

Celebrating 150 Years



1874 - 2024

Trinity Episcopal Church  
Lime Rock, CT

# TRINITY EPISCOPAL CHURCH

*Offering Companionship along the Way*

THE FIRST SUNDAY OF LENT

FEBRUARY 18, 2024

**Prelude** Organ improvisation on tune *Erhalt uns, Herr*

**Opening Hymn 143** The glory of these forty days

*Erhalt uns, Herr*

*Celebrant* Bless the Lord who forgives all our sins.

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

*Celebrant* Seeing that we have a great high priest, that is passed into the heavens, Jesus the Son of God, let us come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need. *Hebrews 4:14, 16*

Let us humbly confess our sins unto Almighty God.

**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 Absolution

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.**

**Trisagion: Hymnal S 100**

From New Plainsong; David Hurd (b. 1950)

*Pastor* The Lord be with you.

***People*** And also with you.

*Pastor* Let us pray together our collect.

**Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.**

## A Reading from the Book of Genesis 9:8-17

God said to Noah and to his sons with him, "As for me, I am establishing my covenant with you and your descendants after you, and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark.

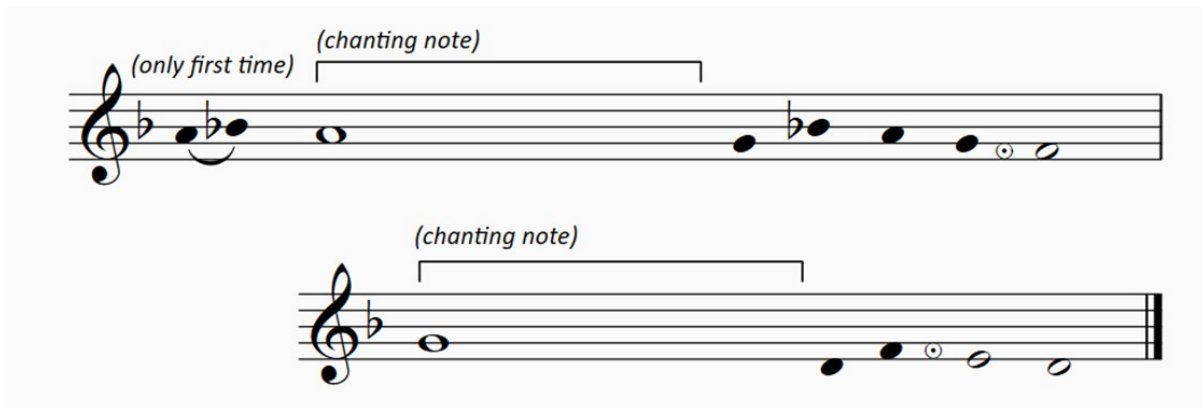
I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth.” God said, “This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. When I bring clouds over the earth and the bow is seen in the clouds, I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth.” God said to Noah, “This is the sign of the covenant that I have established between me and all flesh that is on the earth.”

*Reader*        The Word of the Lord.

*People*        **Thanks be to God.**

**Psalm 25:1-9**

*Tonus Peregrinus*



- 1 To you, O LORD, I lift up my soul; my God, I put my trust in you; \*  
let me not be humiliated, nor let my enemies triumph over me.
- 2 Let none who look to you be put to shame; \*  
let the treacherous be disappointed in their schemes.
- 3 Show me your ways, O LORD, \*  
and teach me your paths.
- 4 Lead me in your truth and teach me, \*  
for you are the God of my salvation; in you have I trusted all the day long.
- 5 Remember, O LORD, your compassion and love, \*  
for they are from everlasting.
- 6 Remember not the sins of my youth and my transgressions; \*  
remember me according to your love and for the sake of your goodness, O LORD.
- 7 Gracious and upright is the LORD; \*  
therefore he teaches sinners in his way.
- 8 He guides the humble in doing right \*  
and teaches his way to the lowly.
- 9 All the paths of the LORD are love and faithfulness \*  
to those who keep his covenant and his testimonies.

## **A reading from the First Letter of Peter 3:18-22**

Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, in which also he went and made a proclamation to the spirits in prison, who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight persons, were saved through water. And baptism, which this prefigured, now saves you-- not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

*Reader*        The Word of the Lord.

*People*        **Thanks be to God.**

**Gradual Hymn 448** O love, how deep, how broad, how high

*Deus tuorum militum*

*Pastor*        The Holy Gospel of our Lord according to Mark 1:9-15

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

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased."

And the Spirit immediately drove him out into the wilderness. He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.

Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news."

*Pastor*        The Gospel of the Lord.

*People*        **Praise to you, Lord Christ.**

**The Sermon**

The Rev. Heidi Truax

**Moment of silence for reflection**

**The Nicene Creed**

**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:  
by the power of the Holy Spirit he became incarnate from the Virgin Mary,  
and was made man. 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.  
With the Father and the Son he is worshiped and glorified.  
He 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 the People**

Let us pray for the Church and for the world.

Grant, Almighty God, that all who confess your Name may be united in your truth, live together in your love, and reveal your glory in the world.

Lord, in your mercy: **Hear our prayer.**

Guide the people of this land, and of all the nations, in the ways of justice and peace; that we may honor one another and serve the common good.

Lord, in your mercy: **Hear our prayer.**

Give us all a reverence for the earth as your own creation, that we may use its resources rightly in the service of others and to your honor and glory.

Lord, in your mercy: **Hear our prayer.**

We give thanks to you, Lord God, for all your blessings. We pray in gratitude for the celebrations of our lives (*we lift up in prayer all those things for which we are thankful*).

Lord in your goodness: **Hear our prayer.**

Bless all whose lives are closely linked with ours. On our parish cycle of prayer we pray today for Kathy Drake and Steve Potter, Russell and Cheryl Duntz and Pari Forood and for their families.

Grant that we may serve Christ in them, and love one another as God loves us.

Lord, in your mercy: **Hear our prayer.**

Comfort and heal all those who suffer in body, mind, or spirit (*we read from the book and leave time for names to be added*). Give them courage and hope in their troubles and bring them the joy of your salvation.

Lord, in your mercy: **Hear our prayer.**

We commend to your mercy all who have died (*we read from the book and leave time for names to be added*). We pray that your will for them may be fulfilled, and that we may share with all your saints in your eternal kingdom.

Lord, in your mercy: **Hear our prayer.**

Lord, hear the prayers of your people; and what we have asked faithfully, grant that we may obtain effectually, to the glory of your Name; through Jesus Christ our Lord. **Amen.**

*Pastor*            The peace of the Lord be always with you.  
*People*            **And also with you.**

## Announcements and Commissioning of the Vestry

**Offertory Hymn 149** Eternal Lord of love, behold your Church

*Old 124<sup>th</sup>*

**Doxology Hymn 380, vs. 3** Praise God from whom all blessings flow

*Old 100<sup>th</sup>*

## THE GREAT THANKSGIVING

*Priest* The Lord be with you.

*People* **And also with you.**

*Priest* Lift up your hearts.

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

*Priest* Let us give thanks to the Lord our God.

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

We praise you and we bless you, holy and gracious God, source of life abundant. From before time you made ready the creation. Your Spirit moved over the deep and brought all things into being: sun, moon, and stars; earth, winds, and waters; and every living thing.

You made us in your image, and taught us to walk in your ways. But we rebelled against you, and wandered far away; and yet, as a mother cares for her children, you would not forget us. Time and again you called us to live in the fullness of your love. And so this day we join with Saints and Angels in the chorus of praise that rings through eternity, lifting our voices to magnify you as we sing

**Holy, holy, holy: Hymnal S 124** Sanctus

David Hurd (b. 1950)

**Holy, holy, holy Lord, God of power and might,  
heaven and earth are full of your glory.**

**Hosanna in the highest.**

**Blessed is the One who comes in the name of the Lord.**

**Hosanna in the highest.**

Glory and honor and praise to you, holy and living God. To deliver us from the power of sin and death and to reveal the riches of your grace, you looked with favor upon Mary, your willing servant, that she might conceive and bear a son, Jesus the holy child of God.

Living among us, Jesus loved us. He broke bread with outcasts and sinners, healed the sick, and proclaimed good news to the poor. He yearned to draw all the world to himself yet we were heedless of his call to walk in love.

Then the time came for him to complete upon the cross the sacrifice of his life, and to be glorified by you. On the night before he died for us, Jesus was at table with his friends. He took bread, gave thanks to you, broke it, and gave it to them, and said: "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

As supper was ending, Jesus took the cup of wine. Again he gave thanks to you, gave it to them, and said: "Drink this, all of you: This is my Blood of the new Covenant, which is poured out for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Now gathered at your table, O God of all creation, and remembering Christ crucified and risen, who was and is and is to come, we offer to you our gifts of bread and wine, and ourselves, a living sacrifice.

Pour out your Spirit upon these gifts that they may be the Body and blood of Christ. Breathe your Spirit over the whole earth and make us your new creation, the Body of Christ given for the world you have made.

In the fullness of time bring us, with all your saints, from every tribe and language and people and nation, to feast at the banquet prepared from the foundation of the world.

Through Christ and with Christ and in Christ, in the unity of the Holy Spirit, to you be honor, glory, and praise, for ever and ever. **AMEN.**

And now as our savior Christ has taught us, we are bold to pray:

**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.**

**Lamb of God: Hymnal S 161** Agnus Dei

David Hurd (b. 1950)

*Here at Trinity we welcome you to take communion with us if you seek a relationship with Jesus. You may drink from the chalice, or you may intinct your wafer. Or, if you prefer, you may receive communion in one kind only, the wafer. We offer wheat and gluten free wafers, wine and grape juice. If you do not care to take communion but would like a blessing, please also come forward and ask Pastor Heidi for a blessing.*

**Communion Hymn 316** This is the hour of banquet and of song

*Canticum refectiois*

### **Postcommunion Prayer**

**Almighty and everliving God, we most heartily thank thee for that thou dost feed us, in these holy mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Savior Jesus Christ; and dost assure us thereby of thy favor and goodness towards us; and that we are very members incorporate in the mystical body of thy Son, the blessed company of all faithful people; and are also heirs, through hope, of thy everlasting kingdom. And we humbly beseech thee, O heavenly Father, so to assist us with thy grace, that we may continue in that holy fellowship, and do all such good works as thou hast prepared for us to walk in; through Jesus Christ our Lord, to whom with thee and the Holy Ghost, be all honor and glory, world without end. Amen.**

### **Blessing**

The peace of God which passeth all understanding, keep your hearts and minds in the knowledge and love of God and of God's son Jesus Christ our Lord. And the blessing of God Almighty, Father, Son and Holy Spirit be upon you and remain with you always. **Amen.**

**Closing Hymn 470** There's a wideness in God's mercy

*Beecher*

## **The Dismissal**

*Pastor* Let us bless the Lord.

*People* **Thanks be to God.**

**Postlude** Organ improvisation on tune *Beecher*

## **Serving Today**

*Rector:* The Rev. Heidi Truax

*Music Director:* Christine Gevert

*Minister of Communion:* Mary Anne Carley

*Lector:* Alessandra Griffith

*Epistoler:* Rachel Lamb

*Intercessor:* ME Freeman

*Altar Guild:* Theresa Kenny

*Counter:* Cheryl Duntz

*Greeter/Usher:* Mike Cuoco/Charlie Clarke

*Verger:* Geoff Brown



## **Trinity Vestry**

Linda Lloyd, Sr. Warden

Theresa Kenny, Jr. Warden

M. E. Freeman, Treasurer

Jim Conzo, Clerk

Stephanie Barrett, Marian Beers, Al Dorf,

Emily DiMartino, Jarrod Sisk, Alan Swide

## Announcements

- Sunday, Feb. 18** Noon—Vestry Meeting in the Guild Room (and on Zoom)
- Saturday, Feb. 24** Noon—Misa en Español
- Sunday, Feb. 25** The Rev. Felix Rivera, Deacon, preacher at both 8 and 10:30 services
- Saturday, Mar. 2** 4:00 PM Crescendo Concert—Bach and Paganini Solo Violin Music
- Sunday, Mar. 3** 2:00 PM meeting of the NW Region Leadership Team at Trinity Torrington
- Sunday, Mar. 10** Noon—Outreach Brunch: Speaker will be Conrad Sienkiewicz from Trinity Torr.
- Sunday, Mar. 17** Noon—Next Vestry meeting
- Saturday, Mar. 23** 10:00 AM Brass Polishing—Meet in kitchen
- Sunday, Mar. 24** 8:00 and 10:30 AM Palm Sunday Services  
4:00 PM Crescendo Concert
- Thursday, Mar. 28** 5:00 PM Roast lamb Maundy Thursday Dinner Church
- Friday, Mar. 29** 6:00 PM Good Friday reflections by parishioners and guests with music
- Sunday, Mar. 31** 8:00 and 10:30 AM Easter Sunday services

## Weekly Schedule

- Mondays** 6:30 PM Crescendo rehearsal in Walker Hall
- Tuesdays** 9:00 AM to 12 Noon Taichi Chuan with Christopher Kiely in Walker Hall
- Wednesdays** Services at Noble Horizons, Geer Nursing, Geer Lodge  
6:00 PM on first and last Wednesday of the month, Women's AA in Walker Hall
- Thursdays** 1:00 PM Bible Explorers: *The Letter to the Hebrews*
- Saturdays** 9:00 AM till Noon—Bookkeeper, Nancy Hiller is in the office every other Sat.

*Please remember that we are filming this service  
and wait to have private conversations until after you have left the nave.*

## Music Credits, Permissions, Licenses

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THE REV. FELIX RIVERA, DEACON AND HISPANIC MISSIONER  
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