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WELCOME

*Jesus
showed them his
hands and
his feet*

LUKE 24:40

A Reconciling
in Christ
and a
Stephen Ministry
congregation of the
Evangelical Lutheran
Church in America

Welcome to Trinity!

Holy Communion

The Third Sunday of Easter

April 14, 2024



The gospel for the third Sunday of Easter is always one in which the risen Christ shares food with the disciples, meals that are the Easter template for the meal we share each Sunday. In today's gospel, Jesus both shares the disciples' food and shows them the meaning of his suffering, death, and resurrection through the scriptures, the two main elements of our Sunday worship.

We are glad you are here!

All Are Welcome At Our Lord's Table Of Grace. In, Through, And Under Bread And Wine We Receive The Real Presence Of Christ – God's Love Poured Out For Us – As Jesus Taught Us. Please Prepare Communion Elements Of Bread Or Crackers, Juice Or Wine For Your Household. As You Are Invited During The Meal Portion Of The Service, You May Partake Of The Elements Saying The Words, "The Body Of Christ Given For You, The Blood Of Christ Shed For You.

+ GATHERING +

PRELUDE

Communion in D Minor

Édouard Batiste

Alleluia, Christ is risen!
Christ is risen indeed! Alleluia!

Stand

Blessed be the holy Trinity, † one God,
the wellspring of grace,
our Easter and our joy. **Amen.**

Look, here is water!
Here is our water of life! Alleluia!

Immersed in the promises of baptism,
let us give thanks for what God has done for us.

We give you thanks, O God, for in the beginning
your voice thundered over the deep
and water became the essence of life.
Adam and Eve beheld Eden's verdant rivers.
The ark carried your creation through the flood into a new day.
Miriam led the dancing as your people passed through the sea
into freedom's land.

In a desert pool the Ethiopian official
entered your boundless baptismal life.

Look, here is water!
Here is our water of life! Alleluia!

At the river your beloved Son was baptized by John
and anointed with the Holy Spirit.
By the baptism of Jesus' death and resurrection
you opened the floodgates of your reconciling love,
freeing us to live as Easter people.
We rejoice with glad hearts,
giving all honor and praise to you,
through the risen Christ, our source of living water,
in the unity of the Holy Spirit, now and forever. **Amen**
Look, here is water!

Here is our water of life! Alleluia!

M - fu - ra - hi - ni, ha - le - lu - ya,
 1 Christ has a - ris - en, al - le - lu - ia.
 2 For three long days the grave did its worst
 3 The an - gel said to them, "Do not fear.

m - ko - mbo - zi a - me - fu - fu - ka.
 Re - joice and praise him, al - le - lu - ia.
 un - til its strength by God was dis - persed.
 You look for Je - sus who is not here.

A - me - fu - fu - ka, ha - le - lu - ya,
 For our re - deem - er burst from the tomb,
 He who gives life did death un - der - go,
 See for your - selves the tomb is all bare.

m - si - fu - ni sa - sa yu ha - i.
 e - ven from death, dis - pel - ling its gloom.
 and in its con - quest his might did show.
 On - ly the grave - clothes are ly - ing there."

Refrain

Tu - mwi - mbi - e so - te kwa fu - ra - ha.
 Let us sing praise to him with end - less joy.

Ye - su a - me - to - ka ka - bu - ri - ni.
 Death's fear - ful sting he has come to de - stroy.

Ka - shi - nda ki - fo, ha - le - lu - ya;
 Our sin for - giv - ing, al - le - lu - ia!

ha - le - lu - ya, Ye - su yu ha - i.
 Je - sus is liv - ing, al - le - lu - ia!

4 “Go spread the news: he’s not in the grave.
 He has arisen this world to save.
 Jesus’ redeeming labors are done.
 Even the battle with sin is won.”

Refrain

5 Christ has arisen to set us free.
 Alleluia, to him praises be.
 Jesus is living! Let us all sing;
 he reigns triumphant, heavenly king.

Refrain

GREETING

The grace of our Lord Jesus Christ, the love of God,
and the communion of the Holy Spirit be with you all.

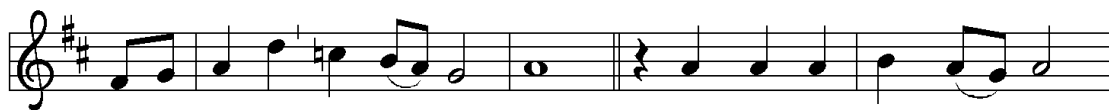
And also with you.

CANTICLE OF PRAISE

ELW Setting Three



This is the feast of vic-to-ry for our God. Al-le - lu - ia,



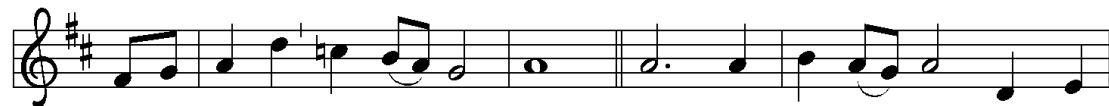
al - le - lu - ia, al - le - lu - ia. 1 Wor - thy is Christ, the Lamb



who was slain, whose blood set us free to be peo - ple of God.



This is the feast of vic-to-ry for our God. Al-le - lu - ia,



al - le - lu - ia, al - le - lu - ia. 2 Pow - er, rich - es, wis - dom, and

strength, and hon - or, bless - ing, and glo - ry are his.

Refrain

This is the feast of vic-to-ry for our God. Al-le - lu - ia,

al - le - lu - ia, al - le - lu - ia. 3 Sing with all the peo - ple of

God, and join in the hymn of all cre - a - tion: Bless - ing, hon-or,

glo - ry, and might be to God and the Lamb for - ev - er. A - - men.

Refrain

This is the feast of vic-to-ry for our God. Al-le - lu - ia,

al - le - lu - ia, al - le - lu - ia. 4 For the Lamb who was



slain has be - gun his reign. Al - le - lu - ia.



This is the feast of vic - to - ry for our God.



Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

PRAYER OF THE DAY

Holy and righteous God, you are the author of life, and you adopt us to be your children. Fill us with your words of life, that we may live as witnesses to the resurrection of your Son, Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. **Amen.**

Sit

+ WORD +

CHILDRENS MESSAGE

**We are in God's house today. We will learn and we will pray.
Let us listen, let us sing. Gladly make our praises ring.**

**We are in God's house today. We will learn and we will pray.
Let us listen to God's Word. Gladly do what we have heard.**

FIRST READING: Acts 3:12-19

A reading from Acts.

¹²[Peter] addressed the people, “You Israelites, why do you wonder at this, or why do you stare at us, as though by our own power or piety we had made him walk?¹³The God of Abraham, the God of Isaac, and the God of Jacob, the God of our ancestors has glorified his servant Jesus, whom you handed over and rejected in the presence of Pilate, though he had decided to release him. ¹⁴But you rejected the Holy and Righteous One and asked to have a murderer given to you, ¹⁵and you killed the Author of life, whom God raised from the dead. To this we are witnesses. ¹⁶And by faith in his name, his name itself has made this man strong, whom you see and know; and the faith that is through Jesus has given him this perfect health in the presence of all of you.

¹⁷“And now, friends, I know that you acted in ignorance, as did also your rulers. ¹⁸In this way God fulfilled what he had foretold through all the prophets, that his Messiah would suffer. ¹⁹Repent therefore, and turn to God so that your sins may be wiped out.”

Word of God, Word of Life.

Thanks be to God.



- ¹Answer me when I call, O God, defender ¹ of my cause;
 you set me free when I was in distress; have mercy on me and ¹ hear my
 prayer.
- ²**“You mortals, how long will you dishon- ¹ or my glory;
 how long will you love illusions and seek ¹ after lies?”**
- ³Know that the LORD does wonders ¹ for the faithful;
 the LORD will hear me ¹ when I call.
- ⁴**Tremble, then, and ¹ do not sin;
 speak to your heart in silence up- ¹ on your bed.**
- ⁵Offer the appointed ¹ sacrifices,
 and put your trust ¹ in the LORD.
- ⁶**Many are saying, “Who will show us ¹ any good?”
 Let the light of your face shine upon ¹ us, O LORD.**
- ⁷You have put gladness ¹ in my heart,
 more than when grain and ¹ wine abound.
- ⁸**In peace, I will lie ¹ down and sleep;
 for you alone, O LORD, make me ¹ rest secure.**

SECOND READING: 1 John 3:1-7

A reading from 1 John.

¹See what love the Father has given us, that we should be called children of God; and that is what we are. The reason the world does not know us is that it did not know him. ²Beloved, we are God's children now; what we will be has not yet been revealed. What we do know is this: when he is revealed, we will be like him, for we will see him as he is. ³And all who have this hope in him purify themselves, just as he is pure.

⁴Everyone who commits sin is guilty of lawlessness; sin is lawlessness. ⁵You know that he was revealed to take away sins, and in him there is no sin. ⁶No one who abides in him sins; no one who sins has either seen him or known him. ⁷Little children, let no one deceive you. Everyone who does what is right is righteous, just as he is righteous.

Word of God, word of life.

Thanks be to God.

Stand

GOSPEL ACCLAMATION

ELW Setting Three



Al - le - lu - ia. Lord, to whom shall we go? You have the

The first line of musical notation is written on a single staff in treble clef with a key signature of one sharp (F#). It begins with a quarter rest, followed by a sequence of eighth and quarter notes: G4, A4, B4, C5, B4, A4, G4, F#4, E4, D4, C4. The lyrics are aligned under the notes: "Al - le - lu - ia. Lord, to whom shall we go? You have the".



words of e - ter - nal life. Al - le - lu - ia. Al - le - lu - ia.

The second line of musical notation continues on a single staff in treble clef with a key signature of one sharp (F#). It begins with a quarter note G4, followed by eighth notes A4, B4, C5, B4, A4, G4, F#4, E4, D4, C4. The lyrics are aligned under the notes: "words of e - ter - nal life. Al - le - lu - ia. Al - le - lu - ia.". The line ends with a double bar line.

The holy gospel according to Luke.

Glory to you, O Lord.

^{36b}Jesus himself stood among [the disciples] and said to them, “Peace be with you.” ³⁷They were startled and terrified, and thought that they were seeing a ghost. ³⁸He said to them, “Why are you frightened, and why do doubts arise in your hearts? ³⁹Look at my hands and my feet; see that it is I myself. Touch me and see; for a ghost does not have flesh and bones as you see that I have.” ⁴⁰And when he had said this, he showed them his hands and his feet. ⁴¹While in their joy they were disbelieving and still wondering, he said to them, “Have you anything here to eat?” ⁴²They gave him a piece of broiled fish, ⁴³and he took it and ate in their presence.

⁴⁴Then he said to them, “These are my words that I spoke to you while I was still with you—that everything written about me in the law of Moses, the prophets, and the psalms must be fulfilled.” ⁴⁵Then he opened their minds to understand the scriptures, ⁴⁶and he said to them, “Thus it is written, that the Messiah is to suffer and to rise from the dead on the third day, ⁴⁷and that repentance and forgiveness of sins is to be proclaimed in his name to all nations, beginning from Jerusalem. ⁴⁸You are witnesses of these things.”

The gospel of the Lord.

Praise to you, O Christ.

Sit

SERMON

Rev. Pauline Farrington

Silence for reflection

Stand

1 A - round you, O Lord Je - sus, your own you gath - er still
 2 We hear your in - vi - ta - tion, and heed, O Lord, your call;
 3 We are your own for - ev - er; un - til our fi - nal breath

to share the feast you give us with grace our lives to fill.
 your word of con - so - la - tion is spo - ken here to all.
 we will be true and nev - er— in joy, in grief, in death—

You say to us so lov - ing - ly, "Take, eat! This is my
 It draws us to your lov - ing heart; it brings to us your
 de - part from you, for you are still a - mong your peo - ple

bod - y! Take, drink! This is my blood!"
 bless - ing, which nev - er will de - part.
 dwell - ing, as you have said you will.

NICENE CREED

With the whole church we confess our faith ...

We believe in one God,

the Father, the Almighty,

maker of heaven and earth,

of all that is, seen and unseen.

We believe in one Lord, Jesus Christ,

the only Son of God,

eternally begotten of the Father,

God from God, Light from Light,

true God from true God,

begotten, not made,

of one Being with the Father;

through him all things were made.

For us and for our salvation

he came down from heaven,

was incarnate of the Holy Spirit and the virgin Mary

and became truly human.

For our sake he was crucified under Pontius Pilate;

he suffered death and was buried.

On the third day he rose again

in accordance with the scriptures;

he ascended into heaven

and is seated at the right hand of the Father.

He will come again in glory to judge the living and the dead,

and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life,

who proceeds from the Father and the Son,

who with the Father and the Son is worshiped and glorified,

who has spoken through the prophets.

We believe in one holy catholic and apostolic church.

We acknowledge one baptism for the forgiveness of sins.

We look for the resurrection of the dead,

and the life of the world to come. Amen.

PRAYERS OF INTERCESSION

Rejoicing that Jesus is risen and love has triumphed over fear, let us pray for the church, the world, and all those in need of good news.

... God of grace,
hear our prayer.

Into your hands, most merciful God, we commend all for whom we pray, trusting in your abiding love; through Jesus Christ, our resurrected and living Lord.

Amen.

PEACE

The peace of Christ be with you always.

And also with you.

Please share a sign of God's peace with those around you. Children and youth are encouraged to come to the front to greet those worshipping with us online.

+ MEAL +

OFFERTORY ANTHEM

Fairest Lord Jesus

Brian Childers, arr.

Trinity Singers

You may leave your offering in the plate at the entrance to the church after the service.

OFFERTORY PRAYER

Let us pray.

Blessed are you, O God, ruler of heaven and earth.

Day by day you shower us with blessings.

As you have raised us to new life in Christ,

give us glad and generous hearts,

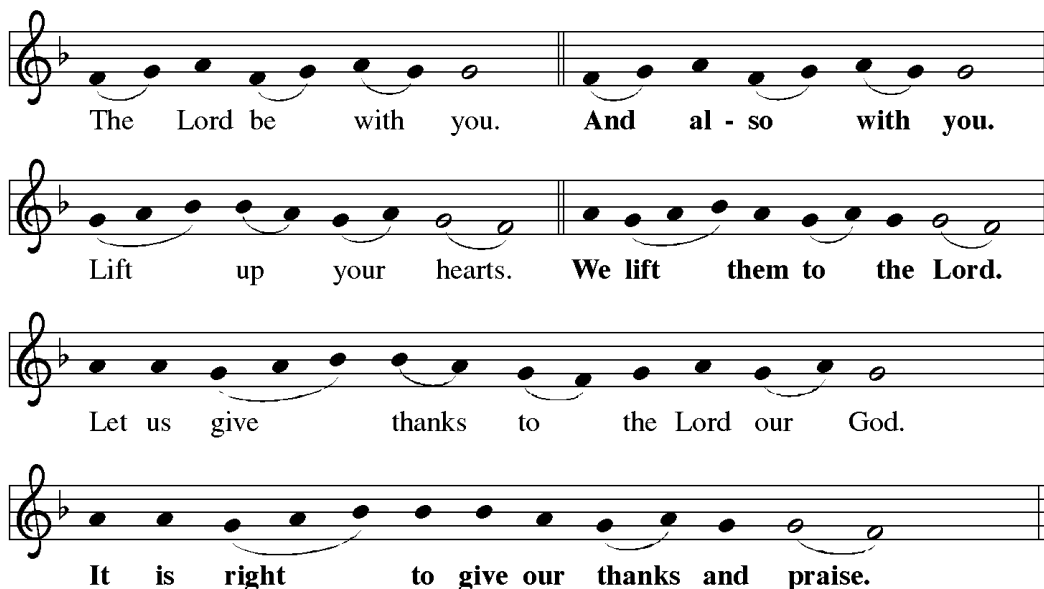
ready to praise you and to respond to those in need,

through Jesus Christ, our Savior and Lord.

Amen.

GREAT THANKSGIVING

ELW Setting Three



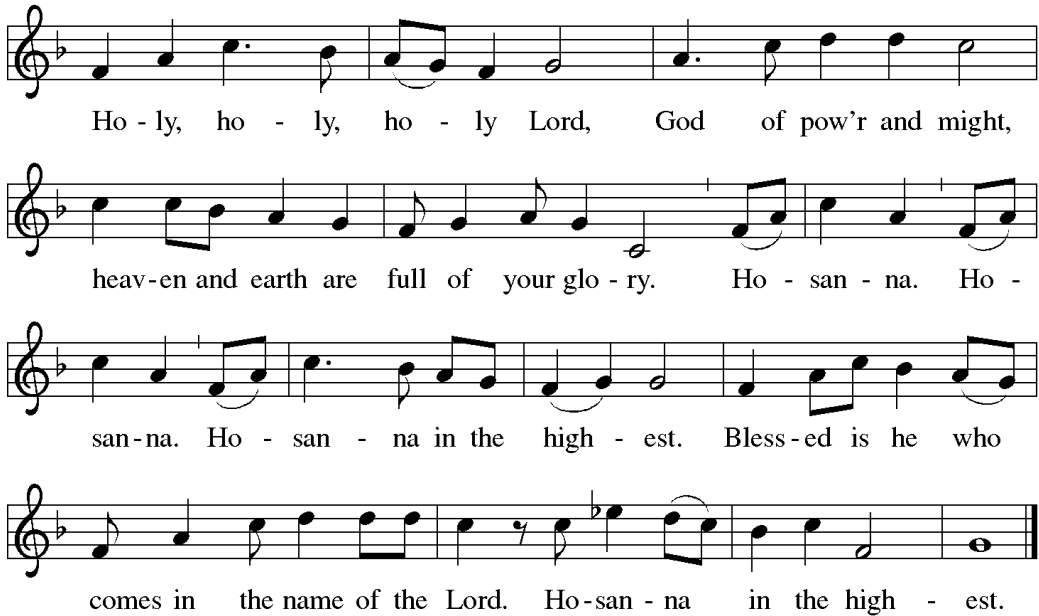
The Lord be with you. And al - so with you.
Lift up your hearts. We lift them to the Lord.
Let us give thanks to the Lord our God.
It is right to give our thanks and praise.

PREFACE AND SANCTUS

It is indeed right, our duty and our joy,
that we should at all times and in all places give thanks and praise to you,
almighty and merciful God,
for the glorious resurrection of our Savior Jesus Christ,
the true Paschal Lamb who gave himself to take away our sin;
who in dying has destroyed death,
and in rising has brought us to eternal life.
And so, with Mary Magdalene and Peter and all the witnesses of the resurrection,
with earth and sea and all their creatures,
and with angels and archangels, cherubim and seraphim,
we praise your name and join their unending hymn:

HOLY, HOLY

ELW Setting Three



Ho - ly, ho - ly, ho - ly Lord, God of pow'r and might,
heav-en and earth are full of your glo - ry. Ho - san - na. Ho -
san-na. Ho - san - na in the high - est. Bless-ed is he who
comes in the name of the Lord. Ho-san - na in the high - est.

EUCCHARISTIC PRAYER

Blessed are you, O God of the universe.

Your mercy is everlasting

and your faithfulness endures from age to age.

Praise to you for creating the heavens and the earth.

Praise to you for saving the earth from the waters of the flood.

Praise to you for bringing the Israelites safely through the sea.

Praise to you for leading your people through the wilderness
to the land of milk and honey.

Praise to you for the words and deeds of Jesus, your anointed one.

Praise to you for the death and resurrection of Christ.

Praise to you for your Spirit poured out on all nations.

...words of blessing and promise...

With this bread and cup
we remember our Lord's passover from death to life
as we proclaim the mystery of faith:

Christ has died.

Christ is risen.

Christ will come again.

O God of resurrection and new life:
Pour out your Holy Spirit on us
and on these gifts of bread and wine.
Bless this feast.
Grace our table with your presence.

Come, Holy Spirit.

Reveal yourself to us in the breaking of the bread.
Raise us up as the body of Christ for the world.
Breathe new life into us.
Send us forth,
burning with justice, peace, and love.

Come, Holy Spirit.

With your holy ones of all times and places,
with the earth and all its creatures,
with sun and moon and stars,
we praise you, O God,
blessed and holy Trinity,
now and forever.

Amen.

LORD'S PRAYER

Gathered into one by the Holy Spirit, let us pray as Jesus taught us.

**Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Save us from the time of trial
and deliver us from evil.
For the kingdom, the power, and the glory are yours,
now and forever. Amen.**

INVITATION

This is the table of the risen Christ where all people, without exception, are invited to commune!

Taste and see that the Lord is good!

As the usher indicates, you are invited to move toward the altar to receive the bread and wine.

Our bread is gluten-free, allergen-free, and vegan. You may eat the bread and then receive the wine by drinking from the first cup or having wine poured from the second cup.

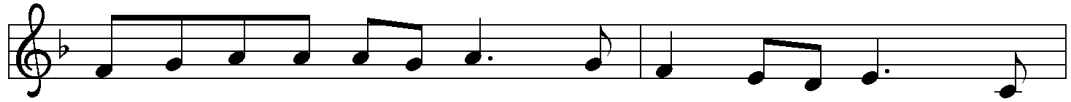
Should you choose to have the wine poured, please pick up an empty glass or, if you prefer, pick up a pre-filled glass of red grape juice from the table in the center aisle. Individually packaged elements are also available on a table just outside the sanctuary doors.

If you choose not to commune but would welcome a blessing, please come to receive a blessing spoken by the pastor.

Sit

LAMB OF GOD

ELW Setting Three



Lamb of God, you take a - way the sin of the world; have



mer-cy on us. Lamb of God, you take a - way the sin of the



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



sin of the world; grant us peace.

1 Draw us in the Spir-it's teth - er, for when hum - bly
 2 As dis - ci - ples used to gath - er in the name of
 3 All our meals and all our liv - ing make as sac - ra -

in your name two or three are met to - geth - er,
 Christ to sup, then with thanks to God the giv - er,
 ments of you, that by car - ing, help - ing, giv - ing,

you are in the midst of them. Al - le - lu - ia!
 break the bread and bless the cup, Al - le - lu - ia!
 we may be dis - ci - ples true. Al - le - lu - ia!

Al - le - lu - ia! Touch we now your gar - ment's hem.
 Al - le - lu - ia! so now bind our friend - ship up.
 Al - le - lu - ia! We will serve with faith a - new.



1 God be - stows on ev - 'ry sense beau - ty as hope's
 2 Catch a fleet - ing glimpse of grace in an un - ex -
 3 Vi - brant pic - tures in our dreams, brushed with crys - tal
 4 In a burnt and black - ened field bro - ken ground be -
 5 God makes all cre - a - tion new, turn - ing back what



ev - i - dence: signs of what the earth will
 pect - ed place: just a taste, the small - est
 col - or schemes, van - ish from a wak - ing
 gins to yield ti - ny, frag - ile sprouts of
 peo - ple do, build - ing up what we de -



be just be - yond what we can see.
 crumb of the ban - quet yet to come.
 mind, leav - ing just a trace be - hind.
 green: hints of for - ests yet un - seen.
 stroy, sing - ing sor - row in - to joy.

PRAYER AFTER COMMUNION

Let us pray.

Life-giving God, in the mystery of Christ's resurrection you send light to conquer darkness, water to give new life, and the bread of life to nourish your people. Send us forth as witnesses to your Son's resurrection, that we may show your glory to all the world, through Jesus Christ, our risen Lord. **Amen.**

+ SENDING +

ANNOUNCEMENTS

Stand

BENEDICTION

Alleluia! Christ is risen!

Christ is risen indeed! Alleluia!

The God of resurrection power,

the Christ of unending joy,

and the Spirit of Easter hope

✠ bless you now and always.

Amen.



1 Let us tal - ents and tongues em - ploy, reach - ing out with a shout of joy:
 2 Christ is a - ble to make us one, at the ta - ble he sets the tone,
 3 Je - sus calls us in, sends us out bear - ing fruit in a world of doubt,



bread is bro - ken, the wine is poured, Christ is spo - ken and seen and heard.
 teach - ing peo - ple to live to bless, love in word and in deed ex - press.
 gives us love to tell, bread to share: God (Im - man - u - el) ev - 'ry - where!

Refrain



Je - sus lives a - gain, earth can breathe a - gain, pass the Word a - round: loaves a - bound!

DISMISSAL

Go in peace. Serve the Lord.

Thanks be to God.

POSTLUDE

Verset in F Minor

Édouard Batiste

Remember in Your Prayers

THE CHURCH

our synod & bishops: Bishops Elizabeth E, Michael B and Leila O

our missionaries: Stephen D/Marta G, Cent. Amer

our congregation: Trinity Church

THE NATIONS: Afghanistan, El Salvador, Gaza, Guatemala, Haiti, Honduras, India, Indonesia, Iraq, Israel, Libya, Mexico, Morocco, Myanmar, Namibia, North Korea, Palestine, Somalia, Spain/Cataluña, Sudan, Syria, Ukraine, United States, Venezuela

THE SICK AND SUFFERING

nursing/rehabilitation center/hospital

Yulie N (Village at Rockville)

home

Isabel F, Tigist G, Lineth M, Anya N, Vimala P, Elizabeth R, Gio S, Margo W

family and friends*

Donald B, *brother of Marilyn C*

Elizabeth B, *mother of Mary B*

Gene B, *friend of Kim and Pam B*

James and Carlene B, *uncle and aunt of Carmen D*

Pam C, *sister of Mike M*

Sylvia DeV, *sister-in-law of Tad and Vi DeV*

Torsten D, *grandson of Thor and Nancy N*

Ellie F, *great niece of Pr. Pauline*

Josefa F-V, *friend of Len S*

Betsy G, *friend of Margaret F*

David G, *friend of Tad and Vi DeV*

Debbie G, *friend of Valerie M*

Julio Arias G, *friend of Ani and Len S*

Terry K, *brother-in-law of David and Leslie C*

Carol K, *mother of Jim K*

Mike K, *friend of David and Leslie Cradlin*

Susan K, *niece of Nancy and Thor N*

Anne L, *friend of Len S*

Randi L, *friend of Mike and Valerie M*

Juan-Maria M-M, *friend of Len S*

Kathy M, *niece of Margaret and Greg F*

Ditte R, *sister of Thor N*

Ursula R, *friend of Trinity*

Karen and Harold S, *friends of Pamela B*

George T, *friend of Leslie S and James M*

Victor V and family, *friends of Kim and Pam*

Cheryl Van A, *friend of Cathy C*

Andrew Z, *friend of Carol B*

Family of Commander Joseph D, *friends of Len S*

first responders

Lisbeth N-D

Greta S & Linda A, *sister & sister-in-law of Anita S*

**For family and friends, prayer requests will be kept on the list for 4 weeks. To renew, please complete another card/call the office.*

This Week at Trinity

Livestreamed services on Trinity YouTube channel
<https://www.youtube.com/@TrinityELCA/streams>

Sun, Apr 14 The Second Sunday of Easter

9:30 am Holy Communion Worship Service

10:45 am Sunday School Classes and Adult Forum

Mon, Apr 15

9:00 am Organ Repair Begins

Tues, Apr 16

9:00 am Organ Repair

11:00 am Staff Meeting

7:30 pm Congregational Council Meeting

Wed, Apr 17

9:00 am Organ Repair

Thurs, Apr 18

9:00 am Organ Repair

7:30 pm Trinity Singers

Fri, Apr 19

9:00 am Organ Repair

Sat, Apr 20

9:00 am Food Drive

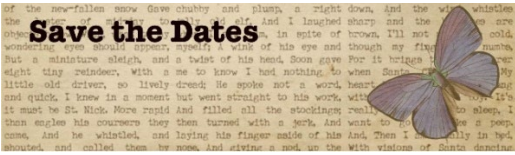
Sun, Apr 21 The Third Sunday of Easter

9:30 am Holy Communion Worship Service
Stephen Ministry Commissioning

10:45 am Sunday School Classes and Adult Forum

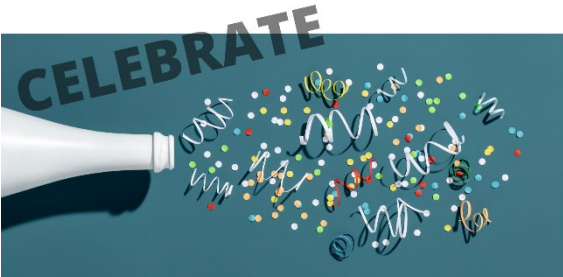
Organ Repair to Begin Monday, April 15th

David Storey, our organ builder, will be working Monday through Friday for several weeks beginning on Monday, April 15th. Access to the front of the church will be limited during the week. Please speak to Marcello S or Carmen D if you need to be in the church when the workers are present.



Save the Dates

- Food Drive | April 20**
- Blood Drive | April 30**
- Pr. Pauline's Installation | April 27**
- Semi Annual Congregational Meeting | May 5**



Birthdays

| | | | |
|----|------------|----|---------|
| 15 | Anjali A | 15 | Scott M |
| 15 | Hannah DiG | 17 | James V |
| 15 | Margaret F | 18 | Susan K |

Baptismal Anniversaries

| | | | |
|----|-----------|----|------------|
| 14 | Ross A | 15 | Karl M |
| 14 | Thomas K | 15 | Giovanni S |
| 15 | Isabela F | 17 | Karen T |

New Story Time for Our Youngest Members

This week we will be adding a new element to our faith formation practices and fellowship opportunities. In addition to Sunday School and Adult Forum after coffee hour, our youngest members can enjoy story time. We will be reading one or two stories and children are welcome to bring something of interest for show and tell. We are looking for a few more adult volunteers to share their favorite stories. If you are interested, please contact Margaret F or Valerie M.

Stephen Minister Commissioning | Sunday April 21, 2024

Two new Stephen Ministers will be commissioned at the 9:30 a.m. Trinity Church service on Sunday, April 21. Pamela B and Fred S have completed 50 hours of training to become Stephen Ministers. We hope you can join us to support Pamela and Fred in their new mission of serving, helping, and caring for others. For more information about Trinity's Stephen Ministry Program, please contact Pastor Pauline, Miriam M, or Susan S.

Many thanks,

Miriam



Adult Forum

Adult Forum will be returning to its study of Daniel Erlander's Manna and Mercy on Sunday and continuing this spring until we finish. We are now in the New Testament, having ended with the birth of Jesus prior to Easter. We will see how Jesus' ministry completes God's plan to mend the world. See you on Sunday in Room 10 after the service."

Blood Drive, April 30

Spring is a time of HOPE. Give HOPE this spring by donating blood. Trinity's next blood drive on Tuesday, April 30 from 1:30-6PM; the sign up is now open on the American Red Cross' website. Register online at www.redcrossblood.org and enter Sponsor ID: "TrinityLutheranNBethesda" or call 1-800-733-2767 to schedule your life-saving donation! In the past year,

If you have questions, please contact Margaret Fitzwilliam at gmfitzwm85@gmail.com

Help Us Build a Better Salad Bar for Interfaith Works Women's Center Dinner Monday, May 6, 2024

Trinity will provide dinner for 35 women on Monday, May 6th. When we provided dinner in February, the women shared how much they enjoy fresh salad. Listening to their feedback, we are providing a salad bar to deliver in May. The attached link is a sign up for some typical salad bar items, drinks and dessert, but we welcome you to add your favorite topping. You can add your special touch by adding it to the sign up in the Social Hall.

<https://www.signupgenius.com/go/8050E4CA8A82F4-interfaith1>

All donations can be dropped off the morning of Sunday, May 5th. If you have questions, please reach out to Margaret F. at gmfitzwm85@gmail.com

WE NEED YOUR HELP!! The Nominating Committee is Seeking Candidates!!

Trinity relies on our Church community family to guide the decision making and activities for our Church. This year nominating committee is reaching out for those who are interested in leading our Church into the future, namely to serve on:

- Church Council: 3 year term, we do have a 1-year term to fill if you'd like to give Church Council a try; this group meets monthly
- Mission Endowment: 3 year term, you don't have to be a financial wiz to serve and this group meets only 4 times a year
- Synod Assembly: attend the assembly in 2024, as a representative of Trinity; Valerie M and Thor N attended last year if you want to learn more about the experience
- Nominating committee: 1 year term

Please reach out to this year's nominating committee if you have an interest in serving or have questions. We'll be reaching out to folks in the next month or so seeking candidates.

Yours in Christ,

Mary B
Sabrina R
Fred S
Susan S



TODAY!!!!!!



Sunday April 14: 11:00 am

Social Ministry Community Awareness and Education Opportunity:

Mental Health 101

We will be using the Adult Forum (11am-noon) to host Grace Plihal, LMSW, Mental Health Therapist at EveryMind, Rockville, who will share knowledge and offer suggestions for what we

might be able to do as a congregation and as individuals with respect to Adult Mental Health and Wellness.

We encourage you to stay for this program and tell your friends to stop in.

Here is a brief description of what you can expect in the presentation:

Given the impact of the last few years, many people have experienced an increase in anxiety and depressive symptoms. Mental health includes our emotional, psychological, and social well-being; it affects how we think, how we feel, and act as we cope with life. It also helps determine how we handle stress, relate to others, and make good choices. This 60-minute session introduces mental health, its related stigma, and the importance of self-care.

Participants will learn:

- *Common language related to mental health, as well as typical warning signs and symptoms of mental health disorders.*
- *How to support a family member, friend, or co-worker; learn active listening skills, and helpful feedback to provide to others.*
- *Stigma surrounding mental health and identify strategies to fight mental health stigma.*
- *The importance of self-care and various self-care strategies*

If you have any questions or want more information about this session, please contact Sarah Morrison. We look forward to seeing you there.



Serving in Worship Today

Assisting Minister: Valerie M

Lector: David K

Altar Guild: Carol B

Youth Communion Assistant: Vera N

Usher: Pat S

Livestream Operators: Jeanine and John B

Welcome Team: Joan E

Hunger Fund Sunday

Tellers: Margaret and Greg F

Sexton: Marcello S

Staff

Pastor: Pr. Pauline Farrington

Minister of Music: Marcello Silva

Office Administrator: Carmen Davis

Handbell Choir: Marilyn Converse

Nursery Attendant: Maraly Gonzalez

Custodian: Kathy Boone