

THE TRINITARIAN

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Daughters of the King

Lenten Quiet Day

*Submitted by: Cora O. Dixon, Secretary
President, Kendell Matthews*

The Daughters of the King (DOK) sponsored its first "Lenten Quiet Day" Saturday, March 22, 2003, at Trinity Church from 10:00am to 2:00pm. The Reverend Andrea Hayden, Episcopal Chaplain at Howard University, was the Officiant and leader for the day. Approximately 50 DOK, parishioners and friends were in attendance. The theme for Lenten Quiet Day was "Sharing Spiritual Chemistries and Divine Connections."

The day began with Morning Prayer, which set the tone for events to follow. There were three different meditation and quiet periods and a time for reflections.

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Rector's Reflection

John Keble, 29 March 2003

Beloved:

In the midst of a war that is separating the peoples of the world and tearing their hearts apart, it may surprise some to learn that human nature is not evil, although it may be sinful. Even the tendency for humans to wander and stray from the ways of God is only a manifestation of humanity's sinfulness. It does not necessarily mean that human nature is utterly evil. True, humans are sinners indeed, but they possess a nature that God has deemed worthy of redemption. While human nature may be prone to sin, it is predisposed to seeking what is good and is inclined to search for God and God's grace.

As Creator, God has a love for humanity. God has redeemed human nature from sin and delivered it from all evil; from evils that assault individuals' souls and from evils that individuals inflict on each other. And so we appropriately pray in the Lord's Prayer, that God will "deliver us from evil." Our prayer is a result of our awareness that there is no power in us that can deliver us from evil or redeem us from sin. The power of evil can be so great and the burden of sin so unbearable that only God is able to see us through, and so all our hope in God must rest. But in all that we face, God is able to bring about good even in the midst of evil.

Now that Easter is upon us, there should be a renewed sense in all of us that good is not about to be overcome by evil. The work of Christ on the Cross can never be suppressed or undone by our experience of suffering, or by our exposure to hatred. Our joy is in the promise of the Cross, and our hope is in the resurrection.

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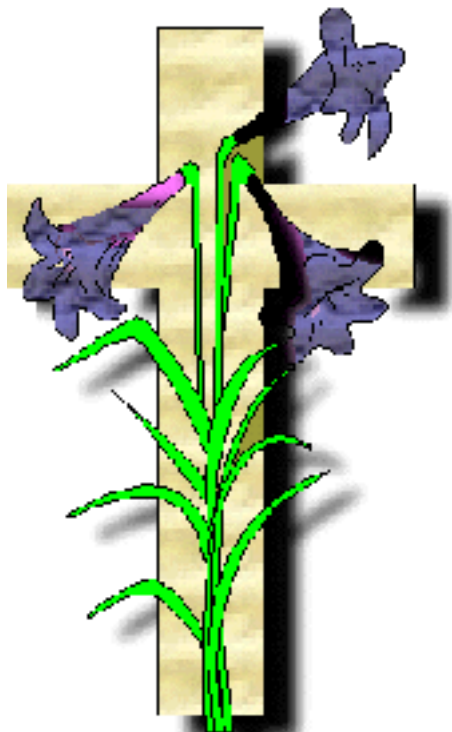
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May you know the power of Christ's resurrection and may you be filled with the wonder of God's love this Easter.

Until next time, I am,

Faithfully in Christ,

John Harmon †



Vestry

Vestry Notes

1. The parish looks forward to the Preaching Mission with Bishop Otley. His visit will extend from Wednesday, April 9th through Palm Sunday.
2. The vestry voted to approve vestry liaison appointments for the Parish Commissions.

The Trinitarian Calendar for 2003

Meeting Dates	Issue	Article Submission Deadline	Distribution Date (Estimate)
January 12	Jan/Feb	January 19	February 2
February 2	March	February 10	March 9
March 2	Easter	March 10	April 6
April 6	Spring	April 10	May 4
May 4	Summer	May 10	June 8
September 7	October	September 10	October 5
October 5	November	October 10	November 2
November 2	Christmas	November 10	December 7

Submit articles to: bdhoward@alum.syracuse.edu and m2moore@comcast.net

The Lenten Quiet Day session concluded with the Holy Eucharist. Meditation sessions focused on “Divine Connections with God, Divine Connections with each other, and Divine Connections within ourselves. Scripture and questions for reflection were also provided. Among the questions for reflection, the three most outstanding questions from the group were: (1) What had God already told me in His Word that I have not started doing yet? (2) What Christlike character quality can I develop by defeating the most common temptation I face? (3) How can I make the best use of what God has given me?

During each meditation period, Rev. Hayden shared with us readings and prayers that have been used by Christians in the Lenten season to know more fully the presence and the purpose of God in their lives. She reminded us that Lent is a time of self-denial and self-examination in the presence of God in order to discipline our lives as God may direct. Participants were reminded that our Lord spent 40 days in fasting and prayer to prepare himself for a ministry that culminated in the tremendous events of Holy Week — the betrayal and crucifixion.

According to many participants, quiet time was a wonderful/spiritual experience. The quiet time provided an opportunity to focus on what impact these 40 days have in individual lives by fasting and praying in preparation for Easter.



Youth Retreat

Reflections on “The Great Adventure” Retreat

By Tiara Nande Davis

On the weekend of March 7-9, 2003, I was at The Great Adventure Retreat for three days and two nights. After dinner on the first night together, the coordinator Paul Cannody, said a prayer and then told all of the parents, except for those who volunteered to stay and help, to go home and relax while their children had fun for the weekend. The parents said their goodbyes and left. Then, the kids and adults got together to become better acquainted. As a group, we had our first church service, which lasted only an hour. The church service was very fulfilling.

On Friday night, Paul Cannody told us to get a good night’s sleep because we would have to get up at 7:15 a.m. Everyone, including me, looked at him like he was crazy, but he gave us the same look back and said that we didn’t have a curfew so that we could stay up as late as we wanted. After he said that, I stayed up until 4:30 in the morning. I got up at 6:30 a.m. and went out for a run before everybody else in my cabin awakened.

On Saturday, we had group meetings, arts and crafts, and sharing of experiences. We talked about the Bible and had to make up stories relating to experiences that teens go through daily, but we tried to make the stories include things God would want us to do.

Sunday morning at church service, I sang, “We Are Climbing Jacob’s Ladder,” without music. The Bishop also asked me to sing and I sang “Amazing Grace” which was nice. I sang at three other church services. Also, during a game, some of the kids challenged me to a singing contest. We each had to sing different songs. We bet candy and gum, and I won all of the prizes.

I encourage children and young adults who are in the sixth, seventh and eighth grades, to go to “The Great Adventure” retreat next year because you can learn a lot about God and what His son Our Lord Jesus Christ did and why He gave up His life for us. I had a great time.

Senior Ministry News

ESM Senior Celebration

During the first week of April, Trinity seniors will receive an invitation to the Episcopal Senior Ministry's annual Senior Celebration, which will be held on May 13, 2003, at Gallaudet University. The speaker for this year's celebration is Bishop John B. Chane. This is a wonderful opportunity to meet and fellowship with people from parishes throughout the Metro area as well as attendees from our own church. Last year, more than 300 seniors enjoyed a wonderful reception, prayer service, luncheon, speaker, and awards ceremony. Best of all, the Senior Celebration is FREE to all attendees, so put this important event, May 13, 2003, on your calendars.

Tai Chi Class

About 20 Trinitarians participated in the first Tai Chi class in the parish hall on Wednesday, March 5. The instructor, Dr. Albert Carey, led students in a series of warm-up exercises, Tai Chi postures, and meditation. Most of the class consisted of demonstration for the initial session, but participants should be prepared to "get down to business" in future classes. The Tai Chi class will start promptly on Wednesday mornings at 11:00 A.M. and end at noon. Participants should wear comfortable clothes, especially short-sleeved shirts, and rubber-soled shoes. Questions? Contact Mabra Barge, 301-622-0294 email mbarge@umd5.umd.edu

Vows

Renewal of Marriage Vows

All Trinity couples married forty (40) years or more are invited to renew their marriage vows in a special ceremony at the Washington National Cathedral on Saturday, June 21, at 10:00 am. The ceremony, to be officiated by Bishop John B. Chane, will honor couples from parishes throughout the Diocese. Couples who wish to participate in this ceremony must RSVP by April 15, 2003 in order to receive an invitation. Contact Mabra Barge, Trinity Senior Ministry, 301-622-0294; Iris Harris, Episcopal Senior Ministry board member, 202-582-9014; or Elaine Gipson, Episcopal Senior Ministry staff, 202-414-6314 for additional information.




(See John 20:1-18)

03-29-2002

I WANT YOU TO FOLD UP MY BURIAL CLOTHES,
WAIT FOR MARY, AND REMEMBER THAT THIS IS
SERIOUS ... NO HIDING AND YELLING "BOO"

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APRIL 2003

SUN	MON	TUES	WED	THU	FRI	SAT
		1 10:30 am Tower Mass 6:30 pm Property Mtg 8:30 pm AA/Al Anon	2 11 am Tai Chi Class 12:15pm Mass Soup/Study 7 pm Mass/Soup/Study 7:30 pm Al Anon	3 7 pm Choir Rehearsal	4 7 pm Stations of the Cross 8:30 pm AA Mtg	5 10 am Children's Choir Rehearsal
6 8 am Holy Eucharist 9 am Baptism Instruction 9:15 am Outreach Mtg 9:15 am Adult Forum 9:15 am Church School/ Youth Church 10:30 am Holy Eucharist	7	8 10:30 am Tower Mass 7 pm Fin. Comm. Mtg 8:30 pm AA/Al Anon	9 11 am Tai Chi Class 12:15pm Mass Soup/Study 7 pm Preaching Mission 7:15 pm Al Anon	10 7 pm Preaching Mission	11 7 pm Preaching Mission 8:30 pm AA Mtg	12 9:30 am Parish Life Committee 10 am Children's Choir Rehearsal
13 PALM SUNDAY 8 am Holy Eucharist 9 am DOK Mtg 9:15 am Adult Forum 9:15 am Church School/ Youth Church 10:30 am Holy Eucharist	14 12 noon Mass	15 10:30 am Tower Mass 12 noon Mass 6:30 pm Vestry Mtg 8:30 pm AA/Al Anon	16 11 am Tai Chi Class 12 noon Stations of the Cross 6 pm Seder Supper 7 pm Bible Study 7:15 pm Al Anon	17 7 pm Eucharist Footwashing/ Stripping of Altar 9 pm Prayer Vigil	18 6 am Morning Prayer 12 noon Good Friday Liturgy 7 pm Choral Service/ Portrait of Crucifixion	19 10 am Children's Choir Rehearsal 7 pm Easter Vigil/ Baptism
20 EASTER SUNDAY 8 am Said Eucharist 9 am Choral Eucharist 9:15 am MOT Mtg 9:15 am Church School/ Youth Church 11 am Solemn Eucharist	21	22 10:30 am Tower Mass 8:30 pm AA/Al Anon	23 11 am Tai Chi Class 12:15 pm Mass/Study 7 pm Bible Study 7:15 pm Al Anon	24 7 pm Choir Rehearsal	25 8:30 pm AA Mtg	26 10 am Children's Choir Rehearsal 12 noon TECW Luncheon/Card Party
27 8 am Holy Eucharist 9:15 am Church School/ Youth Church 10:30 am Holy Eucharist	28	29 10:30 am Tower Mass 8:30 pm AA/Al Anon	30 11 am Tai Chi Class 12:15 pm Mass/Study 7 pm Bible Study			

APRIL BIRTHDAYS

1 Jean Harvey Marcia Cox	12 Godwin Ukaegbu Bryon Williams	22 Ellington Carter Khaya Carter Phillips Russell
2 Isreal Chigbu Elyse Hudson Chiduziem Nriaji	13 Terri Walton Michelle Murphy Karen Parker Tsahai Crawlle	23 Henry Taylor Marilynann Williams Kenneth Sylvain
3 Elizabeth Cocke Ebenezer Botchway, Jr.	14 Lauren Belcher-Grant	24 Geoffrey Thompson Enie Nwankwo Gregory Thompson Whitney Brown Graylyn Broadnax
4 Obinna Okeke	15 Joseph Seimah, Sr. Obinna Okonkwo Kenneth Redman III Jeffphine Dawson	25 Jabara Randolph
6 Inez Thomas Marjorie Romear Noni Smith	16 Erik Shamwell Ashleigh Roberson Brian Botchway	26 Ann Roberts Eulah Ward
7 Amarachi Njoku Ifeoma Ogbuokiri	17 Marie Brown Ebenezer Botchway, Sr.	27 Oscar Smith, Jr.
8 Barbara Mills	18 Theodore Legall, Jr. Jaden Walcott	28 Richard Leo
9 Uzoamaka Nwadigo Tonja Moore	19 Chilaka Ukaegbu Chinazaekpere Madu	29 Marjorie Hacking Orlando Anderson, Sr. Amara Ukaegbu
10 Kevin Berthoud Tracy Legall Juan Williams Frederica Harrison Frances Whitaker Dontae Richmond	20 Lucy Okeke	30 Lauren Russell Arthur Freeman
11 Chinwe Egwim	21 Chimekezue Anyanwu Aaron Freeman	

APRIL ANNIVERSARIES

3 Cecil and Townsend Robinson	5 Blessed and Dorah Ahaghotu	9 Tracy and Mae Walton
12 Chiemeka and Ebere Opaigbeogu		22 William and Barbara Rice

APRIL HIGHLIGHTS

Sunday 6, 13	Adult Forum	9:30 am
Wednesday 2, 9	Mass (Sacrificial Soup)	12:00 noon & 7:00 pm
Friday 4	Stations of the Cross Service	7:00 pm
Wednesday – Friday, 9–11	Preaching Mission with Bishop Ottley	7:00 pm

HOLY WEEK APRIL 12–13

PASSION SUNDAY	Palm Sunday Services	8:00 am and 10:30 am
HOLY MONDAY	Mass	12:00 noon
HOLY TUESDAY	Mass	12:00 noon
HOLY WEDNESDAY	Stations of the Cross	12:00 noon
	Seder Supper	6:00 pm
MAUNDY THURSDAY	Mass / Foot Washing / Stripping of the Altar	7:30 pm
	All Night Vigil	9:00 pm – 6:00 am
GOOD FRIDAY	Morning Prayer	6:00 am
	The Seven Last Words	12:00 noon
	Choral Service	7:00 pm
HOLY SATURDAY	Easter Vigil / Holy Baptism	7:00 pm
RESURRECTION SUNDAY	Easter Day Services	7:00 am, 9:00 am, 11:00 am

Special Events

Author Explains Book's Genesis

Submitted by Raymond Blanks

Juan Williams, the author, journalist and TV news commentator, returned home to Trinity, after two months of traveling across the country to promote his latest book, *This Far By Faith*. Nearly 100 people attended, "An Evening With Juan Williams" on March 15th. Williams, a Senior Correspondent for National Public Radio, gave a potent testimony of personal faith linked to the history of the Black experience in faith. A festive reception and book signing preceded the author's remarks.*

Williams' powerful presentation was not a message to strangers. His words were the fond recollections of a man grounded in Christian faith in the early years of beginning life in America at the age of 4 years in Brooklyn after emigrating with his mother from Panama. He explained that his adopted city was "a puzzling place" that managed, however, to demonstrate "a sense of community" and cohesion made largely evident through the people's widespread religious beliefs and practices that permeated and shaped his neighborhood.

In describing his rendezvous of faith as an urban youth, Williams recalled venturing beyond his Episcopal parish and discovering "Pentecostal worshippers speaking with tongues." He was awed by "Baptist preachers who spoke with passion about God's power" while also being overwhelmed by its more expressive music. The neighborhood's Catholic Churches were caught in a demographic shift and more Blacks became members and more Black children attended their parochial schools. Williams explored the African Methodist Episcopal churches (AME), the African Methodist Episcopal Zion churches (AMEZ) and witnessed the rise of the Nation of Islam. Reflecting on these early years and explorations in various faiths, he jokingly acknowledged that the Black Hebrews were the only faith group in New York he never explored or encountered.

But the altar boy who became an ecumenical scout in the African American community and among its varied faith traditions also noticed a cardinal fact. "Religion is so intense among African Americans," he observed. Because Blacks generally have "harder times in life," Williams maintained, "the church became a buffer" against the adverse challenging social situations Blacks faced in America. His story became a picturesque portrait of a bright youth noticing and absorbing the dominant social dynamics he found in his community. It captured as well the pervasive influence of the faith sector in developing, shaping and sustaining cultural and personal identity among Blacks.

Williams confessed that *This Far By Faith* "seeks to give answers to the African American experience." The dominant early church in America, he reminded, did not make Blacks feel welcome worshipping with whites. While Blacks, for example, in the Episcopal Church couldn't read yet they captured "the puzzling power of Christianity." Slaves identified with Christianity but they also rejected the deceitful distortions slave masters taught. Once they discarded the master's religion, African Americans altered Christian beliefs to reflect their understanding of the divine in their lives and that became the foundation that inspired the quest for freedom. They understood that "Christ identified with the oppressed," and "cared for people with broken spirits." African Americans discovered, "Christ reaching out and offering himself, seeking to touch those enslaved." The miracle, according to Williams, was that, "Slaves challenged the slave master with the slaves' religion." Black people discovered in their many struggles and suffering "God as a liberator and that in Christ we are one," Williams emphasized. He stressed that faith led to the freedom movement since colonial days and fostered America's greatest social change through the Civil Right Movement.

In effect, "African American religion is like jazz, an innovative art form that causes people to celebrate," Williams opined. He added that the emerging Black theology contained "new ideas, new passions and reshaped the worship experience." Like the religious pioneer, Noble Drew Ali, Blacks came to feel "I am not

the child of a slaves.” Instead, they cultivated the predominate perception that, “Identity has to do with an individual’s relationship with God.” Through faith, Williams explained, Black people “became aware of God’s love” and it proved to be a faith that was fruitful. “A function of faith,” among the early beliefs of Blacks, Williams suggested, was to make apparent that “God was with us and the master’s ideas were wrong.” The emergence of African American faith, he explained “pushed people along to freedom” and “made ideas of faith real” and able “to lift all of humanity.” Faith enabled African Americans to discern that God motivated and sustained their drive to be free and fully human.

Music emerging out of the Black faith tradition, Williams remarked, depended heavily on its African influences yet its impact is extensive and evident in various musical expressions. It was developed with the power to alter consciousness and “to take people over and to teach the faith through musical expressions. Music was also a means to express and engage Blacks in both their political and cultural challenges.

Williams’ eloquent linking of his early experiences in Brooklyn reflected as well the early foundations of Black faith and beliefs. Discarding the journalist’s adherence to objectivity enabled the audience to understand that his newest book was influenced by his initial exposure to the Black community and especially its religious institutions and its varied faith expressions. He emphasized that since the arrival of slaves, African Americans have been shaped by their faith and with their faith challenged the nation regarding the status of Blacks and their full inclusion in all aspects of American life.

Janice Booker, Trinity’s Senior Warden, introduced Williams who chairs the Discourse Committee and serves on the Board of the Trinity Volunteer Corp. She declared that Williams’s recent literary contributions increased pride in and gratitude of members for his latest achievement. The Public Broadcasting System will premier a companion television series based on the book beginning in June.

Marie Walker, the wife of the diocese’s late bishop, was among the scores of book lovers attending the event. Karibou Books of Prince George’s County posted \$2300 in sales for the new book. Father John Harmon commented that he was pleased and delighted that the church celebrate Juan’s new book as his faith family. Beaming throughout the event was Williams’s wife, Delise.

**The book-signing and reception were organized and emceed in exemplary fashion by the author of this article, Raymond Blanks.*

Men of Trinity

Shrove Tuesday at Trinity

Submitted by Marshall Ford

Fat Tuesday could not have been much fatter than at Trinity on March 4, 2003. Charles DeBoe and the Men of Trinity (MOT) had the tables set at angles because they were expecting a larger crowd than last year. The new chairs gave the room a colorful and festive look.

Although the pancakes were excellent, they took a back seat to the salmon cakes, stewed apples, shrimp jambalaya, beef and pork sausages and bacon. The salmon was once again contributed by Ferdina Tours of Ghana, the Rehers supplied the pancake mix, and Mary Johnson the lemonade. Many thanks to our contributors!!

Table-hopping was the order of the night and the hall was rife with pleasantries being exchanged.

Over one hundred and twenty five people rolled out of the Parish Hall stuffed to the gills and well fortified to face a meatless, sweet less, and self-denying Lenten Season.

Parish News

One of Trinity's Own Goes to Japan*Submitted by Kay Pearson*

Like his brother Marcus, he is quiet in public. He came regularly to church last year, then came less frequently as his schoolwork increased, but Malcolm Hendricks is one of Trinity's sons. He was selected to participate in the Japan US Mutual Understanding Program ("JUMP"). Malcolm is one of 25 high school students from across the country, and the only student from the Washington area, sent to receive the scholarship opportunity to live and work in Japan.

JUMP is funded by the Japanese Ministry of Foreign Affairs in commemoration of the 50th anniversary of the signing of the San Francisco Peace Treaty. Foreign Minister Makiko Tanaka of Japan and US Secretary of State Colin Powell renewed the Treaty last year. The signing of the this treaty was a significant moment in history, not only in marking an end to World War II, but also restoring sovereignty to Japan. The scholarship is intended to promote the peaceful understanding between the two nations through their youth.



During the exchange experience, Malcolm, along with the other JUMP scholars, will meet foreign dignitaries and participate in activities designed to enhance his understanding of the global community.

Currently a junior at St. Albans, Malcolm has studied Japanese since he was 12 years old. Last summer, he spent three weeks in Japan in the prestigious Keio exchange program. He was surprised and excited to be chosen to receive the JUMP scholarship. "I really look forward to the opportunity to immerse myself in the Japanese culture and to learn more about the world through the eyes of another country," Malcolm said of the decision.

He is active in the Japanese Club at St. Albans and is a student of Kendo (Japanese martial arts). He will return to the United States at the end of the year.

Anecdote

Like Jesus*Author unknown**Submitted by Raymond Blanks*

An old preacher was dying. He sent a message for his IRS agent and his lawyer, both church members, to come to his home. When they arrived, they were ushered up to his bedroom. As they entered the room, the preacher held out his hands and motioned for them to sit on each side of the bed. The preacher grasped their hands, sighed contentedly, smiled and stared at the ceiling. For a time, no one said anything. Both the IRS agent and the attorney were touched and flattered that the old preacher would ask them to be with him during his final moment. They were also puzzled because the preacher had never given any indication that he particularly liked either one of them.

Finally, the lawyer asked, "Preacher, why did you ask the two of us to come?"

The old preacher mustered up some strength, then said weakly, "Jesus died between two thieves, and that's how I want to go, too."



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 The Reverend Canon Earl Neil, *Assistant*
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 The Rev. Christopher Mwawa, *Priest-Seminarian*
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