



Trinity Episcopal Church

March 15, 2026: The Fourth 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. Anne Howard, Preacher-in-Residence

Presider: The Rev. Sarah Thomas, Associate Rector

Deacon: The Rev. John Draper

Director of Music: Thomas Joyce

Lay Eucharistic Minister: Michael Neal Arnold

Reader: Sarah Fenstermaker

Intercessor: Dawn Draper

Acolyte: Michael Dean

Ushers: Jim Micallef, MK Micallef

9am Catechesis of the Good Shepherd

Catechists: Susan Krutzsch, Mary Gibson,

Robin Selzler, Vanessa Woods

Volunteers: Narine Asadurian, Sean Poole, Alex Nizet, Emily Young

Director of Children and Youth: Theo Patterson

9am Nursery

10am Service

Preacher: The Rev. Anne Howard, Preacher-in-Residence

Presider: The Rev. Sarah Thomas, Associate Rector

Deacon: The Rev. John Draper

Director of Music: Thomas Joyce

Conducting Assistant: Grace Wenzel

The Trinity Choir

Prayer Ministers: Georgia Noble, Susannah Rake

Acolytes: Georg Rice, Terre Sanitate, Gwyneth Thomas

Readers: Phylene Wiggins, Alexander Thomas

Intercessor: Michele Mollkoy

Lay Eucharistic Ministers: Ed Savage, Ralph Armbruster-Sandoval, Karen Claydon

Stream Team: Austin Miller

Audio Guild: Mitchell Thomas

Ushers: Teresa Angulo, Tim Angulo, Kathleen Rogers, Jim Sterne

Greeters: Carol Carpenter, Daniel Craviotto, Susan Zink

Welcome Table: Caryl Ann Casbon

Altar Guild: Susan Adams, Marcella Simmons, Nollie Lei Dawson

Coffee Hour Helpers: MK Micallef, Susan Krutzsch

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, 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, Jack Azar, Dave Gorbet.

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, Rayanne.

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, Mary Weston, Jay and Kristen Ruskey, The Rev. Jesse Jackson, Cynthia Louise Callahan, Jane Gorbet.

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 Bagpipe-Prelude on 'Amazing Grace'

Paul Fey (b.1998)

All who are able, please stand

Processional Hymn 339

Deck thyself, my soul, with gladness

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. 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 *Feasting on the Word*

Presider God be with you.

People **And also with you.**

Presider Let us pray. Holy God, you show us the way. Bring us again and again into your light until your ways become visible to us, and bear fruit in us. Touch us, so that we are utterly changed. In Jesus' name we pray, **Amen.**

Please be seated.

First Lesson

1 Samuel 16:1-13

The Lord said to Samuel, "How long will you grieve over Saul? I have rejected him from being king over Israel. Fill your horn with oil and set out; I will send you to Jesse the Bethlehemite, for I have provided for myself a king among his sons." Samuel said, "How can I go? If Saul hears of it, he will kill me." And the Lord said, "Take a heifer with you, and say, 'I have come to sacrifice to the Lord.' Invite Jesse to the sacrifice, and I will show you what you shall do; and you shall anoint for me the one whom I name to you." Samuel did what the Lord commanded, and came to Bethlehem. The elders of the city came to meet him trembling, and said, "Do you come peaceably?" He said, "Peaceably; I have come to sacrifice to the Lord; sanctify yourselves and come with me to the sacrifice." And he sanctified Jesse and his sons and invited them to the sacrifice.

When they came, he looked on Eliab and thought, "Surely the Lord's anointed is now before the Lord." But the Lord said to Samuel, "Do not look on his appearance or on the height of his stature, because I have rejected him; for the Lord does not see as mortals see; they look on the outward appearance, but the Lord looks on the heart." Then Jesse called Abinadab, and made him pass before Samuel. He said, "Neither has the Lord chosen this one." Then Jesse made Shammah pass by. And he said, "Neither has the Lord chosen this one." Jesse made seven of his sons pass before Samuel, and Samuel said to Jesse, "The Lord has not chosen any of these." Samuel said to Jesse, "Are all your sons here?" And he said, "There remains yet the youngest, but he is keeping the sheep." And Samuel said to Jesse, "Send and bring him; for we will not sit down until he comes here." He sent and brought him in. Now he was ruddy, and had beautiful eyes, and was handsome. The Lord said, "Rise and anoint him; for this is the one." Then Samuel took the horn of oil, and anointed him in the presence of his brothers; and the spirit of the Lord came mightily upon David from that day forward. Samuel then set out and went to Ramah.

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

People **Thanks be to God.**

Psalm 23*Sung by the choir*

Bobby McFerrin (b. 1950)

The Lord is my Shepherd, I have all I need,
 She makes me lie down in green meadows,
 Beside the still waters, She will lead.

She restores my soul, She rights my wrongs,
 She leads me in a path of good things,
 And fills my heart with songs.

Even though I walk through a dark and dreary land,
 There is nothing that can shake me,
 She has said, She won't forsake me, I'm in Her hand.

She sets a table before me, in the presence of my foes,
 She anoints my head with oil,
 And my cup overflows.

Surely goodness and kindness will follow me
 All the days of my life,
 And I will live in Her house, forever and ever.

Glory be to our Mother, and Daughter, And to the Holy of Holies,
 As it was in the beginning, is now and ever shall be,
 World without end. Amen.

- Words adapted by Bobby McFerrin and dedicated to his mother, Sarah.

Second Lesson**Ephesians 5:8-14**

For once you were darkness, but now in the Lord you are light. Live as children of light— for the fruit of the light is found in all that is good and right and true. Try to find out what is pleasing to the Lord. Take no part in the unfruitful works of darkness, but instead expose them. For it is shameful even to mention what such people do secretly; but everything exposed by the light becomes visible, for everything that becomes visible is light. Therefore it says,

“Sleeper, awake!
 Rise from the dead,
 and Christ will shine on you.”

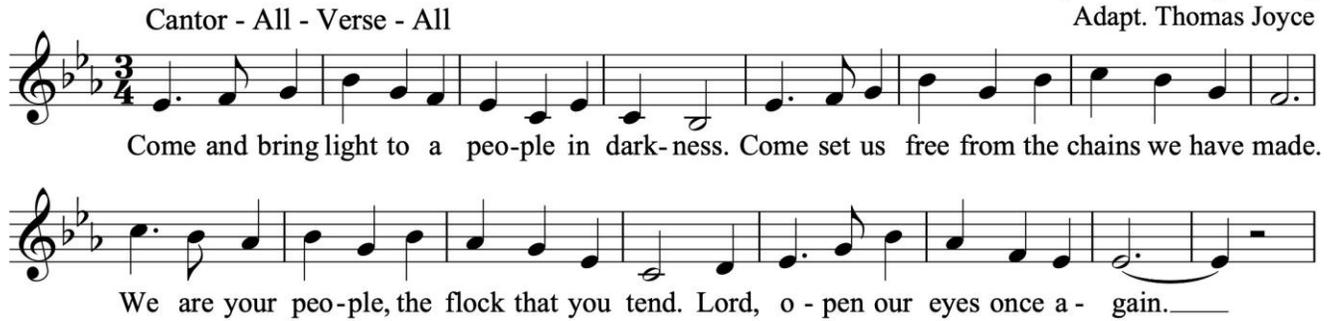
Reader Hear what the Spirit is saying to God's people.
 People **Thanks be to God.**

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 9:1-41

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

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

As Jesus walked along, he saw a man blind from birth. His disciples asked him, "Rabbi, who sinned, this man or his parents, that he was born blind?" Jesus answered, "Neither this man nor his parents sinned; he was born blind so that God's works might be revealed in him. We must work the works of him who sent me while it is day; night is coming when no one can work. As long as I am in the world, I am the light of the world." When he had said this, he spat on the ground and made mud with the saliva and spread the mud on the man's eyes, saying to him, "Go, wash in the pool of Siloam" (which means Sent). Then he went and washed and came back able to see. The neighbors and those who had seen him before as a beggar began to ask, "Is this not the man who used to sit and beg?" Some were saying, "It is he." Others were saying, "No, but it is someone like him." He kept saying, "I am the man." But they kept asking him, "Then how were your eyes opened?" He answered, "The man called Jesus made mud,

spread it on my eyes, and said to me, 'Go to Siloam and wash.' Then I went and washed and received my sight." They said to him, "Where is he?" He said, "I do not know."

They brought to the Pharisees the man who had formerly been blind. Now it was a sabbath day when Jesus made the mud and opened his eyes. Then the Pharisees also began to ask him how he had received his sight. He said to them, "He put mud on my eyes. Then I washed, and now I see." Some of the Pharisees said, "This man is not from God, for he does not observe the sabbath." But others said, "How can a man who is a sinner perform such signs?" And they were divided. So they said again to the blind man, "What do you say about him? It was your eyes he opened." He said, "He is a prophet."

The Jews did not believe that he had been blind and had received his sight until they called the parents of the man who had received his sight and asked them, "Is this your son, who you say was born blind? How then does he now see?" His parents answered, "We know that this is our son, and that he was born blind; but we do not know how it is that now he sees, nor do we know who opened his eyes. Ask him; he is of age. He will speak for himself." His parents said this because they were afraid of the Jews; for the Jews had already agreed that anyone who confessed Jesus to be the Messiah would be put out of the synagogue. Therefore his parents said, "He is of age; ask him."

So for the second time they called the man who had been blind, and they said to him, "Give glory to God! We know that this man is a sinner." He answered, "I do not know whether he is a sinner. One thing I do know, that though I was blind, now I see." They said to him, "What did he do to you? How did he open your eyes?" He answered them, "I have told you already, and you would not listen. Why do you want to hear it again? Do you also want to become his disciples?" Then they reviled him, saying, "You are his disciple, but we are disciples of Moses. We know that God has spoken to Moses, but as for this man, we do not know where he comes from." The man answered, "Here is an astonishing thing! You do not know where he comes from, and yet he opened my eyes. We know that God does not listen to sinners, but he does listen to one who worships him and obeys his will. Never since the world began has it been heard that anyone opened the eyes of a person born blind. If this man were not from God, he could do nothing." They answered him, "You were born entirely in sins, and are you trying to teach us?" And they drove him out.

Jesus heard that they had driven him out, and when he found him, he said, "Do you believe in the Son of Man?" He answered, "And who is he, sir? Tell me, so that I may believe in him." Jesus said to him, "You have seen him, and the one speaking with you is he." He said, "Lord, I believe." And he worshiped him. Jesus said, "I came into this world for judgment so that those who do not see may see, and those who do see may become blind." Some of the Pharisees near him heard this and said to him, "Surely we are not blind, are we?" Jesus said to them, "If you were blind, you would not have sin. But now that you say, 'We see,' your sin remains."

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

Please be seated.

Sermon

The Rev. Anne Howard

[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 glory, be present as you have promised; hear our prayers and respond swiftly to the yearnings of our hearts as we say, God in your mercy, **hear our prayer.**

Awaken your church to its mission of healing and reconciliation, that it might be a beacon of hope. God in your mercy, **hear our prayer.**

Stir the leaders of this nation to pursue justice and peace so that all who live here might live with dignity and the confidence of a better tomorrow. God in your mercy, **hear our prayer.**

Protect those in the war-torn places of our world, and bring wisdom to all leaders, that war may cease and peace may come. God in your mercy, **hear our prayer.**

Arouse in us the desire to be engaged with our local communities that they might be places where the potential of all might have a chance to be discovered and nurtured. God in your mercy, **hear our prayer.**

Stir up in us the courage to confront the challenges of a changing climate, that we might ensure a world where future generations might thrive. God in your mercy, **hear our prayer.**

Bring your healing peace to all who suffer and keep us mindful of their needs, that they might know wholeness and healing, resting in the assurance of their belovedness. We pray especially for those on our parish prayer list and for those we name silently or aloud.

[Pause to offer names.]

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

We pray for those who have died and for those who mourn. May your Spirit be a felt presence during these times of grief and transition and may our eternal hope in you be a comfort.

[Pause to offer names.]

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

The Presider adds a concluding Collect:

Through your Word, your prophets and your Son, O God, you have ever sought to expand our perception and to lead us into deeper relationship with you and your creation. Keep us in your love and show us how we might continue Christ's mission of healing and reconciliation in our own lives. All we ask, we ask through Christ, who lives and reigns with you and the Holy Spirit, indivisible and forever. **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

Jesus Walked This Lonesome Valley

African American Spiritual
arr. Carlton R. Young

Jesus walked this lonesome valley;
He had to walk it by himself.
Oh, nobody else could walk it for him;
He had to walk it by himself.

You must go and stand your trial;
You have to stand it by yourself.
Oh, nobody else can stand it for you;
You have to stand it by yourself.

As we walk our lonesome valley;
We do not walk it by ourselves.
for God sent his Son to walk it with us;
We do not walk it by ourselves.

- Trad. spiritual (Vs. 1,2); Erna Moorman (Vs. 3)

Entrance of the Children into the Sanctuary

Offertory Hymn 664

My shepherd will supply my need

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.**

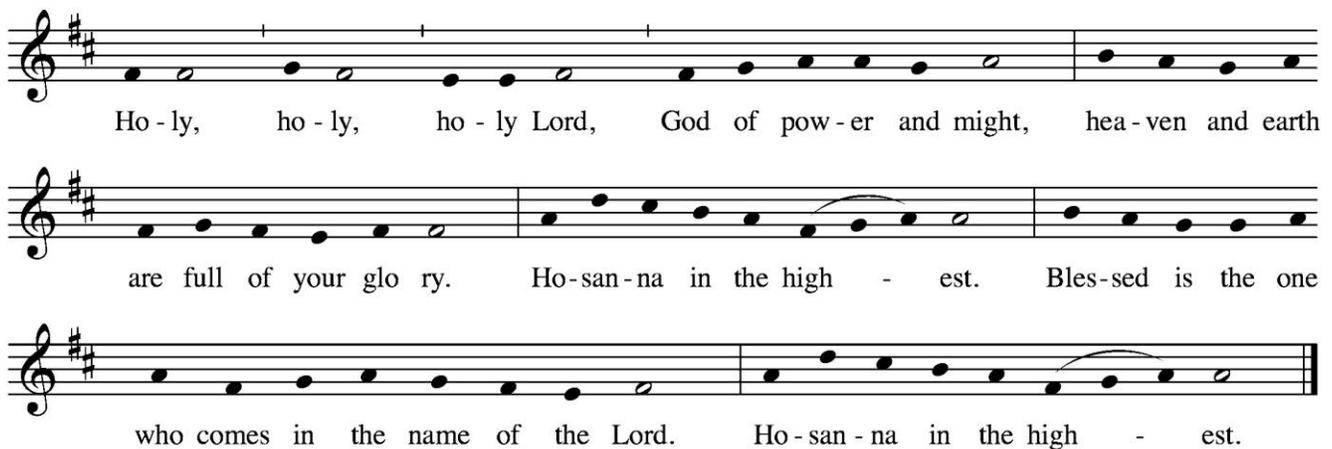
God of blessings, we thank you always for making us in your image to serve the peace of all creation. You shared your name with our mothers and fathers: Sarah and Abraham, who left their home and became a blessing to the nations; Moses and Miriam, who went through the sea and wilderness to the place 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

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

The Song of Simeon (*Nunc Dimittis*)

Herbert Brewer (1865-1928)

Lord, now lettest thou thy servant depart in peace according to thy word.
For mine eyes have seen thy salvation;
Which thou hast prepared before the face of all people;
To be a light to lighten the Gentiles and to be the glory of thy people Israel.

Glory be to the Father, and to the Son: and to the Holy Ghost;
As it was in the beginning, is now, and ever shall be: world without end. Amen.

- Book of Common Prayer, 1662

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 671

Amazing Grace, how sweet the sound

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.

"In quietness and in trust shall be your strength." - Isaiah 30:15

Coffee Hour

Our fellowship continues at Coffee Hour. Please join us 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***

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

Lenten Series on the Psalms – Wednesdays, 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

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: One 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 an article by Parker Palmer. A \$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.



Holy Week and Easter 2026

A story in five chapters

March 29: Palm Sunday

April 2: Maundy Thursday

April 3: Good Friday

April 4: Great Vigil of Easter

April 5: Easter Sunday

Trinity Episcopal Church ~ 1500 State Street ~ trinitysb.org