



**SUNDAY, MARCH 8, 2026**

**9AM & 11AM  
HOLY BAPTISM & MORNING PRAYER**

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**"You shall not steal."  
(Exodus 20:15)**

## Lent & The Old Self

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Lent is a time of self-examination and preparation for the celebration of Easter. Its forty days refer to Jesus' time of fasting and temptation in the wilderness.

During Lent we try to be more intentional about our spiritual life and perhaps employ practices to cultivate godliness. We also “put off the old self” (Eph 4:22), that worldly way of living marked by things like “evil thoughts” (Mk 7:21), “impurity” (Col 3:5), “corrupting talk” (Eph 4:29), “anger” (Gal 5:20), “love of self” (2 Tim 3:2), and “pride” (2 Tim 3:2).

But how do we actually make a start at putting off the old self?

Of the many practices Christians use, I recommend two this Lent.

**First, starvation:** stop feeding the old self. To be rid of a stray dog, stop feeding him. In the same way, our ego, lusts, resentments, and bad attitudes survive on a steady diet of dark nourishment. Starving them may mean cutting out YouTube, a Spotify playlist, or a show that subtly feeds what should be dying.

**Second, confession:** the old self shrivels in the light. Confession brings hidden sin into that light. It means honestly sharing with a trusted Christian friend about a specific area or pattern of sin. This must be done wisely and within the sacred bonds of confidentiality—but when done rightly, it is profoundly freeing.

Our Lent Prayer Guide from the Liturgy Box includes the following script for confession between Christian friends:<sup>1</sup> It uses the Ten Commandments as a searchlight, helping us peer into the nooks and crannies of the old self:

With a Christian friend:

**Affirm the Gospel:** Do you believe that in Christ God forgives sins and cleanses us?

**Name the Sin:** Have you broken this commandment this week? If so, how?

**Amend Life:** How might you repent and seek to keep this commandment this week?

**Rest in Grace:** “I said, ‘I will confess my transgressions to the LORD,’ and you forgave the iniquity of my sin” (Ps 32:5).

I am praying that this Lent, God would free many in our church from the burden of the old self—starving what must die, and bringing into the light what Christ has already died for.

Together in Christ,



The Rev. Dr. Samuel D. Ferguson  
Rector

# Getting Connected to the Body of Christ

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## OPPORTUNITIES FOR COMMUNITY

Join us for some **coffee, donuts, and fellowship** downstairs after each service!

**Are you new?** Welcome! We'd enjoy getting to know you. Stop by downstairs at the **Connections Center** for our gift to you and more information on the church. Contact Erin O'Keefe ([eokeefe@tfcanglican.org](mailto:eokeefe@tfcanglican.org)) to get connected.

## MEN'S FIRESIDE CHAT

**Tuesday, March 24 | 7-9 p.m. | Ministry Center**

Join the men of TFCA for our February Fireside Chat! We'll gather in the Ministry Center at 7 pm for Chick-fil-A, a brief look at Psalm 23, and rich conversation as we continue in our series David's Fight, Our Fight.

The evening will conclude with conversation around the fire pit out back. We hope to see you there! Register online at [tfcanglican.org/men](http://tfcanglican.org/men).

## EXPLORE BECOMING A SMALL GROUP LEADER

**Sunday, March 29 | 12:30-2:30 p.m. | Ministry Center**

Small groups are one of the primary ways we live this out at TFCA. Small groups nurture deep relationships, spiritual growth, and missional Christian community.

If you are interested in learning more about becoming a small group leader, please join us for an orientation. We will discuss both the theological foundations for community and the practical nuts-and-bolts of leading a small group.

Register online at [tfcanglican.org](http://tfcanglican.org)

## PARENTS SEMINAR

**Sundays, March 22 & 29 | 5-7 p.m. | Lower Narthex**

***Calling all parents and grandparents!***

The TFCA Youth Ministry and Children & Family Ministry are excited to offer two sessions this March to dig into parenting topics together.

On March 22, Jedd Medefind, President of the Christian Alliance for Orphans and father of five, will share with us on the topic of Parenting & Technology.

On March 29, Jedd's wife, Rachel, will join and together they will address Parenting with Authority--holding together empathy, warmth, and kindness with firm boundaries, consistency, and caring discipline. The sessions will be held in the Lower Narthex of the church building from 5:00 to 7:00 p.m. Dinner will be served.

There is no cost to attend, but please RSVP at [tfcanglican.org/youth](http://tfcanglican.org/youth) to help us plan for food.

## BECAUSE YOU GAVE

**Your generous giving, provides the opportunity for us to partner with local and global ministry partners including, The Lamb Center.**

The Lamb Center provides free meals, showers, laundry, medical care, and more to individuals experiencing homelessness in Fairfax, VA. Volunteer a shift, donate supplies, prepare a meal for 130 guests, or get your kids involved with fun off-site projects! Learn more at [thelambcenter.org](http://thelambcenter.org).

# 9 AM | HOLY BAPTISM • March 8, 2026

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## INVITATION TO WORSHIP

SONG OF PRAISE

“Holy Holy Holy”

DECALOGUE

KYRIE

SONG OF PRAISE

“Yet Not I But Through Christ in Me”

SCRIPTURE READING

Lesson: Ezekiel 36:24-28 (*Pew Bible, page 724*)

## BAPTISM

PRESENTATION OF CANDIDATES

Eleanor Grace Sheppard | Vivian Marie Kostick

PROFESSION OF FAITH

THE BAPTISM

WELCOMING THE NEWLY BAPTIZED AND THE PEACE

PARISH UPDATES

*Children ages kindergarten through 5th grade invited to Sunday School*

OFFERTORY

“Create in Me a Clean Heart” | Doxology

## THE PREACHING OF GOD’S WORD

Sermon Lesson: Exodus 20:12-15 (*Pew Bible, page 61*)

Sermon

## BLESSING & COMMISSION

Blessing

“God of Grace and God of Glory”

Commission

*The Decalogue is the Ten Commandments read in worship as a call to repentance and faithful obedience to God.*

*We read from different passages from the Bible because it is one, coherent story, desiring to hear God speak to us through his Word.*

*Following Jesus’ command, Christians are baptized in the name of the Father and of the Son and of the Holy Spirit (Matt 28:19).*

*The offering of our resources to God is a tangible expression of His ownership of all things.*

*With God’s blessing, we are sent into the World to do the work He has given us to do.*

# 11 AM | MORNING PRAYER • March 8, 2026

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## INVITATION TO WORSHIP

### SONGS OF PRAISE

“The Lion and the Lamb” | Firm Foundation (He Won’t)

### DECALOGUE

### ABSOLUTION

### SONGS OF PRAISE

“Goodness of God” | “Trust In God”

## THE WORD OF GOD

Lesson: Luke 19:1-10 (*Pew Bible, page 878*)

## CREEDS & PRAYERS

### APOSTLES’ CREED

### THE LORD’S PRAYER

### COLLECT OF THE DAY

### PRAYERS OF THE PEOPLE

### THE PEACE

### PARISH UPDATES

*Children ages kindergarten through 5th grade invited to Sunday School*

### OFFERTORY

“I Speak Jesus”

## THE PREACHING OF GOD’S WORD

Sermon Lesson: Exodus 20:12-15 (*Pew Bible, page 61*)

Sermon

## BLESSING & COMMISSION

“Great Are You Lord”

Blessing

Commission

*The Decalogue is the Ten Commandments read in worship as a call to repentance and faithful obedience to God.*

*We read from different passages from the Bible because it is one, coherent story, desiring to hear God speak to us through his Word.*

*We pray silently and aloud for those in need in our church, nation, and world, and give thanks for the many blessings of this life.*

*The offering of our resources to God is a tangible expression of His ownership of all things.*

*With God’s blessing, we are sent into the World to do the work He has given us to do.*

## Today's Scripture Lessons: Exodus 20:12-15, Luke 19:1-10

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### Exodus 20:12-15

<sup>12</sup> “Honor your father and your mother, that your days may be long in the land that the Lord your God is giving you.

<sup>13</sup> “You shall not murder.

<sup>14</sup> “You shall not commit adultery.

<sup>15</sup> “You shall not steal.

(ESV)

### Luke 19:1-10

#### *Jesus and Zacchaeus*

<sup>1</sup> He entered Jericho and was passing through. <sup>2</sup> And behold, there was a man named Zacchaeus. He was a chief tax collector and was rich. <sup>3</sup> And he was seeking to see who Jesus was, but on account of the crowd he could not, because he was small in stature. <sup>4</sup> So he ran on ahead and climbed up into a sycamore tree to see him, for he was about to pass that way. <sup>5</sup> And when Jesus came to the place, he looked up and said to him, “Zacchaeus, hurry and come down, for I must stay at your house today.” <sup>6</sup> So he hurried and came down and received him joyfully. <sup>7</sup> And when they saw it, they all grumbled, “He has gone in to be the guest of a man who is a sinner.” <sup>8</sup> And Zacchaeus stood and said to the Lord, “Behold, Lord, the half of my goods I give to the poor. And if I have defrauded anyone of anything, I restore it fourfold.” <sup>9</sup> And Jesus said to him, “Today salvation has come to this house, since he also is a son of Abraham. <sup>10</sup> For the Son of Man came to seek and to save the lost.”

(ESV)



# Upcoming Events & Classes

Visit [tfcanglican.org/upcoming-events](https://tfcanglican.org/upcoming-events) for a full list

## WEEKLY EVENTS & CLASSES

Evening Prayer (Daily M-F) - 5PM  
Tuesday Men's Zoom Fellowship - 7AM  
Tuesday Prayer for Revival and Evangelism - 6PM  
Wednesday Senior Adults Bible Study - 10AM  
Saturday Intercessory Prayer - 8:45AM  
Sunday Evening Youth Group - 5-7PM

**EVENTS & CLASSES CAN BE FOUND AT  
[TFCANGLICAN.ORG/UPCOMING-EVENTS](https://tfcanglican.org/upcoming-events)**



## GENERATIONAL HEALING SERVICE

**Friday, March 20 | 7 p.m. | Sanctuary**

Join us in the sanctuary for a time of worship, communion, and prayer at our Generational Healing Service. **Childcare is available!** No registration is required; please arrive promptly at 7 p.m. for the event. The Rev. Isaiah Brooms and the Rev. Sharon Gustafson will be our speakers for the evening.

### *What is a Generational Healing Service?*

At a Generational Healing Service, we pray for freedom from generational patterns of dysfunction and illness. Taking the eucharist together, we are bringing to remembrance Christ's death and resurrection in such a way that we know the power of those events are present with us, and we ask God to apply this deliverance work of Christ to areas needing healing in our family and personal histories.

## SAVE THE DATE! SPRINGTIME RETREAT FOR SENIORS

**May 12-14 | Priest Field Pastoral Center, Kearneysville, WV | Speaker Dr. Joel Woodruff: Leaving a Spiritual Legacy for the Next Generation**  
Stay tuned for registration information!

## FAIRFAX JAIL MINISTRY INTEREST MEETING

**Today! | 7-8 p.m. | Microsoft Teams Meeting**

### **Evangelism Opportunity at Fairfax Jail**

Do you have the spiritual gift of evangelism, or is that a gift you want to grow in? Have you ever dreamed of serving as a missionary? We have the opportunity to engage both while filling a need at The Fairfax County Adult Detention Center.

We are looking for both men and women who are interested in leading small-group Bible studies and/or studies using materials that provide spiritual enrichment while sharing the Gospel with men and women housed at the jail. One of our members will share about her experience leading a small group at the Fairfax ADC, which inspired her to connect our church to continue this missional, evangelical opportunity. Please join us on March 8 from 7 pm to 8 p.m. on a virtual Teams meeting to learn more.

If you have been thinking about evangelism and missions, this is a great opportunity to engage in both. All you need to do is put your yes on the table to learn more.

**Scan here for more information and access to the meeting link!**



## EVENING OF HEALING PRAYER

**Tuesday, March 22 | 7-7:45 p.m. & 8-8:45 p.m. | Zoom**

Looking for the Lord to show up? Sign up for an online 45-minute prayer appointment with a trained prayer team. Contact Scott Thompson ([ehp@tfcanglican.org](mailto:ehp@tfcanglican.org)) for more information and to request an appointment.