



Trinity Episcopal Church

March 8, 2026: The Third Sunday in Lent - 10am Choral Eucharist

Welcome to Our Parish

We are glad to have you with us for our worship today, to share in the inclusive, ever-abundant love of God. If you would like to learn more about life here at Trinity, please fill out a **Welcome Card** found in the pew racks in front of you; join us for refreshments after the service; and visit our **website** at trinitysb.org.

For an explanation of why worship at Trinity looks and sounds like it does, scan the QR code for our **Guide to the Episcopal Liturgy**.



Open Communion. Whatever tradition you come from, and wherever you are on your journey of faith, you are welcome at our communion table. You will find simple directions on how to participate in the Holy Communion section of the program. Gluten-free wafers are available—just ask when the bread is presented to you.

Prayer Ministers. During communion at the 10am service, two prayer ministers are available at the back of the church to pray. The three of you will pray together in a circle and you will be offered anointing with oil.

Children. On Sundays, Trinity offers religious formation for our children (ages 3 to 12) through the Catechesis of the Good Shepherd program. It takes place as early as 9am in the church school building behind the sanctuary. Children are brought into the church during the offertory hymn to join us for communion at the 10am service.

Nursery and Toddler Care is from 9:45am to the end of the 10am service on Sundays in the nursery upstairs. During the offertory hymn, you are welcome to gather your child from the nursery to join you for communion in the church.

Trinity's Youth Group (grades 7-12) meets weekly during the school year for fellowship and reflection.

Our ushers are always glad to be of assistance, including answering questions, providing hearing loops as needed, and giving directions to the church school building, the nursery, and other on-site facilities.

Hearing Loop installed in the sanctuary.



Reflections on the Lenten Season

adapted by Kate Bowler

Lent begins with dirt—ash smeared across foreheads. and words from the scriptures that refuse optimism: remember that you are dust, and to dust you shall return. No pivot. No lesson tied up with a bow. Just an embodied reminder that fragility is our baseline.

The ache of that reality is not going away.

Not the ache of grief that fades and flares when you least expect it—at the grocery store, in the line at the pharmacy. Not the ache of bodies that don't cooperate, that wake us up at 3:00 a.m. with pain or panic (often both). Not the ache of loneliness, or regret, or unfinished stories, or prayers that keep circling back unanswered. Not the low-grade ache that hums beneath our productivity and self-improvement projects, reminding us that something is still missing, no matter how organized the calendar looks.

We keep waiting for a version of ourselves—or a version of the world—where that ache resolves. Where it finally quiets down. Where we get to say, Ah. This is it. I've arrived.

But Lent interrupts that wonderful fantasy.

Lent is the forty day season that begins on Ash Wednesday and leads us, slowly and deliberately, toward Easter. It mirrors Jesus's forty days in the wilderness and has been practiced by the church since at least the fourth century. Ash Wednesday marks the start of that journey, when the church tells the truth about our limits out loud—using ash because words alone won't do.

Lent doesn't promise relief. It doesn't offer a five-step plan for transcendence. It simply invites honesty. Forty days to stop pretending that we are fine, that we are in control, that we can outrun our limits with enough discipline or optimism. For the next forty days we'll practice living with the ache of being human, as God created us beautifully and finitely to be.

Ministers of Today's Liturgy

8am Service

Preacher: The Rev. Elizabeth Molitors, Rector

Presider: The Rev. Sarah Thomas, Associate Rector

Deacon: The Rev. John Draper

Director of Music: Thomas Joyce

Lay Eucharistic Minister: Diana Buzerak

Reader: Michael Stivers

Intercessor: Marty Scharlemann

Acolyte: Nollie Lei Dawson

Ushers: Jean Davis, Steve Kriz

9am Catechesis of the Good Shepherd

Catechists: Stephanie Perez, Mary Gibson,

Cathy Jones-Aidnik

Volunteers: Bridgette Bugay, Christen Foell, Bestsy Sweda

Director of Children and Youth: Theo Patterson

9am Nursery

Zoe George, Ella Ilman

10am Service

Preacher: The Rev. Elizabeth Molitors, Rector

Presider: The Rev. Sarah Thomas, Associate Rector

Deacon: The Rev. John Draper

Director of Music: Thomas Joyce

The Trinity Choir (Sopranos and Altos)

Prayer Ministers: Jay Casbon, Helene Gardner

Acolytes: Georg Rice, Rachyl Pines, Eliza Selzer

Readers: Susie Bartz, Pauline Nelson

Intercessor: Robert Adams

Lay Eucharistic Ministers: Jeannie Christensen, Susannah Rake, Carol Ann Manzi

Stream Team: Abby Selzler

Audio Guild: Ryan Kelly

Ushers: Stephen Humphreys, David Young, Emily Young

Greeters: Mel Sahyun, Faye Cox, Cyndie Genzmer

Welcome Table: RJ Plummer, Susan Zink

Altar Guild: Susan Krutzsch, Sarah McCarter, Nollie Lei Dawson

Coffee Hour Helpers: Sarah Degen, Mary Heumphreus

Remember in Your Prayers

Men of Lompoc prison, people of Ukraine, Israel and Palestine, undocumented immigrants, Griffin Arnold, Valerie and Andrew Arnold, James and Patricia Wright, Megan, Brett Evans, Aaron, Wendy, Robert F. Adams, Megan, Dylan, Ned, Paul D. and Caitlin D., Emmie and the Hoffman family, Ken Sorgman, Ben Howell, John Albright, Wendy Comstock, David Korol, Esequiel Stevens, Don Zimmerman, Ray and Rogelia Cano, Ryley, Nels Henderson, Steve Bauer, Becky and Kyle, the Cobell Family, Kevin and Liam Hess, Mac McNeel, Beth Miller, Kasurina, Sean and Aiden Ruskey, Candace Hartung, Brenda, the McPhee family, Michael and Nancy Harahan, Marjorie Woodward.

Those with Long Term Illness:

Rachel Roitman, Judy Boyd, Ellen Sherman, Stephanie Campbell, Royal Claydon, Greg Hawkins, Carolyn Roberts, Michael Wilds, Karen Myers, Johnny Mac, Karen McKenzie, Joan W., Cindy Sprague, the Rt. Rev. William Smalley, Ada A., Tim, Molly Ferro, Jane G., Gloria C., Barbara Winslow, Gail Lanonette, Kathy Floyd, Scott Smallwood, Joaquin and Jan, Quinn Sellars, Jane Arnold, Billy Jones, Gina B., Nadine Wilcox, Jane Ramshaw, Travis Stockstill, Virginia Burris, Kathy and Steve Stuck, Bruce Freeman, Rev. Mary Atwood, Randy Howard, Dinah, Jerry Gardner, Louise Fisher, Jane Ellison, Brett Evans, Esperanza.

For the Departed:

All victims of gun violence, Dave Wyman, Latif, Jack Carey, Linda D., Zdenka Garciacelay, Kent Eyman, Dorothy, Heidi, Elizabeth Reifel, Joe Poprock, Rick Huyett, Stephanie, Rev. Bryan Jones, Ernestine Ygnacio-De Soto, Jay and Kristen Ruskey, The Rev. Jesse Jackson, Cynthia Louise Callahan, Mary Weston.

In the Armed Services:

Michael C. Fish, David Dees, Frederick Johnston, Nicole A. Dennis, Kyle Ray, John Whitney, Sean Dunbar, Nicholas Hoegh Guldberg, Ryan Carey, Ben Wilson, Hannah Vadnais.

Postulants for Holy Orders:

Phylene Wiggins (diaconate, diocese of Los Angeles)
Gregory Canarroe (priesthood, diocese of New York)

Pastoral Care:

If you would like names added to the prayer list, please contact the office. Names will be removed after 90 days. If you would like to receive communion at home, are going into the hospital or are otherwise in need of pastoral care, please email office@trinitysb.org or call 805-965-7419.

Prelude

Chorale Prelude on "Martyrdom"

C. Hubert H. Parry (1848-1918)

All who are able, please stand

Processional Hymn 658

As long as the deer for cooling streams

Opening Acclamation

Presider Create in us clean hearts, O God;
People **And renew a right spirit within us.**

Confession

Deacon Let us confess our sins against God and neighbor.
People **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.**

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

Trisagion

All are invited to sing

David Hurd, Hymnal 1982

Ho - ly God, Ho - ly and Might - y, Ho - ly Im - mor - tal One, Have mer - cy up - on us. Ho - ly God, Ho - ly and Might - y, Ho - ly Im - mor - tal One, Have mer - cy up - on us.

Collect of the Day

adapted from *All Desires Known*

Presider God be with you.

People **And also with you.**

Presider Let us pray. Holy God, whose presence is known in the structures we build, and also in their collapse: establish in us a community of hope, not to contain your mystery, but to be led beyond security into your sacred space, through Jesus Christ, **Amen.**

Please be seated.

First Lesson

Exodus 17:1-7

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarreled with Moses, and said, "Give us water to drink." Moses said to them, "Why do you quarrel with me? Why do you test the Lord?" But the people thirsted there for water; and the people complained against Moses and said, "Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?" So Moses cried out to the Lord, "What shall I do with this people? They are almost ready to stone me." The Lord said to Moses, "Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink." Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarreled and tested the Lord, saying, "Is the Lord among us or not?"

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

People **Thanks be to God.**

Psalm 95

All are invited to sing the ANTIPHON at the ringing of the handbell

The Plainsong Psalter



Hard-en not your hearts, as your fore-bears did in the wil-der-ness.

ANTIPHON

Come, let us sing to the Lord; *
let us shout for joy to the Rock of our salvation.

Let us come before God's presence with
thanksgiving *
and raise a loud shout to the Lord with psalms.

For the Lord is a great God, *
and a great Sovereign above all gods.

The Lord holds the caverns of the earth, *
and sustains the heights of the hills.

The sea belongs to God who made it, *
whose hands have molded the dry land.

Come, let us bow down, and bend the knee, *
and kneel before the Lord our Maker.

For the Lord is our God,
and we are the people of God's pasture and the
sheep of God's hand. *
Oh, that today you would hearken to God's voice!

Harden not your hearts,
as your forebears did in the wilderness, *
at Meribah, and on that day at Massah,
when they tempted me.

They put me to the test, *
though they had seen my works.

Forty years long I detested that generation and said, *
"This people are wayward in their hearts;
they do not know my ways."

So I swore in my wrath, *
"They shall not enter into my rest."

ANTIPHON

Second Lesson

Romans 5:1-11

Since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.

For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person-- though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

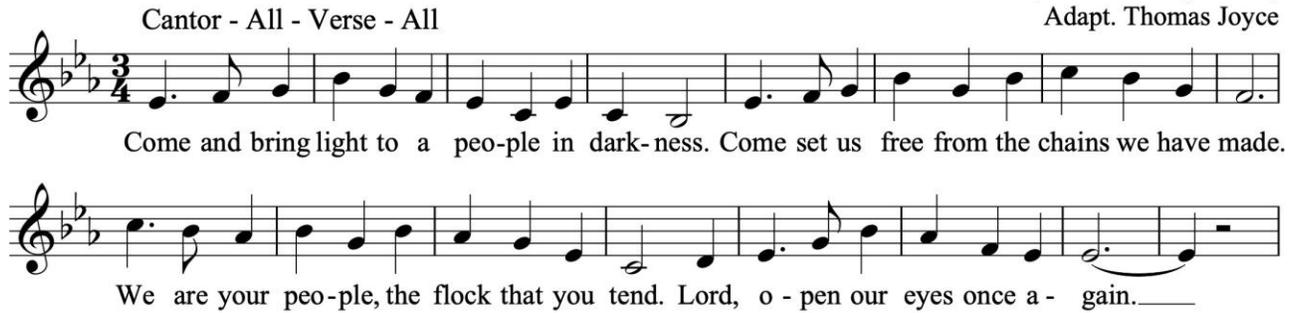
Reader Hear what the Spirit is saying to God's people.
People **Thanks be to God.**

All who are able, please stand.

Gospel Acclamation *All are invited to sing*

Come and Bring Light - Open Our Eyes
Words and Music by Kevin Keil (b. 1956)
Adapt. Thomas Joyce

Cantor - All - Verse - All



Come and bring light to a peo-ple in dark-ness. Come set us free from the chains we have made.
We are your peo-ple, the flock that you tend. Lord, o - pen our eyes once a - gain._____

The Choir sings the verse:

{Lent I} To the ones broken-hearted: open our eyes. To the plight of the poor: open our eyes.
To the innocent children: open our eyes. Teach us compassion and love.

{Lent II} To the victims of violence: open our eyes. To the ones who seek justice: open our eyes.
To those sitting in prison: open our eyes. Teach us compassion and love.

{Lent III} When a color divides us: open our eyes. When the darkness surrounds us: open our eyes.
When we choose to look elsewhere: open our eyes. Teach us compassion and love.

{Lent IV} To those full of life's sorrow: open our eyes. To the needs of the lowly: open our eyes.
To the ones who seek peace: open our eyes. Teach us compassion and love.

{Lent V} To those suffering illness: open our eyes. To those trapped by addiction: open our eyes.
To those lost or forgotten: open our eyes. Teach us compassion and love.

The Holy Gospel

John 4:5-42

Deacon The Holy Gospel of our Savior Jesus Christ according to John.

People **Glory to you, O Christ.**

Jesus came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink." (His disciples had gone to the city to buy food.) The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" (Jews do not share things in common with Samaritans.) Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him, and he would have given you living water." The woman said to him, "Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?" Jesus said to her, "Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in

them a spring of water gushing up to eternal life.” The woman said to him, “Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water.”

Jesus said to her, “Go, call your husband, and come back.” The woman answered him, “I have no husband.” Jesus said to her, “You are right in saying, ‘I have no husband’; for you have had five husbands, and the one you have now is not your husband. What you have said is true!” The woman said to him, “Sir, I see that you are a prophet. Our ancestors worshiped on this mountain, but you say that the place where people must worship is in Jerusalem.” Jesus said to her, “Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth.” The woman said to him, “I know that Messiah is coming” (who is called Christ). “When he comes, he will proclaim all things to us.” Jesus said to her, “I am he, the one who is speaking to you.”

Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, “What do you want?” or, “Why are you speaking with her?” Then the woman left her water jar and went back to the city. She said to the people, “Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?” They left the city and were on their way to him.

Meanwhile the disciples were urging him, “Rabbi, eat something.” But he said to them, “I have food to eat that you do not know about.” So the disciples said to one another, “Surely no one has brought him something to eat?” Jesus said to them, “My food is to do the will of him who sent me and to complete his work. Do you not say, ‘Four months more, then comes the harvest’? But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, ‘One sows and another reaps.’ I sent you to reap that for which you did not labor. Others have labored, and you have entered into their labor.”

Many Samaritans from that city believed in him because of the woman’s testimony, “He told me everything I have ever done.” So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. And many more believed because of his word. They said to the woman, “It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Savior of the world.”

Deacon The Gospel of the Lord.
People **Praise to you, O Christ.**

Please be seated.

Sermon

The Rev. Elizabeth Molitors

[Allow for a few moments of silence]

All who are able, please stand.

Affirmation of Faith

Sister Joan Chittister, OSB

**We believe in God who made us all,
and whose divinity infuses life with the sacred.
We believe in the multiple revelations of God,
alive in every human heart, expressed in every culture,
found in all the wisdoms of the world.
We believe in Jesus, the Christ, who leads us to the fullness of humanity,
to what we are meant to become.
Through Christ, we become new people,
called beyond the consequences of our brokenness,
lifted to the fullness of life.
We believe in the Holy Spirit, the breath of God on earth,
who keeps the Christ vision present to souls yet in darkness,
gives light to hearts now blind, infuses energy into spirits yet weary, isolated,
searching and confused.**

We believe in God who is life. Amen.

Prayers of the People

adapted from White & Graves, *Hear Our Prayer*

God of life, hear the prayers of your people as we say, God in your mercy, **hear our prayer.**

We pray for your church in every guise across the world. Guide us to see what connects us, that the unity of God might be made manifest. God in your mercy, **hear our prayer.**

We pray for the nations and their leaders, that they might seek justice, practice mercy, and look always for the welfare and peace of all people. God in your mercy, **hear our prayer.**

We pray for the places we call home, that they might be places of spiritual flourishing and communal harmony. God in your mercy, **hear our prayer.**

We pray for the earth; for the water and soil that sustains us and for our role as stewards of your abundant Creation that we might not despoil it through apathy or greed. God in your mercy, **hear our prayer.**

We pray for all who are in need or distress; that they might find wholeness and relief in God. We pray for all those on our parish prayer list, and others we now name, silently or aloud:

[Pause to offer names.]

God in your mercy, **hear our prayer.**

We pray for the dead and the dying and for those who grieve:

[Pause to offer names.]

Deliver them from their distress and grant us all a place in your eternal kingdom. God in your mercy, **hear our prayer.**

The Presider adds a concluding Collect:

God of freedom, God of life, hear and answer our prayers as may be best for us and lead us into the place of your promise that we might know abundant life. We ask this in Jesus' name. **Amen.**

The Peace

Presider The peace of Christ be always with you.

People **And also with you.**

Please be seated.

Announcements

The Offertory

To donate, make or pay your pledge, scan the QR code or visit trinitysb.org/giving. We also gratefully receive checks or cash in the offertory plate.



Please stay seated as the offering plates are passed, then stand, as you are able, as the ushers bring forward the offerings of bread, wine, and money to the altar.

Offertory Anthem

The Song of the Tree of Life

Ralph Vaughan Williams (1872-1958)

Unto them that overcometh shall be given of the Tree of Life,
which is in the midst of the Paradise of God.

On either side of the river groweth the Tree of Life,
the Leaves of the Tree are for thy healing.

In the midst of that fair City flows the river of Water of Life clear as crystal.

Whoso will, let them take of the Water of Life freely.

Whoso drinketh of this water shall never thirst.

Take thou the Leaves of the Tree of Life.

So shalt thou enter in through the Gates of the City.

*~ Words adapted from the *Book of Revelation**

Entrance of the Children into the Sanctuary

Offertory Hymn

O blessed spring, where Word and sign embrace

1. O bless - ed spring, where Word and sign em - brace us
2. Through sum - mer heat of youth - ful years, un - cer - tain
3. When au - tumn cools and youth is cold, when limbs their
4. As win - ter comes, as win - ters must, we breathe our
5. Christ, ho - ly Vine, Christ, liv - ing Tree, be praised for

in - to Christ the Vine: here Christ en - joins each one to
faith, re - bel - lious tears, sus - tained by Christ's in - fus - ing
heav - y har - vest hold, then through us, warm, the Christ will
last, re - turn to dust; still held in Christ, our souls take
this blest mys - te - ry: that Word and wa - ter thus re -

be a branch of this life - giv - ing Tree.
rain, the boughs will shout for joy a - gain.
move with gifts of beau - ty, wis - dom, love.
wing and trust the prom - ise of the spring.
vive and join us to your Tree of Life.

The Great Thanksgiving

adapted from *Prayers for an Inclusive Church*

Presider God 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 God thanks and praise.**

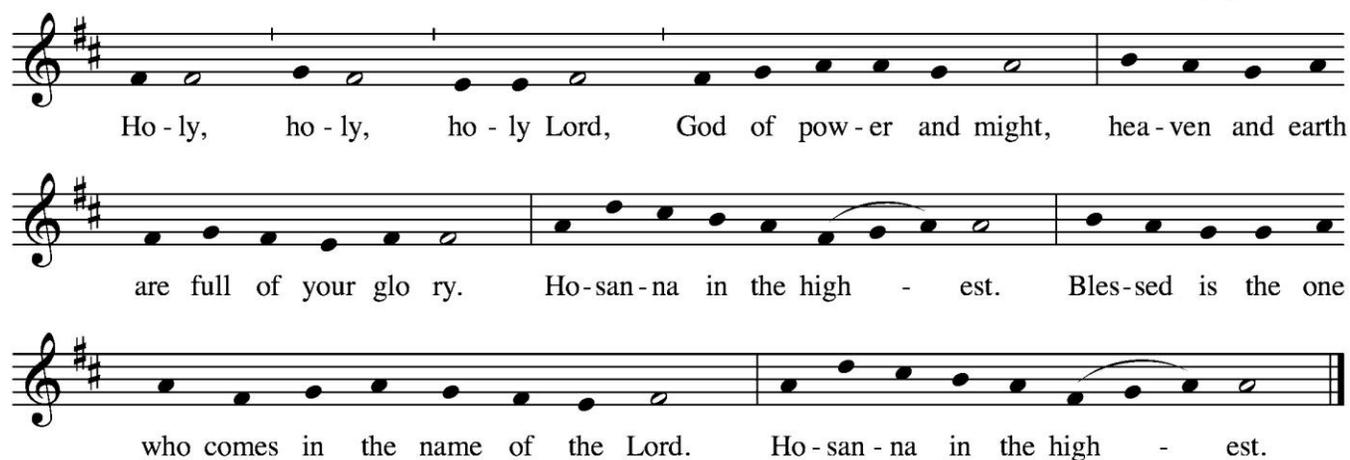
God of blessings, we thank you always for making us in your image to serve the peace of all creation. You shared your name with our mothers and fathers: Sarah and Abraham, who left their home and became a blessing to the nations; Moses and Miriam, who went through the sea and wilderness to the place of revelation; Deborah and Samson, who gave hope and justice to a people ruled by fear; Ruth and Jonah, who went to foreign soil and found a God who loves the stranger.

From our ancestors in faith came Jesus, the son of promise to fulfill the law, embody your love and draw all people to himself. He accepted death to break its fearful hold; he was raised to life to share it in abundance; he comes again to break the bread and pour the wine of hope.

Therefore, with all the people whose story you have shaped, with women and men of faith in every part of the world we glory in your generous love and sing in praise of you:

Sanctus *All are invited to sing*

David Hurd, *Hymnal 1982*



Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might, hea - ven and earth
are full of your glo ry. Ho - san - na in the high - est. Bles - sed is the one
who comes in the name of the Lord. Ho - san - na in the high - est.

We ask that your Holy Spirit will fall upon us and upon these gifts that these fragile, earthly things may be to us the body and blood of Jesus Christ; who, on the night he was betrayed, gathered with his faltering friends for a meal that tasted of freedom. Calling them to his table, he took bread, gave thanks, broke it and said: "This is my body, which is given for you. Do this to remember me." In the same way after supper, he took the cup, saying: "This cup is the new covenant in my blood. Do this, whenever you drink it, to remember me." As on that night, so here and now he offers himself in touch and taste beyond all words can hold.

Great is the mystery of faith.

Christ has died
Christ is risen
Christ will come again.

Therefore we come in memory and hope, responding to your call and the promise that echoes from the dawn of all time. May mind and heart be held by your self-giving love as we stand before the cross, approach the empty tomb, and praise the one whose name is lifted high above all earthly power. Receive our humble offering and bind us in communion with all who share your gifts; through Christ and with Christ and in Christ, in the unity of the Holy Spirit, to you be honor, glory, and praise, forever and ever. **AMEN.**

The Lord's Prayer

And now let us pray together, in the words Jesus gave his disciples:

**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.**

Fraction - Agnus Dei *All are invited to sing*

David Hurd, *Hymnal 1982*



Lamb of God, you take a - way the sins of the world: have mer - cy on us.



Lamb of God, you take a - way the sins of the world: have mer - cy on us.



Lamb of God, you take a - way the sins of the world: grant us peace.

The Invitation

Presider These are the gifts of God, for you, the holy and beloved people of God.

The Holy Communion

Whoever you are, and wherever you find yourself on the journey of faith, you are welcome at God's table for communion. Please come forward to receive communion standing in a semi-circle around the altar. You have the option to receive only the bread, or the bread intincted (dipped) into the wine and placed into your hand by the clergy person distributing communion. If you wish to receive only the bread, please say "bread only" as it's your turn to receive. Gluten free wafers are also available.

Regardless of whether you're receiving the bread only, or the bread and wine, you will hear the phrases, "the body of Christ, the bread of heaven" and "the blood of Christ, the cup of salvation" as communion is offered to you. As the ushers invite your row forward, please come up the center aisle to receive communion, then return to your seat via the side aisle. If you're unable to leave the pew, please notify an usher and communion will be brought to you. If you do not wish to receive communion, simply cross your arms across your chest; this will signal to the clergy to offer a blessing in lieu of communion.

Prayer ministers are available at the back of the church to pray for personal needs or concerns or to share your joys. If desired, anointing with holy oil is available from the prayer ministers as well.

Communion Anthem

Like a River in my Soul

Traditional African-American Spiritual
Arr. Tim Osiek/Dan Forrest

I've got peace like a river, like a river in my soul.
I've got peace like a river, soothing river, calmly flow.
When the world closes in, feel the stillness within.
I've got peace like a river, like a river in my soul.

I've got love like an ocean, like an ocean in my soul.
I've got love like an ocean, endless ocean, deep and full.
When you're lost and alone, let the waves bring you home.
I've got love like an ocean, like an ocean in my soul.

I've got joy like a fountain, like a fountain in my soul.
I've got joy like a fountain in my soul.
When your hope nearly dies, just remember, once again you shall rise!
I've got joy like a fountain in my soul.

Music at Communion

Handbells

All who are able, please stand.

Post Communion Prayer

from John Phillip Newell

Let us pray.

**Holy One beyond all names
Eternal Wellspring
May love rise again in us today
With food for every table
Shelter for every family
And reverence for every life.
Forgive us our failings in love
And free us from all falseness
That the light of our souls may shine
And the strength of our spirits endure
For Earth and all its people
This day, tonight, and forever.
Amen**

Commendation of Eucharistic Visitors

Presider Beloved community, we send our eucharistic visitors to share this Holy Communion with those who could not worship here today.

People **May they carry the prayers of all of us as they take this sacrament of the presence of Christ.**

The Blessing

adapted from The Rev. William Sloane Coffin

May God give us grace never to sell ourselves short;
grace to risk something big for something good;
and grace to remember that the world is now too dangerous for anything but truth
and too small for anything but love.
And may the blessing of God
who made you, who loves you, and who travels with you
be with you now and always. Amen.

Recessional Hymn 699

Jesus, Lover of my soul

Dismissal

Deacon Let us go into the world in peace, to love and serve God and one another.

People **Thanks be to God.**

In observance of the season of Lent, the organ postlude is omitted until The Great Vigil of Easter.

“Be still and know that I am God.” Psalm 46:10

Coffee Hour

Our fellowship continues at Coffee Hour, and with a presentation by the Youth about their trip to the La Cobina shelter in Mexicali. Please join us in the Parish Hall.

*We are glad to have you with us for our worship today, to share in the inclusive, ever-abundant love of God. If you would like to learn more about life here at Trinity, please visit our website at **trinitysb.org***

New to Trinity? *Please know you are welcome! Fill out the newcomer card in the pew rack or complete the online form using the QR code below so we can get to know you better!*



Trinity Episcopal Church

Upcoming Events and Announcements

Forum on the La Cobina Shelter Service Trip – Sunday, March 8, 11:30am

Come hear the stories from the Trinity youth group members and parishioners, and members of the Unitarian Society who returned from the recent service trip. This will also be a Bake Sale fundraiser for Border Compassion, the organizers of the trip whose mission is to offer humanitarian aid to families detained at the US/Mexico border.

Lenten Series on the Psalms – Wednesdays, March 11, 18 and 25, 6:30-8:30pm

The Psalms are the heartbeat of the Hebrew Scriptures: raw, poetic, and startlingly honest. They give voice to human joy and grief, rage and hope, doubt and deep trust. Join us for the Wednesdays in Lent to engage in practices of reflection, journaling, song, and other means, as ways to connect more deeply with these ancient poetic scriptures that we read or hear every Sunday, but may not know much about.

Centering Prayer in the Chapel – Thursdays, March 19, and 26, 3-4pm

(No practice this Thursday, March 12)

We will gather, prepare our hearts and minds for our time of prayer, “sit” for 20 minutes, share some brief reflections, and close. No prior knowledge or experience is required. Please use the Micheltorena gate to enter campus and the Chapel door will be open.

Noon Concert @ Trinity – Friday, March 20, 12:15-12:45pm (doors open @ 11:45am)

Noon Concerts at Trinity presents *Eight is Enough: Once Century of Wind Music (1917 – 1925)*, featuring music from Stravinsky, Michael Davis and Melissa Manchester. Free-will offering of \$10. Please join us!

Trinity Men’s Group Breakfast – Saturday, March 21, 8-10am

The Trinity men are gathering in the Guild Hall for fellowship and a culinary feast. Deacon John will lead the group in a conversation about Parker Palmer's article: [The Broken-Open Heart--Living with Faith and Hope in the Tragic Gap](#). \$10 free-will offering will be collected. Visit *Upcoming Events* on the Trinity website for more information and a link to the article.

Flowering of the Church for Easter – Saturday, April 4, 2026, 9:30 – 1:00pm

You are invited to help with the transformation of our sanctuary into a magical space for our Easter services. There is a job for everyone, no experience necessary. Meet in the Parish Hall. Stay for as little or as long as you are able. A signup sheet will be on the labyrinth at Coffee Hour.

Connect with us! Sign up to receive our weekly newsletter, Trinity Notes. Scan the QR code for current and past issues or visit Trinity’s website at trinitysb.org/trinity-notes.

