

THE LORD'S TABLE

ALL: We come to the table to meet a God of unending compassion. When we take the bread which has been broken and eat of it, we forget about our past and embrace your kingdom. In drinking from your cup, we are embraced in your love for us, which settles us in a sea of insecurities.

Leader: The Table of the Lord is open to all who hunger and thirst for that love which comforts our souls.
++An allergen free communion station is available in the southwest corner, near the sound booth ++

COMMUNITY SINGING

The Love of God

The love of God is greater far
Than tongue or pen can ever tell;
It goes beyond the highest star,
And reaches to the lowest hell;

Oh, love of God, how rich and pure!
How measureless and strong!
It shall forevermore endure—
The saints' and angels' song.

When years time shall pass away,
And earthly thrones and kingdoms fall,
When men who here refuse to pray,
On rocks and hills and mountains call,
God's love so sure, shall still endure,
All measureless and strong;
Redeeming grace to Adam's race—
The saints' and angels' song.

Could we with ink the ocean fill,
And were the skies of parchment made,
Were every stalk on earth a quill,
And every man a scribe by trade;
To write the love of God above
Would drain the ocean dry;
Nor could the scroll contain the whole,
Though stretched from sky to sky.

THE BENEDICTION

Leader: And now, God sends us out into our communities,

ALL: Not to cling to a faded past, but to share all the new things God is doing.

Leader: And now, Jesus calls us to notice those around us,

ALL: To shower them with hope and welcome them as family.

Leader: And now, the Spirit anoints us with grace,

ALL: To make a way through the injustices around us and point to the kingdom springing forth in our midst.

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COMMUNITY SINGING

Build Your Kingdom

Come, set Your rule and reign
In our hearts again,
Increase in us we pray
Unveil why we're made.
Come, set our hearts ablaze with hope
Like wildfire in our very souls,
Holy Spirit come invade us now.
We are Your church,
We need Your pow'r in us.

We seek Your kingdom first
We hunger and we thirst,
Refuse to waste our lives
For You're our joy and prize.
To see the captive hearts released
The hurt, the sick, the poor at peace;
We lay down our lives for heaven's cause,
We are Your church
We pray: 'revive this earth.'

CALL TO WORSHIP

Leader: (Read Ps 126:4-6) This is the word of the Lord.

ALL: Thanks be to God.

COMMUNITY SINGING

Forever

The moon and stars they wept
The morning sun was dead
The Savior of the world was fallen
His body on the cross
His blood poured out for us
The weight of every curse upon him

One final breath He gave
As Heaven looked away
The Son of God was laid in darkness
A battle in the grave
The war on death was waged
The power of hell forever broken

Build Your kingdom here
Let the darkness fear;
Show Your mighty hand
Heal our streets and land.
Set Your church on fire
Bring the nations back;
Change the atmosphere
Build Your kingdom here we pray

Unleash Your kingdoms power
Reaching the near and far,
No force of hell can stop
Your beauty changing hearts.
You made us for much more than this
Awake the kingdom seed in us,
Fill us with the strength and love of Christ,
We are Your church
We are the hope on earth.

The ground began to shake
The stone was rolled away
His perfect love could not be overcome
Now death where is your sting
Our resurrected King has rendered you defeated

Forever, He is glorified
Forever, He is lifted high
Forever, He is risen
He is alive, He is alive

You have overcome
Your resurrected King
You have overcome the grave
You have overcome

We sing Hallelujah
We sing Hallelujah
We sing Hallelujah
The Lamb has overcome

COMMUNITY SINGING

How Great Thou Art

O Lord my God when I in awesome wonder,
Consider all the works Thy hands have made.
I see the stars, I hear the mighty thunder,
Thy power throughout the universe displayed.

Then sings my soul, my Savior God to Thee
How great Thou art, how great Thou art!
Then sings my soul, my Savior God to Thee,
How great Thou art, how great Thou art!

And when I think that God His Son not sparing,
Sent Him to die, I scarce can take it in.
That on the cross, my burden gladly bearing,
He bled and died to take away my sin.

When Christ shall come with shout of acclamation,
And take me home, what joy shall fill my heart.
Then I shall bow in humble adoration,
And there proclaim, my God how great Thou art.

TRINITY'S MISSION

Trinity is a Community following Jesus on a common mission to love God, one another and a broken world in Jesus' name.

ANNOUNCEMENTS

Hosting Schedule

20 th : 9:00 – Haffner	27 th : 9:00 - Edinger
10:45 – Cooley-Canada	10:45 – Zaugg-Chen

Second Sunday Conversation Join us tonight at 5:30pm in the Community Room for our monthly community conversation. We'll continue focusing on areas of pain and brokenness using the questions, **What areas of pain or brokenness have you experienced? How can a church community walk with you in those?** Childcare, coffee and snacks will be provided.

Good Friday Service Join us on Friday, March 25 at 6:15pm for a short gathering to reflect on and remember the death of Jesus. Children are welcome in the service, as no childcare will be provided.

Annual Spring Clean-up It's almost spring...you know what that means! It's time for our Annual Spring Clean-up! Mark your calendars for **Saturday, April 30th, 9:00-12:00**. We will be beautifying our building, outside and in! Come one, come all! Bring shovels, rakes, and wheel barrows! It's going to be a good time. You don't want to miss it.

COMMUNITY CONFESSION

Leader: (Reading of John 12:3-8) We remember that God chooses to forget about our past, forgiving us so we may embrace the new life and new hope offered to us in grace. Let us boldly confess our faults.

ALL: Merciful God, we're too good at covering our greed and insecurities with religious language. Like Judas, we're capable of all kinds of self-righteous talk, but have no real intention of living as though you care about all of your children. Forgive us and reorient us to your ways.

Leader: Despite our slowness to change, God has only love for us (snuff out 5th of the Lenten candles).

ALL: Thanks be to God! We truly are God's beloved!

BLESSING AND PASSING THE PEACE

Adults: The Lord be with you!

Children: And also with you!

++During this time we greet one another, recognizing that we are all a part of the body, as parents lead children to their ministry spaces (nursery through Preschool are in the upstairs hallway and PreK-5th grade are downstairs).++

The Gift of Loneliness

Big Idea - When loneliness is left unchecked, it can be a tremendously dangerous force that wreaks havoc in our lives. On the other hand, when we pay attention to the ache of loneliness and seek to engage it creatively, it can be an energy that moves into deeper engagement with God, with others and with the world.

Definition - "Loneliness is the painful experience that results when we feel cut off from others, ignored, overlooked, or not seen as we truly are."

A. The Biological Risk -

1. A recent meta-analysis of over 100,000 participants shows that living with chronic loneliness increases your odds of an early death by 45%.

B. The Relational/Emotional Risk – Self-Preservation Mode

1. People who have endured chronic loneliness move into social settings more fearfully, seeking to protect themselves from rejection, whether subtle or significant.
2. People who are chronically lonely are more defensive, easily irritated, and tend to interpret others behaviors negatively.
3. People who are lonely for long periods of time will eventually prefer their isolation.

C. The Biblical Picture of Being Human

1. We are made for connection and intimacy. Connection is learning to be "naked and without shame" before others and before God (Genesis 2 and 3).
2. "Shame is the intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging." Brene Brown

D. Connection Happens in the Giving and Receiving of Two Postures or Stances.

1. *Vulnerability* – The ache of loneliness always remains unless we are willing to open our hearts, drop our defenses and risk being known as we are, warts and all.
2. *Attunement* – Attunement is a way of compassionately listening to another, taking interest in their internal world, looking through their eyes, and feeling some measure of what they feel. When you are with someone who has good attunement skills: you feel seen, you feel heard, you feel understood, you feel that the person is with you, you feel that the person cares about you and you feel that the person is glad to be with you.

E. The Example of Inside Out – "What Joy could not do, Sadness could."

F. Engaging Loneliness in Creative and Meaningful Ways --

- A) Take stock of the effects of loneliness in your life and form a plan.
 - a. When we feel the ache of loneliness, it drives us to either to become a better steward of our lives or it drives us to lose ourselves in further Netflix. And so, we have a choice.
- B) Let your loneliness motivate you toward a deeper engagement with God.
 - a. "Our main task in praying is to love. But in our relationship with God, loving means first letting ourselves be loved. This isn't as easy as it might seem...This is very demanding [actually], since it requires that we shift the center of our existence from ourselves to God and forget about ourselves. But it sets us free. God is not primarily looking for us to do things. "God does not need our works, but is thirsty for our love," said St. Theres of Liseux. He asks for first of all to let ourselves be loved...Prayer is basically that: to remain in God's presence and let him love us." Jacques Phillippe, Time With God

Resources –

On giving and receiving attunement - "The Joyful Journey," E. James Wilder and Company

On the prayer of the heart - "Time With God," Jacques Phillippe

On loneliness and the way of the heart - "Becoming Human," Jean Vanier

On the neuroscience of attunement - "Outsmarting Yourself," Christian Neuroscientist, Dr.Karl Lehman