



# TRINITY LUTHERAN CHURCH

1323 Central Ave, Alameda CA (510) 522-5220  
*Anchored in Faith. Serving Our Neighbor. Singing God's Praise.*

*Mission: To be a caring and diverse community of people who know and share the love of God through Jesus Christ.*

## First Sunday of Lent February 26, 2023

[www.trinityalameda.org](http://www.trinityalameda.org)  
Rev. Stephanie Johnson, Pastor (510) 846-0883  
Rev. Craig Minich, Pastor: East Bay Lutheran Youth Program  
Rev. Ned O'Donnell, Pastor: Lutheran Ministry to Nursing Homes

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*Today's gospel tells of Jesus' temptation in the desert. His forty-day fast becomes the basis of our Lenten pilgrimage. In the early church Lent was a time of intense preparation for those to be baptized at the Easter Vigil. This catechetical focus on the meaning of faith is at the heart of our Lenten journey to the baptismal waters of Easter. Hungry for God's mercy, we receive the bread of life to nourish us for the days ahead.*

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**WELCOME TO TRINITY LUTHERAN CHURCH.** *You are invited to join with us as we seek to be God's loving community for all who enter here. You are received as a friend . . .*

- *just as you are, created by God.*
- *whatever your color, culture and customs, your age, abilities, sexual orientation or gender identity.*
- *wherever circumstances find you... in the midst of change or challenge or pain, in need of strength and hope, or in search of spiritual fullness and friendship.*
- *whether you are a new visitor or an old friend, have no church home, have doubts or do not believe, or want to follow Christ and pursue peace and justice in Christ's name.*

*You are embraced as an expression of the diversity and beauty of the creation God has given us.*

**You are welcome here!**

*The presence of children is a gift to the church and a reminder that our congregation is growing. Please welcome our youngest brothers and sisters and give a smile of encouragement to their parents.*

# ✠ THE SERVICE ✠

**PRELUDE** *I Want Jesus to Walk with Me*  
African American spiritual  
Alt. accompaniment © 2006 Augsburg Fortress

## ✠ GATHERING ✠

(Arrows indicate when the congregation may sit ↓ or stand ↑ as able. **Bold print** are responses spoken by the congregation.)

### ↑ CONFESSION AND FORGIVENESS

Blessed be the holy Trinity, ✠ one God, who journeys with us these forty days, and sustains us with the gift of grace. **Amen.**

Let us acknowledge before God and one another our need for repentance and God's mercy.

*Silence is kept for reflection.*

Holy God,  
**we confess to you our faults and failings. Too often we neglect and do not trust your holy word; we take for ourselves instead of giving to others; we spoil rather than steward your creation; we cause hurt though you call us to heal; we choose fear over compassion. Forgive us, renew us, and lead us, as we seek to follow in your way of life. Amen.**

Hear the good news:

God so loved the world that God gave the only Son, so that all may receive life. This promise is for you!

God embraces you with divine mercy, ✠ forgives you in Christ's name, and revives you in the Spirit's power. **Amen.**

↑ **HYMN** *The Glory of These Forty Days*  
#320 v.1 & 4

**1** *The glory of these forty days  
we celebrate with songs of praise;  
for Christ, through whom all things were made,  
himself has fasted and has prayed.*

**4** *Then grant, O God, that we may, too,  
return in fast and prayer to you.  
Our spirits strengthen with your grace,  
and give us joy to see your face.*

Text: Latin hymn, 11th cent.; tr. Maurice F. Bell, 1862-1947, alt.  
Outside USA: Text from *The English Hymnal* © Oxford University Press 1906.

### ↑ 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** p. 98-99

*In peace, let us pray to the Lord.*

**Lord, have mercy.**

*For the peace from above, and for our salvation, let us pray to the Lord.*

**Lord, have mercy.**

*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 mercy.**

*For this holy house, and for all who offer here their worship and praise, let us pray to the Lord.*

**Lord, have mercy.**

*Help, save, comfort, and defend us, gracious Lord.*

**Amen, amen.**

### ↑ PRAYER OF THE DAY

Let us pray. Lord God, our strength,  
**the struggle between good and evil rages within and around us, and the devil and all the forces that defy you tempt us with empty promises. Keep us steadfast in your word, and when we fall, raise us again and restore us through your Son, Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.**

## ✠ WORD ✠

↓ **FIRST READING** **Genesis 2:15-17; 3:1-7**

<sup>15</sup>The LORD God took the man and put him in the garden of Eden to till it and keep it. <sup>16</sup>And the LORD God commanded the man, "You may freely eat of every tree of the garden; <sup>17</sup>but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die."

<sup>3:1</sup>Now the serpent was more crafty than any other wild animal that the LORD God had made. He said to the woman, "Did God say, 'You shall not eat from any tree in the garden?'" <sup>2</sup>The woman said to the serpent, "We may eat of the fruit of the trees in the garden; <sup>3</sup>but God said, 'You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.'" <sup>4</sup>But the serpent said to the woman, "You will not die; <sup>5</sup>for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." <sup>6</sup>So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one

wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate.  
<sup>7</sup>Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

Word of God, Word of Life.      **Thanks be to God.**

↓ **Psalm 32** (read responsively)

<sup>1</sup>Happy are they whose transgressions are forgiven, and whose sin is put away!

<sup>2</sup>**Happy are they to whom the LORD imputes no guilt, and in whose spirit there is no guile!**

<sup>3</sup>While I held my tongue, my bones withered away, because of my groaning all day long.

<sup>4</sup>**For your hand was heavy upon me day and night; my moisture was dried up as in the heat of summer.**

<sup>5</sup>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.

<sup>6</sup>**Therefore all the faithful will make their prayers to you in time of trouble; when the great waters overflow, they shall not reach them.**

<sup>7</sup>You are my hiding-place; you preserve me from trouble; you surround me with shouts of deliverance.

<sup>8</sup>**"I will instruct you and teach you in the way that you should go; I will guide you with my eye.**

<sup>9</sup>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."

<sup>10</sup>**Great are the tribulations of the wicked; but mercy embraces those who trust in the LORD.**

<sup>11</sup>Be glad, you righteous, and rejoice in the LORD; shout for joy, all who are true of heart.

↓ **SECOND READING**      **Romans 5:12-19**

<sup>12</sup>Just as sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned—<sup>13</sup>sin was indeed in the world before the law, but sin is not reckoned when there is no law. <sup>14</sup>Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come.

<sup>15</sup>But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. <sup>16</sup>And the free gift is not like the effect of the one man's sin. For the judgment following

one trespass brought condemnation, but the free gift following many trespasses brings justification.

<sup>17</sup>If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ.

<sup>18</sup>Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all.

<sup>19</sup>For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

Word of God, Word of Life.      **Thanks be to God.**

↑ **GOSPEL**      **Matthew 4:1-11**

The Holy Gospel according to St. Matthew, the 4<sup>th</sup> chapter.      **Glory to you, O Lord.**

<sup>1</sup>Jesus was led up by the Spirit into the wilderness to be tempted by the devil. <sup>2</sup>He fasted forty days and forty nights, and afterwards he was famished. <sup>3</sup>The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." <sup>4</sup>But he answered, "It is written,

'One does not live by bread alone, but by every word that comes from the mouth of God.'"

<sup>5</sup>Then the devil took him to the holy city and placed him on the pinnacle of the temple, <sup>6</sup>saying to him, "If you are the Son of God, throw yourself down; for it is written,

'He will command his angels concerning you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'"

<sup>7</sup>Jesus said to him, "Again it is written, 'Do not put the Lord your God to the test.'"

<sup>8</sup>Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor; <sup>9</sup>and he said to him, "All these I will give you, if you will fall down and worship me."

<sup>10</sup>Jesus said to him, "Away with you, Satan! for it is written,

'Worship the Lord your God, and serve only him.'"

<sup>11</sup>Then the devil left him, and suddenly angels came and waited on him.

This is the Gospel of the Lord.

**Praise to you, O Christ.**

↓ **SERMON**

↓CHOIR     *What a Friend We Have in Jesus*

Text: Charles Scriven, 1820-1886  
Music: William Bradley Roberts, b. 1947  
Music © 1995 Augsburg Fortress

↑ APOSTLES' CREED page 105

Let us profess our faith in the words of the Apostles' Creed.

**I believe in God, the Father almighty, creator of heaven and earth.**

**I believe in Jesus Christ, God's only Son, our Lord, who was conceived by the Holy Spirit, born of the virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried; he descended to the dead. On the third day he rose again; he ascended into heaven, he is seated at the right hand of the Father, and he will come to judge the living and the dead.**

**I believe in the Holy Spirit, the holy catholic church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.**

**PRAYERS OF INTERCESSION**

*(The congregation is encouraged to take the position which is most prayerful to you.)*

You may choose to sit or stand as you are comfortable.

Sustained by God's abundant mercy, let us pray for the church, the world, and all of creation.

*A brief silence.*

You alone are God. Sustain your church in times of wilderness. Give vision and wisdom to bishops, their staff, and all entrusted with the ministry of administration. Counsel all who faithfully lead your people into the future. Merciful God, **receive our prayer.**

You create verdant gardens and expansive deserts. Tend to the needs of every living creature. Bless those who work in fields and orchards, that the world is nourished by the fruits of their labor. Merciful God, **receive our prayer.**

You know our temptations. Sustain those who govern and legislate. Instill in them a sense of your justice and righteousness, that equity and peace would pervade all the regions and nations of the world. Merciful God, **receive our prayer.**

You are a hiding place for all in distress. Draw near to exiles, and accompany all refugees and immigrants, especially children who travel alone. In

times of trouble, trauma, or illness, surround your people with your steadfast love. Today we pray especially for *Joan Lang, Jane McDermott, Mary Goglio, Michael Schulter, Alan Ferris, Paul Koski, Joanne Robinson, Wes & Marla Anderson, Mike Bonifield, Anne Winberg, Elena Sweet, Tim Bangert, Constance & Stephen Mann, Barry Toomajian, David Johnson, Alan Petersen, Vincent Maloney, George Lyon, Annalise Simmons, Helen Pedersen, Ann Kenyon, Tricia, Pam Clisham, Deanna Madarasz, Craig Anderson, Pastor Craig, Marilyn, Michael Rasmussen, Hilke de Arce, Jackson Bohm, Buddy and Sherri Scott, Nancy Stich, Patricia Runo, Gail Cromack, Kate Ganschow, Geoff Kline, Michael Lamb, Maddy Pearce, Willie Prewitt, Christine Winberg and Dorothy Wingire.* Merciful God, **receive our prayer.**

We pray for the ministries of your Word, for Trinity Church Council, the priesthood of all believers; United in Grace Lutheran Church in Vallejo, the Lutheran Church of Kagitumba in Rwanda, the Lutheran Ministry to Nursing Homes, our Sunday School, and the East Bay Lutheran Youth Program. We give thanks for the fullness of the lives of Cathleen Laine, Nancy Leavitt and Pastor Craig as they celebrate their birthdays this week. Merciful God, **receive our prayer.**

You offer abundance to all. Bless the ministries of hospitality in this place. Care for those who tend to the needs of others, especially worship greeters, coffee hour hosts, and nursery attendants. Merciful God, **receive our prayer.**

At this time, you are invited to pray the prayers of your heart, either silently or aloud.

*A moment is offered for prayers from the congregation*

You alone are God. We praise you for the faithful departed in every age. Unite our prayers with theirs, until our wilderness journey is complete, and we rest in you. Merciful God, **receive our prayer.**

We lift our prayers to you, O God, trusting in your steadfast love and your promise to renew your whole creation; through Jesus Christ our Savior. **Amen.**

✠ MEAL ✠

↑ SHARING THE PEACE

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

## OFFERING

*The offering baskets will not be passed through the congregation at this time. Please place your offering in the basket placed on the stand in the middle aisle of the sanctuary.*

## ↑ GREAT THANKSGIVING

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The Lord be with you.

**And also 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 FOR THE DAY

*It is indeed right, our duty and our joy, that we should at all times and in all places give thanks and praise to you, almighty and merciful God, through our Savior Jesus Christ. You call your people to cleanse their hearts and prepare with joy for the paschal feast, that, renewed in the gift of baptism, we may come to the fullness of your grace. And so, with all the choirs of angels, with the church on earth and the hosts of heaven, we praise your name and join their unending hymn:*

## ↑ HOLY, HOLY, HOLY

Page 108

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

**Ho-san-na, in the high-est.**

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

**Ho-san-na in the high-est.**

## ↑ JESUS' WORDS OF INSTITUTION OF THE LORD'S SUPPER

### ↑ LORD'S PRAYER

*You are invited to pray in the version or language of your choice.*

**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.**

## ↓ INVITATION TO COMMUNION

Come and receive Jesus, our strength in the wilderness. **Thanks be to God!**

## ↓ DISTRIBUTION

## ↓ LAMB OF GOD

Page 112-113

**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.**

## ↑ POST COMMUNION BLESSING

May the body and blood of our Lord, Jesus Christ, strengthen you and give you peace.

**Amen.**

## ↑ PRAYER AFTER COMMUNION

Let us pray. Embodied God, **at your table, we have tasted the goodness of Jesus. With the eyes of our hearts open to your promise, empower us to hear the needs of our neighbors and touch the world with your love. Amen.**

## ✠ SENDING ✠

## ↑ BLESSING

God, the giver of love, ✠ Christ, the resurrection and the life, and the Holy Spirit of rebirth bless you in this Lenten journey. **Amen.**

## ↓ ANNOUNCEMENTS

### ↑ HYMN *Guide Me Ever, Great Redeemer*

#618 v. 1 & 3

- Guide me ever, great Redeemer, pilgrim through this barren land. I am weak, but you are mighty; hold me with your pow'rful hand. Bread of heaven, bread of heaven, feed me now and evermore, feed me now and evermore.*
- When I tread the verge of Jordan, bid my anxious fears subside; death of death and hell's destruction, land me safe on Canaan's side. Songs and praises, songs and praises, I will raise forevermore, I will raise forevermore.*

Text: William Williams, 1717-1791;  
tr. William Williams and Peter Williams, 1722-1796, alt.

## ↑ DISMISSAL

Go in peace. Serve in love.

**Thanks be to God.**

## POSTLUDE

*Jesus is a Rock in a Weary Land*

African American Spiritual

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