

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

THIRD SUNDAY IN LENT Holy Eucharist

March 23, 2025, 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

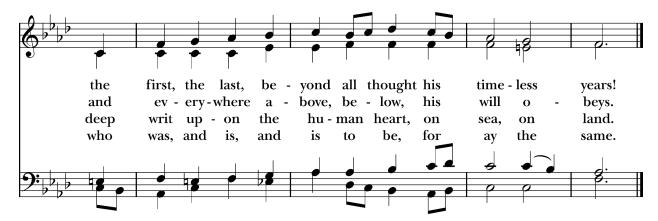
Repton

Francis Jackson (1917-2022)

WELCOME

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





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 #372

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. 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

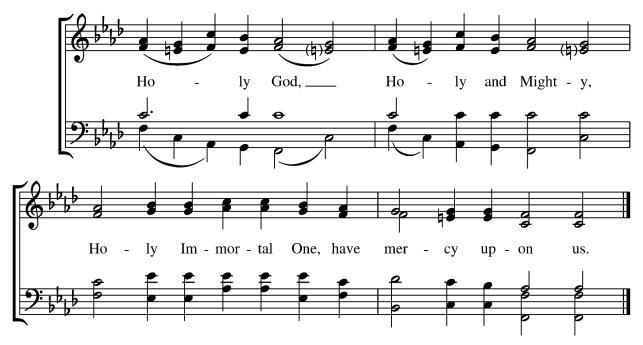
Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. **Amen.**

TRISAGION

(8:00) Said three times

Holy God, Holy and Mighty, Holy Immortal One, have mercy upon us.

(10:30) Sung three times



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

Enriching Our Music 1 #55

COLLECT OF THE DAY

The Lord be with you.

And also with you.

Let us pray.

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

Please be seated.

Moses was keeping the flock of his father-in-law Jethro, the priest of Midian; he led his flock beyond the wilderness, and came to Horeb, the mountain of God. There the angel of the Lord appeared to him in a flame of fire out of a bush; he looked, and the bush was blazing, yet it was not consumed. Then Moses said, "I must turn aside and look at this great sight, and see why the bush is not burned up." When the Lord saw that he had turned aside to see, God called to him out of the bush, "Moses, Moses!" And he said, "Here I am." Then he said, "Come no closer! Remove the sandals from your feet, for the place on which you are standing is holy ground." He said further, "I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob." And Moses hid his face, for he was afraid to look at God.

Then the Lord said, "I have observed the misery of my people who are in Egypt; I have heard their cry on account of their taskmasters. Indeed, I know their sufferings, and I have come down to deliver them from the Egyptians, and to bring them up out of that land to a good and broad land, a land flowing with milk and honey, to the country of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites. The cry of the Israelites has now come to me; I have also seen how the Egyptians oppress them. So come, I will send you to Pharaoh to bring my people, the Israelites, out of Egypt." But Moses said to God, "Who am I that I should go to Pharaoh, and bring the Israelites out of Egypt?" He said, "I will be with you; and this shall be the sign for you that it is I who sent you: when you have brought the people out of Egypt, you shall worship God on this mountain." But Moses said to God, "If I come to the Israelites and say to them, 'The God of your ancestors has sent me to you,' and they ask me, 'What is his name?' what shall I say to them?" God said to Moses, "I am who I am." He said further, "Thus you shall say to the Israelites, 'I am has sent me to you." God also said to Moses, "Thus you shall say to the Israelites, 'The Lord, the God of your ancestors, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you':

This is my name forever, and this my title for all generations."

The Word of the Lord.

Thanks be to God.

RESPONSE: Psalm 63:1-8 Ionian Psalter

ANTIPHON



- 1 O God, you are my God; eagerly I seek you; *
 my soul thirsts for you, my flesh faints for you, as in a barren
 and dry land where there is no water.
- 2 Therefore I have gazed upon you in your holy place, * that I might behold your power and your glory. *Antiphon*
- 3 For your loving-kindness is better than life itself; * my lips shall give you praise.
- 4 So will I bless you as long as I live * and lift up my hands in your Name.

Antiphon

- 5 My soul is content, as with marrow and fatness, * and my mouth praises you with joyful lips,
- 6 When I remember you upon my bed, *
 and meditate on you in the night watches. *Antiphon*
- 7 For you have been my helper, * and under the shadow of your wings I will rejoice.
- 8 My soul clings to you; *
 your right hand holds me fast. Antiphon

(at 8:00) Glory to the Father, and to the Son, and to the Holy Spirit:

As it was in the beginning, is now, and will be for ever. Amen.

READING FROM THE EPISTLES

1 Corinthians 10:1-13

I do not want you to be unaware, brothers and sisters, that our ancestors were all under the cloud, and all passed through the sea, and all were baptized into Moses in the cloud and in the sea, and all ate the same spiritual food, and all drank the same spiritual drink. For they drank from the spiritual rock that followed them, and the rock was Christ. Nevertheless, God was not pleased with most of them, and they were struck down in the wilderness.

Now these things occurred as examples for us, so that we might not desire evil as they did. Do not become idolaters as some of them did; as it is written, "The people sat down to eat and drink, and they rose up to play." We must not indulge in sexual immorality as some of them did, and twenty-three thousand fell in a single day. We must not put Christ to the test, as some of them did, and were destroyed by serpents. And do not complain as some of them did, and were destroyed by the destroyer. These things happened to them to serve as an example, and they were written down to instruct us, on whom the ends of the ages have come. So if you think you are standing, watch out that you do not fall. No testing has overtaken you that is not common to everyone. God is faithful, and he will not let you be tested beyond your strength, but with the testing he will also provide the way out so that you may be able to endure it.

The Word of the Lord.

Thanks be to God.

Please rise as you are able.



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

Luke 13:1-9

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

Glory to you, Lord Christ.

At that very time there were some present who told Jesus about the Galileans whose blood Pilate had mingled with their sacrifices. He asked them, "Do you think that because these Galileans suffered in this way they were worse sinners than all other Galileans? No, I tell you; but unless you repent, you will all perish as they did. Or those eighteen who were killed when the tower of Siloam fell on them--do you think that they were worse offenders than all the others living in

Jerusalem? No, I tell you; but unless you repent, you will all perish just as they did."

Then he told this parable: "A man had a fig tree planted in his vineyard; and he came looking for fruit on it and found none. So he said to the gardener, 'See here! For three years I have come looking for fruit on this fig tree, and still I find none. Cut it down! Why should it be wasting the soil?' He replied, 'Sir, let it alone for one more year, until I dig around it and put manure on it. If it bears fruit next year, well and good; but if not, you can cut it down."

The Gospel of the Lord.

Praise to you, Lord Christ.

Please be seated.

SERMON

the Rev. Helen McPeak

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 look for the resurrection of the dead

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

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

The Lord is my light and my salvation; whom then shall I fear? * the Lord is the strength of my life; of whom then shall I be afraid? *Ps 27.1*

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 Like as the hart Howells

Like as the hart desireth the waterbrooks: so longeth my soul after thee, O God.

My soul is athirst for God, yea, even for the living God: when shall I come to appear before the presence of God?

My tears have been my meat day and night: while they daily say unto me, Where is now thy God?

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 truly right to glorify you, Holy One, and to give you thanks; for you alone are God, living and true, dwelling in light inaccessible from before time and for ever.

Fountain of life and source of all goodness, you made all things and fill them with your blessing; you created them to rejoice in the splendor of your radiance.

Countless throngs of angels stand before you to serve you night and day; and, beholding the glory of your presence, they offer you unceasing praise. Joining with them, and giving voice to every creature under heaven, we acclaim you, and glorify your Name, as we (say) sing,

(8:00)

Holy, holy, holy Lord,

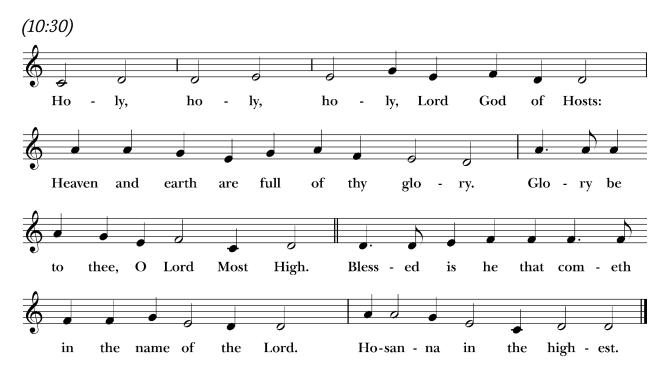
God of power and might,

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.



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

Hymnal 1982 #S-113

We acclaim you, holy God, glorious in power. Your mighty works reveal your wisdom and love. You formed us in your own image, giving the whole world into our care, so that, in obedience to you, our Creator, we might rule and serve all your creatures. When our disobedience took us far from you, you did not abandon us to the power of death. In your mercy you came to our help, so that in seeking you we might find you. Again and again you called us into covenant with you, and through the prophets you taught us to hope for salvation.

Holy God, you loved the world so much that in the fullness of time you sent your only Son to be our Savior. Incarnate by the Holy Spirit, born of the Virgin Mary, Jesus lived as one of us, yet without sin. To the poor he proclaimed the good news of salvation; to prisoners, freedom; to the sorrowful, joy. To fulfill your purpose Jesus gave himself up to death; and, rising from the grave, destroyed death, and made the whole creation new.

And that we might live no longer for ourselves, but for Christ who died and rose for us, you sent the Holy Spirit, your own first gift for those who believe, to complete your work in the world, and to bring to fulfillment the sanctification of all.

When the hour had come for Jesus to be glorified by you, his heavenly Father, having loved his own who were in the world, he loved them to the end; at supper with them Jesus 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."

Almighty God, we now celebrate this memorial of our redemption. Recalling Christ's death and descent among the dead, proclaiming Christ's resurrection and ascension to your right hand, awaiting Christ's coming in glory; and offering to you, from the gifts you have given us, this bread and this cup, we praise you and we bless you.

We praise you, we bless you, we give thanks to you, and we pray to you, Lord our God.

God our Creator, we pray that in your goodness and mercy your Holy Spirit may descend upon us, and upon these gifts, sanctifying them and showing them to be holy gifts for your holy people, the bread of life and the cup of salvation, the Body and Blood of our Savior Jesus Christ.

Grant that all who share this bread and cup may become one body and one spirit, a living sacrifice in Christ, to the praise of your Name.

Remember, Lord, your one holy catholic and apostolic Church, redeemed by the blood of your Christ. Reveal its unity, guard its faith, and preserve it in peace.

The Presider offers prayers on behalf of the community, then continues

And grant that we may find our inheritance with Mary the mother of Jesus, with matriarchs, patriarchs, prophets, apostles, and martyrs, and all the saints who have found favor with you in ages past. We praise you in union with them and give you glory through Jesus Christ our Savior.

Through Christ, and with Christ, and in Christ, all honor and glory are yours, Almighty God and Father, in the unity of the Holy Spirit, for ever and ever. **AMEN.**

THE LORD'S PRAYER

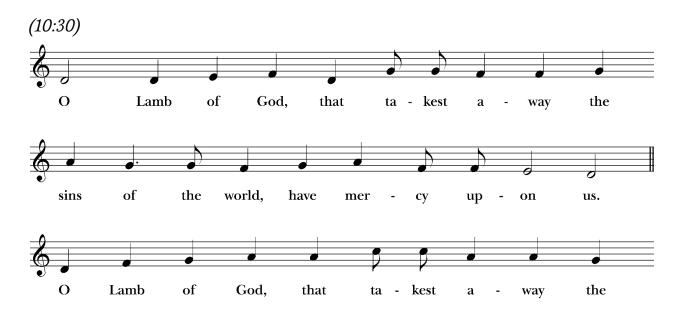
And now, as our Savior Christ has taught us, we are bold to say,

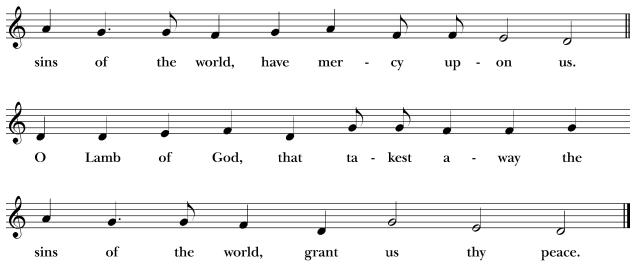
Our Father, who art in heaven, hallowed be thy Name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the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





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

The gifts of God for the people of God.

May we who share these gifts be found in Christ and Christ in us.

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

- Gluten-free wafers are available by request.
- 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 Hear my prayer

Purcell

Hear my prayer, O Lord, and let my crying come unto thee.

POST-COMMUNION PRAYER

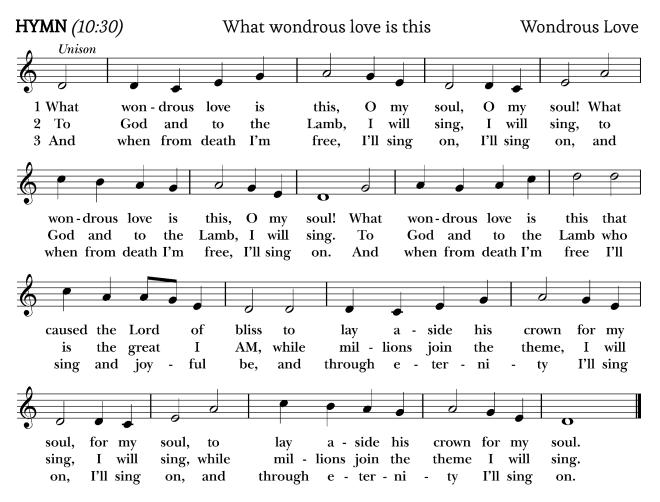
Almighty and everliving God, we thank you for feeding us with the spiritual food of the most precious Body and Blood of your Son our Savior Jesus Christ; and for assuring us in these holy mysteries that we are living members of the Body of Christ, and heirs of your eternal kingdom. And now, send us out 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.

Look mercifully on this your family, Almighty God, that by your great goodness they may be governed and preserved evermore; through Christ our Lord. **Amen.**



Words: American folk hymn, ca. 1835. Music: Wondrous Love, from The Southern Harmony, 1835; alt. acc. Carlton R. Young, (b. 1926).

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

8:00AM 10:30AM

Acolyte: Marshall Bilderback Acolyte: Joshua Sheppard

Lector: Pam Peterson Lectors: Carl McNabb, Sally Sundar

Eucharistic Minister: Marshall Bilderback Eucharistic Ministers: Cindy Johnson-Garnett,

Usher: Mary Johnstone Marvin Taylor
Usher: Dick Willy

Organist: James Middaugh

Presider & Preacher: the Rev. Helen McPeak Music Director: Markdavin Obenza

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.

Vestry Meeting (meetings are open to members of the congregation)

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

Weekly AA Meetings - in the Trinity Library

- Beautiful Individuals Sundays at 7:00PM
 - An AA meeting specifically for women, trans, and non-binary individuals.
- 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.

Rev. Sabeth on vacation - March 18-25

For urgent pastoral or congregational needs, please contact Senior Warden Mary Johnstone (<u>mjstone@gmail.com</u>) or the church office (<u>office@trinityseattle.org</u>/ 206.624.5337).

MORE EVENTS AND ANNOUNCEMENTS

Novena of Grace: Cultivating Seeds of Hope

Tues., April 1 - Wed., April 9 (Weekdays 12:30-1:30PM; Sat./Sun. 11AM-12PM) Chapel of St. Ignatius, Seattle University, 901 12th Ave. & Livestreamed Journey with the Ignatian Spirituality Center this Lent for a nine-day retreat (one hour per day) amid daily life. Join us daily, in person or online, for any or all of the nine days, and be uplifted by beautiful music, inspired preaching, and heartfelt prayer and reflection. Free to attend. All are welcome! For more information: https://www.ignatiancenter.org/novena-of-grace-2025

Compline (1st Thursdays)

Thursday, April 3 at 8:15PM - 8:45PM in the Sanctuary and on YouTube The Trinity Choir leads us in this brief, restful service at the end of the day.

Funeral Service for Karen Fleischer (4/25/1939 - 3/20/2025)

Friday, April 4, at 10:00AM

We are saddened to share the news that Karen Fleischer, wife of retired Deacon Terry Fleischer, died on Thursday. Karen's funeral service will be held at Trinity on Friday, April 4 at 10:00AM.

Spring Litter Pickup: Beautifying Our Neighborhood (1st Sundays)

Sunday, April 6, 9:00AM to 10:30AM (between services)

Trinity is hosting neighborhood clean-ups and welcomes all volunteers! Join in between services to pick up litter in the neighborhood. Supplies (vests, grabbers, etc.) provided. Close-toed shoes recommended. Upcoming dates: 4/6, 5/4, 6/1.

Bookmarks! (1st Sundays)

Sunday, April 6, at 12:15PM in the Trinity Library

Bookmarks! is open to all (whether or not you've read the book). Join us for April's discussion of *The Last Week: What the Gospels Really Teach about Jesus' Final Days in Jerusalem*, by John Dominic Crossan and Marcus Borg.

Funeral Service for Jeanann Francis (11/16/1929 - 2/16/2025)

Saturday, April 12 at 2:00PM at Trinity, Reception will follow in the Parish Hall Jeanann was a longtime member of Trinity before moving to Portland, OR, in 2021.

Memorial Service for Peter Elbow (4/14/1935 - 2/6/2025)

Saturday, April 12 at 3:00PM at Horizon House, 900 University Street
The memorial service for Peter, husband of Cami Elbow, will be held at Horizon
House on April 12. The service will also be live streamed via YouTube.

Community Lunch (3rd Sundays)

Sunday, April 20 at 11:45AM in the Parish Hall

Every 3rd Sunday of the month we host a FREE hot meal for our community and neighbors. All hungry humans are invited to eat!

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 April 13 for inclusion in our Easter bulletins.

Your Pledges Support Trinity in 2025 - Help meet the goal of 100% participation If you haven't already made your pledge of time, wisdom, and/or financial support for 2025 you can still do so. Pledge cards are available in the church or office, or you can pledge online. Thank you for your generosity. https://onrealm.org/TrinitySeattle/-/form/pledge/walkinlove.

Free Community Clinic (Admission tickets are limited - plan to arrive early)

Thursday through Sunday, April 24-27, at Fisher Pavilion
Seattle/King County Clinic returns for its 10th year providing FREE dental, vision, and medical services to anyone who struggles to access and/or afford care. No ID or proof of income, insurance, or immigration status is required, and patients do not need to be residents of Seattle or King Co. to receive care. Interpreters will be available. A limited number of admission tickets will be handed out each day starting at 5:30AM at Fisher Pavilion, first come, first served.

Experience Holy Week and Easter at Trinity

April 13-20, 2025

Sunday of the Passion: Palm Sunday - April 13 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 17 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 18 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.

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.