

# EPIPHANY†

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*Seattle*



THE FIRST SUNDAY IN LENT

HOLY EUCHARIST

FEBRUARY 18, 2024 AT 8:45 AM

# THE FIRST SUNDAY IN LENT

## Liturgical Changes in Lent

In Lent, you will notice some differences in the liturgy and the way we worship at Epiphany. Since Lent is a season of penitence, reflection, and prayer, worship during this time is solemn and restrained. The somber color of purple replaces the brighter green of the Epiphany season.

The first thing you may notice when entering the church is the difference in the worship space. The cross is veiled in purple. Unnecessary adornments have been either veiled or removed. There are no flowers on the altar. "In this time of Lent, which is a time of mourning, all things that make to the adornment of the church are either laid aside or else covered, to put us in remembrance that we ought now to lament and mourn for our souls dead in sin, and continually to watch, fast, pray, and give alms..." (*An Introduction to English Liturgical Colours*).

Purple is symbolically a color of mourning and penitence. Purple has also been a symbol of royalty. Historically only the most expensive dyes were used to create purple, and the color became associated with power and wealth. Purple therefore reminds us of Christ's suffering, which ultimately led to his Kingship.

There are some differences in the actual service itself. Because Lent is a period of penance, each Sunday service begins with the Penitential Order, which includes an acclamation, the Summary of the Law, and the confession and absolution of sin.

During the season of Lent you will not hear "*alleluia*." This custom arose with the association of *alleluia* with Easter. Its omission during Lent is intended to create a sense of anticipation and great joy when its use returns on Easter. The traditional blessing is replaced by a prayer over the people and the people are asked to "bow down before the Lord."

May you find this Season of Lent a reflective, transformative time as you take on your own Lenten journey.

*Diane Carlisle*

An induction loop is provided for the benefit of hearing aid users.  
To use please switch your hearing aid to "T."

## THE GATHERING

We invite you to help create the experience of silence before our service. Our hope is to calm our hearts as we prepare to enter into an intensity of shared presence. Thank you for turning off all electronic devices.

**VOLUNTARY: *Plein jeu & Tierce en taille***

Jean-Adam Guilain (ca. 1680-1739)

### WELCOME AND ANNOUNCEMENTS

At the sound of the bell, all rise as able.

**HYMN 147: Now let us all with one accord**

Bourbon



1 Now let us all with one ac - cord, in  
2 The cov - e - nant, so long re - vealed to  
3 Your love, O Lord, our sin - ful race has  
4 Re - mem - ber, Lord, though frail we be, in  
5 There - fore, we pray you, Lord, for - give; so



1 com - pa - ny with a - ges past, keep vi - gil with our  
2 those of faith in for - mer time, Christ by his own ex -  
3 not re - turned, but fal - si - fied; au - thor of mer - cy,  
4 your own i - mage were we made; help us, lest in anx -  
5 when our wan - derings here shall cease, we may with you for



1 heaven - ly Lord in his temp - ta - tion and his fast.  
2 am - ple sealed, the Lord of love, in love sub - lime.  
3 turn your face and grant re - pent - ance for our pride.  
4 i - e - ty, we cause your Name to be be - trayed.  
5 ev - er live, in love and u - ni - ty and peace.

Words: Att. Gregory the Great (540-604); tr. *Praise the Lord*, 1972  
Music: melody att. Freeman Lewis (1780-1859)

*Presider* Bless the Lord who forgives all our sins.  
*All* **His mercy endures for ever.**

*The people kneel as able.*

## THE DECALOGUE

*Presider* Hear the commandments of God to his people: I am the Lord your God who brought you out of bondage. You shall have no other gods but me.

*People* **Amen. Lord, have mercy.**

*Presider* You shall not make for yourself any idol.

*People* **Amen. Lord, have mercy.**

*Presider* You shall not invoke with malice the Name of the Lord your God.

*People* **Amen. Lord, have mercy.**

*Presider* Remember the Sabbath day and keep it holy.

*People* **Amen. Lord, have mercy.**

*Presider* Honor your father and your mother.

*People* **Amen. Lord, have mercy.**

*Presider* You shall not commit murder.

*People* **Amen. Lord, have mercy.**

*Presider* You shall not commit adultery.

*People* **Amen. Lord, have mercy.**

*Presider* You shall not steal.

*People* **Amen. Lord, have mercy.**

*Presider* You shall not be a false witness.

*People* **Amen. Lord, have mercy.**

*Presider* You shall not covet anything that belongs to your neighbor.

*People* **Amen. Lord, have mercy.**

*Presider* Jesus said, "The first commandment is this: Hear, O Israel: The Lord your God is the only Lord. Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. The second is this: Love your neighbor as yourself. There is no commandment greater than these." *Mark 12:29-31*

*The Presider continues*

## THE CONFESSION OF SIN

*Presider* We pray also for the forgiveness of our sins.

*A moment of reflective silence is kept.*

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

**Presider** Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. **Amen.**

*The people stand.*

**KYRIE** sung by all

*Herzliebster Jesu*

Ky - ri - e e - lei - son,  
Ky - ri - e e - lei - son, Ky - ri - e e - lei - son.

*Sung by the choir: Christe eleison*

*Sung by all: Kyrie eleison*

**Presider** The Lord be with you.

**All** And also with you.

**Presider** Let us pray.

## THE COLLECT OF THE DAY

**All** Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

# THE LITURGY OF THE WORD

*The children depart for*

## CHILDREN'S SERMON

*All who would like to hear the children's sermon, please proceed to the Chapel.  
You will return to the church at the Peace for the celebration of the Holy Eucharist.*

All are seated.

**THE LESSON: 1 Peter 3:18-22**

Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, in which also he went and made a proclamation to the spirits in prison, who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight persons, were saved through water. And baptism, which this prefigured, now saves you—not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

*Lector* The Word of the Lord.

*All* Thanks be to God.

The people stand as able and sing.

**HYMN 150: Forty days and forty nights**

*Aus der Tiefe rufe ich*

1 For - ty days and for - ty nights thou wast fast - ing in the wild;  
2 Should not we thy sor - row share and from world - ly joys ab - stain,  
3 Then if Sa - tan on us press, Je - sus, Sa - vior, hear our call!  
4 So shall we have peace di - vine: ho - lier glad - ness ours shall be;  
5 Keep, O keep us, Sa - vior dear, ev - er con - stant by thy side;

1 for - ty days and for - ty nights tempt - ed, and yet un - de - filed.  
2 fast - ing with un - ceas - ing prayer, strong with thee to suf - fer pain?  
3 Vic - tor in the wil - der - ness, grant we may not faint nor fall!  
4 round us, too, shall an - gels shine, such as min - is - tered to thee.  
5 that with thee we may ap - pear at the e - ter - nal Eas - ter - tide.

Words: George Hunt Smyttan (1822-70)  
Music: melody att. Martin Herbst (1654-81)

**THE GOSPEL: Mark 1:9-15**

*Gospeler* The Holy Gospel of our Lord Jesus Christ according to Mark.

*All* Glory to you, Lord Christ.

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased."

And the Spirit immediately drove him out into the wilderness. He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.

Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news."

*Gospeler* The Gospel of the Lord.

*All* Praise to you, Lord Christ.

## THE SERMON: *The Reverend Lisa Ozaeta*

*Reflective silence and stillness are kept after the sermon.*

### *Sermon Notes*

*The people stand to say*

### **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 intercessor and people pray responsively.*

*Intercessor* In the midst of the waters of creation, God formed the dust of our being. Let us pray for all created matter, for all human beings made in the image of God.

*The people remain standing or kneel.*

*Intercessor* For Michael, our presiding bishop, Melissa, our bishop provisional, and for all who minister in Christ, and for all the holy people of God, let us pray to the Lord.

**All** Lord, have mercy.

*Intercessor* For all believers who put their trust in the incarnate Son of God, let us pray to the Lord.

**All** Lord, have mercy.

*Intercessor* For the leaders of the nations and all in authority, and for peace and justice, let us pray to the Lord.

**All** Lord, have mercy.

*Intercessor* For all who struggle to establish greater peace upon earth, especially those who serve in the military, those on missions of hope and mercy, and their families, let us pray to the Lord.

**All** Lord, have mercy.

*Intercessor* For the sick and the suffering, especially Denise, Neville, Justin, Peggy, Ann, Piper, John, Amber, and Cheryl for the hungry and the oppressed, for those in prison, and for the dying and the dead, especially John Parrott, let us pray to the Lord.

**All** Lord, have mercy.

*Intercessor* For those on our hearts, offering intercession and solace, comfort and healing, praise and thanksgiving, for those we now name silently or aloud.

*The people may add their own petitions.*

*Intercessor* Lord, let your loving-kindness be upon them;

**All** Who put their trust in you.

*The Presider offers a concluding Collect.*

Blessed are you, O Lord our God, who made us in your image, who lifts us and holds us high, who gathers us in loving arms. Hear our prayers for all peoples. Receive your children into your family, wash them in the waters of new life, and feed them with your bread and wine; through Jesus Christ our Lord. **Amen.**

*The people stand.*

**THE PEACE**

*Presider* The peace of the Lord be always with you.

**All** And also with you.

*The ministers and people greet one another in the name of Christ.*

## THE LITURGY OF THE TABLE

### OFFERTORY SENTENCE

*Presider* Return to the Lord your God, for God is gracious and merciful, slow to anger and abounding in steadfast love.



*The offertory is the time during the service when we give offerings to God, acknowledging that all we have comes from God. The choir offers their gift of music, and this is our opportunity to offer thanks to God through a monetary gift to support the ministries of Epiphany. Active Epiphany parishioners make an annual pledge commitment toward the vitality of our ministries. In some cases pledging parishioners also make a financial contribution at the offertory. Money placed in the hunger basket at Communion supports our outreach ministry of feeding those in need. You may use the QR code, either during the anthem or later at your convenience, or place your offering in the offering plate as it is passed.*



## OFFERTORY ANTHEM: *God so loved the world*

John Stainer (1840-1901)

God so loved the world,  
that he gave his only begotten Son,  
that whoso believeth in him should not perish,  
but have everlasting life.

For God sent not his Son into the world  
to condemn the world;  
but that the world through him might be saved.

*The people stand as able.*

### EUCCHARISTIC PRAYER B

*Presider* The Lord be with you.

**All** **And also with you.**

*Presider* Lift up your hearts.

**All** **We lift them to the Lord.**

*Presider* Let us give thanks to the Lord our God.

**All** **It is right to give God thanks and praise.**

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth. Through Jesus Christ our Lord; who was tempted in every way as we are, yet did not sin. By his grace we are able to triumph over every evil, and to live no longer for ourselves alone, but for him who died for us and rose again. 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:

### SANCTUS *sung by all*

Mass XVIII

Ho - ly, ho - ly, ho - ly Lord, God of power and might,  
hea - ven and earth are full of your glo - ry. Ho - san - na in the high - est.  
Bless-ed is he who comes in the name of the Lord. Ho-san-na in the high - est.

*The people remain standing or kneel. Then the Presider 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,

**Presider and people**

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

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.

**Presider and people**

Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit.

**Presider**

In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with 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.**

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

**THE LORD'S PRAYER** *said by all*

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.

**BREAKING OF THE BREAD**

*The Presider breaks the consecrated Bread. A period of silence is kept.*

**FRACTION ANTHEM**

*Mass XVIII*

Lamb of God, you take a - way the sins of the world: have mer - cy on us.

Lamb of God, you take a - way the sins of the world: have mer - cy on us.

Lamb of God, you take a - way the sins of the world: grant us peace.

## THE INVITATION TO COMMUNION

*Presider* 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 are invited to receive the Holy Communion. It is your choice as to whether you receive Holy Communion or a blessing. You may receive Communion or a blessing at the standing station in the front of the nave or proceed to the altar rail. The bread will be placed in your palm. You may consume the bread and then drink from the chalice (please grasp the bottom of the chalice firmly and guide it to your lips); or, you may leave the bread in your palm for the chalice bearer to dip it into the wine and place it on your tongue. Self-intinction is strongly discouraged by the Episcopal church. The people's response to receiving the bread and the wine is "Amen." Gluten-free wafers are available. To indicate to the Eucharistic minister that you would like a gluten-free wafer, please present your hands palms down. Those who do not wish to receive Communion are invited to come forward for a blessing, indicated by crossing your arms over your chest.

### MUSIC AT COMMUNION—*Lord, for thy tender mercy's sake*

Richard Farrant (1530-80)

Lord, for thy tender mercy's sake,  
lay not our sins to our charge,  
but forgive that is past  
and give us grace to amend our sinful lives;  
to decline from sin and incline to virtue,  
that we may walk in a perfect heart  
before thee now and evermore.

### HYMN 641: *Lord Jesus, think on me*

Southwell

1 Lord Je - sus, think on me, and purge a - way my sin;  
2 Lord Je - sus, think on me, with care and woe op - pressed;  
3 Lord Je - sus, think on me, nor let me go a - stray;  
4 Lord Je - sus, think on me, that, when the flood is passed,  
from harm - ful pas - sions set me free, and make me pure with - in.  
let me thy lov - ing ser - vant be, and taste thy prom - ised rest.  
through dark - ness and per - plex - i - ty point thou the heav - en - ly way.  
I may the e - ter - nal bright - ness see, and share thy joy at last.

Words: Synesius of Cyrene (375?-414?)  
Music: from Daman's Psalter, 1579

The people stand as able.

## POSTCOMMUNION PRAYER

*Presider* Let us pray.

**All** 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.

## PRAYER OVER THE PEOPLE AND THE BLESSING

*Presider* Bow down before the Lord.

The people bow.

*Presider* Grant, Almighty God, that your people may recognize their weakness and put their whole trust in your strength, so that they may rejoice for ever in the protection of your loving providence; through Christ our Lord. And the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be upon you and remain with you for ever. Amen.

## HYMN 143: The glory of these forty days

*Erhalt uns, Herr*



1 The glo - ry of these for - ty days we  
2 A - lone and fast - ing Mo - ses saw the  
3 So Dan - iel trained his mys - tic sight, de -  
4 Then grant us, Lord, like them to be full  
\* 5 O Fa - ther, Son, and Spi - rit blest, to



1 ce - le - brate with songs of praise; for Christ, through whom all  
2 lov - ing God who gave the law; and to E - li - jah,  
3 liv - ered from the li - ons' might; and John, the Bride - groom's  
4 oft in fast and prayer with thee; our spi - rits strength - en  
5 thee be ev - ery prayer ad - dressed, who art in three - fold



1 things were made, him - self has fast - ed and has prayed.  
2 fast - ing, came the steeds and char - i - ots of flame.  
3 friend, be - came the her - ald of Mes - si - ah's name.  
4 with thy grace, and give us joy to see thy face.  
5 Name a - dored, from age to age, the on - ly Lord.

Words: Latin, 6th cent.

Music: melody from *Geistliche Lieder*, 1543

## DISMISSAL

*Minister* Go in peace to love and serve the Lord.

**All** Thanks be to God.

After the procession has led the way out of the church,  
we invite you to remain for the Voluntary or depart quietly.

## VOLUNTARY: Kyrie Dominicale

Heinrich Scheidemann (1595-1663)

## ***Spotlight on Ministry***

### ***Parkshore Communion Visitors***

Parkshore is a thriving senior living community in Madison Park, where each Sunday morning at 9:30 a special event unfolds in the Parkshore media room, bringing the spirit of fellowship and worship alive.

More than two decades ago, a beautiful journey began with the dedication of Robin Mondares, who regularly visited an ailing parishioner from Epiphany. This humble act sparked the commencement of a worship service that has since blossomed into a cherished tradition for Parkshore residents. The initial gathering, rooted in prayer and communion, soon evolved as more residents sought to be part of this uplifting experience.

Guided by Robin's faithful commitment, a dedicated group of volunteers stepped forward and built a community of worship and fellowship, lending their voices, hearts, and hands to nurture this beloved ministry. Their commitment served to enrich the lives of all who gathered.

During the pandemic, the spirit of resilience soared at Parkshore. Despite the challenges, the cherished worship service persevered, innovatively adapting to the new landscape. The community found solace in streaming the live worship service from Epiphany in a space large enough for social distancing ensuring all could partake in spiritual nourishment. The streaming format continues, connecting attendees to the worshiping community at Epiphany.

In this ongoing journey, a group of faithful volunteers continues to foster the spirit of worship and togetherness. Among them, Warren and Nancy Morrow, Edie and John Burkhalter, Hunter Wessells, and Donald Akin, with our Parkshore chaplain, Michael Fraas, standing as a pillar of support. I believe that every one of our dedicated volunteers would say that this ministry brings them joy in serving and has built lasting bonds of friendship with our friends at Parkshore.

We hope you will consider embracing the opportunity to be a part of the uplifting Sunday worship at Parkshore. Whether you feel called to participate once a month or even every 6 weeks, the tasks are simple—from picking up the necessary items at Christie house: laptop, bulletins, flowers, and communion items—to returning them after the service, you can play a meaningful role in nurturing the spirit of community and faith in the lives of those who gather in a spirit of faith and togetherness. Contact Nancy Morrow for more information at ***Nancyjmorrow@gmail.com***.

#### ***Serving this day***

*Rector* The Reverend Doyt L. Conn, Jr.

*Associate Rector* The Reverend Lisa Ozaeta

*Associate Priest* The Reverend Pam Tinsley

*Assisting Priest* The Reverend Lex Breckinridge

*Director of Worship* Diane Carlisle

*Director of Music* Zachary Hemenway

*Associate Director of Music* Julian Petralia

*Vergers* Sabrina Reyes

*Lector* Greg Finger

*Eucharistic Ministers* Zonnie Breckinridge, Margaret King, John Starbard

*Altar Guild* Candace Lancaster

*Ushers* Jenny Cummins, John Friedman, Mary Anne Howard

# YEAR OF THE BIBLE

## Readings for the Week of February 18–February 24

2/18	Proverbs Psalm 6	25-27
2/19	Proverbs Psalm 7	28-31
2/20	Ecclesiastes Psalm 8	1-4
2/21	Ecclesiastes Psalm 9	5-8
2/22	Ecclesiastes Psalm 10	9-12
2/23	Song of Solomon Psalm 11	1-4
2/24	Song of Solomon Psalm 12	5-8

### PARISH PRAYER LIST

#### WE PRAY FOR THOSE WHOSE BIRTHDAYS FALL BETWEEN FEBRUARY 18 AND FEBRUARY 24

Ted Mondares, Emily Williams, Nasir Ndiaye, Ashely Smith, Mark Britton, Grace Davis,

#### WE PRAY FOR THOSE ON THE DIOCESAN

##### CYCLE OF PRAYER

St. Paul's, Seattle

St. Peter's, Seattle

#### WE PRAY FOR THOSE IN OUR PARISH WHO ARE ILL OR GRIEVING

Cheryl Morgan, Eileen Riley, The Osterlind Family, Steve, Lynn Manley,  
Alice Foreman, Thomas, John Kirkpatrick, Barbara Lock, Amber Gregory,  
Dennis Hogan, Jessica Khan, Arthur Sullivan, Linda Baker, Bill Hess, Jane Hess,  
Jeremy Bacon, Janet Salisbury, Norma Lorenzana, Janet Hoehne, Bill Ingham, Cooper Sayer,  
Kathleen Balducci, Lisa Robertson, Ava Hall, Mary Magee, Ruth Hurt, John,  
Marjorie Bunday, Joanna Reams, Lex Lindsey, Don Mullins, The Most Reverend Michael Curry,  
Mary Jo, Kris, Fr. Michael, Faye, Brook Berry, John Parrott, Joel Connelly,  
Mary Jane Anderson, Ivan Jacobson, Pamela, Piper Simmons, Dawn, David Ferguson,  
Peggy Wilton, Ann Beck, Justin, Neville Pitcher, Denise Glasco

#### WE PRAY FOR THOSE WHO HAVE DIED

John King, Tate Mason, Bill Grayson, Constance Albrecht, John Parrott

Are you or a loved one in need of some extra, tender loving care? Pastoral Care Ministries at Epiphany can reach out through a written prayer, a Eucharistic visit, a phone call, a greeting card, a bouquet of Epiphany flowers, a prayer shawl, and/or a meal delivered. Please contact Diane Carlisle at [dcarlisle@epiphanyseattle.org](mailto:dcarlisle@epiphanyseattle.org)

# LENTEN PRACTICE OF SILENCE

## Daily Practice

Discover the transformative power of silence this Lenten season. We invite you to participate in a practice of 20 minutes of daily silence. Why silence? In the quiet, we uncover a space for reflection and introspection. This Lenten practice offers an opportunity to disconnect from the noise of daily life, fostering a deeper connection with oneself and a heightened awareness of the sacred.

## Weekly Conversation

Each Sunday throughout Lent, we'll come together to share our experiences and find inspiration from each other and in the wisdom of monks and mystics. Weekly gathering is on Sundays at 4:00 in the Christie House Library.

## Details

- ✓ Daily Practice
- ✓ 20 minutes
- ✓ Record Insights
- ✓ Join Class
- ✓ Share experience
- ✓ Grow in practice



### Class Schedule

We will meet for 4 Sundays during lent to talk about our individual experiences and to learn more about the practice of silence.



### Intro to Practice of Silence (2/18)

Understanding the basics of practicing silence. How, When, Why.



### Practicum: Day of Silence (2/25)

Exploring the power of stillness and silence in a Day of Silence offered by Diana Bender.



### Experiencing Silence with Icons (3/3)

An afternoon retreat contemplating the icons of Christine Bingham. followed by a discussion.



### Connection and Presence (3/10)

Exploring the practice so far and discussing how to deal with discomfort or distraction.



### Integration and Moving Forward (3/17)

Incorporating silence beyond this lenten practice.

Text Lisa for  
more info



425-395-5058

## *Weekly Offerings at Epiphany*

### **Adult Formation | Sundays (except First Sundays, when there is a brunch) | 10:00 am | Great Hall**

Join others for an hour of learning. Topics vary each week from spiritual formation, human interest, current affairs, and more.

### **Ancient Practices Study | Sundays | 4:00–5:00 pm | Christie House Library and Zoom**

In this study we are examining seven Christian practices that are rooted in our ancient traditions. We cover 1. Prayer, 2. the Liturgical Year, 3. Being the Church Community, 4. the Eucharist, 5. Holiness of the Ordinary, 6. Pilgrimage, and 7. Sabbath and Retreat. We spend four weeks on each topic—the first week is an overview, the second week looks at how this practice is embraced and expressed across traditions and over time, the third week is personal experimentation, and the final week is a reflection. Join us as we explore how we live out our faith according to these ancient practices.

### **Choral Evensong | Sundays | 5:30–6:30 pm | Church and YouTube**

Sung at the close of day in cathedrals and churches throughout the world, Choral Evensong is a service of Evening Prayer, derived from the ancient offices of Vespers and Compline. The choir sings the traditional evening prayers of the church that have been offered for centuries, while the congregation listens, joins in the hymns, and adds their own prayers to those of the choir.

### **Chapel Open | Monday through Friday | 9:00 am–4:00 pm | Chapel**

The chapel as a place for prayer is open during the week. Come by and sit in this sacred space. Occasionally the chapel will be closed for other events; during these times we will open the church.

### **C. S. Lewis Minyan | Thursdays | 8:40–9:40 am | Christie House Library and Zoom**

*Jonathan Roberts*

The C. S. Lewis minyan began the fall reading *The Screwtape Letters*. This minyan meets in person and online. If you would like to be on the email distribution list and receive notes each week or you would like the Zoom link please email Jonathan Roberts at [Jonro@rprime.com](mailto:Jonro@rprime.com).

### **All Threads Together | Thursdays | 10:00–noon | Christie House Library**

Bring your latest needle craft project to our weekly meetings of fellowship and fun. We work on individual projects as well as prayer shawls and hats for local ministries. All are welcome!

### **Bible Study | Fridays | 10:30–11:30 am | Christie House Library and Zoom**

*The Rev. Doyt Conn, Jr.*

The Bible is the core document that defines the framework in which followers of Jesus live. And so, this class is not just about becoming familiar with the Bible, it is about unpacking it and pulling it apart, and seeking out links and allusions and associations between different parts of the Bible. This Bible study is a journey into words and meaning and characters, and the context behind them. We do not rush things in this class, and furthermore, because of the slow pace and our theological orientation, you can drop in and quickly find your way, even if you haven't been attending the class. Come be part of this biblical quest of Christian meaning, understanding, and relevance with the Rev. Doyt Conn. All are welcome. Contact Diane Carlisle at [verger@epiphany-seattle.org](mailto:verger@epiphany-seattle.org) for information and the Zoom link.



## *Today at Epiphany*

### **Adult Formation—Jesus and Paul: Visions of Transformation | 10:00 am | Great Hall and Zoom**

*The Rev. Lex Breckinridge*

The primary teachings of Jesus and his follower, the Apostle Paul, move us from the superficial level of information gathering and comparison (“I’m right, you’re wrong”; “my facts trump your facts”) toward a deeper level of transformation where we can hold the tension of opposites, live with contradictions, compassionately embrace the “Other” instead of blaming or scapegoating. In this cultural moment of bitterness and division, seeing reality with this “Christ consciousness”, will allow us to offer healing and mercy instead of anger and arrogance and move us away from anxiety towards a deeper sense of peace.

### **Confirmation Class and Cathedral Day | Sundays | February 25, March 3, 10, 17, and 24 | 10:00 am | Christie House Library**

*The Rev. Lisa Ozaeta*

If your child is 13 or older, it’s time to sign them up for Confirmation Classes. We will meet at the Christie House library February 25, March 3, 10, 17, 24 during the 10.00 hour. Classes will be taught by Doyt and Lisa. Confirmation takes place at Cathedral Day on April 27. Please email me at [lisa@epiphanyseattle.org](mailto:lisa@epiphanyseattle.org) to register or if you have questions.

### **The Practice of Holy Silence | Sundays | February 18, 25, March 3, 10, and 17 | Christie House Library**

Discover the transformative power of silence this Lenten season. We invite you to participate in a practice of 20 minutes of daily silence. Why silence? In the quiet, we uncover a space for reflection and introspection. This Lenten practice offers an opportunity to disconnect from the noise of daily life, fostering a deeper connection with oneself and a heightened awareness of the sacred. *Today: Intro to Practice of Silence, Understanding the basics of practicing silence. How, When, Why.*

### **Choral Evensong | Sundays | 5:30–6:30 pm | Church and YouTube**

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## *This Week at Epiphany*

### **Women’s Retreat Group | Meet & Tag On | Tuesday | February 20 | 6:30 pm | Fireside Room**

Please join the Women’s Retreat Group for a Meet & Tag On session on Tuesday, February 20th, from 6:30 – 8:00 pm in the Fireside Room for our second book, *The Grit Factor*. This book is about our April retreat presenter, Shannon Hoffman Polson. Parishioners Margie Einstein and Mary McGuire will lead the discussion, and we’ll have beverages and snacks on hand. Your RSVP is greatly appreciated. Please contact Amanda at [amanda@epiphanyseattle.org](mailto:amanda@epiphanyseattle.org).

### **Holy Eucharist | Thursday | February 22 | 6:00 pm | Chapel**

Thursdays during Lent we offer a simple service of Holy Eucharist, complete with readings, prayers, a homily, Holy Communion, and music. This week’s homily given by Travis Salisbury.

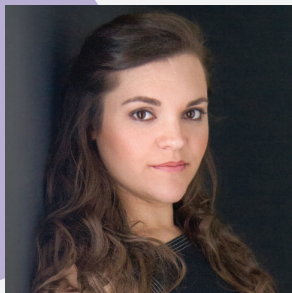
7:30 PM  
FRIDAY, MARCH 1

MUSIC AT EPIPHANY PRESENTS

# BUXTEHUDE: MEMBRA JESU NOSTRI



SCAN FOR TICKETS



## FEATURING

**Natalie Ingrisano**  
*Soprano*

**Jenny Spence**  
*Soprano*

**John Garlid**  
*Countertenor*

**Carson Truett Lott**  
*Tenor*

**Zachary Lenox**  
*Baritone*

Dietrich Buxtehude's rarely performed *Membra Jesu Nostri* is a sacred choral masterpiece consisting of seven cantatas, each dedicated to a different part of Christ's crucified body. Five soloists will join baroque instruments and chamber choir led by Epiphany's Director of Music, Zach Hemenway, to present this deeply expressive and beautiful work. Natalie Ingrisano, soprano; Jenny Spence, soprano; John Garlid, countertenor; Carson Truett Lott, tenor; Zachary Lenox, baritone.

**EPIPHANY SEATTLE**  
1805 38th Avenue  
Seattle, WA 98122

[EpiphanySeattle.org](http://EpiphanySeattle.org)

**MUSIC**  
*at EPIPHANY*

# Easter Flowers Donation Form



This Easter Sunday, the highest celebration of our Christian year, you can remember a special person or event by donating towards our Altar Flower Fund. Perhaps you would like to acknowledge the birth of a baby, or a marriage, or a loved one now departed. You may donate towards one or more lilies, but you are not limited to Easter. Any date during the year we can decorate the altar with a floral arrangement on the Sunday closest to that date.

Complete the form below and send your check to the church office or add it to the collection plate. Remember that during Advent and Lent only greens are used on the altar.

Thank you for your consideration of the Altar Flower Fund.

*Please complete the form below and return with a check by Tuesday, March 26.*

Name of Donor: \_\_\_\_\_

Email: \_\_\_\_\_

\_\_\_ I wish to be acknowledged in the Easter Sunday bulletin,

\_\_\_ For another special Sunday or anniversary during the church year: (date) \_\_\_\_\_

\_\_\_ in memory of: \_\_\_\_\_

\_\_\_ in thanksgiving for: \_\_\_\_\_

\_\_\_ My check is enclosed. (Make payable to: Epiphany Parish)

\_\_\_ I used the QR Code or donated online.



## Parish Staff

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The Rev. Doyt L. Conn, Jr.	<i>Rector</i>
Jad Baaklini	<i>Director of Communications</i>
Karen Berry	<i>Parish Administrator</i>
The Rev. Lex Breckinridge	<i>Assisting Priest</i>
Diane Carlisle	<i>Exec. Assistant to the Rector and Director of Worship</i>
Pam Demian	<i>Business Administrator</i>
Amanda Eap	<i>Parish Life Minister</i>
Bryan Fiehler	<i>Audio Visual Minister</i>
John Garlid	<i>Music Administrator</i>
Zachary Hemenway	<i>Director of Music</i>
Dani Lugotoff	<i>Campus Care Manager</i>
The Rev. Lisa Ozaeta	<i>Associate Rector</i>
Julian Petrallia	<i>Assistant Director of Music</i>
Gieth Phou	<i>Sexton</i>
Laura Rodde	<i>Chief of Staff</i>
Laura Sargent	<i>Music Department Coordinator</i>
The Rev. Pam Tinsley	<i>Associate Priest</i>

## Volunteer Ministry Leaders

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Ann Beck	<i>YWCA Cleanup &amp; Teen Feed</i>
	<i>Chaplain Mirabella</i>
Diana Bender	<i>Discernment</i>
Susan Bisyak	<i>Altar Guild</i>
Holly Boone	<i>Service &amp; Outreach</i>
Terry Carlisle	<i>Operation Nightwatch</i>
Phil Carter	<i>Ushers</i>
Jenny Cummins	<i>Tiny Homes</i>
Karen Forbes	<i>Women's Retreat Group</i>
Alice Foreman	<i>Flower Ministry</i>
Michael Fraas	<i>Chaplain Parkshore</i>
Sherman Griffin	<i>Music at Epiphany</i>
Clip Kniffin	<i>Men's Ministry</i>
Pete Melin	<i>Tiny Homes</i>
Bethany Miller	<i>Chaplain Washington Park Tower</i>
Robin Mondares	<i>Chaplain Aegis</i>
Nancy Morrow	<i>Parkshore Ministry</i>
Laurel Nesholm	<i>Art Guild</i>
Elizabeth Roberts	<i>Women's Retreat Group</i>
Jonathan Roberts	<i>C. S. Lewis Minyan</i>
Lorelle Shearer	<i>Meals Ministry</i>
Trish Stone	<i>All Threads Together</i>

To find out more about all of our ministries go to [epiphanyseattle.org/engage](http://epiphanyseattle.org/engage).

## Volunteer Professionals

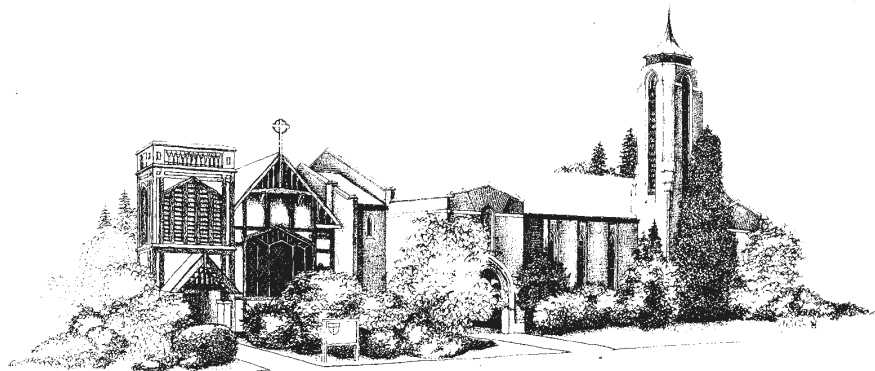
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Bill Forbes	<i>Buildings and Grounds</i>
Doug Marshall	<i>Treasurer</i>
Mary McGuire	<i>Children's Sermon</i>
Doug Oles	<i>Chancellor</i>
Susan Pitchford	<i>Off-site Anchorite</i>

## Vestry

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Dwayne Shearer - Senior Warden	
Mary Kimball - Junior Warden	
Ron Lee - Member at Large	
Lee Anderson-Brooke	George Brumder
Barbara Cairns	John Cary
Jodi Markus	Barb Marshall
Wendy Sefcik	Lesa Sroufe
Alec Williamson	



Wherever you are on your spiritual journey,  
you have a place at Epiphany.