



# TRINITY PARISH

SEATTLE

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

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FOURTH SUNDAY AFTER THE EPIPHANY

## Holy Eucharist

January 28, 2024 at 8:00am & 10:30am



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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**.

Trinity strongly encourages wearing a mask indoors, vaccines for flu and COVID, and staying home if you feel ill.

*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.*

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## LITURGY OF THE WORD

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PRELUDE (10:30am only)

Andante

B. Galuppi

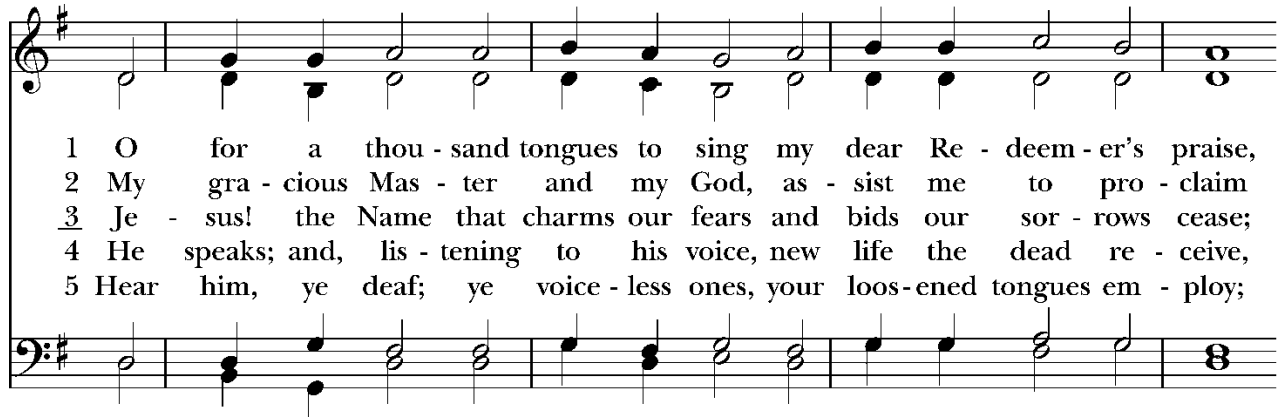
### WELCOME

*Please rise as you are able.*

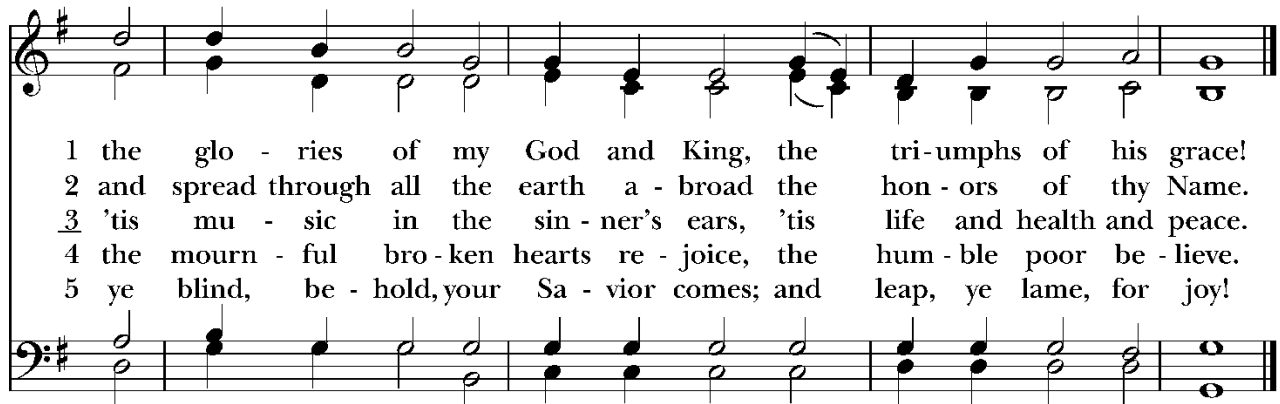
HYMN (10:30am only)

O for a thousand tongues to sing

Azmon



1 O for a thou - sand tongues to sing my dear Re - deem - er's praise,  
2 My gra - cious Mas - ter and my God, as - sist me to pro - claim  
3 Je - sus! the Name that charms our fears and bids our sor - rows cease;  
4 He speaks; and, lis - tening to his voice, new life the dead re - ceive,  
5 Hear him, ye deaf; ye voice - less ones, your loos - ened tongues em - ploy;



1 the glo - ries of my God and King, the tri - umphs of his grace!  
2 and spread through all the earth a - broad the hon - ors of thy Name.  
3 'tis mu - sic in the sin - ner's ears, 'tis life and health and peace.  
4 the mourn - ful bro - ken hearts re - jice, the hum - ble poor be - lieve.  
5 ye blind, be - hold, your Sa - vior comes; and leap, ye lame, for joy!

6 Glory to God and praise and love  
be now and ever given  
by saints below and saints above,  
the Church in earth and heayen.

Words: Charles Wesley (1707-1788), alt. Music: *Azmon*, Carl Gotthilf Gläser (1784-1829); adapt. and arr. Lowell Mason (1792-1872).

*Used with permission from RiteSong*



## THE COLLECT OF THE DAY

*Presider*      The Lord be with you.

*People*        **And also with you.**

*Presider*      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.**

## READING FROM HEBREW SCRIPTURE

Deuteronomy 18:15-20

Moses said: The Lord your God will raise up for you a prophet like me from among your own people; you shall heed such a prophet. This is what you requested of the Lord your God at Horeb on the day of the assembly when you said: “If I hear the voice of the Lord my God any more, or ever again see this great fire, I will die.” Then the Lord replied to me: “They are right in what they have said. I will raise up for them a prophet like you from among their own people; I will put my words in the mouth of the prophet, who shall speak to them everything that I command. Anyone who does not heed the words that the prophet shall speak in my name, I myself will hold accountable. But any prophet who speaks in the name of other gods, or who presumes to speak in my name a word that I have not commanded the prophet to speak—that prophet shall die.”

*Reader*        The Word of the Lord.

*People*        **Thanks be to God.**

**RESPONSE: PSALM 111**

Hymn Tune Psalter

*(Spoken at 8:00am, sung at 10:30am)***ANTIPHON**

From *A HymnTune Psalter, Revised Common Lectionary Edition* © 2007 by Carl P. Daw, Jr. and Kevin R. Hackett. Church Publishing Incorporated.  
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- 1 Hallelujah! I will give thanks to the Lord with my whole heart, \*  
in the assembly of the upright, in the congregation.
- 2 Great are the deeds of the Lord! \*  
they are studied by all who delight in them. *Antiphon*
- 3 His work is full of majesty and splendor, \*  
and his righteousness endures for ever.
- 4 He makes his marvelous works to be remembered; \*  
the Lord is gracious and full of compassion. *Antiphon*
- 5 He gives food to those who fear him; \*  
he is ever mindful of his covenant.
- 6 He has shown his people the power of his works \*  
in giving them the lands of the nations. *Antiphon*
- 7 The works of his hands are faithfulness and justice; \*  
all his commandments are sure.
- 8 They stand fast for ever and ever, \*  
because they are done in truth and equity. *Antiphon*
- 9 He sent redemption to his people; he commanded his covenant for  
ever; \*  
holy and awesome is his Name.
- 10 The fear of the Lord is the beginning of wisdom; \*  
those who act accordingly have a good understanding;  
his praise endures for ever. *Antiphon*

**READING FROM THE NEW TESTAMENT**

1 Corinthians 8:1-13

Now concerning food sacrificed to idols: we know that “all of us possess knowledge.” Knowledge puffs up, but love builds up. Anyone who claims to know something does not yet have the necessary knowledge; but anyone who loves God is known by him. Hence, as to the eating of food offered to idols, we know that “no idol in the world really exists,” and that “there is no God but one.” Indeed, even though there may be so-called gods in heaven or on earth—as in fact there are many gods and many lords—yet for us there is

one God, the Father, from whom are all things and for whom we exist, and one Lord, Jesus Christ, through whom are all things and through whom we exist. It is not everyone, however, who has this knowledge. Since some have become so accustomed to idols until now, they still think of the food they eat as food offered to an idol; and their conscience, being weak, is defiled. "Food will not bring us close to God." We are no worse off if we do not eat, and no better off if we do. But take care that this liberty of yours does not somehow become a stumbling block to the weak. For if others see you, who possess knowledge, eating in the temple of an idol, might they not, since their conscience is weak, be encouraged to the point of eating food sacrificed to idols? So by your knowledge those weak believers for whom Christ died are destroyed. But when you thus sin against members of your family, and wound their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of their falling, I will never eat meat, so that I may not cause one of them to fall.

*Reader*            The Word of the Lord.

*People*            **Thanks be to God.**

Please rise as you are able.

HYMN (10:30am)

From thee all skill and science flow

C. Kingsley

1 From thee all skill and sci-ence flow, all pi - ty, care, and love,  
2 And has-ten, Lord, that per-fect day when pain and death shall cease,

all calm and cour-age, faith and hope: O pour them from a - bove!  
and thy just rule shall fill the earth with health and light and peace;

Im - part them, Lord, to each and all, as each and all shall need,  
when ev - er - blue the sky shall gleam, and ev - er-green the sod,

to rise, like in - cense, each to thee, in no - ble thought and deed.  
and our rude work de - face no more the hand - i - work of God.

Words: Charles Kingsley (1819-1875), alt. Music: *The Church's Desolation*, traditional melody; harm. J. T. White (19th cent.); adapt. C. H. Cayce (19th-20th cent.).

**GOSPEL READING**     Mark 1:21-28

*Deacon*        The Holy Gospel of our Savior Jesus Christ according to Mark.

*People*        **Glory to you, Lord Christ.**

Jesus and his disciples went to Capernaum; and when the sabbath came, he entered the synagogue and taught. They were astounded at his teaching, for he taught them as one having authority, and not as the scribes. Just then there was in their synagogue a man with an unclean spirit, and he cried out, “What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God.” But Jesus rebuked him, saying, “Be silent, and come out of him!” And the unclean spirit, convulsing him and crying with a loud voice, came out of him. They were all amazed, and they kept on asking one another, “What is this? A new teaching—with authority! He commands even the unclean spirits, and they obey him.” At once his fame began to spread throughout the surrounding region of Galilee.

*Deacon*        The Gospel of the Lord.

*People*        **Praise to you, Lord Christ.**

**SERMON**

Rev. Sabeth Fitzgibbons

*The Sermon may be followed by a brief silence.*

*Please rise as you are able.*

**THE NICENE CREED**

*Please rise as you are able*

**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>

*Deacon*

Let us offer prayers to God who gives light to the nations and freedom to prisoners.

*Prayer Leader*

With gratitude for all the blessings of our lives individually and as a community of Jesus-followers, we offer our prayers of thanksgiving silently or aloud. *Silence.*

Source of life and love,

**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 Misa Guadalupe, Renton; and St. John's Sudanese, Tukwila. For Nathan and Tina our postulants. For all deacons and priests, including military chaplains, and Lisa and Sabeth our Clergy. For Melissa and Brian our bishops, and for those discerning a call to be our next bishop. For all who minister in Christ and all who love God.

Source of life and love,

**hear our prayer.**

For the Bishop Search Committee: graciously guide the minds of those who shall choose a bishop for this Diocese, that we may receive a faithful pastor, who will care for your people and equip us for our ministries.

Source of life and love,  
**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 strive to break down barriers of oppression and fear.

Source of life and love,  
**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, those who live with addiction, and those who are sick, especially *Trinity prayer list* and those we now name, silently or aloud.

*Silence.*

Source of life and love,  
**hear our prayer.**

For the dying and the dead, and for those who care for them, especially remembering *Trinity prayer list* and those we now name, silently or aloud. *Silence.*

Source of life and love,  
**hear our prayer.**

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

Source of life and love,  
**hear our prayer.**

*Presider*

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

## **CONFESSION**

*Deacon*      Let us confess our sins against God and our neighbor.

*Silence to recall our sins.*

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**

*The Presider offers Absolution, to which the people respond **Amen.***

#### **PEACE**

*Presider*        The peace of Christ be always with you.

*People*        **And also with you.**

*Please greet one another in the name of Jesus Christ.*

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## LITURGY OF THE TABLE

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*Please be seated while the table is prepared.*

### OFFERTORY

*Let us with gladness present the offerings and oblations of our life and labor to the Lord.*

*You may make an offering at any time, before, during or after the conclusion of the service at our “Virtual offering Plate”*

*(<https://onrealm.org/TrinitySeattle/give/now>).*



*Want 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. You may also give using the QR Code above.*

*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 ANTHEM

Ubi caritas

Gjeilo

Where charity and love are, God is there.

Christ's love has gathered us into one.

Let us rejoice and be pleased in Him.

Let us fear, and let us love the living God.

And may we love each other with a sincere heart.

*Please rise as you are able as the offerings of our lives 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 musical notation is arranged in four staves, each with a treble clef and a key signature of one flat (B-flat). The first staff is for the Celebrant and the People. The second and third staves are for the Celebrant. The fourth staff is for the People. The lyrics are written below the notes.

*Celebrant*                      *People*  
The Lord be with you. And al - so with you.

*Celebrant*                      *People*  
Lift up your hearts. We lift them to the Lord.

*Celebrant*  
Let us give thanks to the Lord our God.

*People*  
It is right to give him thanks and praise.

Setting: Copyright © Church Publishing Inc.

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 Savior.

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:

(8:00am)

**Holy, holy, holy Lord, God of power and might,  
heaven and earth are full of your glory.**

**Hosanna in the highest.**

**Blessed is he who comes in the name of the Lord.**

**Hosanna in the highest.**

(10:30am)

"Ho-ly, ho-ly, ho-ly," an - gel hosts are sing-ing. "Ho-ly, ho-ly, ho-ly is the Lord our God. Ho-ly, ho-ly, ho-ly is God, the Lord of might. Your glo - ry fills the heav - ens, your glo - ry fills the earth." Ho - san - na in the high - est, ho - san - na is our song.

Words: based on *Isaiah* 6:3, English paraphrase Bert Polman, 1985.  
Music: *Merengue*, Spanish; harm. AnnaMae Meyer Bush, 1985 © 1987 CRC Publications, 2850 Kalamazoo Avenue Southeast, Grand Rapids, MI 49560 [www.crcpublications.org].  
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*The Presider continues, praising God for the salvation of the world through Jesus the Christ.*

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 all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore, according to his command, O God,

**We remember Christ's death,**

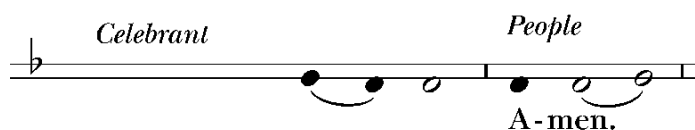
**We proclaim Christ's resurrection,**

**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, to 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.



Setting: Copyright © Church Publishing Inc.

## 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**

*(8:00am)*

Alleluia. Christ our Passover is sacrificed for us.

**Therefore let us keep the feast. Alleluia.**

*(10:30am) First line sung by cantor, then repeat with ALL*

Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.  
Christ our Pass - o - ver is sac - ri - ficed for us;  
there - fore let us keep the feast.  
Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

Music: From *New Plainsong*; David Hurd (b. 1950). Copyright © 1981 GIA Publications, Inc.

*Permission from Rite Song*

**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

*Presider*      The Gifts of God for the People of God. Holy gifts for holy people.

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

*In The Episcopal Church, we believe that your sacrament is complete whether you receive the bread or wine, or both.*

*Gluten free bread is available by request.*

*To receive a blessing instead of Communion, simply cross your arms over your chest.*

## COMMUNION ANTHEM

Salvator mundi

Tallis

O Saviour of the world, save us, who by thy cross and blood has redeemed us, help us, we pray thee, O Lord our God.

## 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

*The Presider offers a blessing, and the People respond **Amen.***

## HYMN

Tell out, my soul, the greatness of the Lord

Woodlands



1 Tell out, my soul, the great - ness of the Lord!  
 2 Tell out, my soul, the great - ness of his Name!  
 3 Tell out, my soul, the great - ness of his might!  
 4 Tell out, my soul, the glo - ries of his word!



Un - num - bered bless - ings give my spi - rit voice;  
 Make known his might, the deeds his arm has done;  
 Powers and do - min - ions lay their glo - ry by.  
 Firm is his prom - ise, and his mer - cy sure.



ten - der to me the prom - ise of his word;  
 his mer - cy sure, from age to age the same;  
 Proud hearts and stub - born wills are put to flight,  
 Tell out, my soul, the great - ness of the Lord



in God my Sa - vior shall my heart re - joice.  
 his ho - ly Name— the Lord, the Might - y One.  
 the hun - gry fed, the hum - ble lift - ed high.  
 to chil - dren's chil - dren and for ev - er - more!

Words: Timothy Dudley-Smith (b. 1926); based on *The Song of Mary*. Copyright © 1962 by Hope Publishing Company Carol Stream, IL 60188. All Rights Reserved. Used by permission. Music: *Woodlands*, Walter Greatorex (1877-1949), alt. By permission of Oxford University Press.

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## DISMISSAL

*The Deacon offers a dismissal, and the People respond, Thanks be to God.*

POSTLUDE (10:30am)

Woodlands

P. Cattaneo

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## MINISTERS OF THE SERVICE (as scheduled)

8:00AM

Acolyte: Marshall Bilderback

Lector: Mike Regis

Intercessor: Mike Regis

Eucharistic Minister: Marshall Bilderback

Usher: Mary Johnstone

Deacon: the Rev. Lisa Graumlich

Presider/Preacher: the Rev. Sabeth Fitzgibbons

10:30AM

Acolyte:

Lector(s): Cindy Johnson-Garnett, Br. Marvin Taylor

Intercessor: Bill Francis

Eucharistic Minister(s): Leslie Bourgoin

Usher/Greeters: Dick Willy, Julien Goulet

Organist: Sr. Jo Baim, PhD

Director of Choral Music: Markdavin Obenza

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## TRINITY CHIMES: NEWS & ANNOUNCEMENTS

### Rooted in Abundance: Wealth, Wisdom, and Works

We are Rooted in Abundance: among this community, our cup runneth over with *wisdom* of life and human experience, *wealth* that helps pay for the practicalities, and *works* to share our passions for ministry with the world. We invite your pledge of wealth, wisdom, and works for 2024 – every gift matters to God and changes us as givers. Pledge cards are available at the back of the church – they may be turned in to the offering plate or mailed to the church. Or, use the QR codes below to enter your pledge online.

#### Wealth Pledge



#### Wisdom and Works Pledge



## HAPPENING THIS WEEK

### Coffee Hour

*TODAY, after both services*

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

### Beautiful Individuals AA Meeting

*TODAY, at 7:30PM in the Trinity Library*

Beautiful Individuals is an AA meeting specifically for women, trans, and non-binary individuals. Meetings are every Sunday at 7:30PM in the Trinity Library.

### TANBIR AA Meeting

*Thursdays at 8:00PM in the Trinity Library*

The Trans And Non-Binary In Recovery AA group meets every Thursday at 8:00PM.

### **Compline with Trinity Choir (1st Thursdays)**

*Thursday, February 1, 8:15PM – 8:45PM*

This brief sung service led by the Trinity Choir provides a beautiful contemplative experience at the end of the day.

## **UPCOMING EVENTS**

### **ONE WORSHIP Service, LUNCH, and ANNUAL MEETING of the Parish**

*Sunday, February 4*

*10:30am Worship followed by Lunch and the Annual Meeting*

The Vestry invites all members of the congregation to the Annual Meeting of the Parish on Sunday, February 4 at 12:30PM. We will have ONE WORSHIP service at 10:30AM, with the State of the Parish Address. LUNCH and the ANNUAL MEETING follow worship.

About the Annual Meeting:

- Prescribed by both church canon and state law, the congregation receives the budget for 2024, elects new vestry leaders, and hears reports about significant issues in Trinity's current life and ministry.
- Will be a HYBRID meeting (in-person and on Zoom).
- Voting on two proposed amendments to Trinity's Bylaws: (1) Adding provisions authorizing online participation in parish meetings, which will allow hybrid and online meetings without requiring special approval at each Annual Meeting; (2) Changing the number of Vestry members from 12 to 9 (this reflects the reduced number of active members of the congregation).

### **Trinity Congregational Survey**

*Please complete the survey by Tuesday, February 6*

One of the things that happens periodically in the life of organizations, including churches, is the need to update information about the people who are part of our community.

This information helps us

- know better who is part of our community,
- understand your needs for engaging in Trinity's life and ministry,
- know how best to communicate with you,
- remember and celebrate important dates in your life, and
- fill out required demographic data for wider Episcopal Church purposes.

So that we can do all those things (and so much more), we are asking you to take about 10 minutes to fill out this survey: <https://forms.gle/hCKupSG9DLxSrweH8>. It's all information you can fill out without any extra resources.



*Congregational  
Survey*

### **Community Lunch with WHEEL on 3<sup>rd</sup> Sundays**

*Sunday, February 18, at 11:45AM in the Parish Hall*

Every 3rd Sunday of the month Trinity hosts a FREE hot meal for our community and neighbors. All are welcome!

### **Youth Confirmation Series (online)**

*Sunday nights, February 4 – April 21, 7:00 – 8:30PM, on Zoom*

Youth ages 13-18 are invited to explore the sacrament of confirmation with their peers from around the Diocese. This series will meet on Sunday nights via Zoom, beginning February 4 through April 21, in preparation for confirmation with Trinity at Cathedral Day at Saint Mark's Cathedral (April 27). Each week there will be a different guest teacher who will lead the lesson and discussion. Facilitated small groups will provide time for conversation with peers of the same age. Free. More info and registration: <https://youthconfirmation.eventbrite.com>.

### **“Holy Quiet,” Contemplative Retreat for Young Adults**

*February 9-11 at Dash Point, Brunett Retreat Center at the Palisades*

Join us for a very casual weekend retreat designed for re-centering and renewal. Adults in their 20s and 30s from around Western Washington are invited to Dash Point, just south of Seattle and right on the coast, to experience a wide array of contemplative practices in community. February 9-11. \$125/person. Scholarships/sliding scale available. More information and registration: <https://weekend-retreat-2024.eventbrite.com>.

### **The Philadelphia Eleven Film Showings**

*Sunday, March 3 at 6:00PM at Church of the Ascension (2330 Viewmont Way W, Seattle)*

In an act of civil disobedience, a group of women and their supporters organize their ordination to become Episcopal priests in 1974. This feature-length film tells the story of this grassroots movement and the women who built it. <https://www.philadelphiaelevenfilm.com/>

## **ANNOUNCEMENTS**

### **PhoneLiveStreaming is Up and Running!**

Did you know that you can listen to Trinity services on your phone? Call **1-866-611-8933** (toll free) and press 1 to get a call every time Trinity live streams the service, or stay on the line to listen to the most recent service.

### **News from Trinity's Vestry**

The Vestry shares these updates from the January 7 regular vestry meeting:

- **Junior Warden Functions:** Betsy Severtsen will be covering Junior Warden functions until the Vestry selects a new Junior Warden after the Annual Meeting.
- **Outsourcing Bookkeeping:** The Vestry authorized engaging Battershell & Nichols, CPA to provide bookkeeping and finance services beginning in April 2024. These functions have been covered by volunteers (huge thanks to Treasurer Chris Gruenfeld for doing so much!!) with some staff support.
- **Bylaws amendments:** At the Annual Meeting of the Parish on 2/4/2024, the Vestry will present two proposals to amend Trinity's Bylaws: (1) Adding provisions authorizing online participation in parish meetings, which will allow hybrid and online meetings without requiring special approval at each Annual Meeting; (2) Changing the number of Vestry members from 12 to 9 (this reflects the reduced number of active members of the congregation).

- **2024 Budget:** The Vestry adopted a budget for 2024. It relies on a 7.5% withdrawal from the endowment, instead of the usual 4-5%. The Vestry will explain the budget and 2024 financial situation at the Annual Meeting.

The Vestry invites all members of the congregation to the **Annual Meeting of the Parish** on **Sunday, February 4, 2024, at 12:30PM**. We will have **ONE WORSHIP service at 10:30AM** on that day, followed by **lunch** and the meeting. The Annual Meeting will be **hybrid** (in-person and on Zoom). Stay tuned for more details!

### **Update from the Bishop Search Committee**

The Bishop Search Committee recently completed Zoom interviews with candidates. As the committee moves forward, it enters a silent phase of the search process to maintain confidentiality. They bid our prayers for the candidates, the committee, and our entire Diocese that the Holy Spirit might guide us in all things with grace and wisdom. Upcoming Key Dates:

- February 15-17 – Discernment Retreat
- February 22 – Initial slate is presented to the Joint Board
- February 29 – Initial slate announced to Diocese
- Week of April 29 – Meet and Greet
- May 18 – Electing Convention at Saint Mark's Cathedral, Seattle
- September 14 – Bishop Consecration

## Music Notes for January 28, 2024 -- Sr. Jo Baim, Music Director

Our opening hymn today is one we know well: *O For a Thousand Tongues to Sing*. Truly, we are not doing a **Charles Wesley** marathon, but he is the author of the text for this hymn. Wesley (1707–1788) was unhappy with the trend toward singing only psalm settings in the early Methodist church, and thus set about composing many new hymn texts. This text had particular personal meaning for him. He wrote it to be sung on May 21, 1739 (Whitsun), the first anniversary of his conversion to Methodism. It was first published in *A Collection of Hymns for the Use of the People Called Methodists* (1780), and its importance in the Methodist Church is shown by its inclusion as the first hymn in the 1980 Methodist Hymnal. Some scholars believe the text was inspired by Wesley's German-born mentor, **Peter Böhler**, who once said, "Had I a thousand tongues, I would praise him with them all!" Throughout the text, Wesley uses antithesis to emphasize the broadness and expansiveness of salvation. He does this especially in verse five (in our hymnal): "Hear him, ye deaf; his praise, ye dumb, your loosened tongues employ; ye blind, behold your savior come, and leap, ye lame, for joy." As another illustration of the fervor of Wesley's conversion, originally this hymn had eighteen stanzas. The verse we know as the first one is the original verse seven.

Our closing hymn is *Tell Out My Soul*, to the tune **Woodlands**. The text is by **Timothy Dudley-Smith** (b. 1926), an Anglican priest with a long connection to hymn-writing. Dudley-Smith was born in Manchester and ordained in 1959. He served in various positions during his career, including priest, secretary of the Church Aid Foundation, Archdeacon of Norwich, and Bishop of Thetford. Since WWII, he has been part of what has sometimes been called a "British hymn explosion." Dudley-Smith is honorary vice-president of the Hymn Society of Great Britain and Ireland. He has also received awards from the Hymn Society of the United States and Canada and the Royal School of Church Music. In 2003, he received the Order of the British Empire for his "services to hymnody, and in 2009, he was awarded an honorary Doctor of Divinity degree from Durham University. He has published almost twenty collections of hymns, publishing as recently as 2019 at the age of eighty-three. The current tune used for *Tell Out My Soul* is **Woodlands**, composed by Anglican composer **Walter Greatorex** (1877–1949). He wrote and published the tune in 1916. Greatorex was educated in music at Cambridge University and served as music master at Gresham School in Norfolk until his retirement in 1936.

Our postlude today is based on the tune of our closing hymn (**Woodlands**). The composer's name is **Pietro Cattaneo**, and, as I searched for music, I assumed he is a composer of the Renaissance or early Baroque period. However, Cattaneo is only twenty-six years old, and is an active scholar and composer. Born near Como, Italy, he studied with the organist of Milan Cathedral and earned a degree in organ performance. He is currently the resident organist in Cavallasca and a member of the Liturgical Committee for the Diocese of Como. His more than 100 works, especially those for organ, have been performed and recorded all over the world. Cattaneo has a particular interest in the rediscovery of forgotten composers and authors, leading him into the field of musicology. He focuses mainly on 19th-century music from the region of Forlì.