



TRINITY PARISH

SEATTLE

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

SECOND SUNDAY IN LENT

Holy Eucharist

March 1, 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

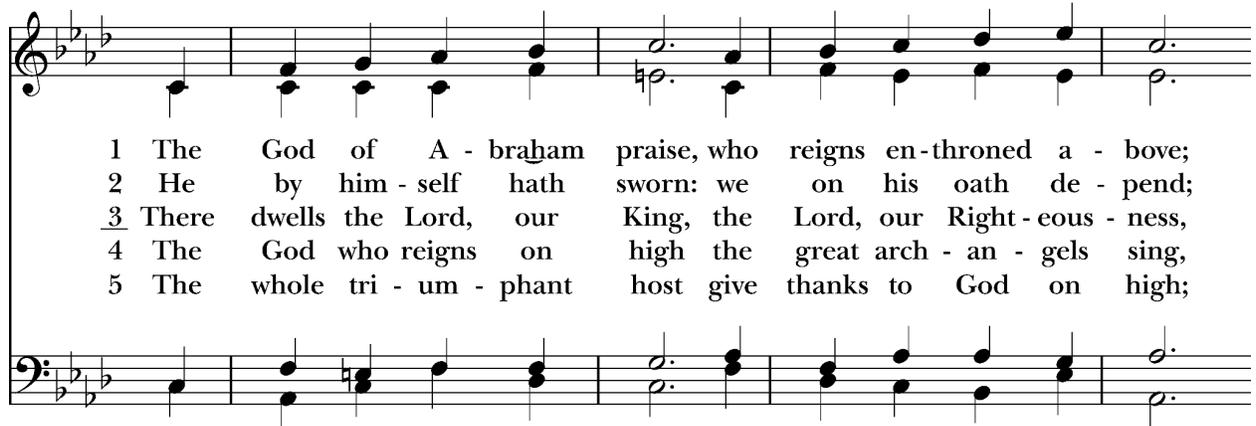
WELCOME

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

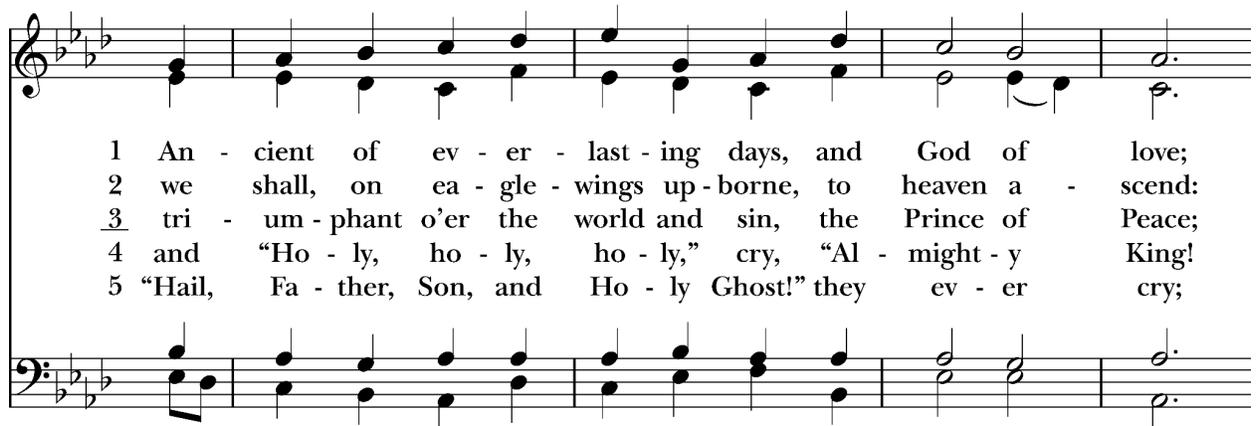
HYMN (10:30)

The God of Abraham praise

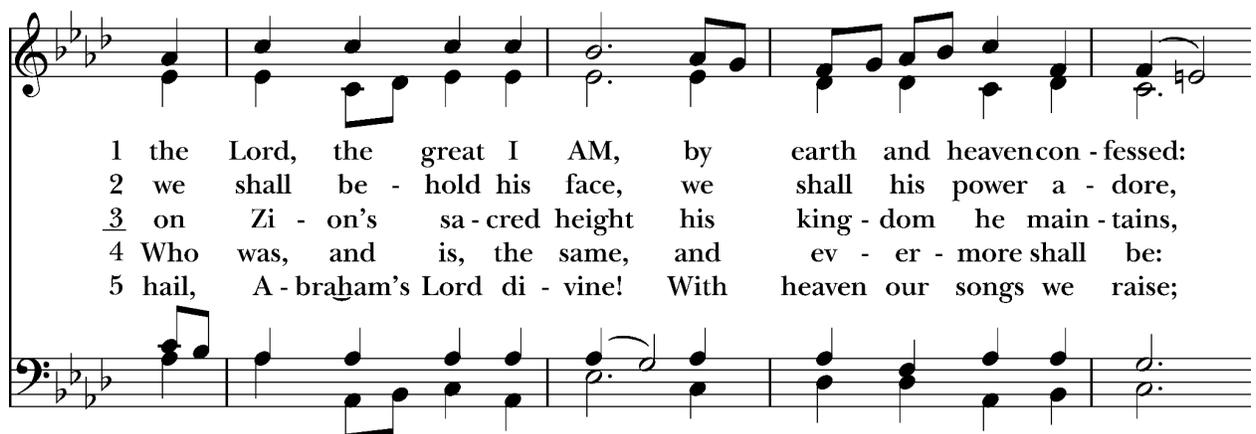
Leoni



1 The God of A - braham praise, who reigns en - throned a - bove;
2 He by him - self hath sworn: we on his oath de - pend;
3 There dwells the Lord, our King, the Lord, our Right - eous - ness,
4 The God who reigns on high the great arch - an - gels sing,
5 The whole tri - um - phant host give thanks to God on high;



1 An - cient of ev - er - last - ing days, and God of love;
2 we shall, on ea - gle - wings up - borne, to heaven a - scend:
3 tri - um - phant o'er the world and sin, the Prince of Peace;
4 and "Ho - ly, ho - ly, ho - ly," cry, "Al - might - y King!
5 "Hail, Fa - ther, Son, and Ho - ly Ghost!" they ev - er cry;



1 the Lord, the great I AM, by earth and heaven con - fessed:
2 we shall be - hold his face, we shall his power a - dore,
3 on Zi - on's sa - cred height his king - dom he main - tains,
4 Who was, and is, the same, and ev - er - more shall be:
5 hail, A - braham's Lord di - vine! With heaven our songs we raise;

we bow and bless the sa - cred Name for ev - er blest.
 and sing the won - ders of his grace for ev - er - more.
 and, glo - rious with his saints in light, for ev - er reigns.
 e - ter - nal Fa - ther, great I AM, we wor - ship thee."
 all might and ma - jes - ty are thine, and end - less praise.

Words: Thomas Olivers (1725-1799), alt. Music: *Leoni*, Hebrew melody; harm. *Hymns Ancient and Modern*, 1875, alt.

Hymnal 1982 #401

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

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.

O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from your ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of your Word, Jesus Christ your Son; who with you and the Holy Spirit lives and reigns, one God, for ever and ever. **Amen.**

Please be seated.

READING FROM HEBREW SCRIPTURE

Genesis 12:1-4a

The Lord said to Abram, “Go from your country and your kindred and your father’s house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed.”

So Abram went, as the Lord had told him; and Lot went with him.

The Word of the Lord.

Thanks be to God.

RESPONSE: Psalm 121

Ionian Psalter

ANTIPHON

The musical notation consists of two staves. The first staff is labeled 'Organ:' and 'Everyone:'. It begins with a treble clef, a key signature of one sharp (F#), and a 7/4 time signature. The melody is written in a simple, folk-like style. The lyrics 'My help comes from the' are placed below the first staff. The second staff continues the melody and ends with a double bar line. The lyrics 'Lord, the mak-er of heav-en and earth.' are placed below the second staff.

- 1 I lift up my eyes to the hills; *
from where is my help to come?
- 2 My help comes from the Lord, *
the maker of heaven and earth. *Antiphon*
- 3 He will not let your foot be moved *
and he who watches over you will not fall asleep.
- 4 Behold, he who keeps watch over Israel *
shall neither slumber nor sleep; *Antiphon*
- 5 The Lord himself watches over you; *
the Lord is your shade at your right hand,
- 6 So that the sun shall not strike you by day, *
nor the moon by night. *Antiphon*
- 7 The Lord shall preserve you from all evil; *
it is he who shall keep you safe.
- 8 The Lord shall watch over your going out and your coming in, *
from this time forth for evermore. *Antiphon*

READING FROM THE EPISTLES

Romans 4:1-5, 13-17

What then are we to say was gained by Abraham, our ancestor according to the flesh? For if Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say? “Abraham believed God, and it was reckoned to him as righteousness.” Now to one who works, wages are not reckoned as a gift but as something due. But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness.

For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation.

For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, “I have made you the father of many nations”) —in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

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 3:1-17

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

Glory to you, Lord Christ.

There was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, "Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God." Jesus answered him, "Very truly, I tell you, no one can see the kingdom of God without being born from above." Nicodemus said to him, "How can anyone be born after having grown old? Can one enter a second time into the mother's

womb and be born?” Jesus answered, “Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, ‘You must be born from above.’ The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.” Nicodemus said to him, “How can these things be?” Jesus answered him, “Are you a teacher of Israel, and yet you do not understand these things?”

“Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

“For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

“Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.”

The Gospel of the Lord.

Praise to you, Lord Christ.

Please be seated.

SERMON

Rev'd Joseph Peters-Mathews

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 Joseph and Andrew our supply priests, 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.

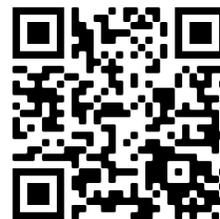
LITURGY OF THE TABLE

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

The Deer's Cry

Pärt

Christ with me, Christ before me, Christ behind me, Christ in me,
Christ beneath me, Christ above me, Christ on my right, Christ on my left,
Christ when I lie down, Christ when I sit down, Christ in me, Christ when I arise,
Christ in the heart of every man who thinks of me, Christ in the mouth of every man
who speaks of me, Christ in every eye that sees me, Christ in every ear that hears me,
Christ with me.

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.

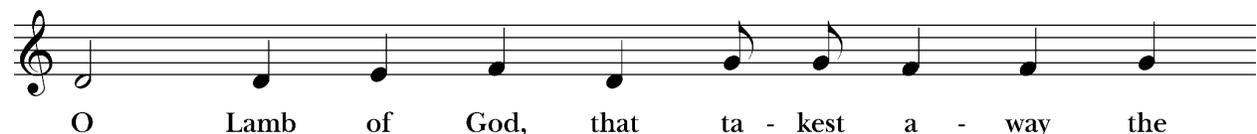
The Presider breaks the consecrated bread. A period of silence is kept.

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)



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.

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.*

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.**

COMMUNION ANTHEM

God so loved the world

Stainer

God so loved the world, that He gave His only begotten Son, that whoso believeth in Him should not perish, but have everlasting life. For God sent not His Son into the world to condemn the world; but that the world through Him might be saved. God so loved the world.

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.

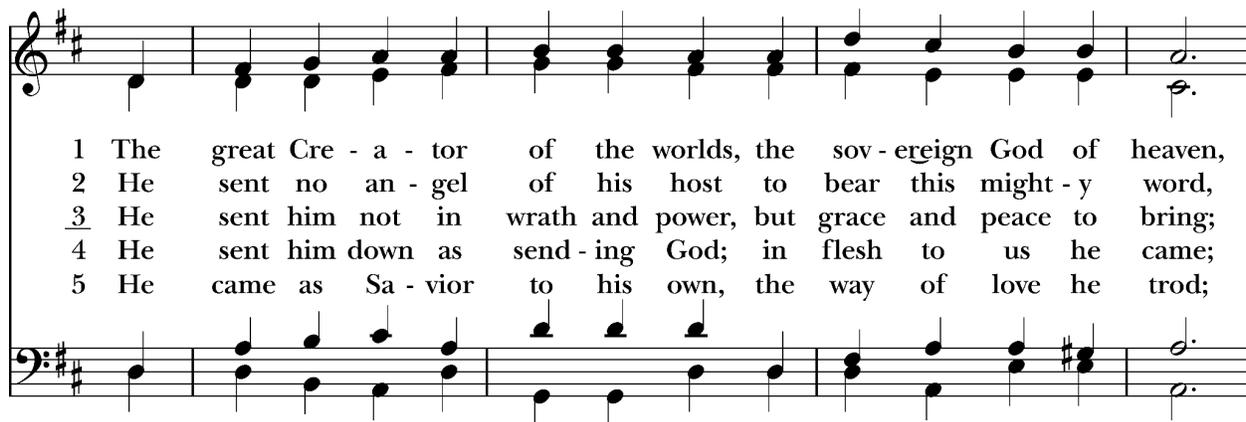
It is appropriate to make a deep bow or kneel.

Keep this your family, Lord, with your never-failing mercy, that relying solely on the help of your heavenly grace, they may be upheld by your divine protection; through Christ our Lord. **Amen.**

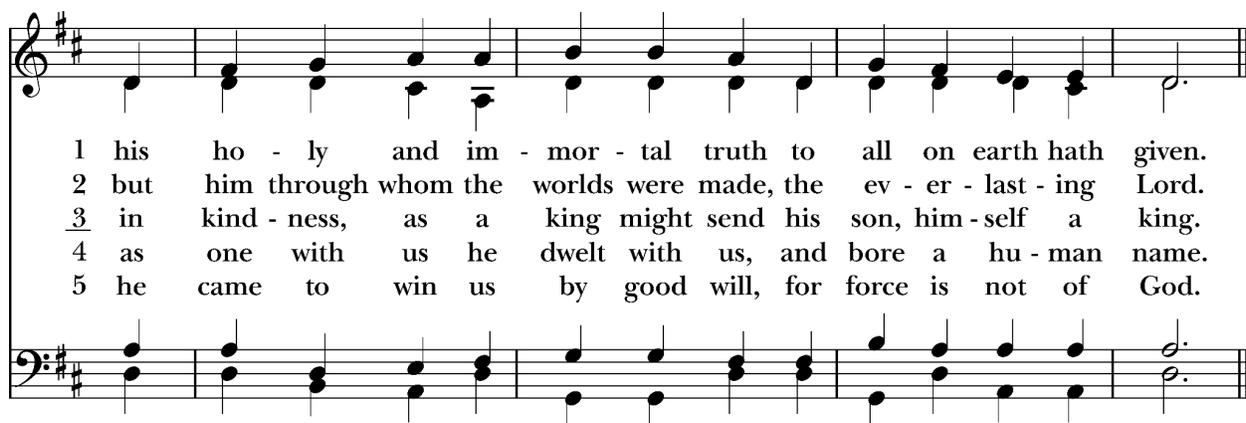
HYMN

The great Creator of the worlds

Tallis's Ordinal



1 The great Cre - a - tor of the worlds, the sov - ereign God of heaven,
2 He sent no an - gel of his host to bear this might - y word,
3 He sent him not in wrath and power, but grace and peace to bring;
4 He sent him down as send - ing God; in flesh to us he came;
5 He came as Sa - vior to his own, the way of love he trod;



1 his ho - ly and im - mor - tal truth to all on earth hath given.
2 but him through whom the worlds were made, the ev - er - last - ing Lord.
3 in kind - ness, as a king might send his son, him - self a king.
4 as one with us he dwelt with us, and bore a hu - man name.
5 he came to win us by good will, for force is not of God.

6 Not to oppress, but summon all
their truest life to find,
in love God sent his Son to save,
not to condemn mankind.

Words: Epistle to Diognetus, ca. 150; tr. F. Bland Tucker (1895-1984), rev. Copyright © The Church Pension Fund. Music: Tallis' Ordinal, Thomas Tallis (1505?-1585).

Hymnal 1982 #489

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: Mary Montgomery

Intercessor: Cyndi Wolfe

Eucharistic Minister: Marshall Bilderback

Usher: Mary Johnstone

Both Services

Vestry Person of the Week: Mary Johnstone

Presider & Preacher: the Rev. Joseph

Peters-Mathews

10:30

Acolyte: Joshua Sheppard

Lectors: Cindy Gilbrough, Sarah Unbehaun

Intercessor: Stuart Ainsley

Eucharistic Ministers: Cindy Johnson-Garnett,
Leslie Bourgoin

Usher: Caleb Triche

Organist: James Middaugh

Music Director: Markdavin Obenz

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 Bourgoin, Mary Johnstone, Carl McNabb, Kristy Messler, Margaret Obenza, Betsy Severtsen

STAY CONNECTED!

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

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

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

TRINITY CHIMES: NEWS & ANNOUNCEMENTS

HAPPENING THIS WEEK

Welcoming Today's Supply Priest

The Rev. Joseph Peters-Mathews is a priest in the Diocese of Olympia. Joseph was ordained priest in 2012 and has served on the staffs of the presiding bishop and bishop of California. He is married to Brandon and they have two children, Topher and Finny. Joseph has written for Sermons that Work, *Earth & Altar*, and Modern Metanoia. Joseph is an alumnus of General Theological Seminary and Troy University.

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.

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.

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.

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, and spiritual renewal, 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.

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

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.

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.*

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>.



Tell Out My Soul Promises to Support Trinity in 2026

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

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 Seewer mseewer@ecww.org.



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.

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/>.

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.
