

Trinity Church

Fourth Sunday in Lent

March 10, 2024

8:00 am & 10:00 am



We are glad you are here today.

If you are looking for a place to say your prayers, seek God, and discover companions for the journey, you are warmly welcome here. If you are new, please complete a pew card and place it in the collection plate. We are happy to tell you about life at Trinity.

A Penitential Order

Presider: Bless the Lord who forgives all our sins.

People: God's mercy endures forever.

All kneeling as is comfortable for you.

Hear the commandments of God to his people:

I am the Lord your God who brought you out of bondage.

You shall have no other gods but me.

Amen. Lord have mercy.

You shall not make for yourself any idol.

Amen. Lord have mercy.

You shall not invoke with malice the Name of the Lord your God.

Amen. Lord have mercy.

Remember the Sabbath Day and keep it holy.

Amen. Lord have mercy.

Honor your father and your mother.

Amen. Lord have mercy.

You shall not commit murder.

Amen. Lord have mercy.

You shall not commit adultery.

Amen. Lord have mercy.

You shall not steal.

Amen. Lord have mercy.

You shall not be a false witness.

Amen. Lord have mercy.

You shall not covet anything that belongs to your neighbor.

Amen. Lord have mercy.

If we say that we have no sin, we deceive ourselves, and the truth is not in us. But if we confess our sins, God, who is faithful and just, will forgive our sins and cleanse us from all unrighteousness. 1 John 1:8,9

Let us confess our sins against God and our neighbor.

Silence may be kept.

**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 your Son 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.**

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

Kyrie Eleison

Said at 8:00am; Sung at 10:00am

**Lord, have mercy upon us.
Christ, have mercy upon us.
Lord, have mercy upon us.**

The Word of God

The Collect of the Day

Presider: God be with you.

People: And also with you.

Presider: Let us pray.

Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

The Lessons

Numbers 21:4-9

From Mount Hor the Israelites set out by the way to the Red Sea, to go around the land of Edom; but the people became impatient on the way. The people spoke against God and against Moses, "Why have you brought us up out of Egypt to die in the wilderness? For there is no food and no water, and we detest this miserable food." Then the LORD sent poisonous serpents among the people, and they bit the people, so that many Israelites died. The people

came to Moses and said, “We have sinned by speaking against the LORD and against you; pray to the LORD to take away the serpents from us.” So Moses prayed for the people. And the LORD said to Moses, “Make a poisonous serpent, and set it on a pole; and everyone who is bitten shall look at it and live.” So Moses made a serpent of bronze, and put it upon a pole; and whenever a serpent bit someone, that person would look at the serpent of bronze and live.

Reader: Hear what the Spirit is saying to God’s people.

People: Thanks be to God.

Psalms 107:1-3, 17-22

- 1 Give thanks to the LORD, for he is good, *
and his mercy endures for ever.
- 2 Let all those whom the LORD has redeemed proclaim *
that he redeemed them from the hand of the foe.
- 3 He gathered them out of the lands; *
from the east and from the west,
from the north and from the south.
- 17 Some were fools and took to rebellious ways; *
they were afflicted because of their sins.
- 18 They abhorred all manner of food *
and drew near to death's door.
- 19 Then they cried to the LORD in their trouble, *
and he delivered them from their distress.
- 20 He sent forth his word and healed them *
and saved them from the grave.
- 21 Let them give thanks to the LORD for his mercy *
and the wonders he does for his children.
- 22 Let them offer a sacrifice of thanksgiving *
and tell of his acts with shouts of joy.

Ephesians 2:1-10

You were dead through the trespasses and sins in which you once lived, following the course of this world, following the ruler of the power of the air, the spirit that is now at work among those who are disobedient. All of us once lived among them in the passions of our flesh, following the desires of flesh and senses, and we were by nature children of wrath, like everyone else. But God, who is rich in mercy, out of the great love with which he loved us even when we were dead through our trespasses, made us alive together with Christ-- by grace you have been saved-- and

raised us up with him and seated us with him in the heavenly places in Christ Jesus, so that in the ages to come he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. For by grace you have been saved through faith, and this is not your own doing; it is the gift of God-- not the result of works, so that no one may boast. For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life.

Reader: Hear what the Spirit is saying to God's people.

People: Thanks be to God.

Sequence Hymn: #473

Lift high the cross

Gospel

John 3:14-21

Presider: The Holy Gospel of our Lord Jesus Christ according to John.

People: Glory to you, Lord Christ.

Jesus said, "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.

"For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

"Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him. Those who believe in him are not condemned; but those who do not believe are condemned already, because they have not believed in the name of the only Son of God. And this is the judgment, that the light has come into the world, and people loved darkness rather than light because their deeds were evil. For all who do evil hate the light and do not come to the light, so that their deeds may not be exposed. But those who do what is true come to the light, so that it may be clearly seen that their deeds have been done in God."

Presider: The Gospel of the Lord. **People: Praise to you, Lord Christ.**

The Sermon

The Reverend Susan Wrathall

The 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: by the power of the Holy Spirit he became incarnate from the Virgin Mary, and was made 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 and the Son. 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.

The Prayers of the People *(Form I)*

Presider: Let us pray for the Church and for the world.

With all our heart and with all our mind, let us pray to the Lord, saying,
“Lord, have mercy.”

For the peace of the world, especially for the Ukraine and the Holy Land, for the welfare of the holy Church of God, and for the unity of all peoples, let us pray to the Lord.

Lord, have mercy.

For our Bishop, and for all the clergy and people. We join with congregations throughout the Diocese to pray for Church Beyond the Walls. Let us pray to the Lord.

Lord, have mercy.

For our President, for the leaders of the nations, and for all in authority, let us pray to the Lord.

Lord, have mercy.

For this city of Cranston, for every city and community, and for those who live in them, let us pray to the Lord.

Lord, have mercy.

For those celebrating birthdays, especially Amy Umstadter (3/11); Merlyn Leonard (3/14); Angela Butler (3/16), and those celebrating anniversaries. *(Please name your petitions aloud.)* Let us pray to the Lord.

Lord, have mercy.

For the good earth which God has given us, and for the wisdom and will to conserve it, let us pray to the Lord.

Lord, have mercy.

For the aged and infirm, for the widowed and orphans, and for the sick and the suffering. For Richard R., Richard C., Paul, Becca, Cindy, Mary, and all on the parish prayer list. (*Please name your petitions aloud.*) Let us pray to the Lord.

Lord, have mercy.

For the poor and the oppressed, for the unemployed and the destitute, for prisoners and captives, and for all who remember and care for them, let us pray to the Lord.

Lord, have mercy.

For all who have died in the hope of the resurrection, and for all the departed, especially Elena. (*Please name your petitions aloud.*) Let us pray to the Lord.

Lord, have mercy.

For deliverance from all danger, violence, oppression, and degradation, let us pray to the Lord.

Lord, have mercy.

That we may end our lives in faith and hope, without suffering and without reproach, let us pray to the Lord.

Lord, have mercy.

In the communion of saints, let us commend ourselves, and one another, and all our life, to Christ our God.

To thee, O Lord our God.

Presider: O Lord our God, accept the fervent prayers of your people; in the multitude of your mercies, look with compassion upon us and all who turn to you for help; for you are gracious, O lover of souls, and to you we give glory, Father, Son, and Holy Spirit, now and for ever. **Amen.**

The Peace

Presider: The peace of the Lord be always with you.

People: And also with you.

The Holy Communion

Offertory Hymn: #142

Lord, who throughout these forty days

Doxology

8:00 am said

Presider: All things come of thee O Lord.

People: And of thine own have we given thee. Amen.

10:00 am sung

Praise God from whom all blessings flow, Praise God all creatures here below, Praise God above ye heavenly host, Praise Father, Son and Holy Ghost. Amen.

The Great Thanksgiving (EOW *Eucharistic Prayer 1*)

Presider: The Lord be with you.

People: And also with you.

Presider: Lift up your hearts.

People: We lift them to the Lord.

Presider: Let us give thanks to the Lord our God.

People: It is right to give our thanks and praise.

Presider: It is truly right, and good and joyful, to give you thanks, all-holy God, source of life and fountain of mercy.

You have filled us and all creation with your blessing and fed us with your constant love; you have redeemed us in Jesus Christ and knit us into one body. Through your Spirit you replenish us and call us to the fullness of life.

Therefore, joining with Angels and Archangels and with the faithful of every generation, we lift our voices with all creation as we sing (say):

Presider and People

**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.

Blessed are you, gracious God, creator of the universe and giver of life. You formed us in your own image and called us to dwell in your infinite love. You gave the world into our care that we might be your faithful stewards and show forth your bountiful grace.

But we failed to honor your image in one another and in ourselves; we would not see your goodness in the world around us; and so we violated your creation, abused one another, and rejected your love. Yet you never ceased to care for us, and prepared the way of salvation for all people.

Through Abraham and Sarah you called us into covenant with you. You delivered us from slavery, sustained us in the wilderness, and raised up prophets to renew your promise of salvation. Then, in the fullness of time, you sent your eternal Word, made mortal flesh in Jesus. Born into the human family, and dwelling among us, he revealed your glory. Giving himself freely to death on the cross, he triumphed over evil, opening the way of freedom and 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 friends, and said: "Take, eat: This is my Body which is given for you. Do this for the remembrance of me."

As supper was ending, 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 poured out for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore we proclaim the mystery of faith:

Christ has died.

Christ is risen.

Christ will come again.

Remembering his death and resurrection, we now present to you from your creation this bread and this wine. By your Holy Spirit may they be for us the Body and Blood of our Savior Jesus Christ. Grant that we who share these gifts may be filled with the Holy Spirit and live as Christ's Body in the world. Bring us into the everlasting heritage of your daughters and sons, that with all your saints, past, present, and yet to come, we may praise your Name for ever.

Through Christ and with Christ and in Christ, in the unity of the Holy Spirit, to you be honor, glory, and praise, for ever and ever. **AMEN.**

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, forever and ever. Amen.

8:00 am Said:

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 peace.

10:00 am Sung:

Lamb of God, you take away the sins of the world.

Have mercy on us, Lamb of God.

Lamb of God, you take away the sins of the world.

Have mercy on us, Lamb of God

Lamb of God, you take away the sins of the world.

Have mercy on us, grant us peace.

Presider: The gifts of God for the people of God. Take them in remembrance that Christ died and rose for you and feed on him in your hearts by faith with thanksgiving.

Communion

All the baptized are welcome to receive communion in the Episcopal Church.

You are warmly invited to come forward to receive communion or to receive a blessing. You may intinct the wafer (dip the wafer into the wine), or should you wish to receive directly from the cup, please let the chalice bearer know so that you may receive from the chalice reserved for that purpose. Those who are unable to come forward for communion are served first, then the congregation is invited to come forward. Gluten-free wafers are available.

Communion Hymn: #691

My faith looks up to thee

Post Communion Prayer

Presider: Let us pray.

Loving God, we give you thanks for restoring us in your image and nourishing us with spiritual food in the Sacrament of Christ's Body and Blood. Now send us forth a people, forgiven, healed, renewed; that we may proclaim your love to the world and continue in the risen life of Christ our Savior. Amen.

Final Prayer

Presider: Bow down before the Lord.

The people kneel

Look down in mercy, Lord, on your people who kneel before you; and grant that those whom you have nourished by your Word and Sacraments may bring forth fruit worthy of repentance; through Christ our Lord. **Amen.**

Announcements

Dismissal

Go in peace to love and serve the Lord.

People: Thanks be to God.

Participants

Altar Guild: Angela Butler, Wayne Barnes, Kelley Elderkin, Dawn O'Hara

8:00 am

Chalice: Scott Avedisian

Lector: Nancy Dorsey

Acolyte: Becca Seamans

Ushers: Donna Blue-Tobin

Colleen Burg

10:00 am

Chalice: Margaret Thomas

Lector: Ginny Simms

Acolyte: Rob Duncanson

Usher: Kelley Elderkin

Video: Cathi Beattie

**For routine communication, please email Mother Susan
at rector@trinitycranston.org**

For pastoral emergencies, contact Mother Susan at 401-617-0380.

*Sunday School (ages 5-11) in the education room
& childcare provided in the nursery for the 10:00 am service.*

Please join us for coffee & conversation in the Bay room following each service.

Prayer List: Becca, Cindy, Daniel, Billy, Bruce, Eric, Gabi, Corey, Henry, Sandy, Jenny, Manny, Tim, Barbara, Toufic, Peg, Janet, Richard R., Richard C., Paul, Mary

Names are kept on our prayer list for eight weeks. Should you wish to add someone to the prayer list, or should you wish for someone for whom you've requested prayer to be on longer than eight weeks, please email the office at office@trinitycranston.org.

This week

Sun 3/10	Sunday School, education room, 9:45 am Choir rehearsal, church, 11:30 am
Mon 3/11	Christian Meditation, in church, 6:00 pm AA Meeting, parish hall, 7:30 pm
Tues 3/12	Men's Group, Education room, 9:00 am Knitting Group, Bay room, 10:00 – Noon Vestry, 5:30 pm, Bay room PVA, parish hall, 6:00 pm
Wed 3/13	Pawtuxet Rangers, parish hall, 6- 8:00 pm
Thurs 3/14	AA Big Book, parish hall, 7:00 pm AA women's Big Book, Bay room, 7:00 pm
Fri 3/15	Stations of the Cross, 6:00 pm
Sat 3/16	The Village, parish hall, 9:00 am

About Trinity Church

The church building was built in 1910, the work of noted architect Norman Isham. Most of our members live nearby but we are also a destination parish for those farther away. We participate in village activities, holding community worship services during Gaspee Days and Christmas in Pawtuxet, hosting breakfast on Gaspee Parade Day and dinners and outreach events for our community throughout the year. Trinity Church is committed to helping its neighbors through outreach. We collect food for distribution to people in need through local schools, food pantries, and agencies. Our Men's group prepares and distributes hundreds of food bags to the homeless every year. Our buildings are used by many community organizations for their meetings and events. Call the office for details.

TrinityChurch

139 Ocean Avenue | Cranston, Rhode Island 02905 | (401) 941-4324

The Reverend Susan Wrathall, Interim Priest-in-Charge

Dr. Michael Kelly, Minister of Music

Margaret Thomas, Senior Warden | Robert Duncanson, Junior Warden

Carl Hurtubise, Sunday School Superintendent

www.trinitycranston.org | email: office@trinitycranston.org



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