

Worship Times:

Sunday

8:00 AM

Rite I Eucharist

9:15 AM

Family Eucharist

11:00 AM

Rite II Eucharist

First Saturday of Every Month

5:00 PM

1st Saturday
Eucharist

Rector's Thoughts

This Saturday Trinity will be one of 5 Fredericksburg Churches hosting the Boy Scout 10 Commandment hike. Scouting was an important part of my faith development. It was my desire to earn a God and Country award that started me praying every night before going to sleep. I never got the award, but the faith it helped instill has been a touchstone in my life.

Links

[Trinity Church](#)
[The Diocese of VA](#)
[Region One](#)
[The Episcopal Church](#)

Our **new Sunday afternoon program** – recently named Sunday PM – begins Sunday, February 12! It starts at 4:30 p.m., continues to 6 o'clock when there will be a simple dinner, and will conclude by 6:45 p.m. There will be an Adult Education Series that focuses on participants' questions; the first question that will be considered is "Should parents require their kids to be confirmed?" The Youth Group will meet at the same time with its regular schedule. A new set of Children's Activities (varying from games to music to movies to puzzles to more) will also be offered. The dinner on February 12 will be pizza; we'll get a head count during the program to make sure we order the right amount. Come join us! There will be something for just about everyone as part of Sunday PM!

Eucharistic Visitors, the people who take communion to the homebound, will be required to attend a training session on Saturday, February 11 beginning at 10 a.m. This training session is for both new and experienced Eucharistic Visitors. The diocese has added a few requirements to the training for this ministry to help protect both the Visitors and the homebound. Questions? Please contact [Kent Rahm](#) or [Brian Turner](#).

Join the **LadyBUGs** for a night of fun and fellowship February 3, for a sleepover/lock-in starting at 7pm in the loft. Bring unfinished projects and a snack/ beverage to share.

The Rt. Rev. James Magness, Bishop of Federal Ministries, will visit Trinity Church in two weeks! On Sunday, February 19 he will celebrate and preach at both the 9:15 and the 11, he will preside at Confirmation during the 11, he will meet with current and former members of the military from 10:15 to 10:45, and he will attend a special reception following the 11 o'clock service. Please make a special point of joining us that day to meet Bishop Magness. Finger Foods are needed - please see the sign up sheet on the red doors.

February 5th is **Brown Bag Sunday AND Super Bowl Sunday**. When shopping for Game Day snacks, please toss in a few nonperishable food items to bring to church for Tuesday Night Outreach. Spaghetti sauce and pasta: canned meats, soups, fruits, tomatoes, beans and vegetables; rice, peanut butter and jelly are welcome. There is no promise that your team will win, but the families you help will definitely be winners!

Parish Shepherd! [Please click here](#) to read an article by Randall Clingenpeel about the important ministry performed by Trinity's Parish Shepherds.

No one has yet signed up for the Vigil Candle, Altar Flowers or Food Bank for this Sunday, February 5th. If you would like to donate one of these please contact Ben in the office [by email](#) or (540) 373-2996

Women's Spirituality Group, Come Watch, [The Help!](#) Saturday, February 4, 10:00-12:30 p.m.! If you are able, please plan to go out to lunch with the group at a nearby restaurant. For more information, please contact Vicky at (540) 373-2996 or [email](#).

Please [click here](#) for an article about Trinity's "Rebuilding Together" this year.

The **Knit / Crochet Group** – is meeting twice a month! Our meetings are the second Thursday of each month, in the Loft, 10:00-Noon AND the fourth Thursday, in the Lounge, 10:00-Noon. This month we meet February 9 and 23. Bring your current project with you or come learn how to knit or crochet. Contact Vicky at vkoch@trinity-fredericksburg.org or call the office.

Fun Stars this Sunday, February 5, 11:30-2:30 p.m. is going bowling at Splitsville! We leave right after Sunday school. Parents pick your child up at Splitsville by 2:30 p.m. Cost is \$10 which includes bowling, shoe rental, pizza and drinks. Contact Vicky Koch [by email](#).

Health Committee News - The Trinity Health Ministry is offering a number of activities in the next two months. These activities include a blood pressure and medication review on February 19 and three Saturday programs in March, called "Taking Charge of Your Healthcare." Finally, there will be a Red Cross Blood Drive on March 31. For more, [click here](#).

ECW-Please [click here](#) to read an article by Dana Huser on upcoming events for the Episcopal Church Women.

[Please click here](#) to view January's financial report. Thank you- *Michele Brantley*

Calendar of Events

Thursday February 2

6:30 pm Daughters of the King
7:00 pm Choir Practice
7:00 pm Confirmation Class

Friday February 3

7:00 pm LadyBUGS Lock-In

Saturday February 4

5:00 pm First Saturday Eucharist

Tuesday February 7

10:30 am Book Group
5:30 pm Canterbury Worship
5:30 pm Tuesday Night Outreach

Trinity Trivia:

Did you know that the only Super Bowl that *really* mattered was Super Bowl III in 1969 when the New York Jets upset the Baltimore Colts by a score of 16-7? Of course that doesn't have anything to do with Trinity Church, but it always warms the cockles of this displaced New Yorker's heart.
– *Kent Rahm*