

# TRINITY EPISCOPAL MISSION

Upper Marlboro, Maryland

## Today's Music

H = The Hymnal (Blue Book)

S = Service Music at the front half of the Blue Hymnal

LEVAS = Lift Every Voice & Sing (Black & Red Book)

**Prelude Be Thou My Vision (arr. Phillip Keveren)**

**Opening Hymn LEVAS 245 We Have Come into His House**

**Sequence Hymn H 401 The God of Abraham Praise**

**Offertory music LEVAS 208 We've Come This Far by Faith**

**Communion music (Instr.) What A Friend We Have in Jesus**

**Closing Hymn H 637 How Firm a Foundation**

**Postlude – How Great Thou Art (arr. Fred Bock)**

## **Prayer List**

**This week we pray especially for: The Blair Family, Rev. Martha Bonwit, Keith Clifton, Norma Coffren, Mary Alice Davis, Marilyn Dean, William Dean, Janet Ellmore, Linda Richard Gross, Maxine Jones, Karen Lott, Bill**

Lusby, Joanne Mahon, Joe McCarty and Sharon McCarty, Gloria Owens, Rob Shuff, Helen Small, Jerry Smith & family, Latica Johnson, Susan & Kenneth Quade, and for all those communities throughout the world that suffer under war, civil unrest, or environmental disaster.

## **ANNOUNCEMENTS**

### **TRINITY EPISCOPAL MISSION**

Office Hours: Monday-Thursday 9am-12pm (CLOSED on Fridays)

**301-627-2636**

[www.trinityuppermarlboro.org](http://www.trinityuppermarlboro.org)

**Monday Mission Conversation:** Trinitarians are invited to Coffee and Conversation with Rev. Peter at **4 pm** in the Claggett Conference Room. You may also join via Zoom or phone.

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Please Join us in the Clagget Café for 1<sup>st</sup> Sunday Fellowship following today's service.

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**Mark your Calendar! - Lenten Retreat**

**Saturday March 14**

**11:00 am - 4:00 pm**

**St. Paul's Hall & Church**

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**Daylight Savings starts March 8! Don't forget Spring Forward  
1 Hour! Don't want to miss you in Church next Sunday!**

**Anyone interested in joining the Bell Choir please  
Contact Pat Smith 301-351-1222**

## The Psalms of Lent (Year A)

### **WEEK ONE**

Psalm 32

(By The Sanctuary For All)

[https://www.youtube.com/watch?v=JdFtOCRGd3g&list=RDJdFtOCRGd3g&start\\_radio=1](https://www.youtube.com/watch?v=JdFtOCRGd3g&list=RDJdFtOCRGd3g&start_radio=1)

<sup>1</sup> Happy are those whose transgression is forgiven, whose sin is covered. <sup>2</sup> Happy are those to whom the LORD imputes no iniquity and in whose spirit there is no deceit. <sup>3</sup> While I kept silent, my body wasted away through my groaning all day long. <sup>4</sup> For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer. <sup>5</sup> Then I acknowledged my sin to you, and I did not hide my iniquity; I said, "I will confess my transgressions to the LORD," and you forgave the guilt of my sin. <sup>6</sup> Therefore let all who are faithful offer prayer to you at a time of distress, the rush of mighty waters shall not reach them. <sup>7</sup> You are a hiding place for me; you preserve me from trouble; you surround me with glad cries of deliverance. <sup>8</sup> I will instruct you and teach you the way you should go; I will counsel you with my eye upon you. <sup>9</sup> Do not be like a horse or a mule, without understanding, whose temper must be curbed with bit and bridle, else it will not stay near you. <sup>10</sup> Many are the torments of the wicked, but steadfast love surrounds those who trust in the LORD. <sup>11</sup> Be glad in the LORD and rejoice, O righteous, and shout for joy, all you upright in heart.

### **WEEK TWO**

Psalm 121

(By The Psalms Project)

[https://www.youtube.com/watch?v=QhcyvBS1kDI&list=RDQhcyvBS1kDI&start\\_radio=1](https://www.youtube.com/watch?v=QhcyvBS1kDI&list=RDQhcyvBS1kDI&start_radio=1)

<sup>1</sup> I lift up my eyes to the hills — from where will my help come? <sup>2</sup> My help comes from the LORD, who made heaven and earth. <sup>3</sup> He will not let your foot be moved; he who keeps you will not slumber. <sup>4</sup> He who keeps Israel will neither slumber nor sleep. <sup>5</sup> The LORD is your keeper; the LORD is your shade at your right hand. <sup>6</sup> The sun shall not strike you by day nor the moon by night. <sup>7</sup> The LORD will keep you from all evil; he will keep your life. <sup>8</sup> The LORD will keep your going out and your coming in from this time on and forevermore.

**WEEK THREE**      Psalm 95      (By Half a Mile)

[https://www.youtube.com/watch?v=Zg5VmAXY7-c&list=RDZg5VmAXY7-c&start\\_radio=1](https://www.youtube.com/watch?v=Zg5VmAXY7-c&list=RDZg5VmAXY7-c&start_radio=1)

<sup>1</sup> O come, let us sing to the LORD; let us make a joyful noise to the rock of our salvation! <sup>2</sup> Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise! <sup>3</sup> For the LORD is a great God and a great King above all gods. <sup>4</sup> In his hand are the depths of the earth; the heights of the mountains are his also. <sup>5</sup> The sea is his, for he made it, and the dry land, which his hands have formed. <sup>6</sup> O come, let us worship and bow down; let us kneel before the LORD, our Maker! <sup>7</sup> For he is our God, and we are the people of his pasture and the sheep of his hand. O that today you would listen to his voice! <sup>8</sup> Do not harden your hearts, as at Meribah, as on the day at Massah in the wilderness, <sup>9</sup> when your ancestors tested me and put me to the proof, though they had seen my work. <sup>10</sup> For forty years I loathed that generation and said, “They are a people whose hearts go astray, and they do not regard my ways.” <sup>11</sup> Therefore in my anger I swore, “They shall not enter my rest.”

**WEEK FOUR**      Psalm 23      (By Sabrina Hew)

[https://www.youtube.com/watch?v=WbKe9OOx4Rw&list=RDWbKe9OOx4Rw&start\\_radio=1](https://www.youtube.com/watch?v=WbKe9OOx4Rw&list=RDWbKe9OOx4Rw&start_radio=1)

<sup>1</sup> The LORD is my shepherd; I shall not want. <sup>2</sup> He makes me lie down in green pasture; he leads me beside still waters; <sup>3</sup> he restores my soul. He leads me in right paths for his name’s sake. <sup>4</sup> Even though I walk through the darkest valley, I fear no evil, for you are with me; your rod and your staff, they comfort me. <sup>5</sup> You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. <sup>6</sup> Surely goodness and mercy shall follow me all the days of my life and I shall dwell in the house of the LORD my whole life long.

**WEEK FIVE**      Psalm 130      (By Holy Groove)

<https://www.youtube.com/watch?v=YcfLEGOnkJU>

<sup>1</sup> Out of the depths I cry to you, O LORD. <sup>2</sup> Lord, hear my voice! Let your ears be attentive to the voice of my supplications! <sup>3</sup> If you, O LORD, should mark iniquities, Lord, who could stand? <sup>4</sup> But there is forgiveness with you, so that you

may be revered. <sup>5</sup> I wait for the LORD; my soul waits, and in his word I hope; <sup>6</sup> my soul waits for the Lord more than those who watch for the morning, more than those who watch for the morning. <sup>7</sup> O Israel, hope in the LORD! For with the LORD there is steadfast love, and with him is great power to redeem. <sup>8</sup> It is he who will redeem Israel from all its iniquities.