

**Full** } *Even the*  
**to** } *stones cry*  
**the** } *out*  
**Brim**

**Trinity Presbyterian Church  
Arlington, Virginia**

**Service for the Lord's Day  
Sunday, April 13, 2025**

Palm/Passion Sunday  
Worshipping in Calvin Hall and the Sanctuary  
9:00 AM and 11:15 AM



# Service for the Lord's Day

April 13, 2025  
Palm/Passion Sunday

Welcome.

We are glad that you are here.

As an inclusive community of faith, we welcome you just as you are. We celebrate that God's love and grace extends to all, and affirm that each person has sacred worth.

So take a moment.

Breathe.

## **9:00 AM Contemporary Order of Worship**

*(For the lyrics and scripture text, click on the underlined text or go to the end of the bulletin. This service is recorded and livestreamed. Those in the first three rows in the center section might be visible on camera.)*

### **Gathering Music**

*Hosanna (Praise is Rising)*  
Paul Baloche and Brenton Brown

### **Opening Prayer**

### **Song**

*Shout to the Lord*  
Darlene Zschech

### **Welcome and Announcements**

*Please take this time to sign and pass the red Friendship Pads down the row and back.*

### **Children's Message and Palm Parade for the whole congregation**

### **Song for Palm Parade**

*Hosanna (Praise is Rising)*  
Paul Baloche and Brenton Brown

*\*Children are invited to attend Godly Play after the Message or to remain in worship.*

### **Greeting Time**

### **Reading**

Psalm 118:1-2, 19-29  
Luke 19:28-40

### **Sermon**

Full to the Brim: Even the Stones Cry Out  
Rev. Judith Fulp-Eickstaedt

### **Song**

*You Are Holy*  
Mac Imboden, Tammi Rhoton

### **Joys and Concerns**

### **Prayers of the People and Lord's Prayer**

### **Invitation to Stewardship**

[www.trinityarlington.org/GIVE](http://www.trinityarlington.org/GIVE)

## Offertory

### *We Believe*

Matthew Hooper, Richie Fike, Travis Ryan

**Responsive Affirmation and Dedication** *Paraphrased from and inspired by Luke 19:28-40*  
**Please join me in the responsive affirmation and dedication.**

Go to the village ahead of you, and you will find a colt tied there. Untie it and bring it here. If anyone asks you, say, “The Lord needs it.”

**We believe in a God of surprises.**

**We believe in a God with a sense of humor.**

**We believe that there are things we may never understand,  
but we believe that even in the mystery, God is there.**

They brought it to Jesus, threw their cloaks on the colt, and put Jesus on it. As he went along, people spread their cloaks on the road.

**We believe in giving what we have.**

**We believe that actions of generosity change us.**

**We dare to believe that these small acts can change the world.**

The whole crowd of disciples began joyfully praising God in loud voices for all the miracles they had seen.

**We believe in a God who is a miracle-maker.**

**We believe in a God of good news.**

**We believe this good news is so good that we cannot help but sing.**

Some of the Pharisees in the crowd said to Jesus, “Teacher, rebuke your disciples!”

**We believe there will be forces that try to silence  
what is just, good, hopeful, and generous.**

**We do not believe those voices will have the last word.**

“I tell you,” Jesus replied, “if they keep quiet, the stones will cry out.”

**We believe, at the end of the day, love will find a way.**

**We believe.**

**Help our unbelief.**

**In Christ’s name we pray. Amen.**

## Song

### *The Wonderful Cross*

Chris Tomlin, Isaac Watts, J. D. Walt, Jesse Reeves, Lowell Mason

## Benediction

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## Hosanna (Praise is Rising)

### **Verse 1**

Praise is rising  
Eyes are turning to You  
We turn to You  
Hope is stirring  
Hearts are yearning for You  
We long for You

### **Pre-Chorus**

'Cause when we see You  
We find strength to face the day  
In Your presence  
All our fears are washed away  
Washed away

### **Chorus**

Hosanna hosanna  
You are the God who saves us  
Worthy of all our praises  
Hosanna hosanna  
Come have Your way among us  
We welcome You here Lord Jesus

### **Verse 2**

Hear the sound of  
Hearts returning to You  
We turn to You  
In Your Kingdom  
Broken lives are made new  
You make us new

### **Pre-Chorus**

### **Chorus**

### **Chorus**

### **Ending**

Hosanna hosanna  
Hosanna hosanna

## Shout To The Lord

### **Verse**

My Jesus, my Savior,  
Lord there is none like You.  
All of my days I want to praise  
The wonders of Your mighty love.  
My comfort, my shelter,  
Tower of refuge and strength,  
Let every breath, all that I am  
Never cease to worship You.

### **Chorus**

Shout to the Lord  
All the earth let us sing.  
Power and majesty,  
Praise to the King.  
Mountains bow down  
And the seas will roar  
At the sound of Your name.  
I sing for joy  
At the work of Your hands.  
Forever I'll love You.  
Forever I'll stand.  
Nothing compares to the promise  
I have in You.

### **Verse**

### **Chorus**

## You are Holy

### Verse

You are holy (You are holy)  
You are mighty (You are mighty)  
You are worthy (You are worthy)  
Worthy of praise (worthy of praise)  
I will follow (I will follow)  
I will listen (I will listen)  
I will love You (I will love You)  
All of my days (all of my days)

### Chorus 1

I will sing to and worship  
The King who is worthy  
And I will love and adore Him  
And I will bow down before Him  
And I will sing to and worship  
The King who is worthy  
And I will love and adore Him  
And I will bow down before Him  
You're my Prince of Peace  
And I will live my life for You

### Chorus 2

You are Lord of lords You are King of kings  
You are mighty God Lord of ev'rything  
You're Emmanuel You're the Great I Am  
You're the Prince of Peace who is the Lamb  
You're the living God You're my saving grace  
You will reign forever You are Ancient of Days  
You are Alpha Omega Beginning and End  
You're my Savior Messiah Redeemer and Friend  
You're my Prince of Peace  
And I will live my life for You

### Verse

### Chorus 1

### Chorus 1

### Chorus 2

### Chorus 2

### Ending

You're my Prince of Peace  
And I will live my life for You

## We Believe

### Verse 1

In this time of desperation  
When all we know is doubt and fear  
There is only one foundation  
We believe  
We believe

### Verse 2

In this broken generation  
When all is dark, You help us see  
There is only one salvation  
We believe  
We believe

### Chorus

We believe in God the Father  
We believe in Jesus Christ  
We believe in the Holy Spirit  
And He's given us new life  
We believe in the crucifixion  
We believe that He conquered death  
We believe in the resurrection  
And He's comin' back again  
We believe

### Verse 3

So, let our faith be more than anthems  
Greater than the songs we sing  
And in our weakness and temptations  
We believe  
We believe

### Chorus

### Bridge

Let the lost be found and the dead be raised  
In the here and now, let love invade  
Let the church live loud, our God, we'll say  
"We believe, we believe"  
And the gates of hell will not prevail  
For the power of God has torn the veil  
Now we know Your love will never fail  
We believe, we believe

### Chorus

### Ending

He's comin' back again  
He's comin' back again  
We believe  
We believe

### The Wonderful Cross

#### **Verse 1**

When I survey the wondrous cross  
On which the Prince of Glory died  
My richest gain I count but loss  
And pour contempt on all my pride.

#### **Verse 2**

See from His head His hands His feet  
Sorrow and love flow mingled down.  
Did e'er such love and sorrow meet,  
Or thorns compose so rich a crown?

#### **Chorus**

O the wonderful cross

O the wonderful cross  
Bids me come and die and find  
That I may truly live.  
O the wonderful cross  
O the wonderful cross  
All who gather here by grace  
Draw near and bless Your name.

#### **Verse 3**

Were the whole realm of nature mine  
That were an offering far too small.  
Love so amazing so divine  
Demands my soul my life my all.

#### **Chorus**

#### **1/2 Chorus**

O the wonderful cross  
O the wonderful cross  
Bids me come and die and find  
That I may truly live.



## Psalm 118

O give thanks to the LORD, for he is good; his steadfast love endures forever!

Open to me the gates of righteousness, that I may enter through them and give thanks to the LORD.

This is the gate of the LORD; the righteous shall enter through it.

I thank you that you have answered me and have become my salvation.

The stone that the builders rejected has become the chief cornerstone.

This is the Lord's doing; it is marvelous in our eyes.

This is the day that the LORD has made; let us rejoice and be glad in it.

Save us, we beseech you, O LORD! O LORD, we beseech you, give us success!

Blessed is the one who comes in the name of the LORD. We bless you from the house of the LORD.

The LORD is God, and he has given us light. Bind the festal procession with branches, up to the horns of the altar.

You are my God, and I will give thanks to you; you are my God, I will extol you.

O give thanks to the LORD, for he is good, for his steadfast love endures forever.

## Luke 19:28-40

After he had said this, he went on ahead, going up to Jerusalem. When he had come near Bethphage and Bethany, at the place called the Mount of Olives, he sent two of the disciples, saying, "Go into the village ahead of you, and as you enter it you will find tied there a colt that has never been ridden. Untie it and bring it here. If anyone asks you, 'Why are you untying it?' just say this, 'The Lord needs it.'" So those who were sent departed and found it as he had told them. As they were untying the colt, its owners asked them, "Why are you untying the colt?" They said, "The Lord needs it." Then they brought it to Jesus; and after throwing their cloaks on the colt, they set Jesus on it. As he rode along, people kept spreading their cloaks on the road. As he was now approaching the path down from the Mount of Olives, the whole multitude of the disciples began to praise God joyfully with a loud voice for all the deeds of power that they had seen, saying, "Blessed is the king who comes in the name of the Lord! Peace in heaven, and glory in the highest heaven!" Some of the Pharisees in the crowd said to him, "Teacher, order your disciples to stop." He answered, "I tell you, if these were silent, the stones would shout out."

**Our Thought and Prayers**  
**Please pray for the following friends and families of Trinity.**

**Concerns:**

- + **Chris Paulraj**, for successful healing and recovery after cochlear implant surgery on April 29.
- + **Art Hoffman**, recovering at home after hip replacement surgery and subsequent hospitalization.
- + **Cooper Shirley**, newborn son of the niece of **Dan Campbell**, being treated for heart issues.
- + **George Schaefer**, high school friend of **Mark Stanga**, diagnosed with hairy cell leukemia.
- + **Bill Plitt**, recently diagnosed with multiple myeloma.
- + **Kathy Fulp**, sister-in-law of pastor Judith, hospitalized with kidney and heart issues.
- + **Sek-Man Young**, **Kathy Young's** ex-husband and **Kay Miller's** father, is out of the hospital and continuing recovery at home in Shanghai, but his serious heart issues continue.
- + **Gwen Sutherland**, **Amy Arnold's** mother, in treatment for glioblastoma.
- + **Rowan Smith**, three-year old great nephew of **Laurie Setzer**, with cancer.
- + **Brian Tuskey**, brother-in-law of **Jennie Gwin**, for lymphoma return after stem cell transplant.
- + **William Sever**, friend of **Joshua Knopf**, for continued recovery.
- + **Doug Hardt**, recovering at home.
- + **Alec Gibson**, at Braddock Glen. 4027 Olley Lane, Fairfax, VA 22032
- + **Kristine Rogers**, cousin of **Jim Dykstra**, in treatment for pancreatic cancer.
- + **Sandi Thompson-Royer**, PC(USA) missionary and friend of Trinity, diagnosed with brain cancer in late May. You can follow her CaringBridge site by clicking here.
- + **Jason Ferguson**, **Janae Ferguson's** brother, recurrence of cancer. Pray for another remission.
- + **Barry Schneider**, **Troy Schneider's** uncle, with ALS.
- + **Jackie Alling**, living at Vitality assisted living.
- + **Lani**, **Nene Pisigan's** cousin, and mom of two young children, recurrence of cancer.
- + **Nene Pisigan's** parents in the Philippines, with long term illness and financial hardship.
- + **Graham Bardsley's** sister, **Kyila Sninsky**, in California, with ongoing lung and heart issues.
- + **Ron Shimabukuro**, friend of **Yvonne McIntire**, recovering at home.
- + **Brooks Bare**, for strength, comfort, healing, and patience during his incarceration.
- + **Immigrants and refugees** in many parts of the world. Displaced by war, violence, poverty, and natural disasters.
- + **Civilians on both sides of the Israeli/Hamas war**, including **Fakhira Haloun**, a Palestinian Israeli and friend of Priscilla Hoffman-Stowe. Prayers for another cease-fire.
- + **Daoud and Jihan Nassar**, for safety and to retain ownership of their land in the West Bank.
- + **For peace in Ukraine and an end to the Russian invasion into Ukrainian regions.**
- + **Genocide of Sudan and the conflict in eastern Democratic Republic of Congo.**
- + **We continue prayers for those affected by the wildfires in California and by Hurricanes Helene and Milton.**

Trinity Presbyterian Church helps sponsor the missionary work of those listed below who serve in the international field. We also support them with our prayers: **Sharon Kandel**, South Sudan; **Mark Adams** and **Miriam Maldonado** (husband and wife) on the US/Mexico border; **Larry** and **Inge Sthresley**, Republic of Congo; **Elmarie** and **Scott Parker**, Lebanon and Syria; **Eliane Menezes** in Guatemala, and **Doug Dicks** for Israel/Palestine. We will be continuing our support of ecumenical global partners as the PCUSA shifts its model for international engagement.



# Life of the Church and Announcements

## April 2025

### Holy Week and Easter at Trinity

#### Palm Sunday

As we celebrate in community on Sunday, April 13, please note that there will be NO children's Sunday School classes on this date.

#### Good Friday

On Friday, April 18, we will have a Good Friday Tenebrae service beginning at 7:30 p.m. The tenebrae service or "service of darkness," helps us remember Christ's death as we prepare for Easter. As the story of Christ's trial and crucifixion is read, candles are extinguished to symbolize the light of Christ leaving the world. This year's service will include choral anthems and cello accompaniment. If you would like to be a reader for this service, please contact pastor Judith. [pastorjudith@trinityarlington.org](mailto:pastorjudith@trinityarlington.org).

#### Easter Brunch Helpers Needed

Enjoy our traditional potluck brunch and fellowship on Easter Sunday between services from 7:30 a.m. - 10:45 a.m. in Fellowship Hall. Bring a breakfast dish and come and go at your convenience. Warm casseroles are greatly appreciated. Other options include pastries, fruit, bagels, and deviled eggs! You are welcome to drop off cold dishes in the Fellowship Hall kitchen the day before (please label for "Easter Brunch"). Please sign up to help with set-up, hosting, or cleanup at: <https://www.signupgenius.com/go/30E0C4EAEA829A4FD0-55992833-easter>.



#### Easter Sunday

- 7:00 a.m. Sunrise Service in the Outdoor Chapel (*no childcare available for this service*)
- 7:30 a.m. Easter Brunch in Fellowship Hall (*ends at 10:45 a.m.*)
- 9:00 a.m. Contemporary Worship in Calvin Hall
- 11:15 a.m. Traditional Worship in the sanctuary; continuing our tradition, celebratory music for organ and brass quintet will precede the service. Music begins at 11:00 a.m.

#### Flowering Cross Easter Morning

We invite you to bring flowers to put on the wooden cross on the front lawn of Trinity on Easter morning.

#### Easter Lily Form

We invite you to place a lily in the Sanctuary in honor or in memory of a loved one for Easter. Each gift will be recognized in the bulletins on Easter Sunday. Please complete this form by April 14. [You can also fill out the form online.](#) A donation of \$20 via check or online ([www.trinityarlington.org/give](http://www.trinityarlington.org/give)) (memo "Lily Memorial Gift") is suggested. A sample entry is:

*The Knox family, in memory of John Knox, father and grandfather, with gratitude to God.*

Your name as you wish it to appear in the bulletin. (ex. "Smith family" or "John and Margaret Knox")

Circle one:    In honor of    In memory of

Their relationship to you (My uncle; Our grandmother, partner, etc.)

Any additional text (One line, please) \_\_\_\_\_

## Contribution Statements for Tax Day, April 15th

To save paper, time, and money, Trinity did not mail Contribution Statements to all contributors this year. Our Church Connect system allows you to access the Statements yourself by following the instructions provided below:

<https://tpcarlington.churchtrac.com/givingstatements>.

Please contact Carol Hart, our treasurer at [carol.h.hart@treasurer.com](mailto:carol.h.hart@treasurer.com) with any questions or if you would like her to mail a paper statement to you. If you have trouble accessing your Church Connect account contact Ben Stewart at [ben@trinityarlington.org](mailto:ben@trinityarlington.org)

## Youth Mission Trip July 27 - August 2, 2025

**Attention Trinity Adults!** The Youth Mission Trip is in need of at least **one male chaperone!** The mission trip will be from July 27th - August 2nd this summer. Come join us and invest in both the youth program and the community that we will serve. If you have any questions, please let Keeley know [youth@trinityarlington.org](mailto:youth@trinityarlington.org).

## PIZZA and PRAYER

### Pastoral Care During a Time of Transition and Change.

On Friday we host our “**Pizza and Prayer**” drop-in group, a time and place in support for those in our community who are affected by the changes that are happening at this time or by those yet to be determined. As we continue to gather, our next meeting is scheduled for **Friday, May 9, at 7:00 pm** in the **Lewis Room**. Beginning in May we will be meeting on the **second Friday** of each month.

ALL ARE WELCOME!

In addition, Pastor Judith continues to be available for individual counseling and prayer. Please e-mail her directly to set up an appointment at [pastorjudith@trinityarlington.org](mailto:pastorjudith@trinityarlington.org).

## L'Arche Greater Washington D.C.

Join the L'Arche Greater Washington D.C. community at their annual Heart of L'Arche Fundraiser on April 27 at Wolf Trap in Vienna. There will be gourmet food & drink, live music, a silent auction, and an inspiring program—with Special Olympics Chairman Tim Shriver as the special guest.

All are welcome, including kids! RSVP by April 7th by calling (202) 232-4539 or at [larche-gwdc.org/heartoflarche25](http://larche-gwdc.org/heartoflarche25).



## EXPRESS YOURSELF!!!!



Everybody has an opinion....and we would love to hear yours!!! In May, as part of their retreat, the **Session** will examine the current ministry system – taking a deep dive into our structure and processes. Questions like, “What works?” and “What doesn’t?” are just the start of this important self-evaluation project.

It would be helpful to hear from people who are presently part of a ministry or who have been part of a ministry team in the past. Please take a few minutes to fill out this short questionnaire and share your thoughts. Thanks, in advance, for helping us to continue growing forward.

<https://tpcarlington.churchtrac.com/ministrysurvey>

## One Great Hour of Sharing (OGHS)

We will be collecting the One Great Hour of Sharing offering now through Easter. This offering supports efforts to relieve hunger through the *Presbyterian Hunger Program*, promote development through the *Presbyterian Committee on the Self-Development of People*, and assist in areas of disaster through *Presbyterian Disaster Assistance*. All three programs work in different ways to serve individuals and communities in need. From initial disaster response to ongoing community development, their work fits together to provide people with safety, sustenance, and hope. There is particular need this year as our world faces many challenges both in the US and across the globe.



Special offering envelopes will be available on the welcome tables during contemporary worship services, and in the sanctuary pew racks during traditional worship services. You can also give online on our website, choosing "One Great Hour of Sharing" from the dropdown menu of donation designations



**We are thrilled to announce that Trinity's own Susan Morrissey has been selected and approved for the role of Director of Trinity Preschool.**

Susan became a teacher at Trinity 24 years ago, after her own children attended. On top of being an incredible and engaged teacher, she was a member of the PALS creation task force, served on the Board multiple times, and has served in numerous volunteer positions within our broader community. It would be difficult, if not impossible, to find someone more dedicated to Trinity Preschool and our children. The selection committee is confident that Susan is the best candidate for the position. We believe she will be a strong leader who is able to continue the work and legacy of the current Director, Sabrina Brassard, and all those before her, who have worked to make Trinity the amazing community and school it is today.

Susan will stay on with her current classroom until the end of the year but will be working closely with Sabrina on transitioning the details of the role. She will officially take over as Director on Monday, June 9th, after school ends.

## Safe Community Coalition

Join the Safe Community Coalition on April 23 at 7:00 p.m. at MCC's Alden Theatre for Turning Setbacks into Success with author Michelle Icard. Based on her recent book, "8 Setbacks That Can

"Make a Child a Success", the talk helps parents know when to step in or step back as kids navigate challenges like friendship struggles, rule-breaking, and self-doubt.

With 20+ years in education and parenting research, Icard shares insights with humor and empathy. Ideal for parents & caregivers of kids in grades 3–12. Tickets: \$15 pre-sale or \$20 at the door. Proceeds benefit SCC. Book sale and signing follows.



### **Managing Family Stress Workshop with Rich Long**

On **Wednesday, April 23rd at 7:00 p.m.** in the **Lewis Room**, Rich Long will lead this workshop on the important topic of helping your family manage the stress of these demanding times.

Stress is an unavoidable part of life. Now, many are caught in a maelstrom impacting how we think of ourselves, provide for our families, and how to go forward. While some talk about the advantages of stress to propel change, mostly it is an unwelcomed visitor. This workshop will provide you with some ideas on how to identify when your stress is affecting your loved ones and how to teach your children how they can learn to cope with their stress.

## **Spiritual Formation Opportunities**

### **The Nicene Creed**

"Who is Jesus?" We might be confident in how we'd answer that question today, but 1700 years ago, Christians were far less certain. Hundreds of church leaders met to hash out this question, and the outcome of the discussion was far from certain - someone even got punched!

This series will explore the Nicene Creed, the answer to that question early Christians came up with. We'll discuss why this question matters, how this Creed was created, what it says, and why it all matters for us today. Classes begin the first Sunday of Lent and will run until Palm Sunday." Luke Bultena will lead this class in the Lewis Room.

If you missed Luke's class last week, you could listen back to it here and have your very own copy of the Nicene Creed.

<https://drive.google.com/drive/folders/1GZUF7kE0XQFLskBIGUqDMMbxzllroqp>



### **Meditation Group**

The Meditation Group is once again meeting in the Meditation Room on Sunday mornings from 10:10 a.m. to 11:00 a.m. We explore meditation philosophy and practice, spending 30 minutes in meditation—sometimes in silence, with guided audio, or quiet music.

Everyone is welcome to join for one meeting or all of them. If you're looking for a small group connection at Trinity without having to talk or listen to others talk all the time, this is the perfect space for you! Come experience how silence can deepen your connection with God and others.

### **Caregivers Support Group**

This weekly Zoom call with other caregivers, Pastor Judith, and Katherine Nichols (*Commissioned Ruling Elder*), is a place to talk, get strength from each other, and pray. Weekly Zoom calls happen

on Tuesdays, noon -1:00 p.m. Contact Pastor Judith or Katherine to get on the email list or see the E-news or announcements in the church app for the Zoom link.

### **Just Coffee**

Knox Room (Preschool Building)

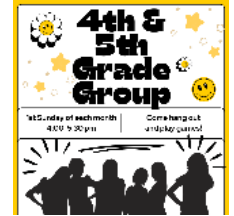
A place to gather informally, drink coffee, eat pastries, and get to know people.

### **Sunday Afternoon Virtual Coffee Hour**

Sundays at 4:00 p.m. Pastor Judith and Katherine Nichols host a zoom chat. We talk about what happened in worship, the sermon, and just about anything else you can think of. See the Wednesday e-news or announcements in the church app for the link.

### **4th and 5th Grade Group**

This group meets once a month and is a time for our fourth and fifth graders to get to know each other outside of Sunday school. We will play games and talk about life and faith. Led by Ben and Keeley, the next gathering will be on **May 4, from 4:00 p.m. - 5:30 p.m.** For more information please contact either Ben at [Ben@trinityarlington.org](mailto:Ben@trinityarlington.org) or Keeley at [youth@trinityarlington.org](mailto:youth@trinityarlington.org).



**Youth** 6-12<sup>th</sup> grade meets each Sunday at 10:10 a.m. for Sunday School and from 5:30 p.m. – 7:00 p.m. for weekly Youth Group activities.

*Trinity adults: consider signing up to chaperone at Sunday evening Youth Group! Let Keeley know if you are interested or have any questions*

## **VBS Registration is OPEN**

***The DEADLINE to sign-up is April 30th***

June 23<sup>rd</sup> – 27<sup>th</sup> from 9 am - Noon

Cost: \$100 per child

Scholarships are available for families that need help with the cost.

***"Three adults are still needed for VBS!"***

We are still looking for volunteers and especially need adults to be the group leaders for Preschool groups, even for a couple of days. The role will involve walking the group to each rotation. If you can help during the week, please let Shakti know at [trinityarlingtonvbs@gmail.com](mailto:trinityarlingtonvbs@gmail.com).



## **New Mental Health Blog by Rich Long**

**"Why is watching the news driving me nuts, and what can I do about it?"**

Thoughts on how to modulate your emotional responses to all the information coming at you these days.

**Managing Career Stress**

Any uncertainty is a challenge, and professional changes are always anxiety-provoking, Here are some thoughts on managing career stress during times of uncertainty.



## **Waking Up at 3 AM**

Here are some thoughts on understanding what is happening to your mind in the middle of the night, how to navigate it, and move forward in healthy ways.

You can use this QR Code or the link below to access all 3 blog posts →

<https://tpcarlington.churchtrac.com/mentalhealthblog>



## **Ways to Serve in the Community and in the Church**

### **Upcoming Fellowship Volunteer Opportunities**

Fellowship Ministry is looking for volunteers to coordinate an upcoming gathering. Opportunities include ***Easter potluck brunch*** and the ***June 8th picnic***. Detailed instructions are available – no experience required! Please text Ellen Greer (202-236-1300) or email [trinityfellowshipmin@gmail.com](mailto:trinityfellowshipmin@gmail.com) for more details and to volunteer!



### **Do You Play Piano or Keyboard?**

The Contemporary Service's Praise Band would love to have you bring your talents to worship -- whether for one song or every week. Practices are held on Wednesday evenings at 7:00 p.m., and ALL interested musicians and singers are welcome. To learn more email Alan MacEwen at [cwl@trinityarlington.org](mailto:cwl@trinityarlington.org).

### **Serving with S.O.M.E.**

Trinity has been preparing breakfast for over 30+ years on the 3<sup>rd</sup> Monday of the month for SOME (So Others May Eat <https://some.org/get-involved/volunteer/>) in DC. They have recently completed a renovation of the kitchen, dining room and building at [71 O Street NW](#).

TPC resumed this local mission support last December. Breakfast preparation consists of 3-4 people arriving at 6:00 a.m. (*finishing by 7:30 a.m.*) and cooking eggs, sausages, grits and other duties as needed. It's a great way to start the morning and support people in need. Visit the sign-up genius link to volunteer (calendar set up through Dec. 2025) - for more information contact Todd Parker (703-237-7699). <https://signup.com/go/eahNdeL>

## **Get Connected**

### **Social Media Photograph Release Form (*please fill this out*)**

The Outreach ministry would like to be able to use more photos of Trinity members "in action" on our website and social media platforms. We respect that some people would prefer not to have their images on public platforms, so we are asking for a simple photo release from each Trinity household.



Use the [Church Connect link](#) to review and sign the Photograph Release Form.

### **Do You Have Items for the Bulletin?**

Reminder that if you have announcements, prayer requests, Moments for Mission, or anything else for the bulletin, please send an email to [office@trinityarlington.org](mailto:office@trinityarlington.org). For announcements to be put in the bulletin for Sundays, please send them no later than noon on **Wednesdays**.

*Thank you for helping to keep our community informed!*



## Trinity Presbyterian Pastor and Staff

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Education & Nurture	Michelle Edwards	Merrit Gillard
Facilities	Jay Daugherty	Lynn Pollock
Fellowship	Ellen Greer / Kim Whittaker	Patrick Merkel
Finance	Lance Bultena	Allison Andrews
Mission & Service	Terry Cathopoulos	Steve Hufford
Outreach	Tim Foley	Tim Foley
Pastoral Care	Katherine Nichols	Beth Bailey/Jennifer McGrail
Worship & Music	Grace Montgomery	Pam Michell/Henry Stievater
Racial Justice	Dan Campbell	Julie Bradscher

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