

A GUIDE TO



HOLY WEEK

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2015

Epiphany Parish of Seattle

[www.epiphanyseattle.org](http://www.epiphanyseattle.org)



*“Always remember this: life is a journey. It is a path, a journey to meet Jesus. At the end, and forever.”*

*—Pope Francis*

*“Arouse us, therefore, if we have dozed away into this delusion, and save us from the error of wishing to admire you instead of being willing to follow you and to resemble you.”*

*—Søren Kierkegaard*

## Holy Week at Epiphany

Dear Epiphany,

Holy Week, the final week of Lent, begins with Palm Sunday and ends with the Easter Vigil celebration of the Resurrection, the heart of our faith. During this week, we are invited to give away our lives for the privilege of walking alongside Jesus.

Theologian Søren Kierkegaard explains it like this: “O Lord, Jesus Christ, you did not come to the world to be served, but also surely not to be admired or in that sense to be worshipped. You are the way and the truth—and it is followers only you did demand. Arouse us, therefore, if we have dozed away into this delusion, and save us from the error of wishing to admire you instead of being willing to follow you and to resemble you.”

Being willing to follow Jesus, and seeking to resemble Jesus, leads us down a path that twists and turns over mountains, across deserts, and through the jungles of life. We encounter brush and bramble and thorny plants at every stage along the way, and we are pricked. Blood washes across our isolation, and into the life of Christ. In his life our life is full, swollen like a tree in blossom. Resurrection is the outcome, the response to divine fullness, divine presence. And a fragrance fills the air as our lungs swell with eternal life. We breathe in and breathe out during Holy Week, no matter where we are in the landscape of our life. And the breath of God sustains us as we puff and pant along the path we tread.

Jesus tends to us, as he tended to his disciples. After washing their feet the night before his Crucifixion, Jesus tells them, “Do you know what I, your Lord and Master, have done to you? I have given you an example, that you should do as I have done” (John 13:12–15, paraphrased). These are Jesus’ words and our inspiration and imperative for Holy Week: follow Jesus.

Admittedly, I am sometimes unsure of my relationship with Jesus. I cannot always understand what he is saying to me, how he is leading me, or what he is doing in my life. I deeply desire his presence, but am not always certain where to find him. In these moments of uncertainty I simply try to do what he would do. I

seek by following. Holy Week was designed for following Jesus. The liturgy guides the walk, which, during Holy Week, is called the Triduum.

*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. This service enhances our relationship with Jesus by walking the path that he has walked. I wholeheartedly encourage you to make time this Holy Week to experience the great three days of Easter. Experiencing the entire play can put us on a common path, which is part of God's plan for this holy place we call Epiphany.

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 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.

I encourage you to commit yourself to walk the Holy Week walk. It will introduce or reintroduce you to Jesus in a supernatural way, and your discipleship will be a witness to the world as you yourself are transformed. Come experience this gift.

—Doyt+

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# Before Holy Week—In Preparation

## Guided Meditation Intensive

*Monday–Friday, March 23–27*

*7:45–8:15 am and/or 8:30–9 am (Chapel)*

Holy Week, if approached with clear intentions, can be life-changing. To prepare you for this process, we will be offering silent meditations for five consecutive mornings of the week before Holy Week. These meditations will guide you to explore the person you are and to set clear intentions leading to the person you will become. Be still and know.

### *About Guided Meditation*

Is the “spiritual journey” obsolete in today’s world? Although we have instant access to the best information on raising our children, building relationships, and advancing our careers, ironically, stress is almost constant, and we still struggle to fully appreciate our time with ourselves and with those closest to us. To begin a spiritual journey is to begin a spiritual practice. Meditation is a practice that transforms not only our relationship with others but also our relationship with each moment of life.

—*Pieter Drummond*

## Palm Cross Making

*Wednesday, March 25 at 3:30–6 pm (Christie House Library)*

Join Peggy Wilton in making palm crosses for the Palm Sunday. A great activity for kids!

## Rehearsal for Liturgical Ministers

*Saturday, March 28 at 9 am–1:30 pm (Church)*

As is the custom at Epiphany, Eucharistic Ministers, acolytes, and priests scheduled to serve during Holy Week will rehearse the services of Palm Sunday, Monday and Tuesday Eucharist, Maundy Thursday, the Great Vigil, and Easter Sunday. Lunch will be served.

# Prologue to the Triduum

## The Sunday of the Passion

### Liturgy of the Palms

*March 29, 9:30 am & 5 pm in the Church*



The Liturgy for The Sunday of the Passion, or Palm Sunday, kicks off Holy Week. The service begins with Jesus' triumphal entry into Jerusalem, but then quickly shifts mood with the dramatic reading of the Passion by appointed readers. The congregation takes on the part of the crowd. The reading of the Passion in this way serves as an overture to the Triduum later in the week, when we journey through the events that culminate in Jesus' crucifixion and death, without which there would be no Easter.

Both services begin with the Liturgy of the Palms, followed by a procession into the Church. We will meet outdoors and process through the Garden of Remembrance. Please try to arrive ten minutes before the service is scheduled to get a palm branch. You are also invited to bring a branch from your yard to carry.

At the end of the service, baskets of blessed palm crosses will be available in the Narthex. Consider picking one up to take to a friend who is sick or otherwise unable to attend church. Save your crosses to be burned next year on Mardi Gras for Ash Wednesday.

## Monday and Tuesday in Holy Week

### Solemn Sung Holy Eucharist

*March 30 & 31, 7:30 pm in the Church*

This formal service includes incense, bells, and the ceremonies of an Anglican high church service. Parts of the service are sung. The homilists for these services are:

*Monday, March 30:* Elizabeth Walker

*Tuesday, March 31:* Mike Evans

## Wednesday in Holy Week

### Stations of the Cross

*April 1, 7:30 pm in the Chapel*

Using John Peterson's *A Walk in Jerusalem* as a guide, we will join with Jesus in his Passion Wednesday of Holy Week. Offering a contemplative experience as we sit with icons of the Passion and walk with Jesus in our minds, this service features scripture, guided meditation, and prayers that apply the Passion narrative to today's world.



# The Triduum

## Act One: Maundy Thursday

### Scene One: Agape Meal

*April 2, 6:30 pm in the Chapel*

The Agape Feast dates to apostolic times and is a simple meal of soup, bread, cheese, olives, and fruit. Parishioners are asked to bring a dish to share as a testament of our Christian love for each other. No sweets or alcohol, please.

### Scene Two: Holy Eucharist

*April 2, 7:30 pm in the Church*

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.

#### **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 enacted by The Foot-Washing. After an invitation from the Presider, you may come forward to have your feet washed by the clergy. We encourage you to take part in this beautiful ritual.

#### **The Institution of the Eucharist**

After the Foot-Washing, we proceed with the celebration of the Eucharist. Every Sunday, we hear the Words of Institution during the Eucharistic Prayer. They begin: “On the night he was handed over to death and suffering, our Lord Jesus Christ took bread....” The familiar words take on a poignant urgency and re-orient us to the central mystery of our faith.

## 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

*9:00 pm until noon Friday in the 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.

At 11 pm, you are invited to participate in a Psalm Chant organized by Pieter Drummond. Chanters will rehearse on March 28; contact Pieter for details.



# The Triduum

## Act Two: Good Friday

### Scene One: Fasting

*April 3 until Holy Eucharist*

*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 forty days in the wilderness. On Good Friday, we fast in thanksgiving for his crucifixion. 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.

### Scene Two: Holy Eucharist

*7:30 pm in the Church*

*(2 pm at Parkshore)*

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* in a setting by Palestrina. The sermon and The Solemn Collects follow. In praying the Solemn Collects, 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 top of the Chancel steps. Worshipers are invited to come forward and venerate the cross by kneeling before it, touching it, standing next to it, even kissing it.

During the Veneration of the Cross, the Choir sings *The Reproaches*, in a setting by Tomás Luis de Victoria. Christ, in the words of

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

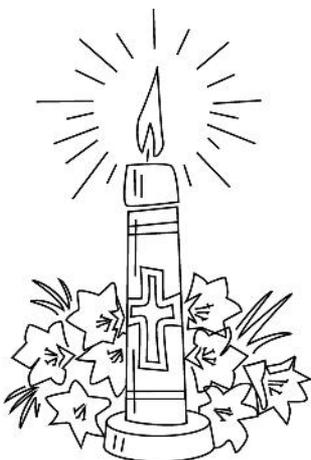
The service concludes with a brief communion taken from the bread consecrated the night before at the Maundy Thursday service.

## Scene Three: The Sacrament of Reconciliation

*after Good Friday liturgy*

Private and confidential, this sacrament of confession 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. We invite you to write out your confession and then, whether you read it out loud as part of our confession with a priest or not, burn it in the New Fire at the Great Easter Vigil.

For those unfamiliar with the service, the rite may be found beginning at page 446 in *The Book of Common Prayer*. We encourage you to read it ahead of time to gain a sense of its depth and guiding orientation.



# The Triduum

## Act Three: The Great Easter Vigil

### Holy Eucharist

*April 4, 8 pm in the Church*

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. There will be incense at this service.

#### **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 from the prayers and confessions of the congregation, and the 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 the Red Sea is given particular attention since this event is at the center of the Jewish Passover. Christians believe Christ, in his death and resurrection, to symbolize 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 where, 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, the organ and brass ensemble lead us in an eruption of song, 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.

# Easter Day: The Sunday of the Resurrection

## **Festival Eucharist with Choir & Brass Ensemble**

*April 5, 9:30 am & 11:30 am in the Church*

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.

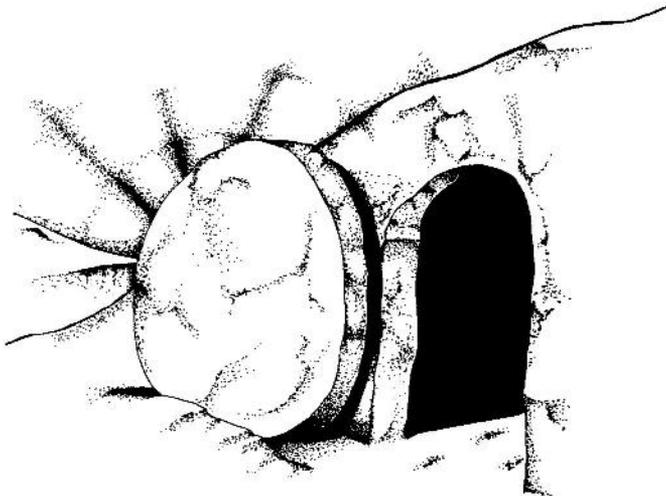
*Childcare available from 8:45 am–1 pm.*

*Children's Chapel / Sunday School will be offered at the 9:30 service.*

## **The Great Easter Egg Hunt**

*10:45 am in the Courtyard*

There will be multiple locations, and we will begin once parents join children after the 9:30 am service. Easter bags with handles will be available. All children (Nursery–5th Grade) are welcome!



# Holy Week Checklist

## Palm Sunday

*9:30 am & 5 pm, Holy Eucharist in the Church*

- Arrive at church ten minutes before the service to get a palm branch for the procession into the church.
- You may choose to bring a branch you have cut at home.
- Be sure to take some palm crosses home with you at the end of the service to keep and burn next year in the fire at the Mardi Gras party, or deliver to a friend who could not attend church.

## Monday & Tuesday

*7:30 pm, Solemn Sung Holy Eucharist in the Church*

- There will be incense at these services.

## Wednesday

*7:30 pm, Stations of the Cross in the Chapel*

## Maundy Thursday

*6:30 pm, Agape Meal in the Chapel*

*7:30 pm, Holy Eucharist in the Church*

*8:30 pm, Watchnight Vigil in the Chapel*

*11 pm, Psalm Chant in the Chapel*

- Bring a soup, bread, or cheese to share at the Agape Meal. No sweets or alcohol. Contact the Parish Office with what you will bring by March 31.
- If you are planning to have your feet washed as part of the Maundy Thursday Liturgy, please be sure to wear shoes and socks that are easy to remove.
- Childcare is available during the service.
- Sign up in the Narthex for an hour of prayer in the Chapel as we keep watch with Jesus throughout the night.
- Pieter Drummond is organizing a Psalm Chant during Watchnight with a rehearsal in the Chapel on March 28. Contact Pieter for more information.

## **Good Friday**

*7:30 pm, Holy Eucharist in the Church*

*(2 pm, Holy Eucharist at Parkshore)*

- It is traditional to fast after the Agape Meal on Thursday until after Holy Eucharist on Friday.
- Participate in the private and confidential Sacrament of Reconciliation (Confession) in the Chapel after the service.
- You may write out and bring your confession to pray over or to share with the priest.
- Childcare will be available.

## **The Easter Vigil**

*8:00 pm, Holy Eucharist & Baptisms in the Church*

- There will be incense at this service.
- Bring your written confession to burn in the New Fire.
- Arrive early and meet in the Garden of Remembrance, east of the Chapel.
- Bring bells to ring when the church erupts in Easter joy! Or borrow one from the church.
- Childcare will be available.

## **Easter Sunday**

*9:30 & 11:30 am, Holy Eucharist in the Church*

*10:45 am, Easter Egg Hunt*

- Park far away or walk to church to make room for our guests!
- Come early or stay late to join us for an Easter Egg Hunt between services.
- Childcare will be available at both services, but Children's programs (Chapel / Sunday School) will be offered only at 9:30 am.
- There will be no Easter brunch due to construction in the Parish Hall.



## Easter Flowers Donation Form

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

Complete the form below and send your check to the church office or add it to the collection plate. Remember that during Advent and Lent only greens are used on the altar.

Thank you for your consideration of the Altar Flower Fund.

PLEASE COMPLETE FORM BELOW AND RETURN TO THE CHURCH OFFICE BY WEDNESDAY, APRIL 1.

Name of Donor: \_\_\_\_\_

Phone #: \_\_\_\_\_

\_\_\_ 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: \_\_\_\_\_

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EPIPHANY  PARISH  

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*— of Seattle —*