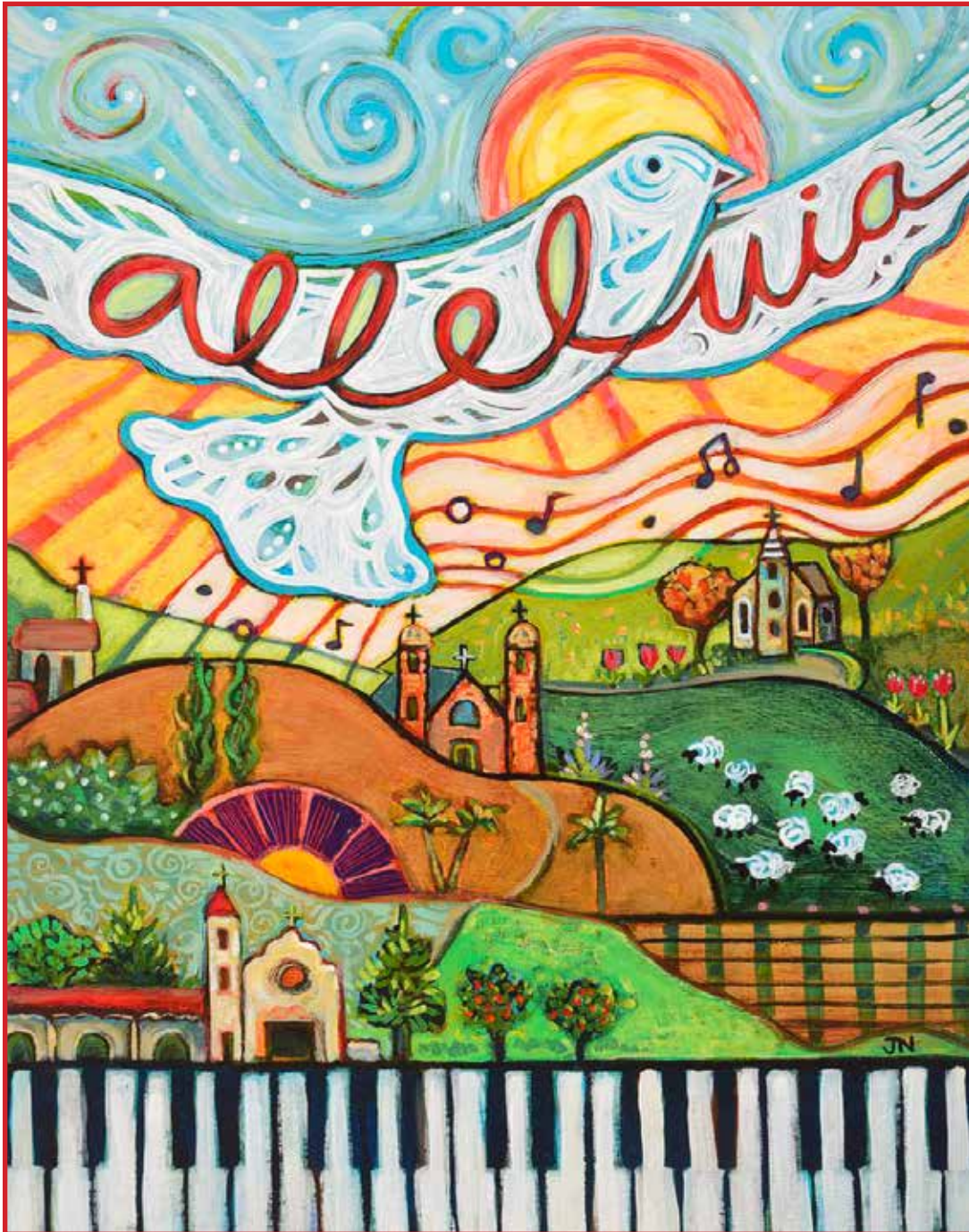




# ST. GREGORY'S EPISCOPAL CHURCH

radiates God's grace, equipping all people to change the world.



**The Last Sunday after the Epiphany**

February 11, 2024 | 9:30am

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



### Welcome to St. Gregory's

If this is your first Sunday here, we invite you to take a Welcome Card from the pew holder, fill it out and put it in the offering plate or give it to a greeter. All are truly welcome to participate in worship, and we believe our community is made stronger by your unique presence as we join in prayer and communion.

### Our Worship

In the Episcopal Church, we often say that praying shapes believing, so how we worship in word and action shapes how we believe and respond to God. We are physical creatures made in God's image, and the physical nature of our worship helps us to connect more fully to God.

Our sacred time of worship includes several different activities: singing, listening, praying, and feasting. This liturgy is enriched by the participation of everyone in the room. **All are invited to speak the bolded text aloud.** Some people choose to manifest prayers in physical ways to center their hearts and minds on God's presence in their lives and in the worship – we call these actions "manual acts," which are listed as follows throughout the bulletin:

**(+)** There are several points during the liturgy, where many people cross themselves by touching their head, chest, and each shoulder (left then right) to remind themselves that God is in their head, heart, and in all of their actions in the world.

**(+++)** At the declaration of the Gospel, many people make the sign of the cross with their thumb on their forehead, lips, and heart as the Gospel is announced. This action is a prayer asking God's word to be in our minds, our words, and in our hearts.

**Generally speaking, we stand to pray, kneel to confess, and sit to hear.** Regardless of what others are doing, how you physically worship is up to you and how you experience God. Your presence and participation is what matters.

*Cover art: Alleluia by Jen Norton*

**The Rev. Dan Puchalla,  
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**Vocalists:**  
Viki Rill, Kathryn Kinjo Duncan,  
Cameo Humes, Keanon Kyles

**Additional musicians:**  
Michael Potsic, Maddi Vogel,  
Matt Sobczyk

**Casey Kremer,  
Communications Director**  
sexton@stgregoryschurch.org

**Wardens:**  
Jim Millspaugh, Sarah Kettlewell

**Vestry:**  
Jon Dutcher, Val Seilheimer,  
Rafael Orsi, Steve Truckenbrod,  
Cissy Singleton, LoriLee Bielski

**Pastoral Care Visitors:**  
Susie Dutcher, Fran Ingram,  
Sudi Johnson, Marjie Koons,  
Val Seilheimer, Cissy Singleton



## LITURGY OF THE WORD

*We begin our worship with the ringing of a bell. The people stand, as they are able.*

### PROCESSIONAL

*First cantor, then all*

Let us go re-joic-ing to the house of the Lord,  
to the house of the Lord, the house of the Lord!

*I rejoiced because they said to me,  
"We will go up to the house of the Lord."  
And now we have set foot within your gates, O Jerusalem!*

**Let us go rejoicing to the house of the Lord,  
to the house of the Lord, the house of the Lord!**

*Because of my brothers and my friends,  
I will say, "Peace be within you!"  
Because of the house of the Lord our God, I will pray for your good.*

**Let us go rejoicing to the house of the Lord,  
to the house of the Lord, the house of the Lord!**

### OPENING ACCLAMATION & THE COLLECT FOR PURITY

Blessed be the one, holy, and living God.  
**Glory to God for ever and ever. Amen.**

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 SONG OF ZECHARIAH

**Blessed be the Lord, the God of Israel;  
you have come to your people and set them free.  
You have raised up for us a mighty savior,  
born of the house of your servant David.  
Through your holy prophets you promised of old,  
that you would save us from our enemies, from the hands of all who hate us.  
To show mercy to our forebears and to remember your holy covenant.  
This was the oath you swore to our father Abraham,  
to set us free from the hands of our enemies,  
Free to worship you without fear, holy and righteous before you, all the days of our life.**

*We begin our worship by acknowledging our participation together in the Body of Christ. The Collect for Purity allows us to acknowledge that the ability to celebrate the liturgy depends on God's grace.*

*The canticles (based on the Latin canticle, or "little song") are non-metrical praise songs that are intended to be either sung or spoken. This season's canticle comes from Luke, and was the song of thanksgiving uttered by Zechariah about his son, John the Baptist.*





**And you, child, shall be called the prophet of the Most High,  
for you will go before the Lord to prepare the way,  
To give God's people knowledge of salvation by the forgiveness of their sins.  
In the tender compassion of our God the dawn from on high shall break upon us,  
To shine on those who dwell in darkness and the shadow of death,  
and to guide our feet into the way of peace.**

**THE COLLECT OF THE DAY**

The Lord be with you.  
**And also with you.**  
Let us pray.

O God, who before the passion of your only-begotten Son revealed his glory upon the holy mountain: Grant to us that we, beholding by faith the light of his countenance, may be strengthened to bear our cross, and be changed into his likeness from glory to glory; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

*The people sit.*

**FIRST READING**

**2 KINGS 2:1-12**

*We follow a three-year cycle of readings called a Lectionary. These are lessons being heard in congregations from many denominations throughout the world on this day. The first reading is from the Hebrew Scriptures, which tell us the story of God's love and faithfulness to God's people from the beginning of time to just before Christ.*

When the Lord was about to take Elijah up to heaven by a whirlwind, Elijah and Elisha were on their way from Gilgal. Elijah said to Elisha, "Stay here; for the Lord has sent me as far as Bethel." But Elisha said, "As the Lord lives, and as you yourself live, I will not leave you." So they went down to Bethel. The company of prophets who were in Bethel came out to Elisha, and said to him, "Do you know that today the Lord will take your master away from you?" And he said, "Yes, I know; keep silent."

Elijah said to him, "Elisha, stay here; for the Lord has sent me to Jericho." But he said, "As the Lord lives, and as you yourself live, I will not leave you." So they came to Jericho. The company of prophets who were at Jericho drew near to Elisha, and said to him, "Do you know that today the Lord will take your master away from you?" And he answered, "Yes, I know; be silent."

Then Elijah said to him, "Stay here; for the Lord has sent me to the Jordan." But he said, "As the Lord lives, and as you yourself live, I will not leave you." So the two of them went on. Fifty men of the company of prophets also went, and stood at some distance from them, as they both were standing by the Jordan. Then Elijah took his mantle and rolled it up, and struck the water; the water was parted to the one side and to the other, until the two of them crossed on dry ground.

When they had crossed, Elijah said to Elisha, "Tell me what I may do for you, before I am taken from you." Elisha said, "Please let me inherit a double share of your spirit." He responded, "You have asked a hard thing; yet, if you see me as I am being taken from you, it will be granted you; if not, it will not." As they continued walking and talking, a chariot of fire and horses of fire separated the two of them, and Elijah ascended in a whirlwind into heaven. Elisha kept watching and crying out, "Father, father! The chariots of Israel and its horsemen!" But when he could no longer see him, he grasped his own clothes and tore them in two pieces.

The Word of the Lord.  
**Thanks be to God.**



The Psalm is a hymn or poem. The psalms cover the whole range of the relationship between God and God's people. The Book of Psalms, while a "book" of the Bible, consists of 150 hymns intended to be sung.

**PSALM 50**

- 1 Yahweh, the God of gods, has spoken;  
God has called the earth from the rising of the sun to its setting.
- 2 Out of Zion, perfect in its beauty, God reveals God's self in glory.**
- 3 Our God will come and will not keep silence;  
before them there is a consuming flame, and round about them a raging storm.
- 4 God calls the heavens and the earth from above to witness the judgment of God's people.**
- 5 "Gather before me my loyal followers,  
those who have made a covenant with me and sealed it with sacrifice."
- 6 Let the heavens declare the rightness of God's cause; for God indeed is judge.**

The second reading is usually from one of the New Testament Epistles (or letters), though occasionally from the Acts of the Apostles or the Book of Revelation. They teach us about the formation of the church and instruct us on how to live into our role as followers of Christ.

**THE EPISTLE**

**2 CORINTHIANS 4:3-6**

Even if our gospel is veiled, it is veiled to those who are perishing. In their case the god of this world has blinded the minds of the unbelievers, to keep them from seeing the light of the gospel of the glory of Christ, who is the image of God. For we do not proclaim ourselves; we proclaim Jesus Christ as Lord and ourselves as your slaves for Jesus' sake. For it is the God who said, "Let light shine out of darkness," who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ.

The Word of the Lord.  
**Thanks be to God.**

*The people stand, as they are able. Children are invited to join the procession in the aisle for the reading of the Gospel.*

**SEQUENCE HYMN** (vs.1 before the gospel, vs.2 after)

Ev - 'ry time I feel the Spi - rit mov - in' in my heart, I will pray.

Yes, ev - 'ry time I feel the Spi - rit mov - in' in my heart, I will pray.

*Up on the mountain my Lord spoke; out of his mouth came fire and smoke.  
I looked around me, and it looked so fine; I asked the Lord if all was mine.*

**Ev'ry time I feel the Spirit movin' in my heart, I will pray.  
Yes, ev'ry time I feel the Spirit movin' in my heart, I will pray.**

*Come, Holy Spirit, flow down on me. I need your power to set me free.  
Teach me to follow, teach me to pray; help me to walk that narrow way.*

**Ev'ry time I feel the Spirit movin' in my heart, I will pray.  
es, ev'ry time I feel the Spirit movin' in my heart, I will pray. (x2)**

*Favorite hymn of Susie Dutcher: My favorite hymns are any of the African-American spirituals. This music was not something I grew up listening to and was surprised when I first saw them in the Episcopal Church hymnal. In EfM this year we are reading about the history of Christianity and our British church history author describes the spirituals as "some of the most compelling music ever created by Christians." I agree.*



*During the Holy Eucharist, there is always a reading from a Gospel. We stand to indicate the importance we place on Jesus' words and actions. The deacon or priest proclaims the Gospel in the midst of the people to represent the Good News that Jesus has come among us, and we all turn toward it.*

**THE GOSPEL**

**MARK 9:2-9**

The Holy Gospel of our Lord Jesus Christ, according to Mark.

**(+++)** **Glory to you, Lord Christ.**

Jesus took with him Peter and James and John, and led them up a high mountain apart, by themselves. And he was transfigured before them, and his clothes became dazzling white, such as no one on earth could bleach them. And there appeared to them Elijah with Moses, who were talking with Jesus. Then Peter said to Jesus, "Rabbi, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah." He did not know what to say, for they were terrified. Then a cloud overshadowed them, and from the cloud there came a voice, "This is my Son, the Beloved; listen to him!" Suddenly when they looked around, they saw no one with them any more, but only Jesus.

As they were coming down the mountain, he ordered them to tell no one about what they had seen, until after the Son of Man had risen from the dead.

The Gospel of the Lord.  
**Praise to you, Lord Christ.**

*The people sit.*

*The sermon is meant to help us make the Word of God a living and transforming reality of our lives today.*

**SERMON**

*The Rev. Max Smith, deacon*

**NICENE CREED**

*The people stand, as they are able.*

**We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen.**  
**We believe in one Lord, Jesus Christ, the only 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 of the Holy Spirit and the Virgin Mary and became truly human. 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.**

*In the Nicene Creed, we respond to the proclamation of God's Word by affirming the historic faith of the Church. We "believe" (from the Latin credere, literally "to put one's heart into") because we offer our trust in the story of God's creating, redeeming, and remaining with the world. "We" believe because the church as a whole, the Body of Christ, carries and strengthens the faith of each individual. Also note that when it is not capitalized, the word "catholic" is defined as universal or inclusive.*



*The Prayers of the People are always responsive, because everyone gives voice to the supplications. We include prayers for others throughout the world, in our diocese, and those connected to our congregation. This is the part of the liturgy where it is most evident that we would be noticeably less without the contributions of each person present. We voice prayers from our parish prayer list, as well as requests from the onsite and online worshippers.*

**PRAYERS OF THE PEOPLE**

○ God, who set the stars in the sky and the planets in their courses: make us wise to see the wonderful signs of your love in the heavens and upon this earth. *We offer prayers of joy and gratitude.* God of wonder,  
**Let our prayers come to you.**

○ God, by whose word evil is driven out and by whose compassion the sick are made whole: make us wise to seek healing for ourselves and to give healing to those who suffer. *We offer prayers of intercession.* God of wonder,  
**Let our prayers come to you.**

○ God, whose true glory was revealed in the face of Jesus before he set his face to suffering and death: make us wise to face death with courage and hope, and give eternal peace to those who now rest. *We offer prayers for the dead.* God of wonder,  
**Let our prayers come to you.**

*The Presider offers the concluding collect.*

○ God, we offer our prayers and thanksgivings with boldness, trusting that the wonders of your love are revealed with every step of our journey with you. Hear us and guide us all our days, that we may come ever closer to your light and radiate your light to all peoples; in the name of Jesus Christ our Savior. **Amen.**

**CONFESSION & ABSOLUTION**

*In the confession we admit the ways we have not lived as we were created to live, both individually, and corporately, and ask for forgiveness. The priest declares to us the wonderful grace of God's promise of forgiveness, reconciliation, and the absolute remission of guilt.*

Let us confess our sins against God and our neighbor.

*The people kneel as they are able. Silence will be kept.*

**God of all mercy, we confess that we have sinned against you, opposing your will in our lives.**

**We have denied your goodness in each other, in ourselves, and in the world you have created.**

**We repent of the evil that enslaves us, the evil we have done, and the evil done on our behalf.**

**Forgive, restore, and strengthen us through our Savior Jesus Christ, that we may abide in your love and serve only your will. Amen.**

Almighty God have mercy on us, forgive us all our sins through our Lord Jesus Christ, strengthen us in all goodness, and by the power of the Holy Spirit keep us in eternal life. **Amen.**

*The people stand as they are able.*

**THE PEACE**

*The Peace has been exchanged at the Eucharist since the time of the first Christians. It is a profound act to offer the miraculous peace of God to one another before we join in communion with God and each other.*

The peace of the Lord be always with you.  
**And also with you.**

*The congregation greets each other in the peace of Christ.*

*The people sit.*



**PRAYER FOR BIRTHDAYS, ANNIVERSARIES, AND TRAVELS**

**OFFERTORY ANTHEM**

*"He'll Make a Way"  
words and music by Byron J. Smith*

*I know the Lord will make a way, I know the Lord will make a way, oh yes!  
If you trust and never doubt, He will bring you out.  
I know the Lord will make a way!  
Amazing grace, how sweet the sound that saved a soul like me.  
His mercy's everlasting, His truth endures. And He sent His Son to set me free!  
I know the Lord will make a way, I know the Lord will make a way, oh yes!  
If you trust and never doubt, He will bring you out.  
I know the Lord will make a way!  
He's there, and He cares for me. He cares, and He'll set you free.  
Trust and never doubt, He will bring you out!  
I know the Lord will make a way!  
Make a way, make a way, Lord – make a way, make a way. (I know he'll...)  
Swing down, chariot, God will make a way!  
My Lord what a mornin', He'll make a way!  
I know my Lord will make a way for you!  
Trust in Him, He'll show you the way!  
Make a way, make a way, Lord – make a way, make a way. Have mercy –  
I know the Lord will make a way!*

*The Offertory is when we bring our gifts of bread, wine, money, and our very selves to present to the Lord as our initial act of thanksgiving. This collection is a visible reminder that our whole lives are God's, and a part of what God has given us we give back in thanksgiving for all that we have and all that we are. You can use this QR code to give to StGs online.*



**HOLY COMMUNION FROM THE RESERVED SACRAMENT**

*The people stand, as they are able.*

**OFFERTORY HYMN**

Musical notation for the Offertory Hymn with lyrics: *Ho - ly Je - sus! Ev - ery day keep us in the nar - row way; and, when earth - ly things are past, bring our ran - somed souls at last where they need no star to guide, where no clouds thy glo - ry hide.*

*The Eucharist, or Communion, is the act of offering, breaking bread, and sharing in Christ's life, death, and resurrection. It also reminds us that we are Christ's body in our world today. When the service of a priest cannot be obtained, the bishop may authorize a deacon to distribute Holy Communion to the congregation from the reserved Sacrament.*

**THE LITANY OF CONSECRATED GIFTS**

We give thanks to you, O God, for all things good and beneficial to our bodies and souls.  
**We thank you, O God.**

For the Body and Blood of Christ, set here before us;  
**We thank you, O God.**





That you have brought us together in this place;  
**We thank you, O God.**

That your eternal Word was made flesh for us;  
**We thank you, O God.**

For Christ's life and ministry, death and resurrection;  
**We thank you, O God.**

That you fill our lives with grace and grant us a pledge of our eternal inheritance;  
**We thank you, O God.**

We pray, therefore, in the words our Savior Christ has taught us...

**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 Gifts of God, for the people of God.

**RECEIVING COMMUNION**

*General: Please join the line to receive Communion. When you get to the front, hold out your hands to receive bread. Then step to either side to receive wine or juice in an individual cup.*

*Gluten-free option: Please ask for a gluten-free wafer from the priest when you come forward.*

*Non-alcoholic option: Please ask for juice from the minister holding the tray of cups. You also have the option to take only the bread to receive Communion.*

*Not receiving: If you will not be receiving Communion, you are invited to come forward for a blessing. Please join the line and cross your arms over your chest when you get to the front.*

**COMMUNION HYMN**

"Down in the River to Pray"

**As I went down in the river to pray, studyin' about that good old way  
and who shall wear the starry crown. Good Lord, show me the way.  
O sisters, let's go down, let's go down, come on down.  
O sisters, let's go down, down in the river to pray.**

**vs. 2: O brothers...**

**vs. 5: O sinners...**

**vs. 3: O fathers...**

**vs. 6: O children...**

**vs. 4: O mothers...**

*Favorite hymn of Savannah Agyeman: I love how this song sounds and how it repeats. It makes me happy.*

*The Lord's Prayer is the prayer that Jesus gave to his followers when they asked him to teach them to pray. It links our daily bread to the spiritual food we receive in the Eucharist.*



*The Prayer for Spiritual Communion articulates a hunger for unity with Jesus Christ when you cannot physically receive the Body and Blood of Christ. This prayer connects the one(s) praying with the reception of Holy Communion. Those worshipping online are invited to say this prayer as those onsite receive Communion.*

**PRAYER FOR SPIRITUAL COMMUNION** (for those worshipping remotely)

In union, gracious God, with your faithful people at every altar of your Church where the Holy Eucharist is now being celebrated, we offer to you praise and thanksgiving. We remember your death, O Christ; we proclaim your resurrection; we await your coming in glory. Since we cannot receive you today in the Sacrament of your Body and Blood, we beseech you to come spiritually into our hearts. Cleanse and strengthen us with your grace, Lord Jesus, and let us never be separated from you. May we live in you, and you in us, in this life and in the life to come. **Amen.**

*The people stand, as they are able.*

**POST-COMMUNION PRAYER**

Let us pray.

**God of abundance, you have fed us with the bread of life and cup of salvation;  
you have united us with Christ and one another;  
and you have made us one with all your people in heaven and on earth.  
Now send us forth in the power of your Spirit,  
that we may proclaim your redeeming love to the world  
and continue for ever in the risen life of Christ our Savior. Amen.**

*The people sit.*

**ANNOUNCEMENTS**

*The people stand, as they are able.*

**BLESSING**

May Christ, the Son of God, be manifest in us, that our lives may be a light to the world; and may the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be among us, and remain with us always. **(+) Amen.**

**EXIT HYMN**

*"Until I Found the Lord"  
Traditional spiritual arr. Andre Thomas*

*I cried and I cried, I cried all night long.  
I cried and I cried, Lord, until I found the Lord.  
I prayed and I prayed, I prayed all night long.  
I prayed and I prayed, Lord, until I found the Lord.  
(My soul) just couldn't be contented, until I found the Lord! I moaned all night long.  
(My soul) just couldn't be contented, until I found the Lord.  
I walked and I walked, I walked all night long.  
I walked and I walked, Lord, until I found the Lord.  
I cried and I cried, I prayed and I prayed, Lord, until I found the Lord!*

*The Deacon dismisses the people, and the people respond,*

**Thanks be to God.**

*After Communion, we give thanks for being part of the communion of God's life and for being fed so that we may go out to feed and serve others in our world.*

*Having heard the Gospel and having been fed at communion, the final act of our common worship is the Dismissal. It is not an afterthought, but an integral part of the service. Jesus' final action on earth was to send his followers into the world to make disciples, baptizing and teaching them to obey all he had commanded. And so we are sent out into the world to proclaim the Good News and be Christ's hands and feet on earth.*



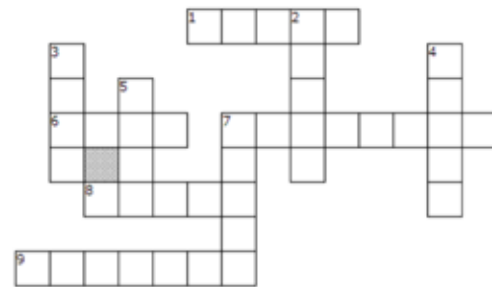
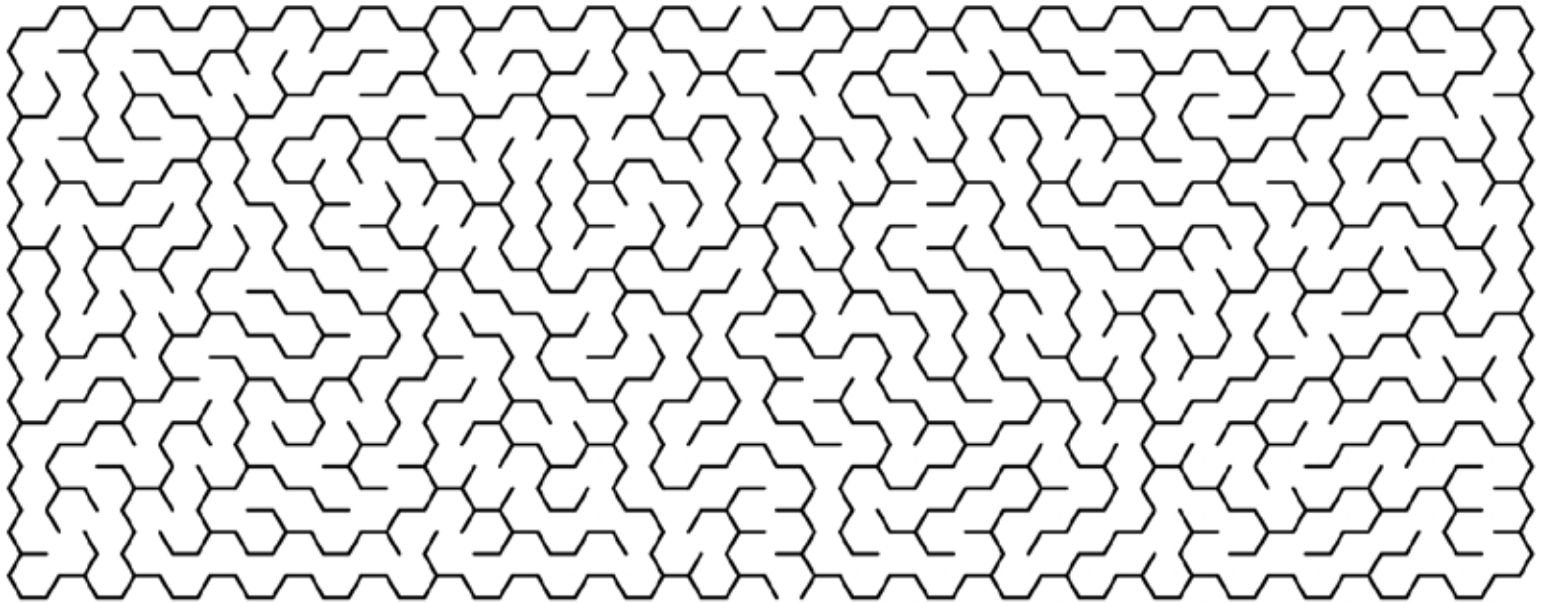
# COMING UP...

## Pastor Dan on vacation!

Pastor Dan is on a much deserved vacation February 3-11th. If you have a pastoral emergency during this time, call the usual number and Father Adam from St. Elizabeth will respond.

## COMMUNITY MEALS - February 25

StGs next opportunity to serve is Sunday, February 25th (this would be a great Lenten devotion!). We have a donation of Girl Scout cookies from Donald TenEyck and a volunteer who will bake cookies so we do not need any bakers this month. You can sign up via the clipboard in the Sign-Up Center! Barb: bschaper7@aol.com or (847)948-8989



I P E T E R Z Z K E M T F F K  
 B P S Q Q R A B B I L A Y P Z  
 Q Q A H E L J E P J T I V H R  
 G M G N W F G G K V K G J O L  
 S I O G O Z N J O O J O M A X  
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 A B Y T L V K H C C C D O K Z  
 M A L Z D A W N W E Q Z E L T  
 D O Z E J M P B W H I T E X K  
 S A U M A Q O P C L O T H E S  
 D I Q N L C A S E M L V P O C  
 S B X H T O H W E A Z R G Z V  
 Q Z Y R G A V C Z S R O X R Z  
 P Q V O Y W I E T H N E G S K  
 K J A M E S Y N N O N C D C Z

### ACROSS

- The sound produced by the vocal organs; what we use to speak
- Something that is pleasing, enjoyable, or of high quality
- A raised part of the earth's surface, larger than a hill
- The Son of God
- Articles of apparel such as pants, shirts, dresses, etc.

### DOWN

- A white or gray mass of very small drops of water that floats in the sky
- Having a great distance from top to bottom
- The color of snow or milk
- To have a strong feeling of affection for someone
- Jewish leader who received the Ten Commandments

CLOTHES	MOUNTAIN	WHITE	LOVE	VOICE
MOSES	CLOUD	JESUS	HIGH	GOOD

DAYS	JOHN	APPEARED	CLOTHES	BLEACH
HIGH	RABBI	MOSES	GOOD	VOICE
PETER	WHITE	LOVE	SIX	ALONE
ELIJAH	WORLD	DAZZLING	MOUNTAIN	JAMES



How we practice our faith through Lent has a tremendous difference on our experience of the joy of Christ's resurrection at Easter.

Ask God in prayer to guide you to the practices that will be most transformative for you this season. Whether it is fasting from food, altering your use of technology, participating more fully in worship and/or study, or taking on another practice... be intentional.



### Ash Wednesday | February 14

It's not about guilt – it's about healing. Start your healing journey with ashes-to-go in the StGs parking lot from 8-8:40am, a noon service at Trinity in Highland Park (425 Laurel Ave), or attend our 7pm service at StGs either onsite or online.

### COMMON CRISES



### A Spiritual-Growth Experience in Lent | Every Sunday

Join Pastor Dan on a five-week journey through the Book of Common Prayer to see how this treasury of spirituality can be used to face the most common, most challenging aspects of our daily lives. Join us onsite after the Sunday morning service in Founder's Hall, or at 4pm Sunday afternoons on Zoom.

Sun, Feb 18	Loneliness	Sun, Mar 10	The Body's Betrayals
Sun, Feb 25	Conflict & Guilt	Sun, Mar 17	Helplessness & the Future
Sun, Mar 3	Money and Debt		

### Stations of the Cross | Most Wednesdays in Lent

Join Pastor Dan Wednesdays in Lent at 7pm for Stations of the Cross, starting Feb 21. Stations of the Cross is 14-step devotional of walking Jesus' last steps to the cross. This story is core to our faith, and in its complex mysteries we find both heartbreak and beauty. We'll pray a different version of the Stations each week. Participate onsite or online. No Stations on Wed Mar 6 - come to Trinity's Stations on the 8th instead!



### Better Together Confirmation: Loss & Grief | Sat, Feb 24 & Sun, Feb 25

St. Lawrence and Grace Lutheran are hosting a weekend of education and exploration around the topics of loss and grief, facilitated by Jessica Field, MPS, Spiritual Wellness Coach. Whether or not you're currently involved with Confirmation, EVERYONE is invited to attend. Childcare will be available during the Saturday workshops at Grace Lutheran (501 Valley Park Dr, Libertyville). Sign up via the QR codes by February 19.

**Saturday, Feb 24: 10-11:30am Adult Session** (*childcare available*) We will discuss all types of loss, you will learn about the different names for grief and how they manifest, you will be given a chance to explore your relationship with grief, understand accompanying emotions, get insight into how to live with grief, and you will learn how to help your grieving child.



**Saturday, Feb 24: 4:30-6pm Kids & Youth Session** (*parents welcome, dinner at 6pm*) In this hands-on and playful session, kids and teens will be able to express and better understand their emotions, learn about losses and normalize grief, have a spiritual reflection that touches on hope and love, and participate in an art project that illustrates how our shattered hearts can come together to make something beautiful.



**Sunday, Feb 25: 4:30-5:30pm Prayer Stations** (*parents welcome, dinner at 6pm*) A contemplative place for the whole community to use art, music, and the senses to express prayers creatively. Rotate around the stations as you feel moved, or stay at one station. We will close as a community at one hour's time.



### Second Annual Better Together Fish Fry | March 8

Last year's first ever Better Together Fish Fry was such a resounding success that we're doing it again! You won't want to miss it. Join our partner congregations at 6pm at Trinity (425 Laurel Ave in Highland Park) for Stations of the Cross, followed by a delicious fish fry at 7pm.