

Trinity on the Hill Episcopal Church

Los Alamos, New Mexico

The Fourth Sunday in Lent



Sunday, March 19, 2023

10:30 am

Choral Eucharist, Rite II

#WeAreTrinity

Sharing God's love / Embracing God's children / Responding to the needs of the world

Welcome to Trinity on the Hill, a place where you will find open hearts, open minds, and open doors. We believe that as people of God, we can all share in God's love; a love that is inclusive, ever abundant and meant to be expressed through our action in the world. We invite you to bring your own spiritual journey to Trinity on the Hill, where no part of you needs to be left at the door. Please know that from whatever tradition you come and wherever you are in your journey of faith... YOU ARE WELCOME HERE.

All are invited to receive the consecrated bread and wine of the Eucharist. Please come to the altar rail when invited to do so by the Usher. You may stand, sit, or kneel. If you do not wish to come forward, communion will be brought to you.

PLEASE NOTE: Our services are live-streamed. If you wish to avoid the possibility of appearing on camera, please sit in the northeast corner of the Sanctuary.

SUNDAY, MARCH 11, IS MOTHERING SUNDAY

Please celebrate with us in Kelly Hall!

Today, Sunday, March 19, we will celebrate Mothering Sunday, also known as Refreshment Sunday. During the sixteenth century in Britain, people returned to their mother church (or often a nearby cathedral) for a service to be held on Laetare Sunday, or the Fourth Sunday in Lent. In later times, Mothering Sunday became a day when domestic servants were given a day off to visit their families. On this Sunday, the Lenten disciplines may be relaxed a bit (hence the term Refreshment Sunday). When young girls in domestic service returned home on this Sunday, they would traditionally bake a simnel cake to take to their mothers. These cakes were made with a fine flour (which is what simnel means), and they contained sugar, butter, eggs, spices, and candied fruit peel. The tradition of Mothering Sunday continues in the United Kingdom to this day as a time when families are reunited during Lent, and the tradition of preparing simnel cake on this day continues as well.

In honor of Mothering Sunday, Deacon Patty is preparing simnel cake to be served during the fellowship hour after both the 8:00 and the 10:30 services. Please refresh yourself with a bit of this cake as we carry on this wonderful tradition rooted in our mother church – the Church of England.

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The Word of God

A Penitential Order, Rite II

Prelude: "Allemande" from Suite in D minor (G123)

G. F. Handel

Opening hymn: "Deck thyself, my soul, with gladness"

Hymnal 339

The people standing, the Celebrant says

Bless the Lord who forgives all our sins.

People: **His mercy endures for ever.**

The Decalogue (*please kneel as you are able*)

The Book of Common Prayer (red book) 350

The Celebrant may read one of the following sentences

If we say that we have no sin, we deceive ourselves, and the truth is not in us. But if we confess our sins, God, who is faithful and just, will forgive our sins and cleanse us from all unrighteousness. *1 John 1:8,9*

The Deacon or Celebrant then says

Let us confess our sins against God and our neighbor.

Silence may be kept. Minister and 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.

The Bishop when present, or the Priest, stands and says

Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. *Amen.*

The Liturgy continues with the Trisagion (sung thrice)

Hymnal S 102

Ho - ly God, Ho - ly and Might - y,
Ho - ly Im - mor - tal One, Have mer - cy up - on us.

Setting: Ver. Hymnal 1982, after Alexander Archangelsky (1846-1924)

The Collect of the Day

The Celebrant says to the people

The Lord be with you.

People: **And also with you.**

Let us pray.

The Celebrant says the Collect.

Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

The First Lesson (*provides insights into the working of God in the history of the chosen people*):

1 Samuel 16:1-13

Pew Bible page 226

After the Reading, the Reader says:

Reader: The Word of the Lord

People: **Thanks be to God.**

Psalm 23

Dominus regit me

1 The LORD is my | shepherd; *
I shall not be in | want.

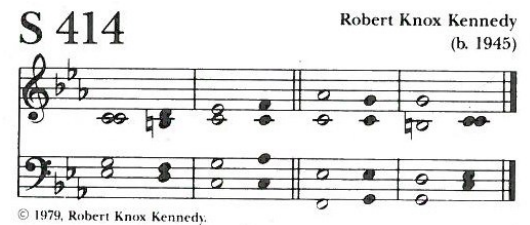
2 He makes me lie down in green | pastures *
and leads me beside still | waters.

3 He revives my | soul *
and guides me along right pathways for his | Name's sake.

4 Though I walk through the valley of the shadow of death, I shall fear no | evil; *
for you are with me; your rod and your staff, they | comfort me.

5 You spread a table before me in the presence of those who | trouble me; *
you have anointed my head with oil, and my cup is running | over.

6 Surely your goodness and mercy shall follow me all the days of my | life, *
and I will dwell in the house of the LORD for | ever.



The Second Lesson (*provides insights into the working of God in the ministries of the early Christian Church*):

Ephesians 5:8-14

Pew Bible page 951

After the Reading, the Reader says:

Reader: The Word of the Lord

People: **Thanks be to God.**

Sequence hymn: "Thine arm, O Lord, in days of old"

Hymnal 567

The Holy Gospel (*provides insights into the working of the God in the teachings of Jesus as told in the Gospels*):

Then, all who are able stand and the Deacon or Priest reads the Gospel, first saying

The Holy Gospel of our Lord Jesus Christ, according to John

People: **Glory to you, Lord Christ.**

John 9:1-41

Pew Bible page 871

After the reading of the Gospel, the Reader says

Reader: The Gospel of the Lord.

People: Praise to you, Lord Christ.

The Children's Sermon: Susan Sprake

Children's Chapel

The Sermon: *(the homilist reflects on one or more of the scriptures):* The Venerable Patricia Soukup

A moment of silence follows to allow for reflection on the homily.

On Sundays and other Major Feasts there follows, all standing

The Nicene Creed

**I believe in one God,
the Father Almighty,
maker of heaven and earth,
and of all things visible and invisible;**

**And in one Lord Jesus Christ,
the only-begotten Son of God,
begotten of his Father before all worlds,
God of God, Light of Light,
very God of very God,
begotten, not made,
being of one substance with the Father;
by whom all things were made;
who for us and for our salvation
came down from heaven,
and was incarnate by the Holy Spirit
of the Virgin Mary,
and was made man;
and was crucified also for us under Pontius Pilate;
he suffered and was buried;
and the third day he rose again
according to the Scriptures,
and ascended into heaven,
and sits on the right hand of the Father;
and he shall come again, with glory, to judge both the living and the dead;
whose kingdom shall have no end.**

**And I believe in the Holy Spirit, the Lord, and Giver of Life,
who proceeds from the Father and the Son;
who with the Father and the Son together is worshiped and glorified;
who spoke by the Prophets.
And I believe one holy Catholic and Apostolic Church;
I acknowledge one Baptism for the remission of sins;
and I look for the resurrection of the dead,
and the life of the world to come. Amen.**

The Prayers of the People

Have mercy on us, O God, according to your loving kindness; in your great compassion, hear our prayers.

People: Lord, hear our prayers.

We pray for the whole church, all leaders and ministers, and all the holy people of God. Wash us through

and through,

People: and cleanse us from our sin.

We pray for our nation, for all the nations of the earth, and for all who govern and judge. Purge us from our sin,

People: and we shall be pure.

We continue to pray for the land on which we stand, the peoples, creatures, plant life and waters around us,

People: that the world may be restored

We pray for those who hunger, those who thirst, those who cry out for justice, those who live under the threat of terror, and those without a place to lay their head. Make them hear of joy and gladness,

People: that those who are broken may rejoice.

We pray for all those in the armed forces and protective services, and for first responders. May the Lord protect them and those they serve,

People: that we all may be safe.

We pray for those who are ill, those in pain, those under stress, and those who are lonely. Give them the joy of your saving help,

People: and sustain them with your bountiful Spirit.

In this season of Lent we pray for those who prepare for baptism, and we pray that we all might be given the grace and strength to repent and grow closer to you, O God. Create in us clean hearts, O God,

People: and renew a right spirit within us.

We pray for those who have died . . . , and all who have entered into the land of eternal Light and your abiding peace. Cast them not away from your presence,

People: and take not your Holy Spirit from them.

We especially pray for the sick, injured or disabled that they be made whole. We pray especially for those we now name. . . .

Thanksgiving for the calling of the next Rector

People: Almighty and everliving God, ruler of all things in heaven and earth, hear our prayers of gratitude for the calling of the Reverend Mary Ann Hill as Rector of Trinity on the Hill Episcopal Church. We thank you for your gracious guidance of the Search Committee and the wisdom bestowed on our Vestry. Give us, we pray, patience and strength, courage and peace as we await her arrival. Free us from the anxieties born of anticipation that we may trust in your benevolence. Grant that we, with her, may serve you now and in the years to come, and may we always rejoice in your glory; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

Concluding prayer said by the Celebrant:

Lord Jesus, you taught your disciples that you must undergo great suffering and be killed before rising again; grant us the strength and wisdom to be your followers and to take up our cross to follow you, this day and always. **Amen.**

The Peace

May the Peace of the Lord be always with you.

People: And also with you.

Then the Ministers and People may greet one another in the name of the Lord.

Announcements

Offertory hymn: "The King of Love my shepherd is"

Hymnal 645

Doxology: "Praise God from whom all blessings flow"

Hymnal 380, verse 3

Special music may be offered as the wine and bread are prepared for the Eucharist and the collection of the gifts of the people are gathered and presented

Celebrant: All things come of thee O Lord,

People: **And of thine own have we given thee.**

The Holy Communion

The Great Thanksgiving: Eucharistic Prayer A

The people remain standing. The Celebrant, whether bishop or priest, faces them and sings or says

The Lord be with you.

People **And also with you.**

Celebrant Lift up your hearts.

People **We lift them to the Lord.**

Celebrant Let us give thanks to the Lord our God.

People **It is right to give him thanks and praise.**

Then, facing the Holy Table, the Celebrant proceeds

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth.

Here a Proper Preface is sung or said on all Sundays, and on other occasions as appointed.

Through Jesus Christ our Lord, who was tempted in every way as we are, yet did not sin. By his grace we are able to triumph over every evil, and to live no longer for ourselves alone, but for him who died for us and rose again.

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

Celebrant and People

Sanctus

Hymnal S 124



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.
Bless - ed is he who comes in the name of the Lord. Ho - san - na in the high - est.

The people stand or kneel.

Then the Celebrant continues

Holy and gracious Father: In your infinite love you made us for yourself; and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all. He

stretched out his arms upon the cross, and offered himself in obedience to your will, a perfect sacrifice for the whole world.

At the following words concerning the bread, the Celebrant is to hold it or lay a hand upon it; and at the words concerning the cup, to hold or place a hand upon the cup and any other vessel containing wine to be consecrated.

On the night he was handed over to suffering and death, Our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore we proclaim the mystery of faith:

Celebrant and People

Christ has died.

Christ is risen.

Christ will come again.

The Celebrant continues

We celebrate the memorial of our redemption, O Father, In this sacrifice of praise and thanksgiving.

Recalling his death, resurrection, and ascension, we offer you these gifts. Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in him. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom. All this we ask through your Son Jesus Christ. By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. **AMEN.**

And now, as our Savior Christ has taught us, we are bold to say,

People and Celebrant

**Our Father, who art in heaven,
hallowed be thy Name,
thy kingdom come,
thy will be done,
on earth as it is in heaven.**

**Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those
who trespass against us.**

**And lead us not into temptation,
but deliver us from evil.**

**For thine is the kingdom,
and the power, and the glory,
for ever and ever. Amen.**

The Breaking of the Bread

The Celebrant breaks the consecrated Bread.

A period of silence is kept. Then may be sung or said

Christ our Passover is sacrificed for us;

People **Therefore let us keep the feast.**

Agnus Dei

Lamb of God, you take a - way the sins of the world:
 have mer - cy on us. Lamb of God, you take a - way the
 sins of the world: have mer - cy on us. Lamb of God,
 you take a - way the sins of the world: grant us peace.

The Celebrant continues

The Gifts of God for the People of God.

and may add

Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

The ministers receive the Sacrament in both kinds, and then immediately deliver it to the people. If you wish to receive communion at the altar rail, please come forward at the bidding. Please follow the instructions for receiving communion. If you wish to remain in your pew, communion will be brought to you. Gluten-free wafers are available if you let us know you need one. If you would like to receive a blessing instead of communion, please cross your arms over your chest. If you wish to pass altogether, please remain seated.

The Bread and the Cup are given to the communicants with these words

The Body (Blood) of our Lord Jesus Christ keep you in everlasting life. [*Amen.*]

or with these words

The Body of Christ, the bread of heaven. [*Amen.*]

The Blood of Christ, the cup of salvation. [*Amen.*]

Communion hymn: “Humbly I adore thee, Verity unseen”

Post Communion Prayer

The Celebrant says

Let us pray.

Celebrant and People (please stand as you are able)

Eternal God, heavenly Father, you have graciously accepted us as living members of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. Amen.

The Deacon or, in the absence of a deacon, the Presider says

Bow down before the Lord.

Look down in mercy, Lord, on your people who kneel before you; and grant that those whom you have nourished by your Word and Sacraments may bring forth fruit worthy of repentance; through Christ our

Lord. Amen.

Lenten Solemn Prayer

Grant, Almighty God, that your people may recognize their weakness and put their whole trust in your strength, so that they may rejoice for ever in the protection of your loving providence; through Christ our Lord. Amen.

Sending forth of the Lay Eucharistic Visitor

Celebrant: We send you forth bearing these Holy gifts that those to whom you go may share with us in Christ's Body and Blood.

People: **We who are many are one body because we all share in the one bread and one cup.**

Closing hymn: "I want to walk as a child of the light" **Hymnal 490**

The Deacon, or the Celebrant, dismisses them with these words

Celebrant Let us go forth into the world, rejoicing in the power of the Spirit.

People **Thanks be to God.**

Postlude: "Sarabande and Gigue" from Suite in D minor (G125, G126) G.F. Handel

Cover art: "Christ healing the blind man", Gioacchino Assereto (1600-1649)
Carnegie Museum of Art

Announcements

CHRISTIAN EDUCATION: Season 3 of The Chosen continues today. "Come to me, all you who are weary and heavy-laden, and I will give you rest." Matthew 11:28. Season 3 of the popular series "The Chosen" begins right where Season 2 left off. 9:15 am in Sherrill Hall, led by Susan Sprake. It's not too late to join the class.

LENTEN SOUP SUPPERS: Soup suppers are continuing: **6 pm** at Bethlehem Lutheran, followed by teaching and worship. Our Thursday to provide soup, bread, and worship music is March 30.

ORGAN RECITAL: Dr. Linda Raney, Father Raymond's wife, is giving an organ recital for Bach's birthday on **Friday, March 24**, 5:30 pm, at First Presbyterian Church, 208 Grant Avenue, Santa Fe. See March *Tidings* for more information!

"Choose Life, Celebrations for Lent": Women of the Diocese are sponsoring a Zoom workshop with Chris Chivers, author of the above book, on **March 25 at 9 am**. This book was written especially for our diocese. Open to all, no cost. RSVP to Cindy Davis for Zoom link: cynthiadavisauthor@gmail.com. More information is on the flyer posted around church.

UTO LENT CALENDAR OF GRATITUDE: Although Lent is already underway, you can still use the UTO Lent calendar as a reminder to notice and give thanks for the small blessings in your everyday life. Honest reflection can bring to mind things for which we are grateful. The UTO Lent calendars are available in the narthex today.

Special Prayer List
March 19 - 25

(PLEASE LET TOTH OFFICE KNOW YOUR PRAYER UPDATES. THANKS!)

Pray for Healing for: Don Davidson; Cathy Walters; Nancy Wurden; Robin Chaffe; Laurie Triplett; Sally Cassil; Mary Cunningham; Eliana Lobato; Renee Roybal; Mary Yamada; Ellen Walton; George Price; Ramon Hidalgo; Jenny Bishop.

Sue Ellen Kelly; Avi Hadash; Jose Osbaldo Rivera; Jackie McFarlane; David Powell; Diane Figge; Jan McDonald; Gerry and Cherie Hale; Paula Hewitt; Bridger Banford; McKenna Wangen; Hayden Perez; Deacon Susan Green; Pam Magee; Rick Ricker; Anna Ahern; Alicia Gray; Pat Kirk; Ulla Mertens; Laura Wright; Raheela Sheikh; Fr. Andrew Green; Richard J. Triplett, Sr.; Candy Porter; Zak Solis; Erin Marquardt; Jimmie Howard, Stephanie Strom and Rachel Joy; Karen Williamson Hearne; Colin Hearne and Ruth Williamson.

Continuing Prayer: Barbara Stoddard; Deb Wagner; Deborah Karr; Lori Schilling; Doug Weiss; Bo West; T.K. Thompson; Angela Pope; June Vasey; Elena Perez; Leona Walton; Bob Springer; Bob Wigger; Caroline Wurden; Laura Fraser; Alec; Dana King; Jim Anderson; Victor Apodaca; Eileen Brinker.

For the Departed: Susan Barnes White (3-20-60); Estella Braddock (3-23-76); Jeannette Louise Springer McEwen (3-23-11); Scott Alan Irving (3-23-13); Gene Howard Ebinger (3-24-20).

Birthdays

3/19 River Yamada
3/20 Lynn Godwin
3/22 Leni Moore
3/25 Tina Moore

Anniversaries

3/19 Chandra and George Marsden
Lisa And Rick Rothrock
3/24 Nancy and Glen Wurden

Loved ones in the Armed Forces, Peace Corps, Police, Fire Department and Emergency Medical Services: Darian Garland, USMC; William Sambrook, USN; James Wathen, AF (TX); Rob Dash, US Coast Guard (Charleston, SC); Rusty Dash, US Coast Guard (Alexandria, VA); Craigen Higgins, Rio Rancho Fire Department.



Weekly Schedule at Trinity on the Hill

Sunday 3/19	8:00 am	<i>Holy Eucharist, Rite I, Sanctuary (masks required)</i>
	9:15 am	Sunday School, Kelly Hall
	9:15 am	Adult Ed, Sherrill Hall, “The Chosen” series 3
	10:30 am	<i>Choral Eucharist, Rite II, Sanctuary (masks optional)</i>
	7:00 pm	<i>Compline, Sanctuary</i>
Tuesday 3/21	7:30 am	Women Alive! Meets via Zoom
Wednesday 3/22	7:30 am	<i>Holy Eucharist, Chapel (masks required)</i>
	8:30 am	Shop on the Corner open until noon
	12:30 pm	<i>Healing Service, Chapel (masks required)</i>
Thursday 3/23	7:30 am	Men’s Group, Sherrill Hall
	9:30 am	<i>Healing Service at Sombrillo</i>
	10:00 am	<i>Holy Eucharist at Aspen Ridge</i>
	6:00 pm	Ecumenical Soup Supper, classes, and worship, BELC
	6:30 pm	Vestry Meeting, Sherrill Hall
Sunday 3/26	8:00 am	<i>Holy Eucharist, Rite I, Sanctuary (masks required)</i>
	9:15 am	Sunday School, Kelly Hall
	9:15 am	Adult Ed, Sherrill Hall
	10:30 am	<i>Choral Eucharist, Rite II, Sanctuary (masks optional)</i>
	7:00 pm	<i>Compline, Sanctuary</i>

Lessons for next Sunday, March 26

Ezekiel 37:1-14; Psalm 130; Romans 8:6-11; John 11:1-45

Serving Today	
Pianist, 10:30 am	Brian Huysman
Server, 8 am	Richard Triplett
10:30 am: Server	Susan Sprake
Crucifer	Ben Foley
Torch Bearers	Josh and Anna Moore
LEM/Lay Reader, 8 am	Kay Dreamtrader
LEM/Lay Reader, 10:30 am	Linda Light
Prayers of the People, 10:30	Anne Huysman
Altar Guild	Renee Roybal, Valarie Prestwood, Karen Humphrey
Usher, 10:30 am	Andy Light
Media Team, 10:30 am	Nancy Coombs, Rachel Greenwood

Blessing for Birthdays

Watch over your servants O Lord, as their days increase; bless and guide them wherever they may be. Strengthen them when they stand; comfort them when discouraged or sorrowful; raise them up if they fall; and in their heart may your peace which passes understanding abide all the days of their life; through Jesus Christ our Lord. Amen.

Blessing for Anniversaries

Gracious God, we lift up your servants to you in thanks for your love. Guard them as they grow and nourish them with your grace that they may grow close to you and to one another always, through Jesus Christ our Lord. Amen.