



Holy Trinity
Lutheran Church
Buffalo, New York

HOLY TRINITY LUTHERAN CHURCH

Buffalo, New York

Sunday, May 5, 2024

Sixth Sunday of Easter

Celebrating our 145th Anniversary

Holy Communion – 8:30 a.m.

Welcome to Holy Trinity!

Holy Trinity recognizes that each of us is a unique creation made in the image of God. We celebrate and give thanks for the many diverse gifts that God has bestowed on us.

*We proclaim ourselves to be an Open and Affirming congregation to all of God's creatures **welcoming into our ministry persons of every race, culture, age, gender identification, gender expression, sexual orientation, ability, and economic status.***

*We commit ourselves to the work of anti-racism and creating an anti-racist space **through the protection against oppression internally, in institutions, interpersonally and structurally.***

We believe that through our openness we all grow in our faith through Christ's teaching to love one another as God loves us.

Visitors interested in membership may talk with a Council representative at the Council desk, contact the Church office or indicate on the yellow Welcome sheet.

*We invite you to share your story and your worship experience!
Check-in and share on any of our social media platforms using #poweroftrinity.*

*You can find us on Facebook @holytrinitybuffalo,
on Instagram @holytrinitybuffalo or on twitter @holytrinitybuff*

Large print bulletins are available at the entrance ways

INTRODUCTION

This Sunday's image of the life the risen Christ shares with us is the image of friendship. We are called to serve others as Jesus came to serve; but for John's gospel, the image of servanthood is too hierarchical, too distant, to capture the essence of life with Christ. Friendship captures the love, the joy, the deep mutuality of the relationship into which Christ invites us. The Greeks believed that true friends are willing to die for each other. This is the mutual love of Christian community commanded by Christ and enabled by the Spirit.

PRELUDE

Toccata in d minor FbWV 102

Johann Jacob Froberger
(1616-1667)

RINGING OF THE TOWER BELLS

WELCOME AND ANNOUNCEMENTS

For CARDIAC EMERGENCIES:

Our Automatic External Defibrillator (AED)

is located in the Sacristy on the wall near the window.

Look for the First Aid and AED sign near the top of the door to the Sacristy.

Exit the Sanctuary next to the Angel Lectern.

The Sacristy will be the first room on the left.

Coming from other areas of our building,
go up the stairs toward the Main Church and turn left.

Please stand as you are able.

PROCESSIONAL HYMN

When in Our Music God Is Glorified “Engelberg”

ELW 851



1 When in our mu - sic God is glo - ri - fied, and ad - o -
2 How oft, in mak - ing mu - sic, we have found a new di -
3 So has the church, in lit - ur - gy and song, in faith and
4 And did not Je - sus sing a psalm that night when ut - most
5 Let ev - 'ry in - stru - ment be tuned for praise; let all re -



ra - tion leaves no room for pride, it is as
men - sion in the world of sound, as wor - ship
love, through cen - tu - ries of wrong, borne wit - ness
e - vil strove a - gainst the light? Then let us
joyce who have a voice to raise; and may God



though the whole cre - a - tion cried:
moved us to a more pro - found
to the truth in ev - 'ry tongue: Al - le - lu - ia!
sing, for whom he won the fight:
give us faith to sing al - ways:

Text: Fred Pratt Green, 1903–2000

Music: ENGELBERG, Charles V. Stanford, 1852–1924

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THANKSGIVING FOR BAPTISM

Blessed be the holy Trinity, † one God,
the wellspring of grace, our Easter and our joy.

Amen.

Look, here is water!

Here is our water of life! Alleluia!

Immersed in the promises of baptism,
let us give thanks for what God has done for us.

We give you thanks, O God, for in the beginning
your voice thundered over the deep
and water became the essence of life.

Adam and Eve beheld Eden's verdant rivers.
The ark carried your creation through the flood into a new day.
Miriam led the dancing as your people passed through the sea
into freedom's land.

In a desert pool the Ethiopian official
entered your boundless baptismal life.

Look, here is water!

Here is our water of life! Alleluia!

At the river your beloved Son was baptized by John
and anointed with the Holy Spirit.

By the baptism of Jesus' death and resurrection
you opened the floodgates of your reconciling love,
freeing us to live as Easter people.

We rejoice with glad hearts, giving all honor and praise to you,
through the risen Christ, our source of living water,
in the unity of the Holy Spirit, now and forever.

Amen.

Look, here is water!

Here is our water of life! Alleluia!

GREETING

The grace of our Lord Jesus Christ, the love of God, and the
communion of the Holy Spirit be with you all.

And also with you.

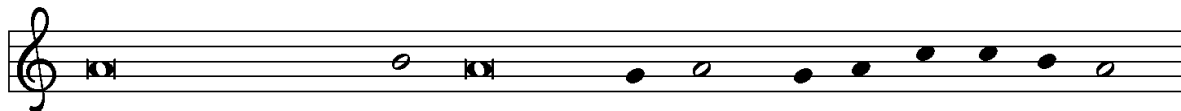
KYRIE



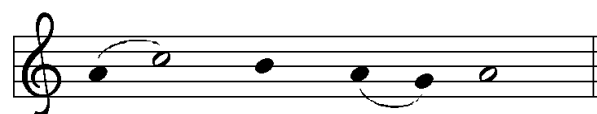
In peace, let us pray to the Lord.



Lord, have mer - cy.



For the peace from a-bove, and for our sal - vation, let us pray to the Lord.



Lord, have mer - cy.



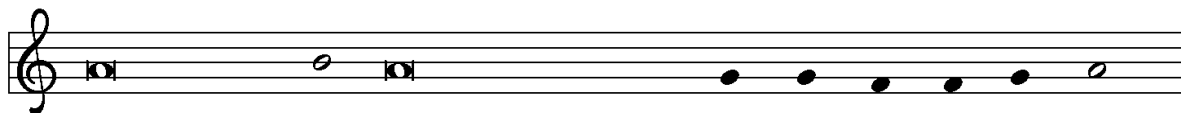
For the peace of the whole world, for the well-being of the church of God,



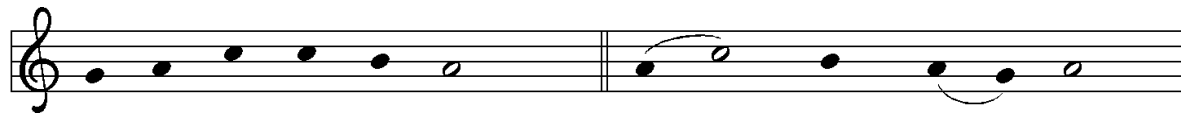
and for the unity of all, let us pray to the Lord.



Lord, have mer - cy.



For this holy house, and for all who offer here their wor-ship and praise,



let us pray to the Lord. Lord have mer - cy.



Help, save, comfort, and de - fend us, gra-cious Lord. A - men.

CANTICLE OF PRAISE

Refrain

Assisting minister

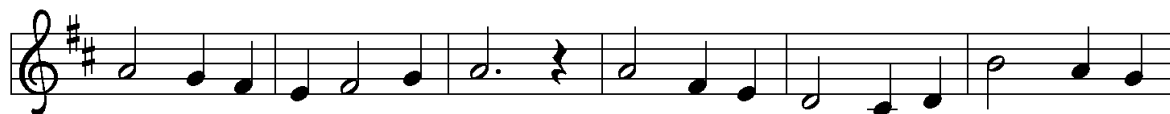


This is the feast of vic-to-ry for our God. Al-le - lu - ia.

All



1 Wor-thy is Christ, the Lamb who was slain, whose blood set us



free to be peo-ple of God. Pow - er and rich - es and wis - dom and



strength, and hon - or and bless-ing and glo - ry are his.

Refrain



This is the feast of vic-to-ry for our God. Al-le - lu - ia.



2 Sing with all the peo - ple of God and join in the



hymn of all cre - a - tion: Bless-ing and hon - or and glo - ry and



might be to God and the Lamb for - ev - er. A - men.

Final refrain



This is the feast of vic-to-ry for our God, for the Lamb who was slain



has be - gun his reign. Al - le - lu - ia. Al - le - lu - ia.

PRAYER OF THE DAY

Let us pray together.

O God, you have prepared for those who love you joys beyond understanding. Pour into our hearts such love for you that, loving you above all things, we may obtain your promises, which exceed all we can desire; through Jesus Christ, your Son and our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

Please be seated.

FIRST READING: Acts 10:44-48

The first reading for the Sixth Sunday of Easter is recorded in Acts, the 10th Chapter.

⁴⁴While Peter was still speaking, the Holy Spirit fell upon all who heard the word. ⁴⁵The circumcised believers who had come with Peter were astounded that the gift of the Holy Spirit had been poured out even on the Gentiles, ⁴⁶for they heard them speaking in tongues and extolling God. Then Peter said, ⁴⁷“Can anyone withhold the water for baptizing these people who have received the Holy Spirit just as we have?” ⁴⁸So he ordered them to be baptized in the name of Jesus Christ. Then they invited him to stay for several days.

The Word of the Lord.

Thanks be to God.

THE SOLO

Vouchsafe, O Lord from *Te Deum Laudamus*

Henry Purcell
(1659-1695)

Carolyn Lansom, *alto*

Vouchsafe, O Lord, to keep us this day without sin.

O Lord, have mercy upon us.

O Lord, let Thy mercy lighten upon us,

As our trust is in Thee.

SECOND READING: 1 John 5:1-6

The second reading for today is recorded in 1st John, the 5th Chapter.

¹Everyone who believes that Jesus is the Christ has been born of God, and everyone who loves the parent loves the child. ²By this we know that we love the children of God, when we love God and obey his commandments. ³For the love of God is this, that we obey his commandments. And his commandments are not burdensome, ⁴for whatever is born of God conquers the world. And this is the victory that conquers the world, our faith. ⁵Who is it that conquers the world but the one who believes that Jesus is the Son of God?

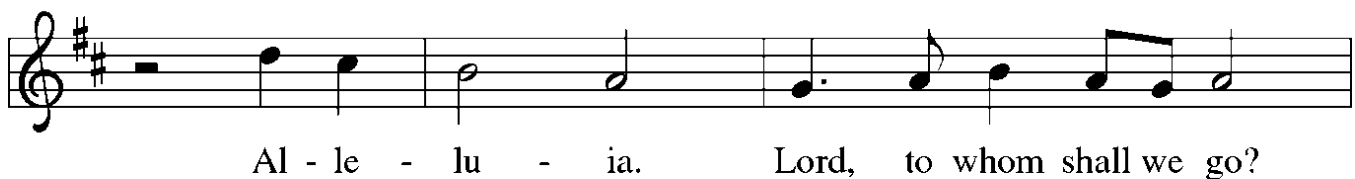
⁶This is the one who came by water and blood, Jesus Christ, not with the water only but with the water and the blood. And the Spirit is the one that testifies, for the Spirit is the truth.

The Word of the Lord.

Thanks be to God.

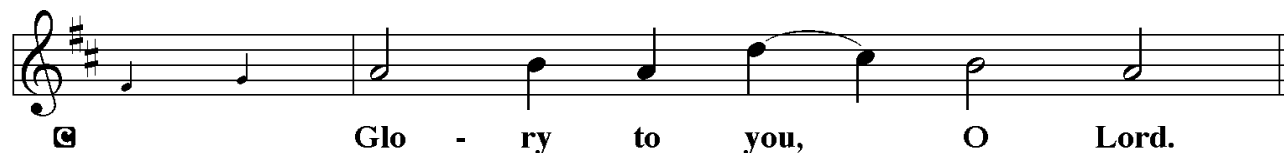
Please stand for the Gospel, as you are able.

GOSPEL ACCLAMATION



GOSPEL: John 15:9-17

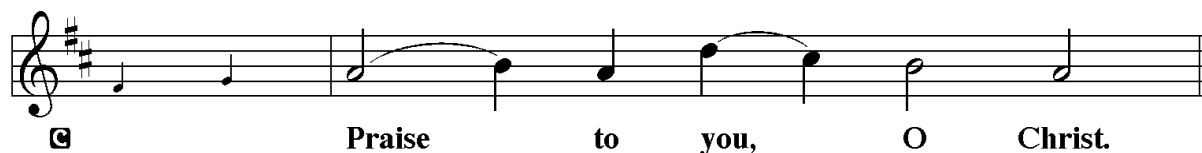
The Holy Gospel according to Saint John



[Jesus said:] ⁹“As the Father has loved me, so I have loved you; abide in my love. ¹⁰If you keep my commandments, you will abide in my love, just as I have kept my Father’s commandments and abide in his love. ¹¹I have said these things to you so that my joy may be in you, and that your joy may be complete.

¹²“This is my commandment, that you love one another as I have loved you. ¹³No one has greater love than this, to lay down one’s life for one’s friends. ¹⁴You are my friends if you do what I command you. ¹⁵I do not call you servants any longer, because the servant does not know what the master is doing; but I have called you friends, because I have made known to you everything that I have heard from my Father. ¹⁶You did not choose me but I chose you. And I appointed you to go and bear fruit, fruit that will last, so that the Father will give you whatever you ask him in my name. ¹⁷I am giving you these commands so that you may love one another.”

The gospel of the Lord.



Please be seated.

THE SERMON

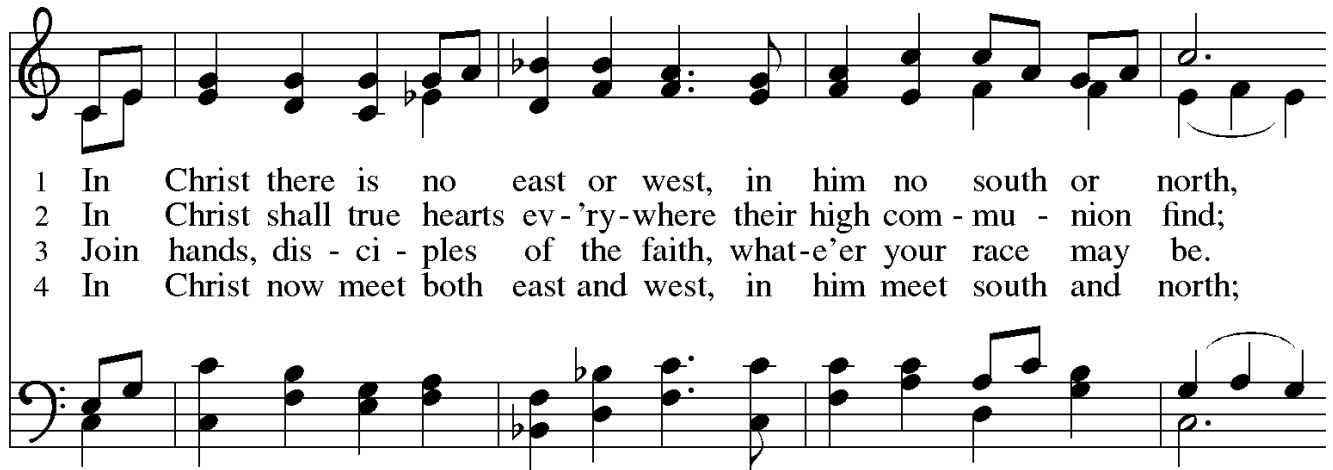
The Rev. Richard Neal

Please stand as you are able.

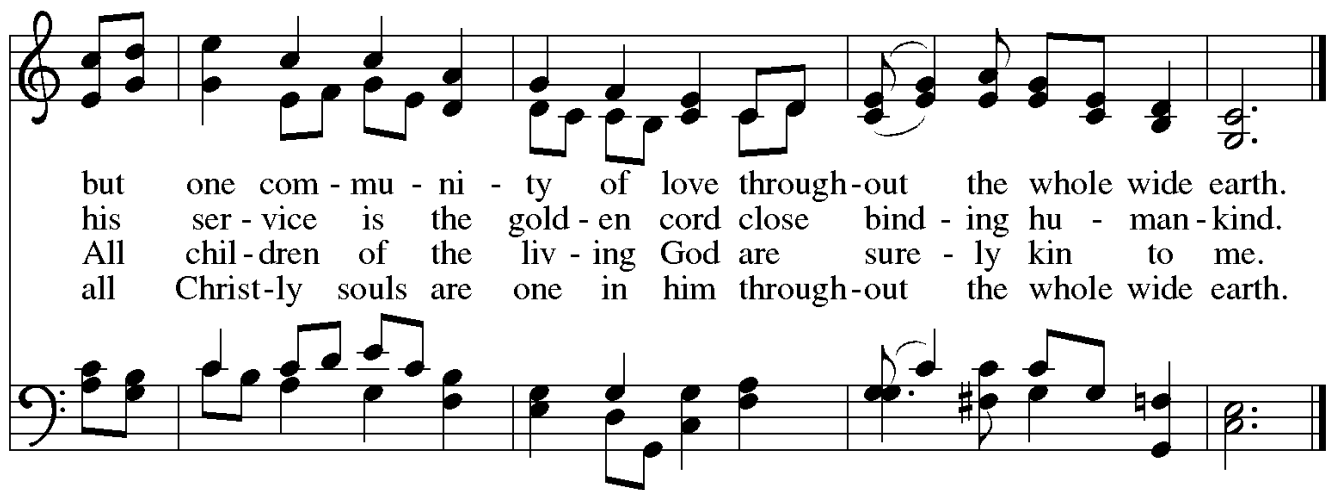
SERMON HYMN

In Christ There Is No East or West "McKee"

ELW 650



1 In Christ there is no east or west, in him no south or north,
2 In Christ shall true hearts ev-'ry-where their high com - mu - nion find;
3 Join hands, dis - ci - ples of the faith, what-e'er your race may be.
4 In Christ now meet both east and west, in him meet south and north;



but one com - mu - ni - ty of love through-out the whole wide earth.
his ser - vice is the gold - en cord close bind - ing hu - man-kind.
All chil - dren of the liv - ing God are sure - ly kin to me.
all Christ-ly souls are one in him through-out the whole wide earth.

Text: John Oxenham, 1852–1941, alt.

Music: MCKEE, African American spiritual; adapt. Harry T. Burleigh, 1866–1949

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, was incarnate of the Holy Spirit and the virgin Mary and became truly human. 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, who with the Father and the Son is worshiped and glorified, who 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 PASTOR AND PEOPLE

Rejoicing that Jesus is risen and that love has triumphed over fear, help us always remember your invitation to abide in your love, a love that embraces all persons without exception. As we abide there, so fill us with your love that it may swell to fill the earth, in ways as vaulted as the music that fills these walls or as ordinary as a children's garden offered to fill the need of even one hungry neighbor. In that spirit of love, then let us pray for the church, the world, and all those in need of good news.

A brief silence.

Your Holy Spirit falls upon all who hear your word. Fill your church with the gifts of your Spirit, and give understanding hearts to those who strengthen our commitments with our ecumenical and interreligious partners. God of grace,
hear our prayer.

You speak and the face of the earth is renewed. Revive your creation, that habitats and every kind of living thing might flourish. Protect endangered species, and help us to care for all your creatures. God of grace,
hear our prayer.

Your world is divided, and the nations rage. Grant wisdom and vision to world leaders, that they may seek justice, peace, and the good of all. Strengthen international partnerships and cooperation. God of grace,
hear our prayer.

Your people are in need and we pray for all your children, especially Caleb and Nora. Comfort all those who suffer, especially those afflicted by anxiety, depression, or mental illness and those we name aloud or in the silence of our hearts.... Help us to be conduits of your love in our care for one another. God of grace,
hear our prayer.

Your work is done in this place with our hands. Bless the ministries of this congregation, that we may embody your love for the world. Inspire those who plan and lead worship, council members, committee members, and volunteers. God of grace,
hear our prayer.

We open our hearts with thanksgiving for the saints who rest from their labors, especially those who we honor with today's flower dedications, Michael, Karen and Charles. God of grace,
hear our prayer.

Your blessed saints now rest in you. Give us thankful hearts for those who have gone before us. At the last, bring us all together around your heavenly banquet table. God of grace,
hear our prayer.

Into your hands, most merciful God, we commend all for whom we pray, trusting in your abiding love; through Jesus Christ, our resurrected and living Lord.

Amen.

PEACE

The peace of Christ be with you always.

And also with you.

Let us share with each other a sign of Christ's peace.

Please be seated.

THE OFFERING

SOLO AT THE OFFERING

Songs My Mother Taught Me S. 361, composed 1895

Text: Adolf Heyduk (1835-1923)

Charles Ives

(1874-1954)

Carolyn Lansom, *alto*

Songs my mother taught me in the days long vanished,
Seldom from her eyelids were the tear drops banished.
Now I teach my children each melodious measure;
Often tears are flowing from my memory's treasure.

Please stand as you are able.

OFFERING PRAYER

Let us pray together.

Risen One,

you call us to believe and bear fruit.

May the gifts that we offer here

be signs of your abiding love.

Form us to be your witnesses in the world,

through Jesus Christ, our true vine. Amen.

OFFERTORY

Praise God, from Whom All Blessings Flow

ELW 885

“Old Hundredth”

Praise God, from whom all blessings flow;

praise God, all creatures here below;

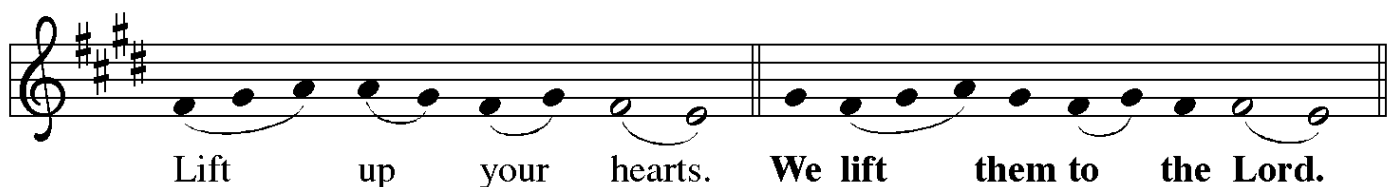
praise God above, ye heav'nly host;

praise Father, Son, and Holy Ghost.

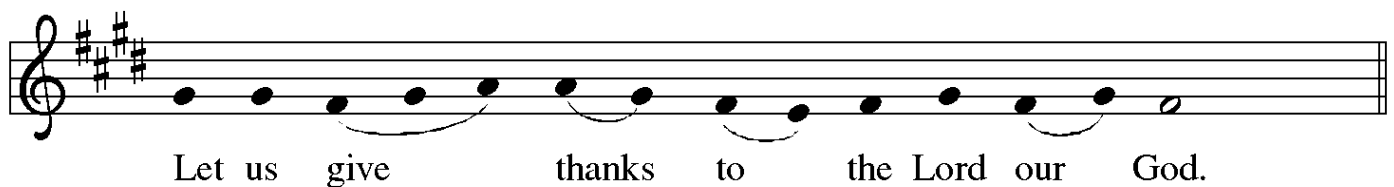
DIALOGUE



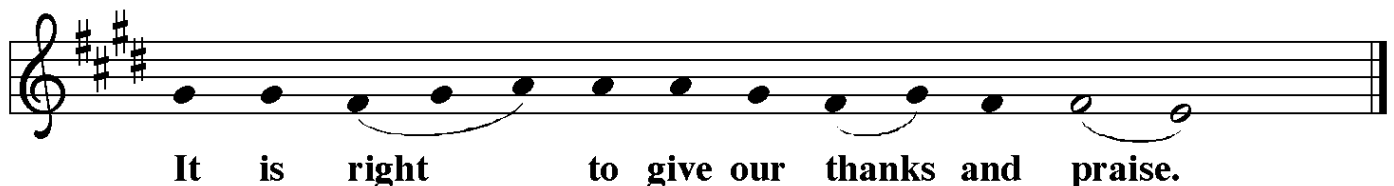
The Lord be with you. And al - so with you.



Lift up your hearts. We lift them to the Lord.



Let us give thanks to the Lord our God.



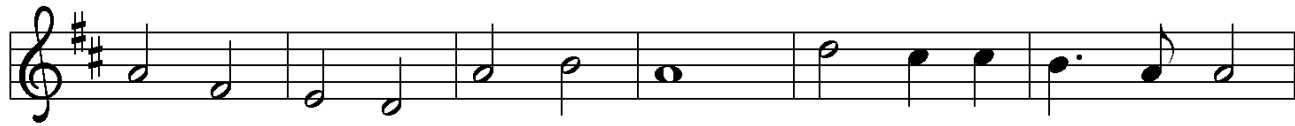
It is right to give our thanks and praise.

PREFACE

It is indeed right ...

...we praise your name and join their unending hymn:

SANCTUS AND BENEDICTUS



Ho - ly, ho - ly, ho - ly Lord, Lord God of pow'r and might,



heav'n 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 EUCHARISTIC PRAYER

Holy are you, and blessed is your Son Jesus Christ,

whom you sent in the fullness of time to be a light to the nations.

You scatter the proud in the imagination of their hearts,

put down the mighty from their thrones, and exalt those of low degree.

You fill the hungry with good things and send the rich away empty.

Your own Son came among us as a servant

to be Emmanuel, your presence with us.

He humbled himself in obedience to your will

and freely accepted death on a cross.

By the baptism of his suffering, death, and resurrection
you gave birth to your Church,
delivered us from slavery to sin and death,
and made with us a new covenant by water and the Spirit.

On the night in which he gave himself up for us . . .
When the supper was over he took the cup . . .

And so, in remembrance of these your mighty acts in Jesus Christ,
we offer ourselves in praise and thanksgiving
as a holy and living sacrifice, in union with Christ's offering for us,
as we proclaim the mystery of faith:

Christ has died. Christ is risen. Christ will come again.

Pour out your Holy Spirit on us, and on these gifts of bread and wine.
Make them be for us the body and blood of Christ,
that we may be for the world the body of Christ,
redeemed by Christ's blood.

By your Spirit make us one with Christ,
one with each other, and one in ministry to all the world,
until Christ comes in final victory,
and we feast at his heavenly banquet.

Through Christ, with Christ, in Christ, in the unity of the Holy Spirit,
all honor and glory is yours, almighty God, now and for ever.

Amen.

THE LORD'S PRAYER

Gathered into one by the Holy Spirit, let us pray as Jesus taught us.

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, forever and ever.

Amen.

THE AGNUS DEI



Lamb of God, you take a-way the sin of the world; have mer-cy on



us. Lamb of God, you take a-way the sin of the world; have



mer-cy on us. Lamb of God, you take a-way the



sin of the world; grant us peace, grant us peace.

Please be seated.

THE HOLY COMMUNION

Invitation to Communion

All are welcome to share in the sacrament of Holy Communion at Holy Trinity. Beginning with those seated closest to the altar, you are invited to come forward down the center aisle to the presiding minister. Receiving the wafer in your hand, you are invited to dip or “intinct” the wafer into the chalice. There is wine in the silver chalice and grape juice in the ceramic chalice. For those who prefer, gluten-free wafers are available by simply asking the Pastor as you are served. Portable communion cups are also available for those who are not comfortable sharing the sacrament of Holy Communion in-person. Adults or children choosing not to receive communion may come forward to receive a blessing. The Pastors will bring the sacrament to persons in the pews that are unable to come forward. Please advise an usher if you wish the pastor to do so.

Come eat and drink; there is a place for you at the table of our Lord.

Please stand as you are able.

The body and blood of our Sovereign and Savior Jesus Christ strengthen you and keep you in His grace.

Amen.

POST-COMMUNION PRAYER

Let us pray together.

**Shepherding God,
you have prepared a table before us
and nourished us with your love.
Send us forth from this banquet
to proclaim your goodness
and share the abundant mercy of Jesus,
our redeemer and friend. Amen.**

SENDING OF COMMUNION

Gracious God, you took the form of a servant, offering yourself as food, comfort, and strength to a broken and hurting world. Anoint with a servant heart those who take your word and sacrament to our sisters and brothers in their homes, in prisons, or in hospitals. Grant grace, mercy, healing, and hope to those who feast on your body and blood and receive your words of new life. May we all recognize that we are one in the body of our Lord Jesus Christ.

Amen.

We invite congregation members to share this holy meal with those who are homebound, hospitalized, or otherwise unable to join us in person. Communion elements and a simple printed liturgy are available on the altar for your use. If you take a bulletin from this morning's worship service, you will be able to easily share today's scripture and prayers with the meal.

THE BENEDICTION

Alleluia! Christ is risen!

Christ is risen indeed! Alleluia!

The God of resurrection power,
the Christ of unending joy,

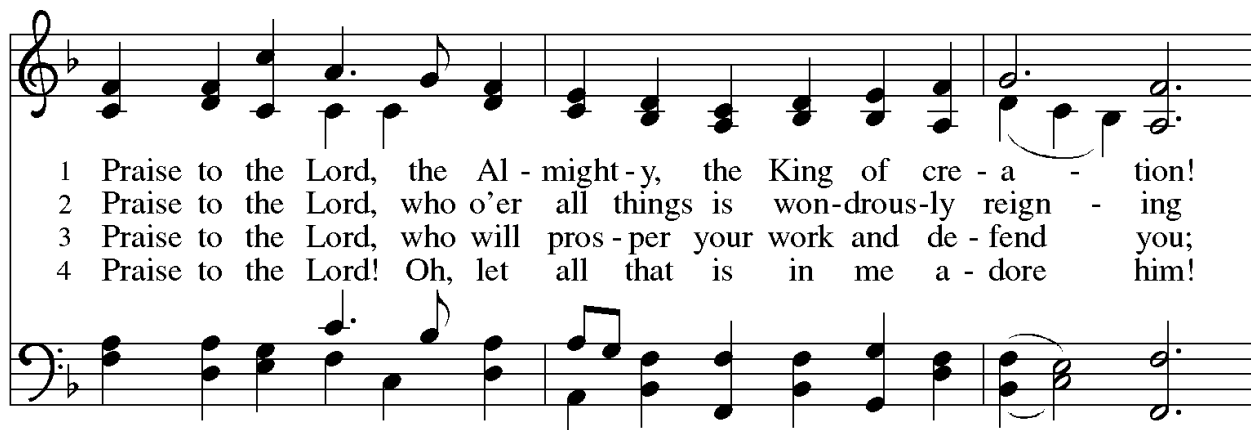
and the Spirit of Easter hope ✠ bless you now and always.

Amen.

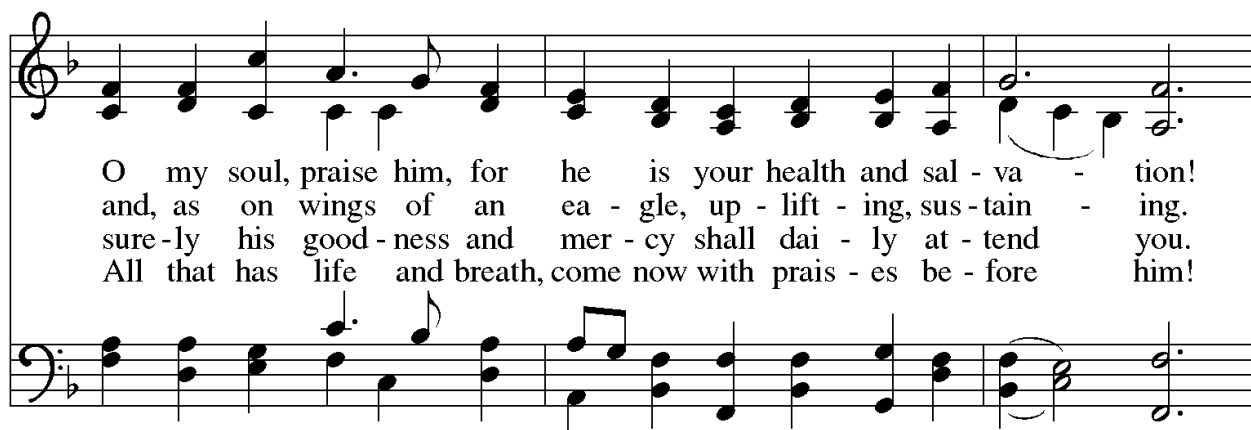
RECESSIONAL HYMN

Praise to the Lord, the Almighty "Lobe den Herren"

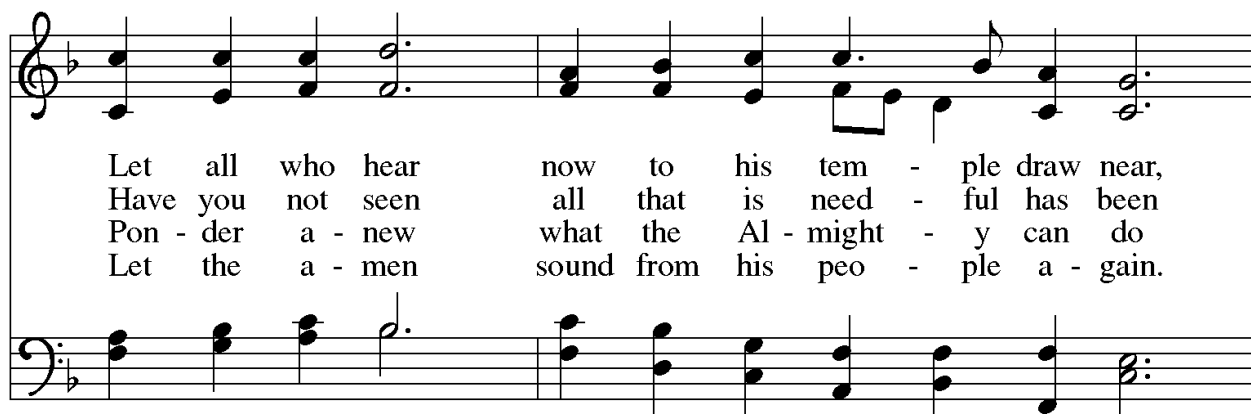
ELW 858



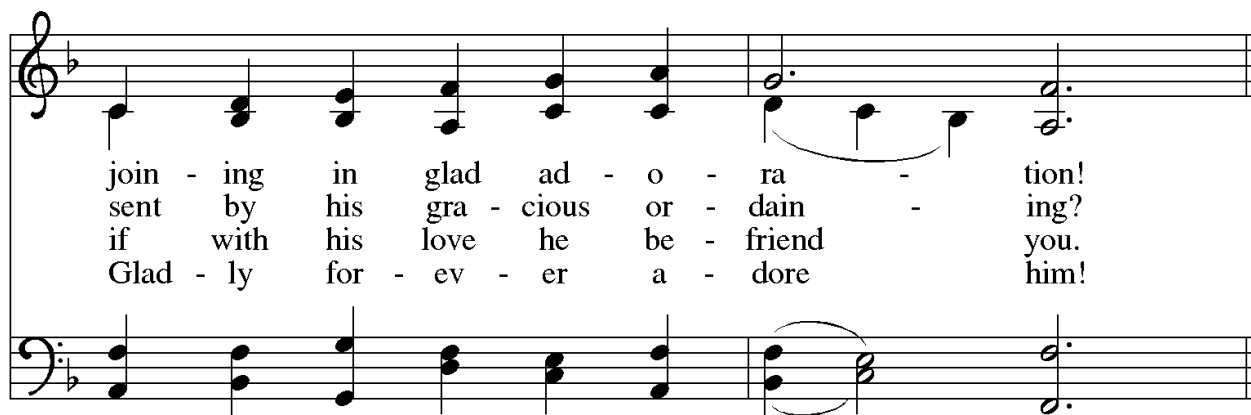
1 Praise to the Lord, the Al - might - y, the King of cre - a - tion!
2 Praise to the Lord, who o'er all things is won-drous-ly reign - ing
3 Praise to the Lord, who will pros - per your work and de - fend you;
4 Praise to the Lord! Oh, let all that is in me a - dore him!



O my soul, praise him, for he is your health and sal - va - tion!
and, as on wings of an ea - gle, up - lift - ing, sus - tain - ing.
sure - ly his good - ness and mer - cy shall dai - ly at - tend you.
All that has life and breath, come now with prais - es be - fore him!



Let all who hear now to his tem - ple draw near,
Have you not seen all that is need - ful has been
Pon - der a - new what the Al - might - y can do
Let the a - men sound from his peo - ple a - gain.



join - ing in glad ad - o - ra - tion!
sent by his gra - cious or - dain - ing?
if with his love he be - friend you.
Glad - ly for - ev - er a - dore him!

THE DISMISSAL

Alleluia! Go in peace. Rejoice and be glad.

Thanks be to God. Alleluia!

POSTLUDE

Prelude and Fugue in e minor BWV 533 “Cathedral”

J.S. Bach
(1685-1750)



*You are encouraged to take the bulletin
home with you for future reference.
Otherwise, please place them in the recycle bins
at the entrance ways.*



Stewardship – Here

Each week, Holy Trinity will lift up one of four aspects of Stewardship. This week, our focus is on Here, which is about engaging people with ministries, identifying and using our gifts, and funding the ministry. In this space, we will offer suggestions for getting involved.

Children’s Garden

You will begin seeing the garden take shape as you come for worship on Sundays.

We invite all children to participate on Sunday mornings during the Sunday School time (no prior experience needed). Each child will have their own area to grow their own plants.

They will also experience simple activities to learn to care for God's environment. Materials provided. See our Garden Mom, Elizabeth Vihnanek with questions.

THIS WEEK AT HOLY TRINITY

SUNDAY, May 5, 2024 – Sixth Sunday of Easter

- 8:30 a.m. Service of Holy Communion (CH)
- 9:00 a.m. Family Play Group (RH)
- 9:30 a.m. Youth Choir (MR)
- 9:40 a.m. Sunday Roundtable (FR)
- 10:30 a.m. Service of Holy Communion/harpsichord dedication (MC)
- 10:30 a.m. Sunday School/Nursery (SS)
- 11:30 a.m. Coffee Hour (RH)

MONDAY, May 6, 2024

- 9:30 a.m. Bible Study (FR)
- 6:00 p.m. Gambler's Anonymous (RH)

TUESDAY, May 7, 2024

- 12:00 p.m. Needlers (FR)
- 5:30 p.m. Burrito Project at Zion

WEDNESDAY, May 8, 2024

- 10:00 a.m. Staff Meeting (CR)

THURSDAY, May 9, 2024

- 10:00 a.m. Watercolor Class (RH)
- 7:00 p.m. Chancel Choir (MC)
- 7:00 p.m. AA/AL-ANON (RH)

SUNDAY, May 12, 2024 – Seventh Sunday of Easter

Happy Mother's Day

- 8:30 a.m. Service of Holy Communion (CH)
- 9:00 a.m. Family Play Group (RH)
- 9:30 a.m. Youth Choir (MR)
- 9:40 a.m. Sunday Roundtable (FR)
- 10:30 a.m. Service of Holy Communion w/First Communion (MC)
- 10:30 a.m. Sunday School (SS)
- 11:30 a.m. Coffee Hour (RH)
- 12:00 p.m. CGN Service (CH)

CH = Mansperger Chapel

FR = Fellowship Room

MR = Music Room

SC = Sacristy

CI = Crib Room

FI = Fireside Room/Library

PS = Pastor's Study

SS = Sunday School

CR = Conference Room

MC = Main Church

RH = Redeemer Hall

YR = Youth Room

Today the announcer and reader is Richard Lee. Ushers and altar guilds are Gail Camilleri and Heidemarie Kunz. Acolyte is Morgan Leiser.

The flowers on the altar are given:

In Loving Memory of Michael G. Bloos by Heidemarie Kunz and Family; and

In Loving Memory of Karen Katherine Howard by her Family; and

In Loving Memory of our father, Charles Crissey, from his daughters.

As part of the Cherish All Children ministries, today's prayers of intercession include Caleb and Nora Kattermann.

ANNOUNCEMENTS

MONDAY MORNING BIBLE STUDY: The Bible Study presentation by Dave Ulrich on the American Presidency will continue Monday at 9:30 in the Fellowship Room. The topic for this week is "Primaries, Caucuses and the Electoral College: How do we choose these people?" All are welcome.

LOVE TO HOST, COOK AND/OR CLEAN? The Fellowship & Hospitality Committee welcomes new volunteers. Whether you want to participate in a single event or on an ongoing basis, there is room for you at the table! We are especially in need of additional volunteers to help host coffee hours throughout May. If you can do one or more of the following, please contact the church office: *Purchase/bake items, *Prepare coffee and other beverages, *Prepare casseroles, fruit salads and other items, *Set out and replenish plates, napkins, cutlery from supplies in kitchen, *Clean tables and dishes following coffee hour/other events, *Socialize with everyone and have fun!

LYO PLANTS: The pick-up date for the LYO plant sale will be Saturday, May 18 from 11:30am to 12:30pm. We will also be planting the church grounds that day. All are welcome to come and help with the planting and enjoy a hot dog lunch.

LIBRARY: There have been some changes in the library. Some books have been set aside for further review. Some books have been kept on the shelves as they may relate to Bible class content. In the next months we would like to hear people's opinion about how to further update the library. The goal is to make it relevant to other topics as they relate to church activities. If you are interested in helping out or have some ideas to share, please let Pam Kattermann or Linda Horton know. Watch for a future opportunity to share ideas.



“LET’S HAVE AN ADVENTURE!” The art of living as a disciple of Jesus can be summed up in three simple rules: do no harm, do good, and stay in love with God. Staying in love with God, like staying in love with a spouse or with any other person, is not merely an intellectual exercise, though there is certainly a place for the intellect in it. Rather, it’s essentially a response to a God who holds out a hand to say, “Let’s have an adventure!” And that adventure is what Jesus said he came to offer: abundant life, life in all its fullness, more and better life than you ever dreamed of having.

A simple daily exercise at the end of each day and the beginning of the next will help you do that. It’s an ancient practice called the examen, and it can be done in as little as ten minutes before you go to bed at night and again when you rise the next morning. It’s explained in a little flier called “Framing Your Day,” and you’ll find it at the entrances to the sanctuary and the chapel. Pick one up next time you’re in the church, and be sure to take a couple with you to share with friends. I believe you’ll find it quite an adventure, one that helps you stay in love with God.

Pastor Rich

HOLY TRINITY LEADERSHIP

Congregational Council

Jennifer Yap, *President*

Kathy Crissey, *Vice-President*

Fred Howard, *Treasurer*

Linda Horton, *Secretary*

Paul Bauchle, Matthew Brown, Gail Camilleri,
Christopher Huber, Karen Kolb, Pat Lonergan,
Raúl Saona and Elizabeth Vihnanek

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