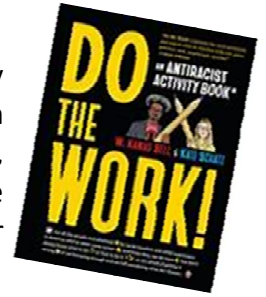




Dear Trinity friends,

In Anne Lamont’s book “Bird by Bird”, she relates a story of a young boy who has put off for too long an assignment he was to write about birds. Overwhelmed, he told his father he didn’t know where to start. The father’s answer was what Lamont gave the title to her book about writing (and Life): “Bird by Bird”.



Earlier this year, a small group of Trinity parishioners felt similarly overwhelmed by the societal and political trend toward more overt racism and assertions of white supremacy. As Christians, striving to be true to our baptismal vow to treat all humans with respect and dignity, we felt called to “**DO Something**”. But like the boy in Lamont’s story, we just didn’t know where to begin.

To gain a better understanding of just what America, and we, are struggling with, we needed to learn more. We began by reading a book by a professor of African American studies called “Begin Again: James Baldwin’s America and It’s Urgent Lessons for Our Own”. We met every two weeks and discussed a few chapters at a time. “Do the Work”, an anti-racist workbook, was another resource which provided ideas to help us on our anti-racist quest.

“I am not a racist”, you may be thinking. It is an ugly word, one which can be harsh and off-putting. But we’ve learned that the roots of racism run deep, and wide, and lurk in dark corners we may not even see. Through humor, excellent literature, historical facts (ones most of us didn’t learn in our history textbooks) and lively discussion, our group’s awareness of the myriad ways people of color experience racism every day has begun to grow.

How can a little church on the corner of Church St and Milwaukee Ave hope to make a difference in the lasting effects from centuries of injustice? From slavery to Jim Crowe segregation to mass incarceration; economic and social inequality; genocide, displacement and forced migration of Indigenous people, immigration - the list goes on.

Turns out we have a few ideas and we’d like share them with others interred in accompanying us on this journey. If you don’t have time or interest in reading/discussing antiracist literature you may wish to join us for coffee at a local black owned coffee shop or a field trip to a minority owned business; attend a Black theatre production, learn about indigenous tourism opportunities, be made aware of legislative issues, demonstrations, public hearings; podcasts, movies and documentaries - so many ways to gain a better understanding and support initiatives that provide more opportunities to BIPOC.

In the words of James Baldwin “When we have the courage to confront the truth, we open up doors that permit healing”. Because racism isn’t just bad for people of color - it affects the very soul of America. It starts with us. With all of us doing the work. We hope you’ll join us along the way.

Watch the bulletin and weekly e-news for more information!  
~ Ann Brophy

<b>Inside:</b>	
Friday Fellowship.....	2
Men’s Group.....	2
EYC.....	2
Shrove Tuesday.....	2
Simple Lent.....	2 & 3
Instant Church Directory.....	4
AED.....	4
Habitat For Humanity.....	5
Blanket Tying.....	5
Rummage Sale.....	5
Message from Kenya.....	6
Fr. Gene’s Help Center.....	6
February Calendar.....	7



The First Friday Fellowship Group is open to everyone and will meet on Friday, February 3 at 6:30 pm at Trinity Church. Please bring a dish to pass. If you have questions, please contact the First Friday coordinator Emily Watkins at jimandemily@gmail.com.



### Saturday, February 4 at 5:00 pm

Bring your favorite chili to the chili cook-off or just come to enjoy other people's chili and cast your vote for the winner. Contact coordinator Denise Curran (414-217-2704) with your questions.



The Trinity Men's Group will gather for its monthly meeting on **Monday, February 6 at 6:30 pm**. All men of the parish are invited. Please let Gary Manning (tosapriest@gmail.com) know if you are planning to attend so he can procure the correct amount of food for the evening.

## Episcopal YOUTH Community

The youth of Trinity Church will gather on **February 12 from 5:30 pm to 7:00 pm**.

On **February 26** there will be a Milwaukee Area Youth Gathering from **5:00 pm to 7:00 pm**. The location is to be determined. Watch for an e-mail from Gary Manning for further details.



### Shrove Tuesday Pancake Supper

Indulge in pancakes at Trinity's Shrove Tuesday Pancake Supper on Tuesday, February 21!

Enjoy pancakes, sausage and fruit from 5:30pm -6:30 p.m. in the Parish Hall. The meal is free. However, a donation is encouraged. All proceeds will benefit the Rector's Discretionary Fund.

Volunteers are needed to help set up, cook and clean up. If you are interested, please contact Liz Paulsen at liz.paulsen@yahoo.com or 414-367-9750.

## Simple Lent 2023



The season of Lent begins with

### ASH WEDNESDAY

**February 22!**

Liturgy for this Holy Day of Obligation will be observed in the Nave at

7:00 am

12:00 pm

5:30 pm Family Service

7:00 pm

Each observance will include the Imposition of ashes and a celebration of the Holy Eucharist.

## "Ashes-to-Go"

### "Ashes-to-Go" February 22

Gary and the Wauwatosa Clergy **will not** be imposing ashes in the village this year. Text Gary at 414-899-9004 and drop-by/drop-in the parish office for your imposition of ashes.

## Stations of the Cross & Holy Eucharist

7:00 am Friday Mornings

**Friday, February 24, March 3, 10, 17, 24, 31**

Enter through the chapel door along Milwaukee Avenue.

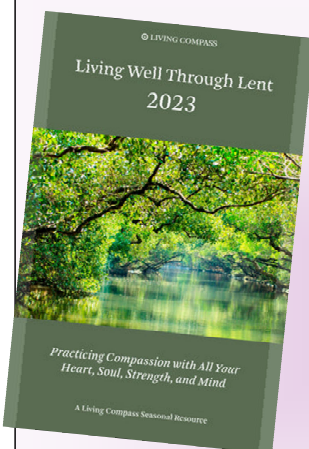
## Wednesday Morning Holy Eucharist

9:00 am

**Wednesday, March 1, 8, 15, 22, 29, April 5**

Enter through the chapel door along Milwaukee Avenue.

## Lenten Devotional



A limited number of *Living Well through Lent 2023 - Practicing Compassion With All Your Heart, Soul, Strength and Mind* devotional booklets will soon be available in the Narthex and on the tables in the Parish Hall. This devotional provides a foundation for seeking a deeper experience of Lent, an experience that will help prepare us for the true meaning of Easter.

## Gary's Lenten Diary

Gary Manning's Daily Audio Diary begins on Ash Wednesday and will continue everyday through Lent including Easter Day. Gary offers a brief meditation on some aspect of the Daily Office readings assigned for the day. Click on the following link to hear these reflections.

<https://audioboom.com/channels/4945371>

## Offering for Palms and Easter Flowers

Help defray the cost of palms and flowers used to adorn the church for the Easter Season by offering flowers in memory of and/or in thanksgiving for loved ones.

Suggested donation \$30

Please complete the form and return it to the parish office.

Name \_\_\_\_\_

Phone/email \_\_\_\_\_

In Thanksgiving for:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

In Memory of:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Enclosed is my check to Trinity Church for

\$ \_\_\_\_\_

(please indicate Easter Flowers on the memo line)

# February is Instant Church Directory Month



Trinity Church has a fabulous resource at your fingertips! Please help by bringing this resource up-to-date. There are many pictures missing from this directory. There are two simple ways of adding pictures including updating your address, phone number and e-mail address.

One way is to download the Instant Church Directory app, add your photo or ask me (Barb Neils) to take your picture and I can upload it to the directory. If you need help with any of this, please call the parish office at 414-453-4540, or call me directly at 715-250-4865.

Follow the directions for the phone app listed here. Or you may log in using your computer. There are plenty of online video tutorials and step by step directions for you to use if you get lost or are unsure of the process. You can go to: <https://help.instantchurchdirectory.com/collection/775-churchmember-help>. You can also email [churchoffice@trinitywauwatosa.org](mailto:churchoffice@trinitywauwatosa.org) for assistance.

If you have any privacy concerns, please visit [www.instantchurchdirectory.com/security/](http://www.instantchurchdirectory.com/security/). Or if you are already logged in to your account you can click the ABOUT tab at the top of the webpage, where the Privacy Terms and Conditions are spelled out in detail.

VIEW OUR CHURCH DIRECTORY ON YOUR MOBILE DEVICE!

FREE App for iPhone, iPad, Android & Kindle

Our church directory is a great resource tool that allows you to get to know our church family better!

Simply go to the App Store, search for *Instant Church Directory* and download the FREE app to begin.

You will use your email address listed in the directory to CREATE A LOGIN the first time you use the directory app.

If you're not listed in the directory, OR if you have trouble logging into the app, please contact the church office.

Available on the App Store | Google play | Available on kindle fire

## American Heart Month

The month of February is American Heart Month. We wanted to take a moment and remind people that Trinity Church does have an Emergency Defibrillator machine. **Automated external defibrillators** (AED) can help save lives during sudden cardiac arrest. According to the American Red Cross, you should – request the assistance of trained medical professionals. However, because the average response time for first responders, once 911 is called, is 8-12 minutes, and for each minute defibrillation is delayed, the odds of survival are reduced by approximately 10%, and having access to an AED and knowing how to use one, is critical. Our defibrillator is located in the hallway that leads to the classrooms, along the library wall. See the picture for location information. Thank you.



**Habitat  
for Humanity®**



## Studs for the Faith House

We will once again be decorating 2 x 4 studs to be used in the Faith House for Habitat. Please help by decorating a stud or

two from February 4th through February 19. All supplies that are needed will be in the Fellowship Hall. If you do not want to decorate but want to donate funds to support this project you can use Vanco or write a check with Habitat studs on the memo line. Thanks so much



## Blanket Tying

At the blanket tying morning of January 16, 2023, we had fun with 9 children who helped us make 18 blankets in 90 minutes! Thank you to Elizabeth Smith and Lynn Fohr for making this happen. The adults enjoyed their company. Please join us on February 20 from 10:00 am to Noon We can show you how if you have never done this. When blankets were delivered to

Kathy's house they said that they received many sweet comments about how wonderful this ministry is and that they are so grateful for a blanket.



## Rummage Sale News!

Hold on to your rummage.

Trinity will have a rummage sale again this year. A definite date of July or early August will be in the next issue of the *Tidings*. Remember no clothes or furniture. Questions, contact [Jill.paradowski@gmail.com](mailto:Jill.paradowski@gmail.com)

# A Message from Ev. Paul Mutuku

December 28, 2022

Dear Brethren,  
Receive season greetings in the name of our Lord and Savior Jesus Christ.

I am writing on behalf of Trinity Christian Mission Centre to sincerely thank you for your recent support of US Dollars 1,500 which we received through Ann Brophy. Your gift came at the right time and we were able to use part of it during our Christmas gala held on 18th, December, 2022 (pictures of the event attached) and the remaining amount will enable us to continue with our evangelism activities and also continue helping those who are in our humanitarian program in the year 2023. We truly can't thank you enough for your tireless support in our mission work but just know that we are truly grateful to you. Thank You!

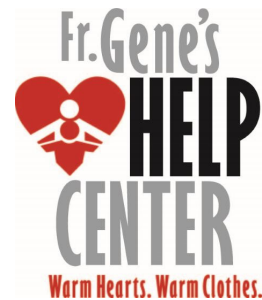
Once again, thank you for your kindness and generosity towards our mission work. You truly make a difference in people's lives in our community and we are incredibly grateful. Thank you.



We are looking forward to our enhanced partnership with you in our mission work in the year 2023 and beyond. Thank you.

Merry Christmas and a Happy New Year to you and all Trinity church members.

Our hearts are full of Gratefulness!  
God bless you all.  
Your brother in Christ,  
Ev Paul Mutuku - TCMC - KENYA



Please donate to Fr. Gene's  
Below is a list of critically needed items.

## Critical Needs List

- Winter boots
- Winter coats
- Men's jeans, size 28" - 36" waist
  - New underwear
- Men's activewear bottoms, especially sweat-pants
  - Basketball shorts
  - Sweatshirts/hoodies
- Athletic/tennis casual shoes



# February 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 5:00 pm Chili Cook-off
<b>5 5 Epiphany</b> <b>SCRIP</b> 8:00 am Holy Eucharist 9:00 am Christian Formation & Adult Forum 10:00 am Holy Eucharist 11:00 am Fellowship	6 6:30 pm Men's Group	7	8	9	10 6:30 pm Sandwiches for The Gathering	11
<b>12 6 Epiphany</b> 8:00 am Holy Eucharist 9:00 am Christian Formation & Adult Forum 10:00 am Holy Eucharist 11:00 am Fellowship 5:30 pm EYC	13 6:30 pm Vestry Mtg.	14	15	16	17	18
<b>19 Last Epiphany</b> 8:00 am Holy Eucharist 9:00 am Christian Formation & Adult Forum 10:00 am Holy Eucharist 11:00 am Fellowship	20 President's Day Parish Office Closed 10:00 am—Noon Blanket Tying	21 5:30 pm—6:30 pm Shrove Tuesday Pancake Supper	22 <b>Ash Wednesday</b> 7:00 am Holy Eucharist Noon Holy Eucharist 5:30 pm Family Service 7:00 pm Holy Eucharist	23	24 7:00 am Stations of the Cross & Holy Eucharist	25
<b>26 1 Lent</b> 8:00 am Holy Eucharist 9:00 am Adult Forum 10:00 am Holy Eucharist 11:00 am Fellowship 5:00 pm EYC	27	28				

# Reminder For February

## Chili Cook-off

5:00 pm Saturday, February 4

## Shrove Tuesday Pancake Supper

5:30 pm to 6:30 pm, Tuesday, February 21

## Ash Wednesday - Liturgy for February 22

7:00 am

12:00 pm

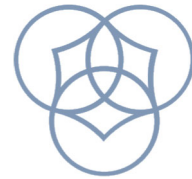
5:30 pm Family Service

7:00 pm

## Stations of the Cross & Holy Eucharist

7:00 am Fridays

February 24, March 3, 10, 17, 24, 31



Trinity Church  
1717 Church Street  
Wauwatosa, WI 53213  
February, 2023

TIDINGS

[www.trinitywauwatosa.org](http://www.trinitywauwatosa.org)