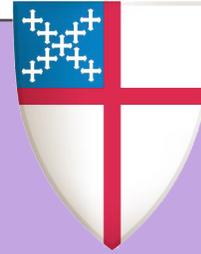


TrinityTalks



Trinity Episcopal Cathedral
121 W 12th Street
Davenport, Iowa 52803
www.qctrinity.org

Lent comes early this year; Ash Wednesday falls on Valentine's Day. For forty days we'll have an opportunity to recenter, simplify, and get back to the basics of our faith: love God and love our neighbor. At Trinity there will be many ways to do that.



The story of Jesus Christ is most beautifully told in the Gospel of Luke, with its beloved Christmas passages, memorable parables of the Good Samaritan and the Prodigal Son, and heart-wrenching Passion narrative. What better way to deepen your faith during Lent than to read through Luke's Gospel? You'll have a chance to do that by joining Episcopalians across the country in The Good Book Club. A daily reading list from February 11 through March 31 is available in the Great Hall, or online at www.goodbookclub.org/readings/. An optional book with daily reflections is also available.

Reconnecting with one another can be another Lenten discipline. Sunday night soup suppers will start on February 18 at 5:30 pm. After a simple meal we'll break into groups to talk about our faith. Each week a different passage from Luke will be handed out for discussion, so even if you aren't reading the Gospel all the way through you can participate.

How do our faith and lives intersect? How might the gospel shape our beliefs about health and health care, in particular? On Sunday mornings starting February 18 Michelle Crouch will present a series on Christ as he holistically ministered to peoples' physical, social, emotional, and spiritual needs. She'll provide a context for an April 12 Quad Cities conference on faith, values, and health featuring keynote speaker Krista Tippet, a National Humanities Medal recipient and host of the "Speaking of Faith" and "On Being" radio program/podcasts.

Our love of neighbors outside the cathedral will expand through a challenge from the new Challed Endowment for Outreach. Six long-standing groups within the cathedral will receive modest funds to allocate as they see fit for community needs. Each group will report back by Pentecost. Goals are to foster greater cohesion within groups and increase our awareness of community needs. It will be exciting to see what is accomplished.

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The love of God revealed to us through Jesus Christ – the source of the love we celebrate on Valentine's Day – is what sustains us and allows us to step forward in hope. May this Lent be for you a time of spiritual strengthening as you get back to the basics of Bible, people, faith, and service.

Dean John+

Ash Wednesday, February 14:

All services include Holy Eucharist (Rite I) and Imposition of Ashes

- 7:00 am Chapel (Spoken)
- 12:15 pm Chapel (Spoken)
- 7:00 pm Cathedral (Choral)

Holy Week and Easter Services:

Tuesday Mar 27: 11:00 am Eucharist (I), Chapel

Maudy Thursday Mar 29: 7:00 pm Eucharist (I) and Agape Supper

Good Friday Mar 30: 7:00 am Communion from Reserved Sacrament; 12:00 noon Way of the Cross

Easter Eve Saturday Mar 31: 7:00 pm Great Vigil of Easter

Easter Sunday Apr 1: 8:00 am Choral (Rite I); 10:30 am Choral (Rite II); 12:30 pm Spoken (Rite I)

Lenten Organ Series Returns:

The popular noon-time organ recitals performed by the area's premiere organists returns beginning on February 21 through Lent at Trinity Episcopal Cathedral. These 30-minute programs are free and members of the congregation are encouraged to attend along with their friends. Recital goers may bring a brown bag lunch to enjoy following the recitals in the Cathedral Great Hall where coffee and lemonade will be provided. Visit with others about the music before returning to your daily routines whether it be for work or other activities. Let beautiful organ music guide your Lenten journey!

Soon and very soon our days will be filled with ashes, a call to repentance, a walk around the nave of the Cathedral, stopping and reflecting at each station on the Way to the Cross.

We will make plans to fast from something and perhaps, we might even plan

to take on a new or different spiritual discipline, like joining the soup and study of Luke on Sunday evenings. Then we will count the days down until we gather to celebrate that glorious Easter morning with trumpets and voices declaring Alleluia. He is Risen!! But wait. Let's not forget the Great Triduum, the three great days: Maundy (or Holy) Thursday, Good Friday, and the Great Vigil of Easter. These are holy gatherings and each one offers us a time of preparation for that Easter Morning.

Lent officially ends on Maundy Thursday and we begin our journey, joining the disciples, in our Lord's last days. This night, Jesus instituted the Lord's Supper as he broke bread, "Eat. This is my body broken for you." He offers to us and to them the Cup – "This cup that is poured out for you is the new covenant in my blood." He washes the feet of His disciples, showing them and us what it means to be a disciple. And then he tells them and us to love one another. After this meal and washing, Jesus is arrested.

When we gather on this night, we, too, come to celebrate this last meal. We will gather around the Table, recalling His words on that night so long ago and we will sense His presence; hear His voice inviting us to love and serve one another. We will feel the water washing over our feet

We will take the bread in our hands with these words, "Take. Eat. Remember." Then we will take a drink from the Cup that has been prepared for us with these words, "Take.

Drink. Remember."

As these words sink deep into our souls, we will begin the stripping of the Altar, removing any sign of holiness, the stark reality of what comes next be-

ginning to settle deep within us. The knowing of the pain, suffering, betrayals, denials, the scourging, the lashes yet to come, we carry Jesus to the Garden where we will watch and wait through the night. The barrenness, the emptiness begins to sink in as the candles are extinguished, and we see the Altar washed, as if the body of our Lord is being washed and prepared for burial. And then we wait. We watch. In silence, we will proceed to the Great Hall where we will share an **Agape meal**, a meal of bread, cheese, olives, dried fruit, and nuts. In silence we will remember this night as the words from John 17 wash over us: "Father, the hour has come, glorify your Son so that the Son may glorify you, since you have given him authority over all people, to give eternal life to all whom you have given him..."

Come to the table this night and join the "sinners who have been redeemed. Take your place beside the Savior. Sit down and be set free."

Walk with us on Friday as we gather to hear the Word, experience the Cross, the agony and the despair. Wait in darkness for the Light to burst forth, the new fire to lead us on our way to the empty tomb and shouts of "Alleluia! He is Risen."

Judith+

Celtic Sunday

On the Sunday following St. Patrick's Day (March 18), Trinity Cathedral will celebrate with a "Celtic" mass at both the 8:00 and 10:30 services. With a slight detour from our Lenten journey, our hymns will be based on old Irish tunes and the Kyrie, Sanctus, and Agnus Dei portions will be sung to ancient Irish melodies and folk tunes. The entire service will feature Celtic musicians gathered from our own talented congregation. So....get your green on and celebrate the eucharist with a "Celtic" flair.

To Your Health!

This year we have been hit especially hard with the flu. Children and older people are the most vulnerable ones. It is important to wash your hands or use sanitizers before touching your face or eating. If you are sick, please stay home and use Kleenex or sneeze into your upper part of the sleeve. Germs from a sneeze can travel 26 feet. It is important to protect other people and not expose them to the germs. Rest and drinking fluids is important to prevent getting the flu or to help with getting over it.

Symptoms of the flu are fever, chills, severe aching in the muscles and joints, headaches, dry cough and exhaustion. The flu can be prevented if you get the annual flu vaccination, or if you do get the flu it will not be as severe. Tamiflu can help protect you if a family member gets the flu. If symptoms get worse it might be necessary to see your doctor.



DID YOU
GET YOUR
FLU SHOT?

*Thank you to the Vestry
Class of 2017*

*Elizabeth Axel
Linda Crossett
Lynn Curtis
Robert Sitz*

*Welcome to the Vestry
Class of 2020*

*Gregory Braid
Susan Duhring
Scott Tunnicliff
Maria Waterman*

&

*Spring Bible
Study*

Looking for an adventure this spring? Come and join a Bible Study based on *Leap Over a Wall: Earthy Spirituality for Everyday Christians* (by Eugene Peterson). The 8-week study, led by Mary Hogg, will meet on Tuesday mornings from 9:45-10:45 in the chapel, beginning February 27 and ending April 17. This study, about David, will challenge us to think about David from many different angles, and many different facets of his life—from his friendships, his sins, his grief, his love, his theology, to his death. The author of our book takes 20 aspects of David's life story and uses Scripture and other writings to expand our thinking about David.

Mary hopes that you will participate as often as you can come! Don't worry if you can't come to all the sessions. Please bring friends and encourage them to participate. You will want to purchase a copy of the book (above)—there are some for sale in the church office for \$14.30 apiece. Please see Diane and make your checks out to Trinity Cathedral.

Come and see where the Lord will lead us this spring! Happy adventuring!

*Faith, Values, &
Health*

Krista Tippet, a National Humanities Medal recipient and host of the radio program "On Being" that examines what it means to be human, will be coming to the Quad Cities on Thursday, April 12. She will be the keynote speaker for a conference on Faith, Values, and Health currently being developed by an interfaith committee. More information about the afternoon/evening conference will follow as it becomes available.

This provides our parish a great opportunity to prepare to engage in this exciting local event by reflecting deeply on the ways in which our faith in the gospel gives a particular shape to our beliefs about health and about health care. What better place to go than to the Gospels, studying the example of Christ as He holistically ministered to peoples' physical, social, emotional, and spiritual needs? The adult education classes during Lent will be focused on seeking to understand how particular stories of Christ healing people can be applied to our situation in 21st century America.

*Lenten Soup
Suppers & Luke*

We are joining Episcopalians across the country in reading the entire Gospel of Luke during Lent as part of the Good Book Club. Select passages will be discussed each Sunday evening starting February 18 after a 5:30 soup supper. Each Sunday will be self-contained, so come even if you aren't able to read the entire Gospel or fall behind in your reading. Sign up to come in the Great Hall or by calling the church office. Sign up to bring soup or bread on the bulletin board by the elevator. Reading lists are available by the signup sheet or online at www.goodbookclub.org/readings/. For those looking for reflections with each day's reading we'll have copies of *A Journey with Luke: the 50 Day Bible Challenge* edited by Mark Zabriskie.

Easter Flower Memorial envelopes are included. The deadline for inclusion in the Easter bulletin is **March 23**.

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Annual Meeting Notes

On a cold January day between services, Trinity Cathedral conducted its annual parish meeting. After a warm welcome from the Dean, four new Vestry members were elected by acclamation: Greg Braid, Sue Duhring, Scott Tunnicliff, and Maria Waterman. The Annual Report was distributed and questions entertained, including one about the status of the Deanery (no change since last year; we are still in the process of putting it up for sale).



Treasurer Ann Hutchinson reviewed the 2017 budget and presented the proposed 2018 budget. The latter includes an increase in pledge income. Investment gains in 2017 will fund necessary tuckpointing of the entire cathedral in 2018. We have applied for state historic tax credits to partially offset the cost. A copy of the Annual Report, budget, and bios of new Vestry members can be obtained through the church office.