

Connections



The Music of Lent

By the Rev. Charlotte Strecker-Baseler

“Pass me not, O gentle Savior, hear my humble cry...”

“Softly and tenderly,

Jesus is calling, calling for you and for me...”

“Just as I am, without one plea,

but that thy blood was shed for me...”

When I think of Lent, I reflect on the songs and hymns of Lent that have shaped me through the years. Growing up on a family wheat farm in Kansas in a German-Russian Lutheran community, church was important for my family. My mother was the church organist and choir director (before her was my paternal grandmother). All of my family were singers in the church choir.

I grew up singing in choirs: children, junior & senior choirs at church; school choirs, Bethany College Choir, Bethany Oratorio Society (singing Handel’s “The Messiah”, and Bach’s “St. Matthew’s Passion”), Seminary choir, community choirs & chorale groups. I love to sing and harmonize. It feeds and fills my soul.

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Zion’s Worship

Come worship with us at 10 a.m. each Sunday, 510 Pine Street, Trinidad CO



First Sunday Potluck

Join us after worship the first Sunday of each month for a potluck in the Fellowship Hall. This month it’s March 1.

5-Loaves

Our food ministry delivers meals to members of the community on the last Saturday of each month. That’s March 27-28 this month.



Church Council

Council meets the second Sunday of each month, immediately after worship.

Reconciling in Christ

Zion’s Lutheran is a Reconciling in Christ Community. All are welcome!



Palm Sunday

Join us for Palm Sunday worship at 10 a.m., March 29. We gather behind the sanctuary for our palms & processional.

Lenten Music...

Continued from Page 1

Thinking back, it is the music of Lent that calls me to "Return to the Lord, your God, who is gracious and merciful, slow to anger, and abounding in steadfast love." This call to Return to the Lord is reflected in the minor keys and minor tones and harmonizations of the Lenten and Holy Week hymns as they focus on the Cross of Christ.

"Beneath the Cross of Jesus I long to take my stand..."

"O Christ, thou Lamb of God that takest away the sin of the world..."

"Alas! And did my Savior bleed, and did my sov'reign die?..."

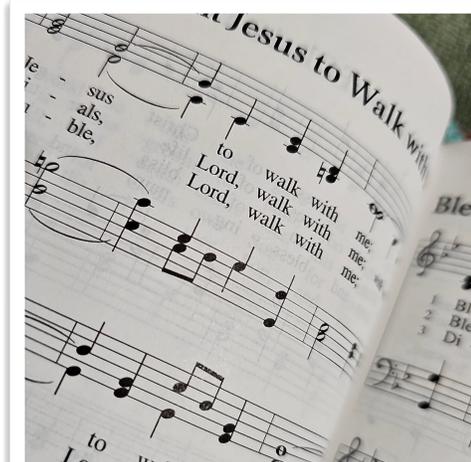
"O sacred head, now wounded, with grief and shame weighed down..."

"Ah, holy Jesus, how hast thou offended..."

"Were you there when they crucified my Lord?... sometimes it causes me to tremble..."

"Lead me, guide me, along the way; for if you lead me, I cannot stray..."

Return to the Lord, your God. In college and seminary, I was introduced to the African American spirituals. These songs with their rich history, cry out to my soul: mournful rumbling in the low ranges of one's vocal range.



"I want Jesus to walk with me;
... all along my pilgrim journey, Lord, I want Jesus to walk with me."

"In my trials, Lord, walk with me;
... when my heart is almost breaking, Lord, I want Jesus to walk with me."

"When I'm in trouble, Lord, walk with me;
... when my head is bowed in sorrow, Lord, I want Jesus to walk with me."

During Lent, more than any other time of the church year, I invite us to read the texts of the Lenten hymns; reflect on them, digest them as we focus on the Cross of Jesus Christ. Allow your Lenten pilgrim journey to be guided by the spiritual, "I Want Jesus to Walk with Me."

About Us:

Church Council:

- ✦ Kathy Broman, financial secretary
- ✦ Steve Hanson
- ✦ Norine Hazen
- ✦ Mary McKenna, secretary
- ✦ Mike McNeil, president
- ✦ Julie Morris
- ✦ Mark Moss, vice president
- ✦ Terri Watson, trust fund
- ✦ Julie Wersal, treasurer

Staff:

The Rev. Lisa Rygiel
Jo Moss, Assistant to the Clergy

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Zion's Lutheran — The Church With Heart — We are a Reconciling in Christ Community

March

2026



	ASSISTANT	LECTOR	USHERS	COMMUNION
1	Becky McNeil	Coralie Lashbrook	Mary McKenna & Cherie Holder	T.M. Garner & Terri Watson
8	Julie Wersal	Jody Alford	Jody Alford & Cheryl Leef	Carol Hanson & Jo Moss
15	Jo Moss	Erin Ogletree	T. M. Garner & Terri Watson	Lisa & John Rygiel
22	Mike McNeil	Steve Hanson	Cristy Street & Brittany Cook	Julie Morris & Cherie Holder
29	Becky McNeil	Charlotte Strecker-Baseler	David Novey & John Rygiel	Kathy Humphrey & Cheryl Leef

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
10 am Worship 11:30 am First Sun.Potluck 3 pm Children's Choir			5:30 pm Soup Supper		5:30 pm Yoga	<i>DST Begins, set your clocks ahead one hour tonight</i>
8	9	10	11	12	13	14
10 am Worship 11:30 am Fellowship & Council Mtg. 3 pm Child Choir	5:30 pm AA		5:30 pm Soup Supper (No book club this week)		5:30 pm Yoga	
15	16	17	18	19	20	21
10 am Worship 11:30 am Fellowship 3 pm Children's Choir	Noon PTO. 5:30 pm AA		10:30 am Book Club 5:30 pm Soup Supper	Newsletter Deadline for April	5:30 pm Yoga	
22	23	24	25	26	27	28
10 am Worship 11:30 am Fellowship 3 pm Child. Choir	5:30 pm AA		10:30 am Book Club 5:30 pm Lenten Soup Supper		7:30 am 5-Loaves Prep 5:30 pm Yoga	5-Loaves 8:30 am prep. 9:30 am delivery
29	30	31	1	2	3	4
Palm Sunday 10 am Worship 11:30 am Fellowship 3 pm Child Choir	5:30 pm AA		5:30 pm Soup Supper			

Birthday Wishes

7 — Ed Blount

9 — Lynn Chase

11 — Cherie Holder

16 — Norine Hazen

23 — JoAnn Karspeck

24 — Kathy Broman

24 — Brittany Cook

What's Happening in Zion's Lutheran Family?

- ❖ **Mary McKenna** is looking for volunteers to help with flowers and sanctuary preparation on Saturday, April 4, in advance of Easter Sunday. If you can help, please let Mary know. Thanks also to **Mary** for getting the palms for us to use on Palm Sunday, March 29.
- ❖ Zion's welcomes new members on Easter Sunday. If you are interested in becoming a member, contact **Pr. Lisa**.
- ❖ We are grateful to **Lynn Chase** for her continued service sending birthday cards on Zion's behalf.
- ❖ **Carol Hanson's** most recent art project, a 3D set of art blocks featuring Trinidad landmarks and landscape, has attracted a lot of attention, most recently a presentation at the Senior Center. And congratulations to **Cheryl Leef** for her featured exhibit at Corazon Gallery in February.
- ❖ On Feb. 28, **Tracy Wahl** had the privilege of interviewing Dr. Wendy Johnson about Johnson's book, *Kinship Medicine*. Johnson is a family physician, public health professor and activist who practices family and addiction medicine in rural Northern New Mexico as part of with El Centro Family Health. Books are available at local bookstores, as well as Kindle and audiobook on Amazon.



Carol shares her artwork with Vickie Rienks & Mark Moss at the Sr. Center.



- ❖ **Pr. Robert Hoenike** will preside and preach at worship on Sunday, March 8 while **Pr. Lisa & John Rygiel** are on vacation, also there will be no book club, March 11.
- ❖ Thank you to **Julie Wersal** and **Tyler Erickson Jr.** for their diligent effort to prepare the 2026 Church Directory. Copies were sent via email and paper copies are available in the Fellowship Hall.
- ❖ On Feb. 8, **Pr. Lisa**, attended the ordination of seminary classmate, Jadhier Alejandro Abad at St. James Santiago Lutheran Church in Houston. Zion's is grateful to the **Revs. John & Charlotte Strecker-Baseler** for officiating at worship while Pr. Lisa was traveling.

Acknowledgements: Contributors — The Rev. Charlotte Strecker-Baseler, Pr. Lisa Rygiel, Mary McKenna, Terri Watson, Julie Wersal, Mike McNeil, Tracy Wahl, Kelly O'Hara, Carol Hanson, Julie Morris, Norine Hazen, Resurrection LutheranChurch, Iowa.

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Editors — Jo Moss, Mark Moss, Julie Morris

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2026 Zion's Church Council Installed and Officers Elected

At its regular meeting on Feb. 8, the Zion's Church Council welcomed Steve Hanson as its newest member, replacing Cherie Holder.

The council also elected officers, with each person agreeing to retain the post they held in 2025. The 2026 church council members and officers are:

Mike McNeil, President
 Mark Moss, Vice President
 Mary McKenna, Secretary
 Julie Wersal, Treasurer
 Kathy Broman, Financial Secretary
 Terri Watson, Trust Fund
 Steve Hanson
 Norine Hazen
 Julie Morris

On Sunday, Feb. 15, Pr. Lisa installed the 2026 council members saying, "In baptism we are welcomed into the body of Christ and sent to share in the mission of God; we rejoice now that these sisters and brothers will lead us in our common life and our mutual mission as a congregation."

She also shared a reading from 1 Corinthians 12:4-7. "There are varieties of gifts, but the same Spirit; and there are varieties of services, but the same Lord; and there are varieties of activities, but it is the same God who activates all of them in everyone. To each is given the manifestation of the Spirit for the common good."

Pr. Lisa also recognized outgoing member, Cherie Holder, for her work and dedication to Zion's.



God's Work Our Hands: Every Day, Every Way

Terri Watson is coordinating a program to help match members of our congregation willing to help our siblings in Christ with



basic assistance, such as rides and errands. The goal is to assist members of the Zion's family and those who we know could use a helping hand. Support can include such activities as:

- Provide transportation, locally or out of town
- Pick up groceries
- Run errands
- Help care for pets
- Help after medical procedures
- Cooking
- Checking on others
- Remembering others with get well and thinking about you cards
- Other needs as identified

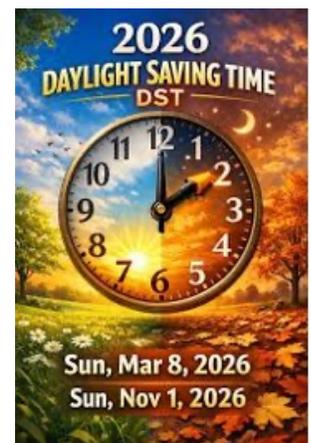
Terri has sign-up sheets in the Fellowship Hall, which will help her to match individual needs with people who can assist. The focus of the program is to support members of the Zion's family and those identified by Zion's parishioners.

For more information or other suggestions of ways we can help, talk to Terri.

Daylight Saving Time Starts

It's time to "spring forward". Daylight Saving Time begins Sunday, March 8.

So set your clocks one hour ahead on Saturday night so that you are on time for worship services



Lent: A Season of Reflection

During Lent the liturgy we use at Zion's changes to reflect the somber and anticipatory nature of the season. At Zion's, we abstain from using the *Alleluia* (*praise the Lord*) in either word or song.

Lenten Liturgy

Perhaps the most apparent part of that change is our use of the Lenten version of Setting 6 of our liturgy, which lacks the Alleluias in word and offers more somber liturgical music. Our hymns likewise focus upon our return to the Lord (see Charlotte's article on page 1). It also is seen in replacing the Song of Thanksgiving that we traditionally sing after communion with the Communion Song "Lamb of God". Traditionally, that song is played before communion is served, but Pr. Lisa wanted to try it at the end of communion for its reflective message.

Zion's is not alone in its omission of *Alleluia* is a traditional Lenten practice in Catholic and some Protestant liturgies dating to the 7th or 8th century. It signifies a 40-day "fast" from this joyful, celebratory expression. This somber and reflective nature of the season, instead creates anticipation for the triumphant messages of praise and thanksgiving at Easter. Think of the hymn...

"Jesus Christ is ris'n today, Alleluia!
our triumphant holy day, Alleluia!"

Stepping back from Alleluias helps us focus upon "our spiritual self-honesty." In her blog of Feb. 18, "Why We Take a Break from 'Alleluia' in Lent", the Rev. Beth Wartick of Resurrection Lutheran Church in Iowa writes, "Lent is a season of repentance, when Christians have often tried to reconcile damaged relationships with each other and with God...The other reason to have a season of the church year without Alleluias is that it helps us remember that we are just as welcome in worship when we are sad as when we are joyful.

"Sometimes the circumstances of our individual lives or our community are not alleluia-inducing. Especially when we have been suffering or need to lament, we need worship that clearly includes us. Taking six weeks to skip Alleluia lets those who are sad feel included and it challenges those who are joyful to have empathy and care for their struggling neighbors."

Remember, though that such practices are not to prove how good we are at following rules, but to help us connect with God. So, if during Lent you have an Alleluia moment, then by all means, praise God!"

Lenten Greenery & the Color Purple

During Lent, we use the color purple, reflective of penitence and anticipation, and greenery instead of flowers, symbolic of our growth in the Christian faith. The absence of flowers until Easter further amplifies the resurrection message symbolized by Easter flowers.

Lenten Soup Suppers

Join us at Zion's each Wednesday during Lent for our supper of soup and brief Lenten devotional. The Soup Suppers will be held at 5:30 p.m. each Wednesday in the Fellowship Hall, through Wednesday, April 1.

Sign-up sheets to provide food (soup, bread, dessert) are in the Fellowship Hall.

Palm Sunday

On Palm Sunday, we gather behind the Sanctuary at 10 a.m. for our procession of the palms. You can join us for the processional, or gather in the sanctuary in advance of worship.

Good Friday

Our traditional Good Friday worship service will be at 7 p.m. on Friday, April. 3.



Sharing Our Recipes: Stuffed Roulade Pork Tenderloin

From Keeliey O'Hara

(Keeliey is a highly trained & accomplished chef)

Ingredients

Pork

- 1 tablespoon olive oil
- 2 Italian pork sausages, removed from casing
- 1/2 yellow onion, diced
- 1 Gala apple, diced
- 3 cloves garlic, roughly chopped
- 2 tablespoons roughly chopped sage
- 1 tablespoon roughly chopped rosemary
- 2 teaspoons roughly chopped thyme
- 1/4 cup apple cider
- 1/3 cup panko breadcrumbs
- 1 (3 1/2-pound) boneless pork loin, trimmed and butterflied
- Kosher salt & freshly ground black pepper



Curried roasted vegetables:

- 1 medium head cauliflower, trimmed and cut into florets
- 1 large sweet potato, peeled and cubed
- 1 Gala apple, diced
- 1/4 cup extra-virgin olive oil
- 1 tablespoon curry powder
- 1 teaspoon cumin seeds
- Kosher salt & freshly ground black pepper

Cider Gravy:

- 2 tablespoons butter
- 1 shallot, minced
- 2 cloves garlic, minced
- 2 teaspoons finely chopped thyme
- 1 tablespoon flour
- 1 cup apple cider
- 1/2 cup chicken broth
- Kosher salt & freshly ground black pepper

Directions

1. *For the pork:* Preheat oven to 425 degrees. Line a rimmed sheet tray with parchment or foil.
2. Add olive oil to a large sauté pan over medium heat. Once hot, add the sausage and stir, while breaking up with the back of a wooden spoon, until browned. Toss in the onion, apple and garlic, and sauté until onion is translucent and apple is beginning to brown. Season with salt and pepper, and stir in the herbs. Sauté until fragrant. Stir in the apple cider and scrape up any browned bits on the bottom of the pan. Stir in the breadcrumbs. Remove from heat and let cool.
3. Open up the pork loin on the sheet tray. Season the inside with salt and pepper. Spread stuffing across the center of the pork loin and roll up lengthwise. Tie with butcher's twine. Season the outside of the roast with salt and pepper, and drizzle lightly with olive oil. Roast for 50 to 55 minutes, until a meat thermometer inserted into the center of the roast reads 140 degrees. Allow to rest for 15 minutes before trimming the butcher's twine and slicing into thick slices.
4. *For the curried roasted vegetables:* On rimmed sheet tray, toss cauliflower, sweet potatoes, apples, olive oil, curry, cumin seeds, salt and pepper together. Roast for 25 minutes.
5. *For the gravy:* In a small saucepan over medium heat, melt 2 tablespoons butter. Add shallot and garlic, and sauté until tender, about 3 minutes. Season with salt and pepper. Stir in thyme and sauté until fragrant. Sprinkle in flour and stir until pasty. Pour in the apple cider and chicken broth. Reduce until thickened. Taste for seasoning and adjust accordingly.
6. Serve pork loin topped with gravy alongside roasted vegetables.

Servings: 8

Updates: Annual Meeting & February Council Meeting

Zion's Lutheran Church Council

Annual Congregational Meeting

Church Council President Mike McNeil brought to order the Annual congregational meeting on Feb. 1, 2026. Pr. Lisa gave the invocation and Becky McNeil, accompanied by Mark Nelson on piano, lead the singing of *Christ Be Our Light*.

Julie Morris served as acting secretary for Mary McKenna who was unable to attend the meeting.

Annual 2025 meeting minutes were approved on a motion by Julie Morris, second by John Rygiel.

Financial & Treasurer reports were approved on a motion by Jo Moss, second by Steve Hanson. The Trust Fund report was approved on a motion by Cherie Holder, second by Richard Stewart.

Among the highlights of committee reports were the welcoming of eight new members in 2025. Pr. Lisa reported on upgrades to sidewalks, railings and landscaping, which also met insurance company requirements. Also, in 2025, the 5-Loaves and Thanksgiving ministries provided 3,569 meals locally, with meal requests increasing 15 percent.

The 2026 proposed budget was reviewed with an estimated income of \$160,905, to match estimated expenses. The mission support budget remains at \$3,500. The budget was approved on a motion by Julie Morris and second by Steve Hanson.

ELCA Model constitution changes for local congregations were discussed. Most changes were semantic or deletions of old verbiage. Jo Moss made the motion to accept the changes with a second from Erin Ogletree.

Three positions on the church council expired at the end of 2025. Kathy Broman and Norine Hazen were renominated to seats they currently hold, Cherie Holder did not seek re-election. Steve Hanson was nominated and agreed to serve if elected. All three were elected on voice vote, with one no vote.

The meeting adjourned at 1:10 p.m.

February 2026 Council Meeting

Members present

The regular meeting of the Church council was brought to order at 11:45 a.m. All members were present except Julie Morris and Pr. Lisa Rygiel.

Election of Officers (see page 5)

Reports

Secretary, Treasurer, Financial Secretary, Trust Fund — All reports reviewed and approved.

Including bill payment. The council noted that \$1,648 was given for RIC contributions. Average church attendance in January was 32 with illness, travel and weather affecting attendance.

Food Ministry — In January, 290 meals were distributed. Chicken is on the menu for February..

Pastor — Mike McNeil gave Pr. Lisa's report in her absence (she was in Houston): new members class was Jan.18, Worship & Music Committee is April 12, and Ministerial Alliance/Coalition for the Unhoused meets March 6. Pastor Lisa will be gone the week of March 8 traveling to Oahu.

Old Business

Council discussed The Way ministry use of the Fellowship Hall on Sundays beyond the winter assistance offered. They discussed liability, safety, security, impact on TSC, and other issues. In a unanimous vote, council terminated The Way's use of all Zion's facilities and grounds after March 28.

New Business

Council reviewed and updated the draft 2026 church directory.

Council work groups and capital improvements were each tabled until next month.

Council asked that initial clergy compensation discussions be done outside the presence of staff.

Terri Watson and Pastor Lisa will attend the RMS Assembly in Denver on April 23-25.

-Submitted by Council Secretary Mary McKenna