

Holy Eucharist
Fourth Sunday after the
Epiphany
February 1, 2026 at 10 am



Emmanuel Episcopal Parish
of Orcas Island

Welcome to Emmanuel!

We are happy you are here. Our mission at Emmanuel is to love God and God's creation, and our neighbors as ourselves. We are a reconciling, affirming, and inclusive Christian community striving through worship and prayer, study and formation, compassion and service, fellowship and community, to welcome all people just as God created them. We welcome you wherever you are on your journey of faith, and whether you are single, married, divorced, separated, or partnered. We welcome you regardless of your age, race, ethnicity, culture, gender, sexual orientation, gender expression, economic condition, physical condition, and mental ability. We believe that God delights in the diversity of creation, and so do we. We welcome you to our inclusive family; come share the journey.

Prayer acknowledging the People and Land of Orcas Island

Creator, you made all people of every land. We are responsible for giving thanks and respect for this land we are upon and those who first inhabited it. We thank the Coast Salish people, especially the Lummi (Lhaq'temish) and Samish, the first people of this land. We respect those ancestors who are interred in this land. We are also thankful for the gifts of the people of this land. Creator, let us be of "Good Mind" to reconcile the mistreatment of this land and those who have been displaced. With thankful and respectful hearts, we pray in Your name, Your son the Peacemaker, and the Sacred Spirit. Amen.

~ Ministers for today's Service ~

*Preacher & Presider ~ Fr. Berto Gándara
Choirmaster and Organist ~ Marianne Lewis
Eucharistic Minister ~ Jennifer Johnson Fralick
Healing Ministry ~ Nancy Ayer
Lector 1 ~ Myles Paige
Lector 2 ~ Christina Orchid
Usher ~ Piper Fox Ladd
Altar Guild ~ Piper Fox Ladd
Flower Guild ~ Lynn Baker*



A donation has been made to the Flower Fund
in loving memory of Karen Eberle by George Eberle.

*We ask you to please turn off your cellphones
and remain silent during the prelude.*

Prelude: “Theme and Variations on God, You spin the whirling planets”

Lowe

At the sound of the processional bell, please stand as you are able, and join in singing.

Opening Hymn: “God you spin the whirling planets”



1 God, you spin the whirl-ing plan-ets, fill the seas and spread the plain,
2 You have called us to be faith-ful in our life and min - is - try.
3 God, your will is still cre - at - ing, call-ing us to life made new,



mold the moun-tains, fash-ion blos-soms, call forth sun-shine, wind, and rain.
We re-spond in grate-ful wor-ship, joined in one com-mun - i - ty.
now re - veal to us fresh vis - tas where there's work to dare and do.



We, cre - at - ed in your im - age, would a true re - flec - tion be
When we blur your gra - cious im - age, fo - cus us and make us whole,
Keep us clear of all dis - tor - tion, fash - ion us with lov - ing care,



of your jus - tice, grace, and mer-cy, and the truth that makes us free.
healed and strength-en ed as your peo-ple, we move on - ward toward your goal.
thus, new crea - tures in your im-age, we'll pro-claim Christ ev - ery-where.



Opening Invocation and Prayer

Presider: Blessed be the one, holy, and living God.

People: **Glory to God for ever and ever.**

Presider: 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.**



Hymn of praise S280: “Glory to God in the highest”

1. Glo - ry to God in the high - est, and
peace to his peo - ple on earth. 2. Lord God, heaven - ly
King, al - might - y God and Fa - ther, we wor - ship you, we
give you thanks, we praise you for your glo - ry. 3. Lord Je - sus
Christ, on - ly Son of the Fa-ther, Lord God, Lamb of God, 4. you
take a - way the sin of the world: have mer - cy
on us; 5. you are seat - ed at the right hand of the Fa-ther: re -
ceive our prayer. 6. For you a - lone are the Ho - ly One,
you a - lone are the Lord, 7. you a - lone are the Most
High, Je - sus Christ, with the Ho - ly Spi - rit, in the
glo - ry of God the Fa - ther. A - men.

The Collect of the Day

Presider: God be with you.

People: **And also with you.**

Presider: Let us pray.

Silence is kept for a moment.

Almighty and everlasting God, you govern all things both in heaven and on earth: Mercifully hear the supplications of your people, and in our time grant us your peace; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

EKids leave for Sunday School

**This little light of mine,
I'm goin'-a let it shine
Let it shine, let it shine, let it shine.**

First Reading

We may be seated.

Lector 1: A reading from the prophet Micah [6:1–8 NRSV]
Hear what the Lord says:

“Rise, plead your case before the mountains,
and let the hills hear your voice.

Hear, you mountains, the controversy of the Lord,
and you enduring foundations of the earth;
for the Lord has a controversy with his people,
and he will contend with Israel.”

“O my people, what have I done to you?
In what have I wearied you? Answer me!
For I brought you up from the land of Egypt,
and redeemed you from the house of slavery;

and I sent before you Moses,

Aaron, and Miriam.

O my people, remember now what King Balak of Moab devised,

what Balaam son of Beor answered him,

and what happened from Shittim to Gilgal,

that you may know the saving acts of the Lord.”

“With what shall I come before the Lord,

and bow myself before God on high?

Shall I come before him with burnt offerings,

with calves a year old?

Will the Lord be pleased with thousands of rams,

with ten thousands of rivers of oil?

Shall I give my firstborn for my transgression,

the fruit of my body for the sin of my soul?”

He has told you, O mortal, what is good;

and what does the Lord require of you

but to do justice, and to love kindness,

and to walk humbly with your God?

After a period of silence:

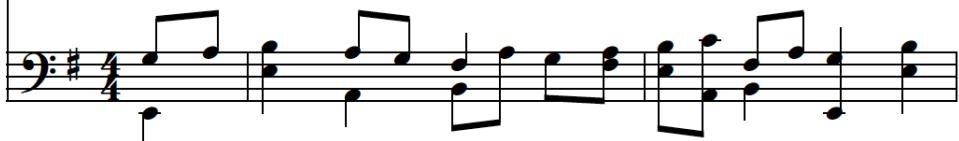
Hear what the Spirit is saying to God’s people.

Thanks be to God.

Psalm 15: “Who shall draw near your holy place”



1. Who shall draw near your ho - ly place, Great
2. They hate to do a neigh - bor wrong and
3. With hon - est speech that's un - der - stood they
4. When oth - ers mock or grind the poor, their
5. And when their ho - liest works are done they



God, and dwell be - fore your face?— The friends whose hands and
let no slan - der bend their tongue. They nev - er trust an
al - ways make their prom - ise good. They mourn that jus - tice
boun - ty keeps an o - pen door. They love their en - e -
rest them on your power a - lone. So they, at last, shall



heart are clean, who al - ways say the things they mean.
ill re - port nor vent it to their neigh - bor's hurt.
should be sold and nev - er deal in brib - ing gold.
mies, though still their en - e - mies be poised to kill.
see your face and flour - ish in your ho - ly place.



Second Reading

We may be seated.

Lector 2: A reading from the Paul's first letter to the Corinthians

[1:18-31 NRSV]

The message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written,

“I will destroy the wisdom of the wise, and the discernment of the discerning I will thwart.”

Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God’s foolishness is wiser than human wisdom, and God’s weakness is stronger than human strength.

Consider your own call, brothers and sisters: not many of you were wise by human standards, not many were powerful, not many were of noble birth. But God chose what is foolish in the world to shame the wise; God chose what is weak in the world to shame the strong; God chose what is low and despised in the world, things that are not, to reduce to nothing things that are, so that no one might boast in the presence of God. He is the source of your life in Christ Jesus, who became for us wisdom from God, and righteousness and sanctification and redemption, in order that, as it is written, “Let the one who boasts, boast in the Lord.”

After a period of silence:

Hear what the Spirit is saying to God's people.

Thanks be to God.

Then all standing, as able, we sing.

Sequence Hymn: "Lord, make us servants of your peace"

v.1-3

1 Lord, make us ser - vants of your peace: where there is
2 Where all is doubt, may we sow faith; where all is
3 Je - sus, our Lord, may we not seek to be con -
4 May we not look for love's re - turn, but seek to
5 Dy - ing, we live, and are re - born through death's dark

1 hate, may we sow love; where there is hurt, may we for -
2 gloom, may we sow hope; where all is night, may we sow
3 soled, but to con - sole, nor look to un - der - stand - ing
4 love un - self - ish - ly, for in our giv - ing we re -
5 night to end - less day: Lord, make us ser - vants of your

1 give; where there is strife, may we make one.
2 light; where all is tears, may we sow joy.
3 hearts, but look for hearts to un - der - stand.
4 ceive, and in for - giv - ing are for - given.
5 peace, to wake at last in hea - ven's light.

The Gospel Reading

Presider: The Holy Gospel of our Savior Jesus Christ according to Matthew
[5:1-12 NRSV]

People: **Glory to you, Lord Christ**

When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. Then he began to speak, and taught them, saying:

“Blessed are the poor in spirit, for theirs is the kingdom of heaven.

“Blessed are those who mourn, for they will be comforted.

“Blessed are the meek, for they will inherit the earth.

“Blessed are those who hunger and thirst for righteousness, for they will be filled.

“Blessed are the merciful, for they will receive mercy.

“Blessed are the pure in heart, for they will see God.

“Blessed are the peacemakers, for they will be called children of God.

“Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven.

“Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you.”

After a period of silence:

Presider: The Gospel of the Lord.

People: **Praise to you, Lord Christ.**

Sequence Hymn: “Lord, make us servants of your peace”
v. 4-5

The Sermon

Please be seated.

The Nicene Creed

Please stand as you 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,
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.**

We Pray for the World and the Church

Please stand as you are able as the Intercessor leads us in prayer.

Intercessor God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength. So let us pray to the Lord, saying, "For your blessing and guidance, **we give you thanks.**"

God, bless your Churches of the world, and bring courage and strength to speak and act for justice, the dignity of all people, and peace over war. Give us the grace to walk with your love, as you are everywhere.

Silence

For your blessing and guidance,

We give you thanks.

God, Bless the people of the United States and bring our leaders into your guidance for the good of all. You make foolish the wisdom of the world; we pray that our leaders find their wisdom in you. Teach us to be merciful and open us to receive mercy from others. Bless those experiencing fear and danger.

Silence

For your peace and guidance,

We give you thanks.

God, bless your creation. Your mighty voice echoes through the mountains, the powerful oceans, nourishing forests, and with each sunrise, the peace of a new beginning for us. We are beyond grateful for the abundant gifts that surround us from this earth. Keep our actions to preserve it.

Silence

For your blessing and abundance,

We give you thanks.

God, bless our Orcas Island. We are grateful for this community of abundant love. Bless the caregivers who give time, food, and caring to

others. We cannot know the burden each one may carry. May we be a people who return our abundance, as you guide us. It is in giving that we receive.

Silence

For your blessing and guidance,
We give you thanks.

God, bless the poor in spirit with the inheritance of your kingdom. You choose what is weak in this world to shame the strong. We pray for all people and countries in crisis, needing shelter, food, and safety, especially the families and your children. May they be fed and sheltered in your peace.

For your blessing and guidance,
We give you thanks.

God, bless those struggling with painful circumstances, addiction, illness, injury, isolation and those on our Parish Prayer List. ...

Tamara... Bill & Jane... Heather... Jan... Cheryl... Ian...
James... Dick... Renee... John ... Nick ... Sara...David... The Rev. Pam... Dart and Laura...Skipper...Cynthia & Bruce...Wes & Carol... Bruce... Helen...Diane...Chris...Lynn...Margaret... Jack...Sam...Nick...as well as those persons known only to us... and those for whom no one prays; may they be comforted by your Holy Spirit.

For your blessing and peace in recovery we thank you Lord.
We give you thanks.

God, bless those who have gone from our sight to be with you for eternity. Bless those who mourn and feel lonely. Be with them in the fullness of your love and great comfort.

For your son, Jesus Christ, and the lessons we hold dear from him, we are grateful to be in your loving peace.

We give you thanks. AMEN

Those who are celebrating birthdays and anniversaries are invited to come forward. If you would like your name printed in the bulletin please let the parish office know.

Presider: Let us pray for those celebrating birthdays this week.

O God, our times are in your hand: Look with favor, we pray, on your servants Antoinette Botsford (2/1) and Kali Moonlight (2/4) as they begin another year. Grant that they may grow in wisdom and grace, and strengthen their trust in your goodness all the days of their life; through Jesus Christ our Lord. Amen.

Presider: Let us pray for those celebrating anniversaries this week.

Grant, O God, in your compassion, that (insert names) may grow in forgiveness, loyalty, and love; and come at last to the eternal joys which you have promised through Jesus Christ our Lord. Amen.

BLESSING OF THE CANDLES FOR CANDLEMAS

Presider Light and peace, in Jesus Christ our Lord.
People **Thanks be to God.**

Presider Dear people of God, almost forty days ago, we celebrated the joyful feast of the Incarnation of Jesus. Tomorrow we recall the day on which he was presented in the temple, fulfilling the law of Moses. Led by the Spirit, Simeon and Anna came to the temple, recognized the child as the Christ, who is the light of the world, and proclaimed him with joy.

Presider Let us pray.

O eternal God, who has created all things; on this day you fulfilled the petitions of the just Simeon: We humbly ask you to bless and sanctify these candles for our use. Graciously hear our prayers and be merciful to us, whom you have redeemed by your Son, who is

the light of the world, and who lives and reigns with you and the Holy Spirit, one God for ever and ever. **Amen.**

The Song of Simeon, the Nunc dimittis, is said in responsorial recitation.

A Light to enlighten the nations,
and the glory of your people Israel.

**A Light to enlighten the nations,
and the glory of your people Israel.**

Lord, you now have set your servant free
to go in peace as you have promised.

**A Light to enlighten the nations,
and the glory of your people Israel.**

For these eyes of mine have seen the Savior,
whom you have prepared for all the world to see.

**A Light to enlighten the nations,
and the glory of your people Israel.**

Let us pray.

O God, source of all light, today you revealed to the aged Simeon your light which enlightens the nations. Fill our hearts with the light of faith, that we who bear these candles may walk in the path of goodness, through Jesus Christ the Light of the World.

Amen.

Announcements and Welcome of Visitors

Please be seated. If you are visiting us this morning, we warmly welcome you! If you would like to introduce yourself you can do so at this moment. We invite you to join us in our coffee hour after the service in our fellowship hall. Sign-up for our weekly e-News by scanning the QR code.



The Peace

Please stand as you are able.

Presider: The peace of Christ be always with you.

People: **And also with you.**

We share a sign of peace with those around you.

We Prepare the Table

Offertory Sentence: Walk in love as Christ loved us and gave himself for us, an offering and sacrifice to God. *Ephesians 5:2*

The gifts of bread and wine, together with our offerings for the support of our parish that is placed on the offering plate. We thank you for your generous financial support. Checks may be made out to Emmanuel Parish. If you are not a pledging member we invite you to consider making a yearly pledge to Emmanuel. Ask for a pledge card. You can donate online at: <https://www.bit.ly/DonateEmmanuel>



Offertory: “**Fughetta on All praise to thee, for thou, O King divine”** *Proulx*

Please stand, as you are able when the offering plate is brought forward.

Doxology:

Old 100th

Praise God from whom all blessings flow;
praise God, all creatures here below;
praise God above, ye heavenly host;
Creator, Christ, and Holy Ghost.

Eucharistic Prayer B

Presider: May God be with you.

People: **And also with you.**

Presider: Lift up your hearts.

People: **We lift them to the Lord.**

Presider: Let us give thanks to the Lord our God.

People: **It is right to give God thanks and praise.**

The people remain standing. The Presider says

It is right, and a good and joyful thing, always and everywhere to give thanks to you, the Maker of heaven and earth.

Because in the mystery of the Word made flesh, you have caused a new light to shine in our hearts, to give the knowledge of your glory in the face of your Son Jesus Christ our Savior.

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

Sanctus #129: “Holy, holy”

The musical notation consists of four staves of music in common time, treble clef, and a key signature of one sharp (F#). The lyrics are integrated into the music, with some words underlined to indicate where they should be sung. The lyrics are as follows:

Ho - ly, ho - ly, ho - ly Lord, God of pow-er and

might, hea - ven and earth are full of your glo - ry. Ho -

san - na in the high - est. Bless - ed is he who

comes in the name of the Lord. Ho - san - na in the high - est. _____

Measure 1: Ho - ly, ho - ly, ho - ly Lord, God of pow-er and

Measure 2: might, hea - ven and earth are full of your glo - ry. Ho -

Measure 3: san - na in the high - est. Bless - ed is he who

Measure 4: comes in the name of the Lord. Ho - san - na in the high - est. _____

The people stand or kneel. Then the Presider continues

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the

Savior and Redeemer of the world. Through Mary's Holy Child, you have delivered us from evil and made us worthy to stand before you. You have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, Jesus took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper, Jesus took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore, according to his command, O God,

We remember his death,

We proclaim his resurrection,

We await his coming in glory.

And we offer our sacrifice of praise and thanksgiving to you, Dear One; presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, gather all things into the circle of Christ's love, and bring us to that heavenly country where with the Blessed Virgin Mary, St. John the Baptist, St. Joseph, and all your saints, we may enter the everlasting heritage of all your children; through Jesus Christ, the firstborn of all creation, the head of the Church, and the author of our salvation.

By whom, and with whom, and in whom, in the unity of the Holy Spirit all honor and glory is yours, Most Blessed One, now and forever. **Amen.**

As our Savior Christ has taught us, we now pray,
Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as in heaven.
Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Save us from the time of trial, and deliver us from evil. For the kingdom, the power, and the glory are yours, now and for ever. Amen.

The Breaking of the Bread and Invitation to the Table

The Presider breaks the consecrated Bread. A period of silence is kept.

Fraction Anthem: “Whoever eats this bread”

Who ev - er eats this bread will live for ev - er. Who ev - er eats this bread will live for ev - er.

bread will live for ev - er. This is the true bread which comes down from

12

heav - en and gives life to the world. Who ev - er eats this bread will

17

live for ev - er. Who ev - er eats this bread will live for ev - er.

The Presider then says the following Invitation:

The Gifts of God for the People of God.

Invitation to Communion: *All are welcome to receive Christ's sacramental presence in Holy Communion. Our catechism (BCP p. 860) says that what is required is that we examine our lives and commit to the transformation of our hearts and lives, striving to live in love with God, all people, and creation. If, for personal reasons, you feel you cannot receive Communion at this time, you are nonetheless welcome to come to receive a blessing; indicate this by crossing your arms over your chest. If you would like to request the sacrament of reconciliation or confession speak with one of our priests.*

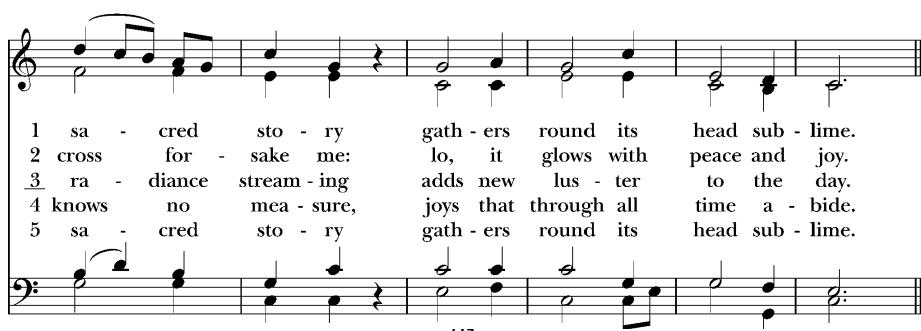
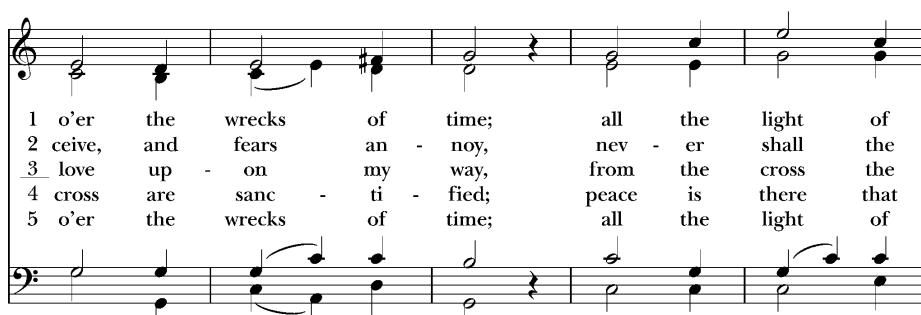
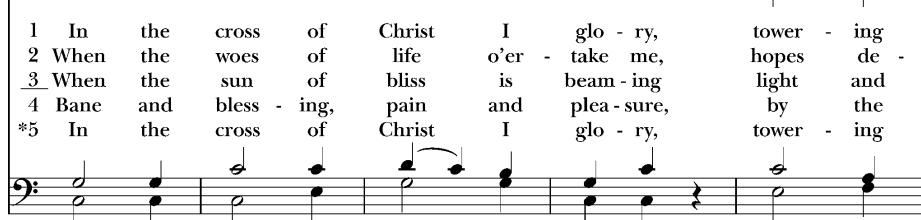
Receiving the Bread, the Body of Christ: You are invited to kneel or stand at the Communion rail, filling it from right to left. The tradition is to receive the Body of Christ forming “a throne” with your hands, your two palms open one on top of the other in a receptive position. To the minister’s words, “the Body of Christ, the bread of heaven,” it is customary to respond: Amen.

Receiving the Wine, the Blood of Christ: If you wish to dip the Bread in the Wine, leave it in your hand and the minister will come by to offer you the chalice. If you want to drink directly from the Chalice consume the Bread before the minister arrives and they will offer you the cup to drink directly from it; please guide and tip the chalice so you can drink comfortably. If you would not rather partake of the Blood of Christ just cross your hands over your chest. To the minister’s words, “the Blood of Christ, the cup of salvation,” it is customary to respond to both by saying: Amen.

Receiving Communion in your Pew: if you would like the ministers to bring Communion to your seat please let the usher know and we will be glad to come to you.

Healing Ministry: there will be a healing minister available for prayer for yourself or a loved one. Feel free to approach them and share your intention.

Communion Hymn #441: “In the cross of Christ I glory”



Prayer after Communion

Please stand as you are able

Presider: Let us pray:

Loving God, we give you thanks for restoring us in your image and nourishing us with spiritual food in the Sacrament of Christ’s Body and Blood. Now send us forth a people, forgiven, healed, renewed; that we may proclaim your love to the world and continue in the risen life of Christ our Savior. Amen.

Blessing

Presider: May Christ, the Son of God, be manifest in you, that your lives may be a light to the world; and may God’s Blessing be with you, Christ’s peace be with you, the Spirit’s outpouring be with you, now and always. **Amen.**

Recessional Hymn #477: “All praise to thee, for thou, O King divine”

Descant

5 Let ev - ery tongue con - fess with one ac - cord

1 All praise to thee, for thou, O King di - vine,
 2 Thou cam'st to us in low - li - ness of thought;
 3 Let this mind be in us which was in thee,
 4 Where - fore, by God's e - ter - nal pur - pose, thou
 5 Let ev - ery tongue con - fess with one ac - cord

Je - sus Christ is Lord;

1 didst yield the glo - ry that of right was thine,
 2 by thee the out - cast and the poor were sought;
 3 who wast a ser - vant that we might be free,
 4 art high ex - alt - ed o'er all crea - tures now,
 5 in heaven and earth that Je - sus Christ is Lord;

and God the Fa - ther be by all a - dored.

1 that in our dark - ened hearts thy grace might shine.
 2 and by thy death was God's sal - va - tion wrought.
 3 hum - bling thy - self to death on Cal - va - ry.
 4 and given the Name to which all knees shall bow.
 5 and God the Fa - ther be by all a - dored.

Al - le - lu - ia! A - men.

Al - le - lu - ia! A - men.

Dismissal

Presider: Let us bless the Lord!

People: **Thanks be to God.**

Postlude: “Fugue on All praise to thee, for thou, O King divine”

Cherwien

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Coffee hour today is hosted today by Lynn Baker and Sue Askevold

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Please pray for those on our Parish Prayer List: Tamara West, Bill & Jane Newchurch, Heather Smith, Jan Koltun, Cheryl Danskin, Ian McDonald, James Hardman, Dick Thompson, Renee Hill, John Ehrmantraut, Nick Redfield, Sara Gerakaris, David Liebenberg, The Rev. Pam Tinsley, Laura and Sherwood (Dart) Botsford, and Skipper (James Lawrence) Botsford, Cynthia & Bruce Hubert, Wes & Carol Burger, The Rev. Bruce Freeman, Helen Menefee, Diane Gillespie, Chris, Lynn Jenssen, Margaret Black, Jack Miller, and Sam Staatz, Nick DiZinno, and Maria Bullock.

Lent will start on Ash Wednesday, February 18. We will celebrate the Holy Eucharist at 5:30 p.m. in church, with the imposition of ashes on our foreheads, the symbolic outward expression of our commitment to the work of transformation. We are invited to consider what spiritual practice(s) we might undertake to cooperate with God's work in us for our spiritual growth.

The evening before, February 17 at 5 pm, we will have the traditional Shrove Tuesday pancake supper. Please sign up to help host this fun night before we begin Lent.

From your Stewardship Team: Many thanks to everyone who pledged during our recent campaign. Continuing pledges, new pledges, and increased pledges mean that we anticipate a having balanced and increased budget for 2026. Thank you for your generosity and for your commitment to Emmanuel. If you have not yet returned your pledge card, please return it as soon as possible, or email the co-treasurers, Bill or Margie Bangs, with your pledge information.

Calendar for This Week:

Sun	Feb 1	8 & 10 am	Eucharist Services	Church
Sun	Feb 1	11:30 am	Peace Vigil	Main St.
Wed	Feb 4	12-2 pm	Peace Meditation-Letter Writing	Church/BH
Wed	Feb 4	5:00pm	Inquirer Group	Benson Hall
Thu	Feb 5	12:15 pm	Lectio Divina	Benson Hall
Thu	Feb 5	1 pm	Book Club	Benson Hall
Thu	Feb 12	5:30 pm	Spiritual Development Group	Parish Hall
Fri	Feb 6	12:15 pm	Centering Prayer	Church
Fri	Feb 6	1 pm	Devotional Chanting	Retreat Room
Sat	Feb 7	1-3pm	Immigrant Rights Meeting	Sea View Th.

Calendar for Next Week:

Sun	Feb 8	8 & 10 am	Eucharist Services	Church
Guest Preacher: the Dean of the Cathedral, the Very Rev. Steven Thomason				
Sun	Feb 8	11:30 am	Peace Vigil	Main St.
Wed	Feb 11	12-2 pm	Peace Meditation-Letter Writing	Church/BH
Wed	Feb 11	5:00 pm	Inquirer Group	Benson Hall
Wed	Feb 11	5:30 pm	Sophia Circle	Church
Thu	Feb 12	12:15 pm	Lectio Divina	Benson Hall
Thu	Feb 12	1:00 pm	Book Club	Benson Hall
Thu	Feb 12	7:00 pm	Movie: Orwell 2+2=5	Parish Hall
Fri	Feb 13	12:15 pm	Centering Prayer	Church
Fri	Feb 13	1 pm	Devotional Chanting	Retreat Room

12-Step Meetings in Benson Hall

- Sundays at 5:30 pm AA open meeting, (*hybrid*)
- Mondays at 5:30 pm AA open meeting, (*hybrid*)
- Tuesdays at 1 pm AlAnon meeting, (*hybrid*)
- Tuesdays at 5:30 pm AA Women's meeting, (*hybrid*)
- Tuesdays at 7 pm AA Men's meeting, (*hybrid*)
- Thursdays at 5:30 pm AlAnon meeting, (*hybrid*)
- Fridays at 5:30 pm AA open meeting, (*hybrid*)
- Fridays at 7 pm AA open meeting (*in person only*)
- Saturdays at 8 am AA open meeting, (*hybrid*)

~ Text Attributions ~

- This Holy Eucharist taken from *The Book of Common Prayer, Enriching Our Worship I* and the *Rite II expansive language* approved by the 2018 General Convention. Eucharistic Prayer adapted for use in the Diocese of Olympia by Bishop Melissa Skelton.
- Introduction to the readings by Chris Haslam found in the website of Christ Church Anglican Cathedral in Montreal: <http://montreal.anglican.org/comments/index.shtml>
- Scripture readings from *The New Revised Standard Version updated edition*. Used with permission.

- Writers of the Prayers of the People: Antoinette Botsford, Jennifer Johnson-Fralick, Stewart Mehlman & Nancy Reas.
- Prayer for Birthdays and Wedding Anniversary from *The Book of Common Prayer* and the *The Book of Occasional Services 2018*.
- Confession of Sin from Anglican Church of Canada: *A Liturgy for The National Indigenous Day of Prayer*.

Opening Hymn: “*God, You Spin the Whirling Planets*”. Words: Jane Parker Huber (1926-). Music: Ludwig van Beethoven (1770-1827).

Psalm 15: “*Who Shall Draw Near Your Holy Place*”. Words: Brian Wren, adapted from Isaac Watts. Music: *Geistlich Lieder* (Klug), 1543; harm. by J.S. Bach, 1725.

Sequence Hymn 593: “*Lord make us servants of your peace*”. Words: James Quinn (b. 1919), based on prayer att. Francis of Assisi (1182-1226). Music: *Dickinson College*, Lee Hastings Bristol, Jr. (1923-1979).

Hymn #441: “*In the cross of Christ I glory*”. Words: John Bowring (1792-1872). Music: *Rathbun*, Ithamar Conkey (1815-1867).

Sanctus: “*Holy, holy, holy Lord*”. Setting: Robert Powell (b. 1932)

Fraction anthem: “*Whoever eats this bread*”. *M. Lewis (1958-)*.

Closing Hymn #477: “*All praise to thee, for thou, O King divine*”. Words: F. Bland Tucker (1895-1984). Music: *Engelberg*, Charles Villiers Stanford (1852-1924); desc. Richard Proulx (b. 1937).

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~ Clergy ~

The Rt. Rev. Sean Rowe (*Presiding Bishop*)

The Rt. Rev. Dr. Philip N. LaBelle, (*Bishop, Diocese of Olympia*)

The Rev. José Roberto (Cassian) Gándara-Perea, CMR, STL (*Rector*)

The Rev. Hugh M. Grant (*Assistant Priest*)

~ Vestry Members ~

Class of 2026 ~ Nancy Ayer, Piper Fox Ladd, Mary Greenwell

Class of 2027 ~ Lynn Baker, Laura Doss, Betsy Nelson (*Senior Warden*)

Class of 2028 ~ Heidi Sophia Hudlet, Luann Pamatian (*Junior Warden*),
Jeffry Steele

~ Co-Treasurers ~

Bill & Margie Bangs

~ Stewardship Committee ~

Bill & Margie Bangs, Berto Gandara, Hugh Grant, Stewart Mehlman,
Sarah Moore, Cindy Wolf, Karen Blinn, Jenny Hovelman

~ Diocesan Convention Delegates ~

Delegates ~ Vicki Clancy & Betsy Nelson

Alternates ~ Luann Pamatian & Anthony Terndrup

~ Staff ~

Organist and Choir Director ~ Marianne Lewis

Parish Administrator ~ Kira Raven

Custodian ~ Tim Webster

Bookkeeper ~ Danelle Bregant

~ Office Hours ~

Office hours: Tuesday thru Friday 9 am - 1 pm

Please call ahead to make certain the office is open.

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