

## PLEASE PRAY FOR:

Mel Ashbrook  
Debbie & David Flinner  
Tom Galperin  
P.K. Khoury  
Nicole & Alec Kolarik  
Raymond Lacaria  
Don Lewis  
Roger Lynch  
Alex & Mary Jo McLaughlin  
O.L. Meadows  
Johanna Mitchell  
Sybil Moore  
Erica S.  
Betty Schillings  
Allen Schwarz  
Jim Snyder  
Anne Steele  
Raymond Stricker  
Neal Truman  
Freda Valvanis  
Ann Wall

**Altar Flowers** are given in memory of Mom, Dad,  
Bonnie & Butch by Wanda Crooms

**Sanctuary Candle** is given in honor of Cynthia  
McFarland's birthday by Helena Stricker.

## MESSAGE FROM PASTOR RANDY:

Dear Brothers and Sisters in Christ:

For the last week or so I have had a cold. Most recently, it has manifest in a bad cough, running nose and general malaise. I just do not feel good. No fever, no flu; I just do not feel good. Especially in the afternoons, I just want to go home and curl up in bed. Sunday, maybe for the first time I can remember, I did not attend Trinity's Table even though I was in town. I just do not feel well. But going home and going to bed does not seem to be the answer. I just lie in bed and worry about all the things I need to do. If I do fall asleep, I end up experiencing a more sleepless night, worrying about the things I need to do. Funerals this weekend, Lent is coming, Shrove Tuesday and Ash Wednesday, and there is a council retreat, and midweek articles and on and on. How can I curl up in bed and take it easy? How can I . . .?

Funny thing, Trinity's Table went on just fine. It functioned well before I came – goes on whether I am there or not. Sundays come and go; Lent will be experienced here and around the world regardless of what I do. The thing is, the church has a savior, and it ain't me. I have said that to colleagues I have mentored throughout my career, maybe I need to pay more attention. Sometimes we all get hung up on our own importance. Sometimes we think it is all about us. I am reminded of my senior partner who used to say: "If you think you are irreplaceable, put your hand in a bucket of water and pull it out quickly; if the water does not rush in to fill the hole where your hand was, you are irreplaceable. Otherwise, get over yourself."

I can go home and rest. And for those of you who are about to call or email and say I should – I do. I have taken a few afternoons curled up in bed, medicated and warm – that's where I was during Trinity's Table last week. I know it is not about me. Sometimes I slip into a sense of my own importance, but then I am reminded of who our savior is and I know it is not me. And I know that for him, I am irreplaceable. We all are. That's enough – knowing that Jesus has this and has me. What am I worried about? Maybe I will crash this afternoon.

God's peace,  
Pastor R.

Shrove Tuesday Pancake Dinner  
02/25/20, 6pm  
Volunteers Needed



Cake Walk and Guessing Jars

## Update on the college boxes!

Thank you very much for the contributions for the Valentine treat boxes for our five college students! The boxes were all mailed and received prior to Valentine's Day and very much appreciated by the recipients!



## TRINITY'S TABLE

What a busy night! We served 236 meals of seasoned baked chicken, scalloped potatoes (very popular!), green beans cooked with a ham bone, grapes and pears, tossed salad, bread and butter (thanks Charleston Bread), desserts (including some beautiful chocolate-dipped strawberries -- thanks Sugar Pie Bakery!), and drinks.

The youth from First Presbyterian Church came to help us tonight -- they carried lots of commodities from our storage area to our pantry area, they served food and drink, they helped with clean-up, and were all-around wonderful!

We had our friends from West Virginia Health Right doing blood testing tonight, as well.

Thanks, as well, to everyone who helps in the morning and who picks up all of our donated food -- we are blessed with a great team!

## SUNDAY, FEBRUARY 23, 2020

### Altar Guild

8:45 a.m.

11:00 a.m. Lee & Susan Feinberg

### Counters

George & Rosa McKinney

### Greeters

8:45 a.m. Pam Beaver

11:00 a.m. Jonalee Young

### Readers

8:45 a.m. Pat Schillings

11:00 a.m. Heather Harper

### Ushers

8:45 a.m. Art & Pat DesRocher

11:00 a.m. John Farris, Charlie Young

### Children's Sermon

Sarah Long

### ~ Announcements ~

Sunflower Box: For February we are accepting donations of canned pasta for the Food Pantry. Your generosity is greatly appreciated!

Sunday readings this week will be the following scriptures:

**Psalm 27:1-4**

**Mark 8:27-9:8**

Sunday, February 16, 2020

Offering— \$3,724.00

Attendance—104

## THIS WEEK AT TRINITY

### Wed. Feb 19

11:30-1:00 pm Friendly Lutherans

5:15-6:15 pm KPCC, L

7:00 pm AA Meeting, Lounge

6:30 pm Bible Study, SH

7:30 pm Choir

### Thu. Feb 20

9:00 am-Noon KPCC, Providing  
Culturally Competent  
Care, Social Hall

10:30 am OK Conference, Lounge

Noon-1:30 pm BNI, Social Hall

7:00 pm HA Meeting, Lounge

### Fri. Feb 21

6:00-9:00 pm International Club, SH

7:00 pm HA Meeting, Lounge

### Sat. Feb 22

7:00 pm AA Meeting, Lounge

### Sun. Feb 23

8:00 am Choir

8:45 am Service of the Word

9:45 am Sunday School

11:00 am Liturgical Service

5:00-6:30 pm Trinity's Table

### Mon. Feb 24

7:30-8:30 am Mustard Seed AA  
*Mon. through Fri.:*

7:15 pm Handbells

### Tues. Feb 25

6:00 pm Shrove Tuesday Pancakes!

## TRINITY EVANGELICAL LUTHERAN CHURCH

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Charleston WV 25311

**(304) 342-5212**

<http://www.trinitywv.org>

Email: [office@trinitywv.org](mailto:office@trinitywv.org)

The Rev. Randolph Richardson, Pastor

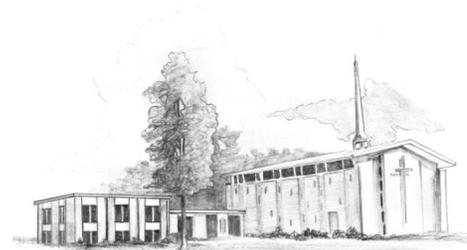
Cell: (304) 280-9392

Email: [revdolfesq@gmail.com](mailto:revdolfesq@gmail.com)

### SUNDAY SERVICE:

**8:45 A.M.**

**11:00 A.M.**



*Our Mission is to live and share  
God's Word in Jesus Christ*

February 19—February 25, 2020