



Parish Guide

Newsletter of The Church of the Epiphany
Washington, DC

December 2006
Vol. CXXXXXII, No. 20

Rector's Journal

By the Rev. Randolph Charles



"Do not be afraid." But we are.

The angel told the shepherds not to be afraid, not to be anxious, not to be terrified of God's presence among them, but they were. Angels were strange and new to them. The shepherds weren't accustomed to being spoken to by a messenger from God. But they listened, and they journeyed to Bethlehem to see the baby Jesus and to believe that God had done a new thing.

In the liturgical year 2007, God will visit us, the people of Epiphany, in a new way. God will call us into a new place. And God will say to us, "Do not be afraid. Do not be anxious." But we are. The new place that God is inviting us to consider has to do with the scope, size, extent and impact of our parish life. What if our renovation plans and hopes have to be drastically reduced because of a lack of financial resources? What if our capital campaign goal has to be set at \$500,000 instead of several million dollars because we believe that the money is just not there? What if we have to reduce staff and cut ministries because we can't find the necessary funding? What if...? Are you feeling anxious and afraid yet? But the angel said to the shepherds, and God says to us, "Do not be afraid."

In the liturgical year 2007, we will make some very important decisions about our parish: the scope of our renovation, capital campaign, parish budget, staff, and ministries. **Basically, it is a question of growth; do we feel called to grow or not?** In order to journey faithfully into that new place of expanded scope, or even to consider such a journey, we will need to listen very carefully to God and to each other, and to realize what is reasonable. **Most importantly, we will need to believe that God is with us (Immanuel), that God will guide us into wise decisions, that God will soothe our fears, that God will lift our hearts, and that God will empower us to do the ministry that we are called to do.**

I am very excited about entering a new liturgical year with the Epiphany Community. I know that we will face many challenges, but I also believe that God will guide, soothe, lift, and empower us. We will have many opportunities to rejoice in the grace and love of God, as we continue our journey in faith together.

Reflections from Epiphany's Retiring Senior Warden

By Glenn Greene

As my term as Senior Warden comes to an end, I am reminded of the observation made by (and about) the legendary rock band the Grateful Dead: "What a long, strange trip it's been." I've been trying to remember exactly when I joined the Vestry but I can't. In fact, for some reason I can't remember a time when I wasn't on the Vestry! Maybe I should take that as a sign that it's time to move on to whatever will become my next role in the parish.

It's been an honor to serve on the Vestry both as a member and as a Warden. Each of the vestries that I've had the pleasure of working with during my tenure was comprised of highly dedicated, thoughtful, and faithful parishioners who worked tirelessly to sustain and grow the Church of the Epiphany. It's also been a pleasure to work with Randolph and Anne-Marie. I have seen firsthand their love for and commitment to our parish. We are truly lucky to have them in our midst. We are also very lucky to have a very talented and faithful lay professional staff, that does so many things that go unnoticed but without which Epiphany would not survive.

I'm proud of the way the vestries I served on were able to work together as a group, whether or not we were in complete agreement with each other on every issue. And I'm proud of what we were able to accomplish together. I am confident that our new team of Wardens - Jill Bezek and Teresa Hobgood - and the new Vestry will do a great job of helping Randolph and Anne-Marie lead the parish as we face the many challenges that are ahead of us. The Church of the Epiphany is a truly unique place that has a special mission in Washington, D.C. I look forward to continuing to work with my fellow parishioners to fulfill that mission and spread the good news throughout our community.

Note: The deadline for submitting articles to the December Parish Guide Newsletter is Wednesday, December 13

Parishioner News

We celebrate these new beginnings and accomplishments:

“Let us give thanks to God for all God’s gifts so freely bestowed upon us.”

Susie Lewis and Nora Whitehead were baptized on
All Saints’ Sunday, November 5, 2006

We welcome these persons into the life of our parish:

*“All praise and thanks to you, most merciful Father, for adopting us as your children,
for incorporating us into your holy Church, and for making us worthy to share in the
inheritance of the saints in light.”*

Lonnie Taylor
Eric Sheptok

We remember those who have died

“Into your hands, O merciful Savior, we commend your servants.”

Geoffrey Herbert

We remember these persons in our prayers:

For the members and family members of Epiphany who serve in troubled areas of the world,
especially Robert Curris, and Keith Scoon;

For all who seek healing, especially: Ed Adams, Margaret Barge, Phil Converse, Theresa Davies,
Floyd Godfrey , Bertha Harrison , Linda Horrigan, Cornell Jackson, Jessie Kindley, William Person, Norwyn
Rowe, Eric Steele, Sara Ellen Swatt, and Marelyn Tank;

For Aaron, Anne Alexander, Jim Argodale, Beverly Bachemin, Adam Beattie, Winston Blackman, Robert Blaine,
Wanda Brewer, Helen Burg, James Capen, Marian Cover, Elena Curris, Mary Dail , Brian Dillard, Mary Eager,
Ken Ferber, Andrew Ferrill, Michael A. Guido, Fred Gustafson, Jane Haldane, Denise Hammes, Kathryn Hardie,
Elizabeth Henderson, Mike Henderson, Ed Henderson, Millicent and Bill Hutt, Jacqueline Jenson, Rick Knettel,
George Kurtz, Luis Lopez, David Lyman, Mike Magee, Annie Maly, Frank Marlowe, Claudia McClannahan,
MeShaun, Jeanette Michael, Adilia Moran, Bonnie Murphy, Hubert Nedd, Israel Rafalovich, Allene Robinson,
Philip Rowland, Wanda Rucker, Todd Shaw, Leslie Smith, Jr., Walter Stumpf, Crystal Taylor, Raul Tovares,
Minnie Vassallo, Ofelia Vitek, Maureen Waters, Dee Wertlein, Carmen Williams, Regina Williams, Tina Wu,
Thelma, and Evie.

We celebrate these December Birthdays:

Justin Navarro, Jane Price , Carolyn Alcorido, Tonda Rush, ,Doretta Shull, ,Marion Harrell , ,Nesta Lewis, Wayne
McOwen, Michael Rusten, Peter Flynn , Bertha Harrison , Anne Kusserow , Liz Halloran , Betty Lester, Joseph
Sawyer , Rich Whitehead , Katie Kerns, Mike Kerns , Carter Echols, Barratt Tatchell, Barbara Robinson,
Eleanor Engh, Dawson Nash, Erica Djoman, Frank D. Taylor.

*The monthly “Parishioner News” acknowledges the transitions in life, accomplishments of our members,
and the times of celebration. Please tell us of your news by phoning the parish office or emailing us at
info@epiphanydc.org.*

Advent Comes Again

Christian M. Clough, Director of Music Ministries

While in midtown Manhattan last month, I saw an enormous billboard advertising the coming month's "25 Days of Christmas" on the ABC Family Network – now a well-established tradition, originally conceived by the Fox Family Channel (who, incidentally, had purchased the network from Pat Robertson's Christian Broadcasting Network; a questionable pedigree, no?). Of course, those days to which they refer are NOT the twenty-five days beginning on Christmas Day, but ending then. Secular society has never recognized Advent, and it may be argued that the de facto beginning of the Christmas season when Santa appears at the end of Macy's Thanksgiving Day Parade has, for decades, obliterated any hope of observing a sober, expectant Advent. However, this more-recent naming of December 1st through 25th as 'days of Christmas' doubles the indignity of the long-standing misunderstanding of the "twelve days of Christmas", and is in direct conflict with the Advent-calendar countdown to Christmas.

Last year, I began my December/Advent column with the declaration: "Advent is NOT about Christmas". When I wrote those words, I was offering a challenge to the secular-consumerist "Run-Up to Christmas", and a critique of the Church's complicity – in some places – in this false doctrine. (Many Protestant churches do not observe Advent at all, singing Christmas carols with abandon from Thanksgiving onward; even in some liturgical congregations, a children's Christmas pageant may be scheduled on an Advent Sunday, often displacing the day's scriptures.)

My special interest in Advent goes back to my days as a student of liturgy at Yale Divinity School, where I took a class entitled "Feasts and Seasons", taught by the Rev. Dr. Horace T. Allen, Jr., on the subjects of the liturgical calendar and lectionary. Prof. Allen had been instrumental in the creation of the first ecumenical Common Lectionary (1983) and the Revised Common Lectionary (1992, which we begin using at Epiphany this Advent), and was, therefore, a master at revealing the richness and subtleties of the liturgical year and the lectionary cycle of scripture readings. I was especially entranced by 'the incarnation cycle', i.e., Advent, Christmas and Epiphany, and decided to write as my final paper a study of various approaches to Advent in several different lectionaries: Roman Catholic, Anglican, Protestant, etc.



This year, I've been spending some more time reflecting on the scriptures for Advent, and have been reading about the season. I believe that I need to finesse my brash proclamation...

Advent is not primarily about Christmas.

Historically, the readings for the Sundays in Advent have emphasized the Church's anticipation of Jesus' second coming, but they have not, as I insinuated last year, ignored the other two 'advents': Jesus' incarnation and the initiation of his earthly ministry. The basic pattern of the lectionary reverses the order of the stages of Jesus' life and ministry. Jesus' second coming is the focus of two or more weeks of gospel readings, beginning before, and culminating on Advent 1. On the second and third Sundays of Advent, the gospels shift to John the Baptist's proclamations about the coming of the Messiah (Jesus' earthly ministry). The gospel for the last week of Advent is always a foretelling of Jesus' birth. The Old Testament and Epistle readings are similarly varied in their themes, and often differ in focus from the gospel on the same day.

Therefore, the multiple themes of Advent are interwoven throughout this brief season, creating a rich tapestry of messages and moods. Advent is a season of preparation, a season of anticipation and hope, of warnings and fear. It moves toward the Feast of the Incarnation on 25 December, but with the very present reminder of Jesus' eventual return. It is a challenge to keep in balance all these themes, but we are all made better prepared for our present work and future lives by remembering that Jesus' birth is not the culmination of the story; it is just the beginning. We are called to take part in the ongoing transformation of ourselves and the world as we prepare for his return. As the Collect for Advent II says, "Give us grace to heed [the prophets'] warnings and forsake our sins, that we may greet with joy the coming of Jesus Christ our Redeemer; who lives and reigns with you and the Holy Spirit, one God, now and for ever."

Music Highlights in December

Several musical events enhance our observance of Advent, Christmas and Epiphany. Here is a quick listing:

Saturday 2 December — The Epiphany Choir has been invited to sing for an evening Christmas Open House for invited guests at the White House. The White House Events Office extended the invitation, having heard about us from some unknown source (maybe the CIA has been listening in on our rehearsals?). We are honored by the recognition, and are excited about this opportunity.

Continued on page 4

Advent – A Time to Embody the Spirit of Christ

By Susan Walker, Program Associate

Have you ever noticed just how often the word *body* appears in our Eucharistic liturgy? *This is my Body, which is given for you.... Let the grace of this Holy Communion make us one body... We are living members of the Body of your Son.... Comfort and heal all those who suffer in body, mind, or spirit.* We confess our belief in the incarnation. Our liturgy is centered on the bodily activities of eating and drinking. We define Church as the body of Christ and our hope is in the resurrection of the body. Yet, how often do we disregard this awareness of and honor for our bodies when we come to worship. God is creator of heaven *and* earth. But in our spiritual lives, we will often separate the two and create an imbalance, making what God has created on earth into a lesser category than what God has made as heavenly.

The truth is that we often take our bodies for granted and don't listen to what they tell us. And, our bodies do speak to us - when we become ill or when we over indulge our eating or recreational habits. When we clean house or work out in the gym our bodies tell us when "enough is enough." Our bodies also speak to us in prayer. Can we learn to be more intentional about opening our bodies to God in prayer?

Advent is a wonderful time to incorporate the spiritual with the physical. By opening to God through a practice such as yoga and embodied prayer, we can more clearly sense the incarnate God-with-us, and in turn, experience a new way of being in our bodies. Yoga can dispose us to a stillness that allows us to be more aware of what God is giving us in prayer and help us be at peace during the stresses and worries of daily life.

Paul reminds us in his letter to the Corinthians when he writes:

"Do you not know that your body is a temple of the Holy Spirit within you, which you have from God? ...So glorify God in your body." (1 Cor. 6:19-20)

This Advent, you might consider the Yoga classes being offered on Wednesday evenings at Epiphany as one way to get in touch with your body. Or, you might think about your body the next time you pray. Regardless, I hope that we can all be more attentive to the holiness of our bodies as we ready ourselves for God's gift of God's self among us as the child born in Bethlehem.

Meet Epiphany's Capital Campaign Committee

By Nancy Chandler, leader

The Capital Campaign Committee consists of Jill Bezek, Glenn Greene, Freeman Jelks, Randolph and myself. We have been working since August to try and determine the very best company to recommend that the Vestry hire to manage the capital campaign for the renovation of the Church. So far we have interviewed three companies, each with a great deal of expertise and experience in managing church campaigns. We will soon meet to look closely at these three proposals and will make a recommendation for the Vestry to consider. This is an important step for us, as the company we select will be working very closely with Church staff and members in determining just how much we might be able to raise and in assisting with the management of the campaign. After all of the work that has gone into planning for the renovation, we take this next step very seriously and know that it can have a major impact on our future success or failure. As these meetings progress, I will help to keep you informed.

"Advent Comes Again" continued from page 3

Sunday 3 December — Advent Lessons and Music, with musical offerings by the Epiphany Choir and the children of Godly Play, and Advent hymns for congregation

Tuesday 19 December — The Epiphany Choir's Annual Christmas Concert, 12:10–1:00 PM (part of the Tuesday Concert Series)

Sunday 24 December — Advent 4 is observed at 11 AM with our regular liturgy, including Choir. The Christmas Eve liturgy at 10 PM is preceded at 9:30 PM by choral and instrumental music, and carols for congregation.

Monday 25 December — Christmas morning Eucharist with hymns, and carol-sing in place of the sermon

Sunday 31 December — Festival of Christmas Lessons and Carols (congregational) with Eucharist

Sunday 7 January 2007 — The Feast of the Epiphany (observed) with festive hymns and choral music

Please note:

There will be NO Tuesday Concert on 26 December. On Tuesday 2 January, Lawrence Young (husband of Margot, Epiphany's sometime Interim Music Administrator and Resource Developer) will play an organ recital, including J.S. Bach's "Prelude & Fugue in a minor" and Louis Vierne's complete Deuxieme Symphonie (2nd Symphony for Organ).

Creating a Renovation Master Plan A Slow, but Steady Process

By Tripp Jones Leader, Renovation Ministry Team

Renovation Ministry Team Members – Jill Bezek, Randolph Charles, Mary Dail, David Downes, David Hamill, Tripp Jones, Pat Pickering, Ed Riley, and Gloria Said

As I reported at Epiphany’s Annual Meeting in November, the Renovation Ministry Team is alive and well and making continued progress on coming up with a master plan for the renovation of our worship space and parish house. Our architects have supplied us with three plans that roughly show where and how the five program areas of the parish (worship, education, fellowship, outreach, and administration) could be accommodated.

Certainly the easiest method would have been for us to just choose one plan and call it a day, but our team has divergent views. We quickly began looking at the plans in an “a la carte” fashion – choosing one aspect from Plan A, another from Plan B, etc. And then there were areas where we went back to the architects and asked if a certain revision would be possible. We’ve had two sessions so far, and will be meeting again in December. The time between meetings gives us a chance to reflect on the views we have heard from other team members.

When we finally come up with the ingredients of a plan we all endorse, we will submit them to the architects to come up with a final rendering. Along with our recommendations, we will also need to prioritize our choices. As much as we temper our decisions with financial realism, we know we will not be able to afford all the changes we are proposing. By giving the architects our priorities, they can develop a phased renovation. Certainly, the beauty of developing a master plan at the beginning is that future enhancements could be added and fit in well.

The Renovation Ministry Team is striving to complete their work on Phase I within the next month or so. Please remember us in your prayers. We look forward to the day when we can share a final plan with the parish. I know you will quickly share the excitement we feel about a renovated Epiphany.

CRAFTS OF CAIRO

A sale of handicrafts made by young women in Egypt comes to Epiphany December 10 at Coffee hour. Proceeds will benefit a women’s literacy and job-skills center in Cairo.

Come browse through our selection of woven rugs, handbags, quilts, Christmas stockings, cards, and much more! Middle Eastern snacks will also be served!

Food and the Environment: How Community-Supported Agriculture Can Benefit Us All

By Jim Rogers, Co-leader, Environmental Stewardship Ministry Team

Every Tuesday evening from June to November this year, my partner Rachel and I went to a nearby farmer’s market to meet the folks from Licking Creek Bend Farm in southern Pennsylvania. In return for a subscription fee we paid to the farmers at the beginning of the growing season, there was a large box in their delivery truck with our name on it, filled with fresh fruit and vegetables, just driven down from the farm. This sort of arrangement is known as Community-Supported Agriculture, or “CSA.”

Rachel and I see CSA as a form of environmental stewardship, as well as a culinary pleasure. Our modern American food system rewards the growers that can produce food to standardized specifications in the greatest quantities for the least amount of cash. But everyone pays a high cost in nonrenewable fuel and environmental degradation to move apples from Washington State, grapes from Chile, and lettuce from California to the aisles of our local supermarket. We also pay costs in taste, nutritional quality, and lost variety when crops are bred to be gathered before the peak of ripeness, kept for many days in storage, and shipped over long distances. Economies of scale price local farmers out of the market, and the rich farmland that has supported the inhabitants of our region for centuries is buried under sprawling development to be degraded and perhaps lost forever to agricultural use.

The CSA model supports local small farmers in their efforts and preserves farmland for continued use. Subscription fees pay the farmers’ seasonal costs up front and protect them from unpredictable variations in the weather or in market conditions. Subscribers may not know until pickup day exactly what produce they’re getting, but it’s always fresh and seasonal – cucumbers and leafy greens in the spring; tomatoes, soft fruit, squash, and herbs in summer; apples, cabbages, and root vegetables in the fall. It’s plentiful, too – \$35 a week gets us enough produce for three or four people all week long (we split our box with a friend). And finally, it’s local – all brought in from just three hours away. Rachel and I are planning to visit the farm next year and meet the people who grow our food.

In the city, it is easy to forget that the simplest meal is an intimate act of communion with nature and nature’s God – an act we celebrate in community every week at the Eucharist. We on the Environmental Stewardship Ministry Team at Epiphany hope to raise awareness of the relationship between our food and the environment. In the middle of this season of celebratory feasts that stretches from Thanksgiving through Christmas and the New Year, let us take time to remember the Source of all that sustains us and brings us together in joy.

Urban Missioner Log

By The Rev. Anne-Marie Jeffery

The gospel readings for this season of Advent are from Luke. Luke is all about the poor and the outcast. On the second Sunday of Advent, the word of God comes to John, the guy wandering around in the wilderness, not Pontius Pilate, the governor of Judea, and not the high-priests, Annas and Caiaphas, who were named right before John is mentioned. On the fourth Sunday of Advent, we hear that a poor teenage girl is the one chosen to bring God into the world. God comes to a simple girl, not the rulers of land, or the religious leaders. Even when we get to the birth of Jesus, it is shepherds who hear about the birth, not wise men or kings

Luke is about the poor, the ones who are not “in” with society - the outcasts. In many ways, this reminds me about ministry at Epiphany and our relationship with the poor who come through our doors looking for a place where they are welcome. Recently someone from the Coalition for the Homeless left a book for me called *No Place to Stay*. It is a handbook for homeless outreach and I have found it very helpful and plan to use it with the Welcome Table volunteers as well as Street Church volunteers. However, I thought that just about everybody at Epiphany gets involved in reaching out to the homeless. You almost can't help it if you are here. It is part of who we are. So I want to share a small piece of what I learned from this book with everyone so in this season of Advent we can reflect on how we welcome those that the gospel writer Luke placed so much emphasis on.

The chapter in *No Place to Stay* that strikes me the most is the one which focuses on building the bond of trust – the importance of relationship. The book says that all persons have some lonely spaces in their lives, but that the homeless person has a large lonely space. It is up to the person whether they let you in. The book names many barriers - “the shame of being homeless, years of disappointments, loss of self-esteem, loss of contact with family and friends, the terror of a mental disorder, and many others.” The book says that the most powerful survival tool of a homeless person is wariness, and that this means that relationship will happen slowly.

So, one thing to remember is to listen. Listen. Tell the person your name first. Listen to who they are.

The relationship will take time. Much patience is needed. It may take months or years. One of the things I like about the book is that it uses poetry to help illustrate and explain. This is the poem about listening.

Please Listen to Me-Poem

I don't look you in the eye; I'm ashamed,
but I see you.
Oh, you heard what I said!
You heard that I am hungry.
Do you hear the pain, the pain I don't even know,
the anger at having to ask, to grovel?
Do you know that one day in the 5th grade
my teacher said I “had the makings of an artist”?
Do you know I raised four fine children
(though one is dead now)?
Do you know I was a porter for 15 years
on the Southern Pacific?
Do you know I was a well-thought of foreman
on a construction crew?
Or I was a fireman for 20 years?
Do you know I had my own beautiful home
at one time and entertained silk and vested folks?
Do you know I am more than I appear?
For God's sake see the real me!

While we listen and want to help, we have to make sure we let the homeless persons be in control of their lives. Often, we want to fix them, but I always find that I can't and that changing is up to the person. No one can meet a person's every need. We can say what we can offer and give the person information that we know about, but we can't do everything. If there is space at The Welcome Table Breakfast, we can tell them to go and sign up. We can offer a sandwich and fruit at Street Church. We can give someone a Downtown Services card, tell them about Samaritan Ministry, or Street Sense. Not trying to do everything for the person respects them because it is their life. The following poem from the book puts it very well.

Who Is in Control?-Poem

This is my life,
I may come as if I want you to fix it.
This is my life to mess up or to fix.
This is my life, I hate it now.
But someday I hope to love it,
like I did that summer day by the glittering water in
the lake.
This is my life.

So continue to reach out. Continue to listen. Offer what you can and trust the person to make their decision. You will be a blessing, and you will be blessed.

Quotations and poems from “No Place to Stay, A Handbook for Homeless Outreach”, M. Elizabeth Fuhr, Copyright by M. Elizabeth Fuhr, 2851 W 52nd, Denver, CO 80221.

Taking a Breather – Try Yoga in Advent

By Dee Shafer, Epiphany member

You have probably been told at least once in your life to sit up straight or stand up straight. There is more to it than good posture. Our lungs stretch all the way up to the collar bone. When we slump forward, we compromise our air supply. When we combine slumping posture with shallow breathing, we’re taking in less oxygen than nature intended.



Proper breathing is necessary for more than running marathons—it’s needed for clear thinking and helps increase our sense of calm. You may have heard that phrase, “Take a deep breath.”

This is where yoga can be helpful. Yoga is a practical aid, not a religion. It is based on creating harmony between the body, mind, and spirit through the breath.

The breath can unite the mind and the body and can help us to make ourselves more comfortable. That seems like it should be easy, but how many times during the day do we think about our breathing? When do we stop to take deep breaths? And are we aware that sometimes when we’re tense, we’re almost holding our breath?

This Advent at Epiphany, we will practice yoga to open up our breathing and open up our hearts in preparation for the coming of Christ.

Whether you are new to yoga or experienced, join us on **Wednesdays, Dec. 6, 13, and 20, from 6:30 to 7:45 p.m.** Wear comfortable clothing that you can move in. Bring a yoga mat or large towel. Don’t eat heavily for at least two hours before the class.

We will have approximately 40 minutes of gentle yoga practice, followed by a short period of guided meditation. Then we will reflect on the experience and share our thoughts. Classes will be taught by Dee Shafer, registered yoga teacher.

This Advent, come and experience the harmony of body, mind, and spirit through yoga.

Advent and Christmas Liturgies and Events

Sunday, December 3

First Sunday of Advent

- 8:00 Holy Eucharist
- 10:00 Advent GIG (God is Good)
- 11:00 Advent Festival of Lessons and Music and Holy Eucharist

Sunday, December 10

Second Sunday of Advent

- 8:00 and 11:00 Holy Eucharist

Sunday, December 17

Third Sunday of Advent

- 8:00 and 11:00 Holy Eucharist

Tuesday, December 19

- 12:10 The Epiphany Choir’s Christmas Concert

Sunday, December 24

Fourth Sunday of Advent

- 8:00 Holy Eucharist
- 10:00 Pre-Christmas GIG
- 11:00 Holy Eucharist
- 1:00 Greening of the Church

Christmas Eve

- 9:30 Christmas Carols and Music
- 10:00 Festival Holy Eucharist
- 11:15 Christmas Party

Monday, December 25, Christmas Day

- 11:00 Holy Eucharist with Christmas Carols

Sunday, December 31, First Sunday after Christmas Day

- 8:00 Holy Eucharist
- 11:00 Christmas Festival of Lessons and Carols and Holy Eucharist



THE DISCIPLESHIP COURSE AT EPIPHANY

“Behold, I am doing a new thing; now it springs forth, do you not perceive it?”
(Isaiah 43:19)

WHO IS INVITED?

A 3-part course designed for adults who desire to explore their faith, learn about Epiphany and the Episcopal Church. Seekers, newcomers, and long-time members are all welcome.

WHAT IS IT ALL ABOUT?

We will address these topics:

- How the church has reached out to others since its beginning
- How *all of us* are ministering today
- Why the terms “*practices*”, “*discipleship*”, and “*transformation*” are important to our faith
- How the Church views scripture, reason, and tradition
- How liturgy transforms us and sends us out into the world

WHEN IS IT TAKING PLACE?

Classes are the first 3 Sundays in Advent, from **12:30-2:00pm** in the Willard Room

December 3

December 10

December 17

There will be refreshments. Let us know if you need child care.

**COME AND DISCOVER WHAT
NEW THING GOD IS DOING IN
YOU!**

“Therefore, if anyone is in Christ, he is a new creation; the old has passed away, behold, the new has come.” (2 Corinthians 5:17)



YOGA IN ADVENT AT EPIPHANY



Slow down and breathe!
Prepare your body, mind, and spirit
for the coming of the Christ Child among us.

**WEDNESDAY EVENINGS
DECEMBER 6, 13, AND 20
THE WILLARD ROOM
6:30 - 7:45 PM**

Theologically, we embody the Christ. As we live, and move, and have our being, Christ lives. We breathe the Spirit.

Practically, proper breathing is needed for clear thinking and helps increase our sense of calm. The breath can unite the mind and the body, and can help us be more comfortable.

This Advent we will practice yoga to open up our breathing and open up our hearts in preparation for the coming of Christ. We welcome both new and experienced practitioners of yoga to this 3 week series.

WHAT YOU NEED TO KNOW BEFORE YOU ATTEND

Wear comfortable clothing that you can move in.

Bring a yoga mat or large towel.

Do not eat heavily for at least two hours before the class.

EACH WEDNESDAY EVENING WE WILL FOLLOW THIS PATTERN

40 minutes of gentle yoga practice taught by Dee Shafer, registered yoga teacher

A guided meditation and time for silent prayer, led by Susan Walker

We will end the evening reflecting on the prayer and yoga practices.

Please help us by signing up for this series, either by phoning the parish office, 202-347-2635 or using the sign-up sheet on the parish bulletin board.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 12:00 AA 12:10 Holy Eucharist 1:15 Islamic Prayer Service	2
3 1st Sunday of Advent 7:00 NA/AA 7:15 Welcome Table Bible Study 8:00 Holy Eucharist 8:45 The Welcome Table 10:00 Advent GIG/Choir Rehearsal 10:45 Liturgical Leaders Meeting 11:00 Advent Festival of Lessons & Music/Godly Play 12:15 Coffee Hour 12:30 Discipleship Course 5:00 Washington Metropolitan Philharmonic	4 12:00 AA 12:10 Holy Eucharist 12:30 Contemplative Prayer 6:00 Budget Committee Meeting	5 12:00 Al-Anon 12:10 Tuesday Concert Series 1:00 Street Church 6:00 Commission on Urban Ministry	6 10:00-3:00 Labyrinth 10:00 Staff Meeting 12:00 AA 12:00 Al-Anon 12:10 Holy Eucharist 6:30 Yoga	7 12:00 SLAA 12:10 Holy Eucharist 7:30 Choir Rehearsal	8 12:00 AA 12:10 Holy Eucharist 1:15 Islamic Prayer Service	9
10 The 2nd Sunday of Advent 7:00 NA/AA 7:15 Welcome Table Bible Study 8:00 Holy Eucharist 8:45 The Welcome Table 10:00 Choir Rehearsal/Getting Ready 10:45 Liturgical Leaders Meeting 11:00 Holy Eucharist/Godly Play 12:15 Egyptian Crafts Sale/Coffee Hour 12:30 Discipleship Course	11 12:00 AA 12:10 Holy Eucharist 12:30 Contemplative Prayer 6:00 Vestry Budget Meeting	12 12:00 Al-Anon 12:10 Tuesday Concert Series 1:00 Street Church	13 10:00-3:00 Labyrinth 10:00 Staff Meeting 12:00 AA 12:00 Al-Anon 12:10 Holy Eucharist 6:30 Yoga	14 12:00 SLAA 12:10 Holy Eucharist 7:30 Choir Rehearsal	15 12:00 AA 12:10 Holy Eucharist 1:15 Islamic Prayer Service	16
17 The 3rd Sunday of Advent 7:00 NA/AA 7:15 Welcome Table Bible Study 8:00 Holy Eucharist 8:45 The Welcome Table 10:00 Choir Rehearsal/Getting Ready 10:45 Liturgical Leaders Meeting 11:00 Holy Eucharist/Godly Play 12:15 Coffee Hour 12:30 Discipleship Course/ Altar Guild Lunch 3:00-4:30 Mens' Camerata Concert	18 12:00 AA 12:10 Holy Eucharist 12:30 Contemplative Prayer 6:00 Vestry Meeting	19 12:00 Al-Anon 12:10 Tuesday Concert Series 1:00 Street Church	20 10:00-3:00 Labyrinth 10:00 Staff Meeting 12:00 AA 12:00 Al-Anon 12:10 Holy Eucharist 6:30 Yoga	21 St. Thomas the Apostle 12:00 SLAA 12:10 Holy Eucharist 7:30 Choir Rehearsal	22 12:00 AA 12:10 Holy Eucharist 1:15 Islamic Prayer Service	23
24 The 4th Sunday of Advent: Christmas Eve 7:00 NA/AA 7:15 Welcome Table Bible Study 8:00 Holy Eucharist 8:45 The Welcome Table 10:00 Choir Rehearsal/ pre-Christmas GIG 10:45 Liturgical Leaders Meeting 11:00 Holy Eucharist/Godly Play 12:15 Coffee Hour 1:00 Greening of the Church	25 Christmas Day Parish Office Closed 11:00 Holy Eucharist	26 Church and Parish Office Closed for Christmas St. Stephen, Deacon and Martyr	27 Saint John, Apostle & Evangelist 10:00-3:00 Labyrinth 10:00 Staff Meeting 12:00 AA 12:00 Al-Anon 12:10 Holy Eucharist	28 The Holy Innocents 12:00 SLAA 12:10 Holy Eucharist	29 12:00 AA 12:10 Holy Eucharist 1:15 Islamic Prayer Service	30
31 The 1st Sunday after Christmas Day 7:00 NA/AA 7:15 Welcome Table Bible Study 8:00 Holy Eucharist 8:45 The Welcome Table 10:00 Choir Rehearsal/ pre-Christmas GIG 10:45 Liturgical Leaders Meeting 11:00 Christmas Fest. of Lessons & Carols /Godly Play 12:15 Coffee Hour						



CHRIST IS BORN!



**Celebrate
by remembering someone or something
with a Christmas floral tribute.**

Suggested Donation: \$25

All names will be listed in the Christmas bulletins.

**Please use this form for your dedication and submit to the parish office
no later than Sunday, December 17.**

**Please make your check payable to:
The Church of the Epiphany (note: Christmas flowers)**

+++++

In memory of, or in honor of (circle one)

(give full name of person(s), including relationship if you desire)

In thanksgiving for

(Event or organization)

Tribute paid by

The Rev. Randolph Charles, Rector

Website: www.epiphanydc.org

E-mail: info@epiphanydc.org

Fax: 202-347-7621

Telephone: 202-347-2635

Washington, DC 20005

1317 G Street, NW

THE CHURCH OF THE EPIPHANY

non profit org
U.S. Postage Paid
Washington, DC
permit no. 2500