

Trinity Tidings

Some Common Questions about Lent

“Pastor, why do we speak of the 40 days of Lent when really it is 46 days long?” This question was posed to me this week, so I thought it might be a good time to review some of the common questions asked during Lent adapted from the pamphlet “Traveling Through Lent”.

What is Lent?

Lent is the time of year when we think about Jesus’ suffering and death upon the cross. We reflect on our sinfulness and our Savior. The word, “Lent” comes from the Anglo-Saxon term “Lencten” meaning “spring” a reference to the season in which the observance occurs. Lent begins on Ash Wednesday and lasts all the way to Easter.

Why does the date for Ash Wednesday and Easter change every year?

The date of Lent is determined by the date of Easter. The council of Nicaea determined in 325 that Easter would be observed on the first Sunday following the 14th day of the Paschal moon. The earliest that Lent can begin is February 5th. That happened in 1818 and did not occur again in the 20th Century. The latest that Lent can begin is March 10th and that won’t be until the year 2038.

What is the origin of Lent?

Authors do not agree as to the origin of Lent. It was built around fasting. There is some evidence that as early as the 4th century there was an observance of Lent. The fasting was optional, however. It was also a time to prepare candidates for Easter Baptism.

What is shrove Tuesday and why is Mardi Gras celebrated?

The day before Ash Wednesday, Shrove Tuesday, is celebrated in many parts of the world with feasting. The French call it Mardi Gras, the Germans call it Fasching. The feasting comes from the custom of using up household fats prior to the 40 days of Lenten fasting when no fat is used.

What is Ash Wednesday?

Ash Wednesday has been observed since the 7th century. It’s name is derived from the ancient practice of sprinkling ashes upon the heads of penitent people who had confessed their sins.

(Continued on next page)

Are special ashes used for Ash Wednesday?

The ashes that we use are from the burning of palms from Palm Sunday. It is an old custom of receiving the sign of the cross with ashes on your forehead as we hear the words: "For dust you are and to dust you shall return." God spoke these words to Adam after sin entered the world through the fall in the Garden of Eden.

Why do we have purple paraments on the altar?

The color purple signifies penitence plus royalty for all subjects bow penitently before the King. On Good Friday black is used on the altar.

Why do some people fast or give up certain habits or sins during Lent?

There are people who self-impose religious exercises during Lent or give up habits or sins in order to improve their godliness. However, Lent is not a time to give up certain sins. If it is wrong on Ash Wednesday, then it is wrong on the 4th of July too, or any day as far as that goes. Certainly, there is nothing wrong with religious exercises during Lent if they help draw a person closer to the Lord. We turn not to ourselves and what we do but to Jesus and what he did. We see Lent as a season during which by meditating upon the suffering and death of Christ we learn anew of God and His blessing of forgiveness over our shortcomings.

What is Maundy Thursday?

The Thursday of Holy Week commemorates the institution of the Lord's Supper. It was called Holy Thursday by some. It's German name is Grundonnerstag (Green Thursday). Since the Gospel of the day was John 13:1-5, the day was also known as the Day of Foot Washing. It's present English name, Maundy Thursday, is derived from the words of John 13:34 (Latin *Mandatum novum do vobis*) or from the custom of carrying gifts to the poor in maunds (hand baskets) on that day.

Yours in Christ,

Pastor Wolfram

Missions

Trinity will be privileged in April to have two LCMS missionaries share about their ministries. Mark your calendar for Thursday, April 15 to hear Kalia Lo. Kalia and her husband work in Cambodia helping meet the needs of people through Concordia Welfare and Education Foundation (CWEF). On Sunday, April 18, Rev. Greg Sawyer of Hong Kong will be our guest preacher. He is pastor at Church of All Nations (CAN) and also serves on the LCMS World Missions Asian Ministry Team.

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From the Vicar

Dear friends in Christ,

In this month of March, we have yet another holiday to celebrate. No, I'm not talking about my birthday, but rather, I'm talking about St. Patrick's Day. The holiday with shamrocks, green beer, corned beef, and dyed rivers. Most people recognize this as a celebration of all things Irish and that it has something to do with a guy driving out snakes from Ireland. But I want to take this time to tell you more about St. Patrick and his contributions, not just to the Church, but to our world.

Patrick was born in Britain around the year 387 to Roman parents who were there working for the Roman government controlling the colony of Britain. When Patrick was about fourteen, he was kidnapped by raiders and taken to Ireland where he served as a shepherd under a druid master. During this time, Patrick said that he relied heavily on his faith and prayer for strength. He lived for six years in servitude, but finally made his escape and fled back to Britain.

Upon his return to Britain, he had a vision of the people of Ireland calling him back, so he began studying for the priesthood so he could take the Gospel back to Ireland. After his ordination, he was sent to Ireland in 433 to spread the Gospel among the people and combat the druid teachings. St. Patrick had great success in Ireland and many of the chieftains and people came to faith before Patrick's death on March 17th, 461.

But St. Patrick's contributions don't end with his death. During his life and ministry, he established many churches and monasteries. These monasteries became centers of learning and study, particularly after the Roman Empire crumbled. After the Empire crumbled, many texts were lost or destroyed on the continent, but in the Irish monasteries, Greek and Latin texts were preserved and copied so that they would not be lost. Further, Irish monks continued in their learning of the Greek language when many scholars were only studying Latin. In a word, the Irish monasteries helped to preserve a large part of learning and civilization during a dark time in Europe's history. So perhaps a better way to remember Patrick's memory this March 17th would be to pick up a book rather than picking up a beer.

Vicar Cundiff

“Vocation Celebration for Teachers”

A student experiences the illness of a parent or the death of a grandparent. The student shares that a parent lost a job or that the parents are getting a divorce. A fellow teacher experiences school down-sizing or a family financial crisis. Another teacher shares her faith struggles or spiritual doubt. Christian teachers face real life situations in their vocation. The March 7 workshop, “Vocation Celebration for Teachers”, addresses those real issues and encourages dialog about the presence and power of Christ in the vocation. All teachers and administrators are invited to this event at Denison High School (819 N. 16th St.) from 2-4pm. For more information, go to the District's website at www.idwlcms.org.

LWML

Women: Word and Walk will meet on Thursday, March 18, 7:00pm for a Bible study, "Voices of Lent". We will look at those who were there during Holy Week and how they reacted to what was happening. Scenes from the Passion Play presented at Oberammergau, Germany will lead the discussion questions. All women of the congregation are invited to join us. For more information about LWML or Women: Word & Walk, contact Kathryn Sprecher at 279-1123.



LWML Guild

All women of the congregation are invited to join the LWML on Thursday, March 4, at 7:00pm as we discuss our physical wellness and focus on nourishing our bodies. Our business meeting will include a discussion of mission charity suggestions. We meet in the chapel and will have refreshments and a business meeting. Servers this month are April Brott, Dorothy Vogel and Esther Fraser.

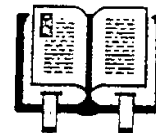
Office News:

Bev Wadle, Trinity's Office Manager, is going to be on vacation from March 7-14. If you have items to include in the bulletins for those two Sundays, please submit them to the office before March 4.

Bev's hours at the office have changed: She is now available from 11:00am to 5:00pm in the office. Pastor and Vicar Cundiff will continue to keep the hours of 8:30am-4:30pm. Pastor's day off is Monday and Vicar's is Friday.

Bible Studies:

DOWNTOWN BIBLE STUDY:



Meets on March 25, Noon-12:45pm, at St. John's Lutheran Church, 6th & Keo. Bring your lunch and a friend and join us. We continue the study of the book of **Isaiah** entitled "**Here Am I! Send Me!**" Call Claudia at 278-5781 for information.

SUNDAY MORNING, 9:00am:

Adult Bible Studies: Pastor Wolfram continues a study in the lounge on the book of Romans entitled "**Alive in Christ**".

SUNDAYS AT 4:00pm:

Young Couples Bible Study: The group continues a timeline study of the book of Acts. Child care is provided; meet in the lounge.

"**Health and Well-Being**" is a new study led by Kathryn Sprecher beginning Sunday, March 7 in the chapel. We'll look at a variety of topics and discuss how to apply the truths found in scripture to our daily lives. Our first lesson looks at Jesus our mentor. Future lessons will look at "You Are What You Eat", "The Mind: A Terrible Thing to Waste", and "Satisfaction in Work". Call Kathryn, 279-1123, for more information.

TUESDAYS:

"**Sing to the Lord: A Study of Lutheran Hymnody**" will begin on Tuesday, March 2, 10:30am. Other dates scheduled are the 9th, the 23rd and then will continue weekly in April on the 6th for a total of 6-7 weeks.

"**What It Means to Be a Lutheran**" will include study of the key documents of Lutheranism including the Ecumenical Creeds, the Small Catechism, the Large Catechism, the Augsburg Confession and the Book of Concord. Led by Bill Hohlfeld, this class meets at 7:00pm beginning March 2 for approximately 15 weeks. They will meet in the chapel.

Youth News

Lent Suppers:



Families of the High School and Junior High youth will be serving the Lenten suppers on Wednesdays through March 31. Join us for some great home cookin' and fellowship. We will NOT be serving supper on March 17, as that is during Spring Break.

Palm Sunday Bake Sale:

All Junior High and High School youth are asked to remember to bring baked goods to the Bake Sale on Palm Sunday, March 28, before Bible class and after worship at 11:00am. Please price your items.



Easter Breakfast:



Easter Sunday, April 4, at 8:00am. We will be serving egg casseroles, muffins and fruit for a free-will donation. All youth are asked to help so make plans to be here!

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PARKING at TRINITY: If you cannot find a parking space in the lot when you arrive for Sunday worship, pull up on the ramp and an elder or usher will park your car for you. We don't want anyone missing worship because of parking problems!

Fellowship Ministry

MARK YOUR CALENDAR!

Book Discussion Group:

The Book Discussion Group will meet on Monday, March 1, 7:00pm at the home of Margaret Durst to talk about the book, "Half Broke Horses: A True-Life Novel" by Jeanette Walls, has been listed as one of "The 10 Best Books of 2009" by the New York Times. Mark your calendars and plan to join us.

Girls' Night Out will meet on Tuesday, March 23, 6:30pm at the Q Barbeque, 1250 8th Street, West Des Moines. (just south of the Freeway, north of Jimmy's American Café). All women of the congregation, and guests, are invited to this evening of fellowship and good food. To make your reservation, contact Bev Wadle, 279-3609 by Sunday, March 21.

Pastor's Lunch Bunch: Join your friends after worship on Sunday, March 21. We will go to the Machine Shed Restaurant at Living History Farms for brunch at about 11:30am. Call the church office at 279-3609 if you have questions.

Breakfast with the Pastor: The group will meet on Thursday, March 4 at 8:30am at Perkins on Merle Hay Road (just north of the Mall). Come for great food and fellowship. All are welcome to join us!

Mystery Outing: Plans are in the works for a Saturday mystery outing for women. We'll let you know the date but the destination is a surprise!

If you have ideas for fellowship activities, please call Bev at 279-3609.

March Anniversaries

4 - Allen & Shirley Coyle	(43 rd)
6 - Chuck & Sandy Stoltenow	(40 th)
16 - Ed & Kathy Berstler	(8 th)
19 - Marc & Denise Heiden	(16 th)
20 - Shawn & Lesia Smith	(17 th)
22 - Rusty & Janice Daniels	(7 th)

March Birthdays

5 - Vera Baldrige Jeanette Hoke Gerald Sama
8 - Eva Hollis
10 - Bruce Bennett
12 - Tiffany Wych
13 - Jim Good
15 - Margaret Bice Shelly Biladeau
16 - Nancy Bice
18 - Nate Cloe
19 - Darlene Klett
21 - Virginia Genzen Susan Knollinger Ben Martin
23 - Abu Sama, Jr.
24 - Lu Roberts
25 - Rob Torgerson
26 - Carl Runge
29 - Nancy Helweg



Church Council Minutes

February 16, 2009

(Complete minutes are available in the office.)

Treasurer's Report: No written report; Bev reported that all bills are paid and a surplus is in the checking account.

Elders: Job descriptions for staff completed. Need new chairman for Altar Guild; Approved to apply for another vicar next year.

Trustees: Monitoring utilities the determine impact of Day Care usage. Leaks in roof to be addressed in spring.

Campus: Bunco night March 26; Lunches on 2nd Sunday of month; Will do Drake Relays parking.

Publicity: Placing free ads where appropriate.

Youth: 5 youth helped with Valentine Dinner. Lent suppers start next week. Circuit lock-in on Feb. 19-20; 2 youth attending.

Education: Stewardship program for kids; confirmation is April 25.

Evangelism: Report on "Fan Into Flame" program and "Noise in the Neighborhood". Hope Ministries Tea on May 1.

Fellowship: Valentine Dinner had 23 people. Serving supper on Ash Wednesday.

Pastor's Report: Vicar planning Lent services; several new families joined recently. Asked for input regarding power point during worship. Has been asked to speak at St. Paul, Ft. Dodge.

Business: Spending freeze continues until after budgets done. Have approx. \$8000 in memorials to spend. Budgets due to Bev by March 1. Working on a nominating committee to fill numerous open positions.

Voters' Assembly Meeting

April 19, 2010, 7:00pm

If you are not currently a voting member, you can become one by calling the church office by April 5 and making your intent known. We will be voting on the budget, election of officers, and other pertinent items.

“Hearts for Hope Women’s Tea”

Hope Ministries “Hearts for Hope Women’s Tea” is being held this year on Saturday, May 1, at the West Des Moines Sheraton Hotel from 11am to 1:30pm. The keynote speaker will be “Atlanta’s Hostage Hero” Ashley Smith Robinson. Ashley made news headlines in March, 2005, when she was held hostage for seven hours by Brian Nichols, who escaped an Atlanta courtroom and killed several people.

Ashley read to the man from Rick Warren’s The Purpose Driven Life and convinced him to turn himself in. Ashley’s book, Unlikely Angel: The Untold Story of Atlanta’s Hostage Hero, debuted at #15 on the New York Times Bestseller List. In her past, Ashley faced many of the same issues as women at Hope Family Center including both drug abuse and temporarily losing custody of her daughter.

Please contact Claudia Jackovich at 278-5781 by Sunday, March 14, if you are interested in attending. The cost is \$25 per person for the Tea.

Lutheran Church Extension Fund

LCEF is offering a stewardship investment opportunity to congregation members, the StewardAccount®. The StewardAccount offers the following features:

- No Monthly fees
- No minimum balance
- Low required opening balance – \$100
- Check writing privileges and optional VISA® check card access
- Competitive market-based interest rate. Once the account reaches \$10,000 LCEF will pay 2.125% (Feb. 2010; rates change monthly). The rate before reaching \$10,000 is slightly lower.
- Convenient 24-hour online financial services including bill pay and monthly electronic statement options.

Your dollars earn more than interest with LCEF; they help make ministry happen! View and download an application at www.lcef.org/investments. For more information call 1-800-843-5233.

Sick of Winter?

Maybe this will warm you up! The schedule for “Music Under the Stars” has been released: The dates are June 13, 20, 27 and July 4, 11, 18, 25. Mark your calendar to attend this event at the state Capitol grounds. Each session begins at 6:30pm. Bring your dinner, a blanket or lawn chair, and enjoy the different groups who perform each week. Watch bulletins in June and July for list of performers.

Serving this Month

ELDERS

Mar. 7-M. Bennett, K. Heiden
 Mar.14-E. Chesnut, K. Honts
 Mar.21-T. Garton, B. Hohlfeld
 Mar.28-B. Oliver, V. Spaine

ALTAR GUILD

Schroeder & Jones
 None
 Brott & Stoltenow
 None

GREETERS

Kurt, Cara & Ellen Heiden, Kathryn Sprecher
 Nick & Jessica Pilling, Wendy Larson
 Berstlers, Judy and Susan White,
 Rick & Robbie Malm, Kathryn & Nate Cloe

ACOLYTES

7 -Erica Harper
 14 - Matthew Jorgenson
 21 - Andrew Kent
 28 - Noah Smith

TRUSTEE

Nate Cloe
 T. Huckaby
 M. Jackovich
 Rick Krug

USHERS

Ron Brott, J. Schneller, Barry Wadle, Mark Hanson
 M. Jackovich, Stoltenow, Tony Garton, Jon Vogler
 Josh Freeman, K. Honts, C. Stoermer, Brian Heiden
 B. Oliver, G. Olauson, W. Hohlfeld, M. Heiden

Statistics/Membership Changes

TRINITY'S RESPONSE TO THE GOSPEL MESSAGE

	Offering		Attendance
	Regular	Special	10:00am
Jan. 31	\$5,184	3,252	141
Feb. 7	5,050	4,123	136
Feb.14	4,008	250	113
Feb.17	232	397	87
Feb.21	4,906	174	125

Membership Changes

Removed: Marcus Schneider, at parents' request 2-19-10

“This We Believe”

Selected Topics of Faith and Practice in The Lutheran Church - Missouri Synod

“What is the position of The Lutheran Church – Missouri Synod on.....?” In this publication, many questions are answered on various topics including women in the church, abortion, assisted suicide, capital punishment, divorce and remarriage, gambling, the Lord’s Supper, marriage, pornography, tithing, stem cell research, stewardship, worship practices and numerous other subjects of interest. Subjects are addressed by an explanation of the LCMS position on the selected topic, adopted resolutions of the Synodical Conventions, and comments by the President’s staff of the LCMS.

If you would like to purchase a copy of this informative book, call the church office at 279-3609.

TRINITY LUTHERAN CHURCH

Church Phone #: 515-279-3609

Fax #: 515-274-6806

e-mail address: trinitylc@aol.com

Office hours: 8:30am - 4:30pm, Mon.-Fri.

CHURCH STAFF

Rev. Michael C. Wolfram, Senior Pastor

Rev. Arno Melz, Visitation Pastor

Quintin Cundiff, Vicar

Bev Wadle, Office Manager

Debbie Bennett, Adult Choir Director

Thalya Hanson, Gospel Singers Director

WORSHIP SERVICES

Sunday, 10:00am English Service,
 10:00am Lao Service, 11:30am Nuer Service
 During Lent and Advent - Wednesday, 7:00pm
 Holy Communion:

First & third Sunday at 10:00am Service

Fourth Sunday at Nuer and Lao Services

Also Ash Wednesday, Maundy Thursday,
 Easter, Thanksgiving Eve, Christmas Eve.

EDUCATIONAL OPPORTUNITIES

Sunday School: Age 3 - 8th grade, 9:00am,
 lower level.

High School: Mother's Room, 9:00am

Adult Bible Classes: 9:00am Sunday in various
 locations in the chapel, gym, etc.

Midweek Classes: 6:30pm Wednesdays,
 Confirmation for grades 6-8. (Sept. through May)
 (Classes 6:00-7:00pm during Lent & Advent)

Adult Membership Class: Lectures of Christian
 fundamental scheduled periodically.

Downtown Bible Study: 4th Thursday of the
 month, Noon - 12:45pm at St. John's Lutheran
 Church, 6th & Keo.

Young Adult Bible Study: Sundays at 4:00pm
 in the lounge.

OTHER MINISTRIES

Prayer Chain: Call anytime with needs, concerns,
 joys to: Trudy, 276-2427 or Renae, 287-7574.
 Send email prayer request to Pastor Wolfram at
 mcwolfram@aol.com.

Trinity's Web Page:<http://www.trinitydesmoines.com>.*Trinity's email:* trinitylc@aol.com*Lutheran Family Service, 251-4900**Dial-the-Gospel in Spanish, 279-7022***CHURCH COUNCIL**

PRESIDENT: Barry Wadle

1ST VICE PRESIDENT: Vacant2ND VICE PRESIDENT: Mark Hanson

RECORDING SECRETARY: Denise Honts

FINANCIAL SECRETARY: Jim Riesterer

TREASURER: Annette Blasnitz

ELDERS:

Mark Bennett, Eddie Chesnut, Tony Garton, Kurt
 Heiden (Chairman), Bill Hohlfield, Kevin Honts,
 Burrell Oliver, Vidal Spaine.

TRUSTEES:

Bruce Bennett (Chairman), Ron Brott, Nate Cloe,
 Tim Huckaby, Mike Jackovich, Rick Krug

BOARDS:

CAMPUS: Dorothy Garton

CHRISTIAN EDUCATION: Marc Heiden

CHRISTIAN OUTREACH: Carol Newsom

CHRISTIAN FELLOWSHIP: Bev Wadle

CHRISTIAN STEWARDSHIP: John Schneller

PUBLIC RELATIONS: Connie Mekus

YOUTH: Annette Blasnitz