



# TRINITY PARISH

SEATTLE

609 8th Ave Seattle, WA 98104 | [www.trinityseattle.org](http://www.trinityseattle.org) | 206-624-5337

---

FIRST SUNDAY IN LENT

## Holy Eucharist

February 22, 2026, at 8:00am and 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.**

*The 10:30am 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.*

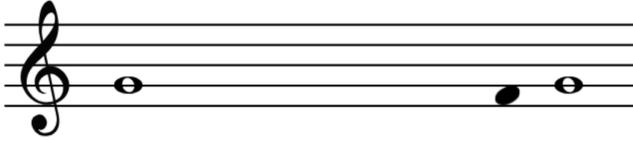
---

## LITURGY OF THE WORD

---

*At the sound of the bell, please rise as you are able.*

### GREAT LITANY



*Cantor:* Holy God, Creator of heaven and earth,



*ALL:* Have mercy on us.

*I.*

Holy and Mighty, Redeemer of the world,

**Have mercy on us.**

Holy Immortal One, Sanctifier of the faithful,

**Have mercy on us.**

Holy, blessed and glorious Trinity, One God,

**Have mercy on us.**

*II.*

From all evil and mischief; from pride, vanity and hypocrisy; from envy, hatred and malice; and from all evil intent,

*ALL:*



**Savior de-liver us.**

From sloth, worldliness and love of money; from hardness of heart and contempt for your word and your laws,

**Savior deliver us.**

From sins of body and mind; from deceits of the world, flesh and the devil,

**Savior deliver us.**

From famine and disaster; from violence, murder, and dying unprepared,

**Savior deliver us.**

In all times of sorrow; in all times of joy; in the hour of our death and at the day of judgment,

**Savior deliver us.**

By the mystery of your holy incarnation; by your birth, childhood and obedience; by your baptism, fasting and temptation,

**Savior deliver us.**

By your ministry in word and work; by your mighty acts of power; by the preaching of your reign,

**Savior deliver us.**

By your agony and trial; by your cross and passion; by your precious death and burial,

**Savior deliver us.**

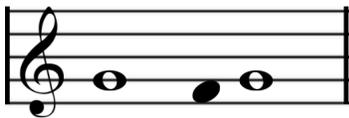
By your mighty resurrection; by your glorious ascension; and by your sending of the Holy Spirit,

**Savior deliver us**

*III.*

Hear our prayers, O Christ our God.

*ALL:*



**Hear us, O Christ.**

Govern and direct your holy Church; fill it with love and truth; and grant it that unity which is your will.

**Hear us, O Christ.**

Give us boldness to preach the gospel in all the world, and to make disciples of all the nations.

**Hear us, O Christ.**

Enlighten your bishops, priests and deacons with knowledge and understanding, that by their teaching and their lives they may proclaim your word.

**Hear us, O Christ.**

Give your people grace to witness to your word and bring forth the fruit of your Spirit.

**Hear us, O Christ.**

*ALL:*



**Hear us, O Christ.**

Bring into the way of truth all who have erred and are deceived.

**Hear us, O Christ.**

Strengthen those who stand; comfort and help the fainthearted; raise up the fallen; and finally beat down Satan under our feet.

**Hear us, O Christ.**

*IV.*

Guide the leaders of the nations into the ways of peace and justice.

**Hear us, O Christ.**

Give your wisdom and strength to Donald, the President of the United States, Bob, the Governor of this state, and Katie, the Mayor of this city, that in all things they may do your will, for your glory and the common good.

**Hear us, O Christ.**

Give to the Congress of the United States, the members of the President's Cabinet, those who serve in our state legislature, and all others in authority the grace to walk always in the ways of truth.

**Hear us, O Christ.**

Bless the justices of the Supreme Court and all those who administer the law, that they may act with integrity and do justice for all your people.

**Hear us, O Christ.**

Give us the will to use the resources of the earth to your glory and for the good of all.

**Hear us, O Christ.**

Bless and keep all your people,

**Hear us, O Christ.**

*V.*

Comfort and liberate the lonely, the bereaved, and the oppressed.

**Hear us, O Christ.**

Keep in safety those who travel and all who are in peril.

**Hear us, O Christ.**

Heal the sick in body, mind or spirit and provide for the homeless, the hungry and the destitute.

**Hear us, O Christ.**

Guard and protect all children who are in danger.

**Hear us, O Christ.**

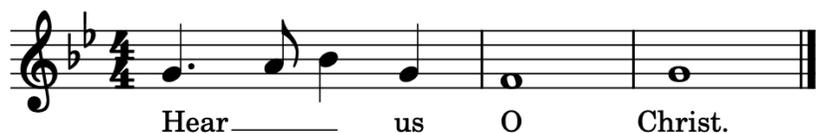
Show your compassion on prisoners, hostages and refugees, and all who are in trouble.

**Hear us, O Christ.**

Forgive our enemies, persecutors and slanderers, and turn their hearts.

**Hear us, O Christ.**

Hear us as we remember those who have died and grant us with them a share in your eternal glory.



VI.

Give us true repentance; forgive us our sins of negligence and ignorance and our deliberate sins; and grant us the grace of your Holy Spirit to amend our lives according to your word.

### **TRISAGION**

*(8:00) Said three times*

**Holy God,**

**Holy and Mighty,**

**Holy Immortal One,**

**have mercy upon us.**

(10:30) Sung three times

Ho - ly God, — Ho - ly and Might - y,

Ho - ly Im - mor - tal One, have mer - cy up - on us.

Setting: *Missa Oecumenica*, from the *Trinitatis Choral Review*, arr. Richard Proulx, after Alexander Archangelsky (1846–1924), © 1999 Oregon Catholic Press. Used by permission. All rights reserved.

*Enriching Our Music 1 #55*

## COLLECT OF THE DAY

The Lord be with you.

**And also with you.**

Let us pray.

Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

*Please be seated.*

## **READING FROM HEBREW SCRIPTURE**

Genesis 2:15-17; 3:1-7

The Lord God took the man and put him in the garden of Eden to till it and keep it. And the Lord God commanded the man, "You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die."

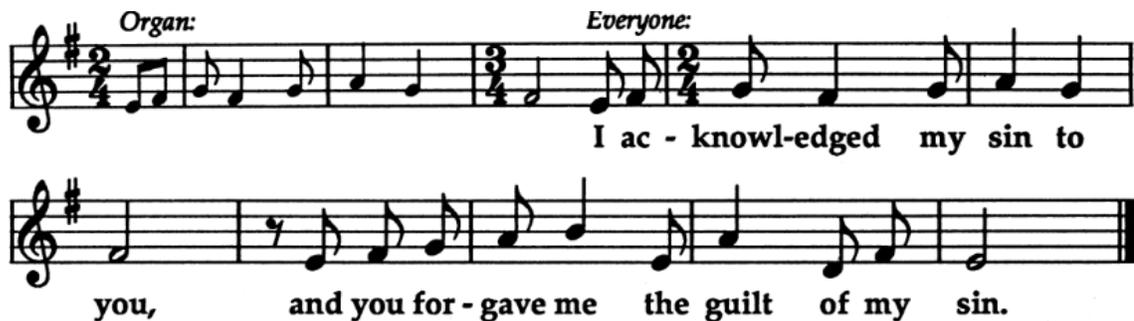
Now the serpent was more crafty than any other wild animal that the Lord God had made. He said to the woman, "Did God say, 'You shall not eat from any tree in the garden?'" The woman said to the serpent, "We may eat of the fruit of the trees in the garden; but God said, 'You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.'" But the serpent said to the woman, "You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

The Word of the Lord.

**Thanks be to God.**

## ANTIPHON

Organ: *Everyone:*



I ac - knowl-edged my sin to  
you, and you for - gave me the guilt of my sin.

1 Happy are they whose transgressions are forgiven, \*  
and whose sin is put away!

2 Happy are they to whom the Lord imputes no guilt, \*  
and in whose spirit there is no guile! *Antiphon*

3 While I held my tongue, my bones withered away, \*  
because of my groaning all day long.

4 For your hand was heavy upon me day and night; \*  
my moisture was dried up as in the heat of summer. *Antiphon*

5 Then I acknowledged my sin to you, \*  
and did not conceal my guilt.

6 I said, "I will confess my transgressions to the Lord." \*  
Then you forgave me the guilt of my sin. *Antiphon*

7 Therefore all the faithful will make their prayers to you in time of  
trouble;\*

when the great waters overflow, they shall not reach them.

8 You are my hiding-place; you preserve me from trouble; \*  
you surround me with shouts of deliverance. *Antiphon*

[9 "I will instruct you and teach you in the way that you should go; \*  
I will guide you with my eye.

10 Do not be like horse or mule, which have no understanding; \*  
who must be fitted with bit and bridle, or else they will not stay near  
you."

11 Great are the tribulations of the wicked; \*  
but mercy embraces those who trust in the Lord.

12 Be glad, you righteous, and rejoice in the Lord; \*  
shout for joy, all who are true of heart.]

[Omitted in the chanted Ionian Psalter]

## READING FROM THE EPISTLES

Romans 5:12-19

As sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned-- sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come.

But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man's sin. For the judgment following one trespass brought condemnation, but the free gift following many trespasses brings justification. If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ.

Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

The Word of the Lord.

**Thanks be to God.**

*Please rise as you are able.*

**GOSPEL ACCLAMATION**

Christ be with me

St. Patrick's Breastplate

\*6. Christ be with me, Christ with - in me, Christ be - hind me,  
Christ be - neath me, Christ a - bove me, Christ in qui - et,

Christ be - fore me, Christ be - side me, Christ to  
Christ in dan - ger, Christ in hearts of all that

win me, Christ to com - fort and re - store me,  
love me, Christ in mouth of friend and stran - ger.

Words: Att. Patrick (372-466); tr. Cecil Frances Alexander (1818-1895). Music: *St. Patrick's Breastplate*, Irish melody; adapt. Charler Villiers Stanford (1852-1924); St. 6, *Deirdre*, Irish melody; harm. Ralph Vaughan Williams (1872-1958).

*Hymnal 1982 #370*

**GOSPEL READING**

Matthew 4:1-11

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

**Glory to you, Lord Christ.**

Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterwards he was famished. The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written, 'One does not live by bread alone, but by every word that comes from the mouth of God.'" Then the devil took him to the holy city and placed him on the pinnacle of the temple,

saying to him, “If you are the Son of God, throw yourself down; for it is written, ‘He will command his angels concerning you,’ and ‘On their hands they will bear you up, so that you will not dash your foot against a stone.’” Jesus said to him, “Again it is written, ‘Do not put the Lord your God to the test.’” Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor; and he said to him, “All these I will give you, if you will fall down and worship me.” Jesus said to him, “Away with you, Satan! for it is written, ‘Worship the Lord your God, and serve only him.’” Then the devil left him, and suddenly angels came and waited on him.

The Gospel of the Lord.

**Praise to you, Lord Christ.**

*Please be seated.*

**SERMON**

Rev'd Sao Uomoto

*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.**

**God of Creation, whose Son wandered in the desert for 40 days and whose Spirit bestows unexpected blessings, 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.**

## **BLESSINGS AND CELEBRATIONS**

### **PEACE**

The peace of Christ 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**

Open my lips, O Lord, \*  
and my mouth shall proclaim your praise. (*Psalm 51:15-16*)

*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** Remember not Lord our offences

Purcell

Remember not, Lord, our offences,  
nor the offences of our forefathers;  
neither take thou vengeance of our sins:  
spare us, good Lord, spare thy people,  
whom thou hast redeemed with thy most precious blood,  
and be not angry with us for ever.

*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 our 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. Through Jesus Christ our Lord, who was tempted in every way as we are, yet did not sin. By his grace we are able to triumph over every evil, and to live no longer for ourselves alone, but for him who died for us and rose again.

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:

*(8:00)*

**Holy, holy, holy Lord,**

**God of power and might,**

**heaven and earth are full of your glory.**

**Hosanna in the highest.**

**Blessed is the one who comes in the name of the Lord.  
Hosanna in the highest.**

(10:30)

Ho - ly, ho - ly, ho - ly, Lord God of Hosts:  
Heaven and earth are full of thy glo - ry. Glo - ry be  
to thee, O Lord Most High. Bless - ed is he that com - eth  
in the name of the Lord. Ho-san - na in the high - est.

Music: John Merbecke (1510?-1585?); adapt. *Hymnal 1982*; acc. Thomas Foster (b. 1938). Melody: Copyright © Church Publishing Inc.

*Hymnal 1982 #S-113*

Holy and gracious God: In your infinite love you made us for yourself; and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and maker of all. Jesus stretched out his arms upon the cross, and offered himself in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, 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 all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me.”

Therefore we proclaim the mystery of faith:

**Christ has died.**

**Christ is risen.**

**Christ will come again.**

We celebrate the memorial of our redemption, Almighty God, in this sacrifice of praise and thanksgiving. Recalling Christ’s death, resurrection, and ascension, we offer you these gifts. Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in Christ. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with Mary of Galilee and all your saints into the joy of your eternal kingdom.

All this we ask through Jesus Christ our Savior. 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**

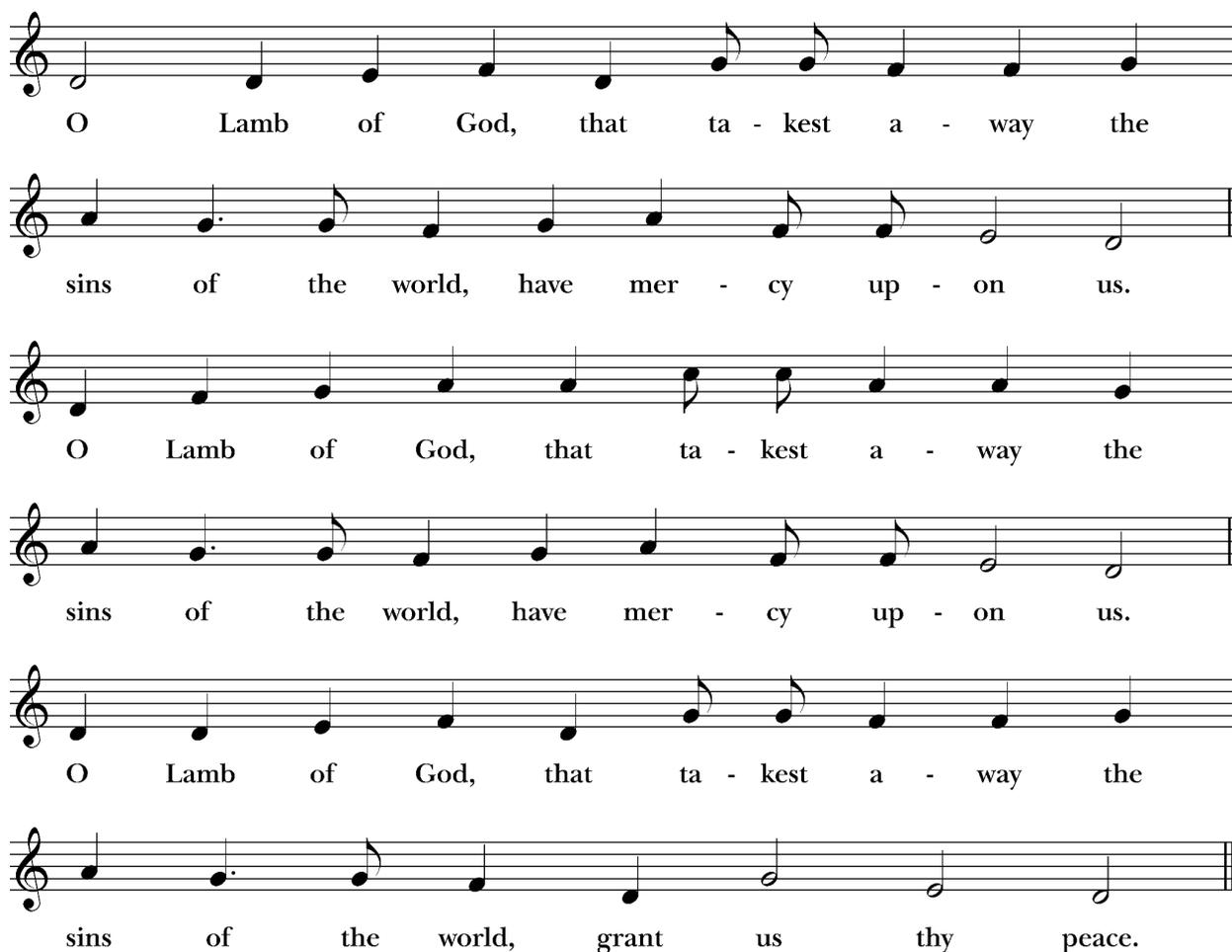
*(8:00)*

Lamb of God, you take away the sins of the world: **have mercy on us.**

Lamb of God, you take away the sins of the world: **have mercy on us.**

Lamb of God, you take away the sins of the world: **grant us your peace.**

(10:30)



O Lamb of God, that ta - kest a - way the  
sins of the world, have mer - cy up - on us.

O Lamb of God, that ta - kest a - way the  
sins of the world, have mer - cy up - on us.

O Lamb of God, that ta - kest a - way the  
sins of the world, grant us thy peace.

Music: John Merbecke (1518?-1585?); adapt. *Hymnal 1982*; acc. Thomas Foster (b. 1938). Melody: Copyright © Church Publishing Inc.

*Hymnal 1982 #S-157*

**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

Out from the deep

Tallis

Out from the deep I call to thee, O Lord, Lord, hear my voice. O let thine ears consider well the accent of my cause. If thou, O Lord, wilt cause to know what is done amiss, O Lord, who shall it then abide? For with thee mercy is.

## POST-COMMUNION PRAYER

**Almighty and everliving God, we thank you for feeding us with the spiritual food of the most precious Body and Blood of your Son our Savior Jesus Christ; and for assuring us in these holy mysteries that we are living members of the Body of Christ, and heirs of your eternal kingdom. And now, send us out to do the work you have given us to do, to love and serve you as faithful witnesses of Christ our Savior. To him, to you, and to the Holy Spirit, be honor and glory, now and for ever. Amen.**

## PRAYER OVER THE PEOPLE

*Presider*

Bow down before the Lord.

*It is appropriate to make a deep bow or kneel.*

Grant, Almighty God, that your people may recognize their weakness and put their whole trust in your strength, so that they may rejoice for ever in the protection of your loving providence; through Christ our Lord. **Amen.**

## HYMN

The glory of these forty days

Erhalt uns, Herr



1 The glo - ry of these for - ty days we  
2 A - lone and fast - ing Mo - ses saw the  
3 So Dan - iel trained his mys - tic sight, de -  
4 Then grant us, Lord, like them to be full  
\*5 O Fa - ther, Son, and Spi - rit blest, to



1 ce - le - brate with songs of praise; for Christ, through whom all  
2 lov - ing God who gave the law; and to E - li - jah,  
3 liv - ered from the li - ons' might; and John, the Bride - groom's  
4 oft in fast and prayer with thee; our spi - rits strength - en  
5 thee be ev - ery prayer ad - dressed, who art in three - fold



1 things were made, him - self has fast - ed and has prayed.  
2 fast - ing, came the steeds and char - i - ots of flame.  
3 friend, be - came the her - ald of Mes - si - ah's name.  
4 with thy grace, and give us joy to see thy face.  
5 Name a - dored, from age to age, the on - ly Lord.

Words: Latin, 6th cent.; tr. Maurice F. Bell (1862-1947), alt. By permission of Oxford University Press. Music: *Erhalt uns, Herr*, melody from *Geistliche Leeder*, 1543; harm. Johann Sebastian Bach (1685-1750).

*Hymnal 1982 #143*

## DISMISSAL

Go in peace to love and serve Jesus Christ our Savior.

**Thanks be to God.**

*The ringing of the bell concludes the service. There is no postlude in Lent.*

---

## CITATIONS & PERMISSIONS

Unless otherwise stated, hymns from RiteSong. Copyright [2022] Church Publishing Incorporated All rights reserved. Reprinted by permission.

The Ionian Psalter, Electronic Version. Copyright © 2007 IONIAN ARTS, Inc. · Used by permission through One License.net, # A-731316.

Permission to stream hymns and anthems through One License.net, # A-731316.

Prayer for Spiritual Communion from *St Augustine's Prayer Book*, Forward Movement, 2014

---

## MINISTERS OF THE SERVICE

### 8:00

Acolyte: Ronald Johnson

Lector: Betsy Severtsen

Eucharistic Minister: Ronald Johnson

Usher: Mary Johnstone

### Both Services

Vestry Person of the Week:

Presider: the Rev. Andrew Cooley

Preacher: the Rev. Sao Uomoto

### 10:30

Acolyte: Joshua Sheppard

Lectors: Carl McNabb, Sally Sundar

Eucharistic Ministers: Leslie Bourgoïn, Marvin Taylor

Usher: Mahalia Kahsay

Organist: James Middaugh

Choir Director: Doug Fullington

Music Director: Markdavin Obenza

---

**TRINITY VESTRY:** Mary Johnstone (Senior Warden), Beverly Cravens, Sterling Llamas, Austin Matthews, William Pearson, Joshua Sheppard, Caleb Triche. *Treasurer:* Richard Greene *Co-clerks:* Brant Goode, Sarah Unbehaun.

**SABBATICAL LEADERSHIP TEAM (SaLT):** Leslie Bourgoïn, 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](http://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

### **Welcoming Today's Guest Preacher**

The Rev. Sao Uomoto, chaplain at Skyline Seattle, a continuing care retirement community in our neighborhood, returns as our guest preacher. He is a 4th generation Central District Seattleite who has had pastoral roles at Japanese Baptist, St. Andrew's Episcopal, and Seattle First Presbyterian. Rev. Sao has also been a hospital chaplain at various locations prior to serving at Skyline.

### **Coffee Hour After Both Worship Services**

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

### **Adult Formation in Lent: Walk in Love**

*Sundays, February 22 - March 22, at 9:15am - 10:15am in the Trinity Library*  
Lent provides us with an opportunity to dig into the theme *"Enliven us with Reflection and Renewal."* Join us at 9:15am, between the services, for a 5-week series as we discuss what it means to Walk in Love as Episcopalians. This class is open to all – especially anyone interested in Baptism, Confirmation, Reception (from another denomination into the Episcopal Church), or Reaffirmation.

### **Vestry Meeting**

*TODAY at 12:30PM in the Upstairs Vestry Room & on Zoom*

Regular Vestry meetings (leadership council) are open to members of the congregation. The next meeting is **Sunday, February 22 at 12:30PM** in the Upstairs Vestry Room & Zoom. Zoom Link: <https://tinyurl.com/TPCVestry>

### **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

### **First Sunday Coffee Hours: Potluck Style!**

*Sunday, March 1*

On the 1st Sundays of the month you are invited to bring something to add to the Coffee Hour table. *All are welcome to eat whether or not you bring something.*

### **Compline Service**

*Thursdays, 3/5, 5/7 at 8:15PM to 8:45PM in the Trinity Sanctuary*

Compline is 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.

### **Bookmarks! (2nd Sundays)**

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

For March we are reading books on the topic of trauma (Suggestions: *What Happened to You?: Conversations on Trauma, Resilience, and Healing*, by Bruce D. Perry and Oprah Winfrey, and *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*, by Bessel van der Kolk). In April, we will discuss *The Prophetic Imagination*, by Walter Brueggemann. All are invited to participate in Bookmarks! conversations, whether you've read the book or not. We also invite your suggestions for other titles to read in future months.

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

*Sunday, March 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.

### **Our Rector is on Sabbatical**

Our rector, **the Rev. Sabeth Fitzgibbons**, is currently on sabbatical (returning on March 29). While she is away for a period of rest, study, spiritual renewal, and travel, we are grateful to welcome **the Rev. Andrew Cooley** as our sabbatical supply priest for most of these Sundays. After serving much of his priesthood in Colorado, Andrew gained extensive experience serving in a variety of interim positions, including St. James' Episcopal Church in Florence, Italy before retiring to Tacoma, WA where he now lives in an intergenerational home with his wife, daughter, son-in-law, and 5-year-old grandson. Andrew recently celebrated the 40th anniversary of his ordination as a priest.

**Trinity's Sabbatical Fund** helps offset sabbatical-related expenses such as travel and continuing education for Trinity's clergy, and honoraria for supply clergy, guest preachers, and pastoral care support while they are away. Gifts to this fund are a meaningful way for you to participate in and show your support for Rev. Sabeth's sabbatical. Contributions of any amount are welcome. *To give online*, select "**Sabbatical Fund**" from the drop-down list of funds: <https://onrealm.org/TrinitySeattle/-/form/give/now>; *to give by check or cash*, note "**Sabbatical Fund**" in the memo.

### **Easter Flower Dedications**

Trinity's Flower Guild (aka "Floristas") will be creating floral arrangements for Easter. Consider making a flower offering in memory, honor, or thanksgiving of/for loved ones. Contributions in any amount are gratefully received. Give online (<https://onrealm.org/TrinitySeattle/give/now>) by selecting "**Flower Offering**" from the fund list; or, by check made out to "**Trinity Parish**" with "**Easter Flowers**" in the memo line. Submit your Easter dedication message to Kristy ([office@trinityseattle.org](mailto:office@trinityseattle.org)) by **March 22** for inclusion in our Easter bulletins.

### **Exploring Discernment Retreat: You Are Invited**

*Saturday, April 11, 9:30am - 3:30pm at St. Stephen's Episcopal Church, 4805 NE 45th St., Seattle, WA 98105 (in person only)*

Do you have a big question in life that you are thinking about and wondering what God would have you do? A question like: *Should I retire? Should I go back to school? Should I try this ministry? Should I start my own business? Where should I volunteer my time?* These questions and more are invitations to explore your relationship with God, yourself, and others more deeply and this one-day retreat will give you resources to do just that. Join other discerners across the Diocese to learn the Foundations of and Tools for Discernment. Suggested readings before you attend are: *The Dream of God: A Call to Return*, by Verna Dozier (Seabury, 1991); and *Let Your Life Speak: Listening for the Voice of Vocation*, by Parker Palmer (John Wiley & Sons, 2000). Please register using the QR code or this link: <https://qrkc.ai/go/XH4ZC31EGGJP>. Questions, email the Secretary to Vocations, Michael Seewer [mseewer@ecww.org](mailto:mseewer@ecww.org).



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

*Saturday, April 25 at Saint Mark’s Cathedral and Livestream*

Cathedral Day is a joyous time of celebration as we come together as the entire Diocese for a day of confirmations, receptions, reaffirmations, food, and fun! *(See the Adult Formation announcement above if you would like to prepare for confirmation, reception, or reaffirmation.)* 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. Info: <https://saintmarks.org/about/cathedral-day/>.

## **Have Cryptocurrency? A New Way to Support Trinity’s Ministries and Mission**

Did you know that you can make a tax-deductible gift to support Trinity’s ministries and mission using cryptocurrency? Trinity is now able to accept gifts to our General Fund or Memorial Endowment Fund in the form of crypto: <https://onrealm.org/TrinitySeattle/-/form/give/crypto>.



---

## **Experience Holy Week and Easter at Trinity**

March 29 - April 5, 2026

### **Sunday of the Passion: Palm Sunday - March 29 at 8:00AM and 10:30AM**

*This first service of Holy Week begins with Jesus' triumphant entry into Jerusalem and quickly transitions to the emotion of Jesus' Passion. The service begins in the garden (weather permitting) or in the Parish Hall where we bless the palms and join in a noisy and joyful procession.*

### **Maundy Thursday - April 2 at 6:00PM**

*The service begins in the Parish Hall with scripture, prayer, and reflections shared over a simple dinner, transitions to sharing THE holy meal in the Sanctuary, and ends with solemn stripping of the altars.*

### **Good Friday - April 3 at 12:15PM**

*In the bare sanctuary, we gather together to hear and reflect on Jesus' death and to pray for the brokenness of our world.*

### **Holy Saturday - April 4 at 10:00AM**

*Holy Saturday is a day of waiting that focuses on when Jesus' body lay in the tomb and Jesus descended to the dead. This simple service is a time of feasting on the Word, a time longing for life in the midst of death, awaiting Jesus to rise to newness of life on the third day.*

### **Easter Day - Sunday, April 20 at 8:00AM and 10:30AM**

*We pull out all the stops and release the Alleluias for a glorious and grand Easter liturgy with full choir at both services.*

---