



**Fourth Sunday in Lent**  
**8:00 a.m., March 30, 2025**



The Rt. Rev. Deon Johnson, *Bishop*  
The Rev. Dr. Paul Jacobson, *Rector*  
Established 1855 in the Episcopal Diocese of Missouri

Welcome! We are blessed by your presence with us this morning and hope that you will find strength, comfort and fulfillment through our worship. Children are welcome to stay through the service. We welcome all seekers of God to Holy Communion and look forward to meeting you following the service.

**Trinity Episcopal Church**  
**600 North Euclid, St. Louis MO 63108**  
**trinitycwe.org 314-361-4655**

# 8:00 A.M. THE HOLY EUCHARIST RITE I

## THE WORD OF GOD

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

*People* ***His mercy endureth for ever.***

*The people kneel or sit.*

### The Decalogue

God spake these words, and said:

I am the Lord thy God who brought thee out of the land of Egypt, out of the house of bondage. Thou shalt have none other gods but me.

***Lord have mercy upon us,  
and incline our hearts to keep this law.***

Thou shalt not make to thyself any graven image, nor the likeness of any thing that is in heaven above, or in the earth beneath, or in the water under the earth; thou shalt not bow down to them, nor worship them.

***Lord have mercy upon us,  
and incline our hearts to keep this law.***

Thou shalt not take the Name of the Lord thy God in vain.

***Lord have mercy upon us,  
and incline our hearts to keep this law.***

Remember that thou keep holy the Sabbath day.

***Lord have mercy upon us,  
and incline our hearts to keep this law.***

Honor thy father and thy mother.

***Lord have mercy upon us,  
and incline our hearts to keep this law.***

Thou shalt do no murder.

***Lord have mercy upon us,  
and incline our hearts to keep this law.***

Thou shalt not commit adultery.  
***Lord have mercy upon us,  
and incline our hearts to keep this law.***

Thou shalt not steal.  
***Lord have mercy upon us,  
and incline our hearts to keep this law.***

Thou shalt not bear false witness against thy neighbor.  
***Lord have mercy upon us,  
and incline our hearts to keep this law.***

Thou shalt not covet.  
***Lord have mercy upon us,  
and write all these thy laws in our hearts, we beseech thee.***

*The Deacon or Celebrant then says*

Let us humbly confess our sins to almighty God.

*Silence may be kept  
Minister and People*

***Most merciful God,  
we confess that we have sinned against thee  
in thought, word, and deed,  
by what we have done,  
and by what we have left undone.  
We have not loved thee with our whole heart;  
we have not loved our neighbors as ourselves.  
We are truly sorry and we humbly repent.  
For the sake of thy Son Jesus Christ,  
have mercy on us and forgive us;  
that we may delight in thy will,  
and walk in thy ways,  
to the glory of thy Name. Amen.***

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

The Almighty and merciful Lord grant you absolution and remission of all your sins, true repentance, amendment of life, and the grace and consolation of his Holy Spirit. **Amen.**

Lord, have mercy upon us.

**Christ, have mercy upon us.**

Lord, have mercy upon us.

### **The Collect of the Day**

*The Celebrant says to the people*

The Lord be with you.

*People* **And with thy Spirit.**

*Celebrant* Let us pray.

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

### **First Reading**

Joshua 5:9-12

**T**he LORD said to Joshua, "Today I have rolled away from you the disgrace of Egypt." And so that place is called Gilgal to this day.

While the Israelites were camped in Gilgal they kept the passover in the evening on the fourteenth day of the month in the plains of Jericho. On the day after the passover, on that very day, they ate the produce of the land, unleavened cakes and parched grain. The manna ceased on the day they ate the produce of the land, and the Israelites no longer had manna; they ate the crops of the land of Canaan that year.

*Reader* Hear what the Spirit is saying to God's people.

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

## Psalm 32

- 1 Happy are they whose transgressions are forgiven, \*  
and whose sin is put away!
- 2 Happy are they to whom the Lord imputes no guilt, \*  
and in whose spirit there is no guile!
- 3 While I held my tongue, my bones withered away, \*  
because of my groaning all day long.
- 4 For your hand was heavy upon me day and night; \*  
my moisture was dried up as in the heat of summer.
- 5 Then I acknowledged my sin to you, \*  
and did not conceal my guilt.  
I said, "I will confess my transgressions to the Lord." \*  
Then you forgave me the guilt of my sin.
- 6 Therefore all the faithful \*  
will make their prayers to you in time of trouble;  
when the great waters overflow, \*  
they shall not reach them.
- 7 You are my hiding-place;  
you preserve me from trouble; \*  
you surround me with shouts of deliverance.
- 8 "I will instruct you and teach you in the way that you should go; \*  
I will guide you with my eye.
- 9 Do not be like horse or mule, which have no understanding; \*  
who must be fitted with bit and bridle,  
or else they will not stay near you."

10 Great are the tribulations of the wicked; \*  
but mercy embraces those who trust in the Lord.

11 Be glad, you righteous, and rejoice in the Lord; \*  
shout for joy, all who are true of heart.

## Second Reading

2 Corinthians 5:16-21

**F**rom now on, we regard no one from a human point of view; even though we once knew Christ from a human point of view, we know him no longer in that way. If anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new! All this is from God, who reconciled us to himself through Christ, and has given us the ministry of reconciliation; that is, in Christ God was reconciling the world to himself, not counting their trespasses against them, and entrusting the message of reconciliation to us. So we are ambassadors for Christ, since God is making his appeal through us; we entreat you on behalf of Christ, be reconciled to God. For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.

*Reader* Hear what the Spirit is saying to the churches.

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

## The Gospel

Luke 15:1-3, 11b-32

The Holy Gospel of our Lord Jesus Christ according to Luke.

*People* ***Glory be to thee, O Lord.***

**A**ll the tax collectors and sinners were coming near to listen to Jesus. And the Pharisees and the scribes were grumbling and saying, "This fellow welcomes sinners and eats with them."

So Jesus told them this parable:

"There was a man who had two sons. The younger of them said to his father, 'Father, give me the share of the property that will belong to me.' So he divided his property between them. A few days later the younger son gathered all he had and traveled to a distant country, and there he squandered his

property in dissolute living. When he had spent everything, a severe famine took place throughout that country, and he began to be in need. So he went and hired himself out to one of the citizens of that country, who sent him to his fields to feed the pigs. He would gladly have filled himself with the pods that the pigs were eating; and no one gave him anything. But when he came to himself he said, 'How many of my father's hired hands have bread enough and to spare, but here I am dying of hunger! I will get up and go to my father, and I will say to him, "Father, I have sinned against heaven and before you; I am no longer worthy to be called your son; treat me like one of your hired hands."' So he set off and went to his father. But while he was still far off, his father saw him and was filled with compassion; he ran and put his arms around him and kissed him. Then the son said to him, 'Father, I have sinned against heaven and before you; I am no longer worthy to be called your son.' But the father said to his slaves, 'Quickly, bring out a robe--the best one--and put it on him; put a ring on his finger and sandals on his feet. And get the fatted calf and kill it, and let us eat and celebrate; for this son of mine was dead and is alive again; he was lost and is found!' And they began to celebrate.

"Now his elder son was in the field; and when he came and approached the house, he heard music and dancing. He called one of the slaves and asked what was going on. He replied, 'Your brother has come, and your father has killed the fatted calf, because he has got him back safe and sound.' Then he became angry and refused to go in. His father came out and began to plead with him. But he answered his father, 'Listen! For all these years I have been working like a slave for you, and I have never disobeyed your command; yet you have never given me even a young goat so that I might celebrate with my friends. But when this son of yours came back, who has devoured your property with prostitutes, you killed the fatted calf for him!' Then the father said to him, 'Son, you are always with me, and all that is mine is yours. But we had to celebrate and rejoice, because this brother of yours was dead and has come to life; he was lost and has been found.'"

*Reader*    The Gospel of the Lord.

*People*    ***Praise be to thee, O Christ.***

**The Sermon**

The Rev. Dr. Paul Jacobson

## 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.*



## The Prayers of the People

*Leader* Sisters and brothers, Christ was crucified in faithfulness to the cause of love and justice that all might be reconciled in peace to God our Creator, and to each other. Let us pray that through the Cross, Christ's example may be realized in our world and in our lives.

*Silence*

*Leader* As Jesus was lifted high upon the cross that he might draw the whole world to himself, may we take up our cross and follow him in pursuit of the work of reconciliation in our world. We pray that our Lenten journey of prayer, fasting and good works may give us penitent hearts, open and receptive to the abundant forgiveness and love of God. God, in your mercy,

*People* **Hear our prayer.**

*Leader* Let us pray for the poor, the hungry, the neglected, and those who have no choice but to fast every day; that their cries for daily bread may inspire works of mercy among those to whom much has been given. Let us pray for an end to the divisions and inequalities that scar God's creation, particularly the barriers to freedom faced by God's children throughout the world. We pray for the guidance of our elected leaders and all who serve the common good throughout the world. God, in your mercy,

*People* **Hear our prayer.**

*Leader* Let us pray for an end to the desecration of God's creation, that the fruits of our world might be shared equally with all. Inspire us with wisdom to share the riches of creation, that all may be empowered to seek freedom from poverty, famine, injustice, and oppression. God, in your mercy,

*People* **Hear our prayer.**

*Leader* Let us pray for an end to sickness and disease throughout the world and in our own families, and for any who struggle with physical, mental, or spiritual health. O God, the strength of the weak and the comfort of the suffering, grant your saving health to all who are afflicted by illness including Barbi, Helen, Glenda, Thomas, Nan, Gloria, Dolores, John, Steven, Julien, Joan, Kevin, David, Betsey, Pat, Ray, Denver, Gwen, Charlene, Bruce, and especially for those we now name \_\_\_\_\_. Bless the labors of all who

minister with love and compassion to the sick so that illness may be turned to health, and sorrow to joy. God, in your mercy,

*People* **Hear our prayer.**

*Leader* Let us pray for the departed, especially our sisters and brothers who have died as a result of poverty, hunger, disease, violence, or hardness of human hearts. We commend to your mercy all who have died especially those we now name, \_\_\_\_\_. We pray that all may share in the joy of your heavenly kingdom. God, in your mercy,

*People* **Hear our prayer.**

*Presider* Eternal God, in your realm no sword is drawn but the sword of righteousness, no strength known but the strength of love. So generously spread abroad your Spirit, that all peoples may be gathered together and reconciled under the banner of your love and justice, through Jesus Christ, our Savior.

*People* **Amen.**

## **The Peace**

*All stand. The Celebrant says to the people*

The peace of the Lord be always with you.

*People* **And with thy spirit.**

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

# **THE HOLY COMMUNION**

## **The Offertory**

*As the usher brings the community's offerings to the altar, everyone stands. The Celebrant continues:*

All things come of Thee, O Lord.

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

## **The Great Thanksgiving**

*Eucharistic Prayer II*

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

The Lord be with you.  
*People*     ***And with thy spirit.***  
*Celebrant*   Lift up your hearts.  
*People*     ***We lift them up unto the Lord.***  
*Celebrant*   Let us give thanks unto our Lord God.  
*People*     ***It is meet and right so to do.***

*Then, facing the Holy Table, the Celebrant proceeds*

It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, holy Father, almighty, everlasting God. Through Jesus Christ our Lord; who was in every way tempted as we are, yet did not sin; by whose grace we are able to triumph over every evil, and to live no longer unto ourselves, but unto him who died for us and rose again. Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying,

*Celebrant and People*

***Holy, holy, holy, Lord God of Hosts:  
Heaven and earth are full of thy glory.  
Glory be to thee, O Lord Most High.***

*Here may be added*

***Blessed is he that cometh in the name of the Lord.  
Hosanna in the highest.***

*The people kneel or stand.*

*Then the Celebrant continues*

All glory be to thee, O Lord our God, for that thou didst create heaven and earth, and didst make us in thine own image; and, of thy tender mercy, didst give thine only Son Jesus Christ to take our nature upon him, and to suffer death upon the cross for our redemption. He made there a full and perfect sacrifice for the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death and sacrifice, until his coming again.

*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*

For in the night in which he was betrayed, he took bread; and when he had given thanks to thee, he broke it, and gave it to his disciples, saying, "Take, eat, this is my Body, which is given for you. Do this in remembrance of me."

Likewise, after supper, he took the cup; and when he had given thanks, he gave it to them, saying, "Drink this, all of you; for this is my Blood of the New Covenant, which is shed for you, and for many, for the remission of sins. Do this, as oft as ye shall drink it, in remembrance of me."

Wherefore, O Lord and heavenly Father, we thy people do celebrate and make, with these thy holy gifts which we now offer unto thee, the memorial thy Son hath commanded us to make; having in remembrance his blessed passion and precious death, his mighty resurrection and glorious ascension; and looking for his coming again with power and great glory.

And we most humbly beseech thee, O merciful Father, to hear us, and, with thy Word and Holy Spirit, to bless and sanctify these gifts of bread and wine, that they may be unto us the Body and Blood of thy dearly-beloved Son Jesus Christ.

And we earnestly desire thy fatherly goodness to accept this our sacrifice of praise and thanksgiving, whereby we offer and present unto thee, O Lord, our selves, our souls and bodies. Grant, we beseech thee, that all who partake of this Holy Communion may worthily receive the most precious Body and Blood of thy Son Jesus Christ, and be filled with thy grace and heavenly benediction; and also that we and all thy whole Church may be made one body with him, that he may dwell in us, and we in him; through the same Jesus Christ our Lord;

By whom, and with whom, and in whom, in the unity of the Holy Ghost all honor and glory be unto thee, O Father Almighty, world without end. **AMEN.**

And now, as our Savior Christ hath 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.*

Christ our Passover is sacrificed for us;  
***Therefore let us keep the feast.***

*The following or some other suitable anthem may be sung or said here*

***O Lamb of God, that takest away the sins of the world,  
have mercy upon us.  
O Lamb of God, that takest away the sins of the world,  
have mercy upon us.  
O Lamb of God, that takest away the sins of the world,  
grant us thy peace.***

***We do not presume to come to this thy Table, O merciful Lord, trusting  
in our own righteousness, but in thy manifold and great mercies. We  
are not worthy so much as to gather up the crumbs under thy Table.  
But thou art the same Lord whose property is always to have mercy.  
Grant us therefore, gracious Lord, so to eat the flesh of thy dear Son  
Jesus Christ, and to drink his blood, that we may evermore dwell in  
him, and he in us. Amen.***

*Facing the people, the Celebrant may say the following Invitation*

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.*

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

The Body of our Lord Jesus Christ, which was given for thee, preserve thy body and soul unto everlasting life. Take and eat this in remembrance that Christ died for thee, and feed on him in thy heart by faith, with thanksgiving.

The Blood of our Lord Jesus Christ, which was shed for thee, preserve thy body and soul unto everlasting life. Drink this in remembrance that Christ's Blood was shed for thee, and be thankful.

*or 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.**]

Let us pray.

*The People may join in saying this 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.***

## Prayer over the People

*In Lent, in place of a seasonal blessing, a solemn Prayer over the People is used, as follows:*

*The Deacon or, in the absence of a deacon, the Celebrant says*

Bow down before the Lord.

*The people kneel and the Celebrant says*

Look down in mercy, O Lord, on thy people who kneel before thee; and grant that those whom thou hast nourished by thy Word and Sacraments may bring forth fruit worthy of repentance; through Christ our Lord. **Amen.**

*The Deacon, or the Celebrant, may dismiss the people with these words*

Let us go forth in the name of Christ.

*People*      **Thanks be to God.**

*or the following*

*Deacon*      Go in peace to love and serve the Lord.

*People*      **Thanks be to God.**

*or this*

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

*People*      **Thanks be to God.**

*or this*

*Deacon*      Let us bless the Lord.

*People*      **Thanks be to God.**



*Scan this QR Code to fill out a visitor's form or make an online donation.*

### **Sunday Service Schedule**

8:00 AM Rite I – Spoken Eucharist  
10:30 AM Rite II with music

### **Weekday Service Schedule**

7:00 AM on Thursdays

### **Parish Office Hours**

Sunday 7 AM-1 PM, Wednesday & Thursday 8 AM-4 PM, Friday 8 AM-Noon

<b>Trinity Food Ministry Schedule</b>		
<b><i>Food Pantry &amp; takeout hot meal</i></b>	<b><i>Cafe - drop in for a meal &amp; conversation</i></b>	<b><i>Sunday Hot Lunch</i></b>
Tues: 1:30pm - 3pm Thurs: 4pm - 5pm	Wed: Noon - 2pm	Sunday: 2pm - 2:30pm

### **Served in February**

247 Households  
619 Individuals  
395 Weekly Hot Lunches  
320 Sunday Hot Lunches





## From Father Paul

Dear Ones,

This is a week of two festivals. One of the glories of the cycle of feasts in the liturgical calendar is that, even in Lent, we're not left in the wilderness of fasting and abstinence the whole time. You recall that last week we celebrated St. Joseph. Yesterday, we commemorated the Annunciation to Mary by the angel Gabriel. In many places, the 25th is still called Lady Day.

March 25 is exactly nine months before Christmas, which makes sense to us. There was an early Christian belief that Jesus was conceived on the day that the passover lamb was chosen. This, perhaps, makes less sense to us, but builds on an earlier Jewish tradition that prophets died on the same day as their conception.

Did you know that in most of Europe, Annunciation Day was celebrated as New Year's Day for over 1000 years? It began in 527 CE, and lasted until 1582, when Pope Gregory XIII reformed the calendar (the one we now use), and moved New Year's Day back to January 1. Ironically, Protestant countries didn't want to follow a Roman Catholic calendar. The British Empire, including the American Colonies, kept New Year's Day on March 25 until 1751!

On Sunday, we will celebrate Lætare Sunday, the last little bit of the lightening of Lent before we turn to the events surrounding the Passion. Lætare Sunday is analogous to Gaudete Sunday in Advent – both offer a bit of a breather in the austerity of preparing for the great feasts of Easter or Christmas. Most notably, the color of the vestments will lighten from purple to pink. *Lætare* is Latin for *Rejoice*, and is taken from the incipit of the Introit, the first words that were sung on that day: *Rejoice with Jerusalem, and be glad for her, all you who love her; rejoice with her in joy, all you who mourn over her* (Isaiah 66:10).

Some photographs of our Renewal of Ministry service are now available on the parish website: <https://www.trinitycwe.org/photos>. Thank you to Jeff Wunrow for the pictures!

You will remember that Deacon Barbi wrote a couple of weeks ago about the unexpected death of Bill Gilbert, a devoted volunteer at TFM, and a parishioner at St. Peter's, Ladue. Bill was also a fellow camp staff alum, who I got reacquainted with just a few weeks before he died. His funeral will be at St. Peter's on Friday at 2pm. I will be attending and invite those who knew him and held him dear to join me.

Lastly, on Tuesday, Wednesday and Thursday of next week, I will be with my clergy colleagues on retreat with Bishop Deon. Please pray for us as we gather for a quiet time away before the demands of Holy Week.

Lenten blessings (and Happy New Year)!



**Thanks to Jeff Wunrow**, for taking pictures of Fr. Paul's Renewal of Ministry service. They are available on our website here (<https://www.trinitycwe.org/photos>).



# LENT & HOLY WEEK WORSHIP SCHEDULE

April 13:

**Palm Sunday:** 8 and 10:30 a.m.

Thursday, April 17:

**Maundy Thursday** service at 7pm

Friday, April 18:

**Good Friday** services at noon & 7pm

**Stations of the Cross** at 11am & 6pm

Saturday, April 19:

**Sacristan Work Day/Holy Saturday Liturgy** at 10:30am

**Easter Vigil** - 8pm

Sunday, April 20:

**Easter Day** services at 8 and 10:30am



## Gun Violence Prevention

THE EPISCOPAL DIOCESE OF MISSOURI

MOMS Demand Action Advocacy Day on April 1, 2025

Carpool Info ([https://docs.google.com/forms/d/e/1FAIpQLSe-](https://docs.google.com/forms/d/e/1FAIpQLSe-YtnwOPSOs4qHPFemkFDfXeEKGhb_kzF5gXR5zkop8bGmjg/viewform)

[YtnwOPSOs4qHPFemkFDfXeEKGhb\\_kzF5gXR5zkop8bGmjg/viewform](https://docs.google.com/forms/d/e/1FAIpQLSe-YtnwOPSOs4qHPFemkFDfXeEKGhb_kzF5gXR5zkop8bGmjg/viewform))

A message from Florrie Kohn, Member of St. Timothy's Church, Creve Coeur, and Parish Representative to the Diocesan Mission for Gun Violence Prevention.



You can be part of Moms Demand Action Advocacy Day. On April 1, supporters of sensible gun laws will rally in Jefferson City to meet state legislators and advocate for legislation that protects children and families from gun violence.

You don't have to be a whiz at public speaking to go. You don't have to know all the key points or memorize a bunch of facts. They will be provided for you in training. You simply have to show up—and wear your red Moms Demand Action shirt. If you don't have one, wear red, if possible. Your presence makes a statement all by itself.

If you've never been to Advocacy Day, and you're thinking about going and even better, want to bring three friends with you—here's a guide to practical things to know.

Two years ago, the Episcopal Diocese of Missouri enthusiastically showed up in Jeff City for Moms Demand Action Advocacy Day. This year, we're hoping for a significant turn out of Episcopal clergy and lay people. You won't be the only one. In fact, Rev. Meghan Ryan of St. Timothy's Episcopal Church in Creve Coeur will be delivering the invocation.

You can drive yourself to Jefferson City for Advocacy Day, and volunteers with the Diocesan Mission on Gun Violence Prevention will be helping to arrange carpools where needed—the link to a Google Form requesting carpool assistance is elsewhere on this webpage.

Excited about participating? Please register in advance at <https://bit.ly/4b6z3Uk> so Moms Demand Action know how many small group leaders are needed.

Here's what to expect: Participants gather first at The Millbottom, 400 West Main Street—about three blocks from the capitol building. Be there no later than 9:30 a.m. Parking is readily available.

At The Millbottom, everyone self-sorts into groups of about 8 people, each with a leader. There's a rally call and training on what's important to know about bills the legislature is considering. You have a chance to observe a “role play” of an interaction with a lawmaker. Rarely is a lawmaker adversarial. Even if they disagree with you, they respect you as a citizen of Missouri and they are deferential to clergy. Most of them identify as Christian.

In your small group, there's a leader, scribe, photographer, navigator and a “final ask” person who has the responsibility of concluding the legislative visit with “Will you support/oppose what the group is asking for.” If you are a survivor of gun violence, you make up your own mind about if you do/don't want to share your story as visits are made. Shared stories are extremely powerful, they also may be very private and painful. It is entirely your choice about what you want to do.

After groups are sorted at Millbottom and training is complete, we walk to the Capitol for a group photo. It is a sea of red Moms Demand Action shirts. You can order one from The Everytown Store, <https://store.everytown.org> (<https://store.everytown.org/>) or wear a different red t-shirt. Pair it with pants or a skirt and wear comfortable walking shoes.

We start our lawmaker visits. The walk to the Capitol is a couple of blocks, uphill. If you aren't a good walker, you can get shuttled to the Capitol. Once you get there, expect to go up and down stairs or to search out the elevators. They exist, but being an old building, they're not overly plentiful so you'll need patience. But there again, the whole day is kind of about being patient—and optimistic. Lawmakers may disagree with your message. But your presence reminds them that people who feel differently live and vote in Missouri.

After each visit to your assigned legislator, your group may want to review what went well, and what didn't. Moms Demand Action has a tight message that it sticks to. You are not going to press for “gun control” as that phrase

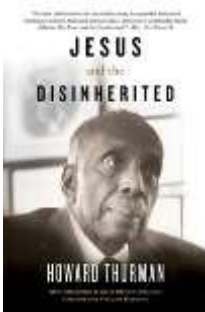
shuts down the conversation and builds walls. Your group will deliver the message of “gun safety and sensible gun laws.”

What about lunch? There’s a cafeteria! Your group will have time to break for lunch, and you can bring your own food, if you like. Snacks and a water bottle are good. And keep in mind, there are security checkpoints at the Capitol.

All of the activity wraps up by about 2:30. You can leave early, if needed. And lastly, got kids? If your children are reasonably content go to meetings, bring them! It’s our government in progress.

For more about Advocacy Day, and why you should go and bring your friends, even if you’ve never done it before and don’t know if “it sounds like you,” try to attend the March statewide virtual meeting of Moms Demand Action—date to be determined. Contact Valerie Haldiman at [Vlhaldiman@gmail.com](mailto:Vlhaldiman@gmail.com) (mailto:[Vlhaldiman@gmail.com](mailto:Vlhaldiman@gmail.com)) for info. Or check out info on the statewide meeting at [momsdemandaction.org](http://momsdemandaction.org) and, join the Moms Demand Action Facebook page: <https://www.facebook.com/groups/676809749101540>

It is incumbent upon us as Episcopalians and as Christians to bring Jesus’s message of peace to our elected officials. This is an ideal way to do that. I hope you can join us.



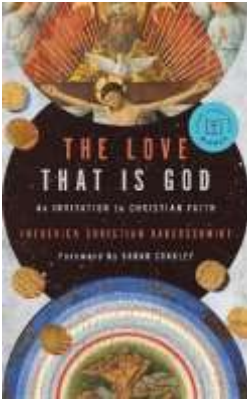
### **Lenten Book Study**

During the 5 Sundays in Lent, Fr. Paul will lead a Lenten Book study on Jesus and the Disinherited, by Howard Thurman. Considered by many to be the theologian of the Civil Rights Movement and mentor to several of the movement's prominent leaders, his passion for justice and radical non violence helped shape the movement.

Written in 1949, the book demonstrates how the gospel may be read as a manual of resistance for the poor and disenfranchised. For our discussion, we will meet in the North Parish Hall at noon each Sunday. Please consider purchasing the book from our neighborhood friends at Left Bank Books (<https://www.left-bank.com/>) or borrowing from your local library.

## Lenten Meditations from Episcopal Relief and Development

There are many sources for daily Lenten meditations. This year, ERD and author Jerusalem Jackson Greer invite us to journey through the season together in "A Commonplace Lent." For more information and to subscribe, follow this link:  
<https://www.episcopalrelief.org/church-in-action/lent/#subscribe>



### One Diocese, One Book

If you're looking for another book study in Lent, the Episcopal Diocese of Missouri will be using "The Love that is God: An invitation to Christian Faith" by Frederick Christian Bauerschmidt. Tuesdays during the Lenten Season, the Diocesan household is invited to gather on Zoom to discuss the five chapters of the One Diocese, One Book. Members of the Diocesan staff will serve as facilitators of each conversation beginning Tuesday, March 10, 2025.

For more information, follow this link:  
<https://diocesemo.org/connect/news/2025-lenten-book-study>



### Camp Firebird

If you have children or grandchildren that would like to go to an Episcopal Camp, you're in luck! Camp Firebird, the official camp of the Episcopal Diocese of Missouri will take place July 27–August 1 @ Camp MoVal in Union, MO. Camp Firebird embraces its deep and inclusive Episcopal roots, welcoming campers and staff to learn more about God, community, and themselves throughout the week, in a carefully designed time away from their normal routines. For more information, see the flyers in church, or follow this link  
<https://diocesemo.org/camp-firebird>

**This is a recovery week for me** and as such, I was able to be at Pantry on Tuesday and plan to be at Wednesday Café and Thursday Pantry also. Don't ever take good health for granted. One thing that I have always believed yet did not fully practice is that today is the only day, the only moment that we now we have. That is it. This is the day that God has made. Let us rejoice and live fully into this day.



Pantry was great on Tuesday with lots of energy, prayer, and laughter. I don't know the final number of families that we served but it was close to 50 if not a few more than that. Considering that the average is 2.5 per household, that is 125 individuals in 1.5 hours.

We have a couple of specific needs volunteer wise. The first one is a person who can be trained by Al Adams who makes certain the food inventory is in an orderly manner and is able to set up and do the pre-prep work on Tuesday mornings. The time frame is 9:30 to 11:30.

The second one is during the actual pantry hours. There is a certain rhythm of the Pantry and if one is attuned to it, the mostly unnoticed changes can be felt and heard. It takes a sensitive ear and the ability to ease tensions before or as these begin to build. The person must be willing and able to relate and converse with the community members who are waiting to shop. Most often, just being in the midst of the people is enough to calm frayed nerves or anxieties that may be present amongst people whose lives are constantly having to wait for what they need. Sometimes, it takes a little more. Training in de-escalation would be excellent but more importantly, a sense of wanting to build trust and relationships within the Pantry setting is vital.

If anyone is interested in either of these important tasks, please contact me. [Barbi@trinitycwe.org](mailto:Barbi@trinitycwe.org) (mailto:Barbi@trinitycwe.org) .

Love always; always Love.  
/Barbi



### **Needs this week at Pantry:**

We NEED peanut butter, ASAP. Jelly also!

Cereal

Spices, sugar, flour, oil

Dry beans

Spaghetti Pasta and Sauce

### **Wednesday Café**

Each Wednesday there is the Café from noon to two. Good things come out of the kitchen for a simple yet great meal. Cathy Tierney makes a special dessert to satisfy the sweet tooth. It is a time of being together or at least being on the edge of something good. Sit by yourself or join a group. The point is to know that this is a safe have, a place to let go of the world and live in the moment. It is a place for community members, parishioners, neighbors to set aside (or eliminate) the sense of “other”. There is no us and them. There is only US. All of those gathered. Come and see.



### **Food Ministry Amazon Wishlist**

Scan or click on the QR code to go to the Food Ministry's Amazon Wishlist.

### **This Week's Core Value: A Place to Belong and Create**

Trinity is a community of refuge, creativity and belonging, inspired by the Spirit, where all sorts and conditions of people can know and be known.





### **Bishop's message about Christian Nationalism**

In a powerful pastoral letter, Bishop Deon Johnson of the Episcopal Diocese of Missouri has issued a strong denunciation of Christian nationalism, calling it a distortion of

the Gospel that fosters division, exclusion, and systemic oppression.

<https://diocesemo.org/connect/news/the-crisis-of-christian-nationalism>

### **March 30: Fourth Sunday in Lent**

In our Diocese of Missouri, we pray for the people and ministry of Christ Episcopal Church (1877) in Rolla and Shug, their Rector.

\* In our companion Diocese of Puerto Rico, we pray for St. Peter & St. Paul Diocesan Seminary

(Seminario Diocesano San Pedro y San Pablo).

\* In the Anglican Communion, we pray for Province de L'Eglise Anglicane Du Congo.



### **We keep in our prayers those who are ill or in need:**

Barbi Click  
Sam Kincade  
Helen Hendry  
Glenda Wiman  
Thomas Kirk  
Nan Sweet  
Gloria Winston  
Dolores Friesen  
John Biggs  
Steven Forsyth

Julien Worland  
Joan Dunbar  
The Rev. David K. Fly  
Betsey Gardner  
Pat Way  
Ray Becvar  
Denver Wright  
Gwen Sims  
Charlene Wright  
Bruce Baldwin

### **Friends and Relatives:**

Dennis Jones, friend of Sharron Underwood.

Lou Adams, Al Adams' brother, degenerative disk disease  
Nolan, 2-year-old grandson of a friend of Jeff Wunrow fighting cancer  
Amanda, Deacon Barbi's daughter  
Bruce Deal and Harry Forbes, New York friends of Michael Shepley  
Tiffany Cruz, friend of Lisa Carpenter, breast cancer  
Joe Richardson (Of Feed My People), friend of Jerry Martin, multiple health issues.

Karla, friend of Cathy Tierney, heart issues

Ken, Molly Perling's grandfather

Jay Shuldiner, friend of Brian Alms, recovering from two falls.

Warren Frank Moseley (Cynthia and Patrick Fox's son), and his friend, Janese Julien for comfort and healing

Hope, health challenges.

Romericco Lansang, friend of Brian Alms, lung cancer.

Phyllis, the Rev. Steve Lawler's mother-in-law

Teresa, Eliza Williamson's stepmother, chronic illness

Mike, Jeannette Lehrmann's brother, prostate cancer.

Buelane Daugherty, friend of Brian Alms, increasing dementia

Pat R., friend of Cathy Tierney, bladder cancer

Frank Menkhus, Pat Way's friend with heart problems

Sally Moylan, Pat Way's friend with multiple health problems

**For Diocesan Clergy:** The Rev. Helen Ludbrook, the Rev. David K. Fly, and the Rt. Rev. Hays Rockwell.

**For Trinity Food Ministry** and its volunteers.

**For service members** in harm's way.

**Birthdays March 30 - April 5:** Riley Luebbers, Carletta Fielder.

# TRINITY EPISCOPAL CHURCH

AN OPEN AND INCLUSIVE CONGREGATION

600 N. Euclid St. Louis MO 63108 Phone: 314.361.4655

trinitycwe.org

www.facebook.com/TrinityStL

## Rector

The Rev. Dr. Paul Jacobson  
frpaul@trinitycwe.org

## Deacon

The Venerable Harry Leip  
harry@trinitycwe.org

## Choirmaster and Organist

Jeffery Nall  
jeff@trinitycwe.org

## Parish Administrator

Bill Ader  
bill@trinitycwe.org

## Food Ministry Manager

The Rev. Barbi Click  
barbi@trinitycwe.org

## Food Ministry Assistant

Sam Kincade

## Sextons

Shawn Hall  
Angelo Shell

## Readings for Sunday, April 6 Fifth Sunday in Lent

Isaiah 43:16-21

Philippians 3:4b-14

John 12:1-8

Psalm 126



## Vestry

**Senior Warden:** Adrienne Fly

**2026**

Fritzi Baker  
Skip Coburn  
Dave Hilditch

**2027**

Adrienne Fly  
Ben Kiel  
Mary Patton  
Perry Trolard

**Junior Warden:** Ben Kiel

**2028**

Carlos Daughaday  
Abby Tully