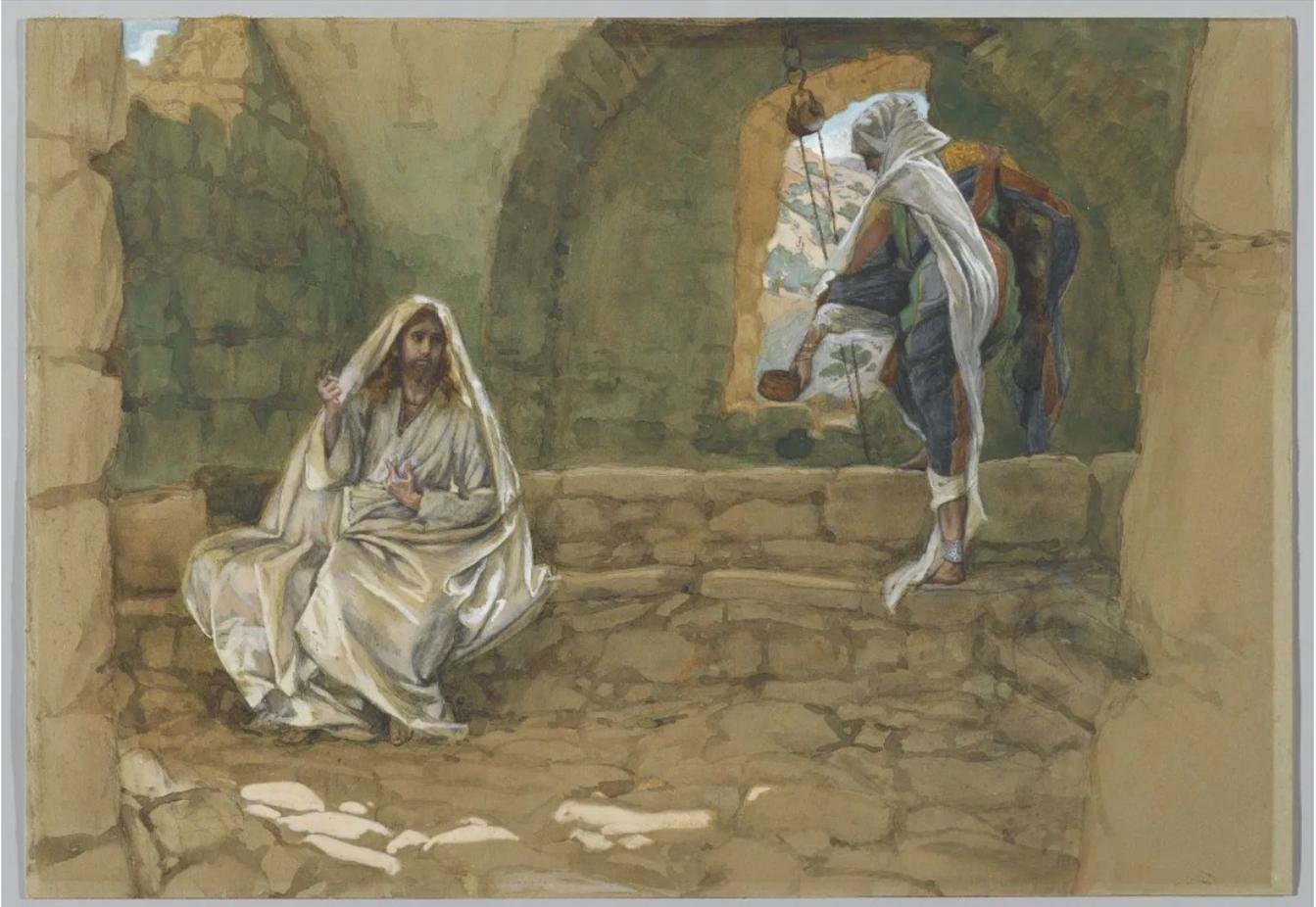




# Trinity United Methodist Church



*"The Woman of Samaria at the Well," James Tissot  
Watercolor, French, c1888*

**sir**

**give me this water**

**so that I may never be thirsty**

John 4:15a

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March 8, 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.

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Prelude (8:30)  
Prelude (10:30)

*Adagio in D Minor* (Marcello)  
*Jesus, Keep Me Near the Cross* (Doane-Rich)

Jerry Rich  
Trinity Ringers

Welcome

\* Call to Worship *from Psalm 63*

You, God, are my God, earnestly I seek you;  
**we thirst for you, our whole being longs for you,  
in a dry and parched land, where there is no water.**

I have seen you in the sanctuary  
and beheld your power and your glory.  
**Because your love is better than life,  
our lips will glorify you.**

I will praise you as long as I live,  
**and in your name we will lift up our hands.**

\* Gathering Hymn *To God Be the Glory* [UMH 98](#)

Prayer of Preparation

Life-Giving God,  
we confess that at times we have lived as if you were miserly toward us.

**We have allowed spiritual lethargy and selfishness to blind us to your provision.**

We have traded the joy of a Spirit-breathed community for the desiccated routines of religion.

**We have accommodated ourselves to parched places,  
and surrendered your greater gifts for lesser things.**

Forgive us for those seasons when we lose sight of your boundless capacity to love us,  
and instead fall into habits of indifference and short-sightedness.

**Throw wide the doors of our hearts to seek your presence with each new day,  
the doors of our church to those who are thirsting for meaning, for community,  
whose needs we have not regarded.**

Give us confidence that you will hear us, as we pray to You...

*[a time of silent prayer]*

God, who is faithful and merciful, today releases you from the burden of your sin,  
and offers a drink from the water of life, in Jesus Christ. **Amen.**

Children's Message

Laurie Strollo

Prayers of the People

*Our prayer will conclude with:*

**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 forever. Amen.**

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

*The Lone, Wild Bird* (Johnson)  
*Grant Us Thy Peace* (Mendelssohn)

Brendon O'Donnell (8:30)  
Chancel Choir (10:30)

Reading from the Scriptures

John 4:3-26

Lizzy Conroy (8:30)  
Jessica Faust (10:30)

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

Message

*To Drink Deeply This News*

Dave Rochford  
*(Continued on page 2)*

Communion (8:30)

\* Closing Hymn

*Beneath the Cross of Jesus*

[UMH 297](#)

\* Benediction

\* Postlude

*Voluntary 7 (Heron)*

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.

# 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!

# Grow — Pray — Study

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



## Monday, March 9 — Psalm 63:1–8

The psalmist describes a deep longing for God, like thirst in a dry and weary land. Spiritual thirst is not unusual in the life of faith. At times our hearts feel unsettled, restless, or quietly exhausted, and we may not even know why. Yet Scripture reminds us that this kind of longing can become the beginning of prayer rather than a sign of failure.

Lent invites us to notice the deeper thirst beneath our daily frustrations. What appears as irritation, worry, or loneliness may actually be a signal from the heart that it longs for God. When we turn honestly toward God with that longing, simple practices—prayer, Scripture, silent meditation, fasting, reflective walking or journaling—can reopen our hearts to the living water God longs to give.

- Where do you notice signs of spiritual thirst in your life right now?
- How might you bring that longing honestly before God today?
- **Prayer:** Living God, you know the dryness of my heart. Draw me closer to your presence and awaken in me a deeper desire for the life you give. Amen.

## Tuesday, March 10 — Isaiah 55:1–9

Through the prophet Isaiah, God extends a generous invitation to those who are thirsty, weary, and searching. The call is not first to fix ourselves or prove our worthiness. Instead, God simply invites us to come and receive life as a gift. The passage gently questions why people spend so much energy chasing things that promise satisfaction but cannot truly sustain the soul.

Perhaps much of our exhaustion comes from trying to fill our lives with what cannot give lasting peace. Lent gives us space to pause and reconsider where we are seeking fulfillment. When we respond to God's invitation and turn again toward the source of life, we discover that grace—not striving—is what truly satisfies the human heart.

- What “wells” have you turned to recently that did *not* truly satisfy your heart?
- How might you respond to God's invitation to receive today as a gift?
- **Prayer:** Generous God, when I search for satisfaction in empty places, gently guide me back. Lead me to the waters that truly satisfy and restore my soul. Amen.

## Wednesday, March 11 — Jeremiah 2:10–13

In Jeremiah's message, God uses a powerful image to describe the human condition. Instead of drawing from the living water that God provides, people dig their own cisterns—yet these cannot hold what they promise. The image speaks to the many ways people try to create security, identity, or fulfillment apart from the life God offers.

When our hearts feel dry, it is tempting to reach for quick solutions—comfort, distraction, control, or approval. Yet these substitutes cannot truly sustain us. Lent invites us to notice where we may be relying on sources that cannot hold the abundant life we seek. Returning to God as the true source of living water opens the possibility of deeper renewal and peace.

- Where might you be building your sense of worth or security on something other than God?
- What would it look like to return to God as the true source of life?
- **Prayer:** Fountain of life, turn my heart away from what cannot satisfy. Lead me back to the living water that renews and sustains. Amen.

## Thursday, March 12 — Amos 8:11–14

The prophet Amos speaks of a time when people search desperately for direction yet struggle to hear God's voice. It is described as a kind of spiritual famine—not the absence of food or water, but the absence of attentive listening to God's word. When this happens, people wander from place to place seeking meaning but remain unsettled within.

Our world is full of noise, opinions, and constant information, making it easy to overlook the quiet voice of God that guides the soul. Lent invites us to slow down and listen again. By opening Scripture, sitting in quiet prayer, or taking time for honest reflection, we rediscover that God still speaks life into hearts that feel uncertain or weary.

- Where might the noise of life be making it difficult for you to hear God clearly?
- How could you create space this week to listen more attentively for God's voice?
- **Prayer:** Speaking God, quiet the noise within and around me. Open my heart to hear your word and guide my steps in your truth. Amen.

## Friday, March 13 — Ezekiel 47:1–12

In Ezekiel's vision, a small stream flows from the temple and gradually becomes a river giving birth to life wherever it goes. What begins as a trickle eventually renews dry land, nourishes trees, and restores places that were once lifeless. The vision reminds us that God's renewing work often begins quietly before it becomes visible in powerful ways.

Just so, Spiritual renewal seldom arrives all at once. It often begins with small movements—an honest prayer, a moment of repentance, a renewed openness to God's presence. Lent encourages us not to underestimate these small beginnings. When we allow God's grace to flow again through our lives, even the driest places of the heart can slowly be restored.

- Where do you long to see new life or healing in your heart or community?
- What small step might open space for God's renewing work in you today?
- **Prayer:** Life-giving God, let the river of your grace flow through the dry places of my life. Bring renewal where I feel weary and hope where I feel empty. Amen.

## Saturday, March 14 — Revelation 22:1–17

Near the conclusion of the Bible, the God-and-us story concludes with a vision of life restored: a river of living water flowing freely and an open invitation for all who are thirsty to come and receive. The image reminds us that God's intention for humanity has always been life, renewal, and communion with God.

When our hearts feel dry or weary, this promise speaks hope. The longing we experience in the present is not meaningless; it points toward the life God desires to give. Lent invites us to bring our thirst honestly before God and to trust that the One who created the human heart also knows how to fill it with lasting life.

- What hopes for renewal do you carry as you look toward the future?
- How might you open your life more fully to the life God offers?
- **Prayer:** God of life, you invite all who thirst to come and receive. Fill my heart with your living water and lead me into deeper life with you. Amen.

## Today at Trinity

**Martha's Table Snack Packaging, 9:30 & 11:30 a.m.**  
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!

### **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](mailto: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.

### **Tuesday, 6:30 p.m.: 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.

### **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. Executive Council Meeting**

## Coming Up

### **March 16: Easter Flower Orders Due**

Beautiful potted plants will add color and joy to our worship spaces on Easter morning. If you'd like to order a tulip, lily or hydrangea plant in memory or in honor of a loved one, please complete the form on our website under Worship or scan the QR code on page 5.

### **March 17: Trustees 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](mailto: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.

### **April 5: 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!

## Share a Smile



### **Needed Items for Children's Dental Kits:**

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

Our dental kit collection continues through March. Collection bins are in the Fellowship Lobby and Narthex.

## Our Prayer List

Aldridge family, Annie Ruth, Barb & JR, Becky, Billy & Susie, Carina, Carol & Rich, Carol & David, Carolyn, Carrie, Cathey, Daniel, Dara, Darlene & Steve, Dan, Davey, David, Dick, Emily, Gail, Gregg, Jack, Jane, Jenny, Jessica, Jimmy, Joanna, Judi, Linda, Maddy & Bill, Marciene, Margie, Marilyn, Marina, Marguerite, Mark, Matthew, Meri, Norman & Teresa, Peg & Dick, Richard, Roh family, Ruth & Mickey, Sheila, Silva, Tami, Thomas, 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.

## 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](http://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
- > Easter Flower Orders
- > 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](http://umtrinity.org/preschool)

Schedule a tour: [mclean.trinitypreschool@gmail.com](mailto: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 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. 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 at 703-356-3312.

### 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 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

Dave Rochford  
Taehwan Roh  
Harriet Latta  
Jose Nuñez  
Jerry Rich  
Angi Oxendine  
Catherine Wethington  
Laurie Strollo

Lead Pastor  
Associate Pastor  
Office Manager  
Facilities Manager  
Director of Music  
Preschool Director  
Director of Youth Ministry  
Director of Children's Ministry

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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](https://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](mailto:info@umtrinity.org)