



TRINITY PARISH

SEATTLE

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

FOURTH SUNDAY IN LENT

Holy Eucharist

March 15, 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

WELCOME

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

HYMN (10:30am)

Guide me, O thou great Jehovah

Cwm Rhondda

1 Guide me, O thou great Je - ho - vah, pil - grim through this
2 O - pen now the crys - tal foun-tain, whence the heal - ing
3 When I tread the verge of Jor - dan, bid my anx - ious

bar - ren land; I am weak, but thou art might - y;
stream doth flow; let the fire and cloud - y pil - lar
fears sub - side; death of death, and hell's de - struc - tion,

hold me with thy power - ful hand; bread of hea - ven,
lead me all my jour - ney through; strong de - liv - erer,
land me safe on Ca - naan's side; songs of prais - es,

bread of hea - ven, feed me now and ev - er -
 strong de - liv - erer, be thou still my strength and
 songs of prais - es, I will ev - er give to

more, feed me now and ev - er - more.
 shield, be thou still my strength and shield.
 thee, I will ev - er give to thee.

Words: William Williams (1717-1791); tr. Peter Williams (1722-1796), alt. Music: *Cwm Rhondda*, John Hughes (1873-1932).

Hymnal 1982 #690

OPENING SENTENCES

Blessed be the God of our salvation:

Who bears our burdens and forgives our sins.

Jesus said, “The first commandment is this: Hear, O Israel: The Lord our God is the only Lord. Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. The second is this: Love your neighbor as yourself. There is no other commandment greater than these.” Mark 12:29-31

CONFESSION

Let us confess our sins against God and our neighbor.

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 the grace of Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. **Amen.**

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.

Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

Please be seated.

READING FROM HEBREW SCRIPTURE

1 Samuel 16:1-13

The Lord said to Samuel, "How long will you grieve over Saul? I have rejected him from being king over Israel. Fill your horn with oil and set out; I will send you to Jesse the Bethlehemite, for I have provided for myself a king among his sons." Samuel said, "How can I go? If Saul hears of it, he will kill me." And the Lord said, "Take a heifer with you, and say, 'I have come to sacrifice to the Lord.' Invite Jesse to the sacrifice, and I will show you what you shall do; and you shall anoint for me the one whom I name to you." Samuel did what the Lord commanded, and came to Bethlehem. The elders of the city came to meet him trembling, and said, "Do you come peaceably?" He said, "Peaceably; I have come to sacrifice to the Lord; sanctify yourselves and come with me to the sacrifice." And he sanctified Jesse and his sons and invited them to the sacrifice. When they came, he looked on Eliab and thought, "Surely the Lord's anointed is now before the Lord." But the Lord said to Samuel, "Do not look on his appearance or on the height of his stature, because I have rejected him; for the Lord does not see as mortals see; they look on the outward appearance, but the Lord looks on the heart." Then Jesse called Abinadab, and made him pass before Samuel. He said, "Neither has the Lord chosen this one." Then Jesse made Shammah pass by. And he said, "Neither has the Lord chosen this one." Jesse made seven of his sons pass before Samuel, and Samuel said to Jesse, "The Lord has not chosen any of these." Samuel said to Jesse, "Are all your sons here?" And he said, "There remains yet the youngest, but he is keeping the sheep." And Samuel said to Jesse, "Send and bring him; for we will not sit down until he comes here." He sent and brought him in. Now he was ruddy, and had beautiful eyes, and was handsome. The Lord said, "Rise and anoint him; for this is the one." Then Samuel took the horn of oil, and anointed him in the presence of his brothers; and the spirit of the Lord came mightily upon David from that day forward. Samuel then set out and went to Ramah.

The Word of the Lord.

Thanks be to God.

ANTIPHON

Psalm 23: 6b
Organ: *Everyone:*

I will dwell in the house of the Lord for ev - er.

- 1 The Lord is my shepherd; *
I shall not be in want.
- 2 He makes me lie down in green pastures *
and leads me beside still waters. *Antiphon*
- 3 He revives my soul *
and guides me along right pathways for his Name's sake.
- 4 Though I walk through the valley of the shadow of death,
I shall fear no evil; *
for you are with me; your rod and your staff, they comfort me.
Antiphon
- 5 You spread a table before me in the presence of those who trouble me; *
you have anointed my head with oil, and my cup is running over.
- 6 Surely your goodness and mercy shall follow me all the days of my life, *
and I will dwell in the house of the Lord for ever. *Antiphon*

READING FROM THE EPISTLES

Ephesians 5:8-14

Once you were darkness, but now in the Lord you are light. Live as children of light—for the fruit of the light is found in all that is good and right and true. Try to find out what is pleasing to the Lord. Take no part in the unfruitful works of darkness, but instead expose them. For it is shameful even to mention what such people do secretly; but everything exposed by the light becomes visible, for everything that becomes visible is light. Therefore it says, “Sleeper, awake! Rise from the dead, and Christ will shine on you.”

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

John 9:1-41

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

Glory to you, Lord Christ.

As Jesus walked along, he saw a man blind from birth. His disciples asked him, "Rabbi, who sinned, this man or his parents, that he was born blind?" Jesus answered, "Neither this man nor his parents sinned; he was born blind so that God's works might be revealed in him. We must work the works of him who sent me while it is day; night is coming when no one can work. As long as I am in the world, I am the light of the world." When he had said this, he spat on the ground

and made mud with the saliva and spread the mud on the man's eyes, saying to him, "Go, wash in the pool of Siloam" (which means Sent). Then he went and washed and came back able to see. The neighbors and those who had seen him before as a beggar began to ask, "Is this not the man who used to sit and beg?" Some were saying, "It is he." Others were saying, "No, but it is someone like him." He kept saying, "I am the man." But they kept asking him, "Then how were your eyes opened?" He answered, "The man called Jesus made mud, spread it on my eyes, and said to me, 'Go to Siloam and wash.' Then I went and washed and received my sight." They said to him, "Where is he?" He said, "I do not know."

They brought to the Pharisees the man who had formerly been blind. Now it was a sabbath day when Jesus made the mud and opened his eyes. Then the Pharisees also began to ask him how he had received his sight. He said to them, "He put mud on my eyes. Then I washed, and now I see." Some of the Pharisees said, "This man is not from God, for he does not observe the sabbath." But others said, "How can a man who is a sinner perform such signs?" And they were divided. So they said again to the blind man, "What do you say about him? It was your eyes he opened." He said, "He is a prophet."

The Jews did not believe that he had been blind and had received his sight until they called the parents of the man who had received his sight and asked them, "Is this your son, who you say was born blind? How then does he now see?" His parents answered, "We know that this is our son, and that he was born blind; but we do not know how it is that now he sees, nor do we know who opened his eyes. Ask him; he is of age. He will speak for himself." His parents said this because they were afraid of the Jews; for the Jews had already agreed that anyone who confessed Jesus to be the Messiah would be put out of the synagogue. Therefore his parents said, "He is of age; ask him."

So for the second time they called the man who had been blind, and they said to him, "Give glory to God! We know that this man is a sinner." He answered, "I do not know whether he is a sinner. One thing I do know, that though I was blind, now I see." They said to him, "What did he do to you? How did he open your eyes?" He answered them, "I have told you already, and you would not listen. Why do you want to hear it again? Do you also want to become his disciples?" Then they reviled him, saying, "You are his disciple, but we are disciples of Moses. We know that God has spoken to Moses, but as for this man, we do not know

where he comes from.” The man answered, “Here is an astonishing thing! You do not know where he comes from, and yet he opened my eyes. We know that God does not listen to sinners, but he does listen to one who worships him and obeys his will. Never since the world began has it been heard that anyone opened the eyes of a person born blind. If this man were not from God, he could do nothing.” They answered him, “You were born entirely in sins, and are you trying to teach us?” And they drove him out.

Jesus heard that they had driven him out, and when he found him, he said, “Do you believe in the Son of Man?” He answered, “And who is he, sir? Tell me, so that I may believe in him.” Jesus said to him, “You have seen him, and the one speaking with you is he.” He said, “Lord, I believe.” And he worshiped him. Jesus said, “I came into this world for judgment so that those who do not see may see, and those who do see may become blind.” Some of the Pharisees near him heard this and said to him, “Surely we are not blind, are we?” Jesus said to them, “If you were blind, you would not have sin. But now that you say, ‘We see,’ your sin remains.”

The Gospel of the Lord.

Praise to you, Lord Christ.

Please be seated.

SERMON

Rev'd Andrew Cooley

"Be Still and Know that I am God". Psalm 46:11.

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

In peace, let us pray to the Lord, saying, “Lord, have mercy”.

Prayer Leader

For the holy Church of God, that it may be filled with truth and love, and be found without fault at the day of your coming, we pray to you, O Lord.

Lord, have mercy.

For all the holy people of God, for all who minister, for deacons and priests, for Nathan our postulant, and Tina ordained to the diaconate, for Andrew our supply priest, for Sabeth our rector, for Phil our Bishop, and for Sean our Presiding Bishop, we pray to you, O Lord.

Lord, have mercy.

For all who fear God and believe in you, Lord Christ, that our divisions may cease, and that all may be one as you and the Father are one, we pray to you, O Lord.

Lord, have mercy.

For the people and ministries of [*Diocesan cycle of prayer*], and for your whole Church, that in faithful witness it may preach and live the Gospel to the ends of the earth, we pray to you, O Lord.

Lord, have mercy.

For the peace of the world, that a spirit of respect and forbearance may grow among nations and peoples, we pray to you, O Lord.

Lord, have mercy.

For those in positions of public trust, especially Donald our President, Bob our Governor, and Katie our Mayor, that they may serve justice, and promote the dignity and freedom of every person, we pray to you, O Lord.

Lord, have mercy.

For a blessing upon all human labor, and for the right use of the riches of creation, that the world may be freed from poverty, famine, and disaster, we pray to you, O Lord.

Lord, have mercy.

For the poor, the persecuted, the sick, those who live with addiction, and all who suffer; for refugees, prisoners, and all who are in danger; that they may be relieved and protected, we pray to you, O Lord.

Lord, have mercy.

For this congregation, that we may be delivered from hardness of heart, and show forth your glory in all that we do, we pray to you, O Lord.

Lord, have mercy.

For all who have commended themselves to our prayers, especially [*prayer list and write-ins, and*] for our families, friends, and neighbors; that being freed from anxiety, they may live in joy, peace, and health, we pray to you, O Lord.

Lord, have mercy.

For all who have died in the communion of your Church, including [*prayer list and write-ins, and*] and those whose faith is known to you alone, that, with all the saints, they may have rest in that place where there is no pain or grief, but life eternal, we pray to you, O Lord.

Lord, have mercy.

Rejoicing in the fellowship of all the saints, let us commend ourselves, and one another, and all our life to Christ our God.

To you, O Lord our God.

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.

Presider

O Lord our God, accept the fervent prayers of your people; in the multitude of your mercies, look with compassion upon us and all who turn to you for help; for you are gracious, O lover of souls, and to you we give glory, Father, Son, and Holy Spirit, now and for ever. **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

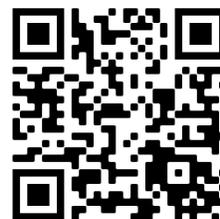
Please be seated while the table is prepared.

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

Beati quorum via

Stanford

Blessed are those whose way is blameless, who walk in the law of the Lord.

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. You bid your faithful people cleanse their hearts, and prepare with joy for the Paschal feast; that, fervent in prayer and in works of mercy, and renewed by your Word and Sacraments, they may come to the fullness of grace which you have prepared for those who love you. 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,

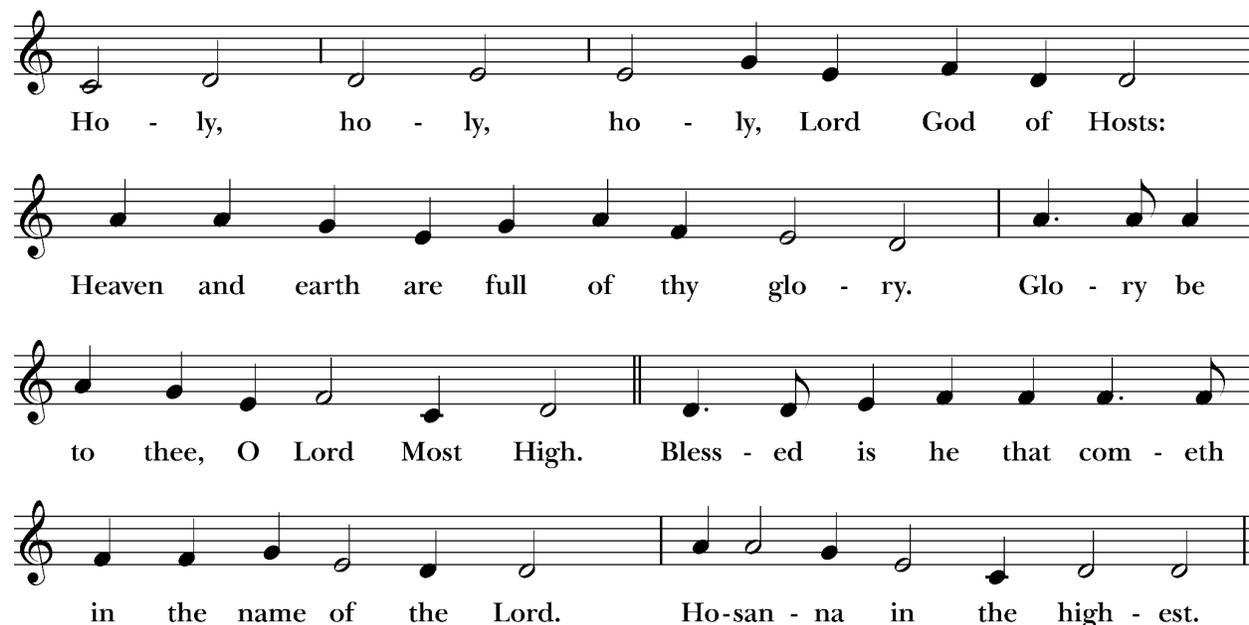
heaven and earth are full of your glory.

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

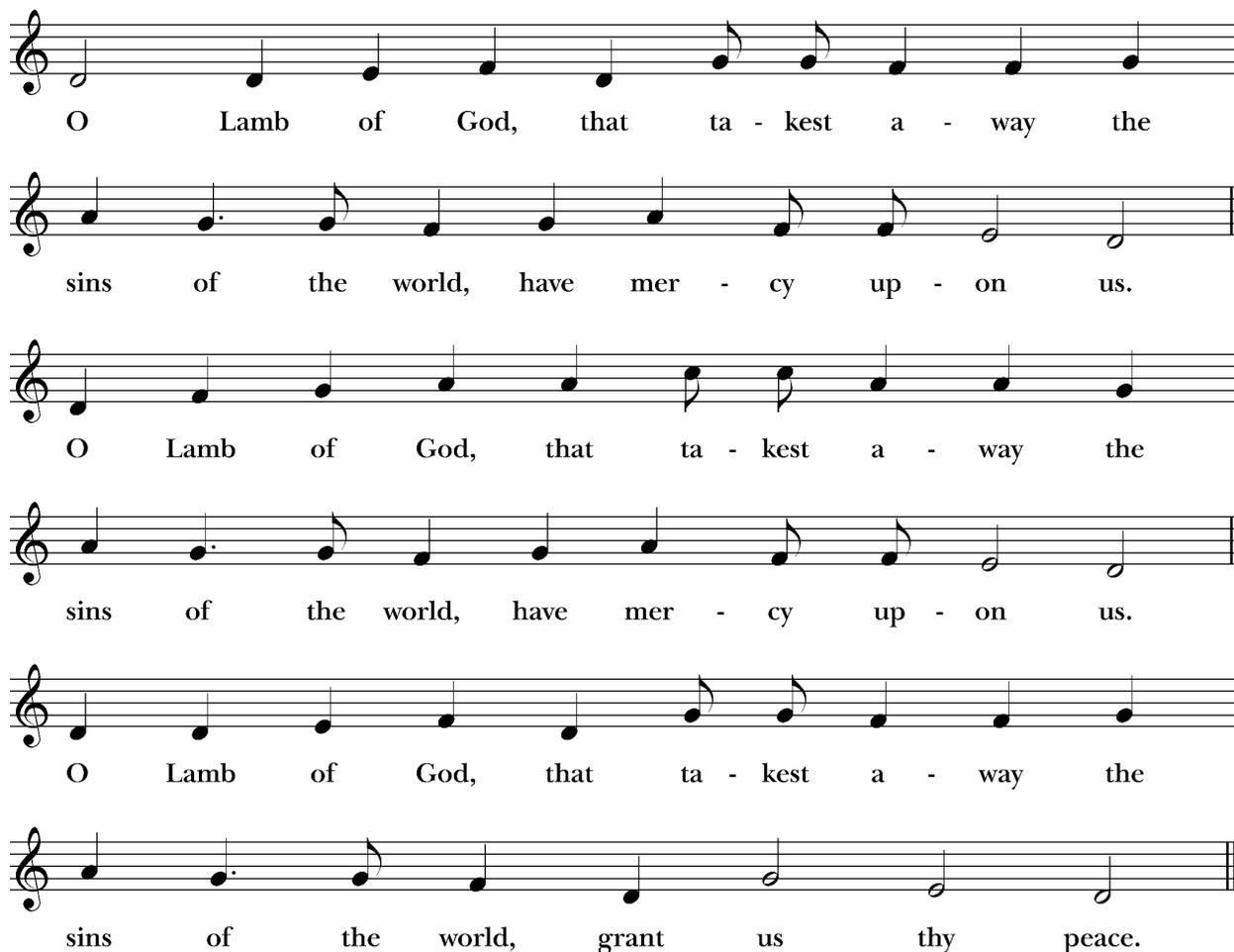
(8:00)

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

Salvator mundi

Tallis

Saviour of the world, save us, you who have redeemed us through the cross and
your blood, help us, we beseech you, our God.

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.

Look down in mercy, Lord, on your people who kneel before you; and grant that those whom you have nourished by your Word and Sacraments may bring forth fruit worthy of repentance; through Christ our Lord. **Amen.**

HYMN (10:30)

Lead us, heavenly Father, lead us

Dulce carmen

1 Lead us, heaven - ly Fa - ther, lead us o'er the world's tem -
2 Sa - vior, breathe for - give - ness o'er us; all our weak - ness
3 Spi - rit of our God, de - scend - ing, fill our hearts with

pes - tuous sea; guard us, guide us, keep us, feed us,
thou dost know; thou didst tread this earth be - fore us;
heaven - ly joy; love with ev - ery pas - sion blend - ing,

for we have no help but thee, yet pos - ses - sing
thou didst feel its keen - est woe; yet un - fear - ing,
plea - sure that can nev - er cloy; thus pro - vid - ed,

ev - ery bless - ing, if our God our Fa - ther be.
 per - se - ver - ing, to thy pas - sion thou didst go.
 par - doned, guid - ed, noth - ing can our peace des - troy.

Words: James Edmeston (1791-1867), alt. Music: *Dulce carmen*, melody from *An Essay on the Church Plain Chant*, 1782; adapt. *Collection of Motetts or Antiphons*, ca 1840; harm. William Henry Monk (1823-1889).

Hymnal 1982 #559

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

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

MINISTERS OF THE SERVICE

8:00

Acolyte: Marshall Bilderback

Lector: Cyndi Wolfe

Intercessor: Mary Montgomery

Eucharistic Minister: Marshall Bilderback

Usher: Betsy Severtsen

Both Services

Vestry Person of the Week: Beverly Cravens

Presider & Preacher: the Rev. Andrew Cooley

10:30

Acolyte: Hillary St. John

Lectors: Carl McNabb, Cindy Johnson-Garnett

Intercessor: Leslie Bourgoïn

Eucharistic Ministers: Leslie Bourgoïn, Marvin Taylor

Usher: Mahalia Kahsay

Organist: James Middaugh

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 **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

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, through March 22, at 9:15am - 10:15am in the Trinity Library

Join in our discussion of what it means to Walk in Love as Episcopalians. This class is open to all—especially those interested in Baptism, Confirmation, Reception (from another denomination into the Episcopal Church), or Reaffirmation.

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

TODAY, 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.

Caring Community

TODAY, at 12:30PM in the Office Work Room

The Caring Community meets following the Community Lunch for fellowship, a small service project, and the prayers that are on our hearts.

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

Have You Completed the Parish Check-in Survey?

Trinity's Vestry is eager to receive 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.

Trinity Vestry Meeting (Leadership Council)

Sunday, March 22 at 12:30PM in the Vestry Room and on Zoom

Regular Vestry meetings are open to all members of the congregation. Zoom link: <https://tinyurl.com/TPCVestry>.

Easter Flower Dedications

Submit by Sunday, March 22 for inclusion in the Easter bulletins

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) by **March 22** for inclusion in our Easter bulletins.

Our Rector is on Sabbatical

Our rector, **the Rev. Sabeth Fitzgibbons**, is currently on sabbatical (returning on Palm Sunday, March 29). While she is away for a period of rest, study, and spiritual renewal, we gratefully 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.

Holy Week with Jesus - A Daily Text Experience

Sign up at HolyWeekWithJesus.com for a text message experience during Holy Week that walks participants through the final days of Jesus's life, from Palm Sunday to Easter Sunday. You'll receive real-time text messages, arriving at the actual hours the events unfolded. *A joint project by TryTank Research Institute and Virginia Theological Seminary.*

First Sunday Coffee Hours: Potluck Style!

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.*

Bookmarks! (2nd Sundays)

Sunday, April 12 at 12:15PM in the Trinity Library

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 invite your suggestions for other titles to read in future months.

Final Compline Service of the Season

Thursday, May 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.

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>.



AROUND THE DIOCESE

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 Sewer msewer@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/>.

Anti-Racism Training - Save the Date!

Saturday, May 2

The Rev. Canon Carla Robinson, Canon for Multicultural Ministries and Community Transformation in the Diocese of Olympia will be leading anti-racism training on May 2. More details will be available soon. Contact Kristy (office@trinityseattle.org) if you are interested in learning more about this opportunity.

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 5 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.
