

MARCH

Trinity Tidings



March 2020

From the Pastor's Pen

Inside this issue:

From the Pastor's Pen	1-2
Finance/Stewardship	2
Building & Grounds	2
Presbyterian Women	2
Lenten Calendar	3-5
Christian Education	5-6
Worship	7
Congregational Care	7
Fellowship, Mission	8
Lectionary/B'days	9
Calendar	10



"Cows" by rajthesnapper is licensed under CC BY-NC-ND 2.0

God of Zion, to you even silence is praise.... when wrongdoings become too much for me, you forgive our sins.... You visit the earth and make it abundant, enriching it greatly by God's stream, full of water. You provide people with grain.... You crown the year with your goodness; your paths overflow with rich food. Even the desert pastures drip with it, and the hills are dressed in pure joy.
 ~ Psalm 65:1, 3, 9, 11-12

Travelling the rural byways of Oklahoma, you see a lot of cattle. A wise rancher in New Mexico once told me that if you see cattle lying down, they are most likely happy – that they feel safe enough to be vulnerable, safe enough to rest. It's something that Elana and I have taken to heart, noticing on long drives whether the cows are lying down, and wondering about how they're doing.

Now, out in New Mexico, the grass that can grow in the high plains is yellow-green, tough and spread out, since there's not enough water for the denser, greener grass to grow.

Cont'd on p.2

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Pastor's Pen cont.

So the cattle need a LOT of room to graze, and are often moved from pasture to pasture in order to let the grass recover and regrow. During our move to Tulsa, we noticed that as the grass along the highway got greener, the cows we saw were less likely to be lying down. At one point, Elana turned to me and said, "I just want to tell them, 'You cows don't know how good you have it! Look at all that amazing green grass!'"

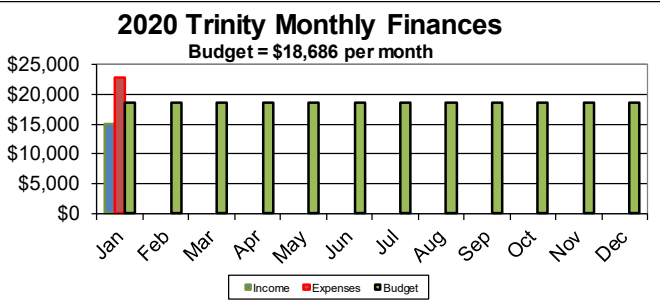
It's easy for us to take the green grass for granted. To not be aware of all the little blessings that God has provided in our lives. But as we look around this Spring, and see the grass return to active green, and witness the budding of trees, it's an excellent reminder of how God renews and restores us, throughout our lives.

That's why we fast during Lent – to help us be more aware, to remind us to be connected more fully with God's abundant blessings. It's a bit strange, I know – to take something away in order to be aware of it – but it's a very effective reminder to stop, think, and pray. Some folks like to choose one thing to give up for the whole season, which can work very well – but others like to fast from something new each day. To that end, Pastor Elana has put together a wonderful Lenten Devotional Calendar, with something to pray for, something to fast from, and something to act on each day, as inspiration and help for the practice. There's not an expectation to do all these things – but you can see what inspires you!

The point of Lent isn't to be miserable – but to help us see the blessings that God has provided us with, and ways that we can use those blessings to help others. I pray that this season is renewing and restoring for you, and that, once renewed by God's abundance, you are excited to reach out and share God's love with all you meet.

~Pastor Lucus

Finance/Stewardship grant kessler



2020	Income	Expenses	Budget
YTD	\$ 15,087	\$ 22,812	\$ 224,226



PRESBYTERIAN WOMEN

Trinity Presbyterian Women meet the 2nd Wednesday of each month at 9:45 am in the Trinity Café.

Building & Grounds nancy cain

I had the privilege of attending the Presbytery meeting in Hugo, OK recently. It was a beautiful, spiritual experience. Also, I learned a lot about the workings of the EOP (Eastern Oklahoma Presbytery).

If you should wish to hang up your coat while attending services, there is a good amount of space for that just inside the front door! About half of the space has been cleaned out, and the rest will happen soon! Just ask if you can't find the closet!

Volunteer Opportunities are always available at the BOC. Unloading the "Big Yellow Truck" on Mondays and Tuesdays, as well as weighing, re-stocking shelves and organizing are all appreciated. Call the BOC for information, or talk to Nancy Cain!

Lenten Devotional Calendar

For each day there will be three suggestions of spiritual disciplines you can follow during this Lenten season. Traditionally, Lent has been practiced through prayer, fasting, and almsgiving so each day will offer one suggestion from each category. You can try to do one (or more!)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Feb 26 th Ash Wednesday P: Come to our 6:30 Worship Service F: Skip dinner A: Put a nickel in your giving jar every time you think of food	Feb 27 th P: Pray for those far away from loved one F: No sweets or desserts A: Send a greeting card to someone far from you	Feb 28 th P: Thank God for family and friends. F: Fast from bitterness A: Put two cents in your giving jar when you send texts	Feb 29 th P: Pray for family harmony F: Bite your tongue at least once today A: Do a chore that you don't like for someone else
March 1 st First Sunday of Lent P: Worship with us at 10:30 F: Fast from scheduling too much - rest A: Try to convince someone to rest with you	March 2 nd P: Pray for all those who grew and raised the food you eat. F: Fast from eating without thinking. Say grace. A: Bring someone who is down a treat.	March 3 rd P: Pray for your elected leaders F: Fast from political anger A: Write a letter to a politician about an issue you care about	March 4 th P: Pray for your enemies and people you dislike. F: Fast from gossip A: Make peace with someone.	March 5 th P: Try to pray without ceasing today F: Fast from hitting the snooze button. A: Add 50 cents to your giving jar every time you're late.	March 6 th P: Pray for teachers and students F: Give up being right and just listen today. A: Buy something for B4B	March 7 th P: Pray as you go for a walk. F: Skip a favorite TV show. A: Find something in your closet to donate

<p>March 8th</p> <p>Second Sunday of Lent - Youth Sunday</p> <p>P: Worship with us at 10:30</p> <p>F: Fast from being too serious</p> <p>A: Try to make someone laugh</p>	<p>March 9th</p> <p>P: Pray for the depressed and lonely</p> <p>F: Fast from isolation by inviting someone in</p> <p>A: Call a friend you haven't seen in a while</p>	<p>March 10th</p> <p>P: Pray for those at sea</p> <p>F: Fast from drinking anything other than water</p> <p>A: Leave a bowl of clean water outside for animals</p>	<p>March 11th</p> <p>P: Pray for expectant mothers</p> <p>F: Fast from eating anything made with eggs</p> <p>A: Add a quarter to your giving jar for every egg in your fridge.</p>	<p>March 12th</p> <p>P: Pray for those in the air</p> <p>F: Fast from taking shortcuts</p> <p>A: Change your computer settings to hibernate automatically after 15 min</p>	<p>March 13th</p> <p>P: Pray for the unfortunate</p> <p>F: Fast from gambling</p> <p>A: Create something that is needed</p>	<p>March 14th</p> <p>P: When you hear sirens, pray for those in danger.</p> <p>F: Fast from saying the word "need"</p> <p>A: Buy something for the BOC</p>
<p>March 15th</p> <p>Third Sunday of Lent</p> <p>P: Worship with us at 10:30</p> <p>F: Fast from jealousy</p> <p>A: Calculate your food footprint at eatlowcarbon.org</p>	<p>March 16th</p> <p>P: Pray for janitors and sanitation workers</p> <p>F: Fast from opening anything that isn't recyclable</p> <p>A: Pick up as many pieces of litter today as you can</p>	<p>March 17th</p> <p>St. Patrick's Day</p> <p>P: Pray for those who are sick and injured</p> <p>F: Fast from one food that is bad for you</p> <p>A: Make something healthy and share it with someone</p>	<p>March 18th</p> <p>P: Pray for those whose voice goes unheard</p> <p>F: Fast from speaking first</p> <p>A: Add a quarter to your giving jar for every drink of water today.</p>	<p>March 19th</p> <p>P: Pray for the unemployed</p> <p>F: Fast from working without thinking</p> <p>A: Share a ride with someone today</p>	<p>March 20th</p> <p>First Day of Spring</p> <p>P: Pray for new beginnings</p> <p>F: Fast from walking only on the path</p> <p>A: Give a flower to someone just because</p>	<p>March 21st</p> <p>P: Pray for those facing huge obstacles</p> <p>F: Fast from something that keeps you from God.</p> <p>A: Buy something for B4B</p>
<p>March 22nd</p> <p>Fourth Sunday of Lent (Pink)</p> <p>P: Worship with us at 10:30</p> <p>F: Fast from anger – make a list of ten things you're grateful for</p> <p>A: Do something joyful with someone else</p>	<p>March 23rd</p> <p>P: Pray through art, music, or dance.</p> <p>F: Fast from doing things the way you've always done them</p> <p>A: Encourage as many people as you can today</p>	<p>March 24th</p> <p>P: While praying, imagine meeting Jesus. What does he say? What do you say?</p> <p>F: Fast from doubt</p> <p>A: Ask people what they think meeting Jesus would be like.</p>	<p>March 25th</p> <p>P: Pray for the military</p> <p>F: Fast from selfishness</p> <p>A: Thank someone for their military service</p>	<p>March 26th</p> <p>P: Pray for illumination</p> <p>F: Fast from taking photos</p> <p>A: Add three cents to your giving jar every time you turn on a light switch.</p>	<p>March 27th</p> <p>P: Pray for someone else's success</p> <p>F: Fast from taking credit</p> <p>A: Compliment someone on their idea</p>	<p>March 28th</p> <p>P: Pray for those with financial struggles</p> <p>F: Fast from wasteful spending</p> <p>A: Buy something for the BOC</p>

<p>March 29th Fifth Sunday of Lent P: Worship with us at 10:30 F: Fast from swearing A: Ask someone for advice</p>	<p>March 30th P: As you read the news, pray for someone in trouble. F: Fast from indifference A: Share your views</p>	<p>March 31st P: Pray for discernment F: Fast from boredom A: Talk about your passion</p>
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Be on the lookout for April's Lenten Devotional Calendar posting in the April Newsletter, and in your e-mail!

LENT
Pray + Fast + Give

Christian Education katie hanson

Easter is right around the corner!

On April 12th we will have a delicious potluck at 9:15am followed by the Easter Egg Hunt at 10am. There will be lots of candy to find! Christian Education will have postcards made to send out to our families. I would like to challenge the congregation to invite 2 families to Easter Worship! Extra postcards will be available during March to pass out or send to family and friends.



Sunday Morning Opportunities

(Sunday School is 9:15-10:15)

Babies through children in Kindergarten are invited to hang out with Donna during the service. Each week we will have a nursery helper to assist Donna. The helpers for March are:



- March 1st: Sally Autin
- March 8th: Millie Spencer
- March 15th:
- March 22nd: Sarah Rayment
- March 29th:

If you are interested in helping in the Nursery, please see Katie Hanson!

Interested in attending Summer Camp this year?



As Dwight Mission has closed its doors, be on the lookout in the coming weeks for information on a new site for Summer Camp! Our presbytery has been hard at work lining up a wonderful place for our youth to camp this summer! Detailed information to come!

SUNDAY MORNING OPPORTUNITIES TO GROW IN OUR JOURNEY OF FAITH

Adult Class: Richard Spencer continues a study of the Mormons on Sunday morning at 9:15 a.m. in the William Reynolds Memorial Library. All are welcome to join!

SUNDAY SCHOOL TWEEN/YOUTH CLASS

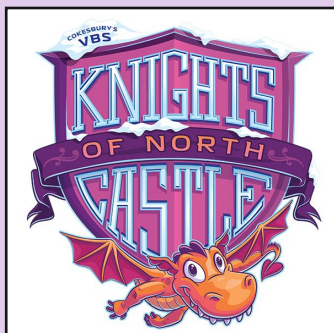
ATTENTION ALL Tween and Youth! You are needed during Sunday School time to help prepare for Youth Sunday. Our wonderful Pastors will lead your time together in worship and practice. Youth Sunday will be March 8th. Mark your calendars for a practice on March 7th. Time TBD.



Vacation Bible School 2020

VBS will be held June 7th-11th with VBS Sunday being on June 14th!

The Knights of the North Castle are excitedly awaiting to greet our youth!



MULTI-GRADE SUNDAY SCHOOL (PRE-K THROUGH FOURTH GRADE)

Young children through fifth grade are invited to the first classroom each week in March for joyful, engaging lessons focused on a different New Testament Bible story or scripture each week. A fun team of teachers take turns presenting a variety of kid-friendly experiences created to emphasize how very much God loves each of us!

Your teachers this month are:

- Mar. 1 Youth Sunday practice
- Mar. 8 Youth Sunday
- Mar. 15 Melinda Carver
- Mar. 22 Millie Spencer
- Mar. 29 Katie Hanson



Worship

sarah rayment

February was a great month! Since winter brings the cold bug, we added hand sanitizers and Kleenex to the pews. We know you like to take notes during church and write your donation checks, so we added pens and sharpened pencils. We moved 2 rows of pews out of the sanctuary to provide more space for our church members to safely move around.

Ash Wednesday was a great success! Thank you all for coming. Lent begins February 26th, 2020 and ends on Easter. Lent is a period of 40 days that involves reflection of Jesus Christ Sacrifice during his withdrawal into the desert for 40 days. During the next month, please try to think of different foods and activities that you may want to sacrifice to emulate Jesus Christ sacrifice. Pastor Elana has come up with event calendar of ideas to use during lent.

Our plans for March are to organize the sacristy and prepare the paraments.



We appreciate all the support from our members of the church and our pastors!

~Respectfully submitted, Sarah Rayment

Congregational Care

liz powell

Shepherding Groups – All elders currently serving on session have been given a group of congregants to form a Shepherding Group. The purpose of these groups is to make members of the congregation aware of special occasions in our church, or if there is a change in our normal worship schedule. Additionally these groups can provide us with fellowship opportunities. You should be contacted by your group leader within the next few weeks. If no one contacts you, please let a member of the Congregational Care Team or our Pastors know.

Lunch Bunch – The second outing of the year for the lunch bunch took us to the Apple Barrel Restaurant in Bixby. Because of Spring Break, in the month of March we will move the Lunch Bunch to the 5th Sunday of the month. The Lunch Bunch will meet in March on March 29th. We try to visit different restaurants each month and the site of the monthly lunch gathering will be announced in worship and the weekly email update. If you have a suggestion for site of our next Lunch Bunch gathering, please contact a member of the Congregational Care Team and please join us for fellowship and fun.

Attendance – In case you have noticed a member of the Congregational Care team sitting at the back of the Sanctuary and recording attendance, that is because we have created a new spreadsheet that will enhance our attendance records. We are doing this to improve the accuracy of our attendance count we send to Presbytery each year, to be more aware of members whose attendance patterns have changed, and to better note the number of children and youth in our services. We will continue to use the Fellowship pads to record attendance and to note attendance by visitors.

Joy and Concerns – If you know of a Joy or Concern that was not shared during a Worship Service please tell our Pastors or a member of the Congregational Team.

~Respectfully submitted, Liz Powell





Mission News

john clawson

The Mission Team continues to support and be very proud of our recycling program at Trinity. This is a service that the Mission Team has been sponsoring and our service provider is American Waste Control. The large recycling bin is located on the northeast corner of our parking lot and this recycling bin is being emptied twice a week.

We have two plastic recycling containers located in the Fellowship hall for people to recycle stuff and save you a trip out to the parking lot.

What can be recycled?

Aluminum cans, plastic bottles, Styrofoam, paper, newspaper, magazines and cardboard.

No need to sort what you recycle just place it in the bin.

What cannot be recycled?

Glass, plastic cups, acrylic, adhesives, hazardous/industrial waste and food waste.

Please let folks at our church and in the community know that we are continuing to recycle at Trinity!

Submitted by John Clawson

Fellowship News

john clawson

Easter Brunch: Our Easter brunch will be a potluck on **Apr. 12 at 9:15 a.m.**, and the Christian Education team will have our **Easter Egg Hunt at 10:00 a.m.** These events will be a fun time to spend with family and friends as we celebrate the joy of the Resurrection. A signup list for the potluck will be passed around in the upcoming weeks, so that everyone will have an opportunity to bring their favorite Easter dishes to share! The Fellowship team is looking forward to another great event at Trinity! Hope to see you there!



March Lectionary Readings

1st Sunday in Lent—Mar. 1

Gen. 2:15-17; 3:1-7

Psalm 32

Romans 5:12-19;

Matthew 4:1-11

2nd Sunday in Lent—Mar. 8

Gen. 12:1-4a;

Psalm 121;

Romans 4:1-5, 13-17;

John 3:1-17

3rd Sunday in Lent—Mar. 15

Exodus 17:1-7;

Psalm 95;

Romans 5:1-11;

John 4:5-42

4th Sunday in Lent—Mar. 22

1 Sam. 16:1-13;

Psalm 23;

Ephesians 5:8-14;

John 9:1-41

5th Sunday in Lent—Mar. 29

Ezek. 37:1-14;

Psalm 130;

Romans 8:6-11;

John 11:1-45



Birthdays of the Month

March

Ted Karner	3/2
Reggie Marshall	3/5
Dwayne Strasheim	3/8
Pat Barnard	3/14
Chuck Keppel	3/20
Tomye Mainer	3/20
Dorothy Block	3/21
April Goodale	3/30
Matthew Sanstra	3/31

ATTENTION TRINITY FAMILY

PLEASE JOIN US AT A BABY SHOWER FOR MOMMY-TO-BE

April Goodale

SATURDAY, MARCH 14, 2020 AT 1:00 PM

9303 EAST 111TH STREET SOUTH
BIXBY, OKLAHOMA 74008

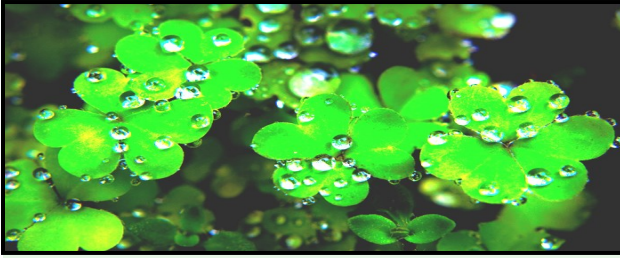
REGRETS TO JILL AT 918-521-3007 OR JECKER@TRGLLC.COM

April is registered at babylist.com



Hello March

LaWhimsy



MARCH 2020

SUN	MON	TUE	WED	THU	FRI	SAT
1 COMMUNION	2	3 6:00 pm Read the Bible Class	4 10:15 am Pack Backpacks 11:00 am Mid-week book study 6:30 pm Bells	5 6:30 pm Lenten study	6	7
8 Youth Sunday 11:45 am TEAM MTGS	9	10	11 9:45 am Presby. Women 11:00 am Mid-wk bk sdy. 6:30 pm Bells	12 6:30 pm Lenten Study	13	14 1:00—4:00 pm April (Eckert) Goodale Baby Shower!! Fellowship Hall
15	16	17 Happy St. Patrick's Day	18 10:15 am Pack Backpacks 11:00 am Mid-Week Bk. Study 6:30 pm Bells	19 6:30 pm Lenten Study	20	21
22 11:45 AM SESSION Lunch Bunch	23	24	25 10:30 am Pack backpacks 11:00 am Mid-Week Bk. Study 6:30 pm Bells	26 6:30 pm Lenten Study	27	28
29 Lunch Bunch Location TBA	30	31 6:00 pm Read the Bible Class				

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