



The mission of All Souls Church is to be a Christ-centered sanctuary where a diverse and inclusive community worships and serves. We live this mission through faithful celebration of the Eucharist, Christian education,



Today

**The Fourth Sunday
after the Epiphany**

11 am

Holy Eucharist

The Rev. Sara Palmer, Rector

All are welcome to receive Holy Communion at the Lord's table.

Please join us downstairs in the Undercroft after the service for coffee hour hosted by Owen Basil & Bill McKinley.

Today's Readings

The First Lesson,

Micah 6:1-8

Peter Laugesen

The Psalm

Psalm 15

Chanted by the choir

The Epistle

I Corinthians 1:18-31

Anne Armstrong

The Gospel

Matthew 5:1-12

Mother Sara

Prayers of the People

Will Stewart

Spring 2026

**Sunday Adult Faith Forum Series
Meeting in the Conference Room at 10 am**

Today, Feb. 1 with vEnessa Acham

Collects

Composing a Collect

vEnessa Acham will facilitate a brief discussion on collects—their purpose, structure, and significance within our liturgical tradition. Participants will also review a selection of collects for reflection and inspiration. Following the discussion, the group will collaborate to compose a new collect. The completed collect will be presented to Mother Sara, with the aspiration that it may be shared during a future congregation gathering.

**All Souls Outreach Committee
Clothing Drive has been extended
& ends today, February 1.**

Please drop off clothes in the Undercroft.

Wish list: new underwear and socks for men and women, new or gently used bras, casual shoes, belts, jeans, casual pants, shirts, sweaters, sweatshirts, jackets (cold season only).

**Next Week on Sunday, Feb. 8
We collect food for the Woodley
House Food Pantry**

Drop your donations in the bins that provided in the Narthex or the Undercroft and THANK YOU for your generosity.

PREPARING OUR HEARTS AND MINDS FOR HOLY WEEK AND EASTER 2026

from Mother Sara Palmer, Rector

Dear Friends,

We will begin the season of Lent soon! How is that possible?! It is important that we prepare ourselves spiritually each year for Holy Week and Easter. Our desire is to identify with Jesus of Nazareth in His journey to death and resurrection to set humanity free by His love for all.

- 1) **Ash Wednesday services**, which begin the purple Lenten season are at **noon and 7 pm on February 18th**. We will have the Imposition of Ashes and Holy Eucharist. To mark this new season of returning to God, we will use the Rite I liturgy in the Book of Common Prayer beginning pg. 323 until Easter Sunday. Rite I is more penitential and therefore more appropriate for Lent.
- 2) The Inreach Committee is offering again at All Souls our **Shrove Tuesday pancake supper on the day before Ash Wednesday, Tuesday February 17th**, at 5:30 pm in the Undercroft. Do sign up!
- 3) **Forums**: Our Lenten book study on *Celtic Christianity Sacred Earth, Sacred Soul* by John Phillip Newell kicks

off on **February 22nd at 10 am** in the Conference Room and will end on March 22nd. Please order your book in advance and begin reading now. The book costs about \$10 from Amazon. I will start the first Forum and various parishioners from the Forum Committee will lead the book study.

- 4) No Forum on March 29th, which is Palm Sunday. Do come and participate in our neighborhood procession as we bear witness to Jesus' entry into Jerusalem. No Forum on Easter Sunday, April 5. Come and celebrate Christ's Resurrection from the dead, never more to die. By faith in Christ, we are also raised from the dead and can enjoy eternal life in relationship with God right here, right now.
- 5) **HOLY WEEK SERVICES:**
 - a. **Maundy Thursday April 2nd, 7 pm** one service with foot-washing reminding us of Jesus' washing ALL of His disciples' feet at the Last Supper; this service will include Holy Eucharist and the Stripping of the Altar at 7 pm. We are preparing for the somber Good Friday services when Jesus, the innocent Son of God, chose to go to the Cross of Calvary out of love for all of humanity, freeing us

from sin and the fear of death.

b. Good Friday April 3rd , noon and 7 pm. Come and kneel at the foot of the cross, staying with Jesus as He suffers for our sake.

c. Sunday April 5th : 11 am

Festival Choral Celebration of the Resurrection. Invite your family and friends.

6) **Lent is about Fasting from the negative, and feasting on Christ's positive love** so that we become more deeply transformed in our minds and hearts. The following prayer below helps us to become more like Christ. Helpful to post on our fridges.

Fast from & Feast On: A Daily Prayer for Lent.

Fast from judging others; Feast on affirming the Christ dwelling in them and in you.

Fast from unkind words; Feast on kindness.

Fast from jealousy; Feast on offering compliments.

Fast from thoughts of illness; Feast on the healing power of God.

Fast from discontent; Feast on gratitude.

Fast from getting angry; Feast on being patient and offering forgiveness.

Fast from pessimism; Feast on optimism.

Fast from complaining; Feast on appreciation.

Fast from being the center of attention; Feast on giving attention to others and asking questions.

Fast from hatred; Feast on Christ's love for all of humanity, including perceived enemies.

Fast from bitterness; Feast on forgiveness.

Fast from anxiety and doubt; Feast on trusting God.

Fast from selfishness; Feast on helping others.

Fast from facts that depress; Feast on truths that uplift.

Fast from lethargy; Feast on enthusiasm.

Fast from thoughts that weaken; Feast on God's promises that inspire.

Fast from idle gossip; Feast on purposeful silence.

Fast from problems that overwhelm; Feast on unceasing prayer that strengthens.

In Jesus' Name. Amen.

I thank God for each one of you. I am here to support you on your spiritual journey through Lent. You can always reach me at rector@allsoulsdc.org or by phone at 703-963-8116.

Warmly,

Mother Sara

Movers (not shakers) needed!
Saturday February 7 at 9 am
in the Undercroft

We need to move the choir lockers and small conference room furnishings to prepare for our Woodley House and new nursery renovations. Pizza and fellowship at the end of the job. Signup by emailing Jeff Wells junior.warden@allsoulsdc.org or at the welcome table in the undercroft.



We hold Mother Sara and vEnessa Acham in prayer as they represent All Souls and attend the Diocesan Convention this weekend.

Winter's Poem

by Joan Turkus, M.D.

Snow falling rapidly
Blanking surfaces
Clean as if fresh

Covering the sinfulness
Of earth's destruction
Stilling our guilt

Yet beneath the blanket
Hidden evidence
Crying, accusing

Where are our tears
Of pain and remorse

Where is our courage
To face truth

Can we repent
And act with sharpness

Or are we frozen?

EMAILING THE CHURCH OFFICE

from Andrea Meier, Parish Admin.

It is always a pleasure to correspond with all of you in the Parish whether by phone or email. Thank you for helping me get acquainted to All Souls.

For efficiency sake, I am making the request that when you send emails, that you use the subject line judiciously to help me organize the many emails I receive, for easier categorization and search by subject.

Here are the top three:

FLOWERS

ANNOUNCEMENTS (put in date)

CONFERENCE ROOM REQUEST

No penalty will be imposed if you forget :) but this will help in the never ending pursuit of email organization.

Thank you!

MEN'S PRE-LENTEN FELLOWSHIP DINNER

The Men's Fellowship will be gathering on **Wednesday, February 11th**, in the Undercroft **beginning at 5:30 pm for a meal and fellowship.**

Join us for an evening of food and brotherhood before the Lenten season begins! Our special dinner will be generously prepared by Daniel Callis. The evening will conclude with a singalong of some of the Tin Pan Alley standards to honor Valentine's Day.

If you would like to attend please email

Ike Brannon

at chiefdeputyusher@gmail.com.

Sign Up Today!



RETREAT HAS BEEN POSTPONED

We are disappointed to share that we had to cancel our March offsite retreat at the Claggett Center due to a scheduling conflict. We are looking at alternatives and will let you know as we determine future plans. Many thanks to those of you who signed up.

SCOUT SUNDAY AND BRING A FRIEND SUNDAY FEBRUARY 15!

In these somber times, it is all the more important to share **GOOD NEWS OF LOVE FOR ALL** with our friends and family! Our all-girl Boy Scouts of America Troop 248, hosted by All Souls since 2019, **will hold their Scouts Sunday service on Sunday February 15 at 11 am.** Our girl Scouts will serve as lectors and ushers, and bring their families with them. The girls' parents will provide a delicious coffee hour afterwards in our Undercroft. Exciting!

In order to continue our numerical growth as a parish, your Vestry supports holding a **BRING A FRIEND service also on February 15th. Please do invite a friend or two, or a local family member to the 11 am service!** As followers of Jesus of Nazareth, we have wonderful news to share: God loves each and every human being on the face of our planet! God promises to include us all in God's family of mercy and compassion; God offers us God's eternal life that is available right here and now, if we want it. **So let's pack our sanctuary on Sunday February 15th!**

PARISH PRAYER LIST

The Washington Diocesan Cycle of Prayer, we pray for: Theological Education Sunday All Seminaries, Seminarians, and Seminary Faculty and Staff, Postulants and Candidates; Diocesan Commission on Ministry

In the Wider Anglican Communion, we pray for:
The Church of England

For those who are sick or in need, we pray especially for: Joe Howell, Elizabeth Orens, past Priest Associate at All Souls, Haiti, Palestine, Israel, Iran, Ukraine, Sudan;

We Give Thanks for:

All those who have contributed clothing to the clothes drive and to Woodley food bank.

Submit prayer requests to Andrea in the church office (andrea@allsoulsdc.org) to stay on for a month at a time. We are prepared to pray indefinitely for your requests.

SAMARITAN MINISTRY NEXT STEP BREAKFAST -- THE ANNUAL NEXT STEP

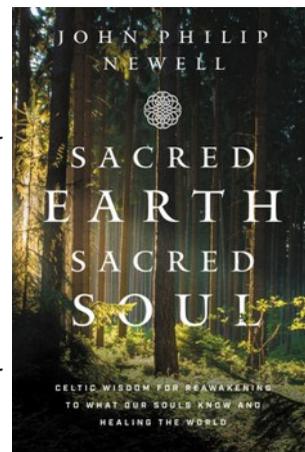


Breakfast celebrating and supporting Samaritan Ministry of Greater Washington (SMGW) **will be at the National Press Club on Saturday, March 14, from 9 am to 10:30 am.** This event is FREE, although there is an ask at the end of the breakfast for donations. **All Souls will have a table at this event, as it has in past years.** This is a special Next Step Breakfast celebrating 40 years of SMGW's service to the greater Washington area. **The keynote speaker will be Andy Shallal, Founder and CEO of the restaurant chain Busboys & Poets, whose life-long commitment to justice, community, and human dignity reflects the values that have guided SMGW for its four decades. SMGW was founded in 1986 by 11 Episcopal parishes and one Lutheran church, and is supported today by over 40 partner Episcopal parishes, including All Souls.** SMGW provides compassionate, on-going, one-on-one support and mentoring to individuals desiring to "take the next steps" to obtaining housing, employment, high school diplomas, and government IDs and benefits and accomplishing a host of other goals.

Please contact parishioners Joe Neal and Kurt Jacobs about attending this year's Next Step Breakfast at neal.joseph9@gmail.com and kurthjacobs@gmail.com.

MARK YOUR CALENDARS TO ATTEND THE LENTEN FORUMS

We are excited to announce that in our Lenten Forum series, starting February 22nd and ending March 22nd, we will explore **Celtic Christianity**, using the book by John Philip Newell *Sacred Earth, Sacred Soul*. Come and deepen your relationship with God in community at 10 a.m. in the Conference Room to prepare yourselves for Holy Week and Easter. Please order your book early from amazon; costs about \$9!

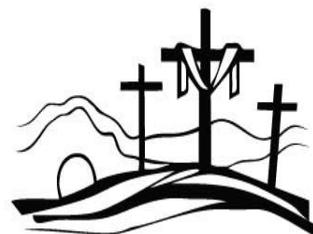


IMPORTANT DATES ASH WED / HOLY WEEK

Looking ahead, **Ash Wednesday is Feb. 18th** with our traditional **Pancake supper the evening before on Feb. 17th**. Volunteers will be needed. Let vNessa Acham or Dee Snyder know if you are willing to help out.

Palm Sunday is March 29th followed by **Holy Week with services on Maundy Thursday at 7 pm and Good Friday at noon and 7 pm.**

Easter Sunday is April 5th at 11 am; there will be no Forum those days.



WINTER INTO SPRING 2026
SUNDAY ADULT FAITH FORUM SERIES
MEETING IN THE CONFERENCE ROOM AT 10 AM

Bring your coffee! Bring your questions! Bring yourself!

February

- 1 - Collects of the Church Liturgy (Venessa Acham)
- 8 - African Bible Study: Lectio Divina (Rev. Sara Palmer)
(Based on a reading for the feast of Martin Luther King Jr., Pastor and Martyr)
- 15 - Spiritual Journey Interview (Rev. Sara Palmer)
- 22 - Lenten Book Study (Rev. Sara Palmer)

March

- 1 - Lenten Book Study (Forum Committee Member)
- 8 - Lenten Book Study Forum Committee Member)
- 15 - Lenten Book Study (Forum Committee Member)
- 22 - Lenten Book Study (Forum Committee Member)
- 29 - Passion (Palm) Sunday (NO FORUM)

April

- 5 - Easter Sunday (NO FORUM)
- 12 - Spiritual Journey Interview (Rev. Sara Palmer)
- 19 - What is Life? What is Death? (Sebastian Wellford)
- 26 - What is Life? What is Death? (Sebastian Wellford)

May

- 3 - White Christian Nationalism (David Palmer)
- 10 - Spiritual Journey Interview (Rev. Sara Palmer)
- 17 - Parish Reflections on Growth and Depth (Rev. Sara Palmer)



Staff

The Rev. Sara Palmer, *Rector*
rector@allsoulsdc.org
Andrea Meier, *Parish Administrator*
office@allsoulsdc.org
Tom Andrew, *Director of Music*
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Acolyte

Mike McGee
Heidi Rasciner

Lectors

Peter Laugesen
Anne Armstrong
Will Stewart

Ushers

Joe Neal
Vicky Drell

Coffee Hour

Owen Basil
Bill McKinley

All Souls Vestry, vestry@allsoulsdc.org

vEnessa Acham (2026)
Kurt Jacobs (2026)
James Lewis (2026)
John Longstreth (2027)
Tara Mancini (2028)
Nancy Morgan (2027)
Joe Neal (2028)
Will Stewart (2028)
Arthur Warren (2027)

Lisa Watson

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Jeff Wells

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Will Stewart

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For Vestry Minutes and Parish Documents

www.allsoulsdc.org/governance



Find AllSoulsDC on Facebook & Instagram

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