

Trinity Tidings

From the Interim Rector

Believe It or Else: It's Almost Lent



Ash Wednesday and Lent are Times of Self Reflection in preparation for the Time of Resurrection on Easter Sunday. We commemorate not only the death and resurrection of Jesus Christ, but also our own journey where death and resurrection are metaphorically constant features of our personal spiritual lives.

On Ash Wednesday ashes are placed on our foreheads to remind us of our mortality: "Remember that you are dust, and to dust you shall return." We also are invited to ask the Holy Spirit to join us during the 40 days of Lent as we examine our lives. We ask ourselves with the discerning power of the Holy Spirit where God would direct us to begin new lives with new directions and repent of our old ways.

Repentance does not mean feeling guilty about ourselves, beating ourselves up, or even saying we are sorry. Repentance in the New Testament means radically changing the direction our lives and minds have taken. The Greek word from the New Testament that is generally translated as repentance is "*metanoia*". *Metanoia* literally translates as "after mind". The words actually mean to turn one's life, to change one's mind, to move in a new direction, to know something new, to choose a new way of being.

Lent is a time of gestation where with God's guidance we can grow to deeper awareness of God's presence in our lives and actually make changes in our lives. On Easter we give birth to our new selves as we emerge from the "womb of the tomb." This deeper relationship with God is what we yearn for so deeply: to emerge from the shadows of Lenten doubt into the brightness of Easter faith.

God bless!

Father Raymond+

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Weekly Worship Schedule

Sunday

8 am: Rite I Holy Eucharist
(masked)

10:30 am Rite II Choral Eucharist
(masks optional)

Wednesday

7:30 am Holy Eucharist

12:30 pm: Healing Service

Both in St. Athanasius Chapel
(both masked)

~ Come Worship With Us! ~
All are Welcome

Trinity on the Hill Episcopal can
be found at:

3900 Trinity Drive,
Los Alamos NM 87544

www.latoth.org

admin@latoth.org

505-662-5107

REFLECTIONS AND THANKS



By Margaret Odell, Retired Senior Warden

I didn't want simply to fade away after the Annual Meeting, especially since I've spent the past two years being so intimately involved with the life of Trinity on the Hill. I'd be lying if I said I enjoyed all of my time as your Senior Warden, because we have all been through some pretty turbulent times together. I'm still wearing a mask whenever I feel it's warranted, mainly for my own safety, and I've chosen to view the Sunday service on line when I've felt unwell. Thanks be to God for the Media Team! But it is also a pleasure once again to see smiling faces and feel warm, enthusiastic hugs.

I'll never forget some of the phone calls and emails I've received since February 2021: "I've accepted a call to a new church...and Cynthia and Valerie will also be leaving" (Fr. Chris Adams). "We have no heat in the main sanctuary...and the furnace can't be repaired" (Junior Wardens). "DALA has decided to move so will no longer be renting space at TOTH" (DALA leaders). "A visitor to my office has tested positive for COVID and I'm going to get tested. We may need a supply priest for Sunday..." (Fr. Raymond) "I loaded the parish registers, financial records, and some artwork in my car and am taking them to Fr. Raymond's house" (Nancy Coombs).

Then there were those more joyous communications: "I'm happy to accept the Vestry's call to be the Interim Rector at TOTH" (Fr. Raymond). "I'm getting married" (Ben Schilling). "We will be baptizing Ramona Ruth Sandoval at the Easter Vigil" (Fr. Raymond). "Los Alamos is green and we can make plans for returning to the Common Cup" (Fr. Raymond). "We have heat" (Mark Hartman and Brad Wright). "I'm a grandma" (Lisa Rothrock). "Let's do an *ofrenda* for All Saints" (Fr. Raymond).

Clearly the past two years at TOTH have been full of highs and lows but, thanks to the working of the Holy Spirit, I feel the good times have outweighed the bad. And the element which, combined with the Holy Spirit, has kept me and our church thinking positively is YOU! Each member of the TOTH family, from the youngest to the most senior, has combined to remind me that we are all members of the Body of Christ and that we can overcome any obstacle if we work, pray, and play together!

As I step down as your Senior Warden, be assured that my TOTH family remains in my prayers daily. Thank you to the Vestry, Fr. Raymond, and all of you for giving me the privilege of being Senior Warden during these unusual times. I'll continue to see you all in the pews, classrooms, and hallways at TOTH. I pray 2023 will be a blessed year for each of us and our parish!

FROM THE JUNIOR WARDEN

I am writing this on my phone so I will keep it small.

By the time you read this, the annual report will have been published and read, I hope. There is not a lot more to write about since then so perhaps just a few words of thanks to snow shovelers, but also a word of caution or hint. That north stairway has become treacherously slippery so I moved a few bags of iSmelt nearer to the problem area. Please apply this knowledge as necessary.

Now that we are on to a new church year, our formerly Co-Junior Warden, Lisa Rothrock, has assumed the Senior Warden's role and I will be filling the Junior position. Thank you Lisa for your commitment in the past and now to the future as leader. Along with that, I will be writing about exciting ideas and happenings or trying to build some excitement around those things at the very least.

We among the Vestry have been discussing a movement to bring life to various ministries that have suffered during recent years. I hope you will find interest in re-joining with these efforts.

Something I have written about in the past and intend to more is an idea to re-vitalize, re-new, re-surrect, and re-imagine the Ministry formerly known as Buildings and Grounds. I don't want to change the name, unless you have a better idea, but I would like to invite participation. Sowhadaya think? Any one of you or more than one, if you are reading this, then offer up some ideas questions comments criticisms or contributions. Nominate someone you love (or someone you don't?) to join in the efforts for betterment of all.

Well my finger is tired and I said I would keep it small so I will end with the invitation to send me.

Until next time, I remain, after that remains to be seen.
Your Junior Warden,
Mark Hartman



FROM THE SENIOR WARDEN

Greetings from your new Senior Warden! I am truly excited about what this new year will bring and all the surprises God has in store for us. I know that I will be blessed with guidance and direction from Father Raymond, a fabulous Vestry, and the love and support of this amazing and resilient congregation. We are so very fortunate to live in a community where we can hear pure silence at night and see the Milky Way in all its glory 300 days out of the year! Very few people in this country can say that. And I pray that this town and all its many blessings will touch the perfect candidate for Rector, that they will know they belong here, and that this is truly home.



I want to thank Margaret Odell for serving and leading this church so faithfully, through all the ups and downs and surprises these past 2 years. She has been a true rock in providing advice, guidance, and direction while still maintaining some semblance of sanity. She started out with the desire to support Father Chris, but so much has transpired since then! Thank you, Margaret, for your dedication, your love, and your gentle direction and compassion. You will be sorely missed.

In case you don't know our new Vestry members, they are Isabella Stephens, Mary Ogle, and Kay Dreamtrader. Please be sure to thank them for their willingness to serve, as well as our continuing Vestry members: Kelli Maginot, Maggie Moore, Linda Light, Mark Hartman, and Rebecca Foley. I look forward to serving with this great and diverse group!

We also reelected Mark Hartman as Junior Warden. Many thanks, Mark, for all you do to keep this church afloat, be it heating, air conditioning, water leaks, or multitudinous other jobs that take all your spare time when you still have a day job. And you still manage to walk the halls every night to be sure the church is safe and sound. And of course many thanks to Brad Wright for his dedication to helping with the building and grounds. You have both blessed us abundantly.

Now that we are returning from Covid, I would like to restart all our ministries. That means we need to return to being the church of volunteers for which we are so well known. Please prayerfully consider where your strengths can be found (or where you wish they were stronger) and where your passions lie. Your gifts can reach not only our own parish but the entire community, so please be generous in considering sharing your time and talents.

I guess for now that's it. Perhaps I will have more to share in my next Tidings article, once I settle in a bit. Meanwhile, as Father Raymond said in his recent sermon, may the Lord find our cup empty so that He might fill it full of His loving presence, mercy, and grace.

Blessings,
-Lisa Rothrock-



SHROVE TUESDAY PANCAKE SUPPER

Trinity on the Hill
Episcopal Church
Invites Your Family!

Tuesday, February 21
5:30-7:30

Donations To Benefit
LA Cares



Mark your calendars for **February 21, from 5:30-7:30**, for our annual **Shrove Tuesday Pancake Supper.**

We're back after a long hiatus and we'll be flipping pancakes, turning eggs, frying sausages, and the usual accompaniments, such as fruit salad, juice, and milk.

The entire community is invited, so bring your neighbors and friends. Donations will be given to LA Cares, our local food distribution group. Sign-up sheets to help are in the church narthex or please call the church office for more information. See you in a few weeks!

For the record: December 2022

Confirmation: Samantha Rose McRae, December 11, 2022
Valarie Jane Prestwood, December 11, 2022



Trinity Tidings

A newsletter of Trinity on the Hill Episcopal Church

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Trinity on the Hill's Mission

*The Mission of Trinity on the Hill is to share the power and joy of
God's love, to fully embrace all God's children,
and to respond to the needs of our community
and the world in the spirit of Jesus Christ*

**The next regularly scheduled issue will be
in March, 2023. Submission deadline:
Friday, February 24, 2023.**

Submit electronically to admin@latoth.org



FEBRUARY 10TH 10AM-2PM **OPEN HOUSE!!!**

All Individuals First, Inc has officially MOVED!

We are having an open house for the public to come and see our new location- 3900 Trinity Dr., Los Alamos, NM. We are on the lower level of Trinity on the Hill next to the thrift shop.

This will also be the opening day of our Arts and Crafts shop which will be open every Wednesday from 8:30am to 12pm.

All Individuals First is a day program for adults with developmental disabilities. Our main focus is getting our clients out into the community, and engaging with community members. Our program focuses solely on the clients themselves: If they want to go somewhere, do something, or meet someone, we do everything in our power to make that happen.



**Be the first to see
our new location!**

**Opening day of
our ARTS and
CRAFTS shop.**

**Meet some of our
amazing clients!**

**Enjoy some delicious
catering from 'Full
Stomach, Full Heart'**

ALL INDIVIDUALS FIRST, INC.

3900 Trinity Drive
Los Alamos, NM 87544

(505) 500-8043

www.Allindividualsfirst.org

Monday - Thursday

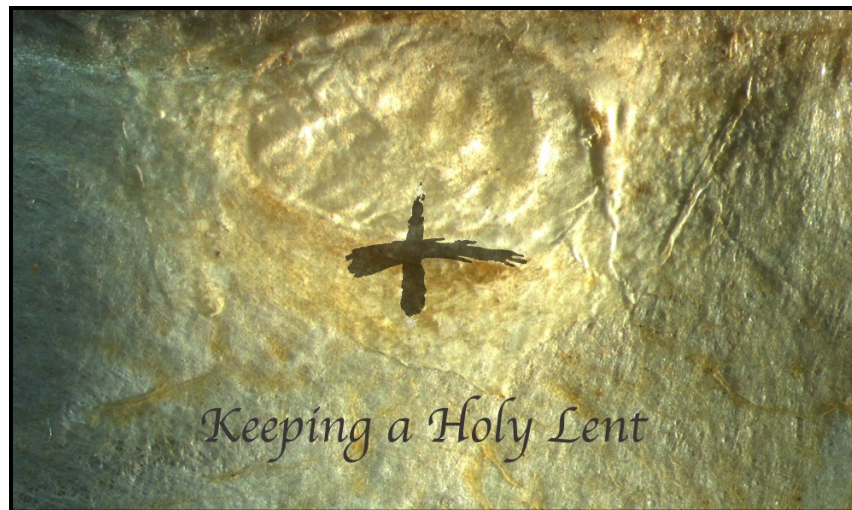
8am to 5pm

Ash Wednesday Services February 22, 2023

Ash Wednesday services with imposition of ashes and Holy Eucharist will be at 7:00 a.m. and at 12:30 p.m.. in the Athanasius Chapel.

The 7:00 p.m. Ash Wednesday Eucharist service will be in the Nave and will include music by our organist Margaret-Mary Sauppé and the Chancel Choir.

Father Raymond also will be providing the imposition of ashes at Sombrillo at 9:30 a.m.



WHY IT'S IMPORTANT TO OBSERVE HOLY DAYS

Liturgical Christians, such as Episcopalians, follow the church calendar of Holy Days and Seasons. That's why the dates on the liturgical calendars change colors, and why we have different colors at different times of the year.

These changes of seasons reflect the life of the church as it follows the life of the Messiah from anticipation of his birth to his ascension and the birth of the church at Pentecost.

In many ways, our own cycle of life follows that of the church. If we attend the Holy Days and Seasons of the Church, we provide a model for our personal growth through the trials, tribulations, glories and celebrations of our lives: from birth to life to growth and beyond.

If you do not attend church regularly, I urge you to consider adopting a regimen this church year of attending the first days of the church seasons.

For the upcoming season of Lent, I'd ask that you attend Ash Wednesday and the First Sunday of Lent. Then for Holy Week, I ask you to attend Palm Sunday, Maundy Thursday and Good Friday before Easter Sunday.

I believe this will provide an anchor for your personal growth this year. Thank you for your consideration.

Father Raymond



The Chosen: Season 3

"Come to me, all you who are weary and heavy-laden, and I will give you rest." Matthew 11:28

Season Three of the popular series "The Chosen" begins where Season Two left off: the **Sermon on the Mount**. Jesus delivers His hard-hitting, counter-cultural message as thousands gather and are impacted by it. As He preaches, flashbacks into the histories of various characters underscore how it is impacting them.

What does it mean to be chosen? Are only some people chosen or are we all chosen? Being chosen has far-reaching ramifications and endless applications – especially in a day and age when issues of identity are at the forefront of culture; insecurity, confusion, and a desire for purpose reign supreme.

The Chosen is a television series about the life of Jesus. The director and writers (Dallas Jenkins and team) have developed a backstory that helps to shed light on the culture and daily life of the people living at the time of Jesus' ministry. Together they bring to life the lives of the disciples and those around them, the character of Jesus and what it means to be His. Each session works in tandem with an episode from the show, bringing the Old and New Testaments to life in a fresh way.

Schedule: Starting **Sunday, February 26** from **9:15 to 10:15**, a discussion of the key topics and questions from each episode will be held in Sherrill Hall.

Please watch the episode each week before the Sunday class. Each episode can be viewed either on YouTube: <https://www.angel.com/watch/the-chosen> or <https://www.youtube.com/c/TheChosenSeries> or you can download the app to your phone or computer by accessing Angel Studios, The Chosen.

Contact Susan Sprake at sprakesusan@gmail.com or text to 505 570 0676 with any questions or comments.





God IS calling you!

The Episcopal Diocese of the Rio Grande **2023 Lenten Vocations Course**

Wednesday evenings

6:00-7:30PM (Mountain)

7:00-8:30PM (Central)

3/1, 3/8, 3/15, 3/22, 3/29 on Zoom

[Please Click Here to Register](#)

to receive links for live zoom meetings and session recordings

Learn more about the annual Vocational Discernment & Development Process in the Diocese of the Rio Grande at <https://dioceserg.org/vocations>

Our annual Diocesan Discernment Cycle begins each Lent with an Introductory "Vocations 101" course. This course/online retreat is open to any and all lay people, deacons, and priests in the DRG and beyond. Each session includes time for prayer, a brief topical presentation, and small group sharing. In this introductory course/online retreat we explore our basic understanding of Christian Vocation in the Episcopal Church. Over the course of five 90 minute sessions, we explore how the particular vows made in three different services from our Book of Common Prayer: the services of Holy Baptism, the Ordination of a Deacon, and the Ordination of a Priest, can shed light on particular aspects of the shared vocation of all Christians, and help us begin to see our own unique vocations, as individual members of Christ's Body, more clearly.

Here is the registration link: <https://dioceserg.org/vocations-course>




Camp season 2023

Campamento

para niños y adolescentes

Bienvenidos

Mark your calendars



Summer Camp Schedule is here

Family Camp June 15 – June 17 All ages	Session # 2 Camp Stoney June 25 – July 1 Ages 08 / 12 Rising 3rd–6th grader
Session #1 Adventure Camp June 18 – June 24 Ages 12 / 17 School year 2022/2023	Session #3 EYE23 (Maryland) July 3 – July 8 Grades 9 / 12 School year – 2022/2023

For info Contact us @ brangel@dioceserg.org

Instagram [campstoneynm](https://www.instagram.com/campstoneynm)

facebook [@campstoneydrg](https://www.facebook.com/campstoneydrg)

**The Church of the Holy Faith
Women's Spirituality Group Quiet Day
led by
Deborah Smith Douglas**

Deepening Prayer, Strengthening Communion

February 11, 8:30 a.m. – 4 p.m.

The Church of the Holy Faith invites all women in the community to join in the 2023 Women's Quiet Day for a day of pre-Lenten reflection, study, and silence.

This year the Quiet Day leader is Deborah Smith Douglas. Deborah Smith Douglas has degrees in literature and law, and is a writer, conference speaker, and Ignatian-trained spiritual director. She has led retreats for congregations, women's groups, church governing bodies and clergy of different denominations across the United States as well as in Canada, Scotland, and England. She served as writer-in-residence at the Episcopal Cathedral of All Souls in Asheville, North Carolina, and at the Episcopal Seminary of the Southwest in Austin, Texas. She is the author of *The Praying Life: Seeking God in All Things*, and, with her husband David Douglas, of *Pilgrims in the Kingdom: Travels in Christian Britain*. Her essays have been published in *Weavings*, *Commonweal*, *Desert Call*, *Spiritual Life*, *Christian Century*, and *The American Benedictine Review*. She is also a Camaldolese Benedictine oblate, and a member of the Society of the Companions of the Holy Cross.



Deborah explains: After many years of experimenting with various schools of meditation and prayer “techniques,” I have come to value four aspects of the spiritual life as indispensable:

- A conscious reliance on that “great cloud of witnesses” that surrounds and supports us, especially those women who are our ancestors in faith and prayer;
- Gratitude as a primary, an indispensable spiritual discipline;
- Intercession as essentially contemplative, prayer that will draw us close to the heart of God;
- And prayer that is silent, that is the Spirit praying within us, “too deep for words.”

This retreat will explore those ways of praying, by means of Scripture, poetry, and art. Three addresses will be followed by periods of silent reflection with suggestions for guided meditation and time for journaling. There will also be opportunity for sharing in a plenary session at the end of the day. The day will close with a Holy Eucharist in the Sanctuary.

All women are invited to attend this special day. A nursery will be available to those who request it when registering. The day will include a continental breakfast and light lunch. The Quiet Day is Holy Faith's gift to the women of our community.

To register call Donna Lukacs at The Church of the Holy Faith, 505-982-4447 or email her at donna@holyfaithchurchsf.org before January 29th.

LENT AT TOTH

Shrove Tuesday
February 21

Return of the TOTH Pancake Supper! Invite your friends and neighbors. 5:30—7:30 pm

Ash Wednesday
February 22

7 am: Holy Eucharist and Imposition of Ashes, Chapel

9:30 am: Imposition of Ashes at Sombrillo

12:30 pm: Holy Eucharist and Imposition of Ashes, Chapel

7 pm: Choral Eucharist and Imposition of Ashes, Sanctuary

First Sunday in Lent
February 26

Adult Education: The Chosen, season 3.

9:15 am in Sherrill Hall, led by Susan Sprake

Commissioning of Vestry Members and Delegates at 10:30 am

Thursdays in Lent
beginning March 2

Lenten Soup Suppers at Bethlehem Lutheran Church.

TOTH provides soup, bread, and choral music on March 30



FEBRUARY

VOLUNTEER SCHEDULE

February 2023

Date	Time	Server 8 am/ other Acolytes	LEM/LR	Prayers of the People 10:30	Media Team 10:30	Usher 10:30	Altar Guild
Feb 5	8:00	Richard Triplett	Margaret Odell				Marilyn and Paul Lisowski Andy and Linda Light
	10:30	Mariah Stephens, Server Peter Maginot, Crucifer CeCe Gulsby, River Yamada, TBs	Lisa Rothrock, LEM/LR	Lisa Rothrock	Rick/Mark/ Robin	Andy Light	
Feb 12	8:00	Luke Favorite	Rozelle Wright				Rozelle and Brad Wright Kathy and Pete Peterson
	10:30	Ben Foley, Server Susan Sprake, Crucifer River Yamada, Peter Maginot, TBs	Marilyn Lisowski, LEM/LR	Michelangelo L.	Michelangelo/ Richard	Damon G.	
Feb 19	8:00	Mariah Stephens	Kay Dreamtrader				Renee Roybal Valarie Prestwood Karen Humphrey
	10:30	Isabella Stephens, Server, Ben Foley, Crucifer Josh and Anna Moore, TBs	Lynn Godwin, LEM/LR	Claire Singleton	Nancy/Rachel	Bill Godwin	
Feb 22 Ash Weds.	7 am		Rozelle Wright				TBD
	12:30						
	7 pm	Susan Sprake, Server Mariah Stephens, Crucifer Josh and Anna Moore, TB	Anne Huysman	Linda Light	Bill Godwin	Maggie Moore	
Feb 26	8:00	Ben Schilling	Rozelle Wright				Ellie Giovanielli Marybeth Stephens Jo Moore, Susannah Smith
	10:30	Mariah Stephens, Server Ben Foley, Crucifer CeCe Gulsby, TBD, TBs	Susan Sprake, LEM/LR	Joe Cox	Richard/Rick	Damon G.	



Remaining Connected during COVID-19

Let's get something straight: Screen-Time Burnout is a real thing. But it's the safest way to stay connected, so let's use it to the best of our ability. Knowing this, however, we have expanded some in-person offerings for those who desire.

Sundays:

- **Holy Eucharist Rite I** at 8 am, in person only (**masks required**).
- **Choral Eucharist Rite II** at 10:30 am, in person (**masks optional**) and via Facebook live at www.facebook.com/trinityoth

Tuesdays:

- **Women Alive** via Zoom and in Sherrill Hall at 7:30 am. Contact Rozelle Wright or Claire Singleton for the link. First Tuesday walks around sunrise.
- Zoom **Coffee Hour** at 10 am. Link sent out via email (admin@latoth.org for more information)

Wednesdays (masks required):

- **Holy Eucharist**, 7:30 am in St. Athanasius Chapel. In-person service only.
- **Service of Healing**, 12:30 pm in St. Athanasius Chapel. In-person and Zoom service.

Thursdays:

- **Men's Group**, 7:30 am, Sherrill Hall
- **Holy Communion**, 9:30 am at Sombrillo Nursing and Rehabilitation Center
- **Service of Prayer for Healing**, 10 am at Aspen Ridge Lodge

Trinity on the Hill Episcopal Church

3900 Trinity Drive

Los Alamos, NM 87544

Return Service Requested



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February 2023