

# THE WEEKLY WORD

EPIPHANY PARISH OF SEATTLE . MARCH 17, 2014

## A Spiritual Olympics at Epiphany Every Sunday

Dear Epiphany,

I love the Olympics. As a kid from Minnesota, the hockey game between USA and Russia nearly brought me to tears. I grew up around kids like T.J. Oshie from the Iron Range. They were bright eyed, fun loving and focused like a laser beam. There was even a kid from my high school who played on the 1980 Olympic gold medal team. Really. I get goose bumps just writing about it. I saw that team play live once at Graham Arena in Rochester, MN before the games in Lake Placid. I could go on and on and on about hockey.

The point is the Olympics are great. They show us the human spirit in a most beautiful way, and they teach us something about the kingdom of God. Think of Charlie White and Meryl Davis who have been working together since they were seven years old toward the common goal of Olympic gold in *Ice Dancing*. Think of Nate Holland who was way out in front in *Snowboard Cross* then bottomed out on a jump, bringing to an end his medal dreams. Then, there he was jumping up and down with teammate Alex Deibold when Alex went on to win the bronze in *Snowboard Cross*. Think of Lola Jones who consoled Jazmine Fenlator when they didn't make it to the podium in *Women's Two Person Bobsled*... "I'm so thrilled to be Jazmine's partner... I am honored to be your teammate."

There are two things about the human spirit freed in the kingdom of God that shine through at the Olympics; one is relationship and the other is vision. What makes an Olympian an Olympian is that the vision never changes. People who make it to the top of their sport don't get up in the morning and say, "Today I'll lift weights to strengthen my body for *Snowboarding*," and then the next day wake up and say, "Today I'll lift weights to prepare for *Figure Skating*." The vision always stays the same. Then a routine is put in place that seeks to achieve that vision. Some days that involves weight training, some days it involves running, some days it involves getting on the ice. The vision remains and the vision propels their life. It is this vision that gives purpose and meaning to everything else.

*Continues on the next page...*

AND when common vision is found, relationships become deep and rich and more meaningful than winning. That is the beauty of the Olympics. That is the Olympic spirit, and that is how life can always be in the kingdom of God.

As an outpost of the kingdom of God, Epiphany is where the spiritual Olympians play. We are people dedicated to pursuing a life formed and informed by God. We practice this at home by working on our relationship with our spouse. We look back on our lives and wonder where we tripped up and how the scar tissue around those stumbles causes stiffness in our everyday actions and relationships. We examine our own story and value listening to the stories of others. We have routines that we follow and we know the names of the people whose routines cross our own. We go to church.

Let me say something about this last sentence. My son commented the other day that church isn't like sports and school. "With sports and school," he observed, "the more you do and the better you focus, the better you get. Church, on the other hand, is not something you get better at, and even if you do get good at church (like Grammy, who knows right where to turn in the Hymnal and knows the prayers by heart), it doesn't matter because everyone at church is the same. So why go?" "Nice try," I replied.

Church is more like a party and less like a practice. Lest I sound like I am talking out of both sides of my mouth, it is true you have heard me say, "Church is a spiritual practice." And that is true. Desmond's Grammy is a spiritual giant formed as such through the spiritual discipline of attending church year in and year out. Her mother was the same way, as was, I imagine, her mother before her. The practice of church is formative, and when church is missed over and over again, one gets out of spiritual shape.

But church is more party than practice. It is the weekly swim meet or the weekly road rally or the weekly horse show (name your sport). It is when people gather to practice their spiritual life together. What makes this a party? Is it because we jump up and down together and give presents? Yes. We present our hearts to God. It is when we present the best and the worst of our selves to God, and we say thank you for all of it anyway. It is also when we let our souls dance with other people's souls who share our common vision; a vision where it is God we seek and Jesus we follow. Worship is when we let our souls unfurl and commune with our neighbor. That happens in the standing up and sitting down. It

happens when our voices start and stop together in song and prayer, and in this way we synchronize our breathing. It is when we drink from the same cup, and eat a common piece of bread (wafer, for you sticklers). These are methods of letting our soul spread out and party with the souls of our neighbor. Souls get used to this, which is why when you are not in church, you are more missed than you even know.

Church is that weekly meeting that expresses our individual and common vision. It is the one thing we do, and I would argue, we must do, if we are serious about our spiritual journey. Anything less is spiritually idiosyncratic.

I don't imagine you considered any of this as you watched the Olympics. But the Olympics are part of God's kingdom and what is true within the kingdom of God is true for all things in the kingdom of God. Vision and relationship are always beautiful and we are all made to be on the team.

*Doyt+*

*Editor's note: In case you were wondering who wrote last week's cover piece on the Ukraine, it was Doyt —my mistake!*



## Lenten Services at Epiphany

Weekdays & Saturdays	Epiphany Chapel Open for Prayer	8 am—5pm
Wednesdays, March 19, 26 April 2, 9	Meditation	8:30-9 am, Chapel
Fridays, March 21, 28 April 4, 11	Meditation	8:30-9 am, Chapel
	Stations of the Cross	6-7 pm, Church
Sundays, March 23, 30 April 6	<i>Holy Eucharist— Sundays in Lent</i>	<i>8 am, Church 10:30 am, Church</i>
Holy Week Sunday, April 13— Friday, April 18	<i>Information Forthcoming Palm Sunday—Good Friday</i>	-

## Liturgical Changes During the Season of Lent

In Lent, you have probably noticed 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 have noticed when entering the church is the difference in the worship space. All unnecessary adornments have either been removed or veiled. 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, 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. The final hymn is sung after communion. The Altar Party and Choir exit in silence, to allow space for worshipers to contemplate their Lenten journey.

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. We also do not sing songs of praise, including the *Gloria*.

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

-Diane Carlisle,  
*Epiphany parishioner, Liturgical Coordinator, and Verger*

## Up Close and Personal with *The Saint John's Bible*

Epiphany family members, friends, strangers and a surprise guest all showed up in the Christie House library on February 23 at 12:30 for our first "Up Close and Personal."

After everyone was welcomed with coffee and a few treats, Carmen Hoffman gave a short history of how this beautiful Bible came to be. We watched "The Illuminator" and then, after hand washing, we all turned pages, marveled at the art (did you know that the capital letters are always different on each page?) and the calligraphy.

We passed around the complete Editor's Edition of The Saint John's Bible, so everyone had a chance to see more of the art in the other volumes. And our unexpected guest, Suzanne Moore, one of the Bible's artists, added her comments as we walked around the Heritage volumes. Three of our visitors were calligraphers and were absolutely intrigued with the design and presentation.

We've said this ends at 2 pm, but the truth is that we stayed talking, looking and touching until 3 pm. It was a good afternoon. We will be doing it again on March 23<sup>rd</sup> and April 27<sup>th</sup>. Send an e-mail to [carmina241@gmail.com](mailto:carmina241@gmail.com) if you'd like to join us.

-Ann Lockhart

## A Dynamic Collaboration

*One Painter's Perspective on the Illumination of The Saint John's Bible*

Presenter: Suzanne Moore

**Sunday, March 30, 9:15-10:15 am** in the Great Hall

One of only two American artists chosen to create illuminations for The Saint John's Bible, Vashon Island resident Suzanne Moore worked on this "Bible for the 21<sup>st</sup> century" over a span of 10 years, beginning in 2001. Challenged by creative director Donald Jackson to develop images unlike any seen before, Moore worked closely with the Committee on Illumination and Text at Saint John's Abbey and University to develop original illuminations of extraordinary beauty and power. Moore's presentation will offer insights into the approach, creative process and techniques she used as a contributor to this modern-day Bible.

## **Do You Have Any Gently Used Books to Share with Our Sunday School?**

We want our children to have great books in Sunday school, the Christie house library and the meeting place. Do you have any children's books with moral, spiritual or religious themes that you no longer need? (They don't have to be specifically Christian.) Here is a list of titles we are looking for, but feel free to donate any books in good condition you think kids here might appreciate. No books with commercial ties please (e.g. Disney). We will donate any books we can't use to the public library.

Please drop any donations in the box in the corner of Christie House library.

Thanks for thinking of us!

*The Spiritual and Formation Team for Children and Youth*

—

*Clown of God, Tomie DePaola*

*The Tale of Three Trees*

*Charlie Needs a Cloak, Tomie DePaola*

*The View from Under the Pew, Diane Winters*

*Let the Whole Earth Sing Praise, Tomie DePaola*

*The Son of Francis and The Animals, Pat Mora*

*Archbishop Desmond Tutu's Children's Storybook Bible*

*Now One Foot Then The Other, Tomie DePaola*

*Old Turtle, Douglas Wood*

*Water Come Down, Walter Wangerin*

*On The Day You Were Born*

*A Walk Through Our Church*

*A is for Altar, Judith Lang*

*The Miracles of Jesus, Tomie DePaola*

*Angels Everywhere, Tomie dePaola*

*The Song of Francis, Tomie dePaola*

*Love is... From the King James Bible illustrated by Halperin*

*I'm in Charge of Celebrations*

# *An Invitation to Silence—March 29*

*Led by Diana Bender and the Rev. Kate Wesch*

**10:00am** Orientation to the Day of Quiet in the Christie House Library

**12:00pm** For those wishing to start at noon, orientation to the Day of Quiet in the Christie House Library

**12:15-12:45pm** Buffet Lunch in the Christie House Library

**4:30-5:00pm** Evening Prayer with Taizé chant

*Feel free to come for as long or as short as you like.*



When we commit to a quiet time with God, the stress and busyness of regular life falls away. The deeper, more peaceful parts of ourselves emerge and in that stillness, we feel more in touch with the Divine. In Lent, quiet time is especially precious as we ponder the deeper meaning of Jesus' sacrifice and shine light in our dark corners. *The Saint John's Bible* will be available for a close look.

It's also wonderful to do a day of silence in community. By honoring each other's response to the call to silence, a new connection often emerges.

On March 29, much of the Epiphany campus will be devoted to silence. There will be:

- + Candles and Taizé music going in the Chapel
- + Silence in the Church with one volume of *The Saint John's Bible*
- + Art supplies in the Fireside Room
- + Tea, coffee and snacks in the Christie House kitchen
- + Lunch buffet in the Christie House library from 12:15-12:45 pm, after which a second volume of *The Saint John's Bible* will be available along with prayer exercises.

Prayer exercises and art examples will be available for inspiration. A guided meditation led by Pieter Drummond will be offered in the afternoon.

Feel free to come for any part or all of this experience. Please RSVP to the parish office at [epiphanyparish@epiphanyseattle.org](mailto:epiphanyparish@epiphanyseattle.org) or 206-324-2573. Child care is available upon advance request. Please let us know by March 21 if you need child care.

*-Diana and Kate*

## **+TABLE – An Epiphany Dinner Group**

### **Let's meet someone new**

You are invited to join other parishioners for planned potluck meals in homes or other communal locations. Each group will be limited to eight (or so) adults (singles, couples and families), meeting approximately once a month. These fellowship groups provide an informal setting for members to become acquainted, sharing their background and experience, and developing enduring relationships. Families with children will be matched with other such families.

Everyone generally hosts a meal. The group ends when each person or couple has hosted once. If you prefer not to be assigned to a group, but wish to be included occasionally please sign up as a substitute. To participate, please complete the form below by **Sunday, April 6** and bring it to the parish office, e-mail the content of the form to Nicki at [epiphanyparish@epiphanyseattle.org](mailto:epiphanyparish@epiphanyseattle.org), or mail to the parish office at 1805 38<sup>th</sup> Ave, Seattle, WA 98122.

### **Duties of a Convener:**

Arrange for the *first* shared meal of the group and serve as that meal's host. Occasionally, someone will not be able to join the group due to other commitments. Please do *not* delay that first meal until everyone can make the same date — the group may never meet. Do the best you can date-wise and enjoy the company of those who can join you. Please note the *Duties of a Meal Host* below.

### **Duties of a Meal Host:**

+The person volunteering “to host” each planned meal ensures that all members of the group are notified of the meal's place, date and time; as well as soliciting input from the other participants on what they'd like to bring.

+Maintain a list of what each member will bring and remind them about a week before the meal to minimize confusion. This is also a

good time to remind folks to bring their calendars to the meal.  
+If the anticipated attendees do not comprise a full dinner group (whatever number your dining area can accommodate), please invite additional folks to fill-out the meal in your home. This is a good way to introduce folks to +TABLE. Contact the parish office for possible substitutes.

+ Begin the meal with a prayer.

**+ At the conclusion of the meal**, while the group is together, ensure the members agree upon the date, time and place for the next group meal.

---

**+TABLE Dinner Group Enrollment Form: Spring 2014**

Name: \_\_\_\_\_

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

Address: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Number of adults participating: \_\_\_\_\_;

Number of children participating: \_\_\_\_\_; their ages: \_\_\_\_\_

Maximum number of adults that can comfortably share a meal in our home (circle one): 6 7 8

Willing to be a Convener (see explanation above): Yes No

Prefer to **substitute** rather than participate full-time this cycle: Yes No

Comments: \_\_\_\_\_

*Comments can include such information as food allergies, food preferences (vegetarian), pet allergies, or special needs.*

For questions contact: Kate Wesch (kwesch@epiphanyseattle.org) or the Parish Office (206-324-2573)

## *+TEC—This Sunday!*

### **His Grace to Me Was Not Without Effect** *The Mysticism of Paul the Apostle*

**Presenter:** Barbara Cairns  
**Date/Time:** Sunday, March 23 at 9:15–10:15 am  
**Location:** Great Hall

The letters of Paul were written before the Gospels and as an eyewitness account of the risen Christ within the lifetime of those who knew Jesus. Paul gives us the framework for our transformation, and it is a “mystic” one: the receipt of grace, the apprehension of that spark of a Christ Consciousness that it is our life’s journey to fan into flame, its expression as love and service. Barbara Cairns builds on her earlier presentations on Christian mysticism to provide this look at the teachings and life example of Paul the Apostle.

## *Sunday Evening—April 6*

### **NEWCOMER EVENT**

**Date:** Sunday, April 6  
**Time:** 6:00-7:30 pm  
**Location:** Conn Residence  
2025 East Newton St  
Seattle, WA 98112



All newcomers to Epiphany are invited to attend a wine and cheese reception at the home of Doyt and Kristin Conn on Sunday, April 6 from 6:00-7:30 pm. This is a family friendly gathering—children welcome!

Please RSVP to the Parish Office  
[epiphanyparish@epiphanyseattle.org](mailto:epiphanyparish@epiphanyseattle.org) or 206.324.2573  
by Wednesday, April 2 if you plan to attend.

## *Sunday Lectionary Corner*

**March 23, 2014**

Exodus 17:1-7, Romans 5:1-11, John 4:5-42, Psalm 95

# ***PARISH PRAYER LIST***

## **WE PRAY FOR THOSE WHOSE BIRTHDAYS FALL BETWEEN MARCH 16th and 22nd:**

Bill Howard, Catherine Lewison, Richard Coyle, Eleanor Nolan, Catherine Roach, Ruby Clemons, and Pamela Jacobson.

## **WE PRAY FOR THOSE ON OUR CYCLE OF PRAYER:**

Ann McCurdy, Frank and Rowan Lawler; Dawn Lepore & Ken, Andrew, and Elizabeth Gladden; Nicole Lewis; Melinda, John, and Catherine Lewison; and Lex Lindsey & Lynn Manley. We pray for the churches of St. James and St. Columbia (Kent).

## **YOUR PRAYERS ARE ASKED FOR CONTINUED HEALING AND STRENGTH FOR THOSE IN OUR PARISH WHO ARE ILL OR GRIEVING:**

Paul, Bette Sprague, Coralie Swanson, Connie Gaines, Barbara Ward, Barbara Himmelman, Naraine Baker, Ginger, Kay Schack, Piper Simmons, Yamy Xolocotzi, Bonnie, Roy Enriquez, Will Gluck, Ruth, Richard & Dolores Maxson, the Zehm family: Shelly, Atticus, Coco, & Bijou, Silas, TJ Johnson & family, Bill, Susan, Debbie, Megan, Carl Putnam, George Fisher, Rosalie, Gracia Conn, Malina, Matt, Nancy, Isla Jude & family, Alice, Susan, Hank Schilling, Tristram Hyde & family, Emily Coyle, Noreen, Evie Gassaway, Jeanne Edwards, Sandra, Bill & Millie Grayson, Larry Mayer, the Neville family, Phyllis Harris, Lauren Riker, Gerald Swymeler, Barbara Ryhter, George Harrington & family, Gary West, David Mattson, Steve & Liz Swift, Caroline Briggs & Tom Rohm, Mary Starbard, Marj Baker, Robert Hawking, Heather, Chance, & Zane Gehring, Gretchen & Brookes Hawkes, Holden Hughes, Rollie & Josie, Olivia, Ray Brownfield & family, Laura, Joel & Katie Artzt, Paige Cubbison, David, Eric, the Kinnard family, David, Eileen Riley, Carla Robinson, Stu McGee, Chris Wolf, Missy, Lauren, Avery, and Cork.

## **WE PRAY FOR THOSE WHO HAVE DIED:**

Howard Heller and Mary Starbard.

*Occasionally we review and revise the prayer list. If we have removed someone in error or you would like to have someone removed or added please contact the Parish Office. The same invitation applies for birthdays.  
206-324-2573 or [epiphanyparish@epiphanyseattle.org](mailto:epiphanyparish@epiphanyseattle.org)*