



# Trinity Lutheran Church Newsletter

March 2020

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## A Message from Pastor Debra:

Lord you have called your servants to ventures of which we cannot see the ending, by paths as yet un-trodden, through perils unknown. Give us faith to go out with good courage, not knowing where we go but only that your hand is leading us and your love supporting us; through Jesus Christ our Lord. Amen.

On Shrove Tuesday, February 26, we will gather in our parish hall to eat pancakes and sausage. We do this in preparation for the beginning of Lent that begins on Ash Wednesday, February 27. We do this symbolically by getting rid of the extras in our lives so that we might remember that God gives us everything that we need to live on each day. It also reminds us of our ancestors, the children of Israel who wandered in the wilderness and our God who gave them manna from heaven to sustain them while they journeyed. During Lent we are called to look to God more than to ourselves.

The season of Lent prepares us for the death and resurrection of Jesus. Lent prepares us for the celebration of Easter. The 40 days of Lent, (Sundays are not included in these 40 days because every Sunday is a celebration of our Lord's resurrection) the events of Holy Week, Maundy Thursday, Good Friday, and the Easter Vigil followed by the Resurrection of our Lord on Easter Sunday and the 50 days of the Easter celebration lift up for us both the importance of the cross and the resurrection. Easter is one event that is seen from two sides: cross and resurrection, each is incomplete without the other.

During the season of Lent, we look to God more than we look to ourselves because God created us to experience joy in communion with our Lord, to love all people and to live in harmony with all parts of creation. Sin however, and we are all sinners, separates us from God, our neighbours and creation, and so we are unable by our own will to enjoy the life God intended for us.

As disciples of Jesus we are asked to struggle against everything that leads us away from loving God, our families and friends. During this season through the disciplines of Lent we are given the opportunity to enter into a deeper relationship with God while we reflect upon our relationships with others. Confession tells God that we are sorry for the things we do that are wrong. Fasting helps us to remember that Jesus gave up his life for us and suffered on a cross. When we give up some of the things we like, we are telling Jesus that we appreciate what he has done for us. In order to keep our Lenten promises we need to pray for help from Jesus and this brings us closer to Jesus. When we have done all this, the hope is that we feel so good about ourselves that we want to help others.

During this season I encourage you to exercise the Lenten disciplines and participate, both in worship on Sundays and in worship and study offered on Wednesdays. May God bless you in your efforts!

We encourage you to  
look at our Trinity web  
page.  
([www.tlcstarbuck.com](http://www.tlcstarbuck.com))  
The web page is  
updated regularly.  
Please check it out.

## Sunday Morning Readings for March 2020:

### March 1, 2020

First Reading  
Psalm  
Second Reading  
Gospel Reading

### March 8, 2020

First Reading  
Psalm  
Second Reading  
Gospel Reading

### March 15, 2020

First Reading  
Psalm  
Second Reading  
Gospel Reading

### March 22, 2020

First Reading  
Psalm  
Second Reading  
Gospel Reading

### March 29, 2020

First Reading  
Psalm  
Second Reading  
Gospel Reading

### Lent 1

Genesis 2:15-17; 3:1-7  
Psalm 32  
Romans 5:12-19  
Matthew 4:1-1

### Lent 2

Genesis 12:1-4a  
Psalm 121  
Romans 4:1-5, 13-17  
John 3:1-17

### Lent 3

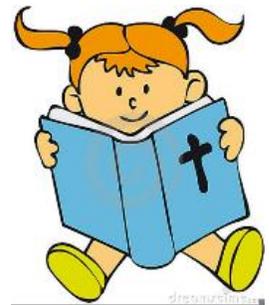
Exodus 17:1-7  
Psalm 95  
Romans 5:1-11  
John 4:5-42

### Lent 4

1 Samuel 16:1-13  
Psalm 23  
Ephesians 5:8-14  
John 9:1-41

### Lent 5

Ezekiel 37:1-14  
Psalm 130  
Romans 8:6-11  
John 11:1-45



## Lent

Lent comes from the Anglo-Saxon word meaning springtime and so it is to be understood as the holy springtime of the soul, a time for preparation, the planting of new seeds and growth. It is to be a time when we move closer in our relationship and love of God and God's people.

In Lent we look to God more than ourselves because God created us to experience joy in communion with our Lord, to love all people and to live in harmony with all parts of creation. But sin separates us from God, our neighbours and creation, and so we do not enjoy the life our God intended for us.

Also, by our sin we make God sad because God does not want anyone to suffer and when we sin people suffer. That is why we put ashes in the form of a cross on our heads, the ashes remind us that our sin hurts other and it tells God that we are sorry. The cross reminds us that Jesus loved us so much that he was willing to die for us.

As disciples of the Lord Jesus we are being asked to struggle against everything that leads us away from loving God, our families and friends. One of the ways we do this is through the disciplines of Lent; repentance, fasting, prayer and works of love. Repentance tells God that we are sorry for the things we do that are wrong. Fasting helps us to remember that Jesus gave up his life for us and suffered on a cross. When we give up some of the things we like, we are telling Jesus that we appreciate what he has done for us. In order to keep our Lenten promises we need to pray for help from Jesus and this brings us closer to Jesus. When we have done all this, we feel so good that we want to do nice things for others.

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## Fasting and Feasting:

Lent can be more than a time of fasting. It can also be a joyous season of feasting. Lent is a time to fast from certain things and to feast on others

Fast from judging others;	feast on Christ living in them.
Fast from emphasis on differences;	feast on the unity of all life.
Fast from apparent darkness;	feast on the reality of light.
Fast from thoughts of illness;	feast on the healing power of God.
Fast from words that pollute;	feast on phrases that purify.
Fast from discontent;	feast on gratitude.
Fast from anger;	feast on patience.
Fast from pessimism;	feast on optimism.
Fast from worry;	feast on the peace of Christ
Fast from complaining;	feast on appreciation.
Fast from negatives;	feast on affirmatives
Fast from unrelenting pressures;	feast on unceasing prayer.
Fast from hostility;	feast on non-resistance.
Fast from bitterness;	feast on forgiveness.
Fast from self-concern;	feast on compassion for others.
Fast from personal anxiety;	feast on eternal hope in Jesus.
Fast from discouragement;	feast on hope.
Fast from lethargy;	feast on enthusiasm.
Fast from suspicions;	feast on truth.
Fast from idle gossip;	feast on purposeful silence.
Fast from thoughts of weakness;	feast on promises that strengthen & inspire.
Fast from problems that overwhelm;	feast on prayer that undergirds.
Fast from everything that separates us from God	feast on everything that draws us to God

*By William Arthur Ward*

**Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin? Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you, the glory of the LORD shall be your rear guard. Then you shall call, and the LORD will answer; you shall cry for help, and he will say, Here I am. (Isaiah 58:6-9)**

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## Lenten Bible Study:

Our Lenten Bible study will take place on Wednesday mornings during the season of Lent. We will begin on March 4 and conclude on April 8.

Coffee time	9:30 - 10:00
Morning Prayer	10:00 - 10:30
Bible Study	10:30 - 11:30

### Reflections on the Lord's Prayer: A Lenten Study

1. Our Father in Heaven
2. Your Kingdom Come. Your will be done.
3. ... On earth as it is in heaven.
4. Give us this day our daily bread.
5. Forgive us our sins
6. Save us from the time of trial

😊 Please join us 😊



The sharing of the peace is a particularly important part of our Sunday Morning Worship service. During this flu season you are encouraged, when sharing the peace, with your neighbour to bump elbows or bow or offer some other gesture of recognition. This will be our way at Trinity to help slow down the spread of the flu.

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## Manitoba South Area Intergenerational Gathering:

May 23-24, 2020

This year our South Manitoba Area (What was the old Conference) is planning a intergenerational overnight youth event. The purpose of the meeting will be for our congregations to become reconnected. The youth will be welcome to come and stay for the duration of the event while other congregational members can come and go. We will have everything from soup making for the Urban to Square dancing. We are still in the planning stage.

## WORSHIP SERVICES DURING LENT

Sunday	February 23	The transfiguration of our Lord
Tuesday	February 25	Shrove Tuesday Pancake Day
Wednesday	February 26	Ash Wednesday
Sunday	March 1	Lent 1
Wednesday	March 4	6:30 pm Holden Evening Prayer
Sunday	March 8	Lent 2
Wednesday	March 11	6:30 pm Holden Evening Prayer
Sunday	March 15	Lent 3
Wednesday	March 18	6:30 pm Holden Evening Prayer
Sunday	March 22	Lent 4
Wednesday	March 25	6:30 pm Holden Evening Prayer
Sunday	March 29	Lent 5
Wednesday	April 1	6:30 pm Holden Evening Prayer
Sunday	April 5	Palm Sunday
Thursday	April 9	Maundy Thursday
Friday	April 10	Good Friday
Sunday	April 12	Easter Sunday



### Holden Evening Prayer:

During the season of Lent we will be meeting on Wednesday evenings before Choir practice from 6:30 - 7:00 for a Holden Evening Prayer Service. Please consider attending this service as part of your Lenten discipline. You are encouraged to observe the traditional disciplines of Lent: Fasting, Confession, Prayer and Alms giving or Random acts of kindness. These disciplines help us to get closer to God and one another.

### Meridian Council Lenten Prayer Service:

On Sunday March 8, 2020 at 7:00 pm., Trinity Lutheran Church in Starbuck will host a Meridian Council Lenten Prayer Service. This service will be similar to our Meridian Council Advent Service. The focus of this service will be to pray together as the body of Christ in this area, for peace in our world and peace in our time.

Fellowship and refreshments will follow the service.

## Canadian Lutheran Youth Gathering 2020:

August 20-23 2020 - The Southern Alberta  
Institute of technology, Calgary AB

The Canadian Lutheran Anglican Youth Gathering (CLAY) is a program of the Evangelical Lutheran Church in Canada (ELCIC) and the Anglican Church of Canada (ACC).

Canadian Lutheran Youth Gatherings have a history that goes back as far as 1966. In 2010, the gathering became a joint gathering of the ELCIC and ACC.

### The Theme Verse for CLAY 2020

**“Weren’t our hearts on fire within us as Jesus was talking with us on the road, and as he was opening the scriptures for us?” - Luke 24:32**

We are all on a journey. Maybe that sounds cliché, but it’s true. Our stories are unfinished, works in progress - we are En Route! And our journey causes us to ask some big questions along the way: Who am I? Where do I come from? Where am I going? Where do I belong? Jesus was on a journey too: a journey that led him up mountain passes and down wilderness trails, from the Jordan River to the streets of Jerusalem. En Route together, we’ll explore the paths that Jesus travelled, and perhaps learn more about our own journey along the way. Because Jesus isn’t just waiting around for us to arrive at our final destination. Jesus meets us on the road.

### Rise! Take Your Mat and Walk

**World Day of Prayer Service  
Prepared by the people of Zimbabwe  
6th March 2020 – 6:30 pm  
Community Room at Riverdale Apartments**



*Sunday March 8, 2020*  
*We **SPRING** Ahead*  
*Don't Forget to set your*  
*clocks*

**The nails did not hold  
Christ on the Cross  
Only his love for us could do that**



## Children's Page



### LENTEN CHILDREN'S PRAYER

Sometimes it's hard to do what is right and good, isn't it?

Tell God, or show God in your heart, one time when it was hard for you to do what was right and good. Take your time telling or showing this to God.

Then, tell or show God what made this hard for you. (God already knows this, but it can help you if you show this part of your heart to God.)

Ask Jesus to help you to remember that he's always with you; and then, when you are ready, picture Jesus with you in that hard time. Notice what Jesus is doing... is Jesus helping you?

Tell Jesus how you felt knowing that He was there with you. Remember that there is nothing ever that you will do that will stop Jesus from loving you!