



Trinity Topics

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“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.”—*Philippians 4:6-7*

Even during shelter-in-place measures, we can still be connected with the life of worship of the Anglican Communion through the Daily Office. The Daily Office consists of two services: Morning Prayer and Evening Prayer (also known as Evensong). Anyone can lead these services, either as family prayers or alone as a private devotion. All you need is a *Book of Common Prayer* and a Bible. Both are easy to find online, or you can contact the parish office for copies of either. The directions in the service are fairly easy to follow. The key is to just keep going and let the service carry you along. What can be intimidating is the number of options in some places. Know that there really aren't any wrong choices. Perhaps the Holy Spirit has a prayer in mind that isn't included in the official rubrics! For the most part it suffices to know that we are in the liturgical season of Easter until Trinity Sunday on June 7.

First, some background. Morning and Evening Prayer originated in the earliest prayer books of the Church of England, in which Thomas Cranmer modified monastic prayers into daily prayers for the people. Some of us may still remember when Morning Prayer was the main service at Trinity Church, with Communion being celebrated once a month. This continues to be the habit in many places outside of the United States. Usually we celebrate Morning Prayer at Trinity Church nearly every weekday, and when churches are permitted to reopen, all are invited to join us.

The first step is to decide which service you would like to celebrate. Both services have versions in traditional and contemporary language called Rite I and Rite II, respectively. The traditional Morning Prayer service starts on page 37 of the *Book of Common Prayer* and Evening Prayer starts on page 61. Contemporary Morning Prayer starts on page 75, and Evening Prayer starts on 115.

There are two parts that I think might be confusing for people who are new to the Daily Office. The first is finding the appointed Psalms for the day. The Psalms start on page 585 and are divided into a 30-day cycle. If you look closely before the first Psalm you will see “First Day: Morning Prayer,” which means the following prayers are appointed for Morning Prayer on the first day of the month. The days do not skip around the Psalms. Usually there are multiple Psalms appointed for the service, though there are a couple long Psalms that are divided between multiple days. On the 31st day, I usually recite one of the options from the 30th day.

The other source of confusion is the Lectionary, which starts on page 936. The Lectionary confuses me too! The Daily Office Lectionary is on a two-year cycle. We are in the second year of the cycle—year one is on the left side (marked at the bottom of the page), year two is on the right. Then you must know what season we are in (Easter) and what week of the season it is (as I write this it is the third Sunday of Easter). There, you will find the readings for each day of the week, along with alternative Psalms. Using the Lectionary takes some practice, and it becomes easier if it is a regular habit because you can follow along in the narrative of the text. While the Prayer Book allows three readings, each followed by one of the canticles provided in service, it is OK to do one or two readings—we usually have two readings during our daily service at Trinity Church.

There is, it must be admitted, a bit of a learning curve when it comes to the Daily Office. The important thing, of course, is simply to pray. God is still going to hear our prayers even if we don't get it “right.” With a little practice the rhythm of Anglican prayer becomes second nature.

Fr. Zach Brooks +

News & Announcements

Pledges and Special Offerings

Trinity Church continues to need your support while services are suspended. While services are suspended, please send offerings to the parish office.

The Good Friday Offering was \$155, and the Easter Offering was \$190. These funds go to our parish Outreach programs.

Contribution Statements

Enclosed are contribution statements as of April 27. I usually mail them at the end of the quarter (March 31). I am sorry for the delay. Even if you did not make a pledge, you will have a statement in your envelope. (I've used the statements for your mailing address.)

The Heifer Project International

While a couple of the Church School's special activities for HFI have not been able to happen, please keep filling your mite boxes; they will be collected when regular services resume.

United Thank Offering

We were unable to have the Spring UTO Ingathering, but will accept donations for this at a later date. Please think of what we can be thankful for during this period of isolation and make an offering.

Congratulations!

Sage Maren, daughter of Tim & Rachel Waltrip and granddaughter of David & Mary Mumford, was born on April 21. Welcome to the world, Sage!

Michele Quinones is happy to announce her retirement from Blue Cross Blue Shield on March 13, after 11 years there and over 44 years in and around the healthcare field.

Farewell!

Paul and Almut Spalding have moved to Santa Fe, New Mexico. Their new Episcopal parish, St. Bede's, is also operating online presently. Paul and Almut, we appreciate your service to Trinity Church and wish you well in your future!

Graduations and Awards

The June issue of *Trinity Topics* will announce the parishioners and relatives of parishioners who have graduated or received awards at the end of this academic year. Please send the Parish Office the information as soon as possible.

Forward Day by Day booklets for the new quarter have arrived. If you would like us to mail you one, let us know.

The ***slabs of slate*** in the churchyard are available for free for home or garden projects to anyone willing to haul them away. They are left over from the porch restoration project.

****If you have news you wish to share, please contact the Parish Office.***