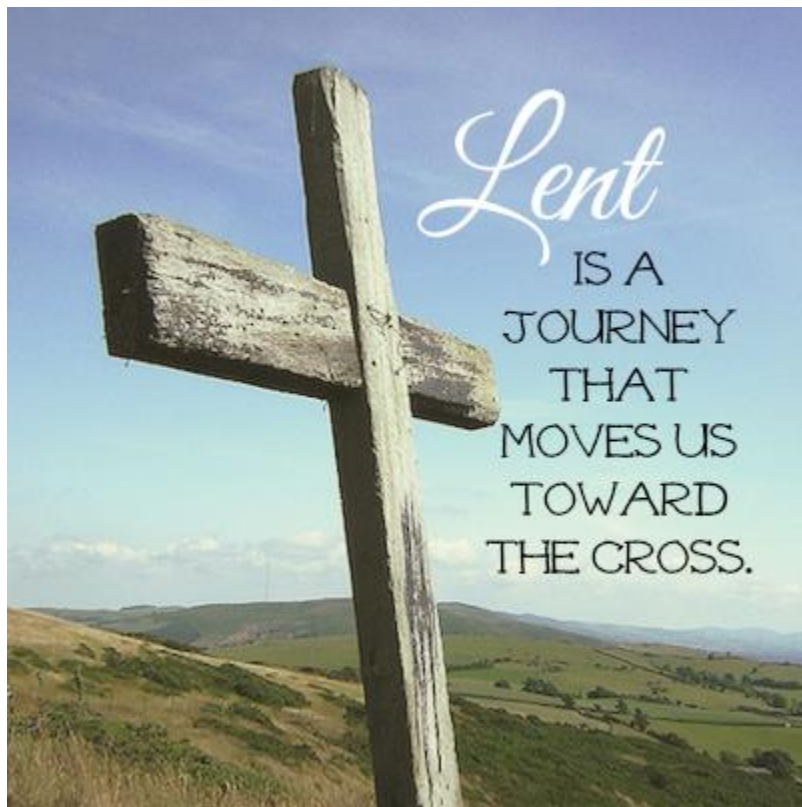
Lori A., WA

## Reflection Questions:

Can you recall a life-giving Lenten experience? What made it special?

What would you like to do this Lent to make it more meaningful for you and your family?

**Embrace this JOURNEY,  
Make your own MEMORIES,  
Concentrate on PRAYERS  
And  
Practice FORGIVENESS.**





# LENTEN *Schedule*

## **PALM SUNDAY SERVICE**

**Sunday, April 5, 2020 @ 10:30 am**

## **MAUNDY THURSDAY SERVICE**

**Thursday, April 9, 2020 @ 6:00 pm**

## **GOOD FRIDAY SERVICE**

**Friday, April 10, 2020 @ Noon**

## **EASTER SUNDAY SUNRISE SERVICE (INSIDE)**

**Sunday, April 12, 2020 @ 6:00 am**

## **EASTER SUNDAY SERVICE (TRADITIONAL)**

**Sunday, April 12, 2020 @ 10:30 am**

## **TRINITY UCC**

**32 W. Market Street  
York, PA. 17401  
717-818-1775**



# ***Easter Lily Order Form***



Easter is Sunday, April 12<sup>th</sup> 2020, and although it may seem early to do so, it's time to order the beautiful Easter lilies to decorate the church. Plants may be taken after the worship service on Easter.

**Cost: \$10 per plant**

**Orders must be placed by Sunday, March 29<sup>th</sup> 2020.**

Payment must accompany your order.

Please mark "Easter Lilies" on your check.

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

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

**Qty.:** \_\_\_\_\_ Plants @ \$ 10 ea. \$\_\_\_\_\_

***TOTAL ENCLOSED*** \$\_\_\_\_\_

**In loving memory of** \_\_\_\_\_

\_\_\_\_\_

**In honor of** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ YES, I will take my plants on Easter Sunday.

\_\_\_\_\_ NO, I will not take my plants. Please deliver them  
to our residents-in-care.

# Happy St. Patrick's Day

## The Story of St. Patrick

Saint Patrick's Day is March 17<sup>th</sup>. This day is both an Irish religious and national holiday. Immigrants from Ireland brought this celebration to the United States.

Saint Patrick is a very famous and important person in Ireland. He was not actually born in Ireland. He was born in Great Britain. At 16 years old he was kidnapped by pirates and taken to Ireland where he was sold as a slave. As a slave he was forced to work as a shepherd. He spent many long hours alone taking care of the sheep out in the fields. He felt lonely and afraid. During this time Patrick began to think about God. He repented from his sin and unbelief and he turned to God with all his heart.



Patrick had a dream in which God told him to leave Ireland by going to the coast. He was able to escape and returned to his family. Soon after he returned home, he had another dream in which the people of Ireland were calling out to him, "We beg you to come and walk among us once more." He went to

France and studied to become a priest. He returned to Ireland as a missionary.





# POETS' CORNER



If you have any poem you find inspirational please be sure to send it in. We would all love to be inspired.



# Look What's Cooking at Trinity

**(RECIPE SHARING:** *Do you have a favorite receipt. Please consider sharing it with other members. You may e-mail it to [office@trinityucc-york.org](mailto:office@trinityucc-york.org) or place a copy in the Secretary's mail box.)*

## Chicken Olivia Recipe

### Ingredients



3 cups rotisserie chicken  
2 cups sour cream  
Two 10.05 ounces cream of chicken soup  
1/2 cup chopped black olives  
one 7 ounce can mild green chiles  
1/4 cup grated sharp cheddar cheese  
1/4 cup chopped green onions  
salt and pepper to taste  
cooked rice, enough for each person to have a portion of rice with dinner  
chopped green onions as a garnish

### Directions

Pick the meat off of the rotisserie chicken (both white and dark meat) and shred it. Place it onto the bottom of a 9x13 baking pan.

In a large bowl mix together both cans of cream of chicken soup, sour cream, black olives, chilies and green onions. Add salt and pepper to taste.

Pour the mixture over the shredded chicken in the pan. Sprinkle the grated cheese over the top evenly. Cover the pan with foil, bake at 350 degrees for 30 minutes. After 30 minutes remove the foil and put the pan back into the oven until the cheese is melted and bubbly. Serve over rice.



# Chocolate Sheet Cake

## Ingredients



### FOR THE CAKE:

2 cups Flour  
2 cups Sugar  
1/4 teaspoon Salt  
4 Tablespoons (heaping) Cocoa  
2 sticks Butter  
1 cup Boiling Water  
1/2 cup Buttermilk  
2 whole Beaten Eggs  
1 teaspoon Baking Soda  
1 teaspoon Vanilla

### FOR FROSTING:

1/2 cup Finely Chopped Pecans  
1-3/4 stick Butter  
4 Tablespoons (heaping) Cocoa  
6 Tablespoons Milk  
1 teaspoon Vanilla  
1 pound (minus 1/2 Cup) Powdered Sugar

## Directions

In a mixing bowl, combine flour, sugar, and salt.

In a saucepan, melt butter. Add cocoa. Stir together.

Add boiling water, allow mixture to boil for 30 seconds, then turn off heat. Pour over flour mixture, and stir lightly to cool.

In a measuring cup, pour the buttermilk and add beaten eggs, baking soda, and vanilla. Stir buttermilk mixture into butter/chocolate mixture. Pour into sheet cake pan and bake at 350-degrees for 20 minutes.

While cake is baking, make the icing. Chop pecans finely. Melt butter in a saucepan. Add cocoa, stir to combine, then turn off heat. Add the milk, vanilla, and powdered sugar. Stir together. Add the pecans, stir together, and pour over warm cake.



## **MARCH IS NATIONAL NUTRITION MONTH**

### **Eat Right**

(Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics)

Eating right doesn't have to be complicated. Before you eat, think about what goes on your plate or in your bowl. Choose foods that provide the nutrients you need without too many calories. Build your healthy plate with foods like vegetables, fruits, whole grains, low-fat dairy and lean protein foods. Try these eating right tips.

### **Make half your plate fruits and vegetables.**

Eat a variety of vegetables, especially dark-green, red and orange vegetables plus beans and peas. Fresh, frozen and canned vegetables all count. Choose "reduced sodium" or "no-salt-added" canned vegetables. Also add fruit to meals and snacks. Buy fruits that are dried, frozen or canned in water or 100% juice, as well as fresh fruits.

## **Make at least half your grains whole.**

Choose 100% whole-grain breads, cereals, crackers, pasta and brown rice. Also, look for fiber-rich cereals to help stay regular.

## **Switch to fat-free or low-fat milk, yogurt and cheese.**

Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

## **Vary your protein choices.**

Eat a variety of foods from the protein food group each week, such as seafood, nuts, and beans and peas, as well as lean meat, poultry and eggs.

## **Cut back on sodium and empty calories from solid fats and added sugars.**

Look out for salt (sodium) in foods you buy. Compare sodium in foods and choose those with lower numbers. Add spices or herbs to season food without adding salt. Make major sources of saturated fats such as desserts, pizza, cheese, sausages and hot dogs occasional choices, not every day foods. Switch from solid fats to oils when preparing food. Drink water instead of sugary drinks. Select fruit for dessert. Eat sugary desserts less often.

## **Enjoy your food but eat less.**

Most older adults need fewer calories than in younger years. Avoid oversized portions. Try using a smaller plate, bowl and

glass. Cook more often at home, where you are in control of what's in your food. When eating out, choose lower calorie menu options. Choose dishes that include vegetables, fruits and whole grains. When portions are large, share a meal or take half home for later.

### **Be physically active your way.**

Pick activities that you like and start by doing what you can. Every bit adds up and health benefits increase as you spend more time being active. If you are currently inactive, start with a few minutes of activity such as walking. Gradually increase the minutes as you become stronger.

**Consult a registered dietitian** if you have special dietary needs. A registered dietitian can create a customized eating plan for you. Visit **[www.eatright.org](http://www.eatright.org)** to find a registered dietitian near you.







***Please keep these friends and families in your prayers.***

Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus.

1 Thessalonians 5:16-18

Our World  
U.S. Military Personnel  
Linda Amos  
Brandon Houck  
Barbara Johnson  
Jean Gunnet  
Beth Mitts  
Joe Roth  
Leroy Hunter  
Matthew Muldrow  
Dell Foor  
Gail Marie Covin  
Jim Hollerbrush  
Michael Kraft  
Carl Sallade  
My health that it fail not & strength

Minnie Spangler  
TUCC Residents-in-care  
Ronald Smith  
Vickie Glatfelter  
Dominic Smith's Mother  
Don Simpson  
James Giesel  
John and Lynda Loucks  
Katie Kunkle  
Bob Stoner  
Becca Moyer  
Mary Noyles  
June Frick  
Kay Kraft  
Fred Miller

We pray for members of Trinity unable to worship with us this Sunday.  
Sister churches: Faith, Grace, Heidelberg, St. Stephen's & Zion.



Help brighten the day for our shut-ins  
by remembering them with a note,  
phone call or visit.

RUTH CRUMLING  
AUTUMN HOUSE WEST  
914 W. MARKET STREET  
YORK, PA 17401

BURT KNISELEY  
395 TRI HILL ROAD  
YORK, PA 17403

MINNIE SPANGLER  
MANOR CARE  
2400 KINGSTON COURT  
YORK, PA 17402





# MARCH BIRTHDAY'S

1<sup>st</sup> Tim Warfield  
3<sup>rd</sup> Dennis Schmuck  
4<sup>th</sup> Jackson Palumbo  
4<sup>th</sup> Barbara Johnson  
9<sup>th</sup> Karen Smith  
13<sup>th</sup> Jessica Myers







18<sup>th</sup> Julianne Gorte  
25<sup>th</sup> Brian Thomas  
27<sup>th</sup> Michael Kraft  
28<sup>th</sup> Rebekah Coup  
30<sup>th</sup> Fred Miller

## Editor's Note

**If we've missed your birthday or anniversary, or have the date incorrect, please contact the office.**



# MARCH 2020 SERVERS SCHEDULE

DATE	03/01/20	03/08/20	03/15/20	03/22/20	03/29/20	
<b>Lector</b>	OPEN	OPEN	OPEN	OPEN	OPEN	
<b>Coffee Hour Hosts</b>	Fred & Lois Miller	No Coffee Hour	No Coffee Hour	No Coffee Hour	No Coffee Hour	
<b>Flower Sponsor</b>	Legacy	OPEN	Legacy	OPEN	OPEN	
<b>Communion Server</b>	Margaret Scott	No Communion	No Communion	No Communion	No Communion	
<b>Bulletin Sponsor</b>	OPEN	OPEN	OPEN	OPEN	OPEN	
<b>Altar Guild</b>	Margaret Scott	Margaret Scott	Margaret Scott	Margaret Scott	Margaret Scott	



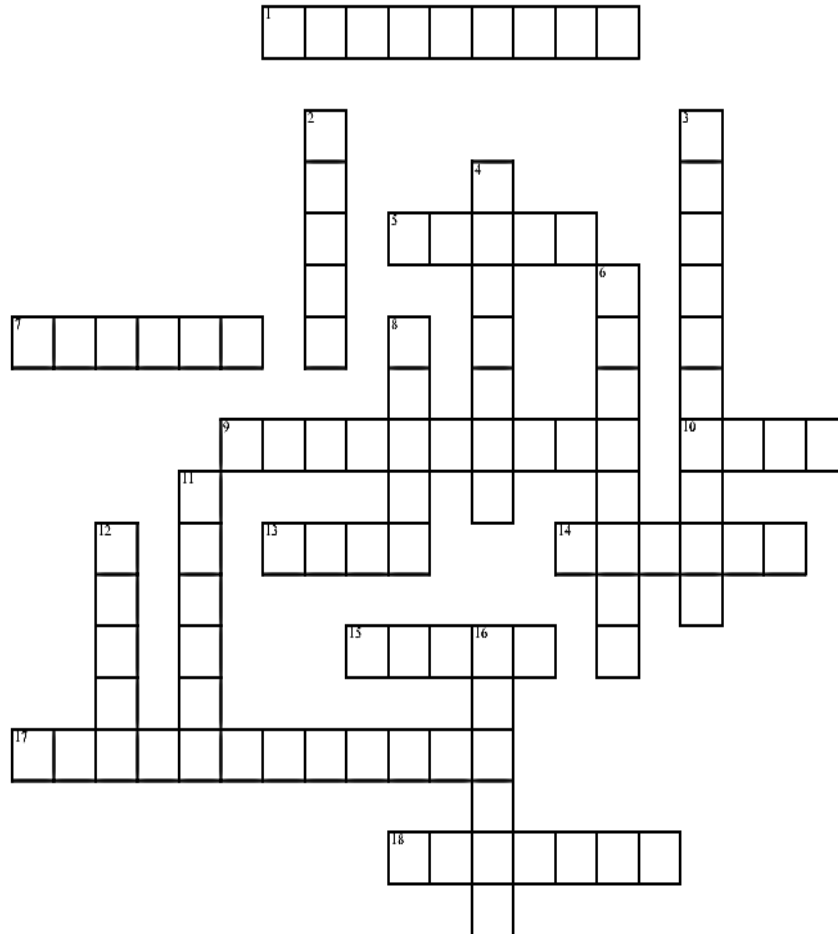


# MARCH 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10:30 am WORSHIP SERVICE COMMUNION/ COFFEE HOUR	2	3	4	5 7pm AA- Full Flight	6 8pm AA- White Rose	7
8 10:30 am WORSHIP SERVICE 11:30 pm VBS Meeting	9 6:30pm Consistory Meeting	10	11	12 7pm AA- Full Flight	13 8pm AA- White Rose	14 Noon- TCPA
15 10:30 am WORSHIP SERVICE	16	17	18	19 7pm AA- Full Flight	20 8pm AA- White Rose	21
22 10:30 am WORSHIP SERVICE	23	24	25	26 7pm AA- Full Flight	27 8pm AA- White Rose	28
29 10:30 am WORSHIP SERVICE	30	31				

# Activity Page

## LENTEN CROSSWORD



### Across

1. ASH \_\_\_\_\_
5. The Christian holy book
7. Jesus entered Jerusalem on this animal
9. Day in Lent recalling Jesus' death (2 words)
10. Branches waved at Jesus upon his entry into Jerusalem
13. Was with Jesus at the cross
14. Jesus prayed for 40 days here
15. What Jesus died upon
17. We spend Lent preparing for Jesus death and \_\_\_\_\_
18. Giving to \_\_\_\_\_ is a good Lenten practice

### Down

2. What Jesus shed for our sins
3. Holy Communion started after this
4. To go without
6. The final week of Lent (2 words)
8. Number of days in LENT
11. Season after Lent
12. Disciple who betrayed Jesus
16. PALM \_\_\_\_\_

# **2020 CONSISTORY**

**PRESIDENT** .....Margaret Scott  
**VICE-PRESIDENT**.....David Stauffer  
**SECRETARY**..... Beth Rohrbaugh-Mitts  
**TREASURER**..... Sue Houck

**TRUSTEES**~ Sue Houck, Lucy Kniseley, Lois Miller, Beth Rohrbaugh-Mitts, Carl Sallade.

**ELDERS** ~ Fred Miller, Margaret Scott, David Stauffer.

**DEACONS** ~ Joan Boyce, Kay Kraft, Justine Warfield.

**CHRISTIAN EDUCATION**.....Kay Kraft  
**FELLOWSHIP**.....Lois Miller  
**FINANCE & PERSONNEL**.....Carl Sallade  
**MISSION**.....Joan Boyce  
**PASTORAL RELATIONS** ..... Margaret Scott  
**PROPERTY** .....Fred Miller  
**RESIDENTS-IN-CARE**..... OPEN  
**SHERWOOD** ..... Lois Miller  
**WORSHIP**.....Margaret Scott  
**ALTAR GUILD**..... Margaret Scott  
**HEAD USHER** ..... Fred Miller

# TRINITY UNITED CHURCH OF CHRIST

## ADDRESS

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EMAIL: [office@trinityucc-york.org](mailto:office@trinityucc-york.org)  
WEBSITE: [www.trinityucc-york.org](http://www.trinityucc-york.org)

## OFFICE HOURS

Monday – Friday  
10:00 AM – 2:00 PM

## WORSHIP SCHEDULE

10:30 AM Worship  
11:30 AM Fellowship  
1<sup>st</sup> Sunday

## PASTOR

The Rev. Dr. Larry Covin, Jr.

## CHURCH SECRETARY

Beth Rohrbaugh-Mitts

## ORGANIST/CHOIRMASTER

Rev. Kellie Turner

## BOOKKEEPER

Cynthia Wixom

## SEXTON

Fred Miller

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