



TRINITY

EPISCOPAL CATHEDRAL
A house of prayer for all people

The Second Sunday in Lent
March 1, 2026, 8 a.m.

***Welcome:** Whether you are a first-time visitor or a long-time member, we are honored to worship with you today. If you are searching for a church home, we would love to tell you more about this congregation and to learn more about you. Fill out a visitor card found in the back of the pew in front of you, drop it in the offering plate, and we'll be in conversation with you this week. Above all, please know that this is your Cathedral, and all are welcome.*

THE HOLY EUCHARIST, RITE I

All stand as the ministers enter the Cathedral.

THE PENITENTIAL ORDER

Celebrant Bless the Lord who forgiveth all our sins.

People **His mercy endureth for ever.**

Celebrant If we say that we have no sin, we deceive ourselves, and the truth is not in us; but if we confess our sins, God is faithful and just to forgive our sins, and cleanse us from all unrighteousness. *1 John 1:8, 9*

THE CONFESSION OF SIN

Deacon Let us humbly confess our sins unto Almighty God.

All kneel or stand.

Silence may be kept.

Deacon and People

Most merciful God, we confess that we have sinned against thee in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved thee with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of thy Son Jesus Christ, have mercy on us and forgive us; that we may delight in thy will, and walk in thy ways, to the glory of thy Name. Amen.

Celebrant Almighty God, our heavenly Father, who of his great mercy hath promised forgiveness of sins to all those who with hearty repentance and true faith turn unto him, have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and bring you to everlasting life; through Jesus Christ our Lord.
Amen.

All stand.

THE KYRIE

Celebrant Lord, have mercy upon us.

People **Christ, have mercy upon us.**

Celebrant Lord, have mercy upon us.

THE COLLECT OF THE DAY

Celebrant The Lord be with you.

People **And with thy spirit.**

Celebrant Let us pray.

O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from thy ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of thy Word, Jesus Christ thy Son; who with thee and the Holy Spirit liveth and reigneth, one God, for ever and ever. **Amen.**

All sit.

THE FIRST READING

GENESIS 12:1-4A

The LORD said to Abram, “Go from your country and your kindred and your father’s house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed.”

So Abram went, as the LORD had told him; and Lot went with him.

Lector The Word of the Lord.

People **Thanks be to God.**

PSALM 121 *Levavi oculos*

I lift up my eyes to the hills; *
from where is my help to come?

My help comes from the LORD, *
the maker of heaven and earth.

**He will not let your foot be moved *
and he who watches over you will not fall asleep.**

**Behold, he who keeps watch over Israel *
shall neither slumber nor sleep;**

**The LORD himself watches over you; *
the LORD is your shade at your right hand,**

**So that the sun shall not strike you by day, *
nor the moon by night.**

**The LORD shall preserve you from all evil; *
it is he who shall keep you safe.**

**The LORD shall watch over your going out and your coming in, *
from this time forth for evermore.**

THE SECOND READING

ROMANS 4:1-5, 13-17

What then are we to say was gained by Abraham, our ancestor according to the flesh? For if Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say? “Abraham believed God, and it was reckoned to him as righteousness.” Now to one who works, wages are not reckoned as a gift but as something due. But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness.

For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation.

For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, “I have made you the father of many nations”) —in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

Lector The Word of the Lord.

People **Thanks be to God.**

All stand.

THE GOSPEL

JOHN 3:1-17

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

People **Glory be to thee, O Lord.**

There was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, “Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God.” Jesus answered him, “Very truly, I tell you, no one can see the kingdom of God without

being born from above.” Nicodemus said to him, “How can anyone be born after having grown old? Can one enter a second time into the mother’s womb and be born?” Jesus answered, “Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, ‘You must be born from above.’ The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.” Nicodemus said to him, “How can these things be?” Jesus answered him, “Are you a teacher of Israel, and yet you do not understand these things?”

“Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

“For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

“Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.”

*Deacon
People*

The Gospel of the Lord.

Praise be to thee, O Christ.

THE SERMON

Brother Lain Wilson, SSJE

THE 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: 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. 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

The Deacon says

Let us pray for the whole state of Christ's Church and the world, saying, "Lord, in thy mercy, hear our prayer."

All kneel or stand.

The Deacon and People pray responsively

Almighty and everliving God, who in thy holy Word hast taught us to make prayers, and supplications, and to give thanks for all men: Receive these our prayers which we offer unto thy divine Majesty, beseeching thee to inspire continually the Universal Church with the spirit of truth, unity, and concord; and grant that all those who do confess thy holy Name may agree in the truth of thy holy Word, and live in unity and godly love.

Deacon Lord, in thy mercy,

People **Hear our prayer.**

Give grace, O heavenly Father, to all bishops and other ministers, that they may, both by their life and doctrine, set forth thy true and lively Word, and rightly and duly administer thy holy Sacraments.

Deacon Lord, in thy mercy,

People **Hear our prayer.**

And to all thy people give thy heavenly grace, and especially to this congregation here present; that, with meek heart and due reverence, they may hear and receive thy holy Word, truly serving thee in holiness and righteousness all the days of their life.

Deacon Lord, in thy mercy,

People **Hear our prayer.**

We beseech thee also so to rule the hearts of those who bear the authority of government in this and every land, that they may be led to wise decisions and right actions for the welfare and peace of the world.

Deacon Lord, in thy mercy,

People **Hear our prayer.**

Open, O Lord, the eyes of all people to behold thy gracious hand in all thy works, that, rejoicing in thy whole creation, they may honor thee with their substance, and be faithful stewards of thy bounty.

Deacon Lord, in thy mercy,
People **Hear our prayer.**

And we most humbly beseech thee, of thy goodness, O Lord, to comfort and succor all those who in this transitory life, are in trouble, sorrow, need, sickness, or any other adversity.

Deacon Lord, in thy mercy,
People **Hear our prayer.**

And we also bless thy holy Name for all thy servants departed this life in thy faith and fear, beseeching thee to grant them continual growth in thy love and service; and to grant us grace so to follow the good examples of all thy saints, that with them we may be partakers of thy heavenly kingdom.

Deacon Lord, in thy mercy,
People **Hear our prayer.**

Grant these our prayers, O Father, for Jesus Christ's sake, our only Mediator and Advocate. **Amen.**

THE PEACE

Celebrant The peace of the Lord be always with you.
People **And with thy spirit.**

Then all may greet one another in the name of the Lord.

THE HOLY COMMUNION

*At this time ushers collect an offering from the congregation.
Use the QR code to make a plate offering.*



THE GREAT THANKSGIVING

Celebrant The Lord be with you.
People **And with thy spirit.**

Celebrant Lift up your hearts.
People **We lift them up unto the Lord.**

Celebrant Let us give thanks unto our Lord God.

People **It is meet and right so to do.**

It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, holy Father, almighty, everlasting God...

...Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying,

THE SANCTUS

Holy, holy, holy, Lord God of Hosts:

Heaven and earth are full of thy Glory.

Glory be to thee, O Lord Most High.

Blessed is he that cometh in the name of the Lord.

Hosanna in the highest.

All stand or kneel.

Celebrant All glory be to thee, O Lord our God, for that thou didst create heaven and earth, and didst make us in thine own image; and, of thy tender mercy, didst give thine only Son Jesus Christ to take our nature upon him, and to suffer death upon the cross for our redemption...

...By whom, and with whom, and in whom, in the unity of the Holy Ghost all honor and glory be unto thee, O Father Almighty, world without end. **AMEN.**

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

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, for ever and ever. Amen.

THE BREAKING OF THE BREAD

A period of silence is kept.

Celebrant O Lamb of God, that takest away the sins of the world,

People **have mercy upon us.**

Celebrant O Lamb of God, that takest away the sins of the world,

People **have mercy upon us.**

Celebrant O Lamb of God, that takest away the sins of the world,

People **grant us thy peace.**

Celebrant and People

We do not presume to come to this thy Table, O merciful Lord, trusting in our own righteousness, but in thy manifold and great mercies. We are not worthy so much as to gather up the crumbs under thy Table. But thou art the same Lord whose property is always to have mercy. Grant us therefore, gracious Lord, so to eat the flesh of thy dear Son Jesus Christ and to drink his blood, that we may evermore dwell in him, and he in us. Amen.

Celebrant 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.

THE ADMINISTRATION OF HOLY COMMUNION

To receive the Bread and Wine of Holy Communion, please come forward and kneel or stand at the Altar rail. Gluten-free Bread is available upon request. If you prefer not to drink the Wine, please know that receiving only Bread is a “full Communion.” If you prefer to receive a blessing instead of the Bread and Wine, come forward to the rail and cross your arms over your chest. If, for whatever reason, you prefer to receive the Bread and Wine in your pew, let your usher know.

THE POSTCOMMUNION PRAYER

Celebrant Let us pray.

Celebrant and People

Almighty and everliving God, we most heartily thank thee for that thou dost feed us, in these holy mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Savior Jesus Christ; and dost assure us thereby of thy favor and goodness towards us; and that we are very members incorporate in the mystical body of thy Son, the blessed company of all faithful people; and are also heirs, through hope, of thy everlasting kingdom. And we humbly beseech thee, O heavenly Father, so to assist us with thy grace, that we may continue in that holy fellowship, and do all such good works as thou hast prepared for us to walk in; through Jesus Christ our Lord, to whom with thee and the Holy Ghost, be all honor and glory, world without end. Amen.

THE SOLEMN PRAYER OVER THE PEOPLE

Keep this thy family, Lord, with thy never-failing mercy, that relying solely on the help of thy heavenly grace; they may be upheld by thy divine protection; through Christ our Lord. **Amen.**

THE DISMISSAL

Deacon Let us bless the Lord.

People **Thanks be to God.**

LITURGICAL LEADERS

Celebrant

The Rev. Thomas Alexander, *Curate*

Preacher

Brother Lain Wilson, *Society of St. John the Evangelist*

Assisting Priest

The Very Rev. Andrea McMillin, *Dean and Rector*

Lector and Lay Eucharistic Minister

Charliss Russ

ANNOUNCEMENTS

This week at and around the Cathedral

Today	4 p.m., Choral Evensong	4 p.m., Trinity Choristers
	4 p.m., EKC	5 p.m., Trinity Ringing Society
	5 p.m., Catechumenate	5 p.m., St. Cecilia Singers
	5:30 p.m., EYC	5:30 p.m., Community Dinner
Monday	7 a.m., Breakfast Bible Study	5:30 p.m., Healing Eucharist
	8:30 a.m., Morning Prayer	6 p.m., Koinonia Eucharist
Tuesday	8:30 a.m., Morning Prayer	6:30 p.m., Book Club
	5:30 p.m., Mardis Gras	7:30 p.m., Choral Compline
Wednesday	8:30 a.m., Morning Prayer	Thursday 8 a.m., Men's Group
	11 a.m., Bible Study	8:30 a.m., Morning Prayer
	12:15 p.m., Organ Recital	5:15 p.m. Evening Prayer
		7 p.m., Cathedral Choir Rehearsal
		Friday 7 p.m., Choir and Orchestra Concert

UPCOMING EVENTS

Trinity Connections

Beginning February 26

The Transition Committee is planning a series of small gatherings around Little Rock to get to know the Very Reverend Andrea McMillin, our new Dean and Rector. The gatherings are scheduled in different parts of Little Rock and will involve food, conversations, and opportunities to connect. Scan the QR Code to see the schedule and sign up.



Memorials for Easter

Due Friday, March 27 at 5:00 p.m.

On Easter Sunday, the Cathedral is decorated with flowers given by parishioners in honor or in memory of loved ones, and these memorials are listed in the service booklets. Donations of any amount are welcome. To arrange a memorial, contact Missy McCain, Parish Administrator (missy@trinitylittlerock.org) or use this QR code no later than Friday, March 27 at 5:00 p.m.



Choir and Orchestra Concert: Haydn and Mozart

Friday, March 6 at 7 pm

The Trinity Choir and members of the Arkansas Symphony will present a concert of Haydn's Te Deum in C and Mozart's 'Great' Mass in C minor. Along with the Requiem, the Mass in C minor is Mozart's most important contribution to sacred music. Also like the Requiem, it is unfinished. This concert is free with a suggested donation of \$15. Festive reception to follow.

The Rite of Reconciliation

Those who wish to make a private confession are welcome to do so at any time in the Episcopal Church. The season of Lent is a good opportunity for newcomers to try out this practice. To make an appointment, please contact the Very Rev. Andrea McMillin (andrea@trinitylittlerock.org), the Rev. Thomas Alexander (thomas@trinitylittlerock.org), or the Rev. Peggy Cromwell (cromwellpeggy@gmail.com).

Sundays in Lent: Claiming Our Faith

9:15 a.m. in Morrison Hall

Breakfast will be served

Through the Sunday in Lent, the Sunday School classes for all ages will focus on the five components of our Rule of Life here at Trinity: worshiping, praying, learning, serving, and giving. Here is the schedule for the adult Sunday School class:

March 8 – “Learn” with the Rev. Thomas Alexander

March 15 – “Serve” with an intergenerational service event by Matthew 25

March 22 – “Give” with the Very Rev. Andrea McMillin

Wednesdays in Lent

At Trinity, every Wednesday in Lent will be full of opportunities to go deeper into a life with God. Every Wednesday follows the same schedule, including Community Dinner and Koinonia Eucharist each week.

11:00 a.m. – Bible Study: The Psalms as Prayer

12:15 p.m. – Organ Recital

During Lent, the weekly lunchtime organ recitals will feature masterpieces which reflect the beauty and seriousness of Lent. There exists a rich repertoire of profound music appropriate to the season, so this group of recitals offers a moment to pause, listen, and reflect.

5:30 p.m. – 6:30 p.m. – Community Dinner

5:30 p.m. – Healing Eucharist

6:00 p.m. – Koinonia Eucharist

6:30 p.m. – Book Club: Gary Anderson's *Sin: A History*

7:30 p.m. – Choral Compline

The Trinity Schola will sing choral Complines every Wednesday in Lent. Compline, sometimes referred to as "Night Prayer," takes its name from the Latin word "completorium," meaning "complete." As the name suggests, it is a short service of tranquil reflection at the end of the day. Traditionally, this service eschews musical instruments, so the music comes only from a cappella singers.

Men's Group in Lent

Thursdays of Lent at 8:00 a.m.

Baker Parlor in Keller House

Join men of the parish for fellowship, mutual support, and prayer in a small group setting. This Men's Group meets weekly instead of monthly during the season of Lent, often inviting guest speakers for conversation. To learn more, contact Bert Parker (hjparkerlr@gmail.com).

Daytime Bible Study: The Psalms as Prayer

Wednesdays in Lent, 11 a.m.

Baker Parlor in Keller House

Join Thomas for this weekday, daytime Bible study during the Lenten season to develop prayer practices using the Psalms. Participants are more than welcome to bring their lunch with them. To learn more, contact the Rev. Thomas Alexander (thomas@trinitylittlerock.org).

Book Club: *Sin: A History* by Gary Anderson

Wednesdays in Lent, 6:30 p.m.

Conference Room in Keller House

What is sin? Spanning nearly two thousand years, the book brilliantly demonstrates how sin as a concept has evolved over history. This will be a wonderful class for the Lenten season. To sign up, contact the Rev. Thomas Alexander (thomas@trinitylittlerock.org).

CHILDREN & YOUTH ANNOUNCEMENTS

For all program questions contact Emma Mitchell, emma@trinitylittlerock.org.

EKC/EYC Schedule in March:

4:00-5:00 p.m. EKC

5:00 p.m. Shared Dinner

5:30-6:30 p.m. EYC

March 1: EKC/EYC (Gym)

March 8: NO EKC/EYC (AYE Weekend @ Camp Mitchell)

March 15: EKC/EYC (Gym)

March 22: Spring Break Church Cleaning Day!

March 29 (Palm Sunday): EKC/EYC (Gym)

Koinonia Wednesdays

Every Wednesday in Lent

4:00 p.m. Trinity Choristers

5:00 p.m. St. Cecilia Singers

5:30 p.m. Community Dinner (Morrison Hall)

6:00 p.m. Koinonia Eucharist (Cathedral)

Join us every Wednesday in Lent, beginning February 18, for children's choir, St. Cecilia Singers, Community Dinner, and family-friendly worship! We are looking for a few volunteers to host dinners and lead worship, please reach out to Emma Mitchell if interested.