

# Trinity Episcopal Church

*Cranford, in the Diocese of New Jersey*



*“Sermon on the Mount” — Christian Rohlfs*

## *The Fourth Sunday after the Epiphany*

Rite I Holy Eucharist

February 1, 2026 at 8 AM

*The Reverend Andrew David Kruger, Rector & Presider*

*Tony Pagano, Aspirant & Preacher*

*Anthony Joel Rafaniello, Director of Music*

*Casey Woodruff, Senior Warden & Kathleen M. Murray, Junior Warden*

*The Sanctuary Candle, and the Altar Flowers are given to the Glory of God  
and in loving memory of Cathrynn Behnke Villano by Denise Alvarez and Jim Behnke*

## Welcome

Andrew Kruger

*The bell is rung and the People stand.*

## Gathering Sentences

BCP 323

*Presider*      Blessed be God: Father, Son, and Holy Spirit.

*People*      **And blessed be his kingdom, now and for ever. Amen**

*Presider*      There is one Body and one Spirit;

*People*      **There is one hope in God's call to us;**

*Presider*      One Lord, one Faith, one Baptism;

*People*      **One God and Father of all.**

## Collect for Purity

BCP 323

*Presider*      Let us pray.

*People*      **Almighty God, unto whom all hearts are open,  
all desires known,  
and from whom no secrets are hid:  
Cleanse the thoughts of our hearts  
by the inspiration of thy Holy Spirit,  
that we may perfectly love thee,  
and worthily magnify thy holy Name;  
through Christ our Lord. Amen.**

## Great Commandment

BCP 324

Hear what our Lord Jesus Christ saith: Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it: Thou shalt love thy neighbor as thyself. On these two commandments hang all the Law and the Prophets.

Glory be to God on high,  
and on earth peace, good will towards men.  
We praise thee, we bless thee,  
we worship thee, we glorify thee,  
we give thanks to thee for thy great glory,  
O Lord God, heavenly King, God the Father Almighty.  
O Lord, the only-begotten Son, Jesus Christ;  
O Lord God, Lamb of God, Son of the Father,  
that takest away the sins of the world,  
have mercy upon us.  
Thou that takest away the sins of the world,  
receive our prayer.  
Thou that sittest at the right hand of God the Father,  
have mercy upon us.  
For thou only art holy; thou only art the Lord;  
thou only, O Christ, with the Holy Ghost,  
art most high in the glory of God the Father.  
**Amen.**

**Collect of the Day**

*Presider* The Lord be with you.

*People* **And with thy spirit.**

*Presider* Let us pray.

Almighty and everlasting God,  
who dost govern all things in heaven and earth:  
Mercifully hear the supplications of thy people,  
and in our time grant us thy peace;  
through Jesus Christ our Lord,  
who liveth and reigneth with thee and the Holy Spirit,  
one God, for ever and ever.

**Amen.**

*The People sit.*

## First Reading

Micah 6:1-8

*Reader* A reading from the Book of Prophet Micah.

Hear what the Lord says: “Rise, plead your case before the mountains, and let the hills hear your voice. Hear, you mountains, the controversy of the Lord, and you enduring foundations of the earth; for the Lord has a controversy with his people, and he will contend with Israel.” “O my people, what have I done to you? In what have I wearied you? Answer me! For I brought you up from the land of Egypt, and redeemed you from the house of slavery; and I sent before you Moses, Aaron, and Miriam. O my people, remember now what King Balak of Moab devised, what Balaam son of Beor answered him, and what happened from Shittim to Gilgal, that you may know the saving acts of the Lord.” “With what shall I come before the Lord, and bow myself before God on high? Shall I come before him with burnt offerings, with calves a year old? Will the Lord be pleased with thousands of rams, with ten thousands of rivers of oil? Shall I give my firstborn for my transgression, the fruit of my body for the sin of my soul?” He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?

*Reader* The Word of the Lord.

*People* **Thanks be to God.**

## Psalm 15

*Domine, quis habitabit?*

BCP 599

1. Lord, who may dwell in your tabernacle? \*  
**who may abide upon your holy hill?**
2. Whoever leads a blameless life and does what is right, \*  
**who speaks the truth from his heart.**
3. There is no guile upon his tongue; he does no evil to his friend; \*  
**he does not heap contempt upon his neighbor.**
4. In his sight the wicked is rejected, \*  
**but he honors those who fear the Lord.**
5. He has sworn to do no wrong \*  
**and does not take back his word.**

6. He does not give his money in hope of gain, \*  
**nor does he take a bribe against the innocent.**
7. Whoever does these things \*  
**shall never be overthrown.**

## Second Reading

1 Corinthians 1:18-31

*Reader* A reading from the first letter of Paul to the Corinthians.

The message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written, “I will destroy the wisdom of the wise, and the discernment of the discerning I will thwart.” Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe.

For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God’s foolishness is wiser than human wisdom, and God’s weakness is stronger than human strength.

Consider your own call, brothers and sisters: not many of you were wise by human standards, not many were powerful, not many were of noble birth. But God chose what is foolish in the world to shame the wise; God chose what is weak in the world to shame the strong; God chose what is low and despised in the world, things that are not, to reduce to nothing things that are, so that no one might boast in the presence of God. He is the source of your life in Christ Jesus, who became for us wisdom from God, and righteousness and sanctification and redemption, in order that, as it is written, “Let the one who boasts, boast in the Lord.”

*Reader* The Word of the Lord.  
*People* **Thanks be to God.**

*The People stand.*

## Gospel

Matthew 5:1-12

*Presider* The Holy Gospel of our Lord Jesus Christ according to St Matthew.

*People* **Glory be to thee, O Lord.**

When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. Then he began to speak, and taught them, saying: “Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they will be comforted. Blessed are the meek, for they will inherit the earth. Blessed are those who hunger and thirst for righteousness, for they will be filled. Blessed are the merciful, for they will receive mercy. Blessed are the pure in heart, for they will see God. Blessed are the peacemakers, for they will be called children of God. Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven. Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you.”

*Presider* The Gospel of the Lord.

*People* **Praise be to thee, O Christ.**

## Homily

Tony Pagano

### Affirmation of Baptismal Faith

*The Presider moves to the Font, and the People stand.*

Friends in Christ, Baptism is not the rite of a moment but the commitment of a lifetime. In baptism, God calls us out of darkness into his marvelous light. To follow Christ means dying to sin and rising to new life with our Lord. Therefore let us reaffirm our Baptismal Vows together with all those who celebrate the anniversary of their baptism this month.

Do you reaffirm your renunciation of evil  
and renew your commitment to Jesus Christ?

**I do.**

Do you believe in God the Father?

**I believe in God, the Father almighty, creator of heaven and earth.**

Do you believe in Jesus Christ, the Son of God?

**I believe in Jesus Christ, his only Son, our Lord.**

**He was conceived by the power of the Holy Spirit  
and born of the Virgin Mary.**

**He suffered under Pontius Pilate,  
was crucified, died, and was buried.**

**He descended to the dead.**

**On the third day he rose again.**

**He ascended into heaven,  
and is seated at the right hand of the Father.**

**He will come again to judge the living and the dead.**

Do you believe in God the Holy Spirit?

**I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting.**

Will you continue in the apostles' teaching and fellowship, in the breaking of bread, and in the prayers?

**I will, with God's help.**

Will you persevere in resisting evil, and, whenever you fall into sin, repent and return to the Lord?

**I will, with God's help.**

Will you proclaim by word and example the Good News of God in Christ?

**I will, with God's help.**

Will you seek and serve Christ in all persons, loving your neighbor as your self?

**I will, with God's help.**

Will you strive for justice and peace among all people, and respect the dignity of every human being?

**I will, with God's help.**

**Blessing the Water**

Celebrating Common Prayer

*The Presider pours water into the Font.*

Let us give thanks to the Lord:

**God is worthy of all thanksgiving and praise.**

Blessèd are you, Sovereign God of all, to you be glory and praise for ever! You are our light and our salvation. From the deep waters of death you have raised your Son to life in triumph. Accept our sacrifice of praise, we pray, and sanctify these waters of your new creation, that we, with all who have been born anew by water and the Spirit, may be renewed in your image, walk by the light of faith, and serve you in newness of life; through your anointed Son, Jesus Christ, to whom with you and the Holy Spirit we lift our voices of praise, Father, Son and Holy Spirit.

**Blessèd be God for ever.**

*The Presider sprinkles the people with the aspergillum.*

## **Prayers of the People**

BCP 328

Let us pray for the whole state of Christ's Church and the world.

Almighty and everliving God, who in thy holy Word hast taught us to make prayers, and supplications, and to give thanks for all humanity: Receive these our prayers which we offer unto thy divine Majesty, beseeching thee to inspire continually the Universal Church with the spirit of truth, unity, and concord; and grant that all those who do confess thy holy Name may agree in the truth of thy holy Word, and live in unity and godly love.

Give grace, O heavenly Father, to all bishops and other ministers especially Sean, the Presiding Bishop of the Episcopal Church, Sally our Bishop, and Andrew our Rector, that they may, both by their life and doctrine, set forth thy true and lively Word, and rightly and duly administer thy holy Sacraments.

And to all thy people give thy heavenly grace, and especially to this congregation here present; that, with meek heart and due reverence, they may hear and receive thy holy Word, truly serving thee in holiness and righteousness all the days of their life.

We beseech thee also so to rule the hearts of those who bear the authority of government in this and every land especially Donald, our President, Rebecca Michelle (Mikie), our governor, and Kathleen, the mayor of this town, that they may be led to wise decisions and right actions for the welfare and peace of the world.

Open, O Lord, the eyes of all people to behold thy gracious hand in all thy works, that, rejoicing in thy whole creation, they may honor thee with their substance, and be faithful stewards of thy bounty. And we most humbly beseech thee, of thy goodness, O Lord, to comfort and succor all those who, in this transitory life, are in trouble, sorrow, need, sickness, or any other adversity.

And we also bless thy holy Name for all thy servants departed this life in thy faith and fear *[especially...]*, beseeching thee to grant them continual growth in thy love and service; and to grant us grace so to follow the good examples of all thy saints, that with them we may be partakers of thy heavenly kingdom. Grant these our prayers, O Father, for Jesus Christ's sake, our only Mediator and Advocate. **Amen.**

## **Confession of Sin**

BCP 331

Let us humbly confess our sins unto Almighty God.

*The People kneel.*

**Most merciful God,  
we confess that we have sinned against thee  
in thought, word, and deed, by what we have done,  
and by what we have left undone.  
We have not loved thee with our whole heart;  
we have not loved our neighbors as ourselves.  
We are truly sorry and we humbly repent.  
For the sake of thy Son Jesus Christ,  
have mercy on us and forgive us;  
that we may delight in thy will,  
and walk in thy ways,  
to the glory of thy Name.  
Amen.**

## Absolution

BCP 332

Almighty God, our heavenly Father, who of his great mercy hath promised forgiveness of sins to all those who with hearty repentance and true faith turn unto him, have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and bring you to everlasting life; through Jesus Christ our Lord. **Amen.**

## Comfortable Words

BCP 332

Hear the Word of God to all who truly turn to him.

Come unto me, all ye that travail and are heavy laden, and I will refresh you. *Matthew 11:28*

God so loved the world, that he gave his only-begotten Son, to the end that all that believe in him should not perish, but have everlasting life. *John 3:16*

## Peace

BCP 332

*The People stand.*

*Presider*      The peace of the Lord be always with you.

*People*      **And with thy spirit.**

## Offertory Sentence

BCP 344

Ascribe to the Lord the honor due his Name; bring offerings and come into his courts. *Psalm 96:8*



*The Ushers pass the collection plates among the People.  
Alternatively, you may give to Trinity online:  
scan the QR code and go directly to our Breeze link.*

## The Presentation of Gifts

1 Chronicles 29:14b

*Presider*      All things come of thee, O Lord:  
*People*      **And of thine own have we given thee.**

*Presider*      The Lord be with you.

*People*      **And with thy spirit.**

*Presider*      Lift up your hearts.

*People*      **We lift them up unto the Lord.**

*Presider*      Let us give thanks unto our Lord God.

*People*      **It is meet and right so to do.**

It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, holy Father, almighty, everlasting God, through Jesus Christ our Lord; because in the mystery of the Word made flesh, thou hast caused a new light to shine in our hearts, to give the knowledge of thy glory in the face of thy Son Jesus Christ our Lord. Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying,

**Holy, holy, holy, Lord God of Hosts:  
Heaven and earth are full of thy glory.  
Glory be to thee, O Lord Most High.  
Blessed is he that cometh in the name of the Lord.  
Hosanna in the highest.**

All glory be to thee, O Lord our God, for that thou didst create heaven and earth, and didst make us in thine own image; and, of thy tender mercy, didst give thine only Son Jesus Christ to take our nature upon him, and to suffer death upon the cross for our redemption.

He made there a full and perfect sacrifice for the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death and sacrifice, until his coming again.

For in the night in which he was betrayed, he took bread; and when he had given thanks to thee, he broke it, and gave it to his disciples, saying, "Take, eat, this is my Body, which is given for you. Do this in remembrance of me."

Likewise, after supper, he took the cup; and when he had given thanks, he gave it to them, saying, "Drink this, all of you; for this is my Blood of the New Covenant, which is shed for you, and for many, for the remission of sins. Do this, as oft as ye shall drink it, in remembrance of me."

Wherefore, O Lord and heavenly Father, we thy people do celebrate and make, with these thy holy gifts which we now offer unto thee, the memorial thy Son hath commanded us to make; having in remembrance his blessed passion and precious death, his mighty resurrection and glorious ascension; and looking for his coming again with power and great glory.

And we most humbly beseech thee, O merciful Father, to hear us, and, with thy Word and Holy Spirit, to bless and sanctify these gifts of bread and wine, that they may be unto us the Body and Blood of thy dearly-beloved Son Jesus Christ.

And we earnestly desire thy fatherly goodness to accept this our sacrifice of praise and thanksgiving, whereby we offer and present unto thee, O Lord, our selves, our souls and bodies. Grant, we beseech thee, that all who partake of this Holy Communion may worthily receive the most precious Body and Blood of thy Son Jesus Christ, and be filled with thy grace and heavenly benediction; and also that we and all thy whole Church may be made one body with him, that he may dwell in us, and we in him; through the same Jesus Christ our Lord;

By whom, and with whom, and in whom, in the unity of the Holy Ghost all honor and glory be unto thee, O Father Almighty, world without end. **AMEN.**

### **Lord's Prayer**

BCP 336

And now, as our Savior Christ hath taught us, we are bold to say,

**Our Father, who art in heaven,  
hallowed be thy Name,  
thy kingdom come, thy will be done,  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those**

**who trespass against us.  
And lead us not into temptation,  
but deliver us from evil.  
For thine is the kingdom,  
and the power, and the glory,  
for ever and ever.**  
**Amen.**

## **Breaking the Bread**

BCP 337

*The Presider breaks the consecrated bread. A period of silence is observed, then the Presider says*

*Presider*      Christ our Passover is sacrificed for us;  
*People*        **Therefore let us keep the feast.**

## **Prayer of Humble Access**

BCP 337

**We do not presume to come to this thy Table, O merciful Lord, trusting in our own righteousness, but in thy manifold and great mercies. We are not worthy so much as to gather up the crumbs under thy Table. But thou art the same Lord whose property is always to have mercy. Grant us therefore, gracious Lord, so to eat the flesh of thy dear Son Jesus Christ, and to drink his blood, that we may evermore dwell in him, and he in us. Amen.**

## **Invitation**

BCP 338

*Presider*      The Gifts of God:  
*People*        **For the People of God.**

## **Holy Communion**

*The ushers guide the people to receive Holy Communion. All who hunger for God, including children, are cordially invited to share the Gifts of God offered at this table. Whoever you are, wherever you are in your life's journey, you are welcome here.*

*All persons may, but no person must, receive communion in both kinds to receive the full spiritual benefits of communion. Wine is offered by way of a sip from the common cup. You may choose to receive only the host.*

*Gluten-free wafers are available by simple request to the priest.*

## Post Communion Prayer

BCP 384

*Presider* Let us pray.

*People*

**O Lord Jesus Christ, who in a wonderful Sacrament  
hast left unto us a memorial of thy passion:  
Grant us, we beseech thee, so to venerate the sacred mysteries  
of thy Body and Blood,  
that we may ever perceive within ourselves  
the fruit of thy redemption;  
who livest and reignest with the Father and the Holy Spirit,  
one God, for ever and ever. Amen.**

## Blessing

BCP 339

*The Presider pronounces the blessing*

And now may the peace of God, which passeth all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord; and the blessing of God Almighty, the Father, the Son, and the Holy Ghost, be amongst you, and remain with you always. **Amen.**

*The ministers recess.*

## Dismissal

BCP 340

*Presider* Go in peace to love and serve the Lord.

*People* **Thanks be to God.**



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## **Lectionary & Liturgy**

In today's Eucharist, we continue the theme of Epiphany season: the manifestation of Jesus as the Son of God. One of the ways the Lord was shown forth as God's Son was in teaching, and today's Gospel, the beginning of the Sermon on the Mount, reveals in the Beatitudes Christ's call to holiness, and his promise of the Kingdom of God. The Old Testament reading from the prophet Micah is a call from God to holiness, as well. In its closing words, we hear the same principles of living in response to God expressed in the Beatitudes. Certainly, Jesus' hearers, steeped as they were in the words of the prophets, saw immediately that God was speaking through him in many ways consistent with the divine Word given through the prophets. Ultimately, however, it was not in his teaching that the fullest revelation was made by the Lord, but in his crucifixion. Paul, seeking to inspire the Corinthian church to unity, points out that God's wisdom was most fully revealed in the cross of Christ. What, in terms of the world's wisdom, appeared to be foolishness, is to us who believe, God's deepest wisdom. As we gather in Eucharist, we are one with God's people throughout the ages. We are one with apostles and prophets and faithful people who have met the Lord in Word and Sacrament: people who by God's grace have before us the blessedness and promise of God's coming reign.

*From The Rite Light: Reflections on the Sunday Readings and Seasons of the Church Year. ©2007 Michael W. Merriman. Church Publishing Inc., NY*

## **Mission Conference: from Father Andy**

Having recently written my report for Trinity's Annual Meeting, it is apparent to me that our Parish is in a very healthy place. I think the time is ripe for us to start thinking more about our role beyond our four Church walls and to begin planning a mission trip and/or a pilgrimage. As part of that process I plan to attend this year's *Missio*; an annual mission conference organized by the Global Episcopal Mission Network (GEMN). The purpose of GEMN is to "Gather, Inspire and Equip People to Participate in God's Mission." The organization creates a space for global mission activists to exchange ideas and best practices. It offers global mission education and provides resources to those who are exploring their call to engage in mission.

The theme of this year's *Missio* Conference is, "Rooted in Christ & Dancing God's Dream." It will be held at the Church of St. Gregory of Nyssa in San Francisco, from Tuesday, April 14 through Friday, April 17, in partnership with the Diocese of California. The venue for the conference immediately caught my eye, because I have heard a lot about the Church of St. Gregory of Nyssa from my Liturgics Professor, The Rev. Bruce Jenneker, whom many of you know because he has visited and preached at Trinity. St Gregory's is an Episcopal Church which is infused with the theology of St Gregory of Nyssa, and shaped by the architecture and art of Orthodox spirituality. The Church has dozens of dancing saints depicted on the walls and thus resonates with the 'Dancing God's Dream' theme of the conference.

The general registration fee is \$325, which includes lunches and dinners. The Conference accommodation will be at the BEI Hotel at 50 8<sup>th</sup> Street in the Mission District; the nightly stay is \$129, including breakfast. The hotel is a half-hour walk from St. Gregory's or a 12-minute ride by city bus, door to door. Air tickets, from Newark to San Francisco range from \$200 to \$400. I'd love to have company at the conference, so please let me know if you're interested in joining me.

## **From Presiding Bishop Sean Rowe: Death and despair do not have the last word**

*January 25, 2026 Office of Public Affairs*

Dear people of God in The Episcopal Church:

Like Jesus, we live in frightening times. His earthly ministry began, as we heard in last Sunday's Gospel reading, when John the Baptist was imprisoned by authorities who wanted to silence his preaching and prophesying. Jesus knew what happens when earthly powers persuade human beings to fear one another, regard one another as strangers, and believe that there is not enough to go around. In Jesus' time, the power of these divisions motivated John's beheading and Jesus' own death on the cross at the hands of Roman authorities.

In our time, the deadly power of those divisions is on display on the streets of Minneapolis, in other places across the United States, and in other countries around the world. As the case has too often been throughout history, the most vulnerable among us are bearing the burden, shouldering the greatest share of risk and loss, and enduring the violation of their very humanity. But we do not grieve without hope. The Christian story is full of people who lived in frightening and brutal times, and who followed Jesus' call that we heard in church. His proclamation turns us away from the fear born of sin and death and toward the kingdom of God, toward Christ's ministry of justice, reconciliation, and love. "From now on, therefore, we regard no one from a human point of view," the Apostle Paul wrote to the church in Corinth (2 Corinthians 5:16), exhorting them to reject the divisions of their time in favor of being ambassadors for Christ.

This is God's call to The Episcopal Church now, and it is not an easy one. In the United States, we no longer live in a time when we can expect to practice our faith without risk, and we are confronting what vulnerable communities of faith have experienced for generations. Our right to worship freely as one church, committed to the dignity of every human being, has been curtailed by the fear that too many immigrant Christians face when they leave their homes. Peaceful protests, a right long enshrined in the Constitution, are now made deadly.

Carrying out the simple commands of Jesus – feeding the hungry, caring for the sick, visiting prisoners, making peace – now involves risks for the church and grave danger for those we serve. As Christians, we must acknowledge that this chaos and division is not of God, and we must commit ourselves to paying whatever price our witness requires of us. In the coming years, our church will continue to be tested in every conceivable way as we insist that death and despair do not have the last word, and as we stand with immigrants and the most vulnerable among us who reside at the heart of God. We will be required to hold fast to God's promise to make all things new, because our call to follow God's law surpasses any earthly power or principality that might seek to silence our witness.

To those of you who are in the center of the storm, please know that I am praying for you as you embody the love of Christ in your ministries and communities. To those of you who are watching with concern and fear, I ask you to pray for those who have died in protests and detention, for those who witnessed their deaths, and for everyone who bears authority and responsibility at this moment, that they may exercise wisdom, restraint, and courage. Pray too, especially in the days to come, for the witness of our church in these times and for a hedge of protection around all the beloved children of God who live in fear this day.

The Most Rev. Sean Rowe, Presiding Bishop, The Episcopal Church

## **What you need to know today...**

**Sunday School** Today during the 10 AM Eucharist for children in PreK-3 through Grade 4.

**"Loaves of Love"** Today after both services. Outreach Committee is again selling Loaves of Love. The suggested donation is \$6. All funds raised go to the AIDS Resource Foundation for Children (ARFC), which offers support for children, aged 6 years or younger, who have AIDS, ARC, or who are HIV-positive. Trinity has been supporting this effort for several years and Outreach is appreciative of the support. "Buy Bread, Support Children at Risk."

**Annual Trinity Soup Sale** Today after both services. It is the 15<sup>th</sup> annual sale. \$6 for small, \$9 for large.

**Outreach Committee** Today at 11:30 AM in Witherington Hall.

**Confirmation Class** Today from 5-7 PM in Witherington Hall.

**Altar Flowers and Sanctuary Candle** There are no altar flowers during Lent; however, the sanctuary candle is available for personal attribution, to remember loved ones, to honor others, to celebrate lives. The deadline is 4 PM Wednesday each week; multiple attributions are allowed.

## **What you need to know this week...**

**Parish Office Hours** Office Manager Marion Nechuta is available Tuesday through Thursday from 12:30 to 3:30 PM. Please call before arriving; at other times she may still be contacted via parish email.

**Morning Prayer and Evening Prayer** Monday to Friday at 8:30 AM and 5 PM, respectively, online.

**Trinity Adult and Handbell Choir Rehearsals** This Wednesday, February 4.

**Compline** This Thursday at 8 PM online.

**Trinity Men's Group** This Saturday, February 7 from 8-9 AM in Witherington Hall.

## **What you need to know in the future...**

**Trinity Women's Group** Monday, February 9 from 7-8 PM online.

**Knitting Circle** Saturday, February 14 from 9 to 10 AM in Witherington Hall.

**Sandwich Sunday** Sunday, February 15; contact Marion Nechuta ([marionnechuta@yahoo.com](mailto:marionnechuta@yahoo.com) or 908-451-4498) or Helen Shteynberg for information. There are several ways to participate in this ministry (links to sign up are in the email blast):

- Sign up to supply items needed for the bags and the sandwiches
- Saturday, February 14 from 10 AM to 11 AM – assemble food bags in Sherlock Hall
- Sunday, February 15 after Fellowship Hour – transport sandwiches & food packets to St John's and help serve food

**Annual Mardi Gras Celebration** Sunday, February 15 after the 10 AM service, it will be replete with feasting, 50/50 raffle, baskets of the "7 deadly sins" and fun. Cooks for the event are needed, please check the email blast for details.

**Ash Wednesday** February 18, there will be a 7 AM and 12 noon Rite I Service, and a 7:30 PM Rite II Service with choir.

**Fellowship Luncheon** Thursday, February 19 from 12:30 PM to 2 PM in Witherington Hall. Call Susan Olszewski (908-757-9561) or Susan Nelson (908-397-3944) for more information.

**Trinity Episcopal Senior Youth (TESY)** Saturday, March 14 from 10 AM to 12 Noon. TESY is hosting a cleanup of the Sherlock Hall loft; pizza and refreshments will be provided. Volunteers of all ages are welcome. To sign up, email Katie Annarelli ([kathleen.m.annarelli@outlook.com](mailto:kathleen.m.annarelli@outlook.com)).

## **Election Results from the Annual Meeting**

Junior Warden (one 2-year term) 2026-2027: Kathleen M. Murray

Vestry (three 3-year terms) 2026-2028: David L. Burnett, James Willix, Sara Wolfe

Vestry (unexpired 3-year term) 2025-2027: Jana Morgan

Diocesan Convention Delegates (3 delegates, one-year terms): Marion Nechuta, Bernhard Kolbe, Cheryl Pantina

Diocesan Convention Alternates (3 alternates, one-year terms): Tony Pagano, Tony Vitale, Christy Barone,

Northern Convocation Delegates (6 delegates, one-year terms): Christy Barone, Courtney Maier Burbela, Vicky Cooney, Tony Pagano, Doreen Taylor, Tony Vitale

Northern Convocation Alternates (2 alternates, one-year terms): Gwenn Cuozzo, Marion Nechuta

## **2026 Lenten Course: The Eight Passions of the Soul**

This Lent and Holy Week, the congregation will explore the 8 passions of the soul as they were taught by St John Cassian, who died around 435 AD. He was a disciple of St. John Chrysostom and in his writing and teaching he shared much of the spiritual wisdom of the Christian East with his Western brothers and sisters. The focus is on his treatise to Bishop Kastor, titled 'On the Eight Vices' taken from *The Institutes, Books V-XII*. Cassian's writing teaches us how to develop our self-knowledge and awareness, so that we can relate to the world without selfish illusions.

The course begins on Thursday, February 26 at 7:30 PM and continues every Thursday in Lent and includes services on the Monday, Tuesday, and Wednesday of Holy Week; 8 sessions in all. Each session (listed below) will begin in the church with evensong and conclude in Witherington Hall with a simple soup supper and an opportunity for further discussion. An excellent book to read in conjunction with taking the course is Rowan William's "Passions of the Soul."



NB: Please sign up to volunteer to read at evensong; assist with setup and takedown; offer to make soup; and indicate the intention to attend so that it can be catered appropriately. The link is on the weekly email blast or you may use the QR code (left). Here are the session dates and themes:

- Thursday, February 26: Gluttony
- Thursday, March 5: Unchastity
- Thursday, March 12: Avarice
- Thursday, March 19: Anger
- Thursday, March 26: Dejection
- Monday, March 30: Listlessness
- Tuesday, March 31: Self-esteem
- Wednesday, April 1: Pride

## Baptismal Anniversaries

When we think about birthdays, we immediately recall the date we were born and took our first breath in this world. But if we take a moment to reflect, we will realize that we have another "birthday" of even greater significance: the day we became members of the body of Christ - our Baptismal birthday.

Through the waters of baptism, the Holy Spirit anoints us and sets our inner compass, to walk in a path that is pleasing to God, to do all good works that God has planned for us, and to "seek God's face" [Psalm 27:8]. This is the path that ultimately leads us into abundant life both in this earthly existence, and in the world to come. Whether baptized as a child or an adult, we prayerfully grow in our understanding and appreciation of our baptismal identity, as individuals and as a community.

Usually, on the first Sunday of every month, we acknowledge those who have a baptismal "birthday" during the month in question and share in their renewal of baptismal vows. This monthly recognition of our "birth from above" [John 3:3] allows us to develop a deeper appreciation for the essence of our baptism. Parishioners celebrating their Baptismal Anniversaries in February:

5 - Patricia Knapp	6 - Stephanie Willix	8 - Madeline Cruikshank	11 - Luke Robinson	18 - Max Bursack
24 - Joseph Erdody	21 - Corinne Ardente	- Tara DiFabio-Garstka	- Maureen Frylewicz	- Benjamin Lack



Website: [TrinityCranford.org](http://TrinityCranford.org)  
Instagram: [@trinity\\_cranford\\_1872](https://www.instagram.com/trinity_cranford_1872)  
Facebook: Trinity Episcopal Church, Cranford  
Connect to Online Services and Meetings: [us04web.zoom.us/j/595488321](https://us04web.zoom.us/j/595488321)  
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