



# Holy Trinity Sunday & Visit of Mary to Elizabeth May 31, 2026

*The Good News for Today: God is a party*

*Thank you for worshiping with us at St. John's. Please fill out your yellow attendance card and place it in the offering plate when we collect the offering later in the service.*

*Though the word trinity is not found in the scriptures, today's second reading includes the apostolic greeting that begins the liturgy: The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all. In the gospel Jesus sends his disciples forth to baptize in the name of the Father, and the Son, and the Holy Spirit. More than a doctrine, the Trinity expresses the heart of our faith: we have experienced the God of creation made known in Jesus Christ and with us always through the Holy Spirit. We celebrate the mystery of the Holy Trinity in word and sacrament, as we profess the creed, and as we are sent into the world to bear witness to our faith.*

## Gathering Music

*STAND*

**Hymn: Holy, Holy, Holy, Lord God Almighty** — ELW 413 (Red Book)

- 1 Holy, holy, holy, Lord God Almighty!  
Early in the morning our song shall  
rise to thee.  
Holy, holy, holy, merciful and  
mighty!  
God in three persons, blessed  
Trinity!
- 2 Holy, holy, holy! All the saints adore  
thee,  
casting down their golden crowns  
around the glassy sea;  
cherubim and seraphim falling down  
before thee,  
which wert and art, and evermore  
shalt be.
- 3 Holy, holy, holy! Though the  
darkness hide thee,  
though the eye of sinfulness thy glory  
may not see,  
only thou art holy; there is none  
beside thee,  
perfect in pow'r, in love and purity.
- 4 Holy, holy, holy! Lord God Almighty!  
All thy works shall praise thy name  
in earth and sky and sea.  
Holy, holy, holy, merciful and  
mighty!  
God in three persons, blessed  
Trinity!

Text: Reginald Heber, 1783-1826, alt.

## Confession and Forgiveness

Blessed be the holy Trinity, † one God, whose compassion endures forever.

**Amen.**

Let us confess our sin to God.

*Silence is kept for reflection.*

Compassionate God,

**we confess to you all our sins. Our burden is heavy, and we cannot free ourselves. In your mercy, call us back to you. Your yoke is easy and your burden is light. Restore us to dwell in your peace. In Christ's name we pray, Amen.**

Jesus says, "Come to me, all you who are weary and are carrying heavy burdens, and I will give you rest." In the name of God, Father, † Son, and Holy Spirit, your sins are forgiven. Rest in God's love.

**Amen.**

## Welcome & Greeting

Welcome to St. John's, where we are building a loving, accepting community centered on growing in Christ, and giving people a place to belong at any stage of their journey with God.

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.**

## Prayer of the Day

Let us pray... God of heaven and earth, before the foundation of the universe and the beginning of time you are the triune God: Author of creation, eternal Word of salvation, life-giving Spirit of wisdom. Guide us to all truth by your Spirit, that we may proclaim all that Christ has revealed and rejoice in the glory he shares with us. Glory and praise to you, Father, Son, and Holy Spirit, now and forever.

**Amen.**

*SIT*

## The Readings

### Genesis 1:1 – 2:4a

*At the beginning of time, God the Creator, God the powerful Word, and God the life-giving Spirit form the earth and all its inhabitants. God sees that all this created work is good and then rests on the seventh day.*

**1** When God began to create the heavens and the earth, **2** the earth was complete chaos, and darkness covered the face of the deep, while a wind from God swept over the face of the waters. **3** Then God said, “Let there be light,” and there was light. **4** And God saw that the light was good, and God separated the light from the darkness. **5** God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day.

**6** And God said, “Let there be a dome in the midst of the waters, and let it separate the waters from the waters.” **7** So God made the dome and separated the waters that were under the dome from the waters that were above the dome. And it was so. **8** God called the dome Sky. And there was evening and there was morning, the second day.

**9** And God said, “Let the waters under the sky be gathered together into one place, and let the dry land appear.” And it was so. **10** God called the dry land Earth, and the waters that were gathered together he called Seas. And God saw that it was good. **11** Then God said, “Let the earth put forth vegetation: plants yielding seed and fruit trees of every kind on earth that bear fruit with the seed in it.” And it was so. **12** The earth brought forth vegetation: plants yielding seed of every kind and trees of every kind bearing fruit with the seed in it. And God saw that it was good. **13** And there was evening and there was morning, the third day.

**14** And God said, “Let there be lights in the dome of the sky to separate the day from the night, and let them be for signs and for seasons and for days and years, **15** and let them be lights in the dome of the sky to give light upon the earth.” And it was so. **16** God made the two great lights—the greater light to rule the day and the lesser light to rule the night—and the stars. **17** God set them in the dome of the sky to give light upon the earth, **18** to rule over the day and over the night, and to separate the light from the darkness. And God saw that it was good. **19** And there was evening and there was morning, the fourth day.

**20** And God said, “Let the waters bring forth swarms of living creatures, and let birds fly above the earth across the dome of the sky.” **21** So God created the great sea monsters and every living creature that moves, of every kind, with which the waters swarm and every winged bird of every kind. And God saw that it was good. **22** God blessed them, saying, “Be fruitful and multiply and fill the waters in the seas, and let birds multiply on the earth.” **23** And there was evening and there was morning, the fifth day.

**24** And God said, “Let the earth bring forth living creatures of every kind: cattle and creeping things and wild animals of the earth of every kind.” And it was so. **25** God made the wild animals of the earth of every kind and the cattle of every kind and everything that creeps upon the ground of every kind. And God saw that it was good.

**26** Then God said, “Let us make humans in our image, according to our likeness, and let them have dominion over the fish of the sea and over the birds of the air and over the cattle and over all the wild animals of the earth and over every creeping thing that creeps upon the earth.”

**27** So God created humans in his image,  
in the image of God he created them;  
male and female he created them.

<sup>28</sup> God blessed them, and God said to them, “Be fruitful and multiply and fill the earth and subdue it and have dominion over the fish of the sea and over the birds of the air and over every living thing that moves upon the earth.” <sup>29</sup> God said, “See, I have given you every plant yielding seed that is upon the face of all the earth and every tree with seed in its fruit; you shall have them for food. <sup>30</sup> And to every beast of the earth and to every bird of the air and to everything that creeps on the earth, everything that has the breath of life, I have given every green plant for food.” And it was so. <sup>31</sup> God saw everything that he had made, and indeed, it was very good. And there was evening and there was morning, the sixth day.

<sup>2</sup> Thus the heavens and the earth were finished and all their multitude. <sup>2</sup> On the sixth day God finished the work that he had done, and he rested on the seventh day from all the work that he had done. <sup>3</sup> So God blessed the seventh day and hallowed it, because on it God rested from all the work that he had done in creation.

<sup>4</sup> These are the generations of the heavens and the earth when they were created.

The Word of the Lord,

**Thanks be to God.**

## Psalm 8

<sup>1</sup> O Lord our Lord,  
how majestic is your name in all the earth!—

<sup>2</sup> **you whose glory is chanted above the heavens out of the mouths of infants and children;  
you have set up a fortress against your enemies, to silence the foe and avenger.**

<sup>3</sup> When I consider your heavens, the work of your fingers,  
the moon and the stars you have set in their courses,

<sup>4</sup> **what are mere mortals that you should be mindful of them,  
human beings that you should care for them?**

<sup>5</sup> Yet you have made them little less than divine;  
with glory and honor you crown them.

<sup>6</sup> **You have made them rule over the works of your hands;  
you have put all things under their feet:**

<sup>7</sup> all flocks and cattle,  
even the wild beasts of the field,

<sup>8</sup> **the birds of the air, the fish of the sea,  
and whatever passes along the paths of the sea.**

<sup>9</sup> O Lord our Lord,  
how majestic is your name in all the earth!

## Romans 12:9-16b

*Rejoice with those who rejoice; weep with those who weep.*

<sup>9</sup> Let love be genuine; hate what is evil; hold fast to what is good; <sup>10</sup> love one another with mutual affection; outdo one another in showing honor. <sup>11</sup> Do not lag in zeal; be ardent in spirit; serve the Lord. <sup>12</sup> Rejoice in hope; be patient in affliction; persevere in prayer. <sup>13</sup> Contribute to the needs of the saints; pursue hospitality to strangers.

<sup>14</sup> Bless those who persecute you; bless and do not curse them. <sup>15</sup> Rejoice with those who rejoice; weep with those who weep. <sup>16</sup> Live in harmony with one another; do not be arrogant, but associate with the lowly.

The Word of the Lord,

**Thanks be to God.**

*STAND*

## Gospel Acclamation — ELW p. 151 (Red Book)

Alleluia, Lord, to whom shall we go?  
You have the words of eternal life.  
Alleluia.

## Luke 1:39-57

*Mary greets Elizabeth and exults in the Lord.*

The Holy Gospel according to St. Luke, the first chapter:

**Glory to you, O Lord.**

<sup>39</sup> In those days Mary set out and went with haste to a Judean town in the hill country, <sup>40</sup> where she entered the house of Zechariah and greeted Elizabeth. <sup>41</sup> When Elizabeth heard Mary's greeting, the child leaped in her womb. And Elizabeth was filled with the Holy Spirit <sup>42</sup> and exclaimed with a loud cry, "Blessed are you among women, and blessed is the fruit of your womb. <sup>43</sup> And why has this happened to me, that the mother of my Lord comes to me? <sup>44</sup> For as soon as I heard the sound of your greeting, the child in my womb leaped for joy. <sup>45</sup> And blessed is she who believed that there would be a fulfillment of what was spoken to her by the Lord."

<sup>46</sup> And Mary said,

"My soul magnifies the Lord,

<sup>47</sup> and my spirit rejoices in God my Savior,

<sup>48</sup> for he has looked with favor on the lowly state of his servant.

Surely from now on all generations will call me blessed,

<sup>49</sup> for the Mighty One has done great things for me,  
and holy is his name;

<sup>50</sup> indeed, his mercy is for those who fear him  
from generation to generation.

<sup>51</sup> He has shown strength with his arm;

he has scattered the proud in the imagination of their hearts.

<sup>52</sup> He has brought down the powerful from their thrones  
and lifted up the lowly;

<sup>53</sup> he has filled the hungry with good things  
and sent the rich away empty.

<sup>54</sup> He has come to the aid of his child Israel,  
in remembrance of his mercy,

<sup>55</sup> according to the promise he made to our ancestors,  
to Abraham and to his descendants forever.”

<sup>56</sup> And Mary remained with her about three months and then returned to her home.

<sup>57</sup> Now the time came for Elizabeth to give birth, and she bore a son. <sup>58</sup> Her neighbors  
and relatives heard that the Lord had shown his great mercy to her, and they rejoiced  
with her.

This is the Gospel of the Lord.

**Praise to you, O Christ.**

*SIT*

**Sermon – “Unrestrained Joy” – Pastor Bo Bannister**

*STAND*

## Hymn: Womb of Life and Source of Being – ACS 948



1 Womb of life and source of be - ing, home of ev - 'ry rest - less  
2 Word in flesh, our broth - er Je - sus, born to bring us sec - ond  
3 Brood - ing Spir - it, move a - mong us; be our part - ner, be our  
4 Moth - er, Broth - er, ho - ly Part - ner; Fa - ther, Spir - it, On - ly



heart, in your arms the worlds a - wak - ened; you have  
birth, you have come to stand be - side us, know - ing  
friend. When our mem - 'ry fails, re - mind us whose we  
Son: we would praise your name for - ev - er, One - in -



loved us from the start. We, your chil - dren, gath - er  
weak - ness, know - ing earth. Priest who shares our hu - man  
are, what we in - tend. La - bor with us; aid the  
Three and Three - in - One. We would share your life, your



round you, at the ta - ble you pre - pare. Shar - ing  
strug - gles, Life of life and Death of death, ris - en  
birth - ing of the new world yet to be, free of  
pas - sion, share your word of world made new, ev - er



sto - ries, tears, and laugh - ter, we are nur - tured by your care.  
Christ, come stand a - mong us, send the Spir - it by your breath.  
ser - vant, lord, and mas - ter, free for love and u - ni - ty.  
sing - ing, ev - er prais - ing, one with all, and one with you.

Text: Ruth Duck, b. 1947  
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## Abbreviated Athanasian Creed

With the whole church let us confess our faith.

**We worship one God in trinity, and the Trinity in unity; neither confusing the persons; nor dividing the divine being.**

**For the Father is one Person; the Son is another; and the Spirit is still another.**

**But the deity of the Father, Son, and Holy Spirit, is one equal in glory; coeternal in majesty.**

**What the Father is, the Son is, and so is the Holy Spirit.**

**The Father is infinite; the Son is infinite; and the Holy Spirit is infinite.**

**Eternal is the Father; eternal is the Son; eternal is the Spirit: And yet there are not three eternal beings, but one who is eternal; as there are not three uncreated and unlimited beings, but one who is uncreated and unlimited.**

**Almighty is the Father; almighty is the Son; almighty is the Spirit: And yet there are not three almighty beings, but one who is almighty.**

**Thus the Father is God; the Son is God; the Holy Spirit is God: And yet there are not three gods, but one God.**

**Thus the Father is Lord; the Son is Lord; the Holy Spirit is Lord: And yet there are not three lords, but one Lord.**

**As Christian truth compels us to acknowledge each distinct person as God and Lord, so catholic religion forbids us to say that there are three gods or lords.**

**The Father was neither made nor created nor begotten; the Son was neither made nor created, but was alone begotten of the Father; the Spirit was neither made nor created, but is proceeding from the Father and the Son.**

**Thus there is one Father, not three fathers; one Son, not three sons; one Holy Spirit, not three spirits.**

**And in this Trinity, no one is before or after, greater or less than the other; but all three persons are in themselves coeternal and coequal; and so we must worship the Trinity in unity and the one God in three persons.**

## **Prayers of Intercession**

Gathered together before the Triune God, with the great cloud of witnesses throughout the ages, let us pray for the church and the needs of the world.

Holy God of welcome, mold your church to be a refuge for vulnerable people, as was the house of Zechariah and Elizabeth for Mary. Direct us to contribute effectively to the needs of others and to extend hospitality. Triune God,

**hear our prayer.**

Creator God, nature reveals your power and glory. Protect water sources, vegetation, and wildlife as reminders of who you are. Triune God,

**hear our prayer.**

Redeemer God, you call us to pray for those in authority. Guide our leaders to pursue the work of fostering peace and community. Triune God,

**hear our prayer.**

Sustaining God, you are mindful of your people in every circumstance. Heal those who are sick. Provide for all who hunger. Protect those in harm's way. Comfort any experiencing. Triune God,

**hear our prayer.**

Nurture relationships in our families of origin, or in families of friends that we have chosen. Create spaces for people to be honest about their fears and to share in one another's joy. Triune God,

**hear our prayer.**

With Mary and Elizabeth and all the saints, let us bless God with one accord. Put a song of praise in our hearts that uplifts us and those around us. Triune God,

**hear our prayer.**

Trusting you receive all our prayers, we commend our spoken and unspoken prayers to you, O God, through Jesus our Savior.

**Amen.**

## Peace

The peace of Christ be with you always.

**And also with you.**

Please share a sign of peace with one another.

*SIT*

## Announcements

*Printed copies of our weekly announcements are available at the usher's stand in the Narthex, and monthly newsletters are on the Hospitality Table. Please include your email address on your yellow attendance card to receive announcements electronically.*

## Offering

*STAND*

## Offertory Hymn: Praise God from Whom all Blessings Flow

– ELW 885 (Red Book)

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.

Text: Thomas Ken, 1637-1711

## Offering Prayer

Blessed are you, O God, ruler of heaven and earth. Day by day you shower us with blessings. As you have raised us to new life in Christ, give us glad and generous hearts, ready to praise you and to respond to those in need, through Jesus Christ, our Savior and Lord.

**Amen.**

## Great Thanksgiving

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.**

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. You reveal your glory as the glory of the Father, the Son, and the Holy Spirit: equal in majesty, undivided in splendor, one Lord, one God, ever to be adored in your eternal glory. 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:

## Sanctus — ELW p. 153 (Red Book)

Holy, holy, holy Lord, Lord God of pow'r and might,  
heav'n and earth are full of your glory.  
Hosanna in the highest.  
Blessed is he who comes in the name of the Lord.  
Hosanna in the highest.

## Eucharistic Prayer

You are indeed holy, O God, a communion of love for all eternity, and from the world's beginning are ceaselessly at work, so that the human race may participate in and reflect the life of the Trinitarian God as a communion of love held together by Christ.

In the night in which he was betrayed, our Lord Jesus took bread, and gave thanks; broke it, and gave it to his disciples, saying: Take and eat; this is my body, given for you. Do this for the remembrance of me.

Again, after supper, he took the cup, gave thanks, and gave it for all to drink, saying: This cup is the new covenant in my blood, shed for you and for all people for the forgiveness of sin. Do this for the remembrance of me.

With this bread and cup we remember our Lord's passover from death to life as we proclaim the mystery of faith:

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

Therefore, O God, with this bread and cup we remember the life our Lord offered for us. And, believing the witness of his resurrection, we await his coming in power to share with us the great and promised feast.

**Amen. Come, Lord Jesus.**

Send now, we pray, your Holy Spirit, that we who share in Christ's body and blood may live to the praise of your glory and receive our inheritance with all your saints in light.

**Amen. Come, Holy Spirit.**

Join our prayers with those of your servants of every time and every place, and unite them with the ceaseless petitions of our great high priest until he comes as victorious Lord of all.

Through him, with him, in him, in the unity of the Holy Spirit, all glory and honor is yours, almighty Father, now and forever.

**Amen.**

And now, as Christ taught us to pray, we say:

## The Lord's Prayer

**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.**

*SIT*

## Invitation to Communion

Heaven has come near. Come, share in the feast!

## Distribution of the Elements

## Lamb of God

Lamb of God, you take away the sin of the world;  
have mercy on us.

Lamb of God, you take away the sin of the world;  
have mercy on us.

Lamb of God, you take away the sin of the world;  
grant us peace, grant us peace.

*STAND*

## Post-Communion Blessing

The Body and Blood of our Lord Jesus Christ strengthen you keep you in his Grace.

**Amen.**

## Prayer after Communion

Compassionate God, through the gifts of bread and wine our hearts are filled with the abundance of your love. Strengthen us that we, through this holy meal, may share your love freely, as you have shared with us. We ask this in the name of Jesus, through the Spirit nourishing us now and forever.

**Amen.**

## Blessing

Creator, Redeemer, Sustainer, † one God, bless, heal, and hold you today and always.

**Amen.**

## Hymn: Come, Join the Dance of Trinity – ELW 412 (Red Book)

- 1 Come, join the dance of Trinity,  
before all worlds begun—  
the interweaving of the Three,  
the Father, Spirit, Son.  
The universe of space and time  
did not arise by chance,  
but as the Three, in love and hope,  
made room within their dance.
- 2 Come, see the face of Trinity,  
newborn in Bethlehem;  
then bloodied by a crown of thorns  
outside Jerusalem.  
The dance of Trinity is meant  
for human flesh and bone;  
when fear confines the dance in  
death,  
God rolls away the stone.
- 3 Come, speak aloud of Trinity,  
as wind and tongues of flame  
set people free at Pentecost  
to tell the Savior's name.  
We know the yoke of sin and death,  
our necks have worn it smooth;  
go tell the world of weight and woe  
that we are free to move!
- 4 Within the dance of Trinity,  
before all worlds begun,  
we sing the praises of the Three,  
the Father, Spirit, Son.  
Let voices rise and interweave,  
by love and hope set free,  
to shape in song this joy, this life:  
the dance of Trinity.

Text: Richard Leach, b. 1953

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## Dismissal

Heaven has come near. Go, share the good news!

**Thanks be to God. Alleluia!**

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