



EPISCOPAL CHURCH of the  
**HEAVENLY REST**

God's Love. For All.

# *Lay Reader*

LENT • VOLUME 12, ISSUE 2 • ABILENE, TEXAS



## From The Rector



# Lent and the Promise of Peace

– David Romanik

*“Eternal God, in whose perfect kingdom no sword is drawn but the sword of righteousness, no strength known but the strength of love: So mightily spread abroad your Spirit, that all the peoples may be gathered under the banner of the Prince of Peace, as children of one Father; to whom be dominion and glory, now and forever. Amen”*

A Prayer for Peace, The Book of Common Prayer 1979, pg. 815

A few months ago, the author Salman Rushdie wrote, “Peace is a hard thing to make. And yet we yearn for it, not only the great peace that comes at the end of war but also the little peace of our private lives.” This observation depends on two interesting assumptions. The first is that peace between individuals (“the little peace of our private lives”) and the peace between nations (“the great peace that comes at the end of war”) are the same kind of peace; the difference is simply a matter of scale. This means that whatever we do to create the conditions for peace, even on an interpersonal level, is contributing to a larger peace. This leads to the second assumption of Rushdie’s observation, which is that peace is something that must be made. Peace requires an active engagement with others, a commitment to dismantling the hostility that exists between individuals and communities. This reflects how Scripture understands peace. In the Sermon on the Mount, for instance, Jesus does not say “blessed are the peaceable,” or even “blessed are the peaceful,” but rather, “blessed are the peacemakers”: those who endeavor to create the conditions for peace and reconciliation.

One of the most surprising moments of peace and reconciliation in Scripture occurs just after the resurrection in John’s gospel. The disciples are gathered in the upper room, where they have locked the doors out of fear. Suddenly, the risen Christ appears to his followers and says, “Peace be with you.” It’s hard to overstate how unexpected this moment would have been. The last time the disciples had seen Jesus, he had predicted that they would all abandon him as he made his way to the cross. After vowing that they would remain faithful, each of the disciples proceeded to betray, abandon, or deny Jesus. With this in mind, one would expect Jesus to offer words of vengeance and retribution when he appears to the disciples. One would expect him to mete out the punishment the disciples so richly deserve. Instead, contrary to all expectations, Jesus offers them words of peace. He then goes on to say, “As the Father has sent me, so I send you,” as if to say, “Just as I have made peace with you, so you must make peace with one another.”

On Ash Wednesday, we will recite the Litany of Penitence, which provides a comprehensive catalog of all the ways we have sinned, all the ways we have fallen short of the glory of God, all the ways we have denied the image of God in ourselves and in one another. It is a devastating and withering indictment, and if we take it seriously, it is enough to make us hopeless. How can we ever hope to stand when we have failed so completely? Yet after the Litany of Penitence, the Celebrant stands and says, “The Peace of the Lord be always with you.” On Ash Wednesday, in other words, we are reminded that God’s response to our disobedience, to our failure to honor the image of God in ourselves and each other, is peace. God is at peace with us. Immediately following that pronouncement, we are invited and encouraged to turn to one another and “exchange the peace,” saying (in so many words), “Just as God is at peace with me, so I am at peace with you.” Our response to God’s grace is to make peace with one another.

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The season of Lent is a time for making peace. It is a time to reflect on the ways we have harmed others and ask for forgiveness. It is a time to let others know when they have hurt us, and work toward reconciliation. It is a time to trust that, whenever we strive to make peace with one another, we are helping to create the conditions for God’s promise of peace to be fulfilled.

# All May, None Must, Some Should

The Reconciliation of a Penitent is one of the most powerful services in the Book of Common Prayer. Known more colloquially as “Confession,” the Sacrament of Reconciliation, found beginning on page 447 of the prayer book, is an opportunity to identify and confess serious sins or sinful trends in one’s life and receive the promise of God’s forgiveness. While every service of Holy Eucharist includes a time of corporate confession, there is something especially powerful about identifying specific ways that one has dishonored the image of God in oneself and others. Participating in the Sacrament of Reconciliation is not a requirement, but it can be a source of particular comfort to those who are struggling with the reality of sin in their life. The Episcopal Church’s approach to the Sacrament of Reconciliation can be summarized succinctly: “all may; none must; some should.”

Lent is a season of self-examination, penitence, renewal. As such, it is a particularly good time to experience the Sacrament of Reconciliation. During the season of Lent, clergy will be available on Tuesdays at 12:30 pm in the chapel for the Sacrament of Reconciliation. Clergy will also be available to hear confessions at 12:30 Monday through Thursday during Holy Week (March 25 through March 28), and from 1:00 to 3:00 on Good Friday (March 29). If you would like to have your confession heard, wait in the pews near the baptismal font and you will be brought to the chapel by a priest. At the beginning of the service, the priest will usually walk the penitent through the service. The Sacrament of Reconciliation rarely takes more than ten minutes. Matters discussed within the context of the Sacrament of Reconciliation are treated with the strictest confidentiality.

We hope you will take advantage of this opportunity to experience a service that is rooted in a profound awareness of God’s grace.

## Young Adults at Heavenly Rest



### Evening Prayer and Encounter: A Flourishing Community

Our Evening Prayer and Encounter group has truly flourished, and we're always delighted to welcome new faces! Join us at 7:00 PM in the Chapel for Evening Prayer, followed by a time of fellowship dinner. Open to all young adults and those young at heart. We hope to see you there!

For more information on this ministry, please contact Luke Mendez at [Lmendez@heavenlyrestabilene.org](mailto:Lmendez@heavenlyrestabilene.org).



## One Lord, One Faith, One Baptism

– Corrie Cables

*Will you love and serve Christ in all persons, loving your neighbor as yourself?*

To kick off the five-week series for teens and grownups, we were joined by author and priest, the Rev. Amanda Perkins McGriff, who has written the thoughtful Lenten study, “Will You?” She described her inspiration in crafting the series and invited us to consider the baptismal promises we make as Christians. McGriff completed this project through a grant from the Episcopal Evangelical Society in 2021. Her study promises a distinct connection between our baptism, the eucharist, and evangelism.

### Virtual Author Visit on February 21!

To kick off the five-week series for teens and grownups, we are joined via Zoom by author and priest, the Rev. Amanda Perkins McGriff, who has written the thoughtful Lenten study, “Will You?” She’ll describe her inspiration in crafting the series and invite us to consider the first baptismal promise we make as Christians: “Will you continue in the apostles’ teaching and fellowship, in the breaking of bread, and in the prayers?” McGriff completed this project through a grant from the Episcopal Evangelical Society in 2021. Her study promises a distinct connection between our baptism, the eucharist, and evangelism.

This is a “come as you are” series, with no supplies needed, just open hearts. Scripture and excerpts from the Book of Common Prayer will guide us along the way with thoughtful questions and spiritual invitations to take with you into your week. It’s sure to be a transformative season at Heavenly Rest! For more information about Will You? go to [www.forwardmovement.org](http://www.forwardmovement.org) or contact Corrie Cables at [ccables@heavenlyrestabilene.org](mailto:ccables@heavenlyrestabilene.org) to learn more.



### Exploring Spiritual Treasure – Spring Updates

We completed a wonderful fall class with 44 adult participants and a separate teen class with five teens. Special thanks to Jon Camp, Sarah and Blake Holle, Melody Brown, Luke Mendez, Tyler and Emily Gurley, and the Rev. Dr. Russell Dickerson who helped facilitate the teen class.





*Our Morning Confirmands!*



*Our Afternoon Confirmands!*

## Confirmation 2024

On Sunday, February 11, Bishop Mayer visited Heavenly Rest and confirmed the baptismal vows of 28 faithful folks at the 10:30 a.m. and 1 pm services. Morning congregants participated in Exploring Spiritual treasure, the relational evangelism model created by Bishop Claude Payne, the retired bishop of Texas that continues to be the guiding model of formation for all ages at Heavenly Rest. Our afternoon congregation took part in a confirmation program crafted by Austin Hackel, our dedicated Communications Coordinator, who is finishing his Master of Divinity though Abilene Christian University. Mother Amanda Watson also added her considerable gifts! Interested in Membership and Confirmation in the Episcopal Church? Contact [ccabes@heavenlyrestabilene.org](mailto:ccabes@heavenlyrestabilene.org) for more information.



## What's Next?

We'll kick off a new spring session for grown-ups with topics chosen by the "graduating" EST class. Beginning on February 25, look for six sessions featuring spiritual treasure on worship, the Book of Common Prayer, liturgical movements in worship, piety in the Episcopal church, and more. EST wraps up on Sunday, May 5, but formation continues on Sunday mornings with "Preaching the Good Word", our preacher's forum and Bible study each Sunday morning in the Bishop Garrett room (parish house) at 9:15 a.m. at Heavenly Rest. Contact [ccabes@heavenlyrestabilene.org](mailto:ccabes@heavenlyrestabilene.org) for more information.



*Exploring Spiritual Treasure is led by a dedicated group of spiritual mentors including Jan Walker, Judy Daniels, Mary Reyes, Kathy Balch, Anne Tippens, Dustin Rainwater, David Christianson, Yvonne Batts, Ray Pyeatt, Gay Ann Walts, and Corrie Cables.*

## Who will win the Holy Halo? It's Lent Madness!

**2024 LENTMADNESS.ORG**

**ROUND OF 32**

**SAINTLY 16**

**ELITE 8**

**FAITHFUL 4**

Kassia

Casimir

Lazarus

Joseph of Arimathea

Rita

Zita

Brigid of Kildare

Julian of Norwich

Gertrude the Great

Gertrude of Nivelles

Ambrose of Milan

William Byrd

Polycarp

Andrew the Fisherman

Hyacinth

Rose of Lima

**THE GOLDEN HALO**

Forward Movement  
www.forwardmovement.org

# Eucharistic Prayer D and the Paschal Mystery

– David Romanik

*“When the hour had come for him to be glorified by you, his heavenly Father, having loved his own who were in the world, he loved them to the end...”*

The liturgical year includes two major cycles organized around the Church’s principal feasts: the Incarnation cycle, which includes Advent, Christmastide, Epiphany, and the season after the Epiphany; and the Paschal cycle, which incorporates Lent, Holy Week, Eastertide, and the Day of Pentecost. While there are some liturgical and musical changes that occur within these cycles, each is meant to be experienced as a liturgical whole. It is for this reason that at our 10:30 service, we tend to use the same Eucharistic Prayer throughout each cycle. During the Incarnation cycle, for instance, we have been using Eucharistic Prayer B, which contains a number of references to the “Word made flesh” and meditates on what it means for God to dwell among us. During the Paschal cycle, we will start using Eucharistic Prayer D at the 10:30 service.

Eucharistic Prayer D, which can be found beginning on page 372 of the Book of Common Prayer, is one of the most ancient prayers we have in our prayer book. It has been used for more than 1500 years in one form or another. Because of its age, it has some features that set it apart from the other Eucharistic prayers. Most conspicuously, it is quite long, clocking in at around 880 words. By contrast, the second longest Eucharistic prayer in our prayer book, Eucharistic Prayer 1, is around 750 words (we will use Eucharistic Prayer 1 at the 8:00 service during Lent). Prayer D’s length can feel intimidating; it is not especially conducive to twenty-first century attention spans. There are, however, good reasons for its impressive word count. In the first place, Prayer D, unusually for Eucharistic prayers, includes the Prayers of the People. Shortly after the epiclesis (the invocation of the Holy Spirit), the Celebrant asks God to remember those who minister in the Church, those who are sick, and those who have died in the peace of Christ. There is something incredibly powerful about offering our prayers for the people around us at the altar: the heart of our common life.

Most of Prayer D’s length can be accounted for in the section between the Sanctus (“Holy, Holy, Holy”) and the Words of Institution. It is this section that makes Prayer D so appropriate for the Paschal cycle. It reminds us that we were formed in God’s image; that even though we were disobedient to God’s commandment, God did not abandon us to the power of death; that God’s Son gave himself up to death; that he destroyed and renewed creation by rising from the grave; and that God sent the Holy Spirit so that “we might live no longer for ourselves.” In so many ways, this section of Prayer D traces the arc of the Paschal cycle: on Ash Wednesday, we remember that we have been created from the dust of the earth; throughout Lent, we reflect on the ways we have dishonored the image of God in ourselves and others; during Holy Week, we meditate on Christ’s faithful obedience to death on the cross; throughout Eastertide, we rejoice in his victory over death; and on Pentecost, we consider how this victory might transform our relationship to the people and the world around us.

As we meditate on the Paschal mystery over the coming months, our hope is that Eucharistic Prayer D will be a companion and guide as it reminds us of our call to live “not only for ourselves, but for him who died and rose for us.”





## Lent: A Season of New Beginnings!

– Amanda Watson

Lent has a bad rep. Lent, a time to give up something we love—like chocolate! Or anything sweet! Or a time to take on a project—like reading a book or looking deep within all those poor or questionable things done or said. Okay, yes difficult but the question becomes why? Read the first prayer or the collect for the Ash Wednesday liturgy, page 264 of the Book of Common Prayer.

Good news, we have an “almighty and everlasting God”—our God is all-powerful and eternal. AND our almighty God hates nothing that God has made AND forgives the sins of all who are penitent. Hates nothing God has made—hey that’s us—we were made by God in the image of God! ME! Warts and all! AND our God forgives the sins of all who are penitent. So, now think about this, recognizing all those times that we are less than God has called us to be, those times that we have separated ourselves from God, or those times that we did not do the “work” that God had sent us out to do to “love and serve as faithful witnesses of Christ our Lord,” God forgives our sins!!

God forgives our “wretchedness.” We can ask God to create and make in us new and contrite hearts. Lifting all our “wretchedness” to almighty God we can stand before God that we may obtain perfect remission and forgiveness through God’s mercy received through Jesus Christ our Lord.

We can wallow in our regret, we can feel sorry for ourselves, we can lament our unworthiness; Or we can trust our almighty and everlasting God. God Can Forgive! God can create new and contrite hearts. That’s correct, you heard it: God can create new and contrite hearts. Through God’s mercy, we can obtain perfect remission and forgiveness through Jesus Christ our Lord. Contrite hearts that acknowledge that “we are not worthy so much as to gather up the crumbs under thy Table, but thou art the same Lord whose property is ALWAYS to have mercy.” Contrite hearts can receive forgiveness of sins. Lent is that time when rather than wallowing in regret we recognize our shortcomings those times when we have ignored those in need, have hurt others with our words, have shown disdain for those not like us, so rather than wallow in regret, “worthily lament and acknowledge and offer these our most grievous misgivings to the God who cannot and does not hate all that God created, to the God who accepts our wretchedness and gives perfect remission and forgiveness. Lent is not a time to wallow and rue all that we are, but to offer our recognition of our wretchedness to God who loved us so much that this God became human—to live and die as one of us--that we might have forgiveness and to reveal in all God’s majesty that love that chose to die that we might have new and contrite hearts.

Lent is a time to open our hearts and to seek and find the almighty and everlasting God who first loved us! Thanks be to God!





# Lent: An Invitation to Ask Questions

– Karen Boyd

In northern Utah winter in the mountains is cold. I was raised in a small valley in those mountains, in an old two-story home that my grandfather built for his large family. My bedroom was upstairs where there was no heat. On those freezing winter nights, I remember crawling into a cold bed laden with many well-used quilts stitched lovingly by my grandmother and her mother before her. At first, I curled up in a ball until the spot that I inhabited was warm. Then, I ever so slowly extended one foot into the cold spaces where the heat from my body had yet to reach. This exercise in patience would continue until I had a lovely warm cocoon and I slept soundly and warmly on those beautiful, quiet winter nights.

Each Lent I think of those nights. The necessary slowing down, the going under the covers. It is a going within myself. Reaching out into the cold as reaching into the parts of myself that often remain unexamined. The chill as I find places within that need to light of God, places where I have not lived as I have promised God that I would. Not in any intentional way, certainly, but in my haste to live my life, to save time and money; but things get overlooked.

I love the confession in one of the Episcopal Church's supplemental texts, "Enriching Our Worship":

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

Lent offers us a time to search ourselves. Often evil takes the form of waste going into the landfill that is difficult to avoid, such as the packaging our food comes in. Sometimes we don't stop to consider where that shirt comes from; was it made by child labor in a far-off country? These evils are pervasive in our world, but, if we slow down and think we can make choices to lessen the effect of this evil done on our behalf.

Lent is also a time to think about our lovely town of Abilene, even our church. Where do these communities fall short of the love of God for our neighbors? What can we change to bring all creation closer to the Kingdom of God? To bring justice for all creation?

All through this Lenten season, as we consider what we buy, what we discard, and what we say, we draw closer to the God who created and loves us. We settle into those quiet places within ourselves and our communities and we ask for God to:

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





## Forty Music Selections for Lent

from Thomas Pavlechko, *Organist & Director of Music*

### This Is My Beloved Son

Over the past six months, we have heard a voice coming from heaven in the Gospel of Luke on August 6, Transfiguration Sunday; the Gospel of Mark on both the First Sunday after the Epiphany: The Baptism of our Lord, and the Last Sunday after the Epiphany, The Transfiguration:

*"This is my Son, my Chosen; listen to him!"*

*"This is my Son, the Beloved, with whom I am well pleased."*

*"This is my Son, the Beloved; listen to him!"*

On the First Sunday in Lent, we heard this passage for the fourth time, in the Gospel according to Mark. This passage, however, is now followed by the verse: And the Spirit immediately drove him out into the wilderness..

You may have noticed that our choir sang a very brief anthem, This Is My Beloved Son, by the Norwegian composer, Knut Nystedt, at the end of communion on the Last Sunday after the Epiphany, quoting this Gospel verse. They sang the same setting on the First Sunday in Lent, giving you a new perspective to what followed that voice from heaven: Jesus' forty-day walk in the wilderness.

On the Fifth Sunday in Lent, Hebrews quotes another: "You are my Son, today I have begotten you."

Jesus will have much to say to us during our forty-day Lenten journey ...

### ... Listen to Him

### Specific Lenten Scriptures Quoted in Choral Anthems

#### Ash Wednesday & Lent 5, Psalm 51:

Create in Me a Clean Heart O God, Johannes Brahms

#### Lent 1, Psalm 25, The Gospel of Mark:

To You O Lord, I Lift Up My Soul, Thomas Pavlechko  
This Is My Beloved Son, Knut Nystedt

#### Lent 4, The Gospel of John

God So Loved the World, John Goss

#### Lent 5, Hebrews

### Hymns for Lent

S-67 The Great Litany  
142 Lord, who throughout these forty days  
143 The glory of these forty days  
147 Now let us all with one accord  
149 Eternal Lord of love, behold your church  
150 Forty days and forty nights  
301 Bread of the world, in mercy broken  
313 Let thy blood in mercy poured  
337 And now, O Father, mindful of the love  
360 Only begotten, Word of God eternal  
401 The God of Abraham praise  
439 What wondrous love is this  
441 In the cross of Christ I glory  
455 O Love of God, how strong and true  
473 Lift high the cross  
474 When I survey the wondrous cross  
495 Hail, thou once despised Jesus!  
498 Beneath the cross of Jesus  
598 Lord Christ, when first thou cam'st to earth  
603 When Christ was lifted from the earth  
653 Dear Lord and Father of mankind  
654 Day by day  
665 All my hope on God is founded  
671 Amazing grace! how sweet the sound  
675 Take up your cross, the Savior said  
688 A mighty fortress is our God  
691 My faith looks up to thee  
693 Just as I am, without one plea

### Additional Choral Anthems Enhancing & Interpreting Lent & Holy Week Scriptures

Jesus, So Lowly, Harold Friedell

O Lord, Your Loving Angel Send, Johann S. Bach

Faithful Cross, Thomas Pavlechko

O Savior of the World, John Goss

Let the Same Mind Be in You, Thomas Pavlechko

Ave Verum Corpus, Edward Elgar

Ave Verum Corpus, Wolfgang Amadeus Mozart





# LENT is a Time for Children and their Families.

- Carol Ann Weston, *Director of Family Ministries*

There are numerous ways in which children and their families may experience the church season of Lent.

## Join the Journey

Each family is invited to pick up a Join the Journey poster with stickers to use throughout the season as you read a short scripture, pray, or do an activity designed to spark spiritual reflection. You will then mark the day with a purple sticker or by coloring it in.

## Wednesday Evenings

After dinner, children from 4 years through 5th grade will go to the Parish House for Bible stories and activities exploring the ministry of Jesus. We will also be adding to the graphic novels they have been writing about the life of Jesus. They look forward to sharing them with you!

## Sunday School

Both groups meet upstairs in the Parish Hall from 9:15 to 10:15. Guests and new students are ALWAYS welcome!

Gathering Time from 9:15 – 9:30 consists of prayer, often an emphasis for the week, and singing. We have been singing the Books of the Bible, which has been a fun learning activity. During Lent, we will also be using the United Thank Offering (UTO) as a way of talking about giving thanks. Children may bring coins to add to our box each week and also take a box home to fill with coins as they give thanks during this season. (Detailed information about UTO is in this Lay Reader.)

*Godly Play:* Children 3 years through 2nd Grade will be experiencing and responding to the Godly Play story series “The Faces of Easter,” a liturgical action story taking them from the birth through the resurrection of Jesus. This story enables children to connect all the Old and New Testament stories and liturgical action to the life of Jesus and their own lives.

*Older Elementary:* 3rd through 5th Graders will continue to explore each week’s Gospel lesson through Bible reading, crafts, and games. These children have a heart for service and continue to make snack bags and blessing cards for the homeless and families who come to our Friday Outreach. Don’t forget to bring your Bibles!

## SAVE THE DATE

Our annual Family Vacation Bible School will be **June 3-5**.

Each evening families or groups of mixed ages will enjoy Bible stories, crafts, games, snacks, and more! Using the book “Bear Came Along” illustrated by this year’s C.A.L.F. artist, we will consider 1 Corinthians 12 as we explore who we are called to be as the body of Christ.

Amanda Harbaugh is our VBS Team Chair this year and would love to have your input as we begin our detailed planning. If you would like to help with planning, please contact Carol Ann at [cweston@heavenlyrestabilene.org](mailto:cweston@heavenlyrestabilene.org).

Mark your calendars and plan to start your family’s summer with VBS.



### Easter Sunday for Children

**9:00 am** Unbury the Alleluia Banner

**9:15 am** Worship in the Courtyard

**9:45 am** Easter Egg Hunt

**10:25 am** Procession of Alleluia banner to worship

### Easter Egg Hunt Needs

On Easter Sunday at **9:45 am** and **3:00 pm** we will have our annual egg hunts for our morning and afternoon congregations.

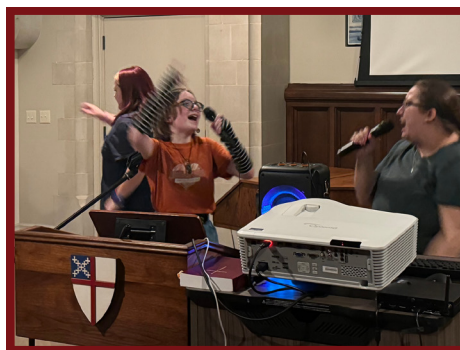
We fill about 1500 eggs, so that each child may get 10-12. To fill the eggs, we need:

- Stickers
- Small toys/other items that will fit in the eggs
- Individually wrapped candy (Please, **NO CHOCOLATE**, since the weather is often quite warm on Easter.)

We **do NOT** need eggs this year, since most were turned back in last year – YAY!



## Youth at Heavenly Rest



**YOUTH  
NIGHTS  
SAVE  
THE  
DATES:**

**WHERE?**

HEAVENLY  
REST'S

GERHART  
HALL

Feb. 11th NO YOUTH

Feb. 18th 5-7pm

Feb. 25th 5-7pm

Mar. 3rd 5-7pm

Mar. 10th NO YOUTH

Mar. 17th 5-7pm

Mar. 24th 5-7pm

Mar. 31st NO YOUTH



### Youth Nights: An Unforgettable Start

Since launching on January 21st, our Youth Nights have been a success, filled with joy, laughter, and memorable moments. The evening begins with a shared meal, setting the stage for an atmosphere where laughter is the highlight. With a fan favorite of Karaoke night where we sang our hearts out!

If you're moved to support our youth by sponsoring a meal, your generosity would be well received! Please contact Luke Mendez at [Lmendez@heavenlyrestabilene.org](mailto:Lmendez@heavenlyrestabilene.org) for more information.





## Episcopal Church Women- Empowering Women of Faith

– Melody Brown

*Almighty God, we pray that You will bless our work in mission and ministry in the world. Help us pray fervently, labor diligently and give liberally to make known the power of your love given through your Son Jesus Christ. Let us not forget the lessons from the past nor fear the challenges of the future. Anoint us with your grace and shine in our hearts as we reflect your light throughout the world. Amen. - Episcopal Church Women's Prayer*

Since 1871, women in Episcopal parishes across the nation have gathered together to empower each other and serve their communities. The Episcopal Church Women (ECW) is a churchwide organization of the Episcopal Church. ECW's ministry is dedicated to the betterment of all women and girls throughout the world. It is often said that every woman in every pew is a member of ECW. If you are a woman and are a member of the Episcopal Church, then you are an automatic member!

Heavenly Rest has always had an ECW ministry, but some years have been more active than others. We are excited to offer a fresh opportunity for fellowship among multigenerational women and girls of our parish, creating a vibrant blend of talents, ages, and backgrounds. Our vision is to become involved in the life and work of the Church through service projects and social gatherings. We are excited to see where God is leading this ministry, so be on the lookout for upcoming events! For more information, please contact Melody Brown, at [mrbl6b@acu.edu](mailto:mrbl6b@acu.edu).

## Spring UTO Ingathering Sunday, April 21, 2024



The Spring UTO Ingathering will be held on Sunday, April 21, 2024. You are invited to 'count your blessings' and fill your boxes. The coins you put in the Blue Box in thanksgiving for large and small daily gifts from God reflect your gratitude and will brighten your life and the lives of those around you. There will be UTO envelopes in the pews nearer to the Ingathering to offer your coins or a check so that it can be joined with the thank offerings of other Episcopalians. You may also offer your boxes on Ingathering Sunday, April 21st. Be watching for the little blue boxes in the Narthex and Cloister on the Sunday following Ash Wednesday.

Your prayers and offerings have built churches and schools, provided shelter, fed the hungry, provided care and support for many, and provided grants throughout the Diocese. All of this is made possible through UTO thanksgiving.

Your intentional thanksgiving can make a difference in your life as well as the lives of those who receive your offering!

# The Triduum at Heavenly Rest

For much of its history, the Church has commemorated the death and resurrection of Jesus Christ with a series of dramatic worship services during the final days of Holy Week. These services take place during the three day stretch of Maundy Thursday, Good Friday, and Holy Saturday. Known as the Triduum (or "Great Three Days"), these are the holiest days of the Church year and are an opportunity to reflect on and experience the drama of Christ's Passion and Resurrection.

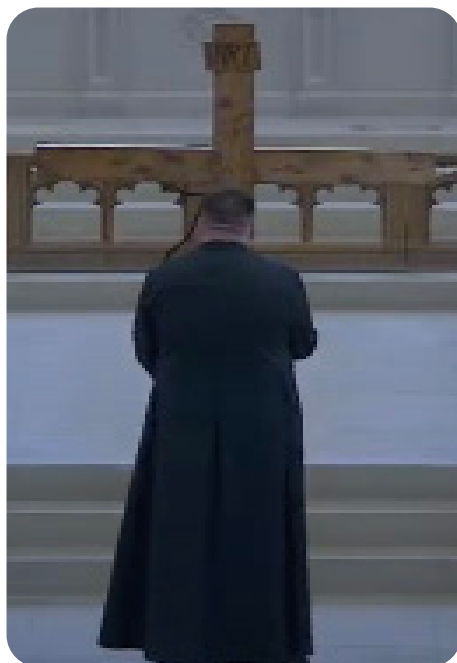
On Thursday, March 28, Heavenly Rest will celebrate Maundy Thursday, the day when we recall Christ's institution of the Lord's Supper and the new commandment of love he gave to his disciples. At 7:30, we will celebrate the Holy Eucharist in the Nave. The service will include the ceremony of footwashing, a symbol of the servanthood to which all disciples of Jesus are called. After the Eucharist, all adornments will be removed from the church as we remember the fact that Jesus was stripped of his garments on his journey to Calvary. The church will remain open until midnight for meditation and prayer.

On Friday, March 29, we will walk the way of the cross at 8:30 am and 12:00 pm with the Solemn Liturgy of Good Friday. This service is an opportunity not only to remember the crucifixion and death of our Lord, but also to offer solemn prayers for the Church and for the world. It is a somber and beautiful service. An ecumenical Stations of the Cross, a service that enacts and embodies Jesus' journey to Calvary, will be offered in downtown Abilene at 5:00. We will begin at St. Paul United Methodist Church and conclude at First Central Presbyterian Church.

On Saturday, March 30, there will be two services at Heavenly Rest. At 8:30 am, we will observe the Liturgy of Holy Saturday, a brief and powerful service that recalls the fact that Jesus' disciples rested on the Sabbath after his death.

As the sun sets at 8:00 that evening, we will gather for the Great Vigil of Easter, the most dramatic service of the Church year, the night when we celebrate the fact that Jesus passed over from death to life. We will begin in the Courtyard with a new fire that symbolizes God's triumph over the darkness. We will hear the Exsultet, an ancient hymn enjoining us to rejoice with all of creation for the victory of our mighty king. We will hear stories from scripture about God's saving action in history. We will renew our baptismal covenant. And we will proclaim the Resurrection. It is a powerful and empowering service, an opportunity to renew our trust in the God who raises the dead to life.

We hope that you will use the services during these Great Three Days as an opportunity to experience the drama, intensity, and hope of Christ's passion, death, and resurrection.





# Holy Week

March 24 - March 31

**3/24/2024**

## The Sunday of the Passion: Palm Sunday

8:00 a.m. - Holy Eucharist  
10:30 a.m. - Liturgy of the Palms and Holy Eucharist (service begins in the Courtyard)  
1:00 p.m. - Worship in Swahili

**3/25/2024**

## Monday in Holy Week

8:30 a.m. - Morning Prayer  
12:00 p.m. - Holy Eucharist

**3/26/2024**

## Tuesday in Holy Week

8:30 a.m. - Morning Prayer  
12:00 p.m. - Holy Eucharist

**3/27/2024**

## Wednesday in Holy Week

8:30 a.m. - Morning Prayer  
12:00 p.m. - Holy Eucharist  
6:00 p.m. - Wednesday Night Supper and Holy Week Experience (Gerhart Hall)

**3/28/2024**

## Maundy Thursday

8:30 a.m. - Morning Prayer  
7:30 p.m. - Holy Eucharist with Footwashing and Stripping of the Altar  
*The Nave will remain open for meditation and prayer until midnight.*

**3/29/2024**

## Good Friday

8:30 a.m. - Liturgy of Good Friday with Communion from the Reserved Sacrament  
12:00 p.m. - Solemn Liturgy of Good Friday with Veneration of the Cross  
5:00 p.m. - Stations of the Cross (Downtown Abilene - Service begins at St. Paul United Methodist Church)

**3/30/2024**

## Holy Saturday

8:30 a.m. - Holy Saturday Liturgy  
8:00 p.m. - The Great Vigil of Easter (service begins in the Courtyard)

**3/31/2024**

## Easter Day

8:00 a.m. - Holy Eucharist with Hymns  
9:15 a.m. - Morning Worship with Flowering of the Cross (Courtyard)  
9:45 a.m. - Easter Egg Hunt (Playground and East Lawn)  
10:30 a.m. - Festival Holy Eucharist with Flowering of the Cross  
1:00 p.m. - Holy Eucharist in Swahili with Flowering of the Cross  
3:00 p.m. - Easter Egg Hunt (Playground and East Lawn)

*Unless otherwise noted, all Holy Week services will take place in the Nave.*



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## THE EPISCOPAL CHURCH

The Most Reverend Michael Curry, *Presiding Bishop*

## THE DIOCESE OF NORTHWEST TEXAS

The Right Reverend J. Scott Mayer, *Bishop*

### PARISH STAFF

The Reverend David Romanik, *Rector*

The Reverend Corrie Cabes, *Associate Rector*

The Reverend Amanda Watson, *Assistant Rector for Community Life*

The Reverend Doug Thomas, *Priest in Residence*

The Reverend Karen Boyd, *Deacon*

The Reverend Dr. Russell Dickerson, *Deacon*

Bikole Mulanda, *Swahili Minister*

Thomas Pavlechko, *Organist and Director of Music*

Carol Ann Weston, *Director of Family Ministries*

Luke Mendez, *Coordinator for Youth and Young Adult Ministries*

Steve Gibbs, *Parish Coordinator*

LeighAnna Morris, *Parish Accountant*

Austin Hackel, *Communications Coordinator*

Robert Becerra, *Sexton*

Adrian Smith, *Assistant Sexton*

Dorothy Guerra, *Housekeeper*

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