



Trinity United Methodist Church



*Celtic high cross, Clonmacnoise Monastery
County Offaly, Ireland (c.870 AD)*

*just as Moses
lifted up the snake in the wilderness
so must the Son of Man
be lifted up*
John 3:14a

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March 1, 2026

8:30 & 10:30 a.m.



Welcome to Trinity Church! We are grateful you are here. We'd appreciate it if you would complete an attendance card found in the pew rack (or scan the QR code on page 8 with your phone's camera and click the link) to register your attendance today - and do include each family member present.

Prelude *Sicilienne* (attrib. von Paradis) Jerry Rich

Welcome

* Call to Worship *from Psalm 29*

Ascribe to the Lord, you heavenly beings,
ascribe to the Lord glory and strength.
 Ascribe to the Lord the glory due his name;
worship the Lord in the splendor of his holiness.
 The voice of the Lord is over the waters;
the God of glory thunders,
the Lord thunders over the mighty waters.
 The voice of the Lord is powerful;
 the voice of the Lord is majestic.
The voice of Lord strikes
with flashes of lightning.
 And in his temple all cry,
"Glory!"

* Gathering Hymn *Lift High the Cross* UMH 129

Opening Prayer

We gather, holy God,
 weary of diatribes and dishonest speech,
 of wars and rumors of wars, the evident hardheartedness of humankind.
We come as those whose ways have bent away
from the obedient pattern of your Son's life.
We are anxious and suspicious of others,
and less inclined to find the dishonesty and hardheartedness
that may have manifested in ourselves.
 Free us, therefore, to submit to the cup from which Jesus drank,
 to embrace *his* upward mobility, which took the form of the Cross,
 and to walk his road, which led through obedience on earth to glory in your Kingdom.
For the opportunity to eat and drink together,
and for the life that we have received from you,
we give you thanks and praise.
In seasons of want, and seasons of abundance,
grant us grace to discover that you are with us.
Make our daily bread into the bread of life,
and the cup from which we drink into the cup of salvation. Amen.

Children's Message Laurie Strollo

Prayers of the People

Offering

Our offering is received as we pass the plates, but you may also give online at <http://umtrinity.org/give> or through our app.

Offertory *Jesus Walked This Lonesome Valley* (trad.) Maggie Rabe (8:30)
I Have Longed for thy Saving Health (Byrd-Whitehead) Chancel Choir (10:30)

Reading from the Scriptures John 3:1-15 Suzanne Hamilton (8:30)
 Ann Keating (10:30)

Now 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

(Continued on page 2)

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.

This is the Word of God, for us, the People of God. **Thanks be to God.**

Message

Looking Up

Dave Rochford

The Great Thanksgiving

adapted from a Celtic Liturgy

The table of bread and cup has been made ready. It is a table of companionship with Jesus, and with all those who love him. It is the table of sharing with the poor of the world, with whom Jesus found fellowship. It is the table of communion with the earth, to which Christ became incarnate. So come to this table, you who have much faith, and you who would like to have more; you who often partake of this Sacrament, and you who do so seldom; you who have tried to follow Jesus, and you who have failed. Come. It is Christ himself who invites us to meet him here this day.

Let us pray:

Blessed are you, O God,

for you have brought forth bread from the earth.

Blessed are you, O God,

for you have created the fruit of the vine.

In the beginning you watered the earth that all might have food and drink. You gave bread to your servants Sarah and Abraham to sustain their family on their journey. You called Moses and the Hebrew people out of bondage and nourished them with food in the wilderness. You gave Mary and Joseph their daily bread to share. And here at your table you offer us bread and drink for the journey, to nourish us as sons and daughters on our journey with Jesus to the Cross.

And so with all our sisters and brothers, before us and beside us, near and far, we join in the song of your unending greatness:

Holy, holy, holy, God of power and might, Heaven and earth are full of your glory!

Glory be to you, O God most high. Among friends who gathered round the table, Jesus took bread and, having blessed it, broke the bread and gave it to his disciples saying, "Take, eat, this is my body which is given for you."

In the same way after supper, he took the cup and gave you thanks. He gave it to them saying, "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. Do this as often as you drink it in remembrance of me."

So, now, following Jesus' example, in this season of remembrance and repentance, we take this bread and this drink; the ordinary things of the world through which God will and does bless us. And as Jesus offered thanks for the gifts of the earth, we celebrate your goodness in the person of our Lord, Jesus Christ, present with us now, as we do in this place what he did in an upstairs room. We remember that he has given his body, and shed his own blood, that we might be nourished and bound together, to seek and to find the Light that endures in our darkened world.

Breathe your Spirit upon us, and upon these gifts of ordinary things, that they may be heaven's food for us, renewing, sustaining and completing us, that we may be your Body on earth, loving and caring for the world.

The pastors will break the bread and lift the cup.

Behold, the bread of heaven is broken for the life of the world, the gifts of God for the people of God.
Amen.

The Lord's Prayer

As our Savior has taught us, so we pray:
God's love reaches out to us

Our Father in heaven

This place is sacred ground

Hallowed be your name

May our lives reflect God's glory

Your kingdom come

May our thoughts reflect God's thoughts

Your will be done

We long for deep peace

On earth as it is in heaven

Love blesses life, knowing earth will provide

Give us this day our daily bread

Where love falls short

Forgive our sins

Let justice prevail

As we forgive those who sin against us

Prevent the chaos that leads to wrong-doing

Lead us not into temptation

For grace is strong where freedom is found

And deliver us from evil. For the kingdom, the power, and the glory are yours, now and forever. Amen.

The Prayer after Communion

Christ's food in our bodies

Our food shared like his

Christ's life in our hands

Our lives shaped by his

Christ's love in our hearts

Our love enlivened through his

Christ's peace on our path

Our path following his

These things we ask, Lord!

Amen.

- | | | |
|----------------|--------------------------------------|------------|
| * Closing Hymn | <i>Jesus, Keep Me Near the Cross</i> | UMH 301 |
| * Benediction | | |
| * Postlude | <i>Toccata in G Minor (Pasquini)</i> | Jerry Rich |

(At the conclusion of our service, you are welcome to depart or to remain seated to enjoy the Postlude.)

* Please stand as you are able.

An Invitation to Community

A time of food and fellowship follows each of our services, to which all are invited and encouraged to come. Join us across the breezeway in the Fellowship Lobby for a variety of refreshments and great conversation.

Grow — Pray — Study

Our weekly devotional is available at <https://bit.ly/TrinityGPS>



Monday, March 2 — Numbers 21:4–9

In the wilderness, the people grow impatient. The journey feels long, uncertain, and exhausting. Fear turns into complaint, and complaint turns into despair. Yet even in their failure, God does not abandon them. Instead of removing them from the wilderness, God provides a way of healing within it—an invitation to look up in trust rather than collapse in fear.

Healing comes not through denial of reality, but through redirecting the heart. The act of lifting one's eyes becomes an act of faith. Lent reminds us that when we are surrounded by discouragement, the first movement toward life is often simply to look again—to turn our attention toward the God who meets us where we are.

- Where has weariness or frustration shaped your perspective lately?
- What might it mean for you to “look up” in faith this week?
- **Prayer:** Healing God, when discouragement clouds my vision, lift my eyes toward your mercy. Teach me to trust you in the wilderness. Amen.

Tuesday, March 3 — Psalm 107:1–9

The psalmist tells of wanderers who lost their way in desert places, hungry and thirsty, until they cried out to the Lord. Their turning toward God did not erase the desert immediately, but it began a new direction. The cry for help became the doorway to restoration. Gratitude, the psalm teaches us, grows from remembering who carried us through hardship. Faith deepens when we acknowledge our need. When we admit our thirst, we open space for God's sustaining presence. In seasons when life feels dry, we are not called to pretend strength but to remember that God satisfies those who seek.

- Where do you sense dryness or longing in your spiritual life?
- How has God guided you through difficult terrain before?
- **Prayer:** Faithful God, meet me in my need and lead me toward renewal. Turn my restlessness into trust and my fear into praise. Amen.

Wednesday, March 4 — Isaiah 55:1–9

Through the prophet Isaiah, God extends a generous invitation: come, receive, live. The call is not to earn life through effort but to accept it as gift. God's ways, we are told, are higher than ours—often surprising, often unsettling, yet always rooted in mercy.

We are tempted to secure life through control, success, or certainty. Yet true life flows from grace, not achievement. Lent invites us to loosen our grip and trust that God's wisdom is deeper than our plans. To receive is sometimes harder than to strive, but it is in receiving that we discover life abundant.

- What are you striving to control that may need to be surrendered?
- How might you open yourself more fully to God's grace this week?
- **Prayer:** Generous God, free me from striving for what cannot sustain me. Help me receive the life you offer with humble trust. Amen.

Thursday, March 5 — 2 Corinthians 5:16–21

Paul speaks of reconciliation—of relationships made new through God's initiative. We are invited to see one another not through suspicion or division but through the lens of grace. God moves toward us first, restoring what we could not repair on our own.

The gospel is not built on human perfection but on divine mercy. When we trust that mercy, our identity shifts. We become people who carry hope into fractured spaces. Lent calls us to examine where we resist reconciliation and where we might embody God's restoring love.

- Where is reconciliation needed in your life today?
- How can you become an ambassador of grace in a strained relationship?
- **Prayer:** Reconciling God, heal what is broken within and around me. Shape me into a bearer of your peace and mercy. Amen.

Friday, March 6 — Ephesians 2:1–10

Paul reminds us that new life is not something we manufacture. We were once lost, yet God's love reached toward us and made us alive. Salvation is not earned through effort; it is received through grace. This truth humbles us and steadies us at the same time.

In a world that values achievement, Lent draws us back to gratitude. We are not self-made; we are grace-made. When we remember that life flows from God's mercy, fear loosens its grip. We walk not to prove ourselves, but in response to love already given.

- Where have you experienced grace you did not deserve?
- How might gratitude reshape your daily rhythms this week?
- **Prayer:** God of mercy, thank you for the life you freely give. Let gratitude guide my steps and quiet my fears. Amen.

Saturday, March 7 — John 12:20–26

Some Greeks once came with a simple request: “We wish to see.” It was a searching question, much like Nicodemus's quiet visit in the night. Beneath curiosity lies longing—a desire for meaning, direction, and life. Jesus speaks of surrender, of losing in order to gain. This is not a call to despair but to transformation. To follow Christ is to enter a journey that reshapes our priorities and renews our identity. Lent offers us space to ask: where do I need to come to Jesus again—not for information alone, but for reorientation and deeper life?

- What questions are bringing you to Jesus in this season?
- Where might God be inviting you into a new beginning?
- **Prayer:** Seeking God, meet me as I come to you. Reorient my life toward what is true, and lead me into the joy of walking with you. Amen.

Holy Week Worship Schedule



Sunday, March 29
8:30 & 10:30 a.m.

We begin Holy Week by celebrating Jesus' entry into Jerusalem with palms and shouts of "Hosanna," then turn to the story of his suffering and sacrifice. The service moves from joy to solemn remembrance, preparing us for the journey to the Cross.



Thursday, April 2
7 p.m.

A solemn service recalling Jesus' Last Supper with his disciples, his commandment to love one another, and the beginning of his path to the Cross. It invites us into community, service, and remembrance.



Friday, April 3
7 p.m.

A day of deep reflection on Christ's suffering and crucifixion. Through Scripture, prayer, and silence, we remember the depth of God's love shown in Jesus' sacrifice. This service will include readings and moving music led by the Chancel Choir.



Sunday, April 5
7 a.m. Sunrise Service
8:30 & 10:30 a.m.

We rejoice in the good news of the Resurrection and the promise of new life! The day begins with our Sunrise Service at 7 a.m., followed by festive worship at 8:30 and 10:30 a.m. All are welcome to celebrate the hope and joy of Easter!

Today at Trinity

Chancel Choir, 10 a.m.

The Chancel Choir meets each Sunday at 10 a.m. to prepare to lead worship at 10:30 a.m. New singers are always welcome. If you'd like to know more about Trinity's music ministry, please contact Jerry Rich, jrich@potomacschool.org.

Children's Worship, 10:30 a.m. (ages 4 - 6th grade)

Children's Worship takes place following the Children's Message in our Fellowship Building across the Breezeway.

Youth Group, 4:30 p.m.

Youth Group, grades 7-12, meets 4:30 - 6 p.m. in the Fellowship Building.

This Week

Tuesday, 10:30 a.m.

Wednesday, 7 p.m.: Lenten Bible Study

Sessions for **Walking the Bible** meet weekly on Tuesdays at 10:30 a.m. (Church Library & Zoom) and Wednesdays at 7 p.m. (Zoom) and begins February 24 & 25. See back page for full description.

Wednesday, 9 a.m.: Prayer Group

A dedicated community that meets via Zoom to lift up the needs of our church family, community and world. If you'd like to know more or to participate, please speak to one of our pastors or call the office, 703-356-3312.

Thursday, 7 p.m. Finance Committee Meeting

Saturday, 2 p.m.: Youth Group

Youth Group, grades 7-12, meet to sort and deliver Share collection.

Our Prayer List

Aldridge family, Annie Ruth, Barb & JR, Becky, Billy & Susie, Carina, Carol & Rich, Carol & David, Carolyn, Carrie, Cathey, Daniel, Dara, Darlene & Steve, Davey, David, Dick, Emily, Gail, Gregg, Jane, Jenny, Jessica, Jimmy, Joanna, Judi, Linda, Mad-dy & Bill, Marciene, Margie, Marilyn, Marina, Marguerite, Mark, Matthew, Meri, Norman & Teresa, Peg & Dick, Petruy family, Phoenix family, Richard, Roh family, Ruth & Mickey, Sheila, Silva, Standerfer family, Tami, Tom, Valerie, Vanna, Vicki, Viviana, Wayne family, Winie & Joseph, Yancey, and peace in the Middle East and efforts of those seeking peace, our nation's leadership and unity, people experiencing natural disasters, those without housing, those who are hungry, those trying to do the right thing, peace in our nation.

Coming Up

March 8: Martha's Table Snack Packaging

Following both worship services, we will gather in the Fellowship Lobby to make bags of trail mix for weekday distribution by Martha's Table in Washington, D.C. The snack bag assembly line is fun and also makes a difference in the lives of hundreds of people in our community. All supplies provided!

March 10: Book Chat

Book Chat will meet on Zoom at 6:30 p.m. to discuss *James* by Percival Everett. For more information, contact Suzanne Hamilton.

March 12: Executive Council Meeting

March 21: Christ House Meal Mission

Christ House is a place of healing; a residential, medical facility for homeless men located on Columbia Road in the Adams Morgan area of Washington, DC. We prepare lunch on the third Saturday of every month. Contact Connie Jeremiah for more information, 703-307-4635 or dcjeremiah@verizon.net.

March 22: Celtic Service (new date)

Come to experience the holy at our Celtic Evensong. With both quiet moments of reflection and contemplative music, experience God in a new way. God is waiting. All are welcome. The service will be at 5 p.m. in the Chapel; it is also live streamed.

Share a Smile



Needed Items for Children's Dental Kits:

Child's Toothpaste
Child's Toothbrush
(individually wrapped)
Children's Flossers

Today is the last day to bring in items for the Share the Love Food Drive, but our dental kit collection continues through March.

About Our Ministries

Nursery

The **Nursery** is staffed during both our Sunday worship services for children 3 years old and under. Our nursery is located in the Fellowship Building; simply speak to an usher and they will provide assistance.

Children's Worship Folders

Folders are available during worship services and are categorized by age and reading ability. Please return your folder to the used bin so it can be replenished.

Fellowship: Getting Connected

You are cordially invited to meet friends and neighbors after each of our worship services. Join us in the Fellowship Lobby to the right of the breezeway. Each week individuals, families or ministry groups host our refreshments. Please consider signing up for either the 8:30 or 10:30 service's Fellowship time. Scan the QR code under Quick Links at the right to sign-up.

Trinity Preschool of McLean

TPoM welcomes all students ages 2-6. Please visit umtrinity.org/preschool to learn more about this vibrant ministry or to schedule a tour for your child.

Ushers Needed

Ushers are needed each Sunday to greet people, answer questions and hand out bulletins. Use the QR code below to volunteer for this essential ministry of hospitality, or speak to one of the pastors.

Quick Links

Scan QR code with your phone's camera & click the link.

- > Worship attendance
- > Children & Youth registration
- > Book Chat discussion group
- > Christ House wish list
- > Fellowship Hour hosts
- > Ushers



Trinity Preschool of McLean

Registration for 2026 - 27 is open. Our preschool has classes for toddlers - Pre-Kindergarten.

Summer Camp (ages 2 - 2nd grade):
June 15 - July 24

Info & registration: umtrinity.org/preschool

Schedule a tour: mclean.trinitypreschool@gmail.com



Call for Scripture Readers!

Would you like to be part of a group of worship leaders who read Scripture for our worship services? If you are interested in sharing the Scripture lesson, Tom Long will have a sign up sheet at the 8:30 a.m. service and Emily Summers will have one at the 10:30 a.m. service today; we will introduce them for those who may not know them as yet. Worship is the work of *all* the people, so we are seeking adult, Youth and Elementary-age readers! If you would like to know more, speak with Emily, Tom, or either of our Pastors.

Lenten Bible Study: *Walking the Bible*

Join us for a journey through the Books of Moses, as we explore the story of the Exodus, as well as take a close-up look at the places where these events unfolded. Using Bruce Feiler's *Walking the Bible* video series, supplemented with mementos from Pastor Dave's travels, we'll reflect on how these ancient stories shape our own walk with God along the footsteps that lead to the Cross.

Sessions meet weekly on Tuesdays at 10:30 a.m. (Church Library & Zoom) and Wednesdays at 7 p.m. (Zoom). We'll begin this week on February 24 & 25, and continue through March 31 & April 1 (no foolin'!). Whether you've traveled to the Middle East or hope to someday, come enjoy this visual and spiritual "walk through the Holy Land." Bring your Bible and your walking shoes!



Trinity Church Staff

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Jerry Rich
Angi Oxendine
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Office Hours: Monday – Friday 9 a.m. - 3 p.m.

Worship is in-person and livestreamed on Sundays from our Chapel at 8:30 a.m. and from our Sanctuary at 10:30 a.m. on YouTube: youtube.com/UMTrinity. Our 5 p.m. Celtic Service is in-person and streamed on the last Sunday of the month. If you're not yet receiving our Friday weekly events e-mail, please send us your address at info@umtrinity.org