



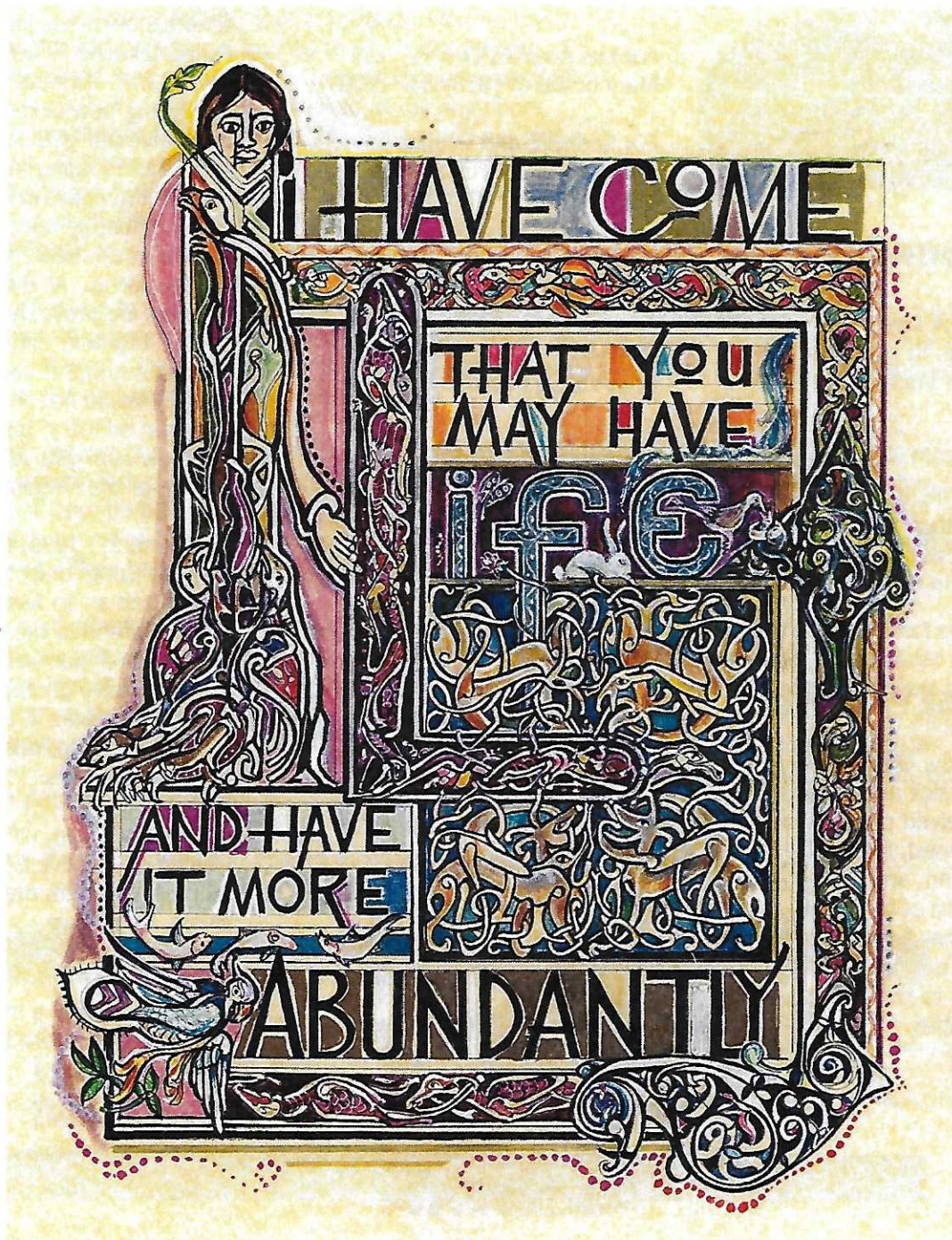
Trinitas is an Ignatian community of lay people  
engaged creatively with the world

# TRINITAS NEWSLETTER

Volume 2014

Fall/Winter Issue

Gifts of Spirit



*Abundant Life*, by Nancy Snooks

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**UPCOMING EVENTS:**

**Review of Life:** We meet at 10:00 a.m. in alternate months in Ventura and Sylmar.

**Trinitas Annual Corporation & Board Meeting** will be on February 12, 2015 in Ventura.

**PLEASE PRAY FOR:**

Paul Doody, Greg Foster, all of the sick and those who have received prayer shawls, the deceased, especially Cathy Dunn, and the consolation of her family, all those in need, peace and justice in our time, and for vocations to the Trinitas Communities.

**FOR INFORMATION ON TRINITAS:**

[trinitascommunity.org](http://trinitascommunity.org)

For Ventura & S. Santa Barbara Counties, call Mary Ann or Nancy at (805) 659-4158.

For Los Angeles County, call Mary or Cal at (818) 367-2513.

For Spanish, and Orange County call Dolores at (714) 836-8011.

**ABOUT THE NEWSLETTER**

The Trinitas Newsletter is published twice a year in October and April. The next theme will be *Birth/Rebirth*. Articles, poems, book reviews related to the theme, news & calendar items are welcome by the March 1 submission deadline.

**Credits:**

Cover art, *Abundant Life*, is a Celtic Illumination by Nancy Snooks.



**ABOUT TRINITAS**

We are a community of lay people who endeavor to live our Gospel commitment of poverty, chastity, obedience, and work for the kingdom by following the way of St. Ignatius of Loyola as contemplatives in action. We do this in a distinctive way by discerning how God is calling us to give our gifts in the service of bringing his kingdom to come in this world. Monthly reviews of life are at the heart of our Trinitas living. At these reviews, we pray, share, and discern together and spiritually support each other. We do not share a common ministry, but put our individual gifts at the service of the kingdom.

On March 16, 1995, the Ventura Community was recognized as an Association of the Faithful in the Los Angeles Archdiocese. Since then, we have grown to include members in Los Angeles, Orange, and Ventura Counties.

Catholic in origin, we welcome all active Christian men and women, married or single, to explore membership.

**Trinitas, Inc.** is a non-profit 501 (c) (3) corporation in California.

## LOOKING UP by Mary Hubbard

*And so they left, and on their way they saw the same star in the East. When they saw it, how happy they were, what joy was theirs! It went ahead of them until it stopped over the place where the child was.*

Luke 1: 9-10.

It was such a gorgeous fall day that I decided to ignore my responsibilities for a bit longer and go to Starbucks for my "free" drink. I sat by a window and thought to smile, perhaps chat with my fellow malingerers. I looked at my neighbors, then the more distant tables' occupants. But I could not make eye contact. No one was looking up. Everyone was involved with an electronic device. I had the same experience at my last doctor's visit where the ladies were usually eager to swap intimate anecdotes.



Mother-figures are in a unique quandry. We can name the problem by the tone of our adult child's voice, by the look and glaze quality of their eyes. We have been familiar for years with their individual body language and what it's saying. We enjoy playing with the same diagnoses with our grandchildren. But we need to see and hear those we love.

Social media presents a dilemma. At a recent meeting I attended, the group was asked how Mary had suffered emotional pain as a result of viewing such sites. Everyone in the room raised their hands. The stories went from no being invited to a pictured family function, to being deliberately denied contact with a family member. Many saw new babies for the first time, missed graduations and learned of a new engagement. They had received the facts but none of the excitement, joy or hugs!

We have been gifted by the Spirit with wisdom, understanding and fortitude but we need direct contacts to share these gifts. Sometimes we are afraid the wise men will see too clearly into our troubled hearts. But perhaps that is the time we most need the comfort of presence. During this season, I often ask groups to share their holiday memories. The majority name wafting cooking scents, stars on top of scented pines, the frosty chill of ice skating and delighted cries of children racing into a magical room...lights, carols, shaking hands and of course family celebrations. They remember as kids poking brightly lit packages for days!

Just think... the Magi may have missed their star sighting if they were Googling their way....

**YOU HAVE APPEARED, O CHRIST, THE  
LIGHT OF LIGHT! TO YOU THE MAGI  
BRING GIFTS! ALLELUJA-ALLELUJA!**



## WELCOME BACK, CAROL!

Carol Cowgill has returned to the Trinitas Community in Ventura and is living at St. Joseph's Retirement Center, 2464 E. Ojai Ave., Ojai, CA 93023. Phone: **(805) 459-5689**. As you will read below, she is already actively outreaching locally.

### SPIRITUAL EXERCISES, DIRECTION, AND RETREATS AT ST. JOSEPH'S IN OJAI

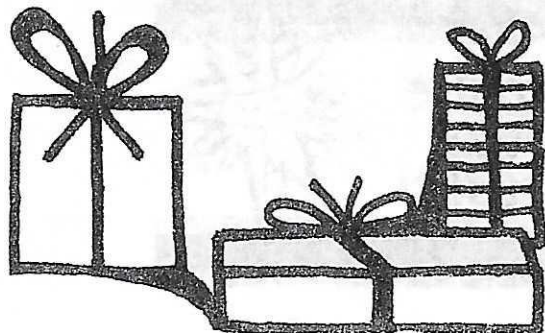
Carol Cowgill is available to offer the **19<sup>th</sup> Annotation Exercises** at St. Joseph's in Ojai. Call if you are serious about a deeper direction to your life, are committed to set aside substantial time for contemplation, and are free to meet weekly for about 7 months. If you make the Exercises they must take priority in your prayer life. **Donation of \$250.**

Carol is also available for **Spiritual Direction** and **Private Directed Retreats**. There are a limited number of rooms available at St. Joseph's. **Retreat donation is \$100 plus room & board.**

**Call Carol at (805) 459-5689** for further information.

### BIBLE STUDY AT ST. THOMAS AQUINAS IN OJAI

Carol is offering an ongoing **Bible Study on Mondays at 7 p.m.** at St. Thomas Aquinas Church in Ojai.



## PRAYER SHAWL MINISTRY IN CAMARILLO & VENTURA

Several years ago Mary Ann began crocheting soft prayer shawls for friends and family, and this prayer of her hands has now grown to include 5 other knitters and crocheters. This group has asked to become a ministry of Trinitas and meets on **first Mondays from 10:00 am to noon** to work, pray and share together the stories that are interwoven in the shawls. If you would like to join this ministry of comfort and compassion for those who are ill, in treatment, or grieving, as well as for those commemorating or celebrating an occasion for which this gift would be appropriate, please let Mary Ann know. If you would like to receive or send a shawl, please contact **Mary Ann at (805) 659-4158, or Lynn Dempsey at [lynndempsey1@me.com](mailto:lynndempsey1@me.com)**. We will let you know how long before your shawl will be ready. There is no charge for the shawls except the cost of mailing, but donations toward the cost of yarn are welcome.

## COME . . .

### ARTISTS' WORKSHOPS AT DEI GLORIA IN VENTURA

**Artists' Workshops** will resume beginning in January 9 on **second Fridays from 10 a.m. to 2:00 p.m.** We will explore various printing methods starting with linoprints on **January**. There is no charge for the use of the presses but there is a cost for materials. Bring your lunch. **Dei Gloria Studio & Gallery** is located at 4882 McGrath #160.

### SOUP & SPIRITUALITY IN VENTURA

The Friends of Trinitas **book discussion group** will resume meeting with Nancy and Mary Ann at their home on **third Thursdays 6:00 to 8:00 p.m.** beginning January 15. We will be reading/discussing ***Jesus A Pilgrimage*** by James Martin, SJ. The only charge cost to you is to buy the book. Soup is on the house! Call Mary Ann at 659-4158 for further information.

## DEI GLORIA STUDIO GOES ONLINE

Nancy Snooks, a printmaker and art historian of some note with an etching, the *Pieta*, in the contemporary print collection at the Vatican, has launched a new on-line presence to market her work. You will soon be able to view a selection of her work at her website (in development): [www.deigloriastudio.com](http://www.deigloriastudio.com), which also links to Larry's List and to her Flickr account where the entire archive of her work can be seen. Nancy will have a *Retrospective* exhibit in 2015, where her work will also be available for sale. For information call Nancy at **(805) 701-0386**.

## THE GIFT OF YEARS IN SYLMAR

Join us (Monsignor Peter Amy, Pastor Emeritus, Cal and Mary Hubbard) in celebrating the many blessings of aging. If you are 60 or older (give or take a few years!) and you would like to connect with those who appreciate God's goodness and fresh call in these later years, you are most welcome...(including newcomers, men and women!)

We meet on **third Wednesdays from 9:30 - 11:15 a.m.** in September, October, November, March, April, and May in St. Didacus Parish Center - Room 1. Together we enjoy a sense of community, mutual support, prayer, music, scripture and small group discussions. For information call St. Didacus Parish at (818) 367-6181,

## AND SEE

## RETROSPECTIVE EXHIBIT AT DEI GLORIA

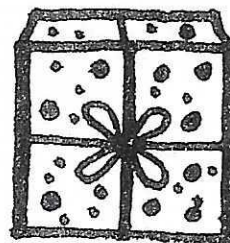
Nancy Snooks will have a *Retrospective Exhibit* of her work at Dei Gloria Studio & Gallery in **January - February, 2015**. Announcements will be mailed. The gallery will be open on **Sunday afternoons from 2:00 - 4:00 p.m.** To view her work at other times, please call her for an appointment at **(805) 701-0386**.

## FRIENDS OF TRINITAS IN NIPOMO

The San Luis Obispo group that met with Carol for the last several years will continue to meet monthly on **third Saturday** in Nipomo. The discussion will be of *Weeds Among the Wheat* by Thomas Green, SJ. If you would like to join the group, buy the book and call **Mike Grahek** at **(805) 481-8621** or e-mail him: [slo\\_artist@yahoo.com](mailto:slo_artist@yahoo.com).

## ART FESTIVAL AT HSRC IN ENCINO

Nancy's *Revelation Series* is on permanent exhibit in the Fireside Room at Holy Spirit Retreat Center, 4316 Lanai Rd. In Encino. You can view it and the work of several other artists including watercolorist Cal Hubbard of Trinitas at the annual **Fall Art Festival** on the weekend of **October 17 & 18**. To view Nancy's work there at other times, please call **(818) 784-4515** for a convenient time when the room is not in use for meetings.



## GIFTS AND GIFTING by Carol Cowgill



One of the hallmarks of Ignatius' spirituality is his particular understanding of the importance of gifts as an expression of love. For him gratitude is not the most important response we can make to a God who is sheer love and giving. Since all God's gifts are the shape of God's love for us, our first response to any gift ought to be awareness of the loving God. From the gifts to the giver. The only response to the gift of love is love.

This is why the *Suscipe* is the culmination of the Exercises. What are God's gifts? Freedom, understanding, memory, all our possessions – everything that defines us as persons and sons and daughters of God. All the gifts we can give names to are expressions of how God wants to be related to us. Ignatius urges us to enter into this relatedness and to beg God to "accept" them in exchange, so that we will know how to use them to spread God's love wherever we are.

The nature of a gift, unlike an economic transaction, is that it makes the person freer to love, more able to spread the love-in-the-gifts to others. If we accept God's gift in joy, then we can extend it in joy. To accept the gift is to choose a life of love. *Give me only your love and your gift (grace)*. What else do we need or want?

The ultimate simplification, centering of my life with God, then, is to "take and receive" all that God wants to give me. And then to ask the additional gift of learning to use all my gifts as God wishes. And his will is to make me the instrument of his gifting.

You gave and gave.  
I took some and some things I let drop  
Some lay heavy on my hands  
Some I made into playthings and broke them when I tired  
'Til the wrecks and the hoard of your gifts grew immense,  
Hiding you,  
And the ceaseless expectation wore my heart out.  
Take, ah take, has now become my cry:  
Shatter all from this beggar's bowl  
Put out the lamp of the importunate watcher  
Hold my hands  
Raise me from the still-gathering heap of your gifts  
Into the bare infinity of your uncrowded presence.

Tagore



**As the season of gifting approaches,  
The Trinitas Communities  
wish you the gift of abundant life.**

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