



# Trinity Topics

## INSIDE THIS ISSUE:

In our Book of Common Prayer, we are invited to “keep a holy Lent” in our Ash Wednesday service (BCP, p. 265). But what does that mean?

We are told to do this by prayer, fasting, self-denial, studying scripture, as well as self-examination and repentance of the places where we have gone wrong.

While this may not feel lively, these practices can be some of the most life-giving ones in the Church. Leaning into this holy season can open new doors and reveal new ways God is calling us to be in the world.

This Lent, why not try something new? For example, join us on Feb. 22 after Sunday worship to learn about the Book of Common Prayer and how it can enhance your prayer life, or even kick start it if you are looking to begin praying on your own. While fasting for some may mean abstaining from food or drink for a period of time, that’s not always the case: what about “fasting” from social media, or gossip, or anything that is blocking your connection to God and others?

If you’re looking for study, you can join us at Bible study every Monday from 11:30-1 p.m. where we talk about some of the difficult things Jesus told his followers, or you can join us for a simple soup supper and conversation about St. Francis, the mystic from a time similar to ours. In addition, we will hold an “instructed Eucharist” where we hit “pause” during points of the liturgy to explain our symbols and actions during worship - it’s a great way to learn more about our tradition, or a good chance to invite someone who is “Episco-curious”!

Repentance can seem scary, but the church offers Reconciliation of a Penitent, one of the most gentle ways of peeling away the layers that keep us from being who God created us to be.

Just like God, the possibilities are endless of ways to keep your Lent holy. If these ideas don’t appeal to you, let’s chat! One of the greatest gifts of being a priest is helping others discover their spiritual gifts.

Keep a holy Lent, dear ones. Let’s walk this road to Jerusalem together!

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## PANCAKE NOTICE

Join us and Coatesville Kids To College for pancakes on Shrove Tuesday, from 5-6 p.m. Come help cook any time from 3 p.m. on. Dinner is served at 5, and we will burn palms and put away the alleluia until Easter. Come have some fun at the feast before the fast begins (and there is plenty of time to check out Dennis' new restaurant while you are in town!).

If you can volunteer to cook, please let Kristen know. If you can volunteer to shop, help with that is also needed.

## ASH WEDNESDAY

Take time out of your regular Wednesday to join us for our Ash Wednesday service at 7 p.m. on Feb. 18. Kristen also is available during the day for ashes and prayers, from 9 a.m. until service time. Please text before you come - she will be out offering ashes and prayers in the neighborhood.

## INSTRUCTED EUCHARIST

Want to know more about what happens during the Eucharist? Join us on March 1 at our regular 9:30 a.m. worship for a special "Instructed Eucharist." While this service has no sermon, we stop the regular service intermittently to explain what we are doing and why we are doing it that way. This Instructed Eucharist will focus on the first part of our worship service, when we hear God's holy word. A second Instructed Eucharist will focus on what happens with God's table.

## COMMUNITY NEWS from LIZ HULSE

### Community Health:

Weds, 2/11 (6pm -7:30pm) "How to be Heart Smart" Virtual Registration required, call 610-738-2300 to register & for any questions

Thurs., 2/12 (2pm-3pm) "Debunking Exercise Myths" Virtual Registration required, call 610-738-2300 to register & for any questions

**CYWA code blue** services could use blankets and pillows. You can drop them off at CYWA, 423 E. Lincoln Hwy, during normal business hours, or bring them to Trinity

Chester County Hospital Community Wellness Dept. is hosting several informative events on Zoom this month. You can register at 610-738-2300:

**Now through February 18, Wednesdays (6pm-7:30pm) Stop Smoking Now on zoom**

**Feb. 25<sup>th</sup> 11:00 a.m. Disability and Social Security & Supplemental Security Income:** learn basic eligibility factors, the application process, appeals, etc. Register <https://tinyurl.com/SSI-register> If you have questions or problems registering, contact Liz at [liztrinity323@gmail.com](mailto:liztrinity323@gmail.com)



<b>Aaron Bruce</b>	<b>3-Feb</b>
<b>Violet Armstead</b>	<b>9-Feb</b>
<b>Michael Magness</b>	<b>10-Feb</b>
<b>Andrew Bentley</b>	<b>13-Feb</b>
<b>Martha Rutledge</b>	<b>14-Feb</b>
<b>Pat Hendricks</b>	<b>17-Feb</b>
<b>Victor Shanley III</b>	<b>20-Feb</b>
<b>Patricia Vogt</b>	<b>22-Feb</b>
<b>Jamoca Harkins</b>	<b>25-Feb</b>
<b>Kent Nation</b>	<b>26-Feb</b>
<b>Laverne Cheatham</b>	<b>27-Feb</b>

## Readers, Servers and Greeters for February 2026

Date	First Readers	Psalm	Second Readers	Prayers
2/1	Minnie Kirwin	James Gaddy	Kent Nation	Paul Shidlowksi
2/8	Vic Shanley	Greg Bentley	Deborah Murray	Erika Haak
2/15	Pat Bush	Bill Terry	Chris Haak	Minnie Kirwin
2/22	James Gaddy	Erika Haak	Paul Shidlowksi	Kent Nation

		<b>FEBRUARY</b>			<b>2026</b>	
<b>Sunday</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
		AA 7PM		Healing Service Zoom, 12PM  Pantry Restock Day		NA 10AM  SH Rented
8	9	10	11	12	13	14
9:30 a.m. Worship  Pantry Restock Day	Bible Study 1130AM-1PM	AA 7PM		Healing Service Zoom, 12PM  Pantry Restock Day		NA 10AM  Parish Work Day 10AM-2PM
15	16	17	18	19	20	21
9:30 a.m. Worship,  Pantry Restock Day  SH Rented	President's Day Office Closed NO Bible Study	Shrove Tuesday Pancake Supper 5PM-6PM (Volunteers at 3PM)  AA 7PM	Ash Wednesday Ashes-All Day	Healing Service Zoom, 12PM  Pantry restock day		NA 10AM
22	23	24	25	26	27	28
9:30 a.m. Worship,  Pantry Restock Day	Bible Study 1130AM-1PM	AA 7PM	Lent Supper Series 6PM- 730PM	Healing Service Zoom, 12PM  Pantry Restock Day		NA 10AM  SH Rented

**EPISCOPAL CHURCH OF THE TRINITY**

**323 East Lincoln Highway  
Coatesville, PA 19320-3409**

**For more information contact:**

**The Rev. Kristen Ostendorf,  
Priest-in-charge  
908-489-1452 (cell – receives  
texts!)**

**Office information:**

**610-384-4771**

**trinitycoates@aol.com**

**Website:**

**www.trinitycoatesville.org**

**Mission Statement**

**Church of the Trinity is a  
congregation rooted in the  
faith and love of Christ,  
unified in diversity, seeking to  
grow and nourish the Trinity  
family and our Coatesville  
community.**

**Weekly Schedule:**

**Holy Eucharist,  
Sundays: 9:30 AM**

**Bible study, Mondays,  
11:30-1 (bring a lunch)**

**Healing Service  
Thursdays via Zoom:  
12:00 PM**

**Jamoca Harkins,  
Parish Administrator**

**Parish Office Hours:**

**Evenings Monday - Thursday**

**Save the Date for these Upcoming Events!**

Feb. 14 – Work Day, 10 a.m.-2 p.m.

Feb. 17 – Shrove Tuesday Pancake Supper, 5 p.m. (volunteers needed!)

Feb. 18 – Ash Wednesday: Prayers and ashes available all day, service at 7 p.m.

Feb. 25 – Franciscan Spirituality Lenten Group starts, details coming 6-7:30pm!