


He has shown you, O mortal, what is good.
And what does the Lord require of you?
To act justly and to love mercy and to walk
humbly with your God

– Micah 6:8

intentional
in · ten · tion · al
Adjective: Done on purpose; deliberate.



**“EVERYONE’S
WELCOME AT
THE TABLE
WHERE
JESUS SITS”**

**Trinity Presbyterian
Church
Arlington, Virginia**

**Service for the Lord’s Day
Sunday, February 1, 2026
Communion Sunday**

Fourth Sunday after Epiphany
Worshipping in Calvin Hall and the Sanctuary
9:00 AM and 11:15 AM



Service for the Lord's Day

February 1, 2026

Fourth Sunday After Epiphany

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 extends to all, and affirm that each person has sacred worth.

So take a moment.

Breathe.

9:00 AM Contemporary Order of Worship

(This service is recorded and livestreamed. Those in the first three rows in the center section might be visible on camera.)

Gathering Music

Step By Step

David Strasser

Opening Prayer

Song

Marvelous Light

Charlie Hall

Welcome and Announcements

Please take this time to sign and pass the red Friendship Pads down the row and back.

Children's Message

**Children are invited to attend Godly Play after the Message or to remain in worship.*

Blessing of the Children

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

Greeting Time

Readings

Micah 6:8

Matthew 5:1-12

This is the Word of the Lord.

Thanks be to God.

Sermon

Intentionally Christian: The Blessing of a Fresh Perspective

Whitney Mallory, Seminary Intern

Song

Bigger Table

Maher, Sooter, Fowler

Sacrament of Holy Communion

Invitation to the Table

Christ's table is wide, and his welcome is for all.

This is not a Presbyterian Table. This is not Trinity Church's Table.

This is the Lord's table, and all who feel called to respond to Christ's invitation, are welcome.

There is a place for you at this table, whether you have ever communed with Trinity before, and wherever you are on your faith journey.

You are welcome, period.

Joys and Concerns

Great Prayer of Thanksgiving

The Holy One be with you

And also with you

Open your hearts to the One who is Love

We open our hearts to you, O God

Let us give thanks to God who takes risks for love

For the courage of the Holy that lives in us, we give thanks

Throughout history, O God, we have struggled to remember who we are.

When forces of evil work to shape our understanding of you, ourselves, and one another, we get lost. We hide parts of ourselves.

We keep the things that make us vulnerable buried deep.

We cling to security and safety.

We turn from meaningful connection with one another.

We take cover under the patterns of our culture.

But you have created us for so much more.

In Jesus we saw a life lived in all its potential.

Life that is abundant, life that is collective, life that is tender and full.

But we saw, also, in him, what can happen to a life

when power and norms are exchanged for truth, collective justice, and integrity.

And so we wonder.

If we live true to our authentic selves, will we be condemned?

In proclaiming truths that confront unjust power, do we stand a chance of survival?

How will it go for us, if we are willing to risk everything for love?

You have never promised us safety, but you have shown us what is possible.

The Spirit brings new life even to places of death.

Jesus, knowing the dangers ahead, kept proclaiming his truth.

There was nothing worth his silence, not even his life.

And so he turned to community for companionship in the struggle.

On the night of his arrest, he gathered around table with his companions.

He took bread, blessed it, broke it, gave it to his disciples and said,

"This is my body which is given for you.

Do this in remembrance of me."

He did the same with the cup after the supper, saying,
"This cup that is poured out is the new covenant."

In Jesus, God came out to the world, challenging systems and norms.
And though great violence was done and unfathomable loss was felt,
Love presses on still today, transforming life after life.

And so we pray, pour out your Spirit on this bread and this cup.
Through these gifts, fill our hearts with courage to live boldly for one another,
proclaiming the truths that set us free.
Blessed be this meal of hope. Amen.

In solidarity with Christ,
Let us pray the prayer he taught us to pray:

Lord's Prayer

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 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.

Words of Institution

The Kin-dom Feast is Shared

Prayer After the Supper

God, we give you thanks for the invitation to your Table.
No matter who we are, no matter our struggles or regrets, we are always welcomed.
Like all the gifts you give us, may we never be content in keeping them to ourselves.
May this meal compel us to invite others –
especially those who are turned away from other tables,
for whatever reason -
to this, Christ's table, overflowing with love and blessing. Amen.

Invitation to Stewardship

www.trinityarlington.org/GIVE

Offertory

Be Thou My Vision
Traditional

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.)

Prayer for the Coming Week

God, through Christ you rescued us.
We were captive to false perspectives
and you led us out, into your ultimate truth.
Open our eyes to see you present in all circumstances,
guide us by the wisdom of the cross, and
show us how to embody your justice, love and blessedness. Amen.

Song

Lead on, Good Shepherd
Orella, Mayberry, Duncan

Benediction

Step by Step

Verse

O God You are my God
And I will ever praise You.
O God You are my God
And I will ever praise You.
I will seek You in the morning
And I will learn to walk in Your ways.
And step by step You'll lead me
And I will follow You all of my days.

Ending

And step by step You'll lead me
And I will follow You all of my days.

Marvelous Light

Chorus

Into marvelous light I'm running
Out of darkness out of shame.
Through the cross You are the truth,
You are the life, You are the way.

Verse 1

I once was fatherless,
A stranger with no hope.

Your kindness wakened me,
Wakened me from my sleep.
Your love it beckons deeply,
A call to come and die.
By grace now I will come
And take this life take Your life.

Pre-Chorus

Sin has lost its power.
Death has lost its sting.
From the grave You've risen
Victoriously.

Chorus

Verse 2

My dead heart now is beating.
My deepest stains now clean.
Your breath fills up my lungs.
Now I'm free. Now I'm free.
My dead heart now is beating.
My deepest stains now clean.
Your breath fills up my lungs.
Now I'm free Now I'm free.

Pre-Chorus

Chorus

Chorus

Bigger Table

Verse 1

Come gather 'round the mystery
Of love in our broken history,
Where grace heals the fault lines in me.
Time and time again
It welcomes me in
To a

Chorus

A house for the hungry,
A well for the thirsty,
Where all saints come together
Shoulder to shoulder.
A welcome for the traveler,
New wine for the vineyard,
In all things, God is able.
Love has a bigger table.

Verse 2

Show me who is my neighbor,
The Christ hidden in the beggar,
'Cause love doesn't meet a stranger.
Love calls them friend,
And welcomes them in
To a

Chorus

Bridge

There's an empty seat waiting next to me.
We gotta make some room for each other.
Let my enemy be my family.
Fill my cup 'til it's running over (in a)

Bridge

Chorus

Ending

Love has a bigger table.
Love has a bigger table.

Be Thou My Vision

1 Be thou my vision, O Lord of my heart;
naught be all else to me, save that thou art;
thou my best thought, by day or by night,
waking or sleeping, thy presence my light.

2 Be thou my wisdom, and thou my true
Word;
I ever with thee and thou with me, Lord;
thou my soul's shelter, and thou my high
tower;
raise thou me heavenward, O Power of my
power.

3 Riches I heed not, nor vain, empty praise;
thou, mine inheritance, now and always;
thou and thou only, first in my heart,
High King of Heaven, my treasure thou art.

4 High King of Heaven, my victory won,
may I reach heaven's joys, O bright heaven's
Sun!
Heart of my own heart, whatever befall,
still be my vision, O Ruler of all.

Lead On Good Shepherd

Verse 1

Well I've been turned 'round,
But I've never been lost.
Seen the water get troubled,
But we walked across.
When my knees were shaking
You held my hand,
Turning my problems
To a promised land.

Chorus

Lead on Good Shepherd.
I'll follow all my days.
There ain't nothing sweeter
Than to watch You make a way.
You've walked me through the valley,
But You never steered me wrong.
So lead on Good Shepherd, lead on.

Verse 2

Seen some mighty deep canyons

That You brought me through.
Seen some mighty big mountains
That just up and moved.
Glory, glory hallelujah!
Yeah that's my song.
Walking with my Father
Into the great unknown.

[Repeat]

Chorus

Bridge

Bridge

Chorus

Bridge

Step by step day by day
Lead me on Lord I pray
Road gets dark walk by faith
Lead on Good Shepherd

Ending

Lead on Good Shepherd.
Lead on Good Shepherd.
Lead on Good Shepherd.
Lead on Good Shepherd.
Lead on Good Shepherd, lead on.

Micah 6:8

New Revised Standard Version Updated Edition

He has told you, O mortal, what is good:
and what does the LORD require of you?
to do justice, and to love kindness,
and to walk humbly with your God?

Matthew 5:1-12

New Revised Standard Version Updated Edition

When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. Then he began to speak, and taught them saying:
“Blessed are the poor in spirit, for theirs is the kingdom of heaven.
Blessed are those who mourn, for they will be comforted.
Blessed are the meek, for they will inherit the earth.
Blessed are those who hunger and thirst for righteousness, for they will be filled.
Blessed are the merciful, for they will receive mercy.
Blessed are the pure in heart, for they will see God.
Blessed are the peacemakers, for they will be called children of God.
Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.
Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you.”

Intentional Through the Week at Home and in Small Groups
Where am I being called to do justice, love mercy, and walk humbly?

My intention for this week is:

Morning Prayer for the Week

Blessed God,
Open my eyes to see you today,
a brilliant light, present in every circumstance.
May I be a conduit for your holy spirit.
Just as your light shines into the hidden places of my heart,
may it shine through me into the darkened corners of the world. Amen.

Evening Prayer for the Week

Loving God, your love and light are just as present in the night as in the day.
Be a comfort to those who are afraid or alone.
As sleep comes, may I be one with you
in your realm of uncreated light,
fully open to your peace and love. Amen.

Readings for the Week Matthew 5:1-12 (Read daily, and look for opportunities to discuss or contemplate these words)

Questions for Reflection

1. How does seeing Jesus as fully present in your daily circumstances change things? Does an intentional acknowledgement of Jesus change your daily behaviors or reactions? How so?
2. Which of the Beatitudes do you find hardest to swallow? Which one feels most poignant and necessary for today?
3. Which of the Beatitudes is nudging you toward doing justice, loving mercy and walking humbly this week?

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.

Our Thoughts and Prayers

Please pray for the following friends and families of Trinity

Joys:

- + **Anna Marie Yates**, mother of **Alice Yates**, has been released from the hospital and is resting at home. Please pray for her comfort, and wisdom for the family to know how to best care for her.
- + Thankful to God for the blessing of last Saturday's Trinity Women's Gathering - A Day of Joy!

Concerns:

- + Prayers for all those who are mourning the loss of **Renee Good** and **Alex Pretti**.
- + Prayers for **Ike Eickstaedt**, father-in-law of **Pastor Judith**, recovering at home and in hospice care.
- + Prayers for the family and friends of **Jon Griffin**, the cousin of **Laurie Young**, who passed away.
- + Prayers for **Ansley Calhoun** following surgery for a broken leg.
- + 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 recent fall and concussion.
- + Prayers for **Jean Chubb**, mother of **Nathan Chubb**, battling pancreatic cancer and undergoing chemo.
- + Prayers for **Genny Smith**, sister of **Laurie Setzer**, with ongoing pain after surgery.
- + 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.
- + Prayers for **Theresa Dike**, Attorney-Advisor for **Clay Guthridge** at the Federal Maritime Commission, who is recovering from a cerebral event that occurred November 30.
- + Prayers for **Larry Merkel**, father of **Patrick Merkel**, with a recurrence of cancer.
- + Prayers for those who are managing the needs of both children and aging parents.
- + **Marilyn Brookens** is in Iowa in a memory care facility. Please send all correspondence to: Marilyn Brookens, c/o Alan Ostergren, 2506 7th Ave. Ct. SW, Altoona, IA 50009.
- + Prayers for love, stamina, and moments of joy for all who are caregivers and for those they care for.
- + Prayers for those in difficult family relationships: for mutual love, compassion, and understanding.
- + **Bill Plitt**, in treatment for multiple myeloma.
- + **Rowan Smith**, three-year old great nephew of **Laurie Setzer**, with cancer. Please pray for strength as cancer spots were recently found on his brain and the doctors have given him 3-6 months to live.
- + **Brian Tuskey**, brother-in-law of **Jennie Gwin**, who is in hospice care. Please pray for Brian, his wife (Jennie's sister), and their young children.
- + **Alec Gibson**, at Access Care Group Home, 1600 E. Jefferson Ct., Sterling, VA 20164.
- + **Jason Ferguson**, **Janae Ferguson's** brother, recurrence of cancer. Pray for another remission.
- + **Barry Schneider**, **Troy Schneider's** uncle, with ALS.
- + **Jackie Alling**, living at Vitality assisted living.
- + **Lani**, **Nene Pisigan's** cousin, and mom of two young children, recurrence of cancer.
- + **Nene Pisigan's** parents in the Philippines, with long term illness and financial hardship.
- + **Graham Bardsley's** sister, **Kyila Sninsky**, in California, with ongoing lung and heart issues.
- + **Ron Shimabukuro**, friend of **Yvonne McIntire**, recovering at home.
- + **Brooks Bare**, for strength, comfort, healing, and patience during his incarceration.
- + **Immigrants and refugees** all over the world, displaced by war, violence, poverty, and natural disasters.
- + We pray for a lasting peace in Israel and Palestine and for the day when the people living in Israel and Palestine can live together without hostility, without oppression, and without fear.
- + **Fakhira Haloun**, a Palestinian Israeli and friend of Priscilla Hoffman-Stowe, and for all living through the trauma of the on-going violence in Gaza and the wider region.
- + **Daoud and Jihan Nassar**, for safety and to retain ownership of their land in the West Bank.
- + For peace in Ukraine and an end to the Russian invasion into Ukrainian regions.
- + Genocide of Sudan and the conflict in eastern Democratic Republic of Congo.
- + Prayers for wisdom for our leaders in handling the situation in Venezuela, and for the people of Venezuela.

Trinity Presbyterian Church helps sponsor the missionary work of those who serve in the international field. We are currently supporting **Mark Adams** and **Miriam Maldonado** (husband and wife) on the US/Mexico border, and we continue to seek new ecumenical global partners to support as the PCUSA shifts its model for international engagement.

Life of the Church and Announcements

February 2026

Upcoming Events and Happenings

‘Intentionally Christian’ Devotional

The daily prayers and questions for the week are available now on Church Connect or through the following link:

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

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_PuvLA35obg5W6i_Lk_KnmEaCyrEhBG7j1S4BPBYofYVhbFkuFB

Classes and Spiritual Formation Opportunities

Religion in the American Revolution (new class)

Our nation begins its observance of the 250th anniversary of the War for Independence this year. Three (3) class sessions this February will look at the complex role Christian faith and the various church traditions played in the struggle, along with the impact of the Revolution on religious life in the New Republic. *This class is led by Charles Hambrick-Stowe and meets in the Lewis Room. (bio on web)*

- **February 1:** How religious experience set the stage for the Revolutions of 1640, 1688/89, and the Great Awakening.

Meditation Time

A time of meditation is provided in the Meditation Room and is led by Sue Bodner.

New Members Class

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 1:** How do You Spell Presbyterian?

Just Coffee

Will be provided in the Knox Room between the Sunday services. Come enjoy the fellowship.

Young Adults

Will meet today, February 1st at 12:30 p.m. in the Knox Room.

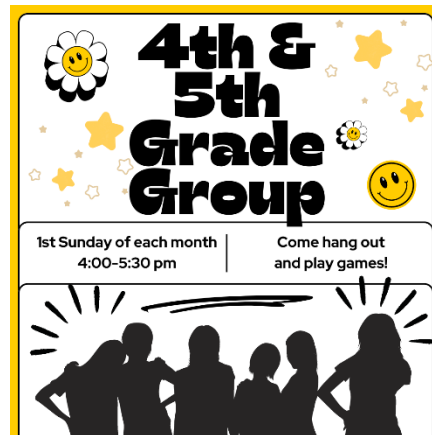
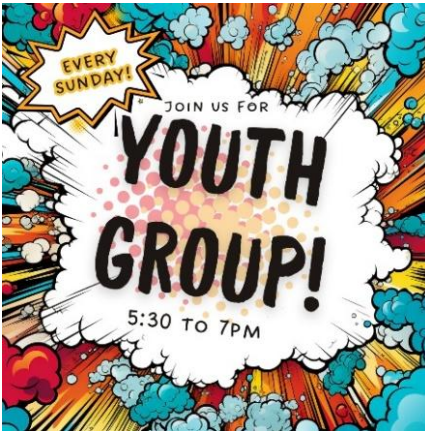
For more information on all these classes, visit <https://tpcarlington.churchtrac.com/adulteducation>

Important Email Address

Please add **tpcarlington@churchtracmail.com** to your address book. This will ensure that any emails that Trinity needs to send you won't end up in your junk folder. If you need help or have any questions, please contact Ben Stewart at ben@trinityarlington.org



Youth and Children's Corner



ATTENTION: Sign up for the Youth Mission Trip TODAY!

Please go to the following link to sign up:

<https://tpcarlington.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



This February, a small group of Trinity members will be going to Matanzas, Cuba, for an exploratory mission trip to discern if our church would like to support a church community in Cuba.

We're asking for specific donations to bring to the people of Cuba, which are listed below. Please bring donations to Keeley's office at Trinity. If you have any questions, please reach out to Keeley Harris at youth@trinityarlington.org.

Things specifically requested:

<https://a.co/d/fCULSkG>

<https://a.co/d/3gwVZhe>

Dish towels (5 or 6 packs of 2 or 3)

Cloth napkins (24)

Single bed sheet sets (6 to 8?)
Blankets/duvets (space-wise, maybe just 2 or 3)
Multivitamins

Things I think we can also bring (can be expanded):

Acetaminophen
Ibuprofen
Wound wash
Band aids
Reading glasses
Solar powered chargers (just a few)

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.

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 and Staff

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Education & Nurture	Michelle Edwards	Lynn Pollock
Facilities	Jay Daugherty	Julie Bradscher
Fellowship	Ellen Greer / Kim Whittaker	Patrick Merkel / Zara Johnson
Finance	Greg Wallig	Matt Jackson
Mission & Service	Terry Cathopoulos	Pam Michell
Outreach	Tim Foley	Will Senkus
Pastoral Care	Katherine Nichols	Clare Rosenberger
Worship & Music	Grace Montgomery	Luann Moy / Jim St. Pierre
Racial Justice	Dan Campbell	Merrit Gilliard

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Office hours M-F: 9:30 AM – 2:30 PM

office@trinityarlington.org

703-536-5600



Scan here for the bulletin and visitors check in!

Permissions (11:15AM only)

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