

THE ORDER FOR THE ADMINISTRATION
OF
THE LORD'S SUPPER
or
HOLY COMMUNION,
COMMONLY CALLED
THE HOLY EUCHARIST

Anglican Standard Text

February 7, A.D. 2021

World Mission Sunday

Second to Last Sunday of Epiphany

9:30 & 11:00 am



Welcome!

**The Lord has shown forth his glory;
O come, let us adore him. Alleluia.**

Please use a mask as much as you can—Children 10 & under are exempt.

Sanitize your hands.

Seating: Center Rows are for households with four or more, and side rows for individuals or couples. If smaller groups use the center, there should be two empty chairs between them.

Follow the arrows—go around the circle!

Love One another from Six Feet Apart.

We serve Sacred Food and Drink here...please don't bring beverages or snacks into church during worship (kids excepted).

Please turn off your cell phones.

A deacon calls the people to prepare themselves for worship.

The people kneel and observe a time of silent prayer.

Preparatory Prayers for Individuals

Be present, be present, o Jesus, our High Priest, as you were present with your disciples, and be known to us in the breaking of bread; who live and reign, with the Father and the Holy Spirit, now and forever. Amen.

They may be said or sung.

Celebrant Lord have mercy upon us.

People **Christ have mercy upon us.**

Celebrant Lord have mercy upon us.

Unison or harmony

1 All peo - ple that on earth do dwell, sing to the Lord with
 2 Know that the Lord is God in - deed; with - out our aid he
 3 O en - ter then his gates with praise, ap - proach with joy his
 4 For why? the Lord our God is good, his mer - cy is for
 *5 To Fa - ther, Son, and Ho - ly Ghost, the God whom heaven and

1 cheer - ful voice: him serve with mirth, his praise forth
 2 did us make: we are his folk, he doth us
 3 courts un - to; praise, laud, and bless his Name al -
 4 ev - er sure; his truth at all times firm - ly
 5 earth a - dore, from men and from the an - gel

1 tell, come ye be - fore him and re - - jice.
 2 feed, and for his sheep he doth us take.
 3 ways, for it is seem - ly so to do.
 4 stood, and shall from age to age en - - dure.
 5 host be praise and glo - ry ev - er - - more.

Words: William Kethe (d. 1608?); para. of Psalm 100
 Music: *Old 100th*, melody from *Pseaumes octanie trois de David*, 1551, alt; harm. after Louis Bourgeois (1510?-1561?)

ACCLAMATION

Celebrant Blessed be God: the Father, the Son, and the Holy Spirit.

People **And blessed be his kingdom, now and for ever. Amen.**

THE COLLECT FOR PURITY

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. Amen.

THE DECALOGUE

Deacon God spoke these words and said:

I am the LORD your God.

You shall have no other gods but me.

People **Lord, have mercy upon us,
and incline our hearts to keep this law.**

Deacon You shall not make for yourself any idol.

People **Lord, have mercy upon us,
and incline our hearts to keep this law.**

Deacon You shall not take the Name of the LORD your God in vain.

People **Lord, have mercy upon us,
and incline our hearts to keep this law.**

Deacon Remember the Sabbath day and keep it holy.

People **Lord, have mercy upon us,
and incline our hearts to keep this law.**

Deacon Honor your father and your mother.

People **Lord, have mercy upon us,
and incline our hearts to keep this law.**

Deacon You shall not murder.

People **Lord, have mercy upon us,
and incline our hearts to keep this law.**

Deacon You shall not commit adultery.

People **Lord, have mercy upon us,
and incline our hearts to keep this law.**

Deacon You shall not steal.

People **Lord, have mercy upon us,
and incline our hearts to keep this law.**

Deacon You shall not bear false witness against your neighbor.

People **Lord, have mercy upon us,
and incline our hearts to keep this law.**

Deacon You shall not covet.

People **Lord, have mercy upon us,
and write all these, your laws, in our hearts, we beseech you.**

EXODUS 20:1-17^T; DEUTERONOMY 5:6-21

TRISAGION

FERNANDO ORTEGA

(Cantor)*

Holy God, Holy and Mighty,
Holy Immortal One;
Have mercy, have mercy on us

WOMEN:

Holy God, Holy and Mighty,
Holy Immortal One;
Have mercy, have mercy on us.

MEN AND WOMEN:

Holy God, Holy and Mighty,
Holy Immortal One,
Have mercy, have mercy, have mercy,
have mercy, on us.

THE COLLECT OF THE DAY

The Celebrant says to the People

The Lord be with you.

People **And with your spirit.**

Officiant Let us pray.

World Mission Sunday

Almighty God, through the outpouring of the Holy Spirit, you revealed the way of eternal life to every race and nation: Pour out this gift anew, that by the preaching of the Gospel your salvation may reach to the ends of the earth; through Jesus Christ our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, for ever and ever. **Amen.**

Old Testament Reading

Genesis 12:1-3

Now the LORD said to Abram, “Go from your country and your kindred and your father’s house to the land that I will show you. ² And I will make of you a great nation, and I will bless you and make your name great, so that you will be a blessing. ³ I will bless those who bless you, and him who dishonors you I will curse, and in you all the families of the earth shall be blessed.”

Reader: The word of the Lord.

People: **Thanks be to God.**

Psalm 86:8-13

⁸ Among the gods there is none like you, O Lord, *
nor are there any deeds like yours.

⁹ All nations that you have made shall come and worship you, O Lord, *
and shall glorify your Name.

¹⁰ For you are great and do wondrous things; *
indeed, you are God alone.

¹¹ Teach me your way, O LORD, and I will walk in your truth; *
O knit my heart to you, that I may fear your Name.

¹² I will thank you, O Lord my God, with all my heart, *
and will praise your Name for evermore.

¹³ For great is your mercy toward me; *
you have delivered my life from the nethermost Pit.

**Glory be to the Father, and to the Son, and to the Holy Spirit; *
as it was in the beginning, is now, and ever shall be,
world without end. Amen.**

A Reading from Revelation 7:9-17

After this I looked, and behold, a great multitude that no one could number, from every nation, from all tribes and peoples and languages, standing before the throne and before the Lamb, clothed in white robes, with palm branches in their hands, ¹⁰ and crying out with a loud voice, “Salvation belongs to our God who sits on the throne, and to the Lamb!” ¹¹ And all the angels were standing around the throne and around the elders and the four living creatures, and they fell on their faces before the throne and worshiped God, ¹² saying, “Amen! Blessing and glory and wisdom and thanksgiving and honor and power and might be to our God forever and ever! Amen.”

¹³Then one of the elders addressed me, saying, “Who are these, clothed in white robes, and from where have they come?” ¹⁴I said to him, “Sir, you know.” And he said to me, “These are the ones coming out of the great tribulation. They have washed their robes and made them white in the blood of the Lamb.

¹⁵“Therefore they are before the throne of God, and serve him day and night in his temple; and he who sits on the throne will shelter them with his presence. ¹⁶They shall hunger no more, neither thirst anymore; the sun shall not strike them, nor any scorching heat. ¹⁷For the Lamb in the midst of the throne will be their shepherd, and he will guide them to springs of living water, and God will wipe away every tear from their eyes.”

Reader: The word of the Lord.

People: **Thanks be to God.**

The Holy Gospel of our Lord Jesus Christ according to Saint Matthew.

Glory to you, Lord Christ.

Matthew 28:16-20

Now the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. ¹⁷ And when they saw him they worshiped him, but some doubted. ¹⁸ And Jesus came and said to them, “All authority in heaven and on earth has been given to me. ¹⁹ Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰ teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age.”

The Gospel of the Lord.

Praise to you, Lord Christ.

T H E S E R M O N

The Rev. Fr. Theron Walker

THE NICENE CREED

Let us confess our faith in the words of the Nicene Creed:

Celebrant and People

We believe in one God,

**the Father, the Almighty,
maker of heaven and earth,
of all that is, visible and invisible.**

We believe in one Lord, Jesus Christ,

**the only-begotten 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,
was incarnate from the Holy Spirit and 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],
who with the Father and the Son is worshiped and glorified,
who 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 deacon says,

Let us pray for the Church and for the world.

Reader Almighty and everliving God, we are taught by your holy Word to offer prayers and supplications and to give thanks for all people. We humbly ask you mercifully to receive our prayers. Inspire continually the universal Church with the spirit of truth, unity, and concord; and grant that all who confess your holy Name may agree in the truth of your holy Word, and live in unity and godly love.

Reader Lord, in your mercy:

People **Hear our prayer.**

We pray that you will lead the nations of the world in the way of righteousness; and so guide and direct their leaders, especially (_____), that your people may enjoy the blessings of freedom and peace. Grant that our leaders may impartially administer justice, uphold integrity and truth, restrain wickedness and vice, and protect true religion and virtue.

Reader Lord, in your mercy:

People **Hear our prayer.**

Give grace, heavenly Father, to all Bishops, Priests, and Deacons, *and especially to your servant(s)* _____ that by their life and teaching, they may proclaim your true and life-giving Word, and rightly and duly administer your holy Sacraments. And to all your people give your heavenly grace, especially to this Congregation, (_____), those celebrating birthdays (_____), anniversaries (_____), in our diocese (_____) and in our community (____); that with reverent and obedient hearts we may hear and receive your holy Word, and serve you in holiness and righteousness all the days of our lives.

Reader Lord, in your mercy:

People **Hear our prayer.**

Prosper, we pray, all those who proclaim the Gospel of your kingdom throughout the world, *especially* _____, and strengthen us to fulfill your great commission, making disciples of all nations, baptizing them and teaching them to obey all that you have commanded.

Reader Lord, in your mercy:

People **Hear our prayer.**

For our brothers and sisters in Christ who are persecuted for their faith, especially in _____.

Reader Lord, in your mercy:

People **Hear our prayer.**

For soldiers of this nation deployed to fight for the sake of righteousness and freedom, and for those who bear the wounds of combat: _____.

Reader Lord, in your mercy:

People **Hear our prayer.**

We ask you in your goodness, O Lord, to comfort and sustain all who in this transitory life are in trouble, sorrow, need, sickness, or any other adversity [especially _____].

Reader Lord, in your mercy:

People **Hear our prayer.**

We remember before you all your servants who have departed this life in your faith and fear, [especially _____,] that your will for them may be fulfilled; and we ask you to give us grace to follow the good examples of [_____, and] all your saints, that we may share with them in your heavenly kingdom.

Reader Lord, in your mercy:

People **Hear our prayer.**

The Deacon concludes with this or some other appropriate Collect.

Heavenly Father, grant these our prayers for the sake of Jesus Christ, our only Mediator and Advocate, who lives and reigns with you in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

THE CONFESSION AND ABSOLUTION OF SIN

The Deacon or other person appointed says the following

All who truly and earnestly repent of your sins, and seek to live in love and charity with your neighbors, and intend to lead the new life, following the commandments of God, and walking in his holy ways: draw near with faith and make your humble confession to Almighty God.

Silence

The Deacon and People kneel as able and pray

**Almighty God, Father of our Lord Jesus Christ,
maker and judge of us all:**

**We acknowledge and lament our many sins and offenses,
which we have committed by thought, word, and deed
against your divine majesty,
provoking most justly your righteous anger against us.**

**We are deeply sorry for these our transgressions;
the burden of them is more than we can bear.**

Have mercy upon us,

Have mercy upon us, most merciful Father;

for your Son our Lord Jesus Christ's sake,

forgive us all that is past;

**and grant that we may evermore serve and please you in
newness of life,**

to the honor and glory of your Name;

through Jesus Christ our Lord. Amen.

The Bishop or Priest stands and says

Almighty God, our heavenly Father, who in his great mercy has promised forgiveness of sins to all those who sincerely repent and with true faith turn to him, have mercy † upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and bring you to everlasting life; through Jesus Christ our Lord. **Amen.**

THE COMFORTABLE WORDS

The Deacon then says,

Hear the Word of God to all who truly turn to him.

God so loved the world, that he gave his only-begotten Son, that whoever believes in him should not perish but have eternal life.

JOHN 3:16

THE PEACE

The peace of the Lord be always with you.

And with your spirit.

Then the Ministers and People may greet one another in the Name of the Lord.

THE OFFERTORY

Please listen prayerfully as the clergy wash hands to prepare the holy table.

To Him Who Sits On The Throne

To Him who sits on the throne/And unto the Lamb

To Him who sits on the throne/And unto the Lamb

Be blessing and glory

And honor and power forever

Be blessing and glory

And honor and power forever

CCLI Song # 20429Debbye Graafsma © 1984 Integrity's Hosanna! Music CCLI License # 11021826

The People stand while the offerings are presented.

Celebrant All things come from you, O Lord,
People **And of your own have we given you.**

1 CHRONICLES 29

THE SURSUM CORDA

The People remain standing. The Celebrant faces them and sings or says

People The Lord be with you.
People **And with your spirit.**
Celebrant Lift up your hearts.
People **We lift them up to the Lord.**
Celebrant. Let us give thanks to the Lord our God.
People **It is right to give him thanks and praise.**

The Celebrant continues

It is right, our duty and our joy, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth.

Through Jesus Christ our Lord, who took on our mortal flesh to reveal his glory; that he might bring us out of darkness and into his own glorious light.

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:

THE SANCTUS

WOMEN:

Holy, holy, holy Lord. God of power and might;

ALL:

Holy, holy Lord. God of power and might;
Heaven and Earth are full of Your glory;
Heaven and Earth are full of Your glory;
Hosanna in the Highest!

WOMEN:

Blessed, blessed is He who comes in the name of the Lord

ALL:

Blessed, blessed is He who comes in the name of the Lord

MEN:

Hosanna!

ALL:

Hosanna! Hosanna! In the highest

By Fernando Ortega

THE PRAYER OF CONSECRATION

The People kneel or stand. The Celebrant continues

All praise and glory is yours, O God our heavenly Father, for in your tender mercy, you gave your only Son Jesus Christ to suffer death upon the Cross for our redemption. He made there, by his one oblation of himself once offered, a full, perfect, and sufficient sacrifice, oblation, and satisfaction, for the sins of the whole world; and he instituted, and in his Holy Gospel commanded us to continue, a perpetual memory of his precious death and sacrifice, until his coming again.

So now, O merciful Father, in your great goodness, we ask you to bless and sanctify, with your Word and Holy Spirit, these gifts of bread and wine, that we, receiving them according to your Son our Savior Jesus Christ's holy institution, in remembrance of his death and passion, may be partakers of his most blessed Body and Blood.

On the night that he was betrayed, our Lord Jesus Christ took bread; and when he had given thanks, he broke it,* and gave it to his disciples, saying, "Take, eat; this is my Body, which is given for you: Do this in remembrance of me." †

Likewise, after supper, Jesus took the cup, and when he had given thanks, he gave it to them, saying, "Drink this, all of you; for 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 in remembrance of me." †

Therefore we proclaim the mystery of faith:

Celebrant and People

Christ has died.

Christ is risen.

Christ will come again.

And we earnestly desire your fatherly goodness mercifully to accept this, our sacrifice of praise and thanksgiving; asking you to grant that, by the merits and death of your Son Jesus Christ, and through faith in his Blood, we and your whole Church may obtain forgiveness of our sins, and all other benefits of his passion.

And here we offer and present to you, O Lord, ourselves, our souls and bodies, to be a reasonable, holy, and living sacrifice. We humbly pray that all who partake of this Holy Communion may worthily receive the most precious Body and Blood of your Son Jesus Christ, be filled with your grace and heavenly benediction, and be made one body with him, that he may dwell in us, and we in him.

And although we are unworthy, because of our many sins, to offer you any sacrifice, yet we ask you to accept this duty and service we owe, not weighing our merits, but pardoning our offenses, through Jesus Christ our Lord.

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. †

THE LORD'S PRAYER

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

Officiant and People

**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.**

THE FRACTION

If the consecrated Bread was not broken earlier, the Celebrant breaks it now.

A period of silence is kept.

Celebrant Alleluia. The disciples knew the Lord Jesus.

People **In the breaking of the bread. Alleluia.**

THE PRAYER OF HUMBLE ACCESS

Celebrant and People together may say

**We do not presume to come to this your table, O merciful Lord,
trusting in our own righteousness,
but in your abundant and great mercies.**

**Apart from your grace,
we are not worthy so much as to gather up
the crumbs under your table;
but you are the same Lord
whose character is always to have mercy.**

**Grant us, therefore, gracious Lord,
so to eat the flesh of your dear Son Jesus Christ,
and to drink his blood,
that our sinful bodies may be made clean by his body,
and our souls washed through his most precious blood,
and that we may evermore dwell in him, and he in us. Amen.**

THE AGNUS DEI—LAMB OF GOD

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

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

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

THE MINISTRATION OF COMMUNION

Facing the People, the Celebrant may say the following invitation

Behold the Lamb of God. Behold him who takes away the sins of the world. Blessed are those who are invited to the marriage supper of the Lamb.

Please come forward by row to receive the Sacrament. When all have been served, we will all remove our masks—and with unveiled faces receive the Sacrament at the same time — whether here in person, or on line, or in the act of spiritual communion.

THE ACT OF SPIRITUAL COMMUNION

For those who cannot receive the Sacrament this day. The family prays together, or, if possible, each individual prays silently in their heart.

Dear Jesus,

I believe that you are truly present in the Holy Sacrament.

**I love you above all things, and I desire to possess you within my soul,
and since I cannot now receive you sacramentally,**

I beseech you to come spiritually into my heart.

**I unite myself to you, together with all your faithful people,
gathered around every altar of your Church,**

and I embrace you with all the affections of my soul.

Never permit me to be separated from you. Amen.

How Beautiful

Verse 1

**How beautiful the hands that served
The wine and the bread and the sons of the earth
How beautiful the feet that walked
The long dusty roads and the hill to the cross**

Chorus

How beautiful how beautiful/How beautiful is the body of Christ

Verse 2

**How beautiful the heart that bled
That took all my sin and bore it instead
How beautiful the tender eyes
That chose to forgive and never despise**

Bridge

**And as He laid down His life/We offer this sacrifice
That we will live just as He died
Willing to pay the price/Willing to pay the price**

Verse 3

**How beautiful the radiant Bride
Who waits for her Groom with His light in her eyes
How beautiful when humble hearts give
The fruit of pure lives so that others may live**

Verse 4

**How beautiful the feet that bring
The sound of good news and the love of the King
How beautiful the hands that serve
The wine and the bread and the sons of the earth**

CCLI Song # 443594 Twila Paris © 1990 Ariose Music CCLI License # 11021826

THE POST COMMUNION PRAYER

Let us pray.

Celebrant and People together say the following,

**Almighty and everliving God,
we thank you for feeding us, in these holy mysteries,
with the spiritual food of the most precious Body and Blood
of your Son our Savior Jesus Christ;
and for assuring us, through this Sacrament,
of your favor and goodness towards us:
that we are true members of the mystical body of your Son,
the blessed company of all faithful people;
and are also heirs, through hope,
of your everlasting kingdom.
And we humbly ask you, heavenly Father,
to assist us with your grace,
that we may continue in that holy fellowship,
and do all the good works that you have prepared for us to walk in;
through Jesus Christ our Lord,
to whom, with you and the Holy Spirit,
be all honor and glory, now and for ever. Amen.**

People accompany their first three responses with a sweep of the arm towards the cross above the holy table, and their final response with a sweep towards heaven. From the Book of Common Prayer of Kenya.

Minister All our problems,
People **We send to the cross of Christ.**
Minister All our difficulties.
People **We send to the cross of Christ.**
Minister All the devil's works.
People **We send to the cross of Christ.**
Minister All our hopes,
People **We set on the risen Christ!**

THE BLESSING

The Bishop when present, or the Priest, gives this or an alternate blessing

Descant

Lift high the cross, the love of Christ pro - claim

Refrain

Lift high the cross, the love of Christ pro - claim

till all the world a - dore his sa - cred Name.

till all the world a - dore his sa - cred Name.

Led on their way by this tri - um - phant sign,
 Each new - born ser - vant of the Cru - ci - fied
 O Lord, once lift - ed on the glo - rious tree,
 So shall our song of tri - umph ev - er be:

Repeat Refrain

the hosts of God in con - quering ranks com - bine.
 bears on the brow the seal of him who died.
 as thou hast prom - ised, draw the world to thee.
 praise to the Cru - ci - fied for vic - to - ry.

Words: George William Kitchin (1827-1912); alt. Michael Robert Newbolt (1874-1956) Music: *Crucifer*; Sydney Hugo Nicholson (1875-1947);
 Words, Music: Copyright © by permission of Hymns Ancient & Modern Ltd.; desc. Richard Proulx (b. 1937) Copyright ©1985, G.I.A. Publications, Inc.
 All rights reserved. Used with permission.

February 7

Serving Sunday

	8:00	9:30.	11:00
Lector	Denise	Mike	Caroline
Acolyte	Jim H.	Art.	Alice
Jr Acolyte			

+++

The Week & Calendar

Sunday: Holy Eucharist at 8:00, 9:30, 11:00
12:45 Bell Choir; 3:00 Youth Group

Tuesday: 6:00 Parish Council

Wednesday 9:00 Holy Eucharist; 9:45 The Sermon on the Mount
Bible Study in person and on Zoom

+++

End of Year Giving Reports

Parishioners may sign in to Church Community Builder to retrieve their report at any time. We will be sending out reports in the mail, along with 2021 pledge cards.

+++

Parish Directory: Please pick up your directory today!

+++

The Sermon on the Mount: An Adult Bible Study
Rev. Deacon. James M. (Jim) Dorman / January – February 2021

Course Schedule

Lesson #.	Date	Scriptures	Emphasis
1.	13 Jan	Matt 5:1 – 16	The Beatitudes
2	20 Jan	Matt 5:17 – 3.	Law, Anger, Lust
3.	27 Jan	Matt 5:31 – 48.	Divorce, Oaths, Retaliation, Love
4.	3 Feb	Matt 6:1 – 18	Giving, Prayer, Fasting
5.	10 Feb	Matt 6:19 – 34	True Treasures, Anxieties
6.	17 Feb	Matt 7:1 – 12	Judging, Prayer, Golden Rule
7.	24 Feb	Matt 7: 13 – 29	Your standing before God

+++

Lent Women's Gathering

Dear Women of Emmaus,

Our Lent Women's Gathering will be held on Saturday, February 20, 2021 from 9-1 at the Church.

Our focus on keeping a Holy Lent will encompass the traditional themes of Prayer, Fasting and Giving in a rather non-traditional way. We will turn our hearts in prayer toward our brothers and sisters in the Kitale Diocese of Kenya, engage in a simple fast, and understand what and how we give can either help or hurt ourselves and those in need. Our long-standing relationship with the people of this diocese has blessed them and us spiritually and materially as the Kingdom of God shrinks the distance between our two continents.

We will, of course, exercise COVID compliance, while refreshing ourselves by gathering together - physically and on-line for those of you unable to join us personally.

So, come, expecting to **Learn** how to **Live** a meaningful **Lent** in preparation to celebrate a *Glorious* Easter! RSVP to me, for in-person or on-line attendance, at eec031257@live.com or 720-217-9013.

Friends always welcome! Looking forward to being with you all.

Deacon Erin

+++

A HOLY LENT

ASH WEDNESDAY FEBRUARY 17, 9:00 AM & 7:00 PM.

There are several main spiritual disciplines or practices for Lent: self-examination and repentance, prayer, fasting, almsgiving, and reading and meditating on God's holy Word (BCP: 544). The parish clergy will share practical tips for each in the Lenten season, but we're going to dig deep in "almsgiving." We'll use the book **When Helping Hurts: How to Alleviate Poverty without Hurting the Poor...and Yourself**. You'll hear stories and wisdom from this work throughout the season, and we'll use Bible study on Wednesdays to go deep, beginning March 3.