



Trinity United Methodist Church

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March 19, 2023

4th Sunday in Lent

8:30 & 10:30 a.m.

We ask that everyone complete an attendance card found in the pew rack or scan the QR code on page 3 with your phone's camera to register your attendance today.

Prelude	<i>Ich ruf' zu Dir, Herr Jesu Christ</i> , BWV 639 (Bach)	Diane Pelak
Welcome and Announcements		Eileen Gilmer and Emily Summers
* Call to Worship		Emily Summers
Come, let us gather again in the shadow of the Cross of Christ. We gather to remember the overwhelming evidence of Love's ultimate sacrifice. Who would have guessed that the height and depth, the length and width of God's love might look like this: a forsaken savior on a cross? Not us, for whom such love was offered without cost. Let us gather again in the shadow of the Cross of Christ and commit ourselves to remember the price paid. We seek the faith, hope, and love, witnessed in Christ's sacrifice for our salvation.		
* Gathering Hymn	<i>In the Cross of Christ I Glory</i>	p. 3 / UMH 295
Children's Message		Emily Summers
Prayers of the People		Eileen Gilmer
Offering		Gilmer
This morning's offering will be received as we pass the offering plates. You may also give online at http://umtrinity.org/give and through our app. On the website, scroll down and click on SET UP ONLINE GIVING.		
Anthem (8:30)	<i>Come, Ye, Disconsolate</i> (Webbe)	Philp Keirstead
Anthem (10:30)	<i>Jesu, Joy</i> (Bach)	Chancel Choir
Scripture	Mark 15:29-36	Emily Summers
Those who passed by derided him, shaking their heads and saying, 'Aha! You who would destroy the temple and build it in three days, save yourself, and come down from the cross!' In the same way the chief priests, along with the scribes, were also mocking him among themselves and saying, 'He saved others; he cannot save himself. Let the Messiah, the King of Israel, come down from the cross now, so that we may see and believe.' Those who were crucified with him also taunted him. When it was noon, darkness came over the whole land until three in the afternoon. At three o'clock Jesus cried out with a loud voice, 'Eloi, Eloi, lema sabachthani?' which means, 'My God, my God, why have you forsaken me?' When some of the bystanders heard it, they said, 'Listen, he is calling for Elijah.' And someone ran, filled a sponge with sour wine, put it on a stick, and gave it to him to drink, saying, 'Wait, let us see whether Elijah will come to take him down.'		
Message	<i>"My God, Why Have You Forsaken Me?"</i>	Eileen Gilmer
Sacrament of Holy Communion (8:30)		Gilmer
* Closing Hymn	<i>What a Friend We Have in Jesus</i>	p. 3 / UMH 526
* Benediction		Gilmer
Closing Music (8:30)	<i>Given for You</i> (Blake)	Pelak

* Please stand as you are able.

Grow — Pray — Study

Things I'd like to remember from today's message:

Monday, March 20 — Mark 15:15-25

According to the Gospels, Jesus makes seven (7) statements from the cross. Three (3) are found in Luke's Gospel, three (3) are found in John's Gospel, and one (1) is found in both Matthew and Mark. As we seek to understand the meaning of Jesus' final words, we consider the context of each Gospel writer's themes. But we know that all of them agree: the crucifixion of Jesus is the point to which the entire Gospel has been building. This is the climax of the story.

- Pay attention to the mob-mentality in the Gospel. Have you ever done something because "everybody else is doing it"? How do you resist the pressure of the "mob"?
- Prayer: *God of courage, help me see the path ahead more clearly. Help me follow you, not everybody else. Help me to hear your voice among the many voices in the world. Amen.*

Tuesday, March 21 — Mark 15:25-38

According to Mark's Gospel (and Matthew's), the only thing Jesus says on the cross is what the Church has called, the "cry of dereliction" (Mark 15:34 and Matthew 27:46). Mark quotes Jesus' Aramaic words and provides the Greek translation. In some Jewish traditions, Elijah was believed to help people in times of suffering. That's why they thought Jesus was calling for Elijah.

- Have you ever cried out to God in a time of need? What circumstances might lead you to express feelings of forsakenness?
- Prayer: *Comforting God, hear the prayers of suffering people. Comfort me in times of distress and despair. Remind me that you are with me always. Amen.*

Wednesday, March 22 — Romans 8:15-18

One important New Testament theme is that suffering and sacrifice have redemptive power. Not only does Jesus' suffering and sacrifice redeem humanity. Jesus says his passion is an example to be followed (Mark 8:31-37). God does not cause our suffering, but the New Testament consistently reminds us there is redemptive power in the suffering and sacrifice of Jesus' followers.

- Read Romans 5:1-5 and see how suffering leads to hope. Have you made any sacrifices in order to follow Jesus? Have they been worth the suffering you may have experienced? How have your sacrifices (and resultant suffering) produced hope?
- Prayer: *God of hope, remind me today how the sacrifices you ask me to make serve your Kingdom. Teach me to keep heart and mind focused on you. Grant me courage. Amen.*

Thursday, March 23 — Psalm 22:1-21a

From the cross, Jesus quotes the first verse of Psalm 22, a lament and plea to God for deliverance. Jesus' example reminds us of the importance of the Psalms as a resource for our prayer and devotional lives. In the Psalms, every human emotion and human experience is expressed in prayer to God. The Psalms remind us that God can handle the raw emotions that make up the human experience.

- According to Mark and Mathew, Jesus called upon the 22nd Psalm in his suffering on the cross. What emotions come to mind as you read the Psalm? Have you ever felt like that?
- Prayer: *God of heaven and earth, thank you for hearing my prayers, even when I express difficult emotions. Remind me that no problem or situation is too big for you. Amen.*

Friday, March 24 — Psalm 22:21b-31

Many commentators believe that, as he quoted Psalm 22:1, Jesus was remembering the promises found in Psalm 22:21b-31. God's redemption leads the Psalm-writer to praise and thanksgiving. This is the power of Scripture and the power of memory. When we remember what God has done and the promises God has made, we can face suffering and sacrifice with confidence and faith.

- God's promises don't remove suffering and sacrifice, they redeem suffering and sacrifice. How have you experienced God's redemption in the midst of your suffering? What promises do you need to remember, so that you can find enough strength to keep going.
- Prayer: *Saving God, help me to remember that you are the ultimate promise-keeper — and that you promise to save me from sin and death. Thank you for your grace. Amen.*

Saturday, March 25 — Mark 10:43-45, Mark 15:33-39

In his brief account of Jesus' death, Mark gives us a hint of the redemptive power of Jesus' suffering and sacrifice. Jesus is a servant whose death pays the ransom for the sinful world. At the cross, Jesus' suffering and death leads to the centurion's profession of faith. This is Mark's primary message: *Jesus' death has the power to change our lives!*

- Have you professed your faith and received God's grace? If not, ask God to forgive your sins and become a follower of Jesus.
- Prayer: *Gracious God, forgive my sins and transform my life by the power of your love and grace. I choose to be a follower of Jesus — starting today. Amen.*

Nursery on Sundays

Masks are optional for everyone who is fully vaccinated. The Nursery is staffed during both Sunday worship services for children 3 years old and under.

This Week on Zoom

Password 1205

Engage Bible Study

Monday at 7 p.m. Contact Jim Wilson for log in link. jaswilson@sloft.com.

Lent Bible Study:

Tuesday at 10:30 a.m. Meeting ID: 894 8087 9762

Tuesdays are hybrid (in-person & on Zoom).

Wednesday at 7 p.m.: Meeting ID: 886 5257 6837

No Wednesday class on March 15. No Tuesday class on March 21.

Prayer Group

Wednesday at 10 a.m. Meeting ID: 875 6105 5580

This Week at Trinity on TV

Our sermons air on Fairfax Public Access Channel 36 (on Cox and Verizon) on Wednesdays at 5 p.m., Fridays at 7:30 p.m. and Sundays at 7 a.m.

Our Prayer List

Alan, Alex & Sarah, Amber & Briana, Andrea, Annie Ruth, Ben, Boris, Brooks family, Bruce, Bud, Catherine, Chatham family, Claudia & Yauwu, Dan & Chris, Daniel, Danny, Dave, Debbie, Debbie & Steve, DeMicco family, Desarae, Detwiler family, Dick, Eliana, Elizabeth, Emily, Evey, Gabrielle, Gaeber family, George, Griggs family, Gwen, Henrietta, Hunt family, Jackie, Jean, Jeanne, Jenny, Jeffrey, Jessica, Jewell family, Jim, Joan, John, Jon, Karen, Kathy, Laurie, Leonard family, Linda, Lisa & Mike, Lorna, Marcy, Marilyn, Meredith, Minou, Quinn family, Rasmussen family, Richard, Richard & Anne, Roberto & Erica, Podesta family, Prisilla, Shadle family, Spencer & Emily, Strollo family, Sweeney family, Teresa, Tom, Tracy, Vicki, Vinnie, Yancey, Zanarini family, those who mourn, the homeless, racial reconciliation in our country, those affected by the opioid epidemic and those working to end it, those affected by natural disasters, violence and political turmoil, and the people of Turkey and Syria and the aid workers there to help them.

Attendance QR Code: We ask that everyone complete an attendance card found in the pew rack or scan the QR code with your phone's camera to register your attendance today.



Today's hymn texts are provided for those worshipping at home.

In the Cross of Christ I Glory

1. In the cross of Christ I glory,
towering o'er the wrecks of time;
all the light of sacred story
gathers round its head sublime.
2. When the woes of life o'ertake me,
hopes deceive, and fears annoy,
never shall the cross forsake me.
Lo! it glows with peace and joy.
3. When the sun of bliss is beaming
light and love upon my way,
from the cross the radiance streaming
adds more luster to the day.
4. Bane and blessing, pain and pleasure,
by the cross are sanctified;
peace is there that knows no measure,
joys that through all time abide.
5. In the cross of Christ I glory,
towering o'er the wrecks of time;
all the light of sacred story
gathers round its head sublime.

What a Friend We Have in Jesus

1. What a friend we have in Jesus,
all our sins and griefs to bear!
What a privilege to carry
everything to God in prayer!
O what peace we often forfeit,
O what needless pain we bear,
all because we do not carry
everything to God in prayer.
2. Have we trials and temptations?
Is there trouble anywhere?
We should never be discouraged;
take it to the Lord in prayer.
Can we find a friend so faithful
who will all our sorrows share?
Jesus knows our every weakness;
take it to the Lord in prayer.
3. Are we weak and heavy laden,
cumbered with a load of care?
Precious Savior, still our refuge;
take it to the Lord in prayer.
Do thy friends despise, forsake thee?
Take it to the Lord in prayer!
In his arms he'll take and shield thee;
thou wilt find a solace there.



Highlights from E-News

If you're not receiving our Friday e-mail, please send your email address to info@umtrinity.org

Book Chat

Our next meeting is on Tues., **April 11** at 6:30 p.m. on Zoom. New readers are always welcome. More at <https://umtrinity.org/education> or contact Kathy Maher, kathyngs@gmail.com.

Children's Ministries

Children's Worship Folders are available during Sunday morning worship services and are categorized by age and reading ability. Please remember to return your folder to the used bin so it can be replenished.



Children's Worship (ages 4 - 4th grade) and **Club 56** (grades 5 & 6) meet during the 10:30 service following the Children's Message.

Crafts for a Cause

We meet every other Monday from 7 to 8:30 p.m., in Room 124: March 27. All are welcome. For more information, contact Alesha Luxon at alesha.luxon@gmail.com.

Easter Fellowship

Come early for 10:30, stay late for 8:30. Fellowship with your church family on Easter. Special treats will be served in the Fellowship Lobby 9:30-10:20 a.m.

Fellowship

Fellowship hosts provide snacks during Fellowship following the Sunday morning worship services. Please consider signing up for a week. The sign up is on a white board sitting on top of the coffee bar in the Fellowship Lobby. Contact Alesha Luxon, alesha.luxon@gmail.com.

Lent Bible Study

Join Pastor Neil for our Lenten Bible Study on Tuesday mornings at 10:30 a.m. and Wednesday evenings at 7 p.m. Tuesday morning classes will be held in-person and on Zoom. Wednesday evening classes will be on Zoom. Everyone is invited to participate. No previous Bible study experience is necessary. **No Tuesday class this week.**

This Lent study is focusing on Jesus' dying hours and his final words as the Gospel writers recorded them. We are considering the people who were present as Jesus was dying, reflecting on his final statements, and trying to understand what they mean for our lives today. *Final Words from the Cross* by Adam Hamilton is the text for the Lent Study.

Youth Group (Grades 7-12)

Next Sunday, 4:30 - 6 p.m.

For more information about volunteering or joining youth group, contact Catherine Wethington, umtrinityyouth@gmail.com. Youth registration QR code:



Coming Up

March

20 Easter flower orders due
26 Celtic Service
27 Crafts for a Cause

April

2 Palm Sunday
6 Holy Thursday, 7 p.m.
7 Good Friday, 7 p.m.
9 Easter Sunday
7 a.m. Sunrise Service
8:30 & 10:30 a.m.
10 Office Closed
11 Book Chat
15 Christ House
24 Crafts for a Cause
30 Celtic Service

Easter Flowers

On Easter Sunday, April 9, Trinity's Sanctuary will be decorated with lilies, tulips and hydrangeas, given in honor or memory of loved ones. Please scan the QR code below or visit umtrinity.org/worship/easter-flowers to complete an order form. All memorials/honors will be noted in the Easter Sunday bulletin. If you order flowers, you're encouraged to take them home after the service. Deadline to order is March 20.



Tulips are \$11 per plant.
Lilies are \$15.50 per plant.
Hydrangeas are \$25 per plant.

Trinity Church Staff

Neil Hough
Eileen Gilmer
Harriet Latta
Jose Nuñez
Jerry Rich
Emily Yosmanovich
Catherine Wethington
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Office Hours:
Monday – Friday 9 a.m. - 3 p.m.

Worship is live streamed on Sundays from the Chapel at 8:30 a.m. and from the Sanctuary at 10:30 a.m. on YouTube: youtube.com/UMTrinity. The Celtic Service can be seen on the last Sunday of the month at 5 p.m. on YouTube and Facebook. Sermons air on Fairfax Public Access Channel 36 (on Cox and Verizon). Tune in Wednesdays at 5 p.m., Fridays at 7:30 p.m., and Sundays at 7 a.m.