

EPIPHANY

— *Seattle* —

Holy Week & Easter 2020

Dear Epiphany,

Well, it looks like we are going to have Holy Week and Easter via livestream in 2020. Don't worry, when again we gather in the church, we'll have a celebration replete with bells and timpani and trumpets (played by someone other than me). But for now, this is the Holy Week and Easter we have. My hope for you is that you make it very special and very memorable.

Enclosed are some suggestions for creating a home altar and ideas for how to participate in each of the Triduum services: Maundy Thursday on April 9, Good Friday on April 10, and The Great Vigil of Easter on Saturday, April 11.

This time of the Great Timeout is a period of your life you will never forget. Mark it with a devout, well-planned Holy Week and Easter worship in your home.

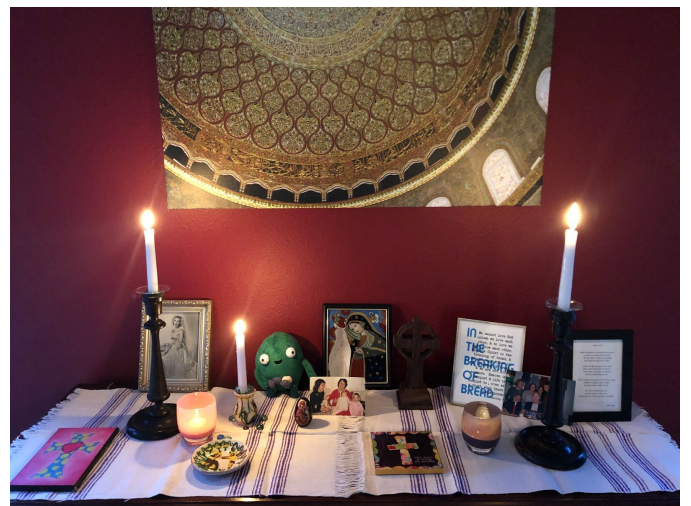
Blessings upon you and peace upon your soul.

Doyt+

Prepare for Worship: Creating a HOLY PLACE at Home

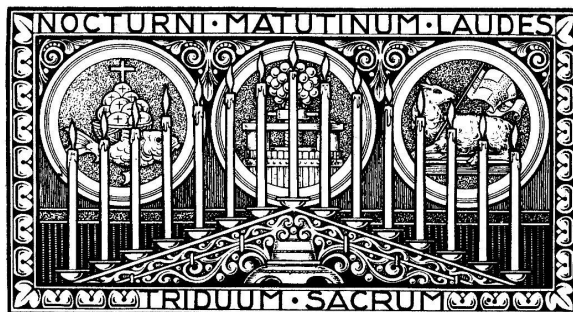
Worship is a spiritual exercise that exists to move our whole being, body, mind, and soul, into alignment with the world as God made it. We call this world The Kingdom of God. The pattern of the worship exercise, like long distance running or deep meditation, focuses our body and mind on the activity itself, so our souls can be refreshed. Sometimes worship comes easy, and sometimes we are fidgety and distracted. But like anything worth doing, worship takes practice, and over time we become people instantly calmed and then powerfully energized by worship. That is why we do it every week.

In this time when we gather apart, you may find your worship enhanced by creating a holy place in your home. Perhaps this is a simple side table covered with a cloth, or a window sill or window seat. It could be a light-filled corner or a room or a comfortable and quiet place to sit. Whatever you have is enough. In this space, place a few things to help you enter the presence of God: a cross, a Bible, a candle, an icon, a picture of friends or family.



Plan ahead for the FIRST FIRE OF EASTER:

By April 9: Mail your **CONFESSIONS** to be burned in the first fire of Easter (Epiphany Parish, attn: Diane Carlisle, 1805 35th Ave., Seattle, WA 98122). You are invited to write: "Please read Doyt" or "Please read Ruth Anne" or "Please do not read" on the paper or the outside of the envelope. Those that say "Please read" will be read before being burned; otherwise, they'll be added to the fire unread. You can also email confessions to Doyt at dconn@epiphanyseattle.org or Ruth Anne at rgarcia@epiphanyseattle.org.



PREPARING FOR THE TRIDUUM

All **livestream services** can be found at [YouTube.com/c/EpiphanySeattle](https://www.youtube.com/c/EpiphanySeattle)

Bulletins for the Triduum (to print or prepare on a screen) are posted at www.epiphanyseattle.org

MAUNDY THURSDAY, April 9, 7:30 pm, Bulletin p. 3

Prepare your holy place with

- A cross, covered with a white cloth
- A big bowl or bucket with warm water
- A hand or bath towel
- Individual glasses of wine and chunks of bread

GOOD FRIDAY, April 10, 7:30 pm, Bulletin p. 17

Prepare your holy place with

- A cross, covered with a black cloth
- Chunks of bread, leftover from Maundy Thursday

EASTER VIGIL, April 11, 8:00 pm, Bulletin p. 31

Prepare your holy place with

- A cross, covered with a white cloth
- A few matches or a lighter
- A new, unlit candle
- A bowl of clean water
- A bell to ring
- Individual glasses of wine and chunks of bread

Communion Bread Recipe, from Virginia Theological Seminary

Mix thoroughly in a large bowl:

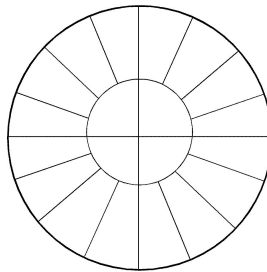
4 cups whole wheat flour
1 teaspoon salt
4 teaspoons baking powder

In a small bowl, mix well:

1 cup water
1/2 cup vegetable oil
1/2 cup honey

Add the liquid ingredients to the flour mixture and stir until a soft dough is formed. Knead for about five minutes. Divide into 12 equal pieces. Roll out each piece on a floured surface, into a circle about 6 inches in diameter. Use a six inch round template, or the lip of a large (approx 6") round container to cut out each host. A Rubbermaid container that takes a #2 lid is perfect.

Use a small biscuit cutter, drinking glass, or half of a plastic Easter egg to lightly score a circle in the center (1 3/4 inch in diameter), then use a spatula or pastry scraper to score the straight lines. Push just deep enough to make the marks, but not deep enough to cut all the way through. The finished design looks like this:



Bake on cookie sheets (lightly sprayed with oil) at 375 degrees until edges just begin to lightly brown (about 12 minutes). When partially cool, place up to 5 hosts in each quart sized plastic freezer bag.

—Adapted from a Trappist Monk recipe

Basic Roll Dough, from Epiphany parishioner Robin Mondares

Ingredients:

1 package active dry yeast
1/4 cup warm water
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1/2 cup boiling water
1/4 cup of sugar

1/4 cup unsalted butter
1 teaspoon salt
1/2 cup canned (evaporated) milk
3-1/2 cups all-purpose flour
1 egg

Soften yeast in warm water. Combine boiling water, sugar, butter, and salt; stir in canned milk. Add 1-1/2 cups of flour; beat well. Beat in yeast and egg. Gradually add remaining flour to form soft dough, beating well. Place in buttered bowl turning once to grease surface. Cover and let rise till double (1-1/2 to 2 hours).

Turn out on lightly floured surface and shape as desired (see drawings). Cover and let shaped rolls rise till double (30 to 45 minutes). Bake on buttered baking sheet or in greased muffin pans in hot oven (400°) for 12 to 15 minutes. Cool on racks. Makes 2 dozen Cloverleaves, Butter Fans or Bowknots, or three dozen Parker House.

Notes from Robin: I like to make the butterhorn shape and then curve them so that the point rests under the curved roll before rising and baking. These adapt well to children's hands. Invite the children to receive a lump of dough and form it into any shape they like (teddy bear, spiral, flower, dog, diaper, envelope, cat.. are some of the creative shapes our students have chosen to make.) Take care not to form the dough into too small of pieces, or they will burn in the oven.