



## What Do Pretzels Have to Do With Lent?

*Jesus began to explain to his disciples that he must go to Jerusalem and suffer many things at the hands of the elders, the chief priests and the teachers of the law, and that he must be killed and on the third day be raised to life. (Matthew 16:21)*

### How Lent came to be:

Many early churches had various periods of fasting before Easter. Some had one or two days, others several weeks. At the end of the sixth century, Pope Gregory I set a forty day period of fasting and repentance, using the number of forty (Jesus' period of temptation in the wilderness) as a pattern. It was Gregory who fixed the beginning of Lent as Ash Wednesday, with ashes placed on the head as a reminder that "from dust thou art and to dust thou shall return."

That's a happy thought, isn't it? But that is the whole point of Lent. Lent is a time to join Jesus on His journey to the cross and to identify with His pain and suffering. Lent is a time of spiritual preparation through spiritual disciplines, introspection and self-denial.

### What about those Pretzels?

Christians in the Roman Empire made a special Lenten food of flour, salt, and water, since meat and dairy foods were forbidden during Lent. Because Lent was a season of penance and devotion, the dough was shaped into the

form of two arms crossed in prayer. When the food was taken to Germany, it was called a pretzel. The German name "Brezel" may derive from the Latin word "bracella" which means "little arms." The oldest known picture of a pretzel may be in a manuscript from the fifth century in the Vatican. Pretzels are still an item of Lenten food in many parts of Europe and sometimes distributed to the poor in cities. So, you might want to add Pretzels to your Lenten menu!

### Another idea for Lent this year.

Instead of denying yourself the traditional sweets, meats and treats, why not add some spiritual exercises to your Lenten journey? How about making a commitment to attend worship each Sunday of Lent. Or, read through one of the Gospels. (I would suggest the Gospel of John.) There are a number of spiritual exercises you could do to prepare yourself for Easter.

I have decided on "*Practicing the Presence of Christ*" during the forty days of Lent. This practice has been around in several forms for centuries. The form I am using comes from the book *Soul Revolution* by John Burke. He calls this practice the "60X60 Experiment."

I highly recommend the book and the experiment. It just might change your life.

### Here is a quick overview:

1. Set a timer or some reminder to pray every 60 minutes. (No, you don't have to do this after you go to bed.)
2. The goal is an ongoing, minute-by-minute conversation of willing-

ness with God. So the hour alarm keeps you focused.

3. Every hour, reflect on the character of God - the One who loves you most and is **on your side**.

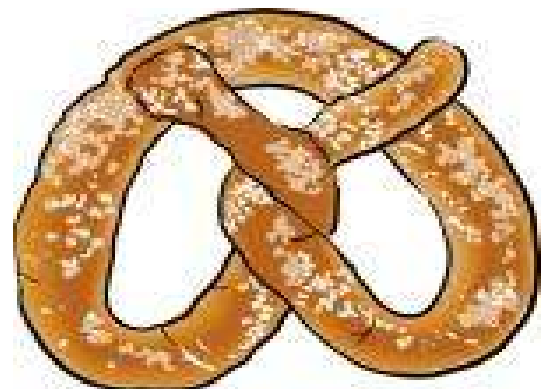
4. Journal each day your experience and share your thoughts with others. (*This is a great practice to do with others.*)

I have been doing this for the last three weeks and it has been life transforming. I have failed many times as there are "many things" to distract me. (After all I am a Martha. See Luke 10:40-42). But, I always have learned best "failing forward." I believe God would rather have us fail while trying to serve Him, rather than not try at all! After all, no child just gets up and walks without a few missed steps and falls!

So, get a big glass of milk, some mustard and a big salty pretzel. Sit down and figure out what spiritual exercise you are going to do this Lenten Season as a way of joining Jesus on His journey to Easter.

May you encounter the living Christ on your Lenten journey.

Pastor Doug



**5th Sunday after Epiphany , February 5th**

**Pastor Doug**

**“They Who Wait For The Lord”**

**Isaiah 40:21-31**

**Communion in Sanctuary**

**Ushers at Trinity: Team 6**

**6th Sunday after Epiphany, February 12th**

**Pastor Dawn**

**“Trust & Obey, For There Is No Other Way”**

**2 Kings 5:1-14**

**Ushers at Trinity: Team 1**

**Last Sunday after Epiphany, February 19th**

**Pastor Doug**

**“The Transfiguration of the Lord”**

**Mark 9:2-9, 2 Corinthians 4:3-6**

**Ushers at Trinity: Team 2**

**Lenten Series: “Ready for a Change”**

**Ash Wednesday, February 22nd**

**Pastor Doug**

**“Rock Bottom”**

**John 8:1-11**

**Ushers at Trinity: Team 3**

**1st Sunday in Lent, February 26th**

**Pastor Doug**

**“Courage”**

**Luke 14:22-36**

**Ushers at Trinity: Team 4**

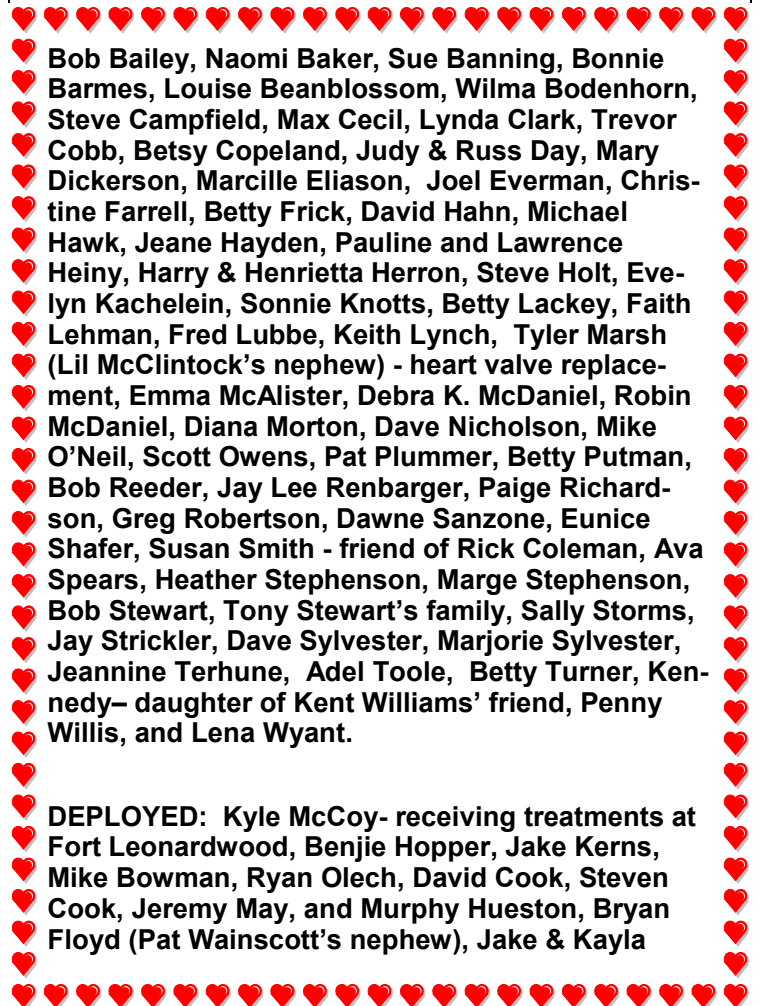
**Moment's Notice Sign-Up Reminder**

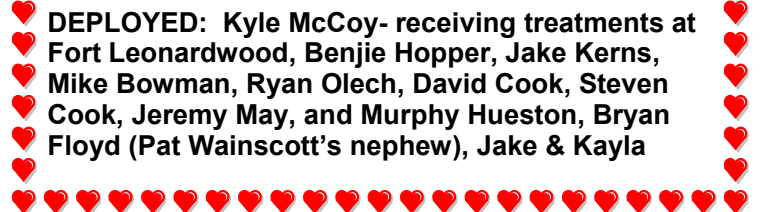
The Mission's Committee is still looking for people to be a part of the Trinity-TLC Moment's Notice Fund. Last year the fund provided nearly \$5,000 in assistance to 24 different households in Lapel and Madison County. We anticipate similar needs in 2012. Members of this ministry pledge to make a \$25 donation to the fund when needed, with a maximum commitment of \$75 for the year. The purple sign-up sheets are available outside the church office, and at TLC, or you can contact Darin Axel-Adams at 661-8509 or [darin726@comcast.net](mailto:darin726@comcast.net). **Even if you were part of the fund last year, please sign-up again.** Prayerfully consider being a part of this important ministry...it truly is God's work in our community!

The FOOD PANTRY focus for **February** is:  
**Salad Dressing, Spaghetti Sauce, and Canned Vegetables.**

The Food Pantry is open for business :  
 The 2nd and 4th Friday from 9-12pm  
 Every Saturday from 9-12pm

**Cares and Concerns:**


 Bob Bailey, Naomi Baker, Sue Banning, Bonnie Barmes, Louise Beanblossom, Wilma Bodenhorn, Steve Campfield, Max Cecil, Lynda Clark, Trevor Cobb, Betsy Copeland, Judy & Russ Day, Mary Dickerson, Marcille Eliason, Joel Everman, Christine Farrell, Betty Frick, David Hahn, Michael Hawk, Jeane Hayden, Pauline and Lawrence Heiny, Harry & Henrietta Herron, Steve Holt, Evelyn Kachelein, Sonnie Knotts, Betty Lackey, Faith Lehman, Fred Lubbe, Keith Lynch, Tyler Marsh (Lil McClintock's nephew) - heart valve replacement, Emma McAlister, Debra K. McDaniel, Robin McDaniel, Diana Morton, Dave Nicholson, Mike O'Neil, Scott Owens, Pat Plummer, Betty Putman, Bob Reeder, Jay Lee Renbarger, Paige Richardson, Greg Robertson, Dawne Sanzone, Eunice Shafer, Susan Smith - friend of Rick Coleman, Ava Spears, Heather Stephenson, Marge Stephenson, Bob Stewart, Tony Stewart's family, Sally Storms, Jay Strickler, Dave Sylvester, Marjorie Sylvester, Jeannine Terhune, Adel Toole, Betty Turner, Kennedy- daughter of Kent Williams' friend, Penny Willis, and Lena Wyant.


 DEPLOYED: Kyle McCoy- receiving treatments at Fort Leonardwood, Benjie Hopper, Jake Kerns, Mike Bowman, Ryan Olech, David Cook, Steven Cook, Jeremy May, and Murphy Hueston, Bryan Floyd (Pat Wainscott's nephew), Jake & Kayla

**THUG's INFO:**

(Trinity Heroes Under God)

5th through 12th grades

**February Schedule:**

- Feb 5th - 2 pm - Leadership Team Meeting
- 3 pm - Confirmation Class - Library
- “What does loving myself mean?”
- 3 pm - Seniors in Sr High Room
- 3 pm - Middle School in Jr High Room
- Feb 12th - 3 pm - Confirmation Class - Library
- “Reaching out to others: Baking - Making - Taking”
- 3 pm - Seniors in Sr High Room
- 3 pm - Middle School in Jr High Room
- Feb 19th - 3 pm - Confirmation Class - Library
- Skyzone - Indoor Trampoline Park—Cost \$20, waiver required
- 3-5 pm Middle & High School
- Feb 28th - 3 pm Confirmation Class - Library
- Fasting and Prayer
- 3 pm - Seniors in Sr High Room
- 3 pm - Middle School in Jr High Room

## Trinity United

Methodist Church

Life Center



217 E. 7th Street  
Lapel, IN 46051  
Life Center  
5900 SR 13 South  
Pendleton, IN 46064

Trinity: 765-534-4222  
TLC 765-534-3642

E-mail: [secretary@trinity-tlc.com](mailto:secretary@trinity-tlc.com)

**We are on the Web at:**  
**[www.Trinity-tlc.com](http://www.Trinity-tlc.com)**

**Check us out on Facebook at:**  
**[www.facebook.com/TrinityTLC](http://www.facebook.com/TrinityTLC)**

## Get "Fired Up" for Confirmation!

Confirmation Class begins Sunday afternoon, February 5th from 3:00 to 5:00 at Trinity UMC. This is open to all youth from 6th through 12th grade. This is a six-week class that ends on Confirmation Sunday, March 18th.

### Come Join Us Dinner

This month's Come Join Us  
Dinner is on Wed, the 15th at  
6:00 pm.

Koinonia Class will be  
hosting.



**Coming**  
**March 3, 2012**

Mission's Family Dinner at  
TLC. Start planning now for an  
evening of food, music, and fel-  
lowship. More details to follow

## Vital Congregation Prayer List for February

2/1 - Bridgeport, Centerville, Boxley, Barkers Chapel, Clunette, 2/2 - Brook, Bloomington St Paul, Canton, Boonville Main Street, Brazil Epworth, 2/3 - Broad Ripple, College Corner, Carmel St Marks, Berne Trinity, Crown Point First, 2/6 - Brookston, Brookville Mt Carmel, Central Barren, Boonville Pleasant Chapel, Brazil First, 2/7 - Brownsburg Calvary, Columbia, Carmel, Bippus Calvary, Culver Wesley, 2/8 - Brown Street, Brookville, Central Bethel, Branchville First, Brazil Mt Calvary, 2/9 - Carrollton, Connersville First, Cassville, Bluffton Epworth, DeMotte, 2/10 - Brushwood, Brownstown, Charlestown Pleasant Grove, Bruceville, Brazil Union, 2/13 - Castleton, Connersville Grace, Christland, Bluffton First, Door Village, 2/14 - Buck Creek, Burney, Charlestown, Burns City, Brazil Wesley Chapel, 2/15 - Chapel Hill, Corinth, Cicero, Boehmer, Dunlap, 2/16 - Bunker Hill, Cana, Cook memorial, Cannelton, Breden Memorial, 2/17 - Charlottesville, Daleville, Colfax, Brimfield, Dyer, 2/20 - Burkett, Christiansburg, Corydon Fairview, Chandler, Brick Chapel, 2/21 - Church of the Savior, Deerfield, Converse, Butler Mt Pleasant, Elkhart Bethel, 2/22 - Burlington, Columbus Asbury, Corydon Oak Grove, Clayton Harris Memorial, Bridgeton, 2/23 - Coatesville, DeSoto, Cosecha Latina, Butler United, Elkhart Calvary, 2/24 - Burton, Columbus East, Corydon Pleasant Ridge, Collins Chapel, Carbon, 2/27 - Cumberland, Dunkirk Bethel, Elwood First, Butler Zion, Elkhart Faith, 2/28 - Caley, Columbus First, Corydon, Cornerstone, Carlisle, 2/29 - Curry's Chapel, Dunkirk Calvary, Elwood Grace, Churubusco, Elkhart First.

## "Ready for a Change?"

Lent can be a time of taking inventory of our lives; of renewing our dedication to the faith. To repent means literally to "turn around" - to find new direction. This concept of change and the change-making actions of Jesus will guide our spiritual journey this season and we will wrestle with our fear of change, the inevitability of change, the difficulty in changing and the life-giving new lease on life and call to service that change can bring. Join us this Lenten season as we begin this series on Ash Wednesday, February 22nd and move through six Sundays, ending with the beginning of Holy Week, Palm Sunday, April 1st.

### BABY SHOWER BENEFIT

Pricilla Circle is planning a baby shower to benefit Red Bud Mission or a local mission. The baby shower will be held here at Trinity Church on March 15th at 1:00 pm. If you would like to attend please RSVP by March 1st to Linda Teeters, Jayne Seybert or the Church office. More details will be coming, including a list of suggested items.  
Hope to see you there!

