



TRINITY

EPISCOPAL
PARISH
SEATTLE

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

FIFTH SUNDAY AFTER THE EPIPHANY

Holy Eucharist

February 8, 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

PRELUDE

WELCOME

Please rise as you are able.

HYMN (10:30)

Praise to the living God

Leoni

1 Praise to the liv - ing God! All prais - ed be his Name
2 Form - less, all love - ly forms de - clare his love - li - ness;
3 His Spi - rit flow - eth free, high surg - ing where it will:
4 E - ter - nal life hath he im - plant - ed in the soul;

who was, and is, and is to be for ay the same.
ho - ly, no ho - li - ness of earth can his ex - press.
in pro - phet's word he spoke of old; he speak - eth still.
his love shall be our strength and stay while a - ges roll.

The one e - ter - nal God ere aught that now ap - pears:
Lo, he is Lord of all. Cre - a - tion speaks his praise,
Es - tab - lished is his law, and change - less it shall stand,
Praise to the liv - ing God! All prais - ed be his Name

the first, the last, be - yond all thought his time - less years!
 and ev - ery-where a - bove, be - low, his will o - beys.
 deep writ up - on the hu - man heart, on sea, on land.
 who was, and is, and is to be, for ay the same.

Words: Medieval Jewish liturgy; tr. Max Landsberg (1845-1928) and Newton M. Mann (1836-1926). Music: *Leoni*, Hebrew melody; harm. *Hymns Ancient and Modern*, 1985, alt.

Hymnal 1982 #304

OPENING SENTENCES

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

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

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

GLORIA

(8:00)

Glory to God in the highest, and peace to his people on earth.

Lord God, heavenly King, almighty God and Father, we worship you,

we give you thanks, we praise you for your glory.

Lord Jesus Christ, only Son of the Father,

Lord God, Lamb of God, you take away the sin of the world:

have mercy on us;

you are seated at the right hand of the Father: receive our prayer.

For you alone are the Holy One, you alone are the Lord,

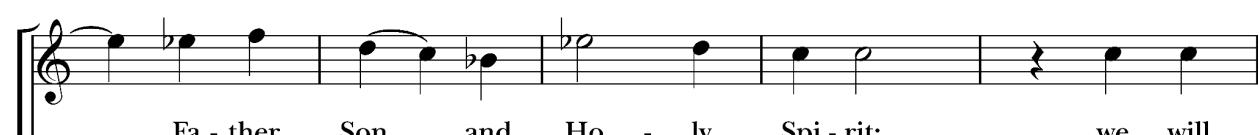
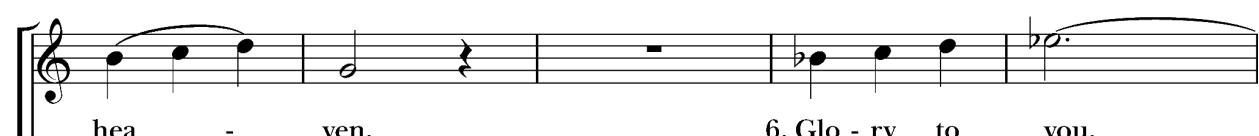
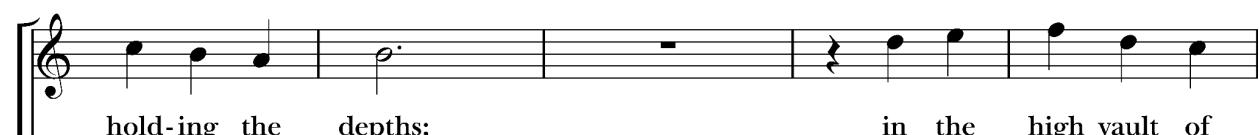
you alone are the Most High,

Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.

(10:30)

Rutter

1. Glo - ry to you, _____ Lord
God of our fa - thers; _____ you are wor - thy of praise;
glo - ry to you. _____ 2. Glo - ry to you _____
for the ra - diance of your ho - ly Name; we will
praise you and high - ly ex - alt you for ev - er. _____
3. Glo - ry to you _____ in the splen - dor of your
tem - ple; _____ on the throne of your ma - jes - ty, glo - ry to
you. _____ 4. Glo - ry to you, _____ seat - ed bet -
ween the Cher - u - bim; _____ we will praise you and



high-ly ex - alt you Glo-ry to you!
high-ly ex - alt you for ev - er.

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

Hymnal 1982 #S-236

COLLECT OF THE DAY

The Lord be with you.

And also with you.

Let us pray.

Set us free, O God, from the bondage of our sins, and give us the liberty of that abundant life which you have made known to us in your Son our Savior Jesus Christ; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

Please be seated.

READING FROM HEBREW SCRIPTURE

Isaiah 58:1-9a

Shout out, do not hold back! Lift up your voice like a trumpet! Announce to my people their rebellion, to the house of Jacob their sins. Yet day after day they seek me and delight to know my ways, as if they were a nation that practiced righteousness and did not forsake the ordinance of their God; they ask of me righteous judgments, they delight to draw near to God. “Why do we fast, but you do not see? Why humble ourselves, but you do not notice?” Look, you serve your own interest on your fast day, and oppress all your workers. Look, you fast only to quarrel and to fight and to strike with a wicked fist. Such fasting as you do today will not make your voice heard on high. Is such the fast that I choose, a day to humble oneself? Is it to bow down the head like a bulrush, and to lie in sackcloth and ashes? Will you call this a fast, a day acceptable to the Lord? Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin? Then your light shall break forth like the dawn, and your healing shall spring up quickly;

your vindicator shall go before you, the glory of the Lord shall be your rear guard. Then you shall call, and the Lord will answer; you shall cry for help, and he will say, Here I am.

The Word of the Lord.

Thanks be to God.

Psalm 112

Ionian Psalter

ANTIPHON

Psalm 112: 1a, 9a

Organ:

Everyone:



Hap-py are they who have giv-en to the poor.

1 Hallelujah!

Happy are they who fear the Lord *

and have great delight in his commandments!

2 Their descendants will be mighty in the land; *

the generation of the upright will be blessed.

Antiphon

3 Wealth and riches will be in their house, *

and their righteousness will last for ever.

4 Light shines in the darkness for the upright; *

the righteous are merciful and full of compassion. *Antiphon*

5 It is good for them to be generous in lending *

and to manage their affairs with justice.

6 For they will never be shaken; *

the righteous will be kept in everlasting remembrance.

Antiphon

7 They will not be afraid of any evil rumors; *

their heart is right; they put their trust in the Lord.

*[8 Their heart is established and will not shrink, **

until they see their desire upon their enemies.]

9 They have given freely to the poor, *

and their righteousness stands fast for ever; they will hold up their head with honor.

Antiphon

[Omitted in the Ionian Psalter]

READING FROM THE EPISTLES

1 Corinthians 2:1-12

When I came to you, brothers and sisters, I did not come proclaiming the mystery of God to you in lofty words or wisdom. For I decided to know nothing among you except Jesus Christ, and him crucified. And I came to you in weakness and in fear and in much trembling. My speech and my proclamation were not with plausible words of wisdom, but with a demonstration of the Spirit and of power, so that your faith might rest not on human wisdom but on the power of God. Yet among the mature we do speak wisdom, though it is not a wisdom of this age or of the rulers of this age, who are doomed to perish. But we speak God's wisdom, secret and hidden, which God decreed before the ages for our glory. None of the rulers of this age understood this; for if they had, they would not have crucified the Lord of glory. But, as it is written, "What no eye has seen, nor ear heard, nor the human heart conceived, what God has prepared for those who love him"—these things God has revealed to us through the Spirit; for the Spirit searches everything, even the depths of God. For what human being knows what is truly human except the human spirit that is within? So also no one comprehends what is truly God's except the Spirit of God. Now we have received not the spirit of the world, but the Spirit that is from God, so that we may understand the gifts bestowed on us by God.

The Word of the Lord.

Thanks be to God.

Please rise as you are able.

HYMN (10:30)

O day of God, draw nigh

St. Michael

1 O day of God, draw nigh in beauty and in power, come.
 2 Bring to our troubled minds, uncertain and afraid, the.
 3 Bring justice to our land, that all may dwell secure, and.
 4 Bring to our world of strife thy sovereign word of peace, that.
 5 O day of God, draw nigh as at creation's birth, let.

1 with thy time - less judg - ment now to match our pres - ent hour.
 2 qui - et of a stead - fast faith, calm of a call o - beyed.
 3 fine - ly build for days to come foun - da - tions that en - dure.
 4 war may haunt the earth no more and des - o - la - tion cease.
 5 there be light a - gain, and set thy judg - ments in the earth.

Words: Robert Balgarnie Young Scott (1899-1987). Copyright © Emmanuel College, Toronto. Used by permission. Music: *St. Michael*, Louis Bourgeois (1510?-1561?); harm. William Henry Monk (1823-1899).

Hymnal 1982 #601

GOSPEL READING

Matthew 5:13-20

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

Glory to you, Lord Christ.

Jesus said, “You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot. “You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven. “Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfill. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.”

The Gospel of the Lord.

Praise to you, Lord Christ.

Please be seated.

SERMON

Rev'd Andrew Cooley

A brief period of silence follows the Sermon.

Please rise as you are able.

NICENE CREED

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

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

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

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

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

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

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

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

We believe in one holy catholic and apostolic Church.

We acknowledge one baptism for the forgiveness of sins.

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

Amen.

PRAYERS OF THE PEOPLE

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

Presider

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

Prayer Leader

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

Light of the world,
hear our prayer.

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

Light of the world,
hear our prayer.

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

Light of the world,
hear our prayer.

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

Light of the world,
hear our prayer.

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

Light of the world,
hear our prayer.

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

Light of the world,
hear our prayer.

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

Presider

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

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

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

ABSOLUTION

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

BLESSINGS AND CELEBRATIONS

PEACE

The peace of the Lord be always with you.

And also with you.

Please greet one another in the name of Jesus Christ.

LITURGY OF THE TABLE

Please be seated while the table is prepared.

OFFERTORY

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



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

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

OFFERTORY MUSIC

O nata lux

Tallis

O Light born of Light, Jesus, redeemer of the world, mercifully deign to accept the praises and prayers of your suppliants. You who once deigned to be clothed in flesh for the sake of the lost, grant us to be made members of your blessed body.

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. Because in the mystery of the

Word made flesh, you have caused a new light to shine in our hearts, to give the knowledge of your glory in the face of your Son Jesus Christ our Lord.

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

(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 he who comes in the name of the Lord.

Hosanna in the highest.

(10:30)

Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might,

heaven and earth are full of your glo - ry. Ho -

san - na in the high - est. Ho - san - na in the high - est.

Blessed is he who comes in the name of the Lord. Ho -

san - na in the high-est. Ho - san - na in the high-est.

Hymnal 1982 #S-125

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in Jesus Christ, the Word made flesh.

For in these last days you sent Jesus to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In Christ, you have delivered us from evil, and made us worthy to stand before you. In Christ, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

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

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

Therefore, according to his command, O Father,

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

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

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

THE LORD'S PRAYER

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

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

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

FRACTION ANTHEM

(8:00)

Jesus, Lamb of God: **have mercy on us.**

Jesus, bearer of our sins: **have mercy on us.**

Jesus, redeemer of the world: **give us your peace.**

(10:30)

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

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

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

give us your peace, give us your peace.

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

Hymnal 1982 #S-164

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

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

INVITATION AND COMMUNION

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

So, come to this table:

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

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

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

- *Gluten-free wafers are available; simply ask for one at the time of communion.*

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

COMMUNION ANTHEM

Oculi omnium

Wood

All eyes look to you, Lord: and you give them food in due time.

Glory to you, Lord, Amen.

COMMUNITY ANNOUNCEMENTS

POST-COMMUNION PRAYER

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

BLESSING

May you be salt and light to the world, that you may shine, and do good works, and give glory to God.

May you join Christ's work to loose the bonds of injustice through compassion for the poor so that Christ's light may break forth like the dawn.

May the Holy Spirit reveal to you what no eye has seen, nor ear, heard, nor the human heart conceived—what the Holy One has prepared for those who love God.

May God's blessing be with you, Christ's peace be with you, and the Spirit's outpouring be with you and enlighten you, now and for ever. **Amen.**

HYMN (*see page 20*) Lord, whose love through humble service

DISMISSAL

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

Thanks be to God.

POSTLUDE

CITATIONS & PERMISSIONS

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MINISTERS OF THE SERVICE

8:00

Acolyte: Ronald Johnson
Lector: Michael Regis
Intercessor: Cyndi Wolfe
Eucharistic Minister: Ronald Johnson
Usher: William Pearson

Both Services

Vestry Person of the Week: NA
Presider & Preacher: the Rev'd Andrew Cooley

10:30

Acolyte: Joshua Sheppard
Lectors: Cindy Gilbrough, Eugene Webb
Intercessor: Marilyn Scott-Knutson
Eucharistic Ministers: Cindy Johnson-Garnett, Marvin Taylor
Usher: Julien Goulet
Organist: James Middaugh
Music Director: Markdavin Obenza

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

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

HYMN

Lord, whose love through humble service

Blaenafren

1 Lord, whose love through hum - ble ser - vice bore the weight of hu - man
 2 Still your chil - dren wan - der home - less; still the hun - gry cry for
 3 As we wor - ship, grant us vi - sion, till your love's re - veal - ing
 4 Called by wor - ship to your ser - vice, forth in your dear name we

need, who up - on the cross, for - sak - en, of - fered mer - cy's
 bread; still the cap - tives long for free - dom; still in grief we
 light, in its height and depth and great - ness, dawns up - on our
 go, to the child, the youth, the a - ged love in liv - ing

per - fect deed, we, your ser - vants, bring the wor - ship
 mourn our dead. As, O Lord, your deep com - pas - sion
 quick - ened sight, mak - ing known the needs and bur - dens
 deeds to show; hope and health, good will and com - fort,

not of voice a - lone, but heart, con - se - crat - ing
 healed the sick and freed the soul, use the love your
 your com - pas - sion bids us bear, stir - ring us to
 coun - sel, aid, and peace we give, that your ser - vants,

to your pur - pose ev - ery gift that you im - part.
 Spi - rit kin - dles still to save and make us whole.
 tire - less striv - ing, your a - bun - dant life to share.
 Lord, in free - dom may your mer - cy know and live.

Words: Albert F. Bayly (1901-1984), alt. Copyright © 1961, Albert Bayly. Used by permission of Oxford University Press.
 Music: *Blaenafren*, Welsh melody.

Hymnal 1982 #610

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 services*)

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

Bookmarks! (*2nd Sundays*)

TODAY at 12:15PM in the Trinity Library

Please join us for our discussion of *The Return of the Prodigal Son*, by Henri Nouwen. All are welcome to join in the conversation, whether you've read the book or not. For March we'll be reading *The Prophetic Imagination*, by Walter Brueggemann. We invite your suggestions for other titles to read in future months.

Weekly AA Meetings at Trinity

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

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

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

An open AA meeting that welcomes LGBTQ+ participants.

MORE PARISH EVENTS AND ANNOUNCEMENTS

The Vestry Requests Your Feedback

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

Year-end Statements for 2025

2025 year-end giving statements were sent out this week. Most were sent electronically (for those with an email on file). If you would like a printed statement mailed to you, please contact Kristy in the office: bookkeeper@trinityseattle.org.

Ash Wednesday Services

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

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

Adult Formation in Lent: Walk in Love

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

Lent will provide us with an opportunity to dig into the theme "*Enliven us with Reflection and Renewal.*" Join us between the services, at 9:15am, for a 5-week formation series beginning Feb. 22 as we discuss what it means to Walk in Love as Episcopalians. We will be using the book, *Walk in Love: Episcopal Beliefs & Practices*, by Scott Gunn & Melody Wilson Shobe, to help guide our conversation. This class is open to all and will be especially of interest to anyone interested in

Baptism, Confirmation, Reception (from another denomination into the Episcopal Church), or Reaffirmation. A few copies of *Walk in Love* are available in the office. Please let Rev. Andrew or Kristy (office@trinityseattle.org) know if you need one.

Our Rector is on Sabbatical

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

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



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

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

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

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/>.

First Sunday Coffee Hours: Potluck Style!

On the first Sundays of the month you are invited to bring something store-bought or homemade to add to the Coffee Hour table. Everyone is welcome to eat whether you bring something or not. *Next potluck coffee hour: 3/1.*

Compline Service

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

Join us on the evening of **March 5** for our next Compline - 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.

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.

Diocesan Discernment Retreat - Save the Date!

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

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