

EPIPHANY†

— *Seattle* —



A GUIDE TO LENT

2021

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Invitation to Lent

Dear Epiphany,

Lent is upon us, and you might be thinking... “It seems Lent has already arrived.” Indeed, this pandemic has forced us, in some ways, to consider things we are encouraged to contemplate during Lent: our mortality; where God sits in the order of importance in our life; what it means to give something up; and how is it with our souls. Within the liturgical calendar pattern, Lent is the season when we consider our eternal relationship with God. It is the season when we ask: “Am I prepared to meet God face to face?” and when I do, and am invited to read the book of my life, “Can I do so without weeping my way through it?” During Lent, then, we take on spiritual exercises as a way of not just amending our life, but actually reforming our spirits. A spiritual exercise allows us space to contemplate the health and wholeness of our eternal souls, and also, by doing the exercises, to change ourselves or, shall I say, to better reveal our most authentic nature.

This booklet is organized to let you know all the ways you can engage in Lent through Epiphany. There are services, classes, and opportunities of contemplation. It is my hope that this Lent you take on one study discipline and one prayer discipline. You will find in this document a series of books for your consideration. You will also find courses that may help frame your daily prayer life.

One prayer exercise that I am particularly encouraging this Lent is the Daily Office service of Morning Prayer. Currently, Monday–Friday at 7:30 am, a group of Epiphany parishioners gather on Zoom to pray the Morning Office. If you are interested in the link for this gathering, please contact Diane Carlisle at [**verger@epiphanyseattle.org**](mailto:verger@epiphanyseattle.org). If you are more a prayer-on-your-own-schedule type, but want to try Morning Prayer, I have put out a short instructional video on Morning Prayer. You can find it on our website ([**www.epiphanyseattle.org**](http://www.epiphanyseattle.org)), and I will be teaching a Sunday morning forum on it on February 28 at 10:00 am.

This past year has been hard on so many levels, and doubling down on abstinence and study and introspection may seem the exact opposite of what you want to do. I understand. That said, I can assure you that a well-practiced Lent will position you to spring forth from this pandemic energized and ready for the new creation into which God is calling us. A well-practiced Lent is a well-trodden path into the soul of God.

Please let me know if I can help you in your Lenten consideration and/or preparation.

You are in my prayers. Peace upon your soul.

Doyt+

Holy Week Checklist

Palm Sunday—March 28 | 8:45 and 10:45 am Church | 8:45 am YouTube

- Register for in-person service, if desired, and arrive at church 15 minutes before the service to get a palm branch for the Liturgy of the Palms.
- Or tune into our YouTube channel for the 8:45 online service.

Holy Monday—March 29 | 5:30 pm | YouTube

- Tune in online to pray Stations of the Cross with Zach Hemenway at the organ.

Holy Tuesday—March 30 | 5:30 pm | YouTube

- Tune in online for a service of Evensong sung by members of Epiphany Choir.

Holy Wednesday—March 31 | 5:30 pm | Church and YouTube

- Gather in the Church or online for a contemplative service of Taizé. Music will be sung by the Epiphany Choir. If you attend in-person masks are required and social distancing must be maintained. All COVID protocols will be followed.

Maundy Thursday—April 1 | Agape Meal at 6:30 pm | Zoom

Liturgy at 7:30 pm | Church and YouTube

Watchnight Vigil | Chapel

- Put together an Agape meal to share with your family at home.
- Register for the in-person service, if desired, or tune into our YouTube service.
- Sign up by emailing Diane Carlisle (verger@epiphanyseattle.org) for an hour or more of prayer in the Chapel as we keep a watchnight vigil. Feel free to just show up, too; we just want to make sure all times are accounted for.

Good Friday—April 2 | Liturgy at 7:30 pm Church and YouTube

Sacrament of Reconciliation (Confession) after the service

- Fast until after the Good Friday Liturgy.
- Read the Gospels from *The Saint John's Bible* in the Great Hall (noon to 5:00).
- Register for the in-person service, if desired, or tune into our YouTube station for the service.
- Watch our Good Friday Service for Children on our YouTube channel.
- Participate in the private and confidential Sacrament of Reconciliation (Confession) in the Chapel after the 7:30 pm service.

Holy Saturday—April 3

- Holy Saturday Zoom Conversation with the Altar Guild at 9:00 am.
- Easter Egg Hunt beginning in the Great Hall at 10:00 am.

The Great Vigil—April 3 | 8:00 pm Church and YouTube

NOTE: There will be incense at this service.

- Register to attend the in-person service, if desired, or tune into our YouTube channel.
- Arrive early and meet in the Garden of Remembrance, east of the Chapel, if attending in person.
- Bring bells from home, or borrow one from the Church, to ring when the Church erupts in Easter joy!

Easter Day—April 4 | 7:30, 9:00, 10:30 & noon Church | 9:00 am YouTube

- Register for in-person service, if desired, or tune into our YouTube channel for Easter worship.
- Prepare an Easter feast following the suggested menu included in this guide, or create your own.
- Join our Zoom Coffee Hour at 10:00 am to celebrate the resurrected Christ with your parish family.
- Finish Holy Week with a beautiful service of Evensong at 5:00 on our YouTube channel.

Easter Flower Form

This Easter Sunday, the highest celebration of our Christian year, you can remember a special person or event by donating to 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. We can decorate the altar with a floral arrangement on the Sunday closest to that date, or another date of your choosing.

Please complete the form below and send your check to the Parish Office or add it to the collection plate. Remember that during Advent only greens are used on the altar, and during Lent there are no flowers or greens.

PLEASE COMPLETE FORM BELOW AND RETURN
TO THE CHURCH OFFICE BY WEDNESDAY, MARCH 31.

Name of Donor: _____

Email: _____

My check is enclosed for purchase of an Easter lily (make payable to: Epiphany Parish: Easter Flowers)

I wish to be acknowledged in the Easter Sunday bulletin, in memory of:

In thanksgiving for:

For another special Sunday or anniversary during the Church year:

Bulletin message:

Thank you!

Lenten Services and Activities



Lenten Inspiration

Daily Practices and Activities to Consider

Daily Practice	Suggested Activity
Meatless Monday (fasting)	<ul style="list-style-type: none"> • Eat a vegetarian or vegan meal. • Eat a simple soup supper. • Have breakfast for dinner. • Use up all the produce in your refrigerator (make curry, soup, or pasta).
Tech-less Tuesday (fasting)	<ul style="list-style-type: none"> • Spend no time on-screen except for work/home-work. • Don't listen to music in the car or bus. • Call a friend instead of checking social media. • Notice what you hear when your devices are turned off.
Worship Wednesday (prayer)	<ul style="list-style-type: none"> • Wake up and pray. • Meditate. • Tune into SANCTUS on our YouTube channel. • Write a family prayer. • Read Compline from <i>Hour by Hour</i> or BCP at bedtime.
Thankful Thursday (prayer)	<ul style="list-style-type: none"> • Write down things you are grateful for this week. Put them in a jar to read on Easter or make a paper chain. • Write a thank-you note. • Pay for someone else's drink at Starbucks.
Family or Friends Friday (prayer/service/fasting)	<ul style="list-style-type: none"> • Do something special together, like watching a movie, playing a game, having a dance party, or doing an art project. • Put your cellphone away after 5:00 pm.
Service Saturday (service)	<ul style="list-style-type: none"> • Pick up trash in your neighborhood. • Gather clothes to donate. • Take food to a food bank. • Make soup for the Meals Ministry freezer or a soup kitchen.
Sabbath Sunday (rest/prayer)	<ul style="list-style-type: none"> • Go to church or worship online. • Spend time doing something that restores your soul.

Gospel of Mark: Five Minutes at a Time

The Reverend Doyt L. Conn, Jr.

I think my attention span has atrophied during the pandemic, or maybe I'm just distracted by all the craziness in the world, or maybe my mind is just wearing out, but irrespective of cause, the reality is that bite-size information input is sometimes just better. And so, for those of you like me, I am putting together a Lenten daily offering that walks through the entire Gospel of Mark: five minutes at a time. You can find the schedule on the website, as well as my daily video reflections.

Mark is an exciting, energizing Gospel. It was written fast, as if the author was compelled to immediately (that is a word you read often in this Gospel) get out of his mind and onto the paper everything he knew about Jesus. My hope through these daily reflections on Mark is to give you something to noodle over throughout your day, or maybe even something to consider during your daily prayers, or maybe to act as a word that calls your attention to the Holy Spirit's movement in your life. The 10:00 am Sunday Forum on March 21 will be a session open to your questions on the Gospel of Mark and a time to share, if you so choose, your experience of this daily spiritual exercise. I do hope you'll join me this Lent in experiencing the Gospel of Mark.

Book Suggestions for Lent

Title: *Self to Lose, Self to Find: Using the Enneagram to Uncover Your True, God-Gifted Self*

Author: Marilyn Vancil

One of the great blessings of being the Rector of Epiphany Seattle is meeting the extraordinary people God has led to this parish. Some have been here for decades, others are quite new to our common life. Some are what I call pillars, as firm as the very foundation of the buildings themselves; others are here for a time and then off to new pastures.

One amazing parishioner is Marilyn Vancil. She was here for a time and now connects with Epiphany online from her new home outside of Spokane. Of the many amazing things about Marilyn, one is that she is an author. The book she wrote, and I strongly recommend, is called *Self To Lose, Self To Find: Using the ENNEAGRAM to Uncover Your True, God-Gifted Self*. This is an interesting book. As she became acquainted with the structure of the Enneagram, a system of nine interconnected personality types, Marilyn saw how it matched types found in Holy Scripture. What I found so interesting about this book was the solid theological framework upon which it is constructed. Even if you have no interest in the Enneagram, I still recommend this book, as the first 42 pages alone are the worth the purchase price.

Reviewed by Doyt Conn

Title: *The Halo Effect*

Author: Anne D. LeClaire

This gorgeously written family drama tells the story of Will, a man who grudgingly befriends a Catholic priest after Will's teenage daughter dies. Will is a renowned painter, so the priest wants him to paint portraits of saints in the new cathedral. Will agrees, his friendship with the priest strengthens...but as Will uses his neighbors' faces as models for the saints he's painting, one of those townspeople might be his daughter's killer. This novel is a meditation on grief, on spiritual friendship and guidance, on the bonds of marriage, on redemption...and ultimately is an exploration of how we can be both sinners and saints.

I think of this special novel every Lent. I think that's because Will's wilderness is familiar and relatable – this novel is honest, raw, and intimate in that way. I love *The Halo Effect's* depiction of how we lose and find God, how we are often tempted to let dark circumstances overtake us, and how we bring ourselves back to life and allow others to help us do that. Life-affirming is what this book is. We get inside this novel's skin and we want to stay there.

Reviewed by Kelli Martin

Title: *The Prophets*

Author: Robert Jones, Jr.

I'm reading *The Prophets*, historical fiction by Robert Jones, Jr. It took Jones 14 years to write this novel. I can see why. Every word is deliberate, every sentence is lush, resplendent. So resplendent that I put the book down for weeks after reading page 2! I wanted to ward off the heartbreak of arriving at the last page. But when I returned, the reading made my heart twist and soar. It is love on the page.

The Prophets is a love story. Set amidst U.S. slavery, on a plantation in the deep South, it reveals the journey of love between two men who are enslaved. When their love is threatened, we readers see how life on the Mississippi plantation hurtles toward a dramatic upending.

What I found surprising is that the story is told from the perspectives of both enslaved and enslaver. And biblical notes dominate: protagonists Samuel and Elijah; preaching and communities of women witnessing; and places made holy within a devastating human struggle. What makes this a powerful Lenten read is that it does not shy away from the wilderness and sin of slavery, but neither does it shy away from the transcendent power of a gentle, mighty, abiding love.

Reviewed by Kelli Martin

Title: *The Baritone Wore Chiffon: A Liturgical Mystery*

Author: Mark Schweizer

This comical mystery novel is the second in a series of 15 Liturgical Mysteries. This series follows the adventures (and amateur noir writing skills) of Hayden Konig, the police detective of St. Germaine, North Carolina, and the Organist/Choirmaster at St. Barnabas Episcopal Church. Members of the Epiphany Choir read the first book of the series, *The Alto Wore Tweed*, this past Advent, which aligns with the seasons of Advent and Christmas. *The Baritone Wore Chiffon* picks up from the first book (though reading the first book is not necessary) and takes the reader through a myriad of adventures. Leading through Lent, Holy Week, and Easter, *The Baritone Wore Chiffon* includes such events as the Edible Last Supper, the Feng Shui Altar Guild, a dwarf verger, and the Clown Eucharist.

Reviewed by Wyatt Smith

Title: *How to Be an Anti-Racist and Stamped From the Beginning*

Author: Ibram X. Kendi

I recommend *How to Be an Anti-Racist and Stamped from the Beginning*, both by Ibram X. Kendi. In *Stamped from the Beginning*, Kendi traces the history of how race became the characteristic, in Western culture, that came to define people and preordain their fate. Prior to several hundred years ago, people did not think of themselves and others as white or black, but rather as peoples of the geographical areas where they were from. Kendi shows how race is a construct created by white people to ensure, and perpetuate, power. This book is compelling because it establishes these truths by the skillful narration of historical events. *How to Be an Anti-Racist* provides tools to evaluate our daily attitudes and actions to test whether we are perpetuating racism or combating it.

Reviewed by Sherilyn Peterson

Title: *He Held Radical Light: The Art of Faith, The Faith of Art*

Author: Christian Wiman

I'm currently reading *He Held Radical Light: The Art of Faith, The Faith of Art* by Christian Wiman. As the title suggests, he is a poet and a theologian, and this book does a wonderful job of exploring how these ways of thinking intersect. Wiman does this by sharing encounters with poets he has known (as a previous editor of *Poetry Magazine* he knows quite a few).

Some of the encounters are surprising, some even funny, but all are thought provoking and deal with a question he asks across the 114 pages of this thin but full book: "What is it we want when we can't stop wanting?"

This question and the way it ties back to both our daily life and our spiritual journey, makes this a wonderful Lenten read whether all in an afternoon or as a chapter-by-chapter devotional.

Reviewed by Doug Marshall

Title: *Fire of the North*

Author: David Adam

St. Cuthbert was a monk and bishop of Lindisfarne (aka Holy Island) in what is now northeastern England. He was reputed to have gifts of prophecy and healing and is a central figure in Celtic Christianity. *Fire of the North* celebrates Cuthbert's ready sense of God's presence and eager response to nature. There are prayers throughout the book that were composed to help readers experience the direct force of Celtic spirituality for themselves. Whether or not you are a pilgrim who will be walking St. Cuthbert's Way this summer (where we will walk along the same route that Cuthbert took as he walked back and forth between Melrose and Holy Island), I know you will enjoy this gripping and easy-to-read biography of a very important saint of the United Kingdom.

Reviewed by Diane Carlisle

Opportunities for Children During Lent

Children's Ministry Drive-Through Event

February 15 | 4:30 – 5:30 pm | On Howell Street Behind Christie House

Come and drive by Christie House on Howell Street and pick up your "Lent in a Box." This box will contain materials and activities for your family to do together throughout the season of Lent. If this time does not work for you, or you are unable to get to church, please email Naomi Woodrum so we can arrange a way to deliver the box to your home: nwoodrum@epiphanyseattle.org.

Ash Wednesday Service for Children

February 17 | 5:00 pm | YouTube

This is an age-appropriate service for our youngest members, which invites children into the season of Lent through an exploration and discussion of the ashes of Ash Wednesday and a liturgy including story and song. Please contact Ruth Anne at rgarcia@epiphanyseattle.org for more information.

Good Friday Service for Children

April 2 | 5:00 pm | YouTube

This is an age-appropriate service for our community's children, which gently guides them into a remembrance of Jesus' act of self-giving love on the cross. Children will be invited to draw or write prayers. Please contact Ruth Anne at rgarcia@epiphanyseattle.org with any questions or for more information.

Easter Egg Hunt

April 3 | 10:00 - 11:30 am | Great Hall

We would love to offer an in-person Easter Egg Hunt for our Epiphany children this Easter. We recognize this will be dependent upon state guidelines and restrictions at the time of the event, but our hope is that we will be able to provide a safe and fun experience for children to hunt for some Easter eggs! Preregistration will be required, and 2 or 3 families (depending on their size) will be grouped together in designated time slots. Masks will be required, and you will be asked to supply your own baskets or bags to collect the eggs. Stay tuned for more up-to-date information as we get closer to the date!

Baptisms at the Great Vigil

April 3 | 8:00 pm | Church

The Great Vigil is the first service of Easter and a traditional time for Christian initiation, or baptism, to take place. If you or someone in your family is interested in being baptized, please contact **Ruth Anne Garcia** at rgarcia@epiphanyseattle.org for additional information. Because we wish to hold all baptismal candidates in prayer and properly prepare them for this most important day in a Christian life, the deadline for submission for Great Vigil baptismal forms is March 15.

Shrove Tuesday Pancake Supper

February 16



By Jim Marlow (part of the small group that usually prepares the Shrove Tuesday Pancake Feast)

We can't meet this year for the annual Fat Tuesday pancake supper, but you can recreate it at home if you want. We use Krusteaz pancake mix (either regular or gluten free), bacon, butter, syrup, a fruit compote, and orange juice. Follow the instructions on the pancake mix container and cook on a griddle. Bake the bacon on a rimmed baking tray at 375 until crispy. The fruit compote is just a mix of peeled apples, pears, and bananas chopped up and cooked in a saucepan until the fruit is soft and then mashed slightly. For a truly authentic meal serve on compostable paper plates with compostable utensils, serve the juice in recyclable plastic cups, and if you have kids, get them to run around and make a lot of noise. Mardi Gras beads are optional.

Preparation for Ash Wednesday at Home

On Tuesday and Wednesday, February 16 and 17, prior to the Ash Wednesday service, you may come by the Christie House Library between 9:00 am and 4:30 pm and pick up a small kit for participation in the Ash Wednesday online service or just a simple family Imposition of Ashes. Kits will be on the tables in the library, and you will need one kit per family.

Ash Wednesday

February 17



Remember you are dust, and to dust you will return.

5:00 pm | YouTube

This is an age-appropriate service for our community's children, which gently guides them into a remembrance of Jesus' act of self-giving love on the cross. Children will be invited to draw or write prayers. Please contact Ruth Anne at rgarcia@epiphanyseattle.org with any questions or for more information.

7:30 pm | Church and YouTube

On this day, the beginning of Lent, we are marked with the sign of the cross on our foreheads to remember our humanity as we hear the words, "Remember that you are dust and to dust you will return." Because of COVID restrictions, people will self-impose ashes or have a family member impose the ashes. This is a service of Holy Eucharist. Preregistration is required for in-person attendance. No walk-ins.

Following the service you will have the opportunity to take part in the Sacrament of Reconciliation (private confession). This is one of two days set aside in the Episcopal Church for private confession and fasting.

Weekday Offerings During Lent

Morning Prayer

Weekdays 7:30 – 8:00 am | Saturdays 8:30 – 9:00 am | Zoom

The stability of Morning Prayer in an ever-changing world is a spiritual gift. Our lives run fast with competing demands on our time and attention. When we pause, each day, to acknowledge the sacred nature of time itself, we grow in our awareness that our lives are infused with the reality of God's presence. Slow down—breathe, rest, and renew your soul in the shared silences of this liturgy. Begin each day together, with God's Word in your ears and God's praise on your lips; refuel and be ready for the work ahead as the body of Christ in the world. Weekday Morning Prayer uses Rite II language from the *Book of Common Prayer* and Saturday's service uses language from *Enriching our Worship*. For the link please email Diane Carlisle at verger@epiphanyseattle.org.

Meditation

Weekdays | 8:30 – 9:00 am | Zoom

What directs the movement of your attention? Understand the influence emotions play on the way you see and understand the world. What happens when stillness grows inside?

There is a greater space of wholeness within to respond rather than react. Meditation supports well-being all around. Guided meditation is an opportunity to center and focus. For more information and the link, email Pieter Drummond at meditate@pieterdrummond.com.

Music from Our Community

Tuesdays | 5:30 pm | YouTube

Music from our community will be featured every Tuesday. Dr. Wyatt Smith, the Director of the Epiphany Music Academy, will curate this evening, highlighting the most extraordinary talent swirling through the Epiphany galaxy. This is a fun, eclectic offering each week that you won't want to miss.

Hatha Yoga

Wednesdays | 10:00 am | Zoom

This is a class with an all-levels approach. Beginners are welcome. Be sure to get out your yoga mat and to wear loose, comfortable clothing. The class meets every Wednesday. Contact Michael Glass at glass.michael@comcast.net for more information and the Zoom link.

SANCTUS

Wednesdays in Lent | 5:30 pm | YouTube

As part of Epiphany's ever-expanding communications ministry, we will be offering a unique online contemplative experience during Lent, in partnership with the Young Adult ministry of the Diocese of Olympia. This weekly six-part broadcast will feature audiovisual moments of prayer and reflection from the perspective of young adults in our parish and the wider community, beginning on Ash Wednesday at 5:30 pm, and running until the Wednesday before Holy Week. SANCTUS will be anchored in our Anglican liturgical calendar while reaching across cultural borders for inspiration, reflecting the diversity of our city.

In this penitential season of Lent, our hope is that SANCTUS will be both an invitation and a challenge to deepen our engagement with the life of holiness we are called to turn towards as followers of Christ, in this time of social and ecological turmoil in particular, and in the Age of the Holy Spirit. For more information, please contact Jad Baaklini at jbaaklini@epiphanyseattle.org.

Stations of the Cross

Thursdays | 11:00 am | Great Hall

Since the fifth century, Christian believers have been recalling the "last day" of Jesus of Nazareth from his condemnation to his burial by following Stations of the Cross. The stations of the cross, typically 14, are usually represented by a cross and often an artistic visualization of each "scene", which Christians walk either physically or imaginatively to imitate the Christian practice of pilgrims visiting the places of Jesus' passion in the Holy Land. At each station, believers take time for devotion, prayer, and meditation. Please join us Thursdays at 11:00 am in the Great Hall to observe our ancient ritual of walking with Jesus on the way to the cross. Physical distancing and all safety protocols will be observed. For more information contact Ruth Anne at rgarcia@epiphanyseattle.org.

Worship: How It Works, Why It Works, and Why Space Matters

Thursdays | 5:30 pm | YouTube

Every Thursday evening Doyt gives a short talk from the church about how worship works. These are short yet detailed explications of the liturgy and how it works, specifically in the spaces of Epiphany. The goal is that when you return, finally, to worshiping full bore in the church, you will have a new understanding of how worship works, what it does to the human soul, and how the space in which we worship facilitates the slow, steady, incremental unveiling of our goodness. This class began on December 3, 2020, and can be found by going to our YouTube channel (Epiphany Seattle), clicking on the Celtic cross, then playlists.

Book Group: So You Want to Talk About Race

Thursdays beginning February 25 | 6:30 pm | Zoom

From the back cover of *So You Want to Talk About Race*: “Widespread reporting on aspects of white supremacy—from police brutality to the mass incarceration of Black Americans—has put a media spotlight on racism in our society. Still, it’s a difficult subject to talk about.” But, at this moment in time, many of us feel compelled to try. Join the Rev. Ruth Anne Garcia to “talk about” this book written by Seattleite Ijeouma Oluo. For more information or to sign up for this zoom book group contact Ruth Anne at rgarcia@epiphanyseattle.org.

Bible Study with the Rector

Fridays | 10:30 – 11:30 am | Zoom

Join the Rev. Doyt Conn for an in-depth look at 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. All are welcome. Contact Diane Carlisle at verger@epiphanyseattle.org for the Zoom link.

Sunday Offerings

Worship Services

Sundays | 8:45 am | YouTube

Join us on our YouTube channel for a Rite II service of Holy Eucharist. The bulletin may be found on our website, in Saturday’s *At a Glance*, and in the YouTube link. A soloist participates in the service.

Sundays | 8:45 am | Church

NOTE THE TIME CHANGE. Join us for Rite II worship services in the church. We are excited to worship in person, but things are different. You must pre-register. The link is sent out on Wednesdays and in Saturday’s *At a Glance*. You may also register on the homepage of the website. All safety protocols must be observed, including wearing a mask at all times and social distancing. COVID release forms are sent on Saturdays (and are available on our website) and should be filled out before coming to church. No walk-ins.

Sundays | 10:45 am | Church

NOTE THE TIME CHANGE. Join us for a Rite I worship service in the church. This service uses incense and Sanctus bells. We are excited to worship in person, but with some differences. You must pre-register. The link is sent out on Wednesdays and in Saturday’s *At a Glance*. You may also register on the homepage of the website. All safety protocols must be observed including wearing a mask at all times and social distancing. COVID release forms are sent on Saturdays (and are on the homepage) and should be filled out before coming to church. No walk-ins.

Sundays | 5:00 pm | 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. It is an opportunity for peaceful meditation before the start of a busy week.

Sunday Adult Forums

Sundays | 9:45 – 10:30 am | Zoom

Every Sunday at 10:00 am we offer Adult Formation on Zoom. Our time together begins with a short, informal Coffee Hour, followed by a presentation. For the Zoom link, please email Ruth Anne Garcia at rgarcia@epiphanyseattle.org.

February 21 – COVID NOW

Please join us for a conversation with Dr. Ruanne Barnabas and Dr. Peter Dull about where we are in the COVID-19 pandemic now that many in our community have received or will shortly receive, the vaccine. Join us as we discuss what we have learned; what we should continue to do to protect ourselves and/or others from the virus; and the continuing challenges facing the health care system that seeks to prevent and treat the virus. Ruanne Barnabas is an Associate Professor in Global Health and Medicine at the University of Washington and affiliate at the Fred Hutchinson Cancer Research Center. Her research focuses most recently on COVID-19 prevention. Peter Dull is the deputy director for Integrated Clinical Vaccine Development within the Global Health Division of the Bill and Melinda Gates Foundation. In this role, he provides technical and strategic guidance on clinical development to the foundation's program strategy teams.

February 28 – Morning Prayer Challenge

Two of the greatest contributions to the spiritual life of Christians by the Anglican tradition are the services of Morning and Evening Prayer. They are sublime, deep, and formative; but they can also be intimidating. This forum, facilitated by Doyt Conn, is designed not only to share some of the history of Morning Prayer, but also to teach the exercise of Morning Prayer and give you tools to help worship in this way. To get the most out of this forum, you will need the following:

- Bible
- *Book of Common Prayer*
- Go to: www.Epiphanyseattle.org / **Education & Practice / Adult Spiritual Formation / Morning Prayer**. There you will find Morning Prayer bookmarks and the Morning Prayer instructional sheet. Print this up.

These are the tools we will use to help us practice the exercise of Morning Prayer. We hope you will join Doyt and take on this Lenten Morning Prayer Challenge.

March 7 – Reading the Bible: The Importance of Biblical Literacy

While we modern-day Christians may take our bibles for granted, fellow Christians in times past fought for our right to read the scripture in our own language, and translators and scholars continue the difficult work of trying to amend their translations to best represent their original meaning in our modern context. Please join Ruth Anne Garcia for a conversation on why biblical literacy is so important for modern Christians.

March 14—How We Talk about God Matters: Reliving the Debate of Pelagius and Augustine

While it has been some time since the presidential election and the turmoil that boiled over in its wake, many of the underlying issues that have spawned such divisiveness and disenfranchisement and discontent remain. One of the significant underlying sources of division is Christianity itself. This forum, led by Doyt Conn, seeks to reach back into history and explore some of the inflection points that carved out theological perspectives that enable people to earnestly follow Jesus and at the very same time hold bitterness and anger in their hearts. We will examine the debate between fourth-century theologians Pelagius and Augustine, as an example of how prototypical theology can powerfully impact politics. Theology matters, and how we talk about God can have a positive and powerful impact toward healing this nation.

March 21 — Speeding through Lent with the Gospel of Mark

As you have noticed by now, the Gospel of Mark is taking up a lot of airspace at Epiphany this Lent. It is the center of our Sunday worship, being the Gospel chosen in this current lectionary cycle, Year B (<http://www.lectionarypage.net/index.html#february>). It is the foundation of the daily reflections Doyt has put out, called *The Gospel of Mark: Five Minutes at a Time*. And it is the source of our graphic emphasis for mailings and bookmarks and the like. And so, with so much Mark in our midst, Doyt has set aside this Sunday forum to hear from you. This is a forum organized as a conversation to answer questions and to go into more detail around issues, insights, and ideas that romp around in your mind as a result of immersing your heart in the Gospel of Mark.

March 28—Coffee Hour Only

Please join us for our online Everybody Hour Palm Sunday Coffee Hour/Zoom Party. Beginning at 10:00 am, please come with your cup of coffee, your hot tea, or other beverage, and exchange greetings and good wishes with your Epiphany friends! While Holy Week may be different this year, I look forward to seeing your bright faces! Please email Ruth Anne Garcia at rgarcia@epiphanyseattle.org for the link.

Sundays for Children and Youth

Children's Chapel Video

Sundays | YouTube

Every week, we offer a short Children's Chapel video online. We follow the Sunday morning Gospel reading and end with a short craft time. Visit our video and livestream page to see weekly Children's Chapel videos. For more information please contact Naomi Woodrum at nwoodrum@epiphanyseattle.org.

Sunday School

Sundays | 11:00 am – 11:45 am | YouTube

Children in Pre-school through 5th grade are invited to join us for Sunday school on Zoom. Naomi will email the Zoom link on Sunday mornings, and everyone will log onto the same link for an opening greeting. Then, children will be separated into breakout rooms for the following classes: Pre-school through Kindergarten; 1st and 2nd grade; 3rd through 5th grade. We hope your child(ren) can join us! Email Naomi Woodrum at nwoodrum@epiphanyseattle.org if you need the link.

Youth Group

Sundays | Time Varies* | On YouTube

Middle school and high school youth are invited to join us for weekly Zoom calls on Sunday evenings. We meet for about an hour to do check-ins, devotions with discussion, and end with a group prayer. *The time for these Zoom calls may vary from week to week due to in-person youth gatherings and Confirmation class. Please watch for email updates from Naomi with current start times. Please contact Naomi Woodrum at nwoodrum@epiphanyseattle.org for more information.

Special Events

Lenten Day of Quiet

February 27 | 11:00 am – 5:00 pm | Epiphany Campus

Begin your Lent with a Day of Quiet contemplation of what God might be doing in your life. Join in a peaceful, beautiful space to relax, pray, stare out the window or at the fire, journal, create art, meditate, or try out prayer exercises. Feel free to drop in and out, for as little as 30 minutes or stay for the whole time. This event will be in person on the Epiphany campus and does require pre-registration. If you're interested in doing an online version, please contact Diana Bender at diana.bender@outlook.com.





Haiti Micah Project’s founder Father Joseph Constant to speak at Have a Heart

This past July the Service & Outreach team invited Father Joseph Constant, founder and Executive Director of the Haiti Micah Project, to speak with us via Zoom. We were all moved (some to tears) by his account of Haiti Micah’s work that literally saves the lives of orphaned and abandoned children in his hometown of Mirelabais, Haiti.

We thought the parish would like to know more about Haiti Micah, one of the organizations Epiphany supports through your gifts at Have a Heart. Father Constant will speak at this year’s virtual event, which will be “broadcast” 5:30 PM Sunday, February 21.

Photos above, left to right: Haiti Micah sees that children receive health care. Girls in their school uniforms; many children living at Haiti Micah’s group home attend St. Peter’s Episcopal School. Children receive tutoring while schools are closed due to the pandemic.

Have a Heart is Ten Years Old!

Years ago Christina Forbes enlisted her parents Bill and Karen to help host spaghetti suppers at Epiphany for her school community service project. The suppers raised several hundred dollars for the Madrona YWCA branch on East Cherry. Fundraising for parish outreach expanded in scope in 2006 when Epiphany partnered with Agros International to help families in a Guatemalan village earn titles to their own plot of farmland, which the families achieved in 2011. That year by chance our outreach fundraiser was held on the Sunday before Valentine’s Day, and Alice Foreman christened the event “Have a Heart.” Have a Heart has evolved from sit-down dinners to its present (in normal times) free-wheeling parish party. Since 2011 it has raised almost \$420,000 from our generous parish to support the work of a number of hard-working nonprofits that make life better for people close to home and far away.



Scenes from Have a Heart 2020 (Photos courtesy Christina Shires)

Holy Week



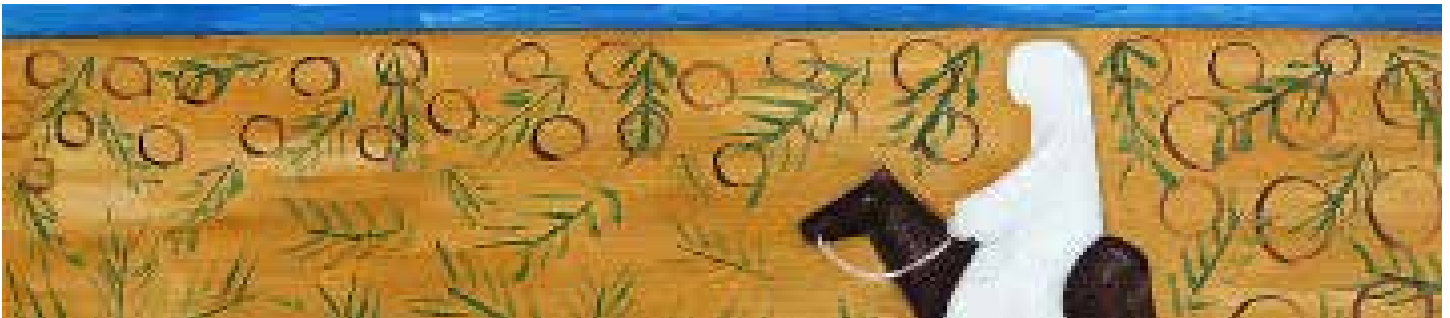
Photo from 2019

Palm Sunday

March 28 | 8:45 YouTube | 8:45 and 10:45 am Church

The Liturgy for the Sunday of the Passion, or Palm Sunday, kicks off Holy Week. The service is about Jesus' triumphal entry into Jerusalem as King of kings and Lord of lords. The crowds go wild! Their Messiah has arrived. Yet Jesus knows that the Messiah they laud is the one they will turn on and kill. His Lordship is not about ruling the world; it is about caring for the eternal human soul. The euphoria of Palm Sunday leaves us feeling good. That is the point of the spiritual exercise of Holy Week; we must start high, so we can go low, and then ascend even higher. It is a pattern of spiritual transformation. It all begins on the top of the Mount of Olives with Jesus on a donkey, heading down into Jerusalem.

All services begin with the Liturgy of the Palms. If you are attending in-person, please try to arrive 10 minutes before the service is scheduled, to get a palm branch. You are welcome to bring a branch you've clipped from your yard to hold during the Liturgy of the Palms. Registration is necessary for the in-person services. No walk-ins.



Monday in Holy Week Stations of the Cross

March 29 | 5:30 pm | YouTube

The devotion known as the Stations of the Cross is an adaptation to local usage of a custom widely observed by pilgrims to Jerusalem: the offering of prayer at a series of places in that city traditionally associated with our Lord's passion and death.

This year Zach Hemenway will present organ improvisations on the Stations of the Cross, interspersed with a series of readings by Paul Claudel.

Tuesday in Holy Week Evensong

March 30 | 5:30 pm | YouTube

Join us for a special weeknight service of Evensong. 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. It is an opportunity for peaceful meditation in the midst of a busy week.



Wednesday in Holy Week Taizé

March 31 | 7:30 pm | Church and YouTube

The liturgy that has developed around the Taizé community is primarily for the worship of God, but it is also meant to quiet the soul. This quietness does not happen at once, but gradually during the worship through the repetition of the words of the music, many periods of silence, and the slowly spoken readings – all so that we may have a deep, quiet calm in our hearts. Then we may be still and at peace in the presence of God. If you would like to attend in-person, please preregister. No walk-ins.



A Triduum Message From the Rector: Our Common Journey

Dear Epiphany,

I talk a lot about Epiphany being a place for people wherever they are on their spiritual journey. That means something different to everyone, I suppose, which is the hope. But the one journey we Epiphany stalwarts walk together is *The Triduum*.

The Triduum is the word for the three acts of Easter. Act One is Maundy Thursday. Act Two is Good Friday. Act Three is the Easter Vigil. These three services work together as one play to express the depth, meaning, and perspective of what God has done for the world through Jesus. Easter Sunday then becomes the day we throw open the parish to the world. It's the day when people who suspect that there is a bit more to life than they are now living show up. And that is great! It is as it should be! This is when we have the chance to reflect the joy and peace of life lived in the light of God's glory. Easter morning is when we sing at the top of our lungs (if we are able this year). It is the day we park farther away and give up our regular seat to the newcomers and visitors. We can do this because we have experienced *The Triduum*. Maundy Thursday, Good Friday, and the Easter Vigil are Christ's journey, and our journey is immeasurably enhanced, if not transformed, by following his footsteps. Please make time this Holy Week to experience the great three days of Easter, either in person or online. To experience the entire play can put us on a common path, which is part of God's plan for this holy place we call Epiphany.

Art by Fr. Sieger Koder

Doyt+

The Triduum

Act One

Maundy Thursday

Scene One

Agape Meal

April 1 | 6:30 pm | Zoom

While the Maundy Thursday meal has sometimes been linked to a traditional Passover meal, it should be noted that, in the Gospel of John, this meal is said to have taken place before the Festival of the Passover and thus is not necessarily linked to it. What this meal is unquestionably linked to is Jesus' self-sacrificing love and his call to us to love one another with the same charity and unconditional love that he modeled for us. This form of love is referred to with the Greek word, *agape*, which also came to refer to the early Christian feasts. This year we invite you to join with others in your family and create an Agape meal in your home, and then join your parish family on Zoom to share the meal virtually. This meal is a simple meatless meal of soup, bread, cheese, olives, and fruit. Put together your own meal and then log on to start *The Triduum* sharing our love for each other. For more information and for the Zoom link please contact **Laura Sargent** at lsargent@epiphanyseattle.org.

Scene Two

Maundy Thursday Liturgy

April 1 | 7:30 pm | Church and YouTube

This service recalls the Last Supper of Jesus on the night of his betrayal. It focuses on two major themes: Holy Hospitality and the Institution of the Eucharist. Please preregister if you would like to attend the in-person service. No walk-ins.

Holy Hospitality: The Foot-Washing

Coming from the Latin *Mandatum Novum*, or "New Commandment," *maundy* refers to the commandment Jesus gave to his disciples: "Love one another as I have loved you." At this service, Christ's commandment is usually enacted by the Foot-Washing. While we are not able to do this ritual in the service, due to COVID restrictions, we encourage you to take part in this beautiful ritual in your home with your family.



The Institution of the Eucharist

The service continues with the Eucharist. In the sharing of the bread and wine, Jesus asked that whenever they partook of bread and wine, they would do this in remembrance of him. While we understand this practice today in terms of the Holy Eucharist, this thanksgiving and remembrance of Jesus is something that we are asked to do whenever we share a meal together. During this time of COVID, we may share only the bread.

The Stripping of the Altar

The service concludes with the stripping of the altar as an act of preparation for Good Friday. One way to deepen our understanding of the symbolism of this moment is to meditate on the following verse from Psalm 22: “They divide my garments among them; they cast lots for my clothing.”



Scene Three **Watchnight**

April 1 – 2 | 9:00 pm, April 1, until noon, April 2 | Chapel

During the night on Thursday, a watch is kept before the consecrated bread on the Altar of Repose in the Chapel. The consecrated bread is felt to be the real presence of Christ, and so we keep vigil with Christ in the Garden of Gethsemane on the last night before he is handed over to be crucified. The tradition comes from the question Jesus asked his disciples, Peter, James, and John, who kept falling asleep as Jesus prayed in agony awaiting his arrest: “Can’t you keep watch with me even one hour?” So we keep watch, praying through the night.

Please send Diane Carlisle an email at verger@epiphanyseattle.org stating when you will be attending. Masks must be worn and social distancing maintained at all times.

The Triduum

Act Two

Good Friday



Scene One

Fasting **April 1 – 2**

*Traditionally begins
after the Agape Meal*

The Book of Common Prayer appoints Ash Wednesday and Good Friday as days of fasting. On Ash Wednesday we fast in imitation of Jesus' fast of 40 days in the wilderness. On Good Friday, we fast in thanksgiving for his crucifixion.

This thanksgiving is best expressed by the Fraction Anthem we have been saying throughout Lent:

*O Lamb of God, that takest away the sins of the world,
have mercy upon us.*

*O Lamb of God, that takest away the sins of the world,
have mercy upon us.*

*O Lamb of God, that takest away the sins of the world,
grant us peace.*

Traditionally, a strict fast such as the Good Friday fast entails eating nothing for the bulk of the day and having a simple meal sometime after one has been to church for the Good Friday Liturgy. Some choose to extend the fast until after the Great Vigil of Easter. If you have medical issues, you should not fast.

Gospel Read Aloud

April 2 | Noon – 5:00 pm | Great Hall and Facebook

The Gospels were originally an oral tradition, and hearing them read out loud, in order, is a powerful spiritual experience. Join us on Good Friday to read two books of the Gospel from start to finish. We'll take turns reading out loud, or you can just listen. Feel free to drop in for as long or as briefly as you like, or join us for the whole time. This event will also be live streamed on Facebook.



Scene Two

Good Friday Service for Children

April 2 | 5:00 pm | YouTube

This is an age-appropriate service for our community's children, which gently guides them into a remembrance of Jesus' act of self-giving love on the cross. Children will be invited to draw or write prayers. Please contact Ruth Anne at rgarcia@epiphanyseattle.org with any questions or for more information.

Good Friday Liturgy

April 2 | 7:30 pm | Church and YouTube

This Liturgy marks Christ's crucifixion, but it is not a funeral. Instead, the focus is on extolling the glory of the Cross, through which all creation has been redeemed.

The Church is bare and the ministers enter in silence. The Liturgy of the Word concludes with the choir singing the Passion according to John. The sermon and the *Solemn Collects* follow. In praying these, we pray on behalf of the entire world, for which Christ died.

After the *Solemn Collects*, a heavy wooden cross is brought in by a priest and positioned at the front of the Nave. Time is allowed for worshipers to come forward and venerate the cross by standing or kneeling before it. Worshipers may also remain in their pews, kneeling. Please maintain social distancing.

During the Veneration of the Cross, the choir sings *The Reproaches*. Christ, in the words of *The Reproaches*, rebukes us. We are to understand that these rebukes are directed to all humanity, and that we all, through our sins, are brought to the judgment of the Cross, and are there forgiven and saved by Christ. In response to the saving power of the Cross, we conclude the Veneration by hearing the ancient hymn *Pange lingua* (Sing, my tongue, the glorious battle).

The service concludes with a brief communion taken from the bread consecrated the night before at the Maundy Thursday service.

Please preregister if you plan to attend the in-person service. No walk-ins.

Scene Three
**Sacrament of Reconciliation
(Confession)**
April 2

*In the Church
after the
Good Friday Liturgy
with The Rev. Ruth Anne Garcia*

*In the Chapel
after the
Good Friday Liturgy
with The Rev. Doyt L. Conn, Jr.*

Individual confession, with a priest as representative of God, is available in the Episcopal Church. Such sacramental confessions are private and utterly confidential. This sacrament is a healing way to end the Lenten season for any who wish to be restored to God because their relationship with God has been broken by sin. Please take a seat in the narthex and the vergers will invite you to go into the chapel or church when it is your turn.

For those unfamiliar with the service, the rite may be found beginning at page 447 in *The Book of Common Prayer*.

Easter Egg Hunt

April 3 | 10:00 am | Great Hall

We would love to offer an in-person Easter Egg Hunt for our Epiphany children this Easter. We recognize that this will be dependent upon state guidelines and restrictions at the time of the event, but our hope is to be able to provide a safe and fun experience for children to hunt for some Easter eggs! Pre-registration will be required, and 2 or 3 families (depending on their size) will be grouped together per designated time slot. Masks will be required, and you will be asked to supply your own baskets or bags to collect the eggs. Stay tuned for more up-to-date information as we get closer to the date! Contact Naomi Woodrum at nwoodrum@epiphanyseattle for more information.

Holy Saturday Altar Guild Gathering

April 3 | 9:00 – 9:30 am | Zoom

Holy Saturday falls between Good Friday and Easter Sunday. It commemorates the day when Jesus Christ lay in the tomb after his death. It is also known as Easter Eve and is the last day of Lent.

At 9:00 am the Altar Guild will gather on Zoom for a time of fellowship with the Rector. Traditionally members of the Altar Guild prepare the church for the celebration of Christ's resurrection. This year they will work in shifts so they can socially distance. If you are a member of the Altar Guild, or would like to join the Altar Guild, please email Diane Carlisle at verger@epiphanyseattle.org for the link.

The Triduum

Act Three The Great Vigil



The Great Vigil

April 3 | 8:00 pm in the Church and on YouTube

Elaborate and dramatic, this service utilizes all the senses as we recount salvation history and revel in the saving power of God's great mercy in four scenes. *There will be incense at this service.*

If you are planning on attending in-person, please preregister. No walk-ins.

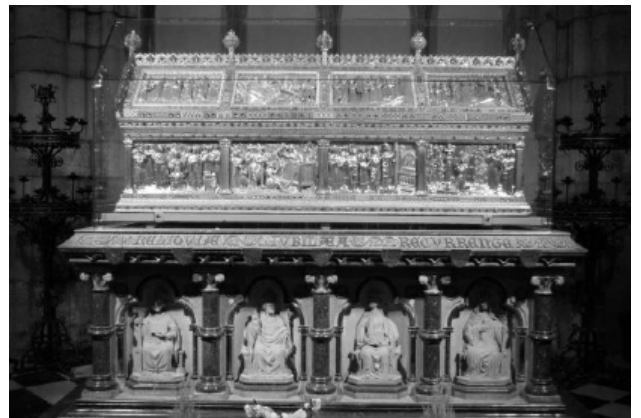


Scene One The New Fire

The service begins outside in the Garden of Remembrance (east of the Chapel) shortly after the sun has set. A fire is kindled and the new Paschal Candle is lit from this fire. Candles held by the congregation are lit. The procession moves into the darkened church behind the Paschal Candle. An ancient hymn, the *Exsultet*, is sung.

Scene Two Salvation History

Several Old Testament lessons are now read. The account of the Israelites' crossing of the Red Sea is given particular attention, since this event is at the center of the Jewish Passover. Christians believe that Christ, in his death and resurrection, symbolizes the Passover Lamb. Each reading is followed by a hymn and a collect relating what has been read in the Old Testament to the Mystery of Christ.





Scene Three

Baptisms and the Renewal of Baptismal Vows

Since the earliest days of the church, Easter Eve has always been a time set aside for baptisms, in which, by God's grace, we baptize people into a new life of Christ. Even when there are no baptisms, we remember our own initiation into the body of Christ through water and the Holy Spirit as we recite the Baptismal Covenant and say the prayers read at our own baptism.

Scene Four

Resurrection

After the baptism and/or the renewal of baptismal vows, the Presider calls out "Alleluia! Christ is risen!" Then the lights come on, song erupts, and bells are rung with great fanfare!

***You are encouraged to bring your own bells from home
and join in the ruckus!***

***Cow bells, sleigh bells, hand bells, Christmas bells.
Any bell will do!***

Or borrow a bell as you enter the church!



The service then continues with the first festive Eucharist of Easter. Due to COVID restrictions we will not have our traditional dessert reception in the Great Hall, but we encourage you to lift a glass of bubbly at home.

The Sunday of the Resurrection

April 4
Easter Day



Festival Eucharist
7:30, 9:00, 10:30 am and Noon | Church
9:00 am | YouTube

Holy Week concludes with the greatest feast of the Christian year, the celebration of Jesus' resurrection. With unbridled festivity, we pull out all the stops in our liturgy and music (as much as we can, given current restrictions). Please preregister if you are planning on attending an in-person service. No walk-ins.

Due to COVID restrictions, we are not able to gather as a parish family for the traditional Easter brunch. However, our own John Starbard has prepared a festive Easter menu that you may produce at home. There will be a link to the recipes on our website and in *At a Glance*.

Wish the Epiphany community a Happy Easter during a virtual Easter Coffee Hour from 10:00 to 10:30 am. Email Laura Sargent at lsargent@epiphanyseattle.org for the Zoom link.

Evensong
5:00 pm | 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. This is an opportunity for peaceful meditation before the start of a busy week.

Epiphany Parish Celebrates Easter Dinner

Menu

First Course

Asparagus Custards with Maltaise Sauce

-or-

Asparagus Soup

-or-

Stuffed Eggs

Main Course

Roasted Leg of Lamb

-or-

Hard-cooked Eggs in Mustard Sauce

Side Dish Options

Soubise

Yeast Rolls

Herb-roasted Fingerling Potatoes

Carrot Purée

Dessert

Rosewater Angel Food Cake

-or-

Carrot Cake Cupcakes

-or-

Frozen Chocolate Pie

Recipes can be found on our website:

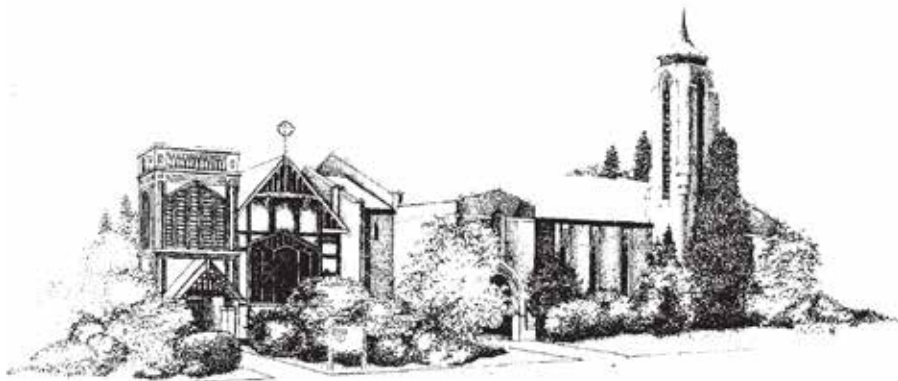
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For more information on what is happening at Epiphany,
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www.epiphanyseattle.org
YouTube Channel: Epiphany Seattle