

Graduation Sunday

Holy Eucharist, Rite II May 18, 2025 / 10 AM

THE GREAT FIFTY DAYS OF EASTER

The feast of Easter is a season of fifty days, from Easter Eve through the Day of Pentecost. From early times the Greek word Pentecost (fiftieth day) was used also for the whole Paschal season. During this season there is no fasting. The Council of Nicaea (325) directed that Christians are to pray standing. The word "alleluia" (praise the Lord) is said or sung repeatedly, which contrasts sharply with the season of Lent when the alleluia is omitted. The color of liturgical vestments and hangings is white or gold. The BCP notes that it is customary for the Paschal candle to burn at all services of the Easter season. The "Alleluia, alleluia" may be added to the dismissals and their responses during the Great Fifty Days. The traditional Christian Easter greeting (see Lk 24:34) serves as the opening acclamation at the eucharist during the Easter season.

GRADUATION SUNDAY

Today, we honor all graduates, celebrating their milestones from school transitions to college completions. Their achievements mark the end of one journey and the beginning of another, filled with promise and hope. Let us offer blessings for their future endeavors.



317 Franklin St. / Clarksville, TN 37040 trinityparish.com / 931-645-2458 The Rev. Chad McCabe, Rector

WELCOME TO OUR VISITORS

We are delighted that you have joined us for worship this morning. You will find that our worship blends the ancient mysteries of the church with a modern and vibrant faith. Everything you need to worship with us is in this bulletin.

Welcome.Connect.Serve. Located in the pew rack are welcome, small group, and volunteer connection cards. Feel free to complete a welcome card so we can learn a little more about you. We also would love to know how you would like to connect perhaps through small groups or volunteer with one of Trinity's ministries.

NURSERY Children of all ages are welcome to attend the service; however, infants and toddlers to three years old may be more comfortable in the nursery, located downstairs in the Parish House next door to the worship area. The ushers or greeters can accompany you to the nursery.

CHILDREN'S CHAPEL Children are always welcome at Trinity! Children's Chapel is available for children ages 4 -7 the second, third, and fourth Sunday. Children will gather in the nave (sanctuary) with their families and called to process to Children's Chapel at the start of the service. Participating families are asked to sign in using the check in station as you enter. Children are escorted back to their families at the peace.

REMEMBERED IN OUR PRAYERS

Diocese and Worldwide:

*Our military and the victims of all wars Church of the Resurrection, Franklin

Parish Prayer Cycle for this week:

Ashley and Charlie Nix

Chris, Erin, and John Luke Nolder

Mike and Jeannie Northington

Nathaniel Olmos

Kathy Ondras

*The full prayer list is published in the Talk of Trinity e- newsletter.

Those serving today:

Lectors:

Celebrant: The Rev. Chad McCabe

Verger: Katie Dean LEM: Nancy Gibson Organist: Mike Epley

Greeters: Jeremy Bowls, David Graham Ushers: Larry Faust, Titus Neville cross/server: Ben Morrow,

torch/cup: Namiah Adkins, torch/plates: TJ Neville Privott Stroman, Casey Williams, Christie Crawford

Prayers: Steven Stroman
Altar Guild: Matthew Chapter

The altar flowers are given to the glory of God by the Mabry family in loving memory of William M., Harriet Mabry, and Dr. Floyd Scott.



Connect Online

Scan this QR code with your phone's camera to complete an online welcome form.

Please note that the parish house doors are locked during service. Should you need access to the nursery or children's chapel during the service, please see an usher or greeter, or ring the buzzer outside the office doors and someone will be available.

Restroom

A restroom is located to the right as you enter the church, to the left as you exit.

PRELUDE

WELCOME & ANNOUNCEMENTS

SILENT MEDITATION AND RINGING OF THE BELL

The Word of God

Entrance Rite

PROCESSIONAL HYMN

"All Praise to Thee"

Hymnal #477

OPENING ACCLAMATION (BCP p. 355)

The people standing, the Celebrant says

Celebrant Alleluia. Christ is risen.

People The Lord is risen indeed. Alleluia.

COLLECT FOR PURITY (BCP p. 355)

The Celebrant may say

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. *Amen*.

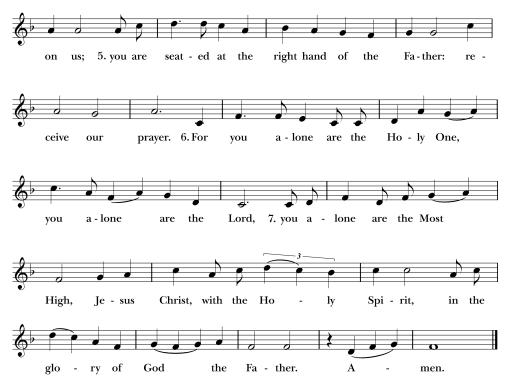
OPENING ANTHEM S 280 Glory to God

The following is sung, all standing



The Collect for Purity

Christians have prayed this prayer for more than a thousand years. It is a prayer that orients our hearts and minds to God and prepares us for the praise and thanksgiving that is at the heart of our worship. Through the grace of the Holy Spirit we ask to be transformed so that our lives, our love, and all of our worship may reveal the glory of God and our love for the Father, Son, and Holy Spirit.



Music: Robert Powell (b. 1932), rev. Setting: Copyright © Church Publishing Inc.

THE COLLECT OF THE DAY (BCP p. 357)

Celebrant The Lord be with you.

People And also with you.

Celebrant Let us pray.

Almighty God, whom truly to know is everlasting life: Grant us so perfectly to know your Son Jesus Christ to be the way, the truth, and the life, that we may steadfastly follow his steps in the way that leads to eternal life; through Jesus Christ your Son our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, for ever and ever. **Amen.**

The Lessons

The people sit.

First Reading: Acts 11:1-18

The first lesson is read.

Reader The Word of the Lord.

People Thanks be to God.

The Collect of the Day

This prayer gathers together the scriptural themes of the readings and the season. The collect follows a consistent pattern: We address God, naming something about God's nature (i.e., Almighty God); we ask God to work in a particular area of human living; and we acknowledge that we ask all of these things in the name of Christ Jesus who lives and reigns with the Holy Spirit in the Trinity.

The Lessons

This portion of the liturgy focuses on the readings of Holy Scripture that are appointed for the day. The readings have a thematic unity that ties together the message of the Old and New Testaments.

The Psalter

The Psalter, or the Book of Psalms, is the great song book of the People of God. In Jewish and Christian worship these hymns or songs are ordinarily sung and many of them form the lyrics of hymns in our hymnals. At each celebration of Holy Eucharist we read one of the Psalms, or a portion of a Psalm, that is selected to reinforce the theme of the lessons for the day.

Psalm: Psalm 148

Remain seated.

1 Hallelujah!

Praise the LORD from the heavens; * praise him in the heights.

- 2 Praise him, all you angels of his; * praise him, all his host.
- 3 Praise him, sun and moon; * praise him, all you shining stars.
- 4 Praise him, heaven of heavens, * and you waters above the heavens.
- 5 Let them praise the Name of the LORD; * for he commanded, and they were created.
- 6 He made them stand fast for ever and ever; *
 he gave them a law which shall not pass away.
- 7 Praise the LORD from the earth, * you sea-monsters and all deeps;
- 8 Fire and hail, snow and fog, * tempestuous wind, doing his will;
- 9 Mountains and all hills, * fruit trees and all cedars;
- 10 Wild beasts and all cattle, * creeping things and winged birds;
- 11 Kings of the earth and all peoples, * princes and all rulers of the world;
- 12 Young men and maidens, * old and young together.
- 13 Let them praise the Name of the LORD, * for his Name only is exalted, his splendor is over earth and heaven.
- 14 He has raised up strength for his people and praise for all his loyal servants, * the children of Israel, a people who are near him. Hallelujah!

Second Reading: Revelation 21:1-6

The second lesson is read.

Reader The Word of the Lord.

People Thanks be to God.

SEQUENCE HYMN

"The head that once was crowned"

Hymnal #483

We will sing verses 1&2 on the procession of the Gospel and verses 3&4 on the recession.

GOSPEL: John 13:31-35

Priest The Holy Gospel of our Lord Jesus Christ according to John.

People Glory to you, Lord Christ.

The Gospel is read.

Priest The Gospel of the Lord.

People Praise to you, Lord Christ.

SERMON

A period of silence will be observed after the sermon.

THE CREED (BCP p. 358)

All stand.

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.

The Gospel

We customarily stand and face the Gospel Book as the Gospel of the Lord is read. It is a sign that the Word of the Lord is living and we honor its presence among us.

The Sermon

The purpose of the sermon is to help us understand the meaning of the word of God in Scripture and to make it real in our lives.

The Nicene Creed

The Nicene Creed has been used by Christians of all traditions for over 1700 years and reminds us of the basics of our faith. The Creed is not a definition of Christianity, but briefly states the essentials of Christian teaching. We say it to respond to the Word of God in the Scriptures and the sermon. We are saying in effect, "Yes! This is the faith that we believe and live!"

The Prayers of the People

The prayers of the People follow the form of a litany, with the Leader offering petitions to God and the People responding or affirming the petition. These are the prayers of the entire community where we offer to God our concerns for the Church and the surrounding world. Prayers of the People always follow a particular order: prayers for the Universal Church, its mission and its members, for the Nation and all in authority, for the welfare of the world, for the concerns of the local community, for those who suffer or are in any trouble, for life's blessings, and for the departed.

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 (BCP p. 392)

All remain standing.

In peace, we pray to you, Lord God.

Silence

For Ashley, Charlie, Chris, Erin, John Luke, Mike, Jeannie, Nathaniel, and Kathy Ondras; and all people in their daily life and work;

For our families, friends, and neighbors, and for those who are alone.

For Donald, president of the United States, Bill governor of Tennessee, Wes and Joe, our mayors; this community, the nation, and the world; For all who work for justice, freedom, and peace.

For the just and proper use of your creation;

For the victims of hunger, fear, injustice, and oppression.

For all who are in danger, sorrow, or any kind of trouble;

For those who minister to the sick, the friendless, and the needy.

For Church of the Resurrection, Franklin, and the peace and unity of the Church of God;

For all who proclaim the Gospel, and all who seek the Truth.

For our Sean, Presiding Bishop, John, our Bishop; and Chad, our priest, for all bishops, priests, and deacons;

For all who serve God in his Church.

For all those in service of our nation, and their families, at home and abroad. Defend them day-by-day with your heavenly grace; strengthen them in their trials and temptations; give them courage to face the perils which beset them; and grant them a sense of your abiding presence wherever they may be.

For the special needs and concerns of this congregation.

Silence. The People may add their own petitions

Hear us, Lord;

For your mercy is great.

We thank you, Lord, for all the blessings of this life.

Silence. The People may add their own thanksgivings

We will exalt you, O God our King;

And praise your Name for ever and ever.

We pray for all who have died, that they may have a place in your eternal kingdom.

Silence. The People may add their own petitions

Lord, let your loving-kindness be upon them;

Who put their trust in you.

We pray to you also for the forgiveness of our sins.

Silence may be kept. Leader and People

Have mercy upon us, most merciful Father; in your compassion forgive us our sins, known and unknown, things done and left undone; and so uphold us by your Spirit that we may live and serve you in newness of life, to the honor and glory of your Name; through Jesus Christ our Lord. Amen.

The Celebrant concludes with an absolution or a suitable Collect.

THE PEACE (BCP p. 360)

All stand.

Celebrant The peace of the Lord be always with you.

People And also with you.

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

BLESSING OF GRADUATES

Names listed under Announcements.

DISTRIBUTION OF TRINITY TITHING OUTREACH GRANTS

Information & organization descriptions found in announcements.

The Holy Communion

OFFERTORY SENTENCE (BCP p. 376)

MUSICAL OFFERING

Today is the third Sunday of the month and all offerings, otherwise undesignated, will to the Rector's Discretionary account.

Offering: Feel free to provide your offering from the pew or online: visit https://trinityparish.com/giving/ or scan this QR code using your phone's camera.

You may also mail your offering/pledge to: 317 Franklin Street, Clarksville, TN 37040

DOXOLOGY

"Praise God, from Whom all blessings flow; Praise Him all creatures here below; Praise Him above, ye heav'nly host; Praise Father, Son, and Holy Ghost. Amen."

The Peace

After the Prayers of the People, the Priest extends Christ's peace to the congregation and the congregation shares the peace with one another. The Peace is real and also symbolic. It is real because in the forgiveness of our sins we are restored to Christ's peace. It is also the way we remind ourselves that because we have received the gift of God's forgiveness we can and must be reconciled to one another.

Scan QR code to give online:



Gathering Together for the Meal of Christ

Offertory: At the beginning of the Eucharist we offer gifts to God, which are really just a return of the gifts God has given us—bread and wine for the Lord's Supper, our financial gifts, and our lives. Sursum Corda: Literally, "we lift up our hearts." Here the Priest gathers the People together again, and they offer their hearts and lives to God. Many of the prayers of Holy Eucharist are prayed by the Priest on behalf of the people, but here in the Sursum Corda the People affirm that they have turned wholeheartedly to God.

Preface: The opening prayer of the Eucharist is a prayer of blessing, praising God and giving thanks for his mercy to us. This opening prayer of blessing ends with a section that refers to the death and resurrection of Christ and focuses our prayers for the remainder of the liturgy.

Sanctus: Sanctus means "holy." We sing this hymn that the angels and archangels sing in heaven as a reminder that our worship here is an echo of the heavenly worship of God (Isaiah 6:3, Revelation 4:8).

The Great Thanksgiving

Eucharistic Prayer B

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

The Lord be with you.

People And also with you.

Celebrant Lift up your hearts.

People We lift them to the Lord.

Celebrant Let us give thanks to the Lord our God.

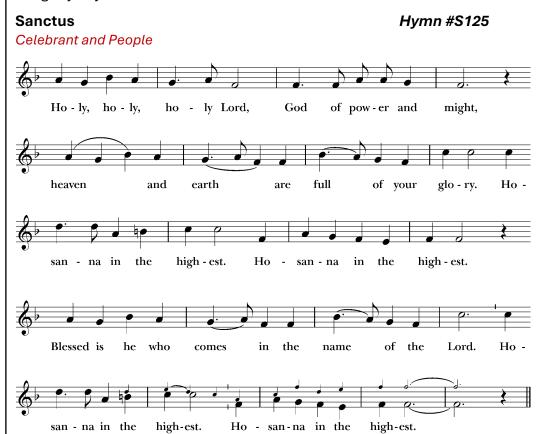
People It is right to give him thanks and praise.

Then, facing the Holy Table, the Celebrant proceeds

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth.

But chiefly are we bound to praise you for the glorious resurrection of your Son Jesus Christ our Lord; for he is the true Paschal Lamb, who was sacrificed for us, and has taken away the sin of the world. By his death he has destroyed death, and by his rising to life again he has won for us everlasting life.

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:



WORDS OF INSTITUTION (BCP p. 368)

The People stand or kneel. The Celebrant continues

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me." Therefore, according to his command, O Father,

Celebrant and People

We remember his death, We proclaim his resurrection, We await his coming in glory;

The Celebrant continues

And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with [______ and] all your saints, we may enter the everlasting heritage of your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation.

By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. **AMEN**.

THE LORD'S PRAYER (BCP p. 363)

And now, as our Savior Christ has taught us, we are bold to say,

The Lord's Prayer

The last prayer of the Eucharist is the prayer that Jesus taught his disciples. The Priest and the People say it together (Matthew 6:9-13).

Breaking of Bread

The Priest breaks the bread so that it might be shared among the People. It is seen as a symbol of the breaking of Christ's body on the cross and an invitation to each of us to enter into the life of Christ.

Christ is our Passover Lamb who frees us from sin and death. When we come to the table to receive Christ's Body and Blood, we are given the grace that transforms our lives and makes us into the People of God.

The Communion

"The cup of blessing that we bless, is it not a sharing in the blood of Christ? The bread that we break, is it not a sharing in the body of Christ? Because there is one bread, we who are many are one body, for we all partake of the one bread" (1 Corinthians 10: 16-17). In receiving Communion week after week, Christians are sacramentally united with Christ in His life, death, and resurrection.

People and Celebrant

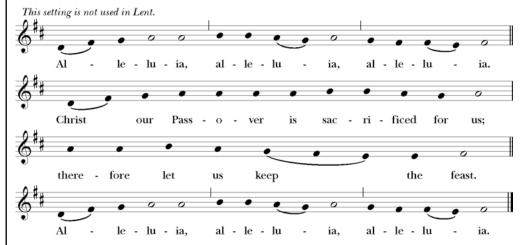
Our Father, who art in heaven,
hallowed be thy Name,
thy kingdom come,
thy will be done, on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom,
and the power, and the glory,

The Breaking of the Bread

forever and ever. Amen.

FRACTION ANTHEM

Hymnal #S154



The Celebrant says

The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

All baptized persons are welcome to receive Holy Communion.

Distribution

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 Christ, the bread of heaven. [Amen.]

The Blood of Christ, the cup of salvation. [Amen.]

Below are the options for receiving communion:

Bread intincted by the priest: Proceed to the right (pulpit) side, lining up from the center, standing or kneeling. The priest will carefully intinct (dip) the bread in the wine and place it in your open hand.

Bread and wine (common cup): Proceed to the left (lectern) side, lining up from the center, Standing or kneeling. You will receive bread in your hand, which you should immediately consume, and then you will drink from the chalice. Touching only the base of the chalice, you may assist in directing the wine to your lips. Please do not touch the upper part of the chalice or intinct the bread.

Bread only: Either side. If you are on the right side, indicate to the priest bread only. If you are on the left side, after receiving bread you may leave the altar or cross your arms over your chest to indicate no wine.

If you or your child wish to receive a priest's blessing instead of bread and wine, please come to the pulpit side and cross your arms over your chest.

COMMUNION HYMNS

"Alleluia, Alleluia! Give thanks to the risen Lord" Hymnal #178

"Fairest Lord Jesus" Hymnal #283

POST-COMMUNION PRAYER (BCP p. 365)

After Communion, the Celebrant says

Let us pray.

Celebrant and People

Eternal God, heavenly Father,
you have graciously accepted us as living members
of your Son our Savior Jesus Christ,
and you have fed us with spiritual food
in the Sacrament of his Body and Blood.
Send us now into the world in peace,
and grant us strength and courage
to love and serve you
with gladness and singleness of heart;
through Christ our Lord. Amen.

BLESSING (BCP p. 366)

The Priest blesses the people, saying

The blessing of God Almighty, the Father, the Son, and the Holy Spirit, be upon you and remain with you for ever. **Amen.**

RECESSIONAL HYMN

"God is love, let heaven adore Him"

Hymnal 379

DISMISSAL (BCP p. 366)

Celebrant Let us go forth in the name of Christ. Alleluia, alleluia.

People Thanks be to God. Alleluia, alleluia.

POSTLUDE

Prayer after Communion

In this prayer of thanksgiving for the gifts of grace we are given in the Communion we ask God to send us out into the world as ambassadors and manifestations of the good news of the Gospel. It is important to remember that the prayers we have prayed during the Eucharist and the Body and Blood of Jesus we have received during the Communion are not our own private gifts, but are gifts given to us to share with all the world.

The Blessing and Dismissal

In the blessing and dismissal, we are reminded that we carry the peace and love we have received from Christ into the world. We are challenged to live out the Gospel in our lives outside the walls of the church so that others may see and be drawn into new life in Christ.

ANNOUNCEMENTS



CONGRATULATIONS GRADUATES



Namiah Adkins 5th Grade Graduate

Jack Holt Graduate Springfield High School, will be attending North

American Lineman Center

Sarah Holt Western Kentucky University B.A. Civil Engineering **Olivia Hood** Graduate Arlington High School, Summa Cum Laud

Ophelia Potts 5th Grade Graduate

Wade Smith Texas State University, Summa Cum Laude, B.F.A.

Theater Production

Ryleigh Welsh Washington State University, B.A. Political Science

Rebecca Williams Columbia University, Economics-Political Science, will be

attending Georgetown Law School

TRINITY TITHING OUTREACH GRANT

Two years ago Trinity launched the Tithing Outreach Grant program, to support our vision of seeking and serving Christ in all persons, loving our neighbor as ourselves, striving for justice and peace among all people, and respecting the dignity of every human being. We are pleased to announce 2 programs that will be receiving our funding this quarter:

• Project Transformation - VOLUNTEERS STILL NEEDED!

As a partner church for Project Transformation, Trinity has promised to provide volunteers to read with children on the mornings of *June 30 through July 3* and to *provide supper for the interns on July 1 and 2*. Held at Forest Street United Methodist Church each year, Project Transformation day camp is a safe and fun place for school age children to spend their summer days and increase their literacy and social/emotional skills. if you would like to help, please contact either Anne Finley (931) 206-4918 or Allison Graham (931) 216-0349. To learn more about Project Transformation visit https://projecttransformation.org/tennessee/.

Judy's Hope

Participants of Judy's Hope will find a safe, Christ-oriented environment that will allow women to live alone with their child(ren) in a tiny house while developing the skills needed to step out on their own. To learn more about Judy's Hope visit https://www.judyshope.org/.

Today, the Invite, Welcome and Connect Committee will talk briefly during coffee hour about how everyone in the congregation can actively participate in the Invite.Welcome.Connect initiative.

Credo: Confirmation Class for Adults / 8:45 a.m.

Credo at Trinity Parish is a course that invites all people who are seeking to be confirmed or received into Episcopal church/Anglican Communion for the Rite of Confirmation. Those wishing to be confirmed will receive the sacrament of confirmation on Trinity Sunday, June 15, with Bishop John Bauerschmidt.

• TODAY is last Sunday for all classes, EXCEPT CONFIRMATION class. Be on the lookout for announcements over the summer. Children and Youth ministries are always open to new volunteers. Please contact the church office, Maryalice Telford, or Father Chad to learn more about working with children's ministry!



The first group walk is **TODAY** at the Greenway following the 10 a.m. service. We will meet in the church parking lot at 11:45 or you can meet us at the Greenway at noon at the Polard Road trail. However, so we don't inadvertently leave anyone, you must let Larry Faust, larry.faust@att.net, know you will be attending.

Due to the Memorial Day weekend holiday, Trinity's nursery staff will be taking the weekend off, therefore nursery will be unavailable next Sunday, May 25. Nursery will resume and be available Sunday, June 1, and through the summer months.

Vacation Bible School - Register and/or Volunteer NOW!

Trinity's Vacation Bible School (VBS) will be held July 28 – August 1. Get ready for "Camp Chaos" VBS! This summer, you and your kids can spend a few days at a campsite in the forest. But watch out — things are starting to get a little crazy at Camp Chaos. Camp Chaos VBS focuses on five of the Gospels' most chaotic stories. Together, you and your VBS kids will learn how "Jesus is our peace in a chaotic world."



VBS Registration and Volunteer Sign Ups are live now! Visit trinityparish.com/vbs/ or scan the QR code to register and/or volunteer today!

May is National Mental Health Awareness Month

Mental health is a fundamental part of our daily lives, all throughout the year. Each May, as part of Mental Health Awareness Month, we acknowledge the role mental health plays in the way we exist as individuals, and as a society. Here at Trinity, we acknowledge the role our Christian faith plays in our lives, including our own good mental health. As we celebrate the Easter season with open arms let's remember to reach out to those who may be struggling to find faith, connection, and purpose.

Chair Yoga is Back - Saturday mornings 10:30 a.m.

This class prepares participants at all fitness levels for everyday life. A chair is used for confidence and support while doing a variety of exercises designed to increase flexibility, balance and range of movement. Sturdy athletic shoes are recommended but optional. For information and questions, call or text SHANTI AT 386-681-7081 or email shanti.kamananda@gmail.com.

TRINITY PARISH CALENDAR OF EVENTS!

For a complete calendar with descriptions visit

<u>https://trinityparish.com/events/</u> or refer to the Talk of Trinity email newsletter.

Tuesday, May 20

Vestry meeting, 6 p.m.

Friday, May 23

Men of Trinity, 6 p.m. The Men of Trinity meet for a meal and fellowship on third Fridays from 6-8 p.m. in the Parish Hall. All the men of Trinity are invited!

Tuesday, May 27

Open Arms Support Group: Supporting those in the LGBTQ+ community in a safe space. Open Arms meets the last Tuesday of every month in the parish hall, 6 p.m.

June 8

Day of Pentecost – **International Potluck**: We invite everyone to celebrate Pentecost Sunday with an International Potluck following the 7:30 and/or the 10 a.m. services. Share your favorite dishes from your culture or family traditions! Whether it's a savory main course, delicious side, or sweet dessert. Please label your food with name and any dietary information (e.g. vegetarian, gluten-free, nuts). Please let the church office know if you need to: 1. Bring a slow cooker to keep food warm 2. Warm up any food prior to serving.

June 15

Trinity Sunday: Holy Eucharist with Confirmation

The Rt. Rev'd John Bauerschmidt, Bishop of Tennessee Presiding Join us Sunday, June 15, for Trinity Sunday and the Bishop's Visitation. We will celebrate "the one and equal glory of Father, Son, and Holy Spirit". We will also celebrate the Sacrament of Confirmation. *Please note there will be ONE SERVICE at 10 a.m. on this Sunday.*

The Staff of Trinity Church

The Rev. Chad McCabe, Rector cmccabe@trinityparish.com

Kelly Loy & Lisa Mejeun, Nursery

Bethany Kelly, Parish Administrator bethany@trinityparish.com

Beverly Kimbrough, Treasurer Chris Smith, Lead Verger

Nathanial Olmos, Jamie Loy, Casey Williams Livestream/AV

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SUNDAY SERVICES

7:30 am | Holy Eucharist Rite I 10:00 am | Holy Eucharist Rite II

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