

seeking:
*Who will you
listen to?*



**Trinity Presbyterian Church
Arlington, Virginia**

**Service for the Lord's Day
Sunday, February 22, 2026**

The First Sunday of Lent
Worshipping in the Sanctuary

11:15 AM



Service for the Lord's Day

February 22, 2026
First Sunday of Lent

Welcome.

We are glad that you are here.

As an inclusive community of faith, we welcome you just as you are.

We celebrate that God's love and grace extend to all, and affirm that each person has sacred worth.

So take a moment.

Breathe.

This service is livestreamed and recorded. People in the first eight pews might be visible on camera.

Welcome

Prelude

A Celtic Set for Lent
Matt Wheeler, piano

Thomas Keesecker

Announcements

Please take this time to sign and pass the red Friendship Pad.

Call to Worship

Please stand as you are able.

Liturgist: Please stand in body or in spirit and join me in the call to worship.

Listen!

All: There is hope to be found here.

Our Thoughts and Prayers

Please pray for the following friends and families of Trinity

Joys:

+ Ike Eickstaedt, father-in-law of *Pastor Judith*, is regaining strength after a recent hospitalization.

Concerns:

- + Prayers for the family and friends of **Brian Tuskey**, brother-in-law of **Jennie Gwin**, who died on February 7.
- + Prayers for **Laura Mendelson**, mother of **Ellen Cathopoulos**, having breast cancer surgery on Feb 24.
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Liturgist: Listen!
All: God calls you by name here.

Liturgist: Listen!
All: There is love that abides here.

Liturgist: This world is full of chatter, so may we do our best to listen.
All: God is speaking.

Liturgist: Let us worship God together.
All: Amen.

Hymn

God Who Stretched the Spangled Heavens
Congregation

#24

Call to Confession

Please be seated.

Liturgist: Please be seated.

Friends, if you are seeking grace, this moment is for you.
If you are seeking growth, this moment is for you.
If you are seeking honesty, this moment is for you.
In the prayer of confession,
we admit to ourselves and to God
that we do not have it all figured out.
And in that vulnerability,
we are surrounded by God's grace.

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So let us pray together this morning's
prayer of confession.
Let us pray:

Prayer of Confession

Liturgist: Holy God,

All: Too often we treat your Word like a radio station—
something we can tune in and out of
when it's convenient.

Our minds are full of ads, emails, news updates, and notifications.
In the midst of this clutter,
we tend to gravitate toward the voices that think like us—
easily ignoring the voices being silenced,
easily ignoring your voice.

Forgive us for failing to listen.

Forgive us for getting caught in distractions.

Forgive us for forgetting what your voice sounds like.

Drain the distractions from our minds
and help us turn once again toward you.
With earnest hearts we pray, Amen.

Silent Confession

Words of Assurance & Faith

Liturgist: Friends, even when we tune God out,
even when we prioritize other voices,
even when we do all the talking and fail to listen,
we are still held by God.

Our sins are forgiven. Nothing could ever separate us from God's love.

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So with joy in our hearts, please repeat after me:

Liturgist: I am loved!

All: I am loved!

Liturgist: I am held in grace!

All: I am held in grace!

Liturgist: I belong to God.

All: I belong to God. Amen.

Liturgist: Friends, rejoice in the good news of the gospel.

All: In Jesus Christ we are forgiven. Thanks be to God!

Response to Grace

Please stand as you are able.

Glory Be to the Father

Congregation

#581

Passing of the Peace & Greeting

Liturgist: As our children are coming forward for the children's message, let us greet one another with the love of Christ.

Children's Message

Children are invited to attend Godly Play after the message or to remain in the sanctuary during worship. Please be seated.

Blessing of the Children

All: You are God's beloved child; with you God is well pleased.

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Anthem

Sing Me to Heaven
Trinity Chancel Choir

Daniel E. Gawthrop

Reading

Matthew 4:1-11

NRSVUE

Then Jesus was led up by the Spirit into the wilderness to be tested by the devil. He fasted forty days and forty nights, and afterward he was famished. The tempter came and said to him, “If you are the Son of God, command these stones to become loaves of bread.” But he answered, “It is written, ‘One does not live by bread alone, but by every word that comes from the mouth of God.’ ”

Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, “If you are the Son of God, throw yourself down, for it is

written, ‘He will command his angels concerning you,’ and ‘On their hands they will bear you up, so that you will not dash your foot against a stone.’ ” Jesus said to him, “Again it is written, ‘Do not put the Lord your God to the test.’ ” Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their glory, and he said to him, “All these I will give you, if you will fall down and worship me.” Then Jesus said to him, “Away with you, Satan! for it is written, ‘Worship the Lord your God, and serve only him.’ ” Then the devil left him, and suddenly angels came and waited on him.

Reading

Genesis 2:15-17, 3:1-7

NRSVUE

The Lord God took the man and put him in the garden of Eden to till it and keep it. And the Lord God commanded the man, “You may freely eat of every tree of the garden, but of the tree of the

knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die.”

Now the serpent was more crafty than any other wild animal that the Lord God had made. He said

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to the woman, “Did God say, ‘You shall not eat from any tree in the garden?’” The woman said to the serpent, “We may eat of the fruit of the trees in the garden, but God said, ‘You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.’” But the serpent said to the woman, “You will not die, for God knows that when you eat of it your eyes will be opened, and you will be like

God, knowing good and evil.” So when the woman saw that the tree was good for food and that it was a delight to the eyes and that the tree was to be desired to make one wise, she took of its fruit and ate, and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked, and they sewed fig leaves together and made loincloths for themselves.

Liturgist: This is the Word of the Lord.

All: Thanks be to God.

Sermon

Intentionally Seeking: Who Will You Listen to?

Rev. Judith Fulp-Eickstaedt, Pastor

Hymn

There in God's Garden

#226

Please stand as you are able.

Congregation

Joys & Concerns

Please be seated.

Prayers of the People

The Lord's Prayer

All: Our Father, who art in heaven,
hallowed be thy name.
Thy kingdom come,
thy will be done, on earth as it is in heaven.

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Give us this day our daily bread;
and forgive us our debts,
as we forgive our debtors;
and lead us not into temptation,
but deliver us from evil.
For thine is the kingdom and the power
and the glory, forever. Amen.

Invitation to Stewardship

www.trinityarlington.org/give

Offertory & Reflection

Morning on the Milkweed

Jeanne Cotter

Matt Wheeler, piano

Prayerful Setting of Intentions

Please take this moment of silence to set an intention for the week ahead. Your intention might be a response to today's worship, or it may be something that has been on your heart – a desire for change, an inner nudging, a move toward deeper discipleship. Write your intention down or note it on your phone and take it with you as you go.

Affirmation of Faith

Leader: In a world full of noise,

All: believe that God is speaking.

Leader: In a world full of chaos,

All: we believe that God is singing.

Leader: In a world full of temptation,

All: we believe that God is healing.

Leader: Church, who will you listen to?

All: We will listen to God—our Creator, Friend, and Guide.

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Leader: Church, what will you listen for?

All: We will listen for water in the desert,
for the wind of the Spirit,
for the laughter of children,
for the sound of open doors,
and for God's voice, who calls us beloved. Amen.

Hymn

Please stand as you are able.

Our God, Our Help in Ages Past

Congregation

#687

Benediction

Postlude

He's Got the Whole World in His Hands

Matt Wheeler, piano

Moses Hogan

You are invited to stay and listen to the postlude or move to the gathering space for fellowship.

As you depart, please be mindful of those who remain in the sanctuary to listen.

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Song Texts

God, Who Stretched the Spangled Heavens

1 God, who stretched the spangled heavens
infinite in time and place,
flung the suns in burning radiance
through the silent fields of space,
we, your children in your likeness,
share inventive powers with you.
Great Creator, still creating,
show us what we yet may do.

2 Proudly rise our modern cities,
stately buildings row on row.
Yet their windows, blank, unfeeling,
stare on canyoned streets below,
where the lonely drift unnoticed
in the city's ebb and flow,
lost to purpose and to meaning,
scarcely caring where they go.

3 We have ventured worlds undreamed of
since the childhood of our race;
known the ecstasy of winging
though untraveled realms of space;
probed the secrets of the atom,
yielding unimagined power,
facing us with life's destruction
or our most triumphant hour.

4 As each far horizon beckons,
may it challenge us anew,
children of creative purpose,
serving others, honoring you.
May our dreams prove rich with promise,
each endeavor well begun.
Great Creator, give us guidance
till our goals and yours are one.

There in God's Garden

1 There in God's garden
stands the tree of Wisdom,
whose leaves hold forth
the healing of the nations:
tree of all knowledge,
tree of all compassion,
tree of all beauty.

2 Its name is Jesus,

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name that says, "Our Savior!"
There on its branches
see the scars of suffering;
see there the tendrils
of our human selfhood
feed on its lifeblood.

3 Thorns not its own are
tangled in its foliage;
our greed has starved it;
our despite has choked it.
Yet, look! it lives!
its grief has not destroyed it
nor fire consumed it.

4 See how its branches
reach to us in welcome;
hear what the Voice says,
"Come to me, ye weary!
Give me your sickness;
give me all your sorrow;
I will give blessing."

5 This is my ending;
this, my resurrection;
into your hands,
Lord, I commit my spirit.
This have I searched for;
now I can possess it.

This ground is holy.

6 All heaven is singing,
"Thanks to Christ whose passion
offers in mercy
healing, strength, and pardon.
Peoples and nations,
take it; take it freely!"
Amen! My Master!

Our God, Our Help in Ages Past

1 Our God, our help in ages past,
our hope for years to come,
our shelter from the stormy blast,
and our eternal home:

2 Beneath the shadow of thy throne
thy saints have dwelt secure;
sufficient is thine arm alone,
and our defense is sure.

3 Before the hills in order stood,
or earth received its frame,
from everlasting thou art God,
to endless years the same.

4 A thousand ages in thy sight
are like an evening gone,

11 Our Thoughts and Prayers

Please pray for the following friends and families of Trinity

Joys:

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Concerns:

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short as the watch that ends the night
before the rising sun.

5 Time, like an ever rolling stream,
bears all our years away;
they fly forgotten, as a dream

dies at the opening day.

6 Our God, our help in ages past,
our hope for years to come,
be thou our guard while life shall last,
and our eternal home.

12Our Thoughts and Prayers

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Intentional Through the Week at Home and in Small Groups

What voices are clamoring for your attention?

How will you hear the voice of God among all these other voices?

My intention for this week is:

Morning Prayer for the Week

Good morning, God.

Help me to hear your voice today.

Enable me to admit the temptations of the world,
and support me to resist turning away from your teaching.

Awaken me to recognize the gifts you have given to me,
and to see the role I can play in healing your creation. Amen.

Evening Prayer for the Week

As I come to the end of this day,
deepen my faith to hear your word and follow your way.

Encourage me to bring all my hopes and desires to you in prayer,
that in lifting up my soul to you,

I may be shaped by your love.

Help me to hear the dialogue of prayer,
and to listen in prayer as much as I speak. Amen.

Readings for the Week Matthew 4:1-11

(Read daily, and look for opportunities to discuss or contemplate these words)

13Our Thoughts and Prayers

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Questions for Reflection

- When have you given power to voices or beliefs that do not reflect the love of God?
- What temptations lure you away from following in God's way? How might you respond to those temptations following the example of Jesus in the wilderness?
- What spiritual practices help you listen intently for God's guidance?
- Where do you hear God speaking to individuals in this time? Where do you hear God speaking to the Church in this time?

Intentional in Community

Consider using these reflection questions with a small group or prayer partner.

Share your intentions and/or your experience of living them out with someone else in the Trinity community.

*14*Our Thoughts and Prayers

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Life of the Church and Announcements

February 2026

Upcoming Events and Happenings

15 Our Thoughts and Prayers

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Lent at Trinity

CONVERSATIONS AFTER COMMUNION 7:30PM
WEDNESDAY FEBRUARY 25TH, MARCH 4TH, 11TH, 18TH, 25TH.
FELLOWSHIP HALL

CHOSEN WATCH PARTY
SUNDAY MARCH 8TH, 15TH, 22ND, 29TH
CLASSROOM A
5:30-7PM

SUNDAY SCHOOL CLASS
LETTER TO AMERICAN CHRISTIANS
SUNDAY, MARCH 1ST, 15TH & 22ND.

MAUNDY THURSDAY
APRIL 2ND
LOVING-KINDNESS MEDITATION
7:30PM

GOOD FRIDAY
APRIL 3RD
7:30PM

EASTER SUNDAY
APRIL, 5TH
7 AM



Joys:

+ Ike Eicksta

Concerns:

+ Prayers for

+ Prayers for

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ANNUAL

Meeting

March 8, 2026

**Youth Sunday • 10 a.m. Worship
Annual Meeting • Lunch • Daylight Saving Time**

Annual Meeting Lunch

March 8, 2026

Bring a dish and sign up to help!

The **Annual Meeting Lunch** is a great time for fellowship and food! Fellowship will provide the main dish and drinks. Everyone is encouraged to bring a side or dessert to share. Please sign up to help:

17 Our Thoughts and Prayers

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(1) with setting up tables on Saturday afternoon, Feb 7th and (2) with clean-up on Sunday.

<https://signup.com/go/vngxdNA>

2025 Contribution Statements for Tax Purposes

Once again, in an effort to save paper, time, and money, Trinity will not be mailing Contribution Statements to all contributors from this past year. Our Church Connect system allows you to access the Statements yourselves. We will mail the Statements to our "senior" members who may not be able to easily access the electronic documents. You can access your statement through ChurchTrac by following these instructions:

<https://tpcarlington.churchtrac.com/givingstatements>.

Please contact Carol Hart, our treasurer, at treasurer@trinityarlington.org with any questions or if you would like her to send a paper statement to you. If you have trouble accessing your Church Connect account, contact Ben Stewart at ben@trinityarlington.org.



The Tiny Desk Report

Get the latest "Trinity Talk" with your hosts,

Keeley Harris
and
Ben Stewart

<https://www.youtube.com/watch?v=vNoEBoOM590>

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COFFEE HOUSE

March 21st, 7 pm - 9 pm in Calvin Hall

Come one, come all, and sign up to perform at this year's Coffee House on March 21st, from 7 - 9 pm.

Come and share your talent with our "community of creatives" on this night to remember!! You could sing, play an instrument, dance, juggle, or recite poetry -- just let Keeley know!

Anyone can sign up -- youth, children, and adults! Sign up at the link below:

https://docs.google.com/forms/d/e/1FAIpQLScFC_6jm0WC8HhgRte6XgadEpbk37M4Z1-uDAmA5q4laGv57w/viewform



Classes and Spiritual Formation Opportunities

Letter to American Christians (week 1 of 4)

What would Paul put in a letter for us today? What would we say to other American Christians? This Lenten Class will run in parallel with the Youth Sunday School, allowing us to share our ideas as a community. *This class will be led by Ben and Keeley and will meet in the Lewis Room.*

Meditation Time

A time of meditation is provided in the Meditation Room and is led by Sue Bodner. New participants are welcome as we learn together with the intention of deepening our connection with God and each other.

New Members Class

19Our Thoughts and Prayers

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If you are interested in becoming a member of Trinity Presbyterian or would like more information about what membership entails, join Pastor Judith and Jim Dykstra in the Kinzer Room

- **February 22:** Our Shared Ministry: Part I (Using Your Gifts at Trinity)

Just Coffee

Stop by the Knox Room for a pastry, some coffee, and conversation.

For more information on all these and upcoming classes, visit <https://tpcarlington.churchtrac.com/adulteducation>

Youth and Children's Corner

VBS Registration is now open!

Our **VBS is held this June 22 - 26, from 9:00 am -12:00 pm**, and is for rising 4-year-olds to 5th Graders.

Please note: due to current constraints, our VBS is only open to Trinity community members, including our preschool families. Please join us for a great week exploring God's creation and our place in it.



Register at: <https://www.trinityarlington.org/connect?ei=XFFNHZR>



Sign up for the Youth Mission Trip TODAY!

20Our Thoughts and Prayers

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Concerns:

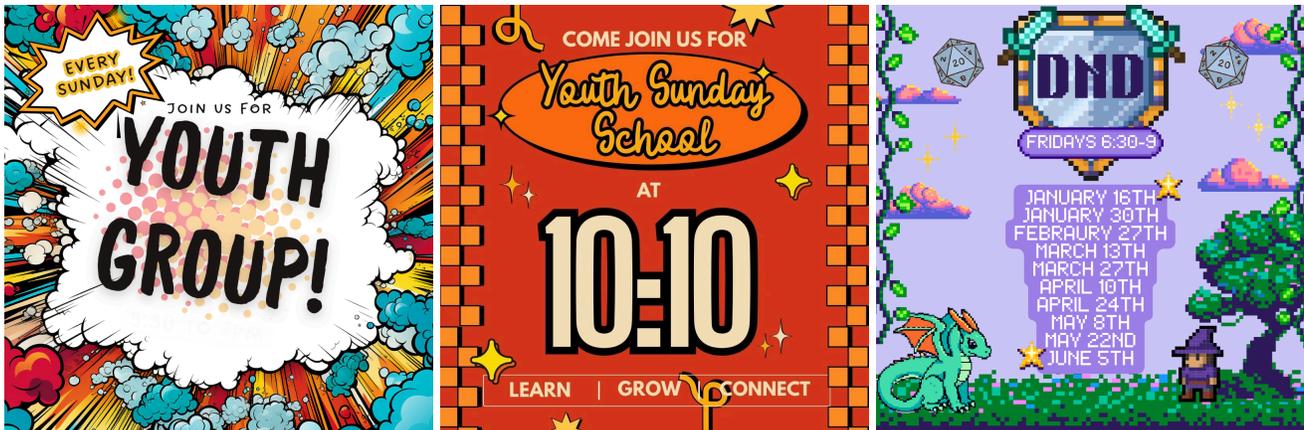
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Please go to the following link to sign up:

<https://tpcarlinton.churchtrac.com/connect?ei=2Q3LJXB>

Also, Trinity Adults! We need chaperones to come on the mission trip as well! If you have the skillset of building, cooking, driving around teens, and repeating a schedule many times, please consider signing up to volunteer!

If you have any questions, please reach out to Keeley!



Ways to Serve in the Community and in the Church



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- + Prayers for **Paul Sullivan**, undergoing medical treatment.
- + Prayers for **Cathy**, friend of **Pastor Judith**, in treatment for pancreatic cancer.
- + Prayers for **Russ Messa**, friend of **Russ and Marilyn Scholl**, with the recurrence of prostate cancer.

AFAC Food Sorting Event

Please join us for our 3rd "annual" **AFAC Food Sorting Event at 10:00 on Sunday, February 22nd, downstairs in Fellowship Hall**. Once again, Trinity Men's Fellowship and the Mission and Service Ministry (MSM) are coordinating with AFAC (Arlington Food Assistance Center) to bring this opportunity to Trinity. For more information about the event, click here:

<https://lp.constantcontactpages.com/cu/AXJ8cWD/afacsorting>

Please contact Todd Parker (703-237-7699) if you have any event questions.

From Racial Justice Ministry:

A call out to join others in exercising your voice

The ***Racial Justice Ministry*** invites Trinity members to join the Trinity in Action Signal group at [Signal Messenger Group](#). You are encouraged to use this platform to learn how others in our congregation are advocating and educating for change in our community. If you are showing up at an event, participating in a letter writing campaign, or otherwise speaking out for justice, post in this group and seek support from other Trinity folks. The only rule is that **you may only post if you are actually participating**.

https://signal.group/-CjQKINS-I17wbwbVVt3fd_PuvLA35obq5W6i_Lk_KnmEaCyrEhBG7j1S4BPBYofYVhbFkuFB



Serving with S.O.M.E.

Trinity has been preparing breakfast for over 30+ years on the 3rd Monday of the month for SOME ([So Others May Eat](#)) in DC at 71 O Street NW and TPC is thrilled to continue this local mission support.

Thoughts and Prayers following friends and families of Trinity

regaining strength after a recent hospitalization.

Concerns:

- + Prayers for the family and friends of **Brian Tuskey**, brother-in-law of **Jennie Gwin**, who died on February 7.
- + Prayers for **Laura Mendelson**, mother of **Ellen Cathopoulos**, having breast cancer surgery on Feb 24.
- + Prayers for **Keeley Harris**, **Pam Michell**, **Donna Parry**, and **Lynn Pollock**, traveling in Cuba this week.
- + Prayers for the family and friends of **Larry Merkel**, father of **Patrick Merkel**, who passed away on Feb 2.
- + Prayers for the family and friends of **Jon Griffin**, the cousin of **Laurie Young**, who recently passed away.
- + Prayers for **Ansley Calhoun** following surgery for a broken leg.
- + Prayers for **Alec Gibson**, who lives at Access Care Group Home, 1600 E. Jefferson Ct., Sterling, VA 20164. Alec is in the hospital, will be going to rehab, and then returning home in hospice care.
- + Prayers for all those who are mourning the loss of **Renee Good**, **Alex Pretti**, and **others** who have died during recent immigration enforcement actions. Prayers for Minneapolis.
- + Prayers for our country, that people who disagree can choose respectful and non-violent means of protest.
- + Prayers for relatives of **Randy Benn - Martie** (cancer), **Doug** (cancer), and **Jennifer** (bone infection).
- + Prayers for **Rita Hadley**, wife of **Ken Hadley**, recovering from a concussion.
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Breakfast preparation consists of 3-4 people arriving at 6:00 a.m. (*finishing by 7:30 a.m.*) and cooking eggs, sausages, grits, and other duties as needed. It's a great way to start the morning and support people in need. Visit the *Sign Up Genius* link to volunteer – for more information, contact Todd Parker (703-237-7699).

[Sign up here!](#)

Thank you for helping to keep our community informed!
Trinity Presbyterian Pastor & Staff

	The People of the Church	<u>Email</u>
Minister	Rev. Judith Fulp-Eickstaedt	pastorjudith@trinityarlington.org
Pastor	Kenneth Hadley	office@trinityarlington.org
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Facility Manager	Nene Pisigan	ben@trinityarlington.org
Nursery/Godly Play Coordinator	Yolanda Darden	bookkeeper@trinityarlington.org
Bookkeeper		

23 **Our Thoughts and Prayers**

Please pray for the following friends and families of Trinity

Joys:

+ **Ike Eickstaedt**, father-in-law of **Pastor Judith**, is regaining strength after a recent hospitalization.

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Ministry Team

Administration
Education & Nurture
Facilities
Fellowship
Finance
Mission & Service
Outreach
Pastoral Care
Worship & Music
Racial Justice

Chairs

Todd Parker / Lisa Toews-Daugherty
Michelle Edwards
Jay Daugherty
Ellen Greer / Kim Whittaker
Greg Wallig
Terry Cathopoulos
Tim Foley
Katherine Nichols
Grace Montgomery
Dan Campbell

Elders

Beth Bailey
Lynn Pollock
Julie Bradscher
Patrick Merkel / Zara Johnson
Matt Jackson
Pam Michell
Will Senkus
Clare Rosenberger
Luann Moy / Jim St. Pierre
Merrit Gilliard



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Office Hours M-F: 9:30 AM – 2:30 PM
office@trinityarlington.org



Scan here for the bulletin and visitor check-in!

24 Our Thoughts and Prayers

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