



TRINITY

EPISCOPAL
PARISH
SEATTLE

609 8th Ave Seattle, WA 98104 | www.trinityseattle.org | 206-624-5337

FOURTH SUNDAY AFTER THE EPIPHANY

Holy Eucharist

February 1, 2026, at 10:30am



Welcome to Trinity!

Trinity is an open and affirming congregation, where we believe every person is created in God's image and all creation is sacred. Our deep values are **Diversity** and **Inclusion**, **Community**, **Engaging our Neighbors**, and **Sacred Place, Holy Space**.

Today's service is being broadcast and recorded. By attending, you consent to your likeness and voice being broadcast, recorded, and published on the Internet and telephone broadcast system.

Whether you are joining us in person or livestream, we are so glad you are here to worship with us on this holy day.

We acknowledge that we worship on the unceded ancestral land of the Duwamish People past and present, the first people of Seattle, and we honor with gratitude the land itself and the Duwamish Tribe, to whom we pay Real Rent.

LITURGY OF THE WORD

PRELUDE

WELCOME

Please rise as you are able.

HYMN

Before thy throne, O God

St. Petersburg

1 Be - fore thy throne, O God, we kneel: give us a con - science
2 Search out our hearts and make us true; help us to give to
3 For sins of heed - less word and deed, for pride am - bi - tious
4 Let the fierce fires which burn and try, our in - most spi - rits

quick to feel, a rea - dy mind to un - der - stand the
all their due. From love of plea - sure, lust of gold, from
to suc - ceed, for craft - y trade and sub - tle snare to
pu - ri - fy: con - sume the ill; purge out the shame; O

mean - ing of thy chas - tening hand; what - e'er the pain and
sins which make the heart grow cold, wean us and train us
catch the sim - ple un - a - ware, for lives be - reft of
God, be with us in the flame; a new - born peo - ple

shame may be, bring us, O Fa - ther, near - er thee.
with thy rod; teach us to know our faults, O God.
pur - pose high, for - give, for - give, O Lord, we cry.
may we rise, more pure, more true, more no - bly wise.

Words: William Boyd Carpenter (1841-1918), alt. Music: *St. Petersburg*, Dimitri S. Bortniansky (1751-1825).

Hymnal 1982 #574

OPENING SENTENCES

Blessed be God: holy, glorious, and undivided Trinity.

And blessed be God's reign, now and for ever. Amen.

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. Amen.

GLORIA

Rutter

1. Glo - ry to you, _____ Lord

God of our fa - thers; _____ you are wor - thy of praise;

glo - ry to you. _____ 2. Glo - ry to you _____

_____ for the ra - di - ance of your ho - ly Name; _____ we will

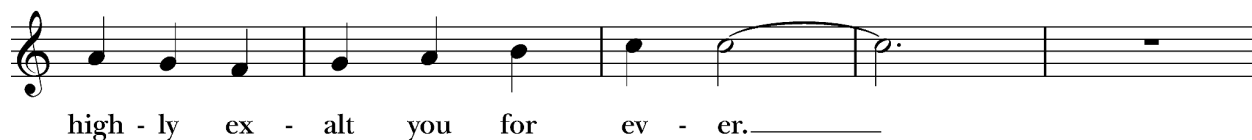
praise you and high - ly ex - alt you for ev - er. _____

3. Glo - ry to you _____ in the splen - dor of your

tem - ple; _____ on the throne of your ma - jes - ty, glo - ry to

you. _____ 4. Glo - ry to you, seat - ed bet -

ween the Cher - u - bim; _____ we will praise you and



Descant

5. Glo - ry to you, be -

5. Glo - ry to you, be - hold - ing the

hold - ing the depths; in the high vault of

depths; in the high vault of hea - ven, glo - ry to

hea - ven, 6. Glo - ry to you,

you. 6. Glo - ry to you, Fa - ther,

Fa - ther, Son, and Ho - ly Spi - rit; we will

Son, and Ho - ly Spi - rit; we will praise you and



Music: John Rutter (b. 1945). Copyright © 1985 Oxford University Press, Inc.

Hymnal 1982 #S-236

COLLECT OF THE DAY

The Lord be with you.

And also with you.

Let us pray.

Almighty and everlasting God, you govern all things both in heaven and on earth: Mercifully hear the supplications of your people, and in our time grant us your peace; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

Please be seated.

READING FROM HEBREW SCRIPTURE

Micah 6:1-8

Hear what the Lord says: Rise, plead your case before the mountains, and let the hills hear your voice. Hear, you mountains, the controversy of the Lord, and you enduring foundations of the earth; for the Lord has a controversy with his people, and he will contend with Israel. "O my people, what have I done to you? In what have I wearied you? Answer me! For I brought you up from the land of Egypt, and redeemed you from the house of slavery; and I sent before you Moses, Aaron, and Miriam. O my people, remember now what King Balak of Moab devised, what Balaam son of Beor answered him, and what happened from Shittim to Gilgal, that you may know the saving acts of the Lord." "With what shall I come before the Lord, and bow myself before God on high? Shall I come before him with burnt-offerings, with calves a year old? Will the Lord be pleased with thousands of rams, with tens of thousands of rivers of oil? Shall I give my firstborn for my transgression, the fruit of my body for the sin of my soul?" He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?

The Word of the Lord.

Thanks be to God.

ANTIPHON



- 1 Lord, who may dwell in your tabernacle? *
who may abide upon your holy hill?
- 2 Whoever leads a blameless life and does what is right, *
who speaks the truth from his heart. *Antiphon*
- 3 There is no guile upon his tongue; he does no evil to his friend; *
he does not heap contempt upon his neighbor.
- 4 In his sight the wicked is rejected, *
but he honors those who fear the Lord. *Antiphon*
- 5 He has sworn to do no wrong *
and does not take back his word.
- 6 He does not give his money in hope of gain, *
nor does he take a bribe against the innocent. *Antiphon*
- 7 Whoever does these things *
shall never be overthrown. *Antiphon*

READING FROM THE EPISTLES

1 Corinthians 1:18-31

The message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written, "I will destroy the wisdom of the wise, and the discernment of the discerning I will thwart." Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.

Consider your own call, brothers and sisters: not many of you were wise by human standards, not many were powerful, not many were of noble birth. But God chose what is foolish in the world to shame the wise; God chose what is weak

in the world to shame the strong; God chose what is low and despised in the world, things that are not, to reduce to nothing things that are, so that no one might boast in the presence of God. He is the source of your life in Christ Jesus, who became for us wisdom from God, and righteousness and sanctification and redemption, in order that, as it is written, "Let the one who boasts, boast in the Lord."

The Word of the Lord.

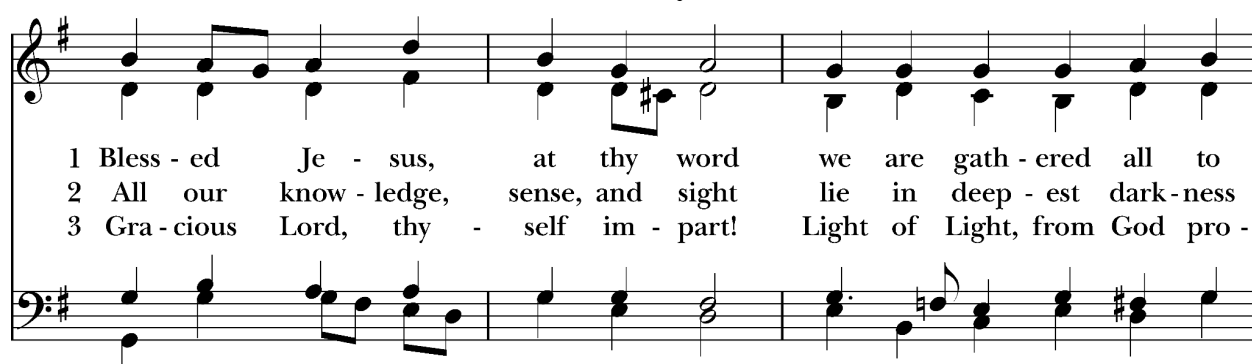
Thanks be to God.

Please rise as you are able.

HYMN

Blessed Jesus, at thy word

Liebster Jesu



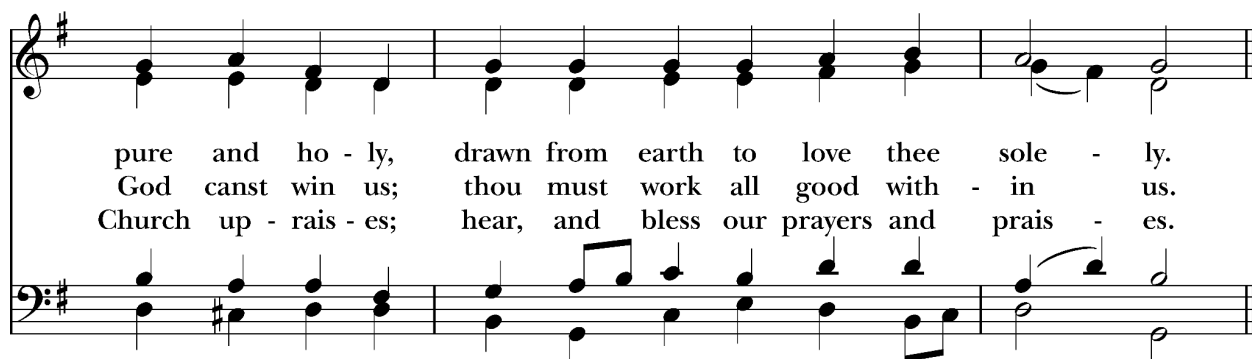
1 Bless - ed Je - sus, at thy word we are gath - ered all to
 2 All our know - ledge, sense, and sight lie in deep - est dark - ness
 3 Gra - cious Lord, thy - self im - part! Light of Light, from God pro -



hear thee; let our hearts and souls be stirred
 shroud - ed, till thy Spi - rit breaks our night
 ceed - ing, o - pen thou our ears and heart,



now to seek and love and fear thee; by thy teach - ings
 with the beams of truth un - cloud - ed; thou a - lone to
 help us by thy Spi - rit's plead - ing. Hear the cry thy



Words: Tobias Clausnitzer (1619-1684); tr. Catherine Winkworth (1829-1878); alt. Music: *Liebster Jesu*, melody Johann Rudolph Ahle (1625-1673); alt. *Das grosse Cantional: oder Kirchen-Gesangbuch*, 1687; harm. George Herbert Palmer (1846-1926).

Hymnal 1982 #440

GOSPEL READING

Matthew 5:1-12

The Holy Gospel of our Savior Jesus Christ according to Matthew.

Glory to you, Lord Christ.

When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. Then he began to speak, and taught them, saying:

“Blessed are the poor in spirit, for theirs is the kingdom of heaven.

“Blessed are those who mourn, for they will be comforted.

“Blessed are the meek, for they will inherit the earth.

“Blessed are those who hunger and thirst for righteousness, for they will be filled.

“Blessed are the merciful, for they will receive mercy.

“Blessed are the pure in heart, for they will see God.

“Blessed are the peacemakers, for they will be called children of God.

“Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven.

“Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you.”

The Gospel of the Lord.

Praise to you, Lord Christ.

Please be seated.

SERMON

Mary Johnstone

A brief period of silence follows the Sermon.

Please rise as you are able.

NICENE CREED

**We believe in one God, the Father, the Almighty, maker of heaven and earth,
of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ, the only Son of God,
eternally begotten of the Father,**

**God from God, Light from Light, true God from true God, begotten, not made,
of one Being with the Father; through him all things were made.**

**For us and for our salvation he came down from heaven,
was incarnate of the Holy Spirit and the Virgin Mary
and became truly human.**

**For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.**

**On the third day he rose again in accordance with the Scriptures;
he ascended into heaven and is seated at the right hand of the Father.**

**He will come again in glory to judge the living and the dead,
and his kingdom will have no end.**

**We believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father,
who with the Father and the Son is worshiped and glorified,
who has spoken through the prophets.**

We believe in one holy catholic and apostolic Church.

We acknowledge one baptism for the forgiveness of sins.

We look for the resurrection of the dead, and the life of the world to come.

Amen.

PRAYERS OF THE PEOPLE

Submit your prayer request here: <https://rb.gy/erserv>

Presider

Clothed in the beauty of Christ, let us approach the Lord with prayers for all peoples.

Prayer Leader

With gratitude for all our blessings, individually and as a community of faith, we offer our prayers of thanksgiving [*for write-in petitions*] and for those blessings we name now, silently or aloud. *Silence.*

Light of the world,

hear our prayer.

For all the holy people of God in this congregation, around the diocese and the world. For the people and ministries of [*Diocesan cycle of prayer*]. For Nathan our postulant, and Tina ordained to the diaconate. For all deacons and priests, military and healthcare chaplains, Andrew our supply priest, and Sabeth our rector. For Phil our bishop and Sean our presiding bishop. For everyone of us who minister in Christ and all who love God.

Light of the world,

hear our prayer.

For this country, for all nations and their leaders. For our sisters at WHEEL, and for the Duwamish Tribe and all Coast Salish-speaking peoples. For our city and neighborhood, that together we may break down barriers of oppression and scarcity.

Light of the world,

hear our prayer.

For all those in danger and need. For our friends and neighbors who are hungry, without a permanent home, or unemployed. For those who serve in the military and their families. For refugees and prisoners, and their families. For those who live with addiction, and those who are sick, remembering [*prayer list and write-ins, and*] those we now name, silently or aloud. *Silence.*

Light of the world,

hear our prayer.

For the dying and the dead, and for those who love them, remembering [*prayer list and write-ins, and*] those we now name, silently or aloud. *Silence.*

Light of the world,

hear our prayer.

For ourselves, our families, friends, and companions on the way, and all those whom we love.

Light of the world,

hear our prayer.

God of Creation, whose Son wandered in the desert for 40 days and whose Spirit bestows unexpected blessings, during this time of sabbatical, enliven us with reflection and renewal, guide our leaders with wisdom and fortitude, and inspire our hearts towards love, this we pray through the one, holy, and blessed Trinity. Amen.

Presider

Blessed are you, God of light eternal. Hear our prayers for all peoples and let your glory shine through us, that our lives may proclaim your goodness and our works give you honor; through Jesus the Christ. **Amen.**

We pray to you also for the forgiveness of our sins. *Silence.*

Most merciful God, **we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of our Savior Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. Amen.**

ABSOLUTION

Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. **Amen.**

BLESSINGS AND CELEBRATIONS

PEACE

The peace of the Lord be always with you.

And also with you.

Please greet one another in the name of Jesus Christ.

LITURGY OF THE TABLE

Please be seated while the table is prepared.

OFFERTORY

Ascribe to the Lord the honor due his Name; bring offerings and come into his courts. (*Psalm 96:8*)

You may make an offering at any time, before, during or after the conclusion of the service using our "Virtual offering Plate"
(<https://onrealm.org/TrinitySeattle/give/now>).



To contribute via text: Text MYTPC \$25 (or any amount) to the phone number 73256. You'll receive a text message in response with your next steps. Messages and data rates may apply. Message frequency varies. Text HELP to 73256 for help. Text STOP to 73256 to cancel. Privacy Policy: <https://legal.acst.com/privacy-policy> Terms of Service: <https://legal.acst.com/terms-service-use>

OFFERTORY MUSIC

Beati mundo corde

Byrd

Blessed are the pure in heart, for they shall see God.
Blessed are the peacemakers, for they shall be called the children of God.
Blessed are they which are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

Please rise as you are able as the monetary offerings are brought to the altar

OFFERTORY PRAYER

**God of mercy and compassion, your Word calls us home to faith and love.
Accept all we offer you this day; in the name of Jesus the Christ. Amen.**

THE GREAT THANKSGIVING

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give thanks and praise.

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Almighty God, Creator of heaven and earth. Because in the mystery of the Word made flesh, you have caused a new light to shine in our hearts, to give the knowledge of your glory in the face of your Son Jesus Christ our Lord.

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

The musical score is written on five staves in G major (one sharp) and 4/4 time. The melody is simple and hymn-like, with lyrics written below each staff. The lyrics are: 'Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might, heaven and earth are full of your glo - ry. Ho - san - na in the high - est. Ho - san - na in the high - est. Blessed is he who comes in the name of the Lord. Ho - san - na in the high - est. Ho - san - na in the high - est.' The score ends with a double bar line.

Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might,
heaven and earth are full of your glo - ry. Ho -
san - na in the high - est. Ho - san - na in the high - est.
Blessed is he who comes in the name of the Lord. Ho -
san - na in the high - est. Ho - san - na in the high - est.

Hymnal 1982 #S-125

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in Jesus Christ, the Word made flesh. For in these last days you sent Jesus to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In Christ, you have delivered us from evil, and made us worthy to stand before you. In Christ, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, our Savior Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper Jesus took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore, according to his command, O Father,

**We remember Christ's death,
We proclaim Christ's resurrection,
We await Christ's coming in glory;**

And we offer our sacrifice of praise and thanksgiving to you, O Savior of all; presenting to you, from your creation, this bread and this wine. We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us in the sacrifice of Jesus Christ, through whom we are acceptable to you, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with all your saints, we may enter the everlasting heritage of your children; through Jesus Christ our Savior, the firstborn of all creation, the head of the Church, and the author of our salvation.

By Christ, and with Christ, and in Christ, in the unity of the Holy Spirit all honor and glory is yours, Almighty God, now and for ever. **Amen.**

THE LORD'S PRAYER

And now, as our Savior Christ has taught us, we are bold to say,

Our Father, who art in heaven, hallowed be thy Name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, for ever and ever. Amen.

The Presider breaks the consecrated bread. A period of silence is kept.

FRACTION ANTHEM

Je - sus, Lamb of God: have mer - cy on us.

Je - sus, bear - er of our sins: have mer - cy on us.

Je - sus, re - deem - er, re - deem - er of the world:

give us your peace, give us your peace.

Music: From *Deutsche Messe*; Franz Peter Schubert (1797-1828); arr. Richard Proulx (b. 1937). Adaptation: Copyright © 1985 GIA Publications, Inc.

Hymnal 1982 #S-164

For those participating remotely at 10:30am, please join us in spiritual communion by praying from wherever you are:

O Christ, I believe that You are truly present in the Holy Sacrament, and, since I cannot at this time receive communion, I pray you to come into my heart. I unite myself with you and embrace you with all my heart, my soul, and my mind. Let nothing separate me from you; let me serve you in this life until, by your grace, I come to your glorious kingdom and unending peace. Amen.

INVITATION AND COMMUNION

Come, The table of bread and wine has now been made ready,
It is the table of company with Jesus and all those who love him.
It is the table of sharing with the poor and outcasts;
those with whom Jesus identified himself.
It is the table of communion with the earth in which Christ became incarnate.

So, come to this table:

You who have much faith
and you who would like to have more;
You who have been to this sacrament often,
and you who have not been for a long time;
You who have tried to follow Jesus,
and you who have failed.

Come. **It is Christ who invites us to meet him here.**

All who seek God are welcome at Christ's Table.

- *Gluten-free wafers are available; simply ask for one at the time of communion.*
- *Hold out your hand to receive the bread and then eat.*
- *Guide the chalice of wine to your mouth and then drink. Intinction (dipping the bread in the wine) is not available at this time.*
- *To receive a blessing instead of the bread or wine, cross your arms over your chest.*
- *If you need communion brought to you at your seat, please notify an usher.*

COMMUNION ANTHEM

Almighty and Everlasting God

Gibbons

Almighty and everlasting God, you govern all things both in heaven and on earth:
Mercifully hear the supplications of your people, and in our time grant us your peace;
through Jesus Christ our Lord. Amen.

COMMUNITY ANNOUNCEMENTS

POST-COMMUNION PRAYER

Eternal God, you have graciously accepted us as living members of our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Savior. Amen.

BLESSING

May God bless you when you are poor in spirit or mourning and when hungry or thirsty for righteousness.

May Christ bless you in mercy, meekness and purity of heart.

May the Holy Spirit uphold you when persecuted or reviled, that you may be peacemakers and children of God, rejoicing in the promises of the Holy One.

May God the holy, glorious, and undivided Trinity bless you and keep you, now and for ever. Amen.

HYMN

Lord, make us servants of your peace

Dickinson College

1 Lord, make us ser - vants of your peace: where there is
2 Where all is doubt, may we sow faith; where all is
3 Je - sus, our Lord, may we not seek to be con -
4 May we not look for love's re - turn, but seek to
5 Dy - ing, we live, and are re - born through death's dark

1 hate, may we sow love; where there is hurt, may we for -
 2 gloom, may we sow hope; where all is night, may we sow
 3 soled, but to con - sole, nor look to un - der - stand - ing
 4 love un - self - ish - ly, for in our giv - ing we re -
 5 night to end - less day: Lord, make us ser - vants of your

1 give; where there is strife, may we make one.
 2 light; where all is tears, may we sow joy.
 3 hearts, but look for hearts to un - der - stand.
 4 ceive, and in for - giv - ing are for - given.
 5 peace, to wake at last in hea - ven's light.

Words: James Quinn (b. 1919), based on a prayer att. to St. Francis of Assisi (1182-1226). Copyright © James Quinn, SJ, printed by permission of Geoffrey Chapman, a division on Cassell Ltd. Music: *Dickinson College*, Lee Hastings Bristol, Jr. (1923-1979). Copyright © 1962, Theodore Presser Co. used by permission of the publisher.

Hymnal 1982 #593

DISMISSAL

Let us go forth into the world, rejoicing in the power of the Spirit.

Thanks be to God.

POSTLUDE

CITATIONS & PERMISSIONS

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MINISTERS OF THE SERVICE

Acolyte: Austin Matthews
Lectors: Mary Montgomery, Leslie Bourgoin
Intercessor: Marvin Taylor
Eucharistic Ministers: Leslie Bourgoin, Marvin Taylor
Usher: Stuart Ainsley

Organist: James Middaugh
Music Director: Markdavin Obenza
Presider: the Rev. Andrew Cooley
Preacher: Mary Johnstone
Vestry Person of the Week: Betsy Severtsen

TRINITY VESTRY: Mary Johnstone (Senior Warden), Betsy Severtsen (Junior Warden), Richard Greene (Treasurer), William Pearson, Joshua Sheppard, Hillary St. John, Caleb Triche

SABBATICAL LEADERSHIP TEAM (SaLT): Leslie Bourgoin, Mary Johnstone, Carl McNabb, Kristy Messler, Margaret Obenza, Betsy Severtsen

STAY CONNECTED!

Sign up for our weekly **Chimes newsletter** using the QR code to the right, or go to <https://tinyurl.com/TrinityeNews>.



www.trinityseattle.org **Facebook:** seattletrinity **YouTube:** @trinityparishseattle

Trinity WhatsApp Community - Join the Trinity Parish community page and select from the group chats available: <https://tinyurl.com/TPCWhatsApp>.

TRINITY CHIMES: NEWS & ANNOUNCEMENTS

HAPPENING THIS WEEK

Today's Guest Preacher

Mary Johnstone, Trinity's Senior Warden, is our guest preacher today. Mary will be giving the Annual Parish Address.

Coffee Hour after the Service

Please join us in the Parish Hall (across the courtyard) for coffee and conversation.

Annual Meeting of the Parish and Lunch

TODAY, after the service, in the Parish Hall and on Zoom

(Link: <https://us02web.zoom.us/j/83211935888?pwd=9t2cY1JhTAWbc9Sa4bXK23iLKo4dH8.1>)

Our Trinity community is rich because of our diversity of people and life experiences - and your presence makes us whole. We hope you'll stay for the Annual Meeting and Parish Lunch that follows today's service. At the Annual Meeting we gather to elect representation to diocesan convention and other congregational leadership, hear a summary of the parish's financial status and reports from other lay leaders, and talk together about our dreams for our life and ministry in 2026 and beyond. We'll also share a sabbatical update from Sabeth+.

Compline Service

Thursday, February 5, at 8:15PM to 8:45PM in the Trinity Sanctuary

Join us for a service of prayer for the end of the day. Quiet and refresh your soul with this contemplative service of acapella chant led by the Trinity Choir.

Upcoming Compline Services: 3/5, 5/7

Weekly AA Meetings at Trinity

- **TANBIR - Thursdays at 8:00PM**

The Trans And Non-Binary In Recovery AA group is an open meeting.

- **Live and Let Live - Fridays at 8:00PM**

An open AA meeting that welcomes LGBTQ+ participants.

MORE PARISH EVENTS AND ANNOUNCEMENTS

The Vestry Requests Your Feedback

Trinity's Vestry is looking for parishioner feedback on our quarterly Parish Check-in Meetings! We'd love to hear about any thoughts on the meetings themselves so we can ensure they are meaningful and helpful to the parish community. Survey link: <https://tinyurl.com/3cv46w6a>. Also feel free to share feedback with any member of the Vestry.

Tell Out My Soul Promises to Support Trinity in 2026

If you haven't already made your Tell Out My Soul promise for 2026 you can still do so. Promise cards are available in the church or office, or you can record your promise online: <https://onrealm.org/TrinitySeattle/-/form/pledge/telloutmysoul>. Our goal is for every member of our Trinity community to make a commitment to share their wisdom, wealth, and/or works with Trinity in 2026.

Bookmarks! (2nd Sundays)

Sunday, February 8, at 12:15PM in the Trinity Library

Upcoming titles we'll be discussing include *Return of the Prodigal Son*, by Henri Nouwen (February), and *Prophetic Imagination*, by Walter Brueggemann (March). All are welcome to join in the discussion, whether you've read the book or not. We are always welcoming suggestions for other titles to read in future months.

Community Lunch (3rd Sundays) - *All hungry humans are invited to eat!*

Sunday, February 15, at 11:45am in the Parish Hall

Everyone is welcome to join us for lunch, after the 10:30 service, as we host a FREE hot meal for our community and neighbors.

Ash Wednesday Services

Wednesday, February 18 at 12:15PM and 6:00PM

The 40-day season of Lent begins on Ash Wednesday. On Wednesday, February 18 we will have traditional Ash Wednesday services at 12:15PM (spoken) and 6:00PM (with music). Both services will include imposition of ashes and Holy Eucharist. The custom of placing blessed ashes on the foreheads of worshipers is a sign of penitence and a reminder of mortality.

Adult Formation in Lent

Begins Sunday, February 22

Lent will provide us with an opportunity to dig into the theme “*Enliven us with Reflection and Renewal.*” In anticipation of the opportunity for Confirmation/ Reception/Reaffirmation at Cathedral Day on Saturday, April 25 (see more info. below), Rev. Andrew is leading a class for preparation, beginning February 22. If you are an adult interested in Baptism, you are also invited to attend - Baptisms won't take place at Cathedral Day, but at Trinity after Rev. Sabeth returns from Sabbatical. **Please let Rev. Andrew or Kristy (office@trinityseattle.org) know if you would like to attend the class; and, which option might work best for you: 9:15am to 10:15am (between services), or 12pm to 1pm (after the 10:30am service).**

Cathedral Day 2026 - A “Family Reunion” for the Diocese of Olympia

Saturday, April 25 at Saint Mark's Cathedral

This year's Cathedral Day falls on the Feast of St. Mark the Evangelist. It's also the 100th anniversary of the official designation of Saint Mark's parish as the cathedral of the Diocese of Olympia, at the 1926 Diocesan Convention. More info at <https://saintmarks.org/about/cathedral-day/>.

Diocesan Discernment Retreat - Save the Date!

Saturday, April 11 at St. Stephen's Episcopal Church, Laurelhurst

Anyone who would like to learn more about discernment in the diocese is invited to attend the next Diocesan Discernment Retreat on April 11. This includes any kind of discernment, not just holy orders. People who are currently in the discernment process (Diocesan Discerners, Postulants, etc.) are welcome to attend, but not necessary. Questions, email the Secretary to Vocations, Michael Seewer, at mseewer@ecww.org.