

NEWS FROM THE PEWS at All Souls

FEBRUARY 22, 2026



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 First Sunday in Lent
The Great Litaney**

11 am

Holy Eucharist

The Rev. Sara Palmer, Rector

If you are visiting today,
we joyfully welcome you!

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

Please join us downstairs in the
Undercroft after the service
for our coffee and fellowship hour.

Today's Readings

The First Lesson,
Genesis 2:15-17; 3:1-7

Kevin LeGrand

Psalm 32

Chanted by the choir

The Epistle

Romans 5:12-19
Sheila Arbury

The Gospel

Matthew 4:1-11
Mother Sara Palmer

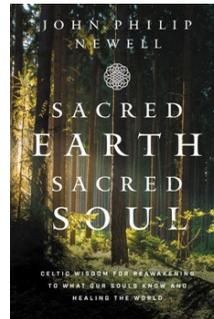
Prayers of the People

Embry Howell

LENTEN FORUM

studies **John Philip Newell** book:

Sacred Earth, Sacred Soul

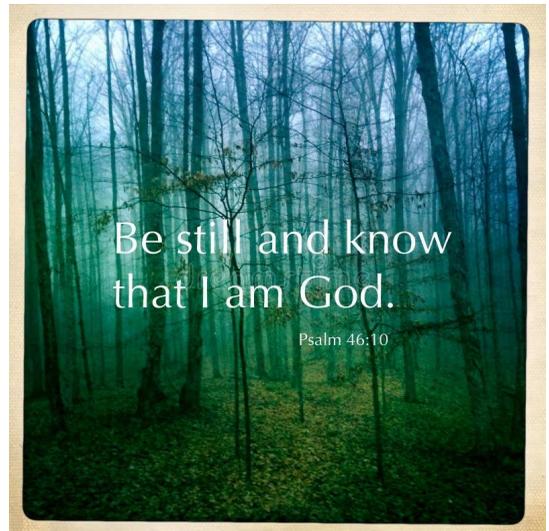


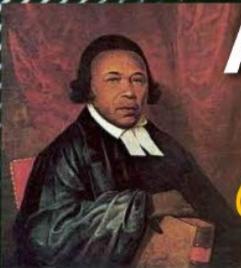
Our Lenten Forum series,
began today, February 22nd
and ends March 22nd.

We are exploring **Celtic
Christianity**, using the book
by John Philip Newell,
Sacred Earth, Sacred Soul.

Today Mother Sara covers the
Introduction and Chapter 1.

Please take a look at *page 5* of this
announcement sheet for more
information about each week's study.





ABSALOM JONES

Celebration

Guest Preacher
The Rev. Christopher James Duffie

Priest-in-Charge
 Church of the Holy Family
 Diocese of Chicago

Sunday, February 22, 2026
 3 pm

St. Andrew's Episcopal Church

4512 College Avenue
 College Park, MD 20740

The Rt. Rev. Mariann Edgar Budde, Celebrant

Crummell-Cooper Chapter




The Union of Black Episcopalians



*The offering will support the Walker-Jones scholarship Fund
 Bishop Walker School*

LENTEN QUIET MORNING

SATURDAY, FEBRUARY 28

9:30 am — 12:30 pm

Take time out of your busy schedules to connect with God and in community as we prepare ourselves during this Lenten season. **Join us on Saturday February 28th in the Undercroft at 9:30 am.** Mother Sara will teach us about the Psalms and how we can grow in our faith and in deeper relationship with the God who loves us so deeply. There will be time for silent reflection and meditation as well as discussion. Please bring a brown bag lunch that we will eat together at noon. Please sign up using the attached Sign Up Genius link. **We will need a minimum of 10 people to sign up by Feb. 23 for this Quiet Morning to take place.**



PARISH PRAYER LIST

The Washington Diocesan Cycle of Prayer, we pray for:

Pray for the work of the Standing Committee and their counsel to the bishop;

In the Wider Anglican Communion, we pray for:

The Church of Ireland;

For those who are sick or in need, we pray especially for: all immigrants living in fear, Haiti, Palestine, Israel, Iran, Ukraine, Sudan;

We Give Thanks for:

For the Gift of Lent

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.

SUNDAY, MARCH 8TH
SOUP LUNCHEON IN THE UNDERCROFT
TO BENEFIT SUSTAINABLE VILLAGES OF HONDURAS:

Plan to stay for delicious soups, chili, and bread provided by the Outreach Committee after church on March 8 and hear about the work of Sustainable Villages of Honduras (SVH). Honduras is the home of the Episcopal Diocese of Honduras (EDH), which is part of Province IX of The Episcopal Church (TEC) in the United States. EDH was established as a missionary district of TEC in 1967, and elevated to full diocesan status in 1985. Bishop Budde did two years of missionary work there in the 1980s. As of 2021, EDH had 33,088 baptized members across 150 missions and parishes. EDH operates in a context of poverty and drug-trade-induced violence, addressing communities' needs through programs like microcredit, health clinics, and youth formation. The Episcopal Diocese of Washington (EDOW) had a "sister" or "companion diocese" relationship with EDH from the mid-1990s to 2004 (when EDOW announced a formal partnership with the Anglican Church of South Africa), and EDOW continues to list EDH among its international relationships, with a particular focus in 2024 on education. Individual parishes in our Diocese continue to have longstanding ties to villages and Episcopal churches in Honduras. Since the 1990s, several Episcopal parishes in the D.C. area have supported the work of an eco-agronomist named Roy Lara in villages in northeast Honduras (the Santa Barbara Province) to diversify crops, use sustainable eco-friendly farming practices, and

get excess produce to markets to produce income. This work has also expanded to include replacing indoor fires with cook stoves, dirt floors with cement ones, and barren yards with kitchen gardens, as well as establishing or improving water systems and health clinics. To better support this work, in 2018, All Souls parishioners Melissa Barrett and Kurt Jacobs along with parishioners from St. Mark's Capitol Hill established a 501 (c)(3) incorporated in D.C. – SVH. Each year SVH raises approximately \$60,000 from supporters in the D.C. area to fund the work that Roy Lara and others do in rural villages in the Santa Barbara Province. In 2024-2025, this work included building a water system for the village of Monte Cristo, bringing water to 40 families/200 people who for fifty years had to walk long distances carrying buckets of water back to their village, as well as building and installing 150 cook stoves to eject smoke outdoors, paving 65 cement floors, opening health clinics, and continuing to teach and spread eco-agriculture through the villages. Come have soup and see the presentation of SVH Board member Thomas Fazio of Eco-City on the work SVH supports to make life sustainable in these Honduran villages, so that young people there have more options than attempting to get to the United States, or joining in the drug trade.

– Outreach Committee



**SAMARITAN
MINISTRY**
of Greater Washington

**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 or Sign Up on the Welcome Table and/or through the QR code.

**THE
CREATION ROSE**
World Premiere Screening

A film by
Peter Swanson

**A Gothic Cathedral
Meets a Modern Artist**

Featuring:
**Rowan LeCompte
Dieter Goldkuhle**

In 1942, amid the soaring halls of Washington Cathedral, architect Philip Frohman encountered a 16-year-old boy from Baltimore whose raw talent, he believed, could revolutionize the art of stained glass. Decades later that boy, Rowan LeCompte, would transform the very cathedral that first inspired him. This story of a stained-glass masterpiece reveals the passion, persistence, and vulnerability behind great art.

Thursday, March 12th 6:30
RM Washington National Cathedral
<https://www.ticketleap.events/tickets/wwwglobalvizcom/the-creation-rose-world-premier>

**SCAN THE QR CODE
FOR TICKETS OR GO**

**CAPITAL AREA FOOD BANK
VOLUNTEERING**

Our parish's next volunteer event at the Capital Area Food Bank is on Saturday, May 2, from 1 pm to 3:30 pm. We had 19 volunteers at our last Food Bank event, and had a grand time pouring through bins of canned and packaged goods, separating the wheat from the chaff, that is, the good from the past-expiration-date. Beforehand and after, we drank the Food Bank's super coffee drinks plus coffee we brought. We finished around 2:30 pm. Nineteen pairs of gloved hands make for fun and fast work. The Food Bank needs our help again. We are signed up to bring 20 volunteers this time, so please mark your calendars, sign-up, and come and have a good time contributing to your community. Sign Up Now. - The Outreach Committee



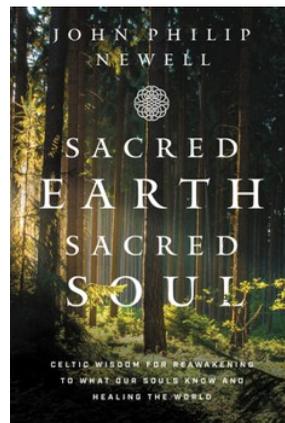
WINTER INTO SPRING 2026
SUNDAY ADULT FAITH FORUM SERIES
MEETING IN THE CONFERENCE ROOM AT 10 AM

Bring your coffee! Bring your questions! Bring yourself!

Lenten Book Study:

Sacred Earth, Sacred Soul

by John Philip Newell Available on Amazon



February

22 - Lenten Book Study, led by Mother Sara
Overview, Introduction and Chapter 1

March

1 - Lenten Book Study, led by Tara Mancini
Chapters 2 & 3

8 - Lenten Book Study, led by vEnessa Acham
Chapters 4 & 5

15 - Lenten Book Study, led by Peter Laugesen
Chapters 6 & 7

22 - Lenten Book Study, led by Sebastian Wellford
Chapter 9 and Conclusion

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)

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.



February
18, 2026
Shrove
Tuesday



A wonderful
**Shrove
Tuesday** of
pancakes with
toppings,
bacon and
sausage —
followed by
**Ash
Wednesday**
services.



ASH WEDNESDAY
First Day of Lent



Thank you to
all who set up,
cooked,
participated
and cleaned
up!!

February 19, 2026 Ash Wednesday





Staff

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

Acolyte

Lisa Watson
vEnessa Acham

Lectors

Kevin LeGrand
Sheila Arbury
Embry Howell

Ushers

Mahnaz Raeisi
Tara Mancini

Coffee Hour

Leybi Romero

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

senior.warden@allsoulsdc.org

Jeff Wells

junior.warden@allsoulsdc.org

Will Stewart

treasurer@allsoulsdc.org

For Vestry Minutes and Parish Documents

www.allsoulsdc.org/governance



Find AllSoulsDC on Facebook & Instagram

All Souls Episcopal Church

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