



Seder and Maundy Thursday

One of the principle religious festivals celebrated by Jews is Passover. This springtime festival begins with an elaborate liturgy/supper commonly called the Seder. Holy Trinity has a long tradition of holding a Seder meal on Maundy Thursday. The Seder (the word means “order” as in order of service) is woven around retelling the Hebrew (Jewish) peoples’ history of liberation from slavery in Egypt. Symbolic foods are shared: matzoh (unleavened bread, a reminder that the Hebrews left Egypt in haste and the bread did not have time to rise), karpas (green vegetable, often celery, a sign of spring) dipped in salt water (the tears of slavery), maror (horseradish or other bitter vegetable, a reminder of the bitterness of slavery), and others including four cups of wine.

Our gospels tell us that Jesus was crucified during the Passover season. Mathew, Mark and Luke indicate that the Last Supper Jesus shared with his disciples was the Passover meal. John, however, places the Last Supper the evening before Passover. Either way, Passover was in the air.

As Passover and Easter are both spring festivals, and since Jesus’ final days on earth were played out at the time of Passover, many Christians have adopted the practice of holding a Seder Meal during Holy Week. Holy Trinity has held its Passover on the Thursday before Easter, that is, Maundy Thursday, transitioning from the Seder to the church for the traditional celebration of Maundy Thursday Eucharist ending with stripping of the altar.

Ann and I began our ministry with you during Lent so we followed your tradition of Seder and Maundy Thursday Liturgy on the same evening. What we discovered was that we rushed the Seder in order to hold the Maundy Thursday Liturgy at a set time. This meant we did not do justice to the Seder. Doing both Seder and Maundy Thursday Liturgies on the same evening also meant the clean-up from the dinner had to take place after the stripping of the altar, disrupting what should have been a time of reflection.

This year, in order to give both the Passover Seder and the Maundy Thursday Liturgy the attention and honor each deserves, we will hold the Passover Seder on Wednesday Evening at 6 pm. The Maundy Thursday Eucharist and Stripping of the Altar will take place the following evening at 7 pm.

Fran



Reflections about Lent

For 25 years in my home parish, Lent was a season of incense, prayer, fasting, and self-denial. We were encouraged to examine our lives to become more acutely aware of things that we did or did not do that alienated us from God and one another. Repentance meant turning around, making a new effort to do things motivated by love. That led me to “give up” something. Then one year, I felt strangely motivated to put on something that would make me more aware. That year I gave up skipping lunch. I was dean of the Graduate School and grabbing a handful of cereal between meetings was my daily substance. So, during lent I scheduled meetings over lunch. What a concept. It meant planning, inviting someone to join me and have a conversation, rather than either work at my desk through the noon hour or shoot off another cluster of emails. Slow down was the effect, plan ahead, be engaged, live while working. Another year I put on an extra book of devotions, something outside my work orbit, with spiritual feeding and reflection. That was before we could stream the book audibly and listen as we drove or did mindless tasks.

This pattern is a move from giving something up to putting something on to be aligned with the author of our salvation. If giving something up is your Lenten tradition, then give up being too busy to nurture a life of prayer and relationships, give up pursuit of selfish ambitions and put on humility, regarding others as God’s beloved son or daughter. Put on the mind of Christ. God whose beloved Son came to reveal God’s love and solidarity with all of us. This pattern is also reflected in the Philippians hymn: “Let the same mind be in you that was in Christ Jesus, who though he was in the form of God, did not regard equality with God as something to be exploited, but emptied himself, taking the form of a slave, being born in human likeness. And being found in human form he humbled himself and became obedient to the point of death – even death on a cross.” (Philippians 2: 5-8)

Jesus came down to earth, lived an obedient life of loving service, and was raised up after dying on the cross. This process of giving up in order to take on the life of service, of loving God and neighbor fully, is the way our spirits are aligned with the one we confess as LORD.

Ann+

Lenten Program and Holy Week

Wednesdays March 6, 13 and 20: Linda Wirts will open the church for an hour of silent contemplation, prayer, reflection (5-6 pm). At 6 pm, Ann and Fran will offer a series of teachings about spirituality in the parish hall with a simple meal of soup and bread (6-7:30 pm).

Holy Week:

March 24: Palm Sunday 10 am service

Mon March 25: 6 pm lay led worship

Tues March 26: 6 pm lay led worship

Wed March 27: 6 pm Seder meal in parish hall

Maundy Thursday 7pm Service with Eucharist and Stripping of Altar 7. Prayer vigil in chapel

Good Friday Services noon and 7 pm

Sat Mar 30 8pm Easter Vigil at Cathedral, Burl.

Easter Day 10 am service (Easter Bunny at Coffee Hour)

Holy Trinity Outreach Updates

Outreach Meetings will be moved to first Wednesday of each month at 9:00 with the addition of having one or two meeting a year on a Sunday to allow for extended participation. Next Meeting will be held on March 6th at 9:00 in the Upper Room.

Please contact Mary Wood or Deanna Edwards if you would like to join the Outreach Commission

Open Door Dinner 2024

April 18th Deanna and Shelley

May 23rd Natalie and Helen

June 20th Mary W. and Laura

If you would like to help with any of the open door dinners, please reach out to the lead people for each month.

Look forward to a fundraiser event to support the Marianne's Bench Project beginning in April. This will be facilitated by Helen Short

Natalie will be facilitating the collections for Martha's Kitchen. Please see the list of items they would like for their program listed every other month in the weekly updates.

Scholarship Committee , Mary Hartman, Natalie Good and Shelley Robtoy will be reviewing scholarship applications during the month of March.



Easter Flowers

Look for envelopes on the sideboard to donate for Easter lilies in memory or thanksgiving

Transition Team Update

February has been an exciting month for the Transition Team. We received three portfolios from applicants. They were contacted, two responded and interviews have been scheduled. The third applicant was contacted and he responded that he had accepted a position in another diocese. We are expecting a portfolio from another applicant.

The actual number of applicants has varied due to the stipend that was originally set and life circumstances of applicants. One candidate dropped out for personal reasons, another accepted a call elsewhere so we did not receive their portfolios. At the February Vestry meeting the Vestry voted to increase the stipend to be in line with the average rector compensation nationally. Our Transition Consultant has reposted the opening with the new compensation package and extended the deadline for rectors to apply. There is a transition conference in March which usually brings a new group of clergy looking for a new position. The two upcoming interviews and reference checks will determine if we will be calling a rector soon, or if we need more applications from rectors to review and interview.

Helen Short

Calendar

Sun 3/3- Sunday Singers & Choir, 9:15am.

- Choir Rehearsal for Easter, 11:30am.

Wed 3/6- Outreach Meeting, 9am.

5-6 pm Open church, 6-7:30 soup & study

Sat 3/9- 9:30-11am Simnel cake baking

Grief Luncheon in parish hall, NOON.

Sun 3/10- Sunday Singers & Choir, 9:15am.

- Choir Rehearsal for Easter, 11:30am.

Mon, 3/11 5:30 Vestry

Wed, 3/13 5-6 pm Open church

6-7:30 soup & study

Sun 3/17- Sunday Singers & Choir, 9:15am.

- Choir Rehearsal for Easter, 11:30am.

Wed, 3/20 5-6 pm Open church

6-7:30 soup & Lenten study

Sun 3/24- Sunday Singers & Choir, 9:15am.

Mon 3/25- Lay led worship, 6:00pm.

Tues 3/26- Lay led worship, 6:00pm.

- Choir Rehearsal for Easter, 6:45pm.

Wed 3/27- Seder Meal in parish hall, 6:00pm.

Thurs 3/28- Maundy Thurs service w/ Eucharist & stripping of the altar, 7:00pm. Followed by prayer vigil.

Fri 3/29- Good Friday services at NOON at Holy Trinity & 7:00pm

Spectrum Youth

Meal Train® for St. Albans Drop-In Center

Holy Trinity Church has volunteered to do drop off for the Spectrum Youth Meal Train on the **fourth Monday of Each Month**. If you are willing to supply a meal by yourself or with a partner, please speak to Helen Short or Mary Wood if you are interested in signing up for a date in the future. You may also wish to join one of the families below to help support their offerings. 223 Lake St. St Albans

Date	Name	Menu
Mar 25	Sarah Hadd & Family	TBD
Apr 22	Mary Hartman& Madeline Martin	TBD
Jun 24	Mary Wood & Family	Taco Beef &Chicken Bar & Brownies
July 23	John & Laura Simon	TBD
Aug 26	Helen & Frank Short	TBD
Sept 23	Wally & Natalie Good	TBD

Mothering Sunday, March 10th

Please Join Us at Holy Trinity for a Special Celebration

Youth will gather on March 9th from 9:30-11:00 to bake Simnel Cake

Mothering Sunday, what are its origins in the Church?

The Journey to the Mother Church

Each year on the fourth Sunday of Lent, countries around the world celebrate Mothering Sunday. In the 16th century, Mothering Sunday was less about mothers and more about church. Back then, people would make a journey to their 'mother' church once a year. This might have been their home church, their nearest cathedral or a major parish church in a bigger town. The service which took place at the 'mother' church symbolized the coming together of families. This would have represented a significant journey for many.

Simnel Cake

Simnel cake has a strong affiliation to Mothering Sunday as it is usually associated with spring and Easter. It resembles a Christmas fruit cake but should be slightly lighter in texture. It has long been a tradition here at Holy Trinity the children have brought the ingredients to make the Simnel cake prior to Mothering Sunday.



Grief Luncheon

Sat, March 9, noon In the Parish Hall

Gather for soup & bread & fellowship. Bring your stories of grief and support those who are grieving. All are welcome.

ART WALL

Thank you to Judy Ayers for her acrylic art work and Sunday afternoon celebration. During March, the Rev Darcey Mercier, St. Luke's, St Albans and Grace, Sheldon will be our featured artist. Rev Darcey will be with us after church at **noon on March 3rd** to share about the process of iconography. Icons ze has written will be on the wall and a table.

Iconography is a spiritual practice of not only praying with icons, but also of writing icons. You may have observed that icons are often otherworldly looking, this is because they are not meant to capture your eyes, but your spirit, drawing you in, closer to God. When one prays with an icon, one is not praying to the icon, nor worshiping the image, but connecting beyond the image to the community of saints and to the divine.



SUNDAY SINGERS

A NEW opportunity for those who like to sing, but can't commit to midweek evening rehearsals:



On

Sundays, rehearse with the choir at 9:15, vest and process for the 10 o'clock service. Help lead communion chants, introduce new hymns and service music, sing Psalm settings, and support congregational singing. (No anthem preparation, so NO midweek rehearsal commitment required.)

Contact Kay at kayben1@yahoo.com if you would like to try it out. All are welcome!



Stations of the Cross

Stations of the Cross booklets are available on the communion rail for Wednesday meditation or whenever you choose to use them. The prints by Vermont artist Richard Clark were donated by Helen and Frank Short.



OPEN DOOR DINNERS

Nativity - Mar 23

Holy Trinity – Apr 18, May 23, June 20



Holy Trinity Episcopal Church

38 Grand Ave, Swanton, VT 05488

Office 868-7185

Website: holytrinityswanton.org
The Rev Ann Boyd 301-471-1861

boyda@hood.edu
aboyd@holytrinityswanton.org

The Rev Fran Stanford 240-285-7091
vfstanford@comcast.net
fstanford@holytrinityswanton.org
Admin Asst: Kiley Boutah

**Admin Asst: Kiley Boutan,
office@holytrinityswanton.org**

SI Warden. Sarah Nielsen
srwarden@holycross.org

Bookkeeper: Lisa Way
bookkeeper@holyspiritswanton.org

**Facilities Manager: George Plant
868 7185**

Sexton: James McDonald
802 582-5596

**Cleaning Services: Jill Walsh
AV/Tech: Lincoln Buczkowski**

AV Tech. Elitcom Buczkowski



MARCH BIRTHDAYS

- 6 Leanne Marie, Drew Wood
 - 7 Suzy Kenyon
 - 9 Hugh Kenyon
 - 13 Crystal Lampman
 - 18 Helen Short
 - 30 Sandy Hersey



In New Life

Timothy Jettie uncle of
LouAnne Wood & Jessica Dittmar

Barbara Hamm January 29
Burial in April, VT Veterans Cemetery

Betty Pike February 12
Meaghan Fournier's grandmother

Marc Poissant February 19
Services in the spring

*May they rest in peace
And rise in glory*