

# EPISCOPAL CATHEDRAL TRINITY

*Our mission is to welcome all people to know  
and live as Christ in the world.*



## The Carillon

Friday  
February 6, 2026

## The Dean's Dispatch

***Jesus said, "You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot. (Matthew 5:13)***

This weekend our reading of the Sermon on the Mount continues. Canon Diana did a wonderful deep dive on the Beatitudes last week in her sermon. It's worth a rewatch on our [YouTube channel](#). And this week we get to a reading that is often selected by couples for their weddings... I, among others, like to call it the Salt and Light Discourse. As a reminder, this sermon was likely something akin to Jesus' stump speech. Most traveling preachers and politicians have one. It's a manifesto. As I wrote last week, borrowing from Richard Rohr, the Sermon on the Mount is Jesus' business plan for the Reign of God. All this to say, it's pretty important and we should pay great attention to it.

I love that the Salt and Light Discourse is so often chosen for the Gospel lesson at weddings. Let's start out with the fact that it's sort of weird to think about salt losing its taste. Table salt is just Sodium Chloride, good old-fashioned NaCl. The ionic bond between the positively charged sodium ion and the negatively charged Chlorine ion is very strong and difficult to break, as long as you keep it dry. In water the bonds break and reform continuously in an electrostatic symphony, both easily soluble and fairly conductive. So, like gunpowder, it's pretty important to keep your salt dry, lest it wash away.

The Salt Jesus, and his first listeners, were most familiar with was derived from the Dead Sea. Rather than the purer NaCl mined from veins created by that solubility, Dead Sea salt contains other mineral salts besides table salt, most of which are bitter and potentially harmful to human beings. If you have ever had the chance to float in the Dead Sea, and got some water in your mouth, you won't remember the taste fondly. Battery acid is a common analogy used for its taste. So, to get something useful for food, it must be refined through creating a brine solution that is chemically treated to cause the other minerals, mostly magnesium and calcium, to precipitate out of the solution and be removed from the brine. Only then can the more pure NaCl be recrystallized through evaporation. Easy for us moderns, we can get it close to 99% pure. But in the time of Jesus' ministry the result left more of the minerals, the taste of which was mostly covered by the NaCl. All well and good for the most part.

However, if that salt got wet, that more soluble NaCl could run out of the salt stock. This leaves a higher concentration of less soluble minerals behind. The result is increasingly bitter. The salt loses its good taste and can no longer be used in food preparation. So, it's important to store it well and even more important to use it up quickly. The best way to do that is to share it and help others flavor what gives them life. Our faith is just the same. Protect what you have been given and be sure to share it widely.

My Bible-in-a-year forum series continues this Sunday at 10am. We'll be looking more deeply at the Book of Exodus, which is the keystone to understanding pretty much everything else that follows in both the Hebrew and Christian Scriptures. Come, learn, and be salty.

Pax,

Tim+

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### **Annual Report Books Still Available**

Thank you to everyone who attended this year's Annual Meeting!

In case you missed it, there are still some Annual Report books available in the office. Stop by to grab your copy and read about all the amazing work our ministries have achieved in the last year.

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### **Palms for Ash Wednesday**

Ash Wednesday is right around the corner. Please bring last year's palms to church. Baskets will be at both entrances. These palms will be burned on Shrove Tuesday and then used on Ash Wednesday.



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### **Volunteer Needed: Circle of Friends Leader**

The Circle of Friends ministry is a phone chain supporting parishioners living alone. Each member makes and receives a brief daily call to check in and make sure that others are doing well. The contact enables members to stay in touch and minister to one another.

This special ministry is seeking a volunteer to coordinate. This is a great opportunity to contribute your time and talent to bring daily contact to those who need it. Contact Canon Diana at [revdiana@trinityreno.org](mailto:revdiana@trinityreno.org) for more information.

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### Prayer Practicum: Spiritual Exercises of Saint Ignatius

Would you like to Deepen the Love of God in your heart during Lent?

Prayer Practicum: Spiritual Exercises of Saint Ignatius  
Trinity Episcopal Cathedral Library (located in the undercroft)  
Tuesdays February 17 – April 7, 2026 5:00 pm – 6:30 pm

Orientation: Sunday, February 15 - immediately following the 11:00AM Eucharistic Service  
in the Bishop Lewis Chapel - thirty minutes

Facilitator: The Rev. Dr. Julius M. Rogina, Ph.D., ABMPP Priest and Clinical Psychologist

Cost: Free will offering to Trinity Cathedral

Registration: [Click here to register on Realm](#)

The Spiritual Exercises of Ignatius Loyola is a practicum in Christian prayer. You will learn to listen to the workings of God's Spirit. From beginning to end of this journey and through the Spiritual Exercises, you will engage in the daily practice of self-awareness, compassion, and gratitude.

If you decide to embark on this journey of prayer, you are asked to spend fifteen to thirty minutes praying daily throughout the weeks of the Exercises. You are asked to commit yourself to the entire experience.

Each participant is invited to purchase two books:

Pilgrimage to Discipleship by Julius Rogina - available for sale at the 2/15 orientation for \$15 - please bring cash  
The Spiritual Life by Evelyn Underhill - available on Amazon

For questions, please contact Linda Richards: [linda.louise.richards@gmail.com](mailto:linda.louise.richards@gmail.com)

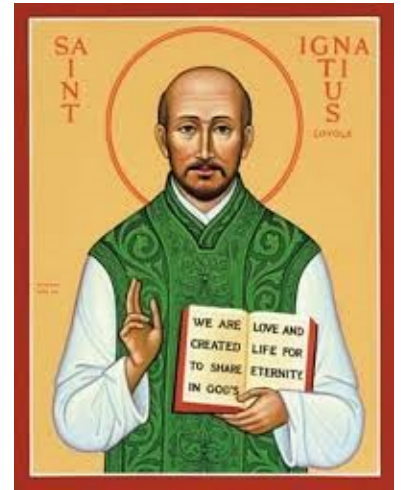
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### Catechumenate Class Coming Soon

This year's Catechumenate class will begin on **Wednesday, February 25 at 6 pm** in the Parish Hall, and will run for six Wednesdays leading up to Holy Week. This class is a period of formation, study, and spiritual growth for those new to the church or preparing to join. Anyone wishing to be baptized at the Easter Vigil on April 4 should attend! Contact Dean Tim at [dean@trinityreno.org](mailto:dean@trinityreno.org) for more information.

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### Music Notes





HIGHER ELEVATION CAMERATA PRESENTS

# *A Musical Valentine*

Alex Eisenberg, Music Director &  
David Brock, Artistic Director

A collage of your favorite love songs, from artists  
CARLY SIMON, WHITNEY HOUSTON & ELTON JOHN  
to music from West Side Story  
& Phantom of the Opera

**FEATURING**



Stuart Duke  
bass



Ania Helwing  
soprano



Luidmila Mullin  
mezzo soprano



Juliana Carmona  
mezzo soprano



Michael TK Lam  
tenor

**FOUR PERFORMANCES**

Friday, February 13 - 7PM | Trinity Episcopal Cathedral - Reno  
Valentine's Day | Saturday, February 14 - 3PM | St. John's Presbyterian Church - Reno  
Sunday, February 15 - 3PM | CVIC Hall - Minden  
President's Day | Monday, February 16 - 3PM | Our Lady of Tahoe Catholic - Zephyr Cove

**TICKETS: \$10-\$80 [HIGHERELEVATIONMUSIC.ORG](https://www.higherelevationmusic.org)**  
Children Free with Paid Adult | Season Passes now available | Patron seating 30 minutes prior  
General Admission 20 minutes prior

**COMING UP THIS SEASON**

April 24-27 | Bach Cantata 147 Herz und Mund und Tat und Leben  
Mendelssohn String Symphony #8 in D major, and other surprises!  
May 22-25 | Chopin - Piano Concerto #2, Nataša Veljković, piano  
Randall Thompson - Frostiana (orchestral version)



# wonder of the heavens

Performed by the **Great Basin Choral**

February 24th, 2026 | 7pm  
Trinity Episcopal Cathedral  
200 Island Ave, Reno, NV 89501

Pay what you can  
Suggested \$10



## Pipes on the River

**March 6, 12 pm**, Trinity's very own Jerrold Tidwell presents a program of Lenten music on Nevada's finest organ.

Admission is free; your donations keep our music programs alive in our community.

Love great music? The St. Cecilia Guild needs your help!

We are looking for music lovers and organizers to make our concert series and parish music programming a success. No music experience necessary, only a love for good ministry and great music.

Please contact Jerrold at [music@trinityreno.org](mailto:music@trinityreno.org) for more details!

## Children, Youth, and Family Ministry at Trinity

### CYF Presents The Dreamer

**February 8th and 15th** - Our own Sunday school students will be presenting The Dreamer: The Story of Joseph. The kids have been working hard and are excited to share this story during the 9 am service. Act 1 will be presented on the 8th, and Act 2 on the 15th. Come along with us!

### Shrove Tuesday Pancake Supper

# Please join us for Shrove Tuesday Pancake Supper



Trinity Episcopal Cathedral  
Parish Hall

Tuesday February 17th

5:15-8 pm

Benefits Trinity Youth Formations

Join us anytime, we always want to see you. Sunday School registration forms are always available downstairs in the Sunday School area. There is also a PDF you can download and fill out on the Trinity Website at the bottom of the page for Children's Christian Formation. Please complete this release form before your child goes into class.

Link to Parent Release Form:

<https://trinityreno.org/christian-education/childrens-christian-formation/>

## The Canon's Corner

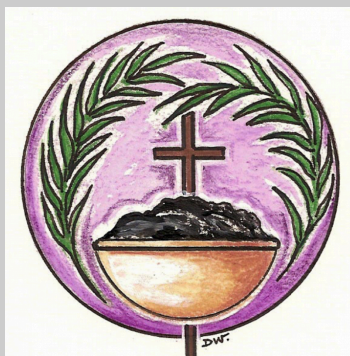
Lent is often seen as a season of giving something up. But the heart of Lent isn't about surrendering material things; it's about engaging with God in a deeper, more intentional way. It's an invitation to slow down, breathe, and reconnect with the One who holds us. Lent calls us to lay down our worries, loosen our grip on self-reliance, and give thanks for the blessings we have and the blessings still on their way.

Prayer becomes especially important during this season. It strengthens our faith, deepens our relationship with God, and opens our eyes to His grace and goodness. Through prayer, we discover that God is not distant or abstract, but present, attentive, and tender — a loving Father who delights in being near His children.

So instead of giving up things, let's consider giving up ourselves: our distractions, our busyness, our need to control everything. Over the next six weeks, we'll journey through The Lord's Prayer, not just reciting the words many of us know by heart, but learning to feel them, breathe them, and let them shape us from the inside out.

Many of us can say the prayer without thinking. I say it every night as I begin my own prayers. But knowing the words and living them are two different things. This Lenten season, we'll explore what it means to let this prayer become the rhythm of our days and the posture of our hearts.

And as we begin this journey, may we remember that faith grows not only in the big moments, but in the ordinary ones: the quiet steps, the simple choices, the daily practice of walking in Jesus, my friends. Amen.



### Trinity Cathedral Brings Ashes to Go to UNR and TMCC

We are looking for volunteers to help distribute ashes. Would you like to help share God's love this Ash Wednesday?

On Ash Wednesday, **February 18**, Trinity Episcopal Cathedral and Canon Diana will offer Ashes to Go from **1:30–3:30 pm** at two locations:

- The Joe Crowley Student Union at the University of Nevada, Reno
- The TMCC Dandini Campus Quad (7000 Dandini Blvd)

This outreach reflects our mission to welcome all people to know and live as Christ in the world.

### What is Ash Wednesday?

Ash Wednesday marks the beginning of Lent, a season of reflection and renewal in the Christian tradition. Receiving ashes is a simple, ancient sign of turning toward God and remembering our shared humanity.

By bringing ashes beyond church walls, we hope to create moments of grace and reflection for students, faculty, and staff —whether they are deeply rooted in faith, exploring spirituality, or simply seeking a pause in a busy day.

God meets us not only in sacred spaces, but in the midst of our routines and hopes. Stop by, receive ashes, and experience a moment of grounding and connection.

You're warmly invited to join us for Ash Wednesday services at Trinity, **February 18 at 12 pm and 6 pm**. Come and be part of our community.

## Ministry News

### Name Tags

We will be placing an order for the next batch of name tags soon! Please contact the office at [info@trinityreno.org](mailto:info@trinityreno.org) if you need one.

Your first name tag is on the house; replacements or spares are \$10 each.

### From the Finance Office

Statement of Contributions for year-ending 2025 have been sent out. If you did not receive one or have any questions, please contact the finance office at [Finance2@trinityreno.org](mailto:Finance2@trinityreno.org) or by calling 775-329-4279, ext. 1007.

Thank you for your faithful giving.

### Minutes of the Annual Meeting

January 25, 2026



Opening Prayer: The Dean of Trinity Episcopal Cathedral, Reno, the Very Reverend Timothy Watt, offered the opening prayer.

The meeting was called to order by Dean Watt at 12:28 p.m.

Ann Morgan, Clerk, established that a quorum was present.

On motion by Betsy Bethke, second by Lisa Otterson, the agenda, amended to include a report from Harvey Fennell on the Parish Hall Restoration after Approval of the Minutes was, in all other respects as presented approved unanimously.

On motion by Mikkel Bassett, second by Harvey Fennell, the minutes of the Annual Meeting of January 26, 2025 were unanimously approved.

Harvey Fennell, Chair of the Parish Hall Restoration Committee, advised that the estimate for the new construction and demolition of the existing Parish Hall came in north of 12 million dollars. Although a second estimate is being sought, it is unlikely that the second estimate will differ significantly from the first. The Vestry does not believe that raising this amount of money is feasible and has asked the Parish Hall Committee to obtain a proposal for remodeling the existing Parish Hall.

Dean Watt introduced the candidates nominated for the three open three year terms: Alex Dyer, Jacob Macaluso, and Eric Meagher. In addition, the Nominating Committee is nominating Natalie Humphries to serve as a youth representative to the vestry.

The nominated candidates were elected to their positions by acclamation.

Dean Watt also presented Kait Flocchini as an Endowment Board Trustee, taking over for Clea Dillard whose term expired. By acclamation, Kait Flocchini was elected as an Endowment Board Trustee.

Proposed Annual Diocesan Convention delegates Ann Morgan, Aaron Koning, Mikkel Bassett and Margaret Brown, along with proposed alternate delegate Bruce Bethke were elected by acclamation as delegates to the 56th Annual Diocesan Convention which will be held virtually, Saturday, October 10, 2026.

John Seelmeyer and Bruce Bethke were elected by acclamation as at-large members of the 2026 Nominating Committee.

Dean Tim Watt delivered the Dean's Report as his sermon at the 11:00 a.m. service. On motion by Howard Bennett, second by Josette Dornoff, the Dean's Report was unanimously accepted.

Sr. Warden Margaret Brown thanked the congregation for the opportunity to serve as its Sr. Warden and summarized her written report.

Sr. Warden Margaret Brown and Jr. Warden Bruce Bethke were thanked for their service and Nan Marie Wollam was appointed Senior Warden for the ensuing year.

The Program Reports and Ministry Reports were accepted unanimously by acclamation.

Ann Morgan presented the 2026 Budget approved by the vestry noting projected revenue of \$781,562 and expenses of \$786,058 leaving a deficit of \$4,496 which the vestry believes can be made up during the year.

Treasurer Lindsay Campbell presented the year end financial results. Revenue ended at \$760,366 reflecting giving exceeding the budget by \$28,500. Operating Expenses were \$706,702 consisting of \$395,516 for personnel, \$141,914 for ministries and \$169,272 for facilities. The result yielded a surplus at the end of 2025 of over \$72,000.

Treasurer Campbell reported that the Faith Like A River capital campaign ended with an investment balance of \$4,239,407.

The Endowment received \$6,100 in contributions and ended the year with a value of \$1,315,069.

The Stewardship Campaign resulted in 169 received pledges for a total of \$704,562.

Treasurer Campbell thanked all of the volunteers in the finance office for their work this past year, with a special thanks to Carol Roman for her service as Co-Treasurer.

The Financial Reports were accepted by acclamation.

Dean Tim Watt commissioned the new Vestry, Endowment Board, Diocesan Delegates, and at large Nominating Committee Members.

On motion by Gary Warren, second by Mikkel Bassett, the meeting was unanimously adjourned at 12:57.

## **Coffee Hour**

The February sign up sheet is now posted in the Bishop Lewis Chapel.

We all appreciate your contributions and participation in this fellowship ministry. Happy New Year!

## Warming Center UPDATE!

**The Warming Center team of volunteers would love to enrich our visitors' experience with some cold-weather gear to hand out. Donations of warm hats and gloves for our next turn hosting would be most welcome. Please bring donations to the Trinity office any time during office hours (M-F 10-12 and 1-3).**

Our Warming Center for Women and Children is back on this year! Our non-profit leading partner, RISE, has found funding to once again offer this important ministry to the least of these in Reno. We will once again join with St. Thomas Aquinas Roman Catholic Cathedral, First United Methodist Church, and Good Shepherd Lutheran Church to help women in extremis from freezing in the cold.

This year we hope to have volunteers step forward to provide a warm hand-off in the morning, with coffee and a small breakfast, to those who will spend time in our warm auditorium. PLEASE VOLUNTEER. Our remaining dates to serve will be the evenings/nights of Feb. 17-24.

PLEASE NOTE: RISE has changed the volunteer structure this year, so if you previously signed up for our warm hand-off, please visit this updated link and sign up [here](#) instead.

Email [GoodNeighborsReno@gmail.com](mailto:GoodNeighborsReno@gmail.com) with any questions.

## The Common Table

Our next common table is **Wednesday, February 4, 2026, at 5:30 pm**. Please bring dishes according to your last name:

A-F: Sides

G-L: Desserts

M-R: Appetizers

S-Z: Main

If you don't have time or the facilities to make a dish, store-bought is fine. Beer and wine are okay, but no spirits. We will provide coffee, iced tea, and lemonaid.

Sign up sheets are in the Tower Foyer in the cathedral. We are still looking for co-hosts for the next several events.

If you have questions, please contact Mikkel Bassett at (214)-769-4507 or [mikkel.bassett@verizon.net](mailto:mikkel.bassett@verizon.net).

We hope to see you February 4, 2026!



*Participants at January's Common Table; photo courtesy of Mikkel Bassett*

## Second Friday Social Hour

Our next Second Friday Social Hour will take place on Friday, 2/13 at **The Brewer's Cabinet**, 475 So. Arlington (across Clay Street from Lutheran Church of the Good Shepherd).



There is dedicated parking behind The Brewer's Cabinet (entrance from Clay St), as well as ample free on-street parking on Clay St. There is a drop off area for handicap customers by the front door. Happy hour is 4-6 PM. There is \$2 off drinks, including beer, cocktails, wine, and non-alcoholic mocktails. (The Holy Espresso cocktail sounds amazing!) There is a Munchies menu on the website – also \$2 off during happy hour. There is a function room in the back that is suitable for Trinity's Social Hour, offering bench seating against a wall, and chairs with backs, with a long table in between. Looking forward to seeing you all there!

### **A Lot of Good Men February Breakfast**

Saturday, February 14th

8:00 am

Two Chicks

5851 So. Virginia

Contact Clyde at [cnp\\_reno@yahoo.com](mailto:cnp_reno@yahoo.com) to RSVP.

All men of Trinity are automatically a part of this group. We want to foster friendship and support for one another.



*ALOGM January Lunch at Palais De Jade; photos courtesy of Clyde Ikehara*

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## **In Our Community**

### **TIP of Northern Nevada Fundraiser**

Trauma Intervention Program of N. Nevada proudly presents



14th Annual

Heroes With Heart

## Awards Dinner & Fundraiser

Feb  
12  
2026

Cocktails 6pm • Dinner 7pm  
Atlantis Casino Resort Spa  
Paradise Ballrooms BCDE  
Reno, NV 89502  
Cocktail attire

Sponsorships • Tickets • Donations:



### Northern Nevada Career Fair

WHEN: MARCH 26, 2026

TIME: 9 A.M. to 6 P.M.

WHERE: RENO-SPARKS CONVENTION CENTER

The event will bring together businesses and residents from across the Silver State and is expected to be one of the largest career fairs in Northern Nevada this year.

The Career Fair will be heavily marketed to job seekers throughout Central and Northern Nevada, ensuring strong attendance and broad regional reach.

Visit <https://northernnvjobscareerfair.com/reno-exhibitor-information/> for more information.

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## Membership News

### Do you have membership news to share?

If you would like to share tidings of a birth, marriage, or death in your family, please email your news to [info@trinityreno.org](mailto:info@trinityreno.org) by 10 am Thursday to be included in Friday's Carillon.

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## Prayer Concerns

### Trinity Family and Friends

Glen, Emily, Esmeralda, Steve, Sean, Jackson, Cazzy, Lucy, Marilyn, Kathy, Jessica, Nancy, Diana, Jennifer, Nancy, RJ, Dorothy, Howard, Joan; and in our Diocesan Cycle of Prayer, we join the bishop in praying for Christ Church, Pioche

### Departed

Lou, Robert, Susan

### Bereaved

Jodie and family; the Garcia family and friends; Cathy

*God of mercy and healing, you who hear the cries of those in need, receive these petitions of your people that all who are troubled may know peace, comfort, and courage. Amen.*

The prayer list is updated regularly. We pray for those in our church community who are currently experiencing a health crisis.

Email [prayerteam@trinityreno.org](mailto:prayerteam@trinityreno.org) to let us know of your prayer request.

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## Healing Eucharist

Healing Eucharist is held every Wednesday at noon in the Bishop Lewis Chapel. During the service, the names of those on the prayer list are read aloud and those wishing to be anointed with oil may come forward or may be anointed on behalf of someone else. All are welcome to attend.

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## Four Steps for Submitting Items to the Carillon

Wondering how to get Trinity news and happenings into the Carillon? Here's what to do:

1. Write the information the way you'd like it to appear in the Carillon. Although we will edit submissions as needed, it's very helpful to get items that are fully written out.
2. If you'd like a graphic or photo to go with your submission, please send the graphic or photo as an attachment to the email. This makes it much easier to include than if you embed the image in the email itself.
3. Email your submission to the Trinity office: [info@trinityreno.org](mailto:info@trinityreno.org).
4. Mind the weekly deadline: **10 am Thursday** for the Friday Carillon.

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## The Vestry

**2027** - Rebecca Dixon, Aaron Koning, Eric Nummela

**2028** - Josette Dornoff, Katherine Mahannah, Gary Warren, Nan Marie Wollam (Senior Warden)

**2029** - Alex Dyer, Jacob Macaluso, Eric Meagher

**Youth Representative:** Natalie Humphries

*Heavenly Father, give our wardens and vestry a daily renewal of your presence, uphold them with your peace, a peace that passes all understanding, enlighten them with your word, and strengthen them with your grace. Amen.*



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## Worship With Us Online

**Sunday worship at 11:**

<https://www.youtube.com/channel/UCGYbPbauG4TbNTpgnZpGFfw>

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## Weekend Ministers

**Altar Guild:** Juliette Leneaux, Karen Henke, Anne Towner, Jody Robinson.

**Saturday at 5 pm:** Dean Timothy Watt preaching and presiding. Gary Fuller, Alex Dyer, Lectors; Susan Lombardi, EM.

**Sunday at 7:30 am:** Dean Timothy Watt preaching and presiding. Betsy Bethke, Server; Kathy Newman, Lector; Joe Nishikida, Bruce Bethke, Ushers.

**Sunday at 9 am:** Dean Timothy Watt preaching, Canon Diana Turner presiding. Alex Ludwig, Crucifer; Grayden Kuhn, Server; Anna Allen, Intercessor; Briley McNamara, Dennise Howard, EMs; the Allen family, Ushers.

**Sunday at 11 am:** Dean Timothy Watt preaching, Canon Diana Turner presiding. Anne towner, Kurt Mische, Lectors; Nancy Petersen, Intercessor; Juliette Leneaux, Server/Crucifer; Lisa Otterson, Cathy Brewster, EMs; Kurt Mische, Laura Dilley, Ushers.

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## Statistics From Last Week

Attendance for 5 pm service: 16

Attendance for 7:30 am service: 23

Attendance for 9 am service: 57

Attendance for 11 am service: 103

**YouTube** views of Sunday service: 56

Last Week's Offerings: \$15,597

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## Weekly Prayer

**In our Diocesan Cycle of Prayer we pray for:**

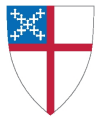
Christ Church, Pioche

**In our Anglican Communion we pray for:**

Hong Kong Sheng Kung Hui

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## The Lessons Appointed for Use on the Fifth Sunday after Epiphany



### The Collect

Set us free, O God, from the bondage of our sins, and give us the liberty of that abundant life which you have made known to us in your Son our Savior Jesus Christ; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. *Amen.*

### The First Lesson: Isaiah 58:1-12

Shout out, do not hold back!

Lift up your voice like a trumpet!

Announce to my people their rebellion,  
to the house of Jacob their sins.

Yet day after day they seek me  
and delight to know my ways,

as if they were a nation that practiced righteousness  
and did not forsake the ordinance of their God;

they ask of me righteous judgments,  
they delight to draw near to God.

"Why do we fast, but you do not see?

Why humble ourselves, but you do not notice?"

Look, you serve your own interest on your fast day,  
and oppress all your workers.

Look, you fast only to quarrel and to fight  
and to strike with a wicked fist.

Such fasting as you do today

will not make your voice heard on high.  
Is such the fast that I choose,  
a day to humble oneself?  
Is it to bow down the head like a bulrush,  
and to lie in sackcloth and ashes?  
Will you call this a fast,  
a day acceptable to the Lord?

Is not this the fast that I choose:  
to loose the bonds of injustice,  
to undo the thongs of the yoke,  
to let the oppressed go free,  
and to break every yoke?  
Is it not to share your bread with the hungry,  
and bring the homeless poor into your house;  
when you see the naked, to cover them,  
and not to hide yourself from your own kin?  
Then your light shall break forth like the dawn,  
and your healing shall spring up quickly;  
your vindicator shall go before you,  
the glory of the Lord shall be your rear guard.  
Then you shall call, and the Lord will answer;  
you shall cry for help, and he will say, Here I am.

[If you remove the yoke from among you,  
the pointing of the finger, the speaking of evil,  
if you offer your food to the hungry  
and satisfy the needs of the afflicted,  
then your light shall rise in the darkness  
and your gloom be like the noonday.  
The Lord will guide you continually,  
and satisfy your needs in parched places,  
and make your bones strong;  
and you shall be like a watered garden,  
like a spring of water,  
whose waters never fail.  
Your ancient ruins shall be rebuilt;  
you shall raise up the foundations of many generations;  
you shall be called the repairer of the breach,  
the restorer of streets to live in.]

**The Response:** Psalm 112:1-10

1 Hallelujah!

Happy are they who fear the Lord \*  
and have great delight in his commandments!

2 Their descendants will be mighty in the land; \*  
the generation of the upright will be blessed.

3 Wealth and riches will be in their house, \*  
and their righteousness will last for ever.

4 Light shines in the darkness for the upright; \*  
the righteous are merciful and full of compassion.

5 It is good for them to be generous in lending \*  
and to manage their affairs with justice.

6 For they will never be shaken; \*  
the righteous will be kept in everlasting remembrance.

7 They will not be afraid of any evil rumors; \*  
their heart is right;  
they put their trust in the Lord.

8 Their heart is established and will not shrink, \*  
until they see their desire upon their enemies.

9 They have given freely to the poor, \*  
and their righteousness stands fast for ever;  
they will hold up their head with honor.

[10 The wicked will see it and be angry;

they will gnash their teeth and pine away; \*  
the desires of the wicked will perish.]

**The Epistle:** 1 Corinthians 2:1-16

When I came to you, brothers and sisters, I did not come proclaiming the mystery of God to you in lofty words or wisdom. For I decided to know nothing among you except Jesus Christ, and him crucified. And I came to you in weakness and in fear and in much trembling. My speech and my proclamation were not with plausible words of wisdom, but with a demonstration of the Spirit and of power, so that your faith might rest not on human wisdom but on the power of God.

Yet among the mature we do speak wisdom, though it is not a wisdom of this age or of the rulers of this age, who are doomed to perish. But we speak God's wisdom, secret and hidden, which God decreed before the ages for our glory. None of the rulers of this age understood this; for if they had, they would not have crucified the Lord of glory. But, as it is written,

"What no eye has seen, nor ear heard,  
nor the human heart conceived,  
what God has prepared for those who love him"—

these things God has revealed to us through the Spirit; for the Spirit searches everything, even the depths of God. For what human being knows what is truly human except the human spirit that is within? So also no one comprehends what is truly God's except the Spirit of God. Now we have received not the spirit of the world, but the Spirit that is from God, so that we may understand the gifts bestowed on us by God. [And we speak of these things in words not taught by human wisdom but taught by the Spirit, interpreting spiritual things to those who are spiritual.

Those who are unspiritual do not receive the gifts of God's Spirit, for they are foolishness to them, and they are unable to understand them because they are spiritually discerned. Those who are spiritual discern all things, and they are themselves subject to no one else's scrutiny.

"For who has known the mind of the Lord  
so as to instruct him?"

But we have the mind of Christ.]

**The Gospel:** Matthew 5:1-12

Jesus said, "You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot.

"You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

"Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfill. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven."

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