



Trinity Episcopal Church

September 27, 2026: Eighteenth Sunday after Pentecost - 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 1/2 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 9:00am 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.



Ordinary Time

For years, when my child was little, long trips in the car meant enjoying the treat of listening to books-on-tape. Among our favorites were the Winnie-the-Pooh books, read by the gravelly-voiced Charles Kuralt. Through simple, everyday stories about the lives of Pooh and Piglet, Owl and Tigger, and all the other residents of the Hundred Acre Wood, we came to know their values and how they cared for each other. The stories explored what it meant to be a friend and a neighbor; what it felt like to be excluded or included; the reparative cycle from hurt to forgiveness, from isolation to reconciliation.

While I love the high drama and excitement of the “big” seasons and celebrations of the church year—Advent and Christmas, Lent and Holy Week, Easter and Ascension and Pentecost—there’s so much to appreciate about the long unfolding season of the weeks between Pentecost and Advent, what in ‘church-speak’ we call Ordinary Time. Over the next 5+ months, we’ll hear stories of Jesus’ day-to-day work and ministry in the scriptures, learning through narrative and parable what it means to be a neighbor, to be included, to be healed and forgiven and reconciled.

Our challenge in this Ordinary Time is to not take the everyday-ness of the stories of Jesus encountering and loving humanity for granted, but appreciate the rich gifts of the quotidian. I’m reminded of Mary Oliver’s poem of wise counsel, especially apt this season: Instructions for living a life...

Pay attention.
Be astonished.
Tell about it.

Welcome to this Ordinary, and astonishing, time.

The Rev. Elizabeth Molitors

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: Jax Ranck

Acolyte: Nollie Lei Dawson

Ushers: Jean Davis, Sarah Degen

9am Catechesis of the Good Shepherd

Catechists: Mac McNeel, Robin Selzler, Vanessa Woods

Volunteers: Ashley Miller, Mary Gibson, Libby Yardi,
Christen Foell

Director of Children and Youth: Theo Patterson

9:45am Nursery

Zoe George, Mikayla Gonzales

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

Acolytes: Rachyl Pines, Georg Rice

Readers: Phylene Wiggins, Donna Sugano

Intercessor: Stephen Singleton

Lay Eucharistic Ministers: Anna Kokotovic,
Karen Claydon, Ralph Armbruster-Sandoval

Prayer Ministers: Caryl Ann Casbon, Georgia Noble

Stream Team: Austin Miller

Audio Guild: Matt Evans

Ushers: Teresa Angulo, Tim Angulo, Jenna Conarro

Greeters: RJ Plummer, Susan Zink

Welcome Table: Robert Mann, Deborah Wells Ah-Tye

Altar Guild: Norma Stuck, Cathi Speake, Betty Wenzel,
Sarah Degen

Flower Guild: Betsy Sweda

Coffee Hour Helpers: Carol Craviotto, Daniel Craviotto

Bouquet Blessings: Anne Howard, Betty Wenzel

Remember in Your Prayers

People of Ukraine, Israel and Palestine, undocumented immigrants who are being targeted, all the war torn areas of the Middle East, and around the world, incarcerated men of Lompoc Prison, Dana, Fred, Jean, Ted Anderson, Kristi Wallace, Marj Huske, James Salmey, Jessica, Inayet Riaz, Mary Heumphreus, Katie Rinker, Miles, Lisa Gorrell, Shea, Nathaniel's family, Noel Smith, George Richardson.

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., Scott Smallwood, Joaquin and Jan, Quinn Sellars, Jane Arnold, Billy Jones, Gina B., Nadine Wilcox, Jane Ramshaw, Travis Stockstill, Virginia Burris, Rev. Mary Atwood, Randy Howard, Dinah, Louise Fisher, Jane Ellison, Brett Evans, Esperanza, Rayanne, Michael Rappatoni, Michael Pugh, Ron Dammann, Kelly, Wendy, Libby Shibley, Nancy Harahan, Michael Harahan, Molly Laula, Don Zimmerman, Jimmy Gillinger.

For the Departed:

All victims of gun violence, Jeannie Cavender, Donald Duclow, Jill Harper, Sally Webb, Barbara, Carol, Mandy, Henry Wildenborg, Darrell Heacock, Bill Thomas, Rev. Sidney Breese, Gladys Secunda, Ted Williams Jr., John Albright, Dolly Parton, Jeff Gorrell, Wendell Berry, Dick Dunlap, Annie Dillard, Nathaniel, Marsie.

In the Armed Services:

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

Postulants for Holy Orders:

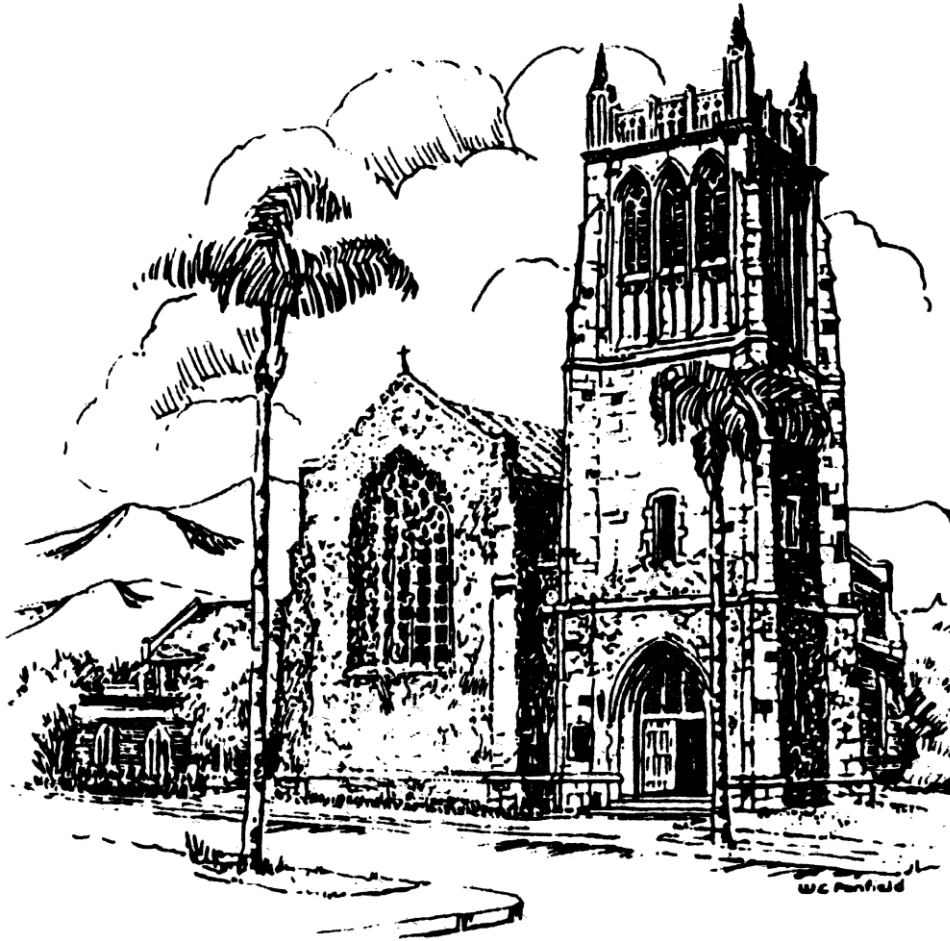
Phylene Wiggins (diaconate, diocese of Los Angeles)
Gregory Canarro (priesthood, diocese of New York)

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.

Flower Dedication:

Today's flowers are given by Carol and Daniel Craviotto, in memory of John Craviotto.



Prelude Hymn Preludes on "Evan" and "Mercy" Gordon Young (1919-1998)

All who are able, please stand for the Processional Hymn

Processional Hymn #348 Lord, we have come at your own invitation

Opening Acclamation

Presider Blessed be the one, holy, and living God.

People **Glory to God for ever and ever.**

Collect for Purity *All pray together*

Loving God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Jesus Christ our Savior. Amen.

Hymn of Praise

All are invited to sing

Canticle 13

John Rutter, *The Hymnal* 1982

Glo - ry to you, Lord God of our an - ces - tors;
you are wor - thy of praise; glo - ry to you.
Glo - ry to you for the ra - di - ance of your ho - ly Name;
we will praise you and high - ly ex - alt you for ev - er.
Glo - ry to you in the splen - dor of your tem - ple;
on the throne of your ma - jes - ty, glo - ry to you.
Glo - ry to you, seat - ed be - tween the Cher - u - bim;
we will praise you and high - ly ex - alt you for ev - er.
Glo - ry to you, be - hold - ing the depths;
in the high vault of hea - ven, glo - ry to you.
Glo - ry to you, Cre - a - tor, Christ, and Ho - ly Spi - rit;
we will praise you and high - ly ex - alt you for ev - er.

Collect of the Day

adapted from *Feasting on the Word*

Presider God be with you.

People **And also with you.**

Presider Let us pray. Gracious God, we thank you for being ever present with us. We know that we are never alone. Your mercies have been faithful and rich. Pour out your Spirit upon us, that we might do the work of your will, through Jesus Christ, the free gift of grace. **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**

Psalms 78:1-4, 12-16*All are invited to sing the REFRAIN*

From *The Portland Psalter* © 2002, by Robert A. Hawthorne
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REFRAIN

Hear my teaching, O my people; *
incline your ears to the words of my mouth.

I will open my mouth in a parable; *
I will declare the mysteries of ancient times.

That which we have heard and known,
and what our ancestors have told us, *
we will not hide from their children.

We will recount to generations to come
the praiseworthy deeds and the power of
the Lord, *
and the wonderful works God has done.

REFRAIN

God worked marvels in the sight of their
ancestors, *
in the land of Egypt, in the field of Zoan.

God split open the sea and let them pass
through; *
he made the waters stand up like walls.

God led them with a cloud by day, *
and all the night through with a glow of fire.

God split the hard rocks in the wilderness *
and gave them drink as from the great deep.

God brought streams out of the cliff, *
and the waters gushed out like rivers.

*REFRAIN***Second Lesson****Philippians 2:1-13**

If then there is any encouragement in Christ, any consolation from love, any sharing in the Spirit, any compassion and sympathy, make my joy complete: be of the same mind, having the same love, being in full accord and of one mind. Do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves. Let each of you look not to your own interests, but to the interests of others. Let the same mind be in you that was in Christ Jesus,

who, though he was in the form of God,
did not regard equality with God
as something to be exploited,
but emptied himself,
taking the form of a slave,
being born in human likeness.
And being found in human form,
he humbled himself

and became obedient to the point of death--
 even death on a cross.
 Therefore God also highly exalted him
 and gave him the name
 that is above every name,
 so that at the name of Jesus
 every knee should bend,
 in heaven and on earth and under the earth,
 and every tongue should confess
 that Jesus Christ is Lord,
 to the glory of God the Father.

Therefore, my beloved, just as you have always obeyed me, not only in my presence, but much more now in my absence, work out your own salvation with fear and trembling; for it is God who is at work in you, enabling you both to will and to work for his good pleasure.

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*

Cantor *All* *Cantor* *All*

Al - le - lu - ia, *Al - le - lu - ia,* *Al - le - lu - ia,* *Al - le - lu - ia,*

Cantor *All*

Al - le - lu - ia, — Al - le - lu - ia. *Al - le - lu - ia, — Al - le - lu - ia.*

The Holy Gospel

Matthew 21:23-32

Deacon The Holy Gospel of our Savior Jesus Christ according to Matthew.
 People **Glory to you, O Christ.**

When Jesus entered the temple, the chief priests and the elders of the people came to him as he was teaching, and said, "By what authority are you doing these things, and who gave you this authority?" Jesus said to them, "I will also ask you one question; if you tell me the answer, then I will also tell you by what authority I do these things. Did the baptism of John come from heaven, or was it of human origin?" And they argued with one another, "If we say, 'From heaven,' he will say to us, 'Why then did you not believe him?' But if we say, 'Of human origin,' we are afraid of the crowd; for all regard John as a prophet." So they answered Jesus, "We do not know." And he said to them, "Neither will I tell you by what authority I am doing these things.

“What do you think? A man had two sons; he went to the first and said, ‘Son, go and work in the vineyard today.’ He answered, ‘I will not’; but later he changed his mind and went. The father went to the second and said the same; and he answered, ‘I go, sir’; but he did not go. Which of the two did the will of his father?” They said, “The first.” Jesus said to them, “Truly I tell you, the tax collectors and the prostitutes are going into the kingdom of God ahead of you. For John came to you in the way of righteousness and you did not believe him, but the tax collectors and the prostitutes believed him; and even after you saw it, you did not change your minds and believe him.”

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*

Gracious God, hear the prayers of your people and come swiftly to aid us as we say, God in your mercy, **hear our prayer.**

Grant your church wisdom to bring about the beloved community through our commitment to individual and communal transformation and redemption. God in your mercy, **hear our prayer.**

Grant our nation strength and forbearance to peacefully resolve our differences and to live in harmony with our neighbors. God in your mercy, **hear our prayer.**

Grant us discerning hearts as we gather to hear these words, that we might live into your will and be your people. God in your mercy, **hear our prayer.**

Give us clarity, that we might perceive and comprehend the gravity of the global issues which we face, and fill us with determination to work together to implement sustainable and equitable solutions. God in your mercy, **hear our prayer.**

Lift the burdens of those who are ill, those who face overwhelming challenges, and those who are fearful. Bring them healing and peace. We pray also 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.**

Grant peace and a welcome into your eternal grace to those who have died; and bring us to that place where with them we may all live again in your glorious kingdom.

[Pause to offer names.]

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

The Presider adds a concluding Collect:

O God, your eternal essence is love. Guide us as we seek to live fully into our belovedness and grant us an answer to our prayers that fulfills our deepest longings and reflects your love into the world. In Jesus' name, we pray. **Amen.**

Confession

Deacon	We pray to you also for the forgiveness of our sins:
People	God of all mercy, we confess that we have sinned against you, opposing your will in our lives. We have denied your goodness in each other, in ourselves, and in the world you have created. We repent of the evil that enslaves us, the evil we have done, and the evil done on our behalf; Forgive, restore, and strengthen us through our Savior Jesus Christ, that we may abide in your love and serve only your will. Amen.
Presider	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.

The Peace

Presider	The peace of Christ be always with you.
People	And also with you.

Please be seated.

Announcements

The Offertory

Donations are gratefully accepted. Scan the QR code, on the right, with your smart phone, or visit trinitysb.org/giving.



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

How Can I Keep From Singing?

Quaker Hymn, Arr. Gwyneth Walker (b.1947)

My life flows on in endless song above earth's lamentation.
I hear the real though distant song that hails a new creation.
Through all the tumult and the strife I hear the music ringing.
It sounds an echo in my soul, how can I keep from singing?

What though the tempest loudly roars, I hear the truth, it's living!
What though the darkness round me close, songs in the night it's giving!
No storm can shake my inmost calm while to that rock I'm clinging.
Since I believe that love abides, how can I keep from singing?

When tyrants tremble when they hear the bells of freedom ringing.
When friends rejoice both far and near, how can I keep from singing?
In prison cell, in dungeon dark, our thoughts to them are winging.
When friends hold courage in their heart, how can I keep from singing?

- Robert Lowry (1826-1899)

Entrance of the Children into the Sanctuary

Offertory Hymn #686

Come, thou fount of every blessing

The Great Thanksgiving

Enriching our Worship

Presider May God be with you. *All* And also with you.

Presider Lift up your hearts. *All* We lift them to the Lord.

Presider Let us give thanks to the Lord our God.

All It is right to give God thanks and praise.

Presider All thanks and praise are yours at all times and in all places, our true and loving God; through Jesus Christ, your eternal Word, the Wisdom from on high by whom you created all things. You laid the foundations of the world and enclosed the sea when it burst out from the womb; You brought forth all creatures of the earth and gave breath to humankind. Wondrous are you, Holy One of Blessing, all you create is a sign of hope for our journey; and so as the morning stars sing your praises we join the heavenly beings and all creation as we shout with joy:

Sanctus *All are invited to sing*

Cantor sings once, then all sing once through.

Spanish traditional

¡San - to, san - to, san - to, mi co - ra-zon te_a - do - ra!

Mi co - ra-zon te sa - be de-cir: san - to_e-res Se - ñor.

Holy, holy holy, my heart adores you! My heart knows how to say: you are holy, Lord.

Presider Glory and honor are yours, Creator of all, your Word has never been silent; you called a people to yourself, as a light to the nations, you delivered them from bondage and led them to a land of promise. Of your grace, you gave Jesus to be human, to share our life, to proclaim the

coming of your holy reign and give himself for us, a fragrant offering. Through Jesus Christ our Redeemer, you have freed us from sin, brought us into new life, reconciled us to you, and restored us to the glory you intend for us.

We thank you that on the night before he died Jesus took bread, and when he had given thanks to you, he broke it, gave it to his friends and said: "Take, eat, this is my Body, broken for you. Do this for the remembrance of me." After supper Jesus took the cup of wine, said the blessing, gave it to his friends and said: "Drink this, all of you: this cup is the new covenant in my blood, poured out for you and for all for the forgiveness of sin. Do this for the remembrance of me." And so, remembering all that was done for us: the cross, the tomb, the resurrection and ascension, longing for Christ's coming in glory, and presenting to you these gifts your earth has formed and human hands have made, we acclaim you, O Christ.

People **Dying, you destroyed our death. Rising, you restored our life.
Christ Jesus, come in glory!**

Presider Send your Holy Spirit upon us and upon these gifts of bread and wine that they may be to us the Body and the Blood of your Christ. Grant that we, burning with your Spirit's power, may be a people of hope, justice and love. Giver of Life, draw us together in the Body of Christ, and in the fullness of time gather us with all your people into the joy of your true eternal home. Through Christ and with Christ and in Christ, by the inspiration of your Holy Spirit, we worship you our God and Creator in voices of unending praise. **AMEN.**

The Lord's Prayer

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

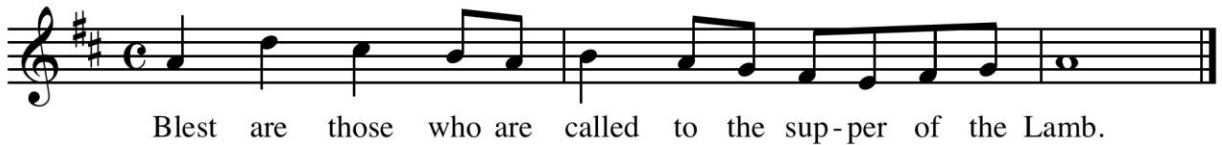
**Our Father, who art in heaven,
hallowed be thy Name,
thy kingdom come,
thy will be done,
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those
who trespass against us.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom,
and the power, and the glory,
for ever and ever. Amen.**

Fraction Anthem

All are invited to sing

Antiphon: *Cantor, then All*

Arlen Clarke, *Music in the Service of the Church*



Verse: *Cantor*

Taste and see that the Lord is good; happy are they who trust in God.

Antiphon: *All*

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.

Communion Anthem

The Road Home

Tune: "Prospect" from *Southern Harmony*, 1835
Arr. Stephen Paulus (b.1949)

Tell me, where is the road
I can call my own,
That I left, that I lost,
So long ago?
All these years I have wandered,
Oh, when will I know
There's a way, there's a road
That will lead me home?

Rise up, follow me,
Come away, is the call,
With the love in your heart
As the only song;
There is no such beauty
As where you belong:
Rise up, follow me,
I will lead you home.

After wind, after rain,
When the dark is done.
As I wake from a dream
In the gold of day,
Through the air there's a calling
From far away,
There's a voice I can hear
That will lead me home.

- Michael Dennis Browne (1940-2026)

Music at Communion Poeme Mystique on "Mercy" Richard Purvis (1913-1994)

All who are able, please stand.

Post Communion Prayer

Adapted from the New Zealand Prayer Book

Eternal Spirit, living God, in whom we live and move and have our being, all that we are, have been, and shall be is known to you, to the very secret of our hearts and all that rises to trouble us. Living flame, burn into us, cleansing wind, blow through us, fountain of water, well up within us, that we may proclaim your love to the world and continue in the risen life of Christ. 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 the sacrament of the presence of Christ.**

The Blessing

Life is short, and we do not have much time to gladden the hearts of those who make the journey with us. So, be swift to love, and make haste to be kind. And the blessing of God, who made us, who loves us, and who travels with us, be with you now and always. **Amen.**

Recessional Hymn #344

Lord, dismiss us with thy blessing

The Dismissal

Deacon Our worship has ended, our service begins. Go in peace to love and serve
God and one another.
People **Thanks be to God.**

Postlude Hymn Prelude on "Nettleton"

Dale Wood (1934-2003)

Coffee Hour

Our fellowship continues at Coffee Hour. Please join us outside on the labyrinth.

*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**.*



COMPLINE

(/kɒmplɪn/ KOM-plin)

with Story and Sound

Sunday, October 4 7-8pm

Our storyteller will be Madeleine Eve Ignon.

Madeleine is a multimedia artist and graphic designer who works in painting, sewing, drawing, and collage.

The compline service at Trinity is led by the Rev. Sarah Thomas. It begins with thirty minutes of rest and reflection through synthesized sound by DJ artist Andrew Elia. Then a transition with brewed herbal tea, and concludes with the opportunity to hear a person share a personal story understood as the sacred text that is our bodies moving through the world.

The Compline service is held in the sanctuary, transformed with candlelight, blankets, and incense.



Trinity Episcopal Church

Upcoming Events and Announcements

Centering Prayer in the Chapel – Weekly, 3-4pm

All are invited to join in the practice of Centering Prayer, weekly on Wednesdays. No prior knowledge or experience is required. Please use the Micheltorena gate to enter campus and the Chapel door will be open.

Pet Blessing on the Labyrinth – Friday, October 2, 5:30-6:15pm

All are welcome to join us for the Feast of St. Francis pet blessing. All pets are welcome, from every species, including stuffed! We'll remember our animal companions who have died in the past year.

Trinity Men's Group Breakfast – Saturday, October 3, 8-10am

The Trinity men will gather in the Guild Hall for fellowship and breakfast with guest speaker, Dr. Relly Nadler, a clinical psychologist and corporate management trainer. Dr. Nadler will lead a discussion about Emotional Intelligence and Leadership. \$10 free will offering will be collected. Contact: Paul Zink, prz@zinkaia.com.

Ted Lasso Biscuit Baking Class – Sunday, October 4, 1-2:30pm

Parishioner Anne Roediger and her daughter Rebecca will be sharing their expertise in making the popular biscuits in the Trinity kitchen. There are spaces for 20 participants, and the cost of the class is \$20. Proceeds will benefit the Cookie Walk Baking Fund. Visit Trinity's website, *Upcoming Events* to sign up.

Men's Group – Monday, October 5, 4-5pm

Trinity Men's Group meets at 4pm on the first Monday of each month in the Trinity library. After the meeting, anyone who finds it convenient is welcome to gather at Santa Barbara Public Market to share a meal.

Annual Giving Kickoff Dinner – Saturday, October 10, 5:30-8pm

This festive, all-parish, family friendly gathering will be another opportunity to connect with new and long-time Trinity friends. We hope you will attend this special night of fellowship as we kick off our fall season of annual giving. Sign up to attend and to help at the event. Find both sign-up easels at coffee hour or sign up online on the website under *Upcoming Events*.

Choral Evensong Service – Sunday, October 11, 5pm

The Christian practice of sung evening prayer dates back centuries. It developed into Evensong in English cathedrals, combining songs, scripture, psalms, and prayers. A treasure of the Anglican/Episcopal tradition, we worship God together at the ending of the day. This will be the first time in decades that the Trinity Choir will be singing Evensong.

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.

