

## **Rector's Column**

"I will instruct you and teach you the way you should go; I will counsel you with my eye upon you." Psalm 32:8

Dear Friends,

Through the work of General Convention, the church has authorized a wide range of liturgical resources for use in worship. Over the years, the Convention has passed several resolutions directing the creation of revised and new services that use inclusive language as well as expansive images of God that reflect and express the inclusive nature of our policy and practice. We are a diverse church with an international, global reach and membership.



For example, General Convention #79 held in Austin adopted a resolution that allows all congregations in the Episcopal Church to use optional, expansive-language versions of the Rite II Eucharistic prayers in the 1979 Book of Common Prayer. We have been using these versions at Trinity since their adoption in 2018.

At General Convention #80 held in Baltimore in 2022, Resolution A058 directed the Standing Commission on Liturgy and Music to provide oversight and maintenance dedicated to providing our expanding resources. This website was conceived of and built by the Task Force on Liturgical and Prayer Book Revision. The existing liturgy page of the website can be found here: <a href="https://www.episcopalcommonprayer.org/existing-liturgies1.html">https://www.episcopalcommonprayer.org/existing-liturgies1.html</a>

The 80th Convention instructed the Standing Commission on Liturgy and Music to examine liturgical materials in regards to colonialist, racist, white supremacist, imperialist, and nationalistic language and to develop proposals for amending the texts. The same Convention also adopted *The Guidelines for Expansive and Inclusive Language* (directed by the previous Convention) as working principles for the development of liturgical materials, directing the Standing Commission on Liturgy and Music to follow these guidelines, and commended them to all persons who write or speak on behalf of The Episcopal Church. The Guidelines for Expansive and Inclusive Language were in the reports to the 80th General Convention of the Task Force on Liturgical and Prayer Book Revision and the Standing Commission on Liturgy and Music.

The Guidelines introduce the importance and distinction in the use of expansive language, inclusive language, and metaphorical language in developing liturgy and hymnody for worship. The work of both the task force and the standing commission sought to maximize rather than erase language from our liturgical lexicon. "Language matters," states the report, "It shapes our sense of reality, and through language we forge and maintain our relationships with God and one another." This is to say that expansive Language is not intended to displace traditional language for God, but rather uses additional metaphors as a means to understand God in a more faithful way that includes rather than excludes people. A PDF document of the full report can be viewed and downloaded here: <a href="https://extranet.generalconvention.org/staff/files/download/29991">https://extranet.generalconvention.org/staff/files/download/29991</a> The 31-page report provides the background of both theology and practice of Episcopal faith, and I recommend it to you for an understanding of the breadth of our faith tradition and commitment to worship that inspires every generation and people.

In Christ's Peace, Pastor Rachel+



#### From Father Allen Hicks

Looking at the Liturgical calendar for this month, March, 2024, we could be totally justified by calling this a Holy Month. We enter the month already on our Lenten journey and the whole month is part of the season of Lent, finally culminating on the last day of the month being Easter Day. If that isn't an omen of what this month could be for us, I don't now what else could be so strong.

I encourage you to partake of the opportunity that Lent symbolizes for us. It is a time of reflection, reconciliation, and atonement on the lives we are living. It is a good and positive experience to be able to sit and honestly consider who you are, where you have been, what you have done, and most importantly – who do you want to be for the rest of your life. There is no prescribed method of doing this 'living inventory'. You're kind of on your own. So, in the times when you are in a quiet mode, take a few minutes each day to ponder life, the life journey you have been on, and an honest appraisal of who you are!

And, this is not a time to beat yourself up with all types of guilt trips and the coulda/shoulda trappings. Yeah, we've all made mistakes in life and wish we had done things better. That's the value of hindsight. Isn't that great? The value of those mistakes is that we have learned from them, hopefully, so they did serve a useful purpose even if it was hard to see at the time. As those of you who know me can attest, one of my biggest hot buttons that I will repeatedly talk about is the declaration that all of life is about relationships. Relationships are why we are here on this planet earth. Nothing else – no other reason. It is in how we treat one another that the value of our life will be remembered. It is in how we treat the stranger. It is in how we treat our family members. It is in how we view that person who doesn't quite look like us, and thus how we will treat that person. It is in how we treat those who have different opinions than those we value. It is not only what we say but how we say it. Be kind to others and be kind to yourself. There is nothing more than that.

Peace be with you now and always, Fr. Allen



# Schedule of Services

Sundays
8:00 AM
Spoken Rite 1-Eucharist Service
In Person and Live Streamed

10:00 AM Spoken Rite II-Eucharist Service In Person and Live Streamed

**Trinity's YouTube Page** 

**Trinity's Website** 

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Believe (((†))) OUTLOUD

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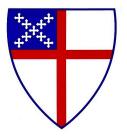
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# March 2024 Calendar:

Saturday, March 2, 2024: Prayer Shawl Ministry at 10 AM Sunday, March 3, 2024:

Lent III at 8 & 10 AM

Bible Study on "Book of John" at 11:30 AM

**Daughters Of the King meeting at noon** 

**Communications Team meeting at noon** 

**Evensong at Trinity at 5 PM** 

Thursday, March 7, 2024: Service at Washington Oakes at 1 PM Sunday, March 10, 2024:

Lent IV at 8 & 10 AM

Bible Study on "Book of John" at 11:30 AM

Altar Guild Retreat from 12 to 3:30 PM

**Sunday, March 17, 2024:** 

Lent V at 8 & 10 AM

Bible Study on "Book of John" at 11:30 AM

Evensong at St. Phillips at 5 PM

Thursday, March 21, 2024: Service at Washington Oakes at 1 PM

Friday, March 22, 2024: "Stations of the Cross" Organ Recital at 7 PM

**Sunday, March 24, 2024:** 

Palm Sunday services at 8 & 10 AM

**Vestry meeting at 12:30 PM** 

#### **HOLY WEEK:**

Wednesday, March 27, 2024: Tenebrae Service at 8 PM

Thursday, March 28, 2024: Maundy Thursday service at 7 PM

Friday, March 29, 2024: Good Friday service at 7:30 PM

Saturday, March 30, 2024: Easter Vigil service at 8 PM

Sunday, March 31, 2024: Easter Sunday services at 8 & 10 AM

#### Dear Trinity Family,

Change is in the air --- As I write this, it is two days before the election of the Bishop of Rochester. By the time you read this, you will know whether Pastor Rachel will be leaving us this year to assume that position or another person has been elected and our rector will be with us for a while longer. So why do I say, definitively, that "change is in the air"?



The first reason is our faith and our church calendar. As we move through the seasons of the church calendar, it occurs to me that God never stands still. There is always movement, predictable movement such as the beginning of Lent and the process toward Holy Week and Easter, but also movement that we do not expect. People come and go. Those who stay experience life changes (aging, illness, job change/retirement, loss, traumatic events) that alter them in minute and obvious ways. Our church calendar, the basic rites of the Episcopal church, and the solidity of our church buildings can provide stability, but really, we are adjusting to change all the time.

The second reason that I say "change is in the air" is that we continue to move away from the years of the pandemic and need to decide how to reinvent ourselves as a church. Whether Pastor Rachel leaves us in the next few months or at some point further in the future, that reinvention is up to us as a community. Our clergy can guide, but the effort needs to come from us.

Please start to consider: What do you want our church to stand for and to be known for? What kinds of church services do you want? What do we already do well and in what could we improve? In what way could we go beyond what we do now? How can we make use of the resources of the Episcopal Church beyond Trinity? What can we learn from other churches, both Episcopal and other? How can we use the skills and talents of our current parishioners more effectively? How do we create deeper, more satisfying bonds with each other? How do we challenge ourselves?

Change can be stressful. As we do this walk, engaging with each other, we inevitably will encounter views and preferences different from our own. Let us remember to cultivate a civil discourse, listening carefully to each other without judgment and expressing ourselves in a respectful manner. As preparation for those talks, I encourage you to walk with your congregation through Lent and the deeply meaningful services of Holy Week. Perhaps by focusing on our walk with Christ, we can deepen our walk with each other.

Eileen Bernat (425) 293-2717 - efbphd@aol.com



Dear Members,

Michelle Wheeler, Jr. Wilderness Explorer (Warden) reporting for duty. How may I assist you?

Thank you to the vestry for entrusting me with this important job. I'm working to learn the ropes as to my responsibility to you and Trinity and who has helped the Jr. Warden in the past.

Right now, some of the projects we are working on are updating the electrical at the tech booth and replacing the windows in the sacristy.

I'm hoping to learn a lot and serve you well.

Michelle Wheeler, Junior Warden





#### Greetings Fellow Parishioners,

Why do people give things up until Easter Sunday? Lots of people do this throughout Lent as a sign of sacrifice and to test their self-discipline. Christians believe that this is to represent Jesus Christ's sacrifice when he went into the desert to pray and fast for 40 days. 40 days is also a good start on changing bad habits or establishing good ones. What if I missed making a commitment on Ash Wednesday? Today is the first day of the rest of your life; why not start today.

#### **Changing Your Habits:**

Phillippa Lally is a health psychology researcher at University College London. In a study published in the European Journal of Social Psychology, Lally and her research team decided to figure out just how long it actually takes to form a habit. The study examined making new habits with each person choosing one new habit. Some people chose simple habits like "drinking a bottle of water with lunch." Others chose more difficult tasks like "running for 15 minutes before dinner." At the end of analyzing the data it was determined on average, it takes more than 2 months before a new behavior becomes automatic — 66 days to be exact. And how long it takes a new habit to form can vary widely depending on the behavior, the person, and the circumstances.

The 40 days of Lent are a good start on beginning anew or recommitting yourself to exploring the practices of living a Jesus centered life.

The *Way of Love* is a way of life emulating the loving, giving way of life of Jesus Christ. It is a return to the ancient pathways and 'Rules of Life' that followers of Jesus observed for centuries. A Rule of Life is an intentional commitment to practices that provide guidance, rhythm, and inspiration for living a beautiful, meaningful, and holy life. They committed themselves to life practices and gathering in small groups of finding love and support.

After Easter we will revisit the budget and assess weather our habits need to change or we have sufficiently developed Christ's loving, giving lifestyle.

Let us hope that our Easter preparations will yield good outcomes in our daily and spiritual lives. You deserve your best spiritual life through Jesus Christ.

Peace be with you, Jarman Minar - Treasurer



### **ENDOWMENT FUNDS REPORT**

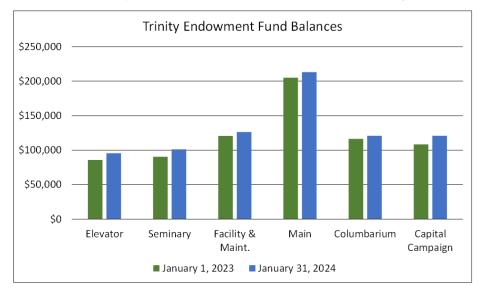
Endowment Fund

The total balance of the Trinity endowment funds on January 31, 2024 was \$777,921, up from \$775,067 on January 1, 2024 and up from \$727,190 on January 1, 2023. The total balance in the endowment funds as of January 31, 2024 was 0.4% higher than on January 1, 2024 and 7.0% higher than

on January 1, 2023.

During 2023, \$29,751 was withdrawn from the endowment funds for use by the church. About \$13,708 or 46% of this amount was withdrawn from the Main Endowment Fund and \$7,145 or 24% was withdrawn from the Facilities & Maintenance Fund. The Columbarium Fund contributed \$8,024 towards improvement projects at the church during 2023. Approximately 5% of the Main Endowment Fund balance is contributed to Trinity's operating fund each year and up to \$9,000 can be withdrawn annually from the Facilities & Maintenance Fund for facility maintenance and improvement expenses. According to the Endowment Committee Bylaws, certain amounts can be withdrawn annually from the endowment funds for various purposes.

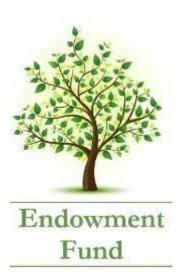
The amounts in the endowment funds are invested with UBS Financial Services, Inc., and our UBS financial advisor is in Everett. A combination of equities (45%), fixed income (33%), other investments (19%) and cash (3%) make up the investments for our funds. The overall investment strategy is considered "Moderate" risk by UBS. The balances in each of the endowment funds on January 1, 2023 and January 31, 2024 are shown in the following chart:



(Continued on next page)

The Endowment Committee meets quarterly with the UBS financial advisor to review the status of the endowment funds and determine if any changes should be made in the investment strategy. If you would like more information or if you would like to make direct contributions to any of the endowment funds, contact any of the members of the Endowment Committee: John Heberling (Chair), Betts Bell (Recording Secretary), Kevin Mack (Secretary), Don Stapleton and Linda Gabourel. Lorraine Dietel (Vestry representative), Jarman Minar (Trinity Treasurer) and Pastor Rachel (Rector) are non-voting members of the Endowment Committee. Evie Beard also participates in the Endowment Committee meetings.

John Heberling, Endowment Commission Chair



# **Qualified Charitable Distributions**

At our most recent parish annual meeting, Marc Georgeadis of UBS Financial Services discussed some ways to contribute to Trinity that may have some potential tax benefits for the contributor. Marc, as the financial advisor to Trinity's Endowment Committee, meets with the committee members on a quarterly basis to review the status of Trinity's invested endowment funds. One of the contribution options Marc mentioned at the annual meeting was a transfer from a retirement account directly to Trinity.

The Internal Revenue Service (IRS) indicates that owners of Individual Retirement Arrangements (IRAs) aged 70-1/2 or older can transfer up to \$100,000 per year to charity tax-free each year. These transfers are called qualified charitable distributions (QCDs). Normally, distributions from a traditional IRA are taxable when received. With a QCD, however, distributions from an IRA become tax-free as long as they are paid directly from the IRA to a charitable organization. An IRA distribution, such as an electronic payment or a check made directly to the IRA owner does not count as a QCD even if the IRA owner then sends the money to a charity.

Each year, an IRA owner age 70½ or over can exclude from gross income up to \$100,000 of these QCDs. For a married couple, if both spouses are age 70½ or over and both have IRAs, each spouse can exclude up to \$100,000 for a total of up to \$200,000 per year for the couple. It is important to keep proper records of your QCDs since they are not necessarily distinguished from other normal IRA distributions on Form 1099-R provided by the IRA trustee.

QCDs are not deductible as charitable contributions on Schedule A of your tax return. When a QCD is provided to a charitable organization a written acknowledgment should be obtained by the donor that in general, states the date and amount of the contribution and indicates whether the donor received anything of value in return.

You may want to discuss the option of a QCD with your financial advisor when contributing to Trinity. More information can be found at:

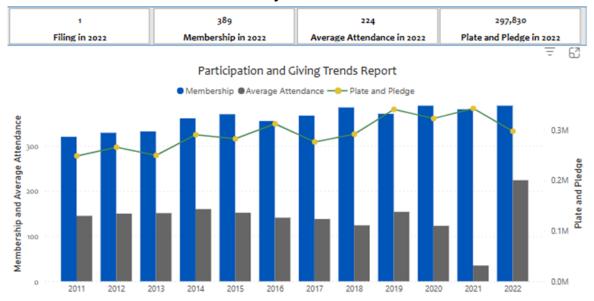
Reminder to IRA owners age 70½ or over: Qualified charitable distributions are great options for making tax-free gifts to charity | Internal Revenue Service (irs.gov)

John Heberling, Endowment Commission Chair

Individual Retirement Arrangements and Individual Retirement Accounts are the same thing. The IRS currently calls them Individual Retirement Arrangements.

The charitable annual transfer amount goes up to \$105,000 in 2024.

Once you have selected a particular diocese you can review the same data items for each congregation in the diocese. For example, Trinity Everett shows that total annual giving has increased from \$248,945 in 2011 to \$297,830 in 2022, representing an increase of 19.6% over the twelve-year period. Membership at Trinty is shown to have increased from 320 in 2011 to 389 in 2022, representing an increase of 69 or 21.6% over the twelve-year period. Following is the graphical presentation of the data trends at Trinity Everett.



The impact of the pandemic on average attendance at Trinity (the gray bars) is readily apparent in the above chart. It is good to see the vast improvement in average attendance at Trinity between the pandemic year of 2021 and 2022. Note that in 2022, average attendance includes the summation of in-person attendance and on-line viewership. Trinity is obviously important to all of us but, for those of you who attended Episcopal churches in different parts of the country, a little research on the website may provide a glimpse as to how those churches have been doing.

John Heberling



#### MUSIC OF THE HEART

I could be called a liturgical music "nerd," and consider it a compliment. I can say I actually *love* Lent. The images of forgiveness, reconciliation, healing, death, resurrection, and hope for life eternal are augmented in a musical tapestry that goes beyond words.

The gospel for the 4<sup>th</sup> Sunday of Lent (March 10 this year) reminds us that "God so loved the world, that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life." Some of the greatest church music of all time has been written to help tell these stories we all need to hear – again. Just like young kids watching "Frozen" a zillion times, so too, all of us are enriched by hearing those familiar lessons of God's love for us again. Each time, there is something new, if we fully engage in it.

I struggle with finding enough time to quietly connect. I'll keep trying to make baby steps. I hope many of you will set aside some time to do the same, and especially to worship with us, each week and especially take in the beautiful, moving services of Holy Week. Growing up Catholic, we had a lot of "holy days of obligation" – where we expected to attend mass on the appointed day as a duty. For Lent and Holy Week, I prefer to look at participation as "holy days of opportunity."Our uniquely beautiful liturgies during Lent have more quiet time, with simpler and more repetitive music, more opportunity to slow down, have conversation with God, to ultimately make the joy of Easter and the promise of our resurrection brighter than ever.

We have several special musical opportunities to immerse ourselves in reflection and meditation.

Evensong for the 3<sup>rd</sup> Sunday of Lent at Sunday, March 3, 5:00\*pm

TRINITY Traditional sung Anglican prayer

**OPEN TO ALL** 

Sunday, March 17, 5:00\*pm Evensong for the 5<sup>th</sup> Sunday of Lent at ST.

PHILLIP'S, Marysville - Traditional sung

Anglican prayer OPEN TO ALL.

Friday, March 22, 7:00pm The Fourteen Stations of the Cross at

TRINITY Multi-media presentation, music by Alan Ridout, performed by the Rev. Dr. Walter

Knowles, organist. See details below.

(continued on the next page)

If you would like to take part in Evensong, but are not a regular member of our choir, please join us. Preparation for these two services will be at 3:30pm each day. Please contact David Spring with any questions.

#### **LOOKING AHEAD**

Experience the <u>fullness</u> of Holy Week beginning with **Tenebrae** Wednesday, March 27. The *Triduum* (Three Days) begins March 28 with Maundy Thursday, Good Friday March 29, with the powerful music and drama of the Passion of Christ, and the ultimate liturgy of the senses, the Easter Vigil on Saturday, March 30.

#### **COMMENTS/QUESTIONS?**

Please contact David Spring, Music Director, 206-261-0873, <a href="mailto:davidrspring@icloud.com">davidrspring@icloud.com</a>

#### THE FOURTEEN STATIONS OF THE CROSS

Walter Knowles, organist

FRIDAY, March 2, 7:00pm - Trinity Episcopal Church, Everett

Walter Knowles will again perform "The Fourteen Stations of the Cross" (1978) by Alan Ridout (1934-1996) on the 3 manual Balcom and Vaughan/Bosman organ. This program is part of a multimedia meditation including photos of the sculptures from the Altenberger Dom (which inspired this suite), and poetry by Malcolm Guite. The program will be shorter than Lenten organ offerings by other composers.



#### **ABOUT WALTER KNOWLES:**

The Rev. Dr. Walter Knowles is a musician, liturgist, and Episcopal Priest based in Everett. His wife, Lorelette, is active in our parish choir, and both have been strong supporters of our music program. Walt studied organ with Lucille Graham Beasley and Roger Nyquist, and has been a parish musician in Canada, California, and the Seattle area, leading worship and music at the Church of the Redeemer from 1985-2005. He has also functioned as a choral conductor, orchestral keyboardist, and harpsichordist. While most of his work has been in (very) early music, he retains a great interest in music of our own time, and its relationship to worship, theology, and the other arts.



#### Dear Trinity Family,

We are in the season of Lent and will celebrate the Easter season at the end of March this year, the last week of March. During Lent we are invited to observe it "by self-examination and repentance; by prayer, fasting and self denial; and by reading and meditating on God's holy word". The color of the season is purple, meaning penitence and self-examination. As you see around the church Altar Guild members have put purple vails on all the crosses and the chalice and paten (plate) are clay. There is no metal used.

Our clay pitcher (cruet) that holds the wine and the clay chalices were a recent gift to the church. They were made at Sauk Mountain Pottery in Concrete, WA. The artistry reflects a celebration of the beauty of nature.

We are bringing back the practice of members from the congregation carrying the bread and wine up from the back for communion. It is the last of the changes we had to make from Covid times to return. It is great to have folks being able to participate in this again.

While we work out the kinks, Altar Guild members on duty that weekend will bring them up, and as we move forward the Ushers will ask others in the Sanctuary to do it.

Michael Gaynier and I are making the communion bread now. We will be putting flavorings in and sourdough will be used as well. It is fun to make and pretty easy. I'm grateful for Michael's help. He has a passion for baking.

March 23rd we will be cleaning and polishing brass. All are welcome. It's fun to be able to visit on another occasion and do service for the church at the same time. Please join us in Rogers Hall at 9:00 am.

March 24th is Palm Sunday, the hangings on the Altar will be changed to Festal Gold. The 27th is Tenebrae and the veils will be changed to black and the Altar will have a black velvet covering and will be lined with candles. Maundy Thursday the Altar will have an unbleached linen covering it. Good Friday; no altar is present. Easter Vigil and Easter Sunday white with roses hanging is on the altar and Gold chalice is used. Please join us for this very important week of services.

Blessings to you, Kathy Crosby, Altar Guild Director



KNIT. CROCHET. PRAY.

The Prayer Shawl Ministry is made up of a group of crafters that knit or crochet shawls in three variations, hats for the Episcopal Ministry to Seafarers and for Hand in Hand Foster Care Agency and we also make the small pocket prayer shawls.

Our meetings are on the first Saturday of the month and last for about an hour. We have patterns and lots of donated yarn. If you would like to learn to knit or to crochet, we can help you with that. Bring size 8 knitting needles for hats or pocket prayer shawls, size 11 or 13 for shawls. If you prefer to crochet, bring a J or K size hook. Our next meeting is March 2 at 10 am in the Guild Room. We welcome all comers!

Barb Linvog, chairperson

# Leadership Team

#### **Vestry**

Daniel Bauer (class of 2024) Gwen Gentry (class of 2024) Eivind Nilsen (class of 2024) Lawrence Sylvester (class of 2024)

Eileen Bernat (class of 2025) - SENIOR WARDEN Bill Walker (class of 2025) Richard McGee (class of 2025) Joe Rochon (class of 2025)

Kathy Crosby (class of 2026) Lorraine Dietel (class of 2026) Debi Schmidt (class of 2026) Michelle Wheeler (class of 2026) - JUNIOR WARDEN

#### **Diocesan Convention Delegates and Alternates 2023**

Diocesan Convention 2024: there will be two Diocesan Conventions is 2024. The first will be held on Saturday, May 18, 2024; the purpose will be elect a Bishop for the Diocese. The second will be held in-person on Friday and Saturday, October 25-26, 2024.

#### **Convention Delegates**

Kathy Crosby (class of 2024) Gwen Gentry (class of 2024) Jerry Carson (class of 2025) Carolyn Carson (class of 2025)

#### **Convention Alternates**

Morgan Crosby (class of 2024) Lawrence Sylvester (class of 2024) John Heberling (class of 2025) Betsey Mullen (class of 2025)

#### **Endowment Commission Members**

John Heberling, Chair (2023-2025) Betts Bell (2023-2025) Kevin Mack (2022-2024) Don Stapleton (2022-2024) Linda Gabourel (2023-2024)



## **March Birthdays:**

V D T	2/2
Yuan-Po Tu	3/2
Sally Galt	3/4
Edith Carroll	3/11
Myron Smith	3/12
Judy Aiton	3/14
Rev. Rachel Taber-Hamilton	3/15
Christy Boyett	3/17
Bob Crosby	3/17
Dustin Cenatiempo	3/18
Isabeau Prettyman	3/18
Corinne K. Greene	3/19
Mary Mentele	3/19
Travis Phelps	3/20
Jan Kyle	3/21
Ann Myers	3/21
Rev. Allen Hicks	3/24
Derrick Olsen	3/25
Ron Schumacher	3/27
Mary Nilsen	3/27
James Nason	3/29
Karen Cunningham	3/30

## **March Anniversaries:**

Joseph & Janet Kowalski	3/3	(51 years)
Grant & Stephanie Weed	3/17	(6 years)

# Our Core Values

(Vestry Retreat 2016)





# CONTACT US

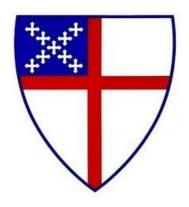
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