



Happy Valentine's Day — Remember, You are Dust!



Every now and then, Ash Wednesday falls on February 14, the day we honor Love in our lives. What a wonderful thing it is to contemplate the depth of affection, trust, and oneness that we can experience with another. Love so vital to us that we can't imagine a day without that person — be they a lover, a parent or child,

sibling or friend. It's a painful day for people who are grieving or lonely as they mark what they are missing in their lives. Maybe it's appropriate to mark the day (and our faces) with the ashes of our mortality, remembering the fragility of our life and the lives of those whose presence fills each day with love.

The ashes mark our very faces with death. The cross that will loom heavy in Holy Week is drawn on each of us. This might be the one day of the year when we acknowledge that which we would rather not think about too much. We start the season of Lent with the stark reality that, not only will we die but those whom we deeply love will die. Just imagine drawing the black cross on the forehead of the one whose life and love are so precious to you.

But before we all sink into dark depression as we anticipate the day and the season, Valentine's Day also serves to remind us of the Love that is greater than any love — in fact greater than any other force that exists!

Each Sunday of Lent we will hear stories of Christ's love as it is realized in everyday life among mortals, among people who wear the ashes of the cross no less than do we. On the last Sunday of Lent (Palm/Passion Sunday), we will hear from Philippians 2 about Christ's self-emptying willingness to enter our mortality and hand his own life over to those who would kill him — all for the sake of his love for humanity. Finally we will enter Holy Week and be reminded of Christ's love that is so profound that every person's betrayal is met with forgiveness by this love. And along with the brokenhearted women who find the empty tomb, we witness God's love so fierce that even death is no match.

Happy Valentine's Day and remember...

Yours in Love,
Pastor Pauline

February Lenten Services

Ash Wednesday Service
February 14, 7:30 PM

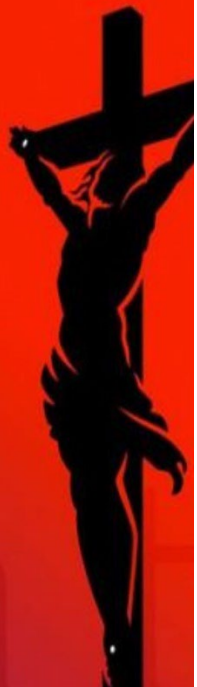
First Sunday in Lent
February 18, 9:30 AM

Lenten Soup Supper and Vespers
February 22, 6:00 PM

Second Sunday in Lent
February 25, 9:30 AM

Lenten Soup Supper and Vespers
February 29, 6:00 PM

Lent



Social Ministry is Off to a Quick Start in 2024

Everyone's support of the Social Ministry Team efforts in January got the year off to a great start. Thanks to the support of Trinity and Community members, Trinity provided the following:

- Formula, baby food, cereal, diapers and wipes to the Greater DC Diaper Bank
- Hundreds of pounds of food and hundreds of dollars in gift cards to Bethesda Help
150 kids' snack bags to Bethesda Help
- The Heavenly Handbells Choir Epiphany party took an impressive collection for Trinity's Little Pantry and Little Library.
- The 28 pints of blood donated to the American Red Cross equals the potential the of 68 saved lives.

February is Hunger Month. Activities for Hunger Month include:

- Souper Bowl of Caring
Bring a can of soup to the Mardi Gras Pancakes and Games Carnival on Saturday, February 10, 5:00 pm. Cans may be donated on Sunday, February 11 as well. The soup cans will be delivered to Manna Food Center.
- The Monthly Food Drive, Saturday, February 17, from 9:00 - noon.
- Breakfast Casserole Cook-off on Sunday, February 25, during coffee hour. Funds donated will be directed to Manna Food Center.
- We will provide dinner for 35 women at the Interfaith Works Women's Center on February 26.

The Social Ministry Team looks forward to your continued support throughout the year.



Trinity's Cook-Off is Back!

Who will be Trinity's *Top Chef* this year? A decade+ long tradition of annual cook offs was interrupted by COVID-19. But Trinity's annual cook-off is back on Sunday February 25. This event is a hunger month fund raiser. All funds will be donated to Manna Food Center.

This year's cook-off category is breakfast/ brunch casseroles. Find your tastiest, most creative recipe and bring in your dish on Sunday, February 25. Tasting, voting and always fellowship will be during Coffee Hour.

If you have a question, please reach out to Margaret F at gmitzwm85@gmail.com.



New Email Addresses

Trinity has two new email addresses for our new pastor, Pr. Pauline, and new minister of music, Marcello S:

Pr. Pauline: pastorpauline@trinityelca.org

Marcello S: music@trinityelca.org



Mardi Gras Pancakes and Games Carnival

Saturday, February 10th

5:00 p.m.

Come for an evening of pancakes and sausages, games and challenges, laughter and fellowship! Mardi Gras, in places like New Orleans and Rio de Janeiro, is a season that starts at Epiphany and ends on Mardi Gras, Fat Tuesday. As the season progresses, the parades get bigger and more numerous. And, so do the parties.

So, **ALL** are invited to Trinity's version of carnival! Come one, come all, bring a guest! We will start with dinner and transition to games with a Mardi Gras quiz complete with doubloon "throws". You are invited to bring your favorite simple and quick-to-play board or card games. Plans are also in the works for silly challenge games in the style of Minute-To-Win-It. Additionally, there will be coloring sheets, supplies for making and decorating Mardi Gras masks, and of course plenty of beads for everyone!

If you have any questions or would like to help, please reach out to Nancy J. or Valerie M.

And don't forget to bring cans of soup for Souper Bowl of Caring, soup pots will be out.

We will also be burning palms from last year to use as ashes on Ash Wednesday, February 14. Please bring your leftover palms to add to the fire!

*Laissez les bons temps
roulez!*



2024 Quarterly Dinners at Interfaith Works Women's Center

Trinity's Social Ministry Team will again be providing dinners for 35 women at the Interfaith Works Women's Center on Crabbs Branch Way in Derwood. As in the past, there are opportunities for the congregation to provide food, coordinate the meal and/or serve at the shelter. Since all the dinners are on Mondays, items can be dropped off on Sunday. Please watch the Social Ministry Bulletin Board, the Sunday Bulletin, the weekly Tidings and the monthly Trinitarian for sign up information.

The dates of dinners are:

Monday, February 26

Monday, May 6

Monday, August 19

Monday, November 18

February is "Fajita February". Items needed include: boneless chicken breasts, bell peppers, onions, black beans, garden salad, tortillas, ranch dressing, drinks, and cookies.

Here is the link for the women's center dinner.

<https://www.signupgenius.com/go/8050E4CABA82F4-interfaith1#/>

Valerie M



From the Call Committee

It is with great joy that the Call Committee recommended Pastor Pauline for a call as Trinity's next pastor. The Call Committee thanks the Congregation for the tremendous support of input, encouragement and prayers throughout our discernment process. It was a journey for all of us and we look forward to our Congregation's journey ahead as we walk alongside Pr. Pauline.

The committee also expresses gratitude to each committee member for their contributions, and especially to Margaret F, for her thoughtful leadership throughout this Call process.

Peace,

—The Call Committee

(Jerry B, David C, Margaret F, Nancy J, Thor N, and Ana N)

From the Community of St. Dysmas:

From Pastor Susan Beck: "We are so very grateful for your partnership in our ministry to our incarcerated siblings in faith. Thank you so very much for your donation to the Community of St Dysmas."

In 2023, Trinity gave support to the Community of St. Dysmas through the purchase of prayer books in English and Spanish, and with a benevolence donation for the Aftercare Program. We learned more about this ministry when Pastor Beck was our supply pastor. We too are grateful for this partnership.

From Gaithersburg Help

On behalf of the volunteers of Gaithersburg HELP, I would like to thank you for the generous donation. You have made a real difference in the lives of people in our community and we truly appreciate your support.

—Kally T. Panagos
Fundraising Support Volunteer

From Mar-Lu-Ridge

On behalf of the staff and Board of Directors of Mar-Lu-Ridge, please accept my sincere thanks and appreciation for your generous year-end gift of \$1000.00 in support of our outdoor ministry site. As we prepare to celebrate 65 years of ministry, we are grateful.

—Sarah Lefler
Executive Director

From the American Red Cross

A big thank you to Margaret, her team, the volunteers and all of the donors for coming out to donate. It was a very successful day and we are grateful to everyone especially the 4 individuals who made the POWER RED donation. 20 pints of whole blood and 8 pints of red blood cells were collected. 28 pints in total were donated = 68 potential lives saved! The target goal for the day was to collect 20 pints. Your team collected 8 pints over the goal! I hope to see everyone at the next drive in April.

—David Hull
Donor Recruitment Representative

From Community Family Life Services (CFLS)

Community Family Life Services extends a heartfelt thank you to Trinity Lutheran Church for our generous support during our Holiday/Christmas Gift Drive. Thanks to the gifts that we contributed to their collection, they were able to give presents to 112 kids!

Per CFLS, this drive would not be possible without your support. Your generosity enables our clients to feel celebrated and recognized for the time and effort they dedicate to moving beyond poverty and towards permanent self-sufficiency. It also helps us do our work better – knowing that we work in community with others and with meaningful support. Thank you for being a part of the CFLS family.



Thank You!

WITH YOUR SUPPORT, CFLS GAVE GIFTS TO

112 KIDS!





February 17, Monthly Food Drive

Food insecurity is still very real in Montgomery County. Thanks to the many congregation members who continue to support our monthly food drives that support Bethesda Help. We are also pleased that each

month we welcome donations from members of the neighborhood. Each month we drop off between 300-500 pounds of food and 10-20 gift cards. Bethesda Help is very appreciative and recognizes Trinity each month in the BH newsletter.

Contact Margaret F at gmitzwm85@gmail.com for more information. [See the list of critical food needs here.](#)



Little Free Library and Pantry

Near the entrance to our large parking lot, facing Old Georgetown Rd., you may have noticed our little library and pantry. They are ready for you to add items or help yourselves to an item. The library is for new or gently used books for both adults and children. The pantry is for non-perishable items, including no fresh produce. A detailed list of what is needed can be found here:

<https://trinityelca.org/little-free-library-lfl-and-little-free-pantry/>.



Six Reasons EVERYONE in Church Should Wear a Nametag*

1. **We all need help with names to minister to one another.** For our pastor to be the best church leader they can be, they need everyone's help. Wearing name tags allows our pastor and other leaders to call us by name as they minister to us. Nametags allow us to admit we might struggle with knowing names while providing a way to overcome it.
2. **Nametags invite conversation and make fellowship more personal.** It's simply easier to talk with others when you are on a first-name basis.
3. **Nametags save embarrassment.** We've probably all called someone by the wrong name, only to realize it later (or perhaps even within the same conversation).
4. **Nametags are an inexpensive way to promote outward focus.** The church that says, "We don't need nametags since we already know everyone anyway" is probably saying more than they care to admit. They may see few guests at their church, and they probably aren't expecting any. On the other hand, using nametags is one way to say, "We expect God to send us guests, and we want to be ready for them."
5. **Guests feel less conspicuous.** Asking only guests to wear a nametag, puts them at a disadvantage in conversations. We know their name, but they do not know ours. Guests should never be the ones who must do the asking.
6. **Saying to someone, "Please let us know your name" also says, "We want to know you."**

*Adapted from [10 Reasons Everybody at Church Should Wear a Nametag \(churchanswers.com\)](#), Chuck Lawless, Church Consultant, 2015.



Shrove Tuesday

Shrove is derived from *shrive* (to hear the confession of, and to assign penance, and absolve someone). refers to the confession of sins as a preparation for Lent, a usual practice in Europe in the Middle Ages. Although the day is sometimes still used for self-examination and introspection, Shrove Tuesday eventually acquired the character of a carnival or festival in many places and is often celebrated with parades. As the final day before the austerity of the Lenten fast, Shrove Tuesday also has many customs pertaining to food. Pancakes are traditional in a number of European countries because eggs, sugar, and fat, commonly forbidden during the Lenten fast, are used up so they will not go to waste; the day is known as Pancake Day or Pancake Tuesday in Ireland and in many Commonwealth countries. Similarly rich pre-Lenten treats, sweet *pgczki* are traditional in Poland, and king cake is an iconic part of Mardi Gras ("Fat Tuesday") in New Orleans.

Ash Wednesday

Ash Wednesday is the first day of Lent. It marks the beginning of a period of reflection and penance. In the Bible, sprinkling oneself with ashes was traditionally a sign of one's sorrow for having committed sins. In the Christian tradition, Ash Wednesday also marked the beginning of preparation for the understanding of the death and resurrection of Christ. The particular symbolism of ashes for this day comes from a practice in the Roman Catholic churches in which the ashes from the palms used in the preceding year's Palm Sunday celebration are blessed. With these ashes, the priest on the first day of Lent marks a cross on the forehead of each worshiper.



Trinity's Children and Youth Newsletter

February '24

Hello Everyone!

As I write this, we have snow on the ground and chilly temperatures. Winter has arrived to the Metro DC area. I hope you have had a chance to go outside and play in the snow; it's been a while since we had enough for sledding or snowball fights. Did you notice how beautiful creation looks with a coating of fresh snow and that the night is even brighter?

This year, the pancake supper is back but will be on Saturday, February 10th instead of the traditional Tuesday before Ash Wednesday. In addition to pancakes, there will be a mask decorating station, tables for board/card games, coloring sheets, and after dinner we will have silly challenges in the style of minute-to-win-it. We are also collecting cans of soup for Manna. I'm excited that a number of you will be helping out and I hope to see you all there.

Finally, I invite and encourage you all to attend Ash Wednesday worship as we start the Lenten season.

Blessings,
Valerie



Dates:

2/10 Mardi Gras Pancakes & Games
Carnival
2/14: Ash Wednesday

In the Works:

Children's Koinonia March/April

Faith Practice Corner: Service

It's February, the month of Valentine's Day. One way we show love for others is through serving others. Each week in February, do something nice for someone else...hold a door open, make cookies for a friend, put something in our little pantry.





Remember in Your Prayers

THE CHURCH

our synod & bishops: Bishops Elizabeth E, Michael B and Leila O
our missionaries: Stephen D/Marta G, Cent. Amer
our congregation: Trinity Church

THE NATIONS: Afghanistan, El Salvador, Gaza, Guatemala, Haiti, Honduras, India, Indonesia, Iraq, Israel, Korea, Libya, Mexico, Morocco, Myanmar, Namibia, Palestine, Somalia, Spain/Cataluña, Sudan, Syria, Ukraine, United States, Venezuela

THE SICK AND SUFFERING

nursing/rehabilitation center/hospital

Yulie N (Village at Rockville)

home

Isabel F, Tigist G, Lineth M, Anya N, Vimala P, Elizabeth R, Gio S, Margo W

family and friends*

Donald B, *brother of Marilyn C*
 Gene B, *friend of Kim and Pam B*
 James and Carlene B, *uncle and aunt of Carmen D*
 Pam C, *sister of Mike M*
 Sylvia DeV, *sister-in-law of Tad and Vi DeV*
 Ruth F, *aunt of Donna S*
 Josefa F-V, *friend of Len S*
 Betsy G, *friend of Margaret F*
 David G, *friend of Tad and Vi DeV*
 Debbie G, *friend of Valerie M*
 Lyla G, *friend of Carmen D*
 Terry K, *brother-in-law of David and Leslie C*
 Carol K, *mother of Jim K*
 Susan K, *niece of Nancy and Thor N*
 Anne L, *friend of Len S*
 Randi L, *friend of Mike and Valerie M*
 Juan-Maria M-M, *friend of Len S*
 Kathy M, *niece of Margaret and Greg F*
 Ditte R, *sister of Thor N*
 Karen and Harold S, *friends of Pamela B*
 Paul S, *brother of Steve S*
 Victor V and family, *friends of Kim and Pam*
 Cheryl Van A, *friend of Cathy C*
 Andrew Z, *friend of Carol B*

births

Nicholas R, January 22, 2024, son of Elizabeth and Ben R

deaths

James Marsalek, + January 2, 2024 +, *cousin of Carol B*
 Mario Cioffi, + January 13, 2024 +, *cousin of Len S*

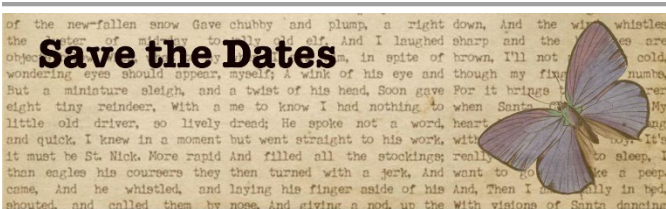
first responders

Lisbeth N-D
 Greta S & Linda A, *sister & sister-in-law of Anita S*

**For family and friends, prayer requests will be kept on the list for 4 weeks. To renew, please complete another card/call the office*

February Birthdays

01 Sunhee P	19 Eva S
02 Donald T	20 Cathy C
09 David C	21 Rebecca L
10 Olivia C	22 Gregory F
10 Terry G	22 Mina N
12 Ross A	25 Susan S
13 Nancy J	26 Conner C
13 Valerie M	26 Joan E
13 Sarah M	27 Turquoise W
16 Divaker P	28 Georgine R
18 Peggy J	



Mardi Gras Pancakes and Games | February 10

(Bring palms for burning)

Souper Bowl of Caring | February 10 and 11

Ash Wednesday | February 14

Food Drive | February 17

Council Meeting | February 20

Breakfast Casserole Cook-Off | February 25

Women's Center Dinner | February 26

February 2024

SUNDAY, FEBRUARY 4 | 5TH SUNDAY AFTER THE EPIPHANY
Worship | 9:30 AM
Sunday School and Adult Forum | 10:45 AM

SUNDAY, FEBRUARY 11 | TRANSFIGURATION OF OUR LORD
Worship | 9:30 AM
Sunday School and Adult Forum | 10:45 AM

WEDNESDAY, FEBRUARY 14 | ASH WEDNESDAY
Worship | 7:30 PM

SUNDAY, FEBRUARY 18 | 1ST SUNDAY OF LENT
Worship | 9:30 AM
Sunday School and Adult Forum | 10:45 AM

THURSDAY, FEBRUARY 1

Trinity Singers | 7:30 PM

MONDAY, FEBRUARY 5

Heavenly Handbells | 7:30 PM

TUESDAY, FEBRUARY 6

Stephen Ministry Training | 9:00 AM

Staff Meeting | 11:00 AM

Stephen Ministry Supervision | 7:00 PM

THURSDAY, FEBRUARY 8

Trinity Singers | 7:30 PM

SATURDAY, FEBRUARY 10

Mardi Gras Pancakes and Games | 5:00 PM PM

MONDAY, FEBRUARY 12

Heavenly Handbells | 7:30 PM

TUESDAY, FEBRUARY 13

Stephen Ministry Training | 9:00 AM

Staff Meeting | 11:00 AM

WEDNESDAY, FEBRUARY 14

Men's Group via Zoom | 1:00 PM

Ash Wednesday | 7:30 PM



See the full calendar here:
www.trinityelca.org/calendar

SUNDAY, FEBRUARY 25 | 2ND SUNDAY OF LENT

Worship | 9:30 AM

Sunday School and Adult Forum | 10:45

Breakfast Casserole Cook-Off during Coffee Hour

THURSDAY, FEBRUARY 15

Trinity Singers | 7:30 PM

SATURDAY, FEBRUARY 17

Food Drive | 9:00 AM

MONDAY, JANUARY 19

Heavenly Handbells | 7:30 PM

TUESDAY, FEBRUARY 20

Stephen Ministry Training | 10:00 AM

Staff Meeting | 11:00 AM

Congregation Council Meeting | 7:30 AM

THURSDAY, FEBRUARY 22

Lenten Soup Supper and Vespers | 6:00 PM

Trinity Singers | 7:30 PM

MONDAY, FEBRUARY 26

Heavenly Handbells | 7:30 PM

TUESDAY, FEBRUARY 27

Staff Meeting | 11:00 AM

THURSDAY, FEBRUARY 29

Lenten Soup Supper and Vespers | 6:00 PM

Trinity Singers Choir | 7:30 PM



See the full calendar here:
www.trinityelca.org/calendar



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North Bethesda, MD 20852-3202

Address Service Requested

Date Mailed
January 31, 2024

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www.trinityelca.org
facebook.com/TrinityELCA
YouTube: <https://bit.ly/TrinityELCAYoutube>

Thank you for your offering. Your gifts make the ministry of Trinity possible. Electronic giving may be available through your bank or financial institution. Offerings mailed to the church office will be promptly deposited.

Online offering is now available via Paypal! See details on the Trinity website <http://www.trinityelca.org/give>

Thursday Tidings deadline is 12:00 pm Wednesday.

The Trinitarian deadline is the 15th of the prior month.

Submissions should be no more than 150 words. The editor and church staff reserve the right to determine the content of The Trinitarian and may edit articles for clarity, grammar, or length.



Evangelical Lutheran Church in America

God's work. Our hands.