

PROGRAMS OFFERED AT ST. JOSEPH CHURCH IN NIPOMO

Facilitated by Carol Cowgill

THE SPIRITUAL EXERCISES WILL BE OFFERED FOR 7 MONTHS BEGINNING SEPTEMBER 18, 2011. FOR INFORMATION ON THIS OPPORTUNITY AND THE PROGRAMS BELOW, CALL CAROL AT 805 481-2025.

BECOMING A BETTER LEADER IN A TURN-OVER WORLD: AN IGNATIAN VISION

You are invited to a monthly discussion of Chris Lowney's book, **Heroic Leadership: Best Practices from a 450-year-old Company that Changed the World.**

When

The group will meet one Saturday a month, from 3-5 p.m., beginning August 20, 2011.

LUNCH WITH ST. IGNATIUS (Ongoing)

We will meet for lunch and discussion of **The Jesuit Guide to (Almost) Everything**, by James Martin, SJ.

When

On Sundays from 11:30-1:30,
May 1 - August 21

THE TRINITAS COMMUNITY
10332 Darling Road
Ventura, CA 93004-2425



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

TRINITAS NEWSLETTER

Volume 2011

Spring/Summer Issue

Photo History



INSIDE THIS ISSUE:

Information	2
Looking Back	3
Photo History	4-6
Community News	7
Nipomo Programs	8

UPCOMING EVENTS:

Review of Life: We meet at 10:00 a.m. on the second Monday of each month, alternately in Ventura and Sylmar.

Art Exhibits: Collages by Laetrice Cardone will be shown in July at our gallery, *Dei Gloria*.

Artists' Workshops: Starting on Tuesday, June 28, Artists' Workshops will be held at Dei Gloria monthly on 4th Tuesdays from 9:30-3:00. These are free opportunities for artists to share their skills in various media.

Trinitas Annual Corporation & Board Meeting will be held on Thursday, July 28, 2011 in Ventura.

Newsletter Deadline is November 1.

Art & Spirituality and Getting Acquainted with Trinitas meetings are available by arrangement.

For information on the Trinitas Communities, please contact:

Our website:
trinitascommunity.org

For Ventura & Santa Barbara counties and the Valley, call Mary Ann or Nancy at (805) 659-4158.

For Los Angeles, Santa Maria, and San Luis Obispo, contact Carol at (805) 481-2025.

For Spanish and the Orange Diocese, contact Dolores at (714) 836-8011.

ABOUT THE NEWSLETTER

The English-language edition of the Trinitas Newsletter is published twice a year in June and December. The deadline for submissions for the Fall/Winter issue is Nov. 1. The theme will be **Trinitas' Future**. Articles, poems, book reviews related to the theme are welcome. Community news and events will also be published.

Credits:

Cover art, art on p.7, and photo assembly page 7 by Nancy Snooks.

PLEASE PRAY FOR:

the souls of Blanche Olsen, Charlie Dunn, Richard Mahan, the ill and recovering, the unemployed, the homeless and those effected by disasters, and for vocations to the Trinitas

ABOUT TRINITAS

Trinitas is a community of lay people who live according to the spirituality of St. Ignatius of Loyola by seeking God through a life of contemplation 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. On March 16, 1995, the Ventura Community was recognized as an Association of the Faithful in the Los Angeles Archdiocese. Since then, a community has started in the Diocese of Orange. A community is being hoped, worked, and prayed for in the San Luis Obispo area. Guided by our gospel commitment to poverty, chastity, obedience, and work for the Kingdom, we live a life of daily participation in the Eucharist, prayer, examen, and service. Catholic in origin, we welcome all active Christian men and women in harmony with Catholicism, married or single, to explore membership.

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

Taking Communion to the Sick: Healing the Minister

**by Esperanza Sampablo,
Trinitas of Orange**

One way I minister is by taking communion to the sick. This has been a great blessing for me, as I have suffered from diabetes for over thirty years. It has not been easy to accept my illness with all its implications. I have been aggravated and angry with God: why me? Why this! I asked a lot of unanswerable questions, until I discovered that this illness runs in my family. In taking communion to the sick I have felt sad and pained. Through this, I have learned that God has wanted me to join others in their suffering so that I could learn that others suffer more than I. Now I thank God for all the blessings I have received from his infinite love. He has given me the grace to accept my illness as my share in Christ's suffering. I ask him only that he keep giving me strength and willingness to receive what he wishes to give me.

VENTURA VIEWS

by Nancy Snooks

Life has been full for us this year, filled with celebrations, challenges, outreaches, and the deaths of friends. As the new year launched, our friends, Charlie Dunn and Blanche Olsen (Pat's mother) left us for eternal life, as did more recently, Richard Mahan.

On the party side of life's ledger, we were invited to a wonderful Twelfth Night Party at Lynn and Jerry Dempsey's that was just spectacular. In that my biopsy results were negative. Thank you to all of our friends who prayed for this outcome.

In May, I had an exhibit of Celtic Illuminations at our gallery, which we have named *Dei Gloria*. In conjunction with the show, Mary Ann facilitated a workshop on Celtic Illumination on May

February, Mary Ann made a brief trip to Chicago for her nephew Greg's and Robin's wedding which was a lovely, joyful family gathering.

In March, Mary Ann and I attended a gathering at Holy Spirit Retreat Center planned by Mary



Hubbard and her team, and then during Holy Week, I returned to HSRC for a retreat with Fr. Michael Crosby, OFM. Mary and Cal Hubbard also attended this retreat but had to leave early due to Cal's illness. Happily, he is fine now.

During this period I was also undergoing tests to be cleared for an early April surgery at UCLA which went very well. We are much relieved 14 at the gallery/studio and we were inspired by one of the participants, Laetrice Cardone, to have monthly Artists' Workshop days. These free workshops will give Christian artists an opportunity to work together, support and share their talents with each other.



11. In 2006, Trinitas members from Orange: Esperanza, Dolores and Nuria, traveled to Spain on an Ignatian pilgrimage, sponsored by the Ignatian Institute of Spirituality with which they are involved.
12. In 2008, Nuria, our first member in Orange, died while with her family in Costa Rica.
13. Beginning in 2009, Nancy rents an art studio. In the front is a gallery where members and friends of the community can exhibit and workshops are given.
14. Carol now lives in the Monterey Diocese. Pictured here are Friends of Trinitas from the area. Photo dates 2011.
15. Carol continues to help prepare Los Angeles Lay Mission Helpers for foreign mission work Photo from 2011.

LOOKING BACK: Some Reflections

by Mary Ann Wixted

We have postponed the subject of Trinitas' future to the next issue and have instead decided to first look back at where we've been, and to pray and reflect on our history, and perhaps thereby to better discern the direction of the future of our community. (See also Fall/Winter 2009 History issue on our website.)

Trinitas was birthed out of our communal need to live in the truth, "... to do justice, and to love kindness, and to walk humbly with your God." Micah 6:8. What emerged from our 1993 community discernment was an inspiration, a call, and a hope for a new kind of lay community, an Association of the Faithful. Since then our focus has been the living out of the ideals embodied in our statutes, and we have learned a great deal in the living. We haven't grown substantially in numbers but we have tried to make Trinitas known by discerning and sharing our gifts: spiritual direction, days of prayer, the spiritual exercises, and retreats, workshops, spirituality and art outreaches but at our age and with the limitations that accompany aging, we have not been successful in attracting new members, although we have made many great friends. Here in Ventura, we have learned some of the obstacles to incorporating other Christians. Recent events and the current culture in the American Catholic church has not been helpful in that regard. In Mexico and Guatemala, we needed a permanent presence and were too small in number to initiate that, although we continue to financially support the education of indigenous women in Guatemala. The small community Carol started in Orange has yet to grow, as does a possible new community in the San Luis Obispo area.

Ongoing, Carol is very much engaged in outreach programs in Nipomo (see back cover), and we continue our Art and Spirituality work in Ventura. The Orange community continues to work with the Ignatian Spirituality Center in Orange in spiritual direction for Spanish speakers. We hope to add more of our cards to our website soon.

We believe that Trinitas is God's inspiration and project and with God's grace, we do what we can to be faithful. And of course, we continue to age. We were not called to begin this great adventure when we were younger and more vigorous, but instead he chose our wisdom years when we must rely entirely on God. We are like that barren old woman, Sarah, wife of Abraham, laughing in her tent at the prospect of becoming the parents of a great nation, Israel.

A vocation to Trinitas is not glamorous. We wear no habit, have no common ministry, own no property as a community. We are self-supporting and have no retirement center. We are simply called to be **contemplatives in action**, prayerfully discerning and responding to God's called to us as individuals and as a community. A vehicle for this is our monthly review of life, when we meet to share and reflect on the scriptures, and share from our daily lives. We both support and challenge each other as we journey together in our gospel living, much like the early Christians. We open our memberships to all Christians who are not in serious conflict with the Catholic Church, to both men and women, and to single and married people. This is a vocation for the mature, for those who have perhaps been lay volunteers, associated with the Jesuit volunteers, have made the *Spiritual Exercises* and/or may be familiar with Ignatian spirituality. If you would like to join us in this *tent of mystery*, give us a call, e-mail, check out our website. See information on page 2.

THE BEGINNING YEARS: Before 2000



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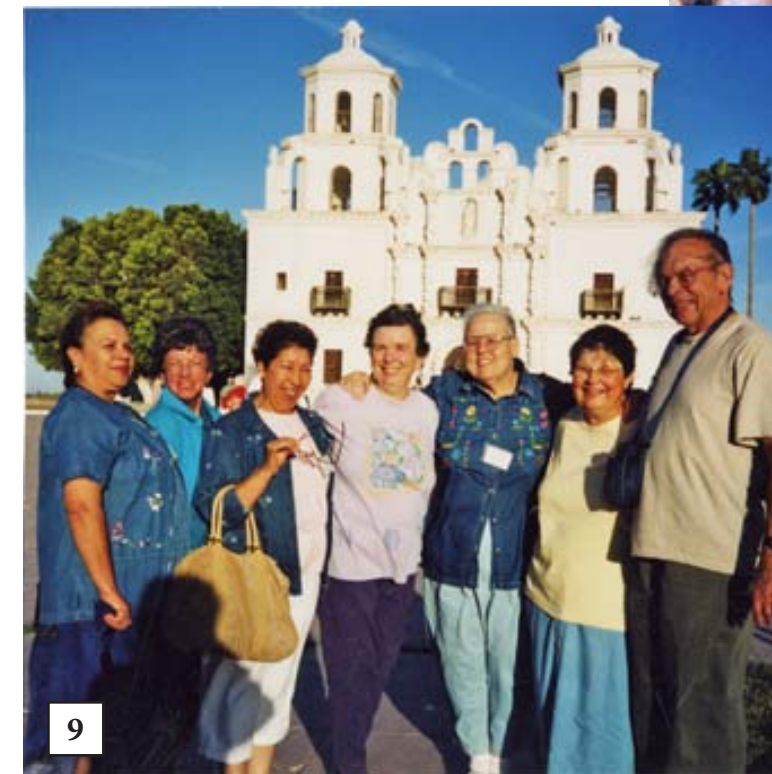
THE FIRST TEN YEARS: to 2005



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1. In 1993, we did a six month discernment to learn God's will for us. The answer was Trinitas. While writing our statutes in 1994, we met with friends—pictured here, to study Ignatian spirituality.
2. In 1995 we were recognized by the Archdiocese of Los Angeles. Carol undertook bi-monthly trips to Mexico up until 1997 to introduce Trinitas and give Ignatian retreats.
3. In 1996, Nancy gave formation workshops in Mexico and Guatemala.
4. Following our recognition, Mary Ann informed the parishes in the Ventura/Sta. Barbara region about Trinitas.
5. Then, Mary Ann arranged Ventura's annual 8 day retreats. Pictured is a 1994 retreat led by Fr. Tom Green, S.J.
6. Members from Ventura and Orange take promises at Mass on Trinity Sunday. (Photo from 1999)
7. Monthly, we meet for Review of Life. We first met at St. Joseph's in Ojai. Photo taken 1997.
8. One of our promises is "To work for the Kingdom." Through the years members shared from the gifts God gave them— be it writing, art, teaching and such. Pictured is a workshop in Celtic Spirituality and art from 1998.
9. In 2002, the Hubbards arranged for members, an inter-community tour of the Kino Missions in Mexico.
10. In 2005, we celebrated the tenth anniversary of Trinitas at a restaurant with friends. After, all enjoyed an exhibit of art created by various members of Karen's family.