

# THE WEEKLY WORD

EPIPHANY PARISH OF SEATTLE . MARCH 31, 2014

## Reasonableness of Christianity

Dear Epiphany,

I gave a man the *Hour-by-Hour* prayer book the other day. We were talking about his spiritual journey and I suggested that perhaps a regular rhythm of prayer might be helpful. "Read this four times a day?" he asked. "That sounds like brainwashing." His comment reminded me of the story about the young man who came home one day and announced to his mother that he had become a Christian. Alarmed that he had joined some kind of cult she said, "They'll brainwash you!" To which he replied, "If you'd seen what was in my brain before, you'd realize it needed washing."

One of the divine operating principles of God is that we are formed by what we do. No news here. And yet, even as I consider this obvious fact, I am struck by the ways we forget this, and how our forgetting plays out in our life and culture. I am surprised how we allow ourselves to be formed by things that are not good for us. I am surprised by how we seek the quick fix that actually fixes nothing at all. As I consider these two surprises, I find that a review of ideas and images as they are used in our culture is helpful. Dallas Willard, in his book, *The Reformation of the Heart*, has been my influence here.

Ideas are very general models of or assumptions about reality. They are patterns of interpretation, historically developed, and socially shared. They are ways of thinking about things that overlay a family or a society like a blanket. Examples include: freedom, education, happiness, the American Dream, science, and progress to name a few. Often a culture's art is a wonderful representation of the ideas that a culture holds. Ideas become identity as they are propagated and practiced, and over time form and inform both individuals and cultures. The strong Protestant work ethic held by the first European settlers in America is an example of how an idea formed a nation. The Japanese educational system is another example of how an idea had material impact on a peoples' economic success. Both cases could be defined as brainwashing exercises on a national scale. There was mass ownership that resulted in actions

over time that produced the result they were seeking. Or you could call it good, old-fashioned cause and effect, toward a positive and productive end.

Images in this age of digital media are becoming the staple through which ideas are propagated. Images have the power to intertwine thoughts with feelings in a way that spurs action toward a particular end.

If you look over the shoulder of young people when they are gazing at their iPhone, you'll most likely see they are looking at an image. The challenge, if not the danger, of images is that while they seek to represent an idea, they are likely to increase the chance that the idea is represented inadequately. The feeling is captured and passed on, without the idea being fully incorporated and understood. Skilled marketing people know how to do this. Coca-cola was built on images loosely linked to ideas of youthfulness and harmony to evoke a visceral response: Young, pretty people sharing their lives while enjoying a Coke. Mean Joe Green showing his soft side by sharing a Coke. Nike does the same thing... and an almost limitless list of others do as well.

The threat of ideas becoming represented predominantly by images leads toward a "feeling" driven society that fails to think through things. It also inhibits the discipline needed to turn ideas into habits that are good toward a productive personal and cultural end.

And so we are being brainwashed into acting instantly and spontaneously on our feelings, rather than working through and thinking things out. Anti-intellectualism is the end result of a culture provoked by images that inspire feelings. It is like living in a world where an unseen doctor's mallet is striking patellar tendons all over the place... and folks are kicking each other without even knowing why.

What we put before our brain matters and how we think through things matters. The kingdom of God gives us a framework and it is based on evidence. I'll give you two examples: Jesus' miracles and the efficacy of baby aspirin to reduce the risk of hearts attacks. Both are based on consistent, repeatable evidence. Jesus consistently was able to perform healing miracles. Now this doesn't mean other people can perform the same miracles he performed. The consistency was in his personal ability/charisma. The same thing occurs with baby aspirin and heart attacks. The repeatability has

been proven by study after study after study. In the kingdom of God repeatability is the reality, whether in the unique, mysterious healing charisma of Jesus, or the repeatability of medical procedures based on scientific evidence. Where we get brainwashed is in believing that one person's unique gift can be transferred to others, or where we let our feelings get in the way of the repeatable evidence proven over time, as in the case of aspirin and heart attacks.

Digital media plays on our tendency to trust feelings instead of proven facts, and inspires quick decisions over carefully thought through causes and effects. The kingdom of God is evidence-based, and always has been. It is a framework that gives us a reasonable way to engage people who are trying to form us with things that are not good for us or gets us to fall into the failed pattern of a quick fix. Live, therefore, in the kingdom of God.

*Doyt+*

<p><i>Look for our annual Guide to Holy Week on Monday, April 7, 2014</i></p>	<p>John 13:5</p> 
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### *Epiphany Lenten Services*

Wed, April 2, 9	Meditation	8:30-9 am, Chapel
Fridays, April 4, 11	Meditation	8:30-9 am, Chapel
	Stations of the Cross	6-7 pm, Church
Sundays, March 30 April 6	Holy Eucharist— Sundays in Lent	8 am, Church 10:30 am, Church
Holy Week Sunday, April 13— Friday, April 18	Information Forthcoming Palm Sunday—Good Friday	-

### *Sunday Lectionary Corner*

<p><b>April 6, 2014</b></p> <p>Ezekiel 37:1-14, Romans 8:6-11, John 11:1-45, and Psalm 130</p>
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***PLEASE TAKE AN EASTER EGG FROM THE GIVING TREE  
AND DONATE AN EASTER BASKET TO KIDS AT THE YWCA***



***Saturday Evening—April 12***

**Attention all Pilgrims and potential Pilgrims!**

On Saturday, April 12, from 6-8 pm, the Seattle REI store is hosting a **free** event with the American Pilgrims on the Santiago. Come learn about walking, biking, and the many trails to Santiago. Register at [www.rei.com/event/56187/session/87633](http://www.rei.com/event/56187/session/87633)—Space is limited.

*Submitted by Epiphany parishioner and pilgrim, Linda Maxson*

## *Parish Nurse Notes*

Hello, all! I wanted you to be aware of several pieces of health news here at Epiphany and share with you some information about upcoming health events in our community.

If you're looking for the antique first aid kit (!) in the Christie House kitchen, it is no longer there. A new one has been placed in the upper right-hand cupboard, near the sink. New first aid kits can also be found in the Great Hall kitchen, the Fireside Room kitchen, and in the parish office. Please note that over-the-counter medications (such as Ibuprofen and Tylenol), are now in child-proof containers and "up and away and out of sight" in the parish office, per CDC recommendations. Thank you to Chinn and Nicki for helping me with this "renewal project!"

On April 26th, "Powerful Tools for Caregiving," a program developed at Stanford University, will be offered by parish nurses at University Presbyterian Church. This course will provide tools and strategies to assist family caregivers and long-distance caregivers in handling the unique challenges of providing care to those with chronic health problems. This six-week program is free and will be held on Friday afternoons from 1-3:30 PM. Please contact the UPC Parish Nurse Ministry at 206.524.7301, ext. 579, for more information.

Finally, I encourage all of you who are providing care to folks with dementia to consider attending *Discovery 2014 - Alzheimer's Regional Conference*, being held on Friday, May 16th, at the Washington State Convention Center. This day-long conference will focus on the many issues associated with dementia, including new research and care strategies, medications, caregiving resources, end-of-life planning and palliative care, effective communication with health care providers, and legal concerns associated with dementia, such as determining capacity. Please contact the Washington chapter of the Alzheimer's Association by emailing [Discovery-Conf@alzwa.org](mailto:Discovery-Conf@alzwa.org) or by calling 206-529-3894; they will be happy to send you a conference brochure. There is a reduced fee for non-professional caregivers.

In health and peace,  
*Kathryn Barrett, Epiphany Parish Nurse, RN, MSN*

*Christie House office hours by appointment: Mondays 10am-4pm or other times by arrangement. Please call 206.326.9557 or email [parish.nurse@epiphanyseattle.org](mailto:parish.nurse@epiphanyseattle.org).*

## *Welcome, Lisel!*



Hello! For those of you who haven't met me yet, my name is Lisel Perrine. (pronounced the same as in "Sound of Music") I have recently been hired as an assistant to Laura Sargent to work with the youth group. I'm currently a freshman at the University of Washington and am hopefully going to be getting a degree in engineering (and maybe a minor in English since writing is my passion). I grew up in West Seattle and was a member of both Trinity Episcopal downtown and St. John's in West Seattle. When I was at St. John's, I volunteered as an assistant to the middle school Sunday school group and thoroughly enjoyed that. I am really excited to work with the middle school and high school youth! It's really wonderful for me to get the chance to come to Epiphany and have a place where I can become part of a church community independently. I have attended the 10:30 service for the past couple weeks and I am so amazed by the energy and the conversations I have already had with some of you. I look forward to meeting you all at some point in the coming weeks!

*Lisel Perrine,  
Youth Group Assistant*

## *A Plea for Campaign Paperwork!*

Have you received an email or phone call reminder about your Epiphany campaign paperwork? The campaign Letter of Commitment is very important. You may be wondering why!

If you made an outright gift, your Letter of Commitment confirms that your names are as you want them to be for the Campaign Honor Roll, **or** that you choose to remain anonymous.

And if you made a pledge over time, the Letter of Commitment helps with financial planning for the building project, in addition to confirming your name.

In both cases, receipt of the Letter of Commitment generates the mailing of the campaign cross.

Please be in touch with Linda Maxson, Campaign Coordinator, if your Letter of Commitment has gone missing or if you have questions. 206-324-2573 or [campaign@epiphanyseattle.org](mailto:campaign@epiphanyseattle.org)

# *The Next 100 Years*

## *Building Committee Update*

Dear Epiphany,

This is the first of a series of regular updates from the Building Committee that you will be seeing as the construction project gets underway. If you would like to have a topic addressed in a future Weekly Word please contact Jim Marlow at [jim@grinwithoutacat.com](mailto:jim@grinwithoutacat.com).

Tuesday, March 11, 2014, the Vestry approved moving ahead with submitting the plans to our general contractor, Lease Crutcher Lewis (LCL) for pricing. In addition, John Nesholm, our architect, will begin the permitting process.

The project will be completed in two phases over the next two years. Phase 1 will focus on the Parish Hall, including the Great Hall, Fireside Room, and other associated spaces and will tentatively begin this summer. Phase 2 will focus on the Chapel and Church and will tentatively begin after Easter 2015.

Now that we have approval from the Vestry, planning for Phase 1 will speed up significantly. We are beginning work with regular users of Phase 1 spaces to help minimize effects on them as we look forward to construction beginning soon!

Please feel free to contact any of us if you would like any additional information:

Bob Barnes ([bobb@advancedinc.com](mailto:bobb@advancedinc.com))

Laura Blackmore ([laura@cascadiaconsulting.com](mailto:laura@cascadiaconsulting.com))

Ed Emerson ([eemerson@wellspringeap.org](mailto:eemerson@wellspringeap.org))

Jim Marlow ([jim@grinwithoutacat.com](mailto:jim@grinwithoutacat.com))

The Building Committee

*Ed Emerson, Laura Blackmore, Bob Barnes, Jim Marlow*

## **+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.

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**+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, April 6*

### **The Gospel of John**

#### ***Why the Kingdom of God Matters to Us***

Presenter: The Reverend Doyt Conn  
Time: 9:15–10:15 a.m.  
Place: Great Hall

The *Gospel of John* is a unique text that says more about the kingdom of God than any other book of the Bible. Its author was not only divinely inspired, but chosen by God for the particular purpose of seeing both the humanity and divinity of Jesus, and allowing this knowledge to fill him with love. To know the *Gospel of John* is to know the love of Christ; and to know the love of Christ is to be fearless. In this class we will learn to see as the author of the *Gospel of John* saw---with enlightened eyes so as to live our lives without fear.

## *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* or 206.324.2573  
by Wednesday, April 2 if you plan to attend.

# ***PARISH PRAYER LIST***

## **WE PRAY FOR THOSE WHOSE BIRTHDAYS FALL BETWEEN MARCH 30th AND APRIL 5th:**

Theresa Dowell, Jim Marlow, Elizabeth Baker, Susan Moseley, Marshall Corson, Alder Hall, Thomas Rodde, Alice Foreman, and Helen Moure.

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

Will & Carol, Gabriel Martin; Kathleen & Charles Maryatt; Amy & Mark, Tierney, and Tatum Masterson; John & Kathleen Maurel; and Linda Maxson & Toby, Mackenzie, and Brett Miller. We pray for the churches of St. Michael and All Angels (Issaquah).

## **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, Malina, Matt, Nancy, Isla Jude, 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, 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, Lauren, Cork, and Henk & Helen Simons.

*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)*