



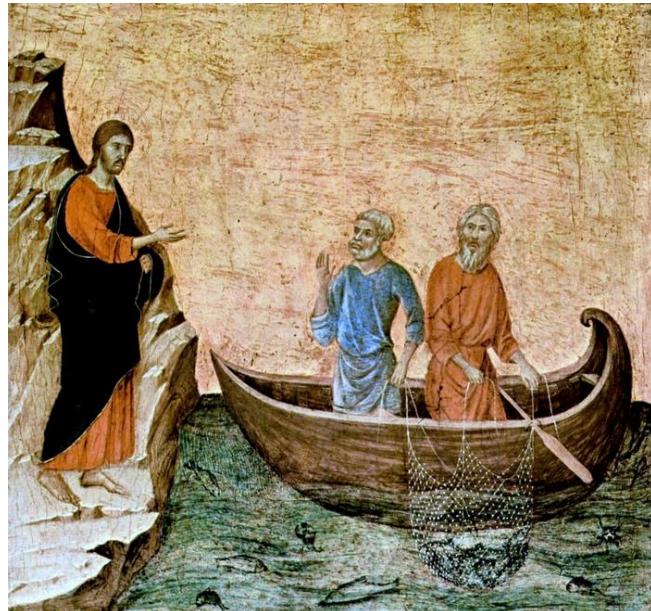
# The Episcopal Church of the Good Shepherd

[goodshepherdfw.org](http://goodshepherdfw.org)

## The Third Sunday after the Epiphany (Year A)

January 25, 2026 – 8:00 & 10:30 a.m. – Good Shepherd  
1:00 p.m. – Emmanuel All Nations

**Our Mission:** To know Christ and to make Christ's love known to others



Duccio, di Buoninsegna, -1319?. Christ Calling the Apostles Peter and Andrew, from *Art in the Christian Tradition*, a project of the Vanderbilt Divinity Library, Nashville, TN. <https://diglib.library.vanderbilt.edu/act-imagelink.pl?RC=49261> [retrieved January 21, 2026]. Original source: [https://commons.wikimedia.org/wiki/File:Duccio\\_di\\_Buoninsegna\\_036.jpg](https://commons.wikimedia.org/wiki/File:Duccio_di_Buoninsegna_036.jpg).

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## Good Shepherd Clergy, Staff, and Lay Leadership

The Rt. Rev. Phil LaBelle, *Bishop* ([plabelle@ecww.org](mailto:plabelle@ecww.org))

The Rev. Josh Hosler, *Rector* ([josh@goodshepherdfw.org](mailto:josh@goodshepherdfw.org))

The Rev. Dr. Roy McLuen, *Priest Associate (Retired)*

The Rev. Anna Lynn, *Deacon* ([anna@goodshepherdfw.org](mailto:anna@goodshepherdfw.org))

Alan Lynch, *Director of Music* ([alan@goodshepherdfw.org](mailto:alan@goodshepherdfw.org))

Evan Hershman, *Parish Administrator* ([evan@goodshepherdfw.org](mailto:evan@goodshepherdfw.org))

Tetiana Chyshynska, *Sexton*

Hilary Mayhan, *Bookkeeper* ([hilary@goodshepherdfw.org](mailto:hilary@goodshepherdfw.org))

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Karen White, *Treasurer* ([treasurer@goodshepherdfw.org](mailto:treasurer@goodshepherdfw.org))

Beth Shoemaker, *Assistant Treasurer* ([at@goodshepherdfw.org](mailto:at@goodshepherdfw.org))

Mary McClellan Aronen, *Ministry Coordinator*

## Today's Service Ministers

*Presider/Preacher:* The Rev. Josh Hosler

*Cantor:* Alana O'Donnell

January 25	8:00 a.m.	10:30 a.m.
Tech Team		Don Ramage, Bob Neal
Ushers		Jess Isenberg, Wadell Brent
Altar Guild		Rani Rose
Flowers		Mary Aronen
Worship Assistant	Beth Shoemaker	
First Lector	Andy Jowenson	Rick Kincade
Second Lector/Intercessor	Beth Shoemaker	Dilcia Brent
Eucharistic Ministers		Carole Loudenback, Judith Perkins
Coffee Hour	Laura and Tom Jowett	Karen White, Tracie Manolides, Alan Lynch
Counters		Linda Butcher, Mary Aronen

*We sing hymns at the 10:30 service only. All music used during this service, unless otherwise noted, is licensed for online streaming through onelicense.net #609900. Art files, unless otherwise noted, are licensed under the Creative Commons Attribution Noncommercial ShareAlike 3.0 License.*

## Welcome, Guests and Newcomers!

This is Christ's House. Come, you who feel weak and unworthy. Come, you who come often and you who have stayed away. Come, you who love Jesus, and you who wish you could. Come, sinners and saints, women, men, and gender non-conforming, gay and straight, young and old. Come, you who are lonely and long for friendship. Come, you who are homeless and you who have a place to rest your heads. Come, you who are citizens of this land and you who are not. Here you are citizens of the kingdom of God. Come join God's people at the feast prepared for you from the beginning of the world.

In addition to our weekly Sunday morning worship, we have been offering a variety of other online opportunities to connect—for people of all ages.

- Our website: [goodshepherdfw.org](http://goodshepherdfw.org).
- Our YouTube page: [tinyurl.com/gsfwyoutube](http://tinyurl.com/gsfwyoutube).
- Sign up for *The Shepherd's Crook*, our weekly newsletter, at [tinyurl.com/goodshepemails](http://tinyurl.com/goodshepemails).
- To go even deeper, join *Realm*, our online community of worshipers: [onrealm.org/goodshepfw](http://onrealm.org/goodshepfw).
- Shortcut to Realm Resources for parishioners (password-protected): [tinyurl.com/gsfwresources](http://tinyurl.com/gsfwresources).
- Make a financial pledge to Good Shepherd for 2026: [tinyurl.com/pledgegoodshep2026](http://tinyurl.com/pledgegoodshep2026).

## Recording and Streaming in Use

Recording and streaming in use: Please note that video cameras and microphones are capturing our 10:30 worship service, and that the resulting content is being transmitted online. Likewise, from time to time still photography of our worship services may be taken and used for church communications, websites, and other uses. By your presence within the worship space or on Zoom, you are indicating your consent to the possibility that your likeness may be captured and used in any of these ways. While video capture of congregants in the pews is relatively minimal, if you wish to guarantee you will not ever be depicted on video, the area toward the back of the pew seating area is unable to be picked up on camera.

## Land Acknowledgment

We acknowledge that the Church of the Good Shepherd sits on a seasonal campground of the [Puyallup](http://puyallup-tribe.com) ([puyallup-tribe.com](http://puyallup-tribe.com)) and [Coast Salish People](#), who have lived on and stewarded these lands for thousands of years and continue to do so today. We recognize that this land acknowledgement is one small step toward true allyship, and we commit to uplifting the voices, experiences, and histories of the Indigenous people of this land and beyond.

How can you make this Land Acknowledgment more than a performative gesture? Go to the tribe's news website (<https://news.puyalluptribe-nsn.gov/>) and sign up for their newsletter. Notice what issues are important to the Puyallup people and decide how you can begin to forge a learning relationship.

## HOLY EUCHARIST: Rite Two

### The Liturgy of the Word

*At the 8:00 service, we skip all musical portions or, where indicated, read the text of them.*

#### Processional Hymn: Christ, Be Our Light (Gather 3rd ed. #590)

##### Verses

1. Long-ing for light, we wait in dark-ness.  
2. Long-ing for peace, our world is trou-bled.  
3. Long-ing for food, man-y are hun-gry.  
4. Long-ing for shel-ter, man-y are home-less.  
5. Man-y the gifts, man-y the peo-ple,  
Long-ing for truth, we turn to you.  
Long-ing for hope, man-y de-spair.  
Long-ing for wa-ter, man-y still thirst.  
Long-ing for warmth, man-y are cold.  
man-y the hearts that yearn to be-long.  
Make us your own, your ho-ly peo-ple,  
Your word a-lone has pow'r to save us.  
Make us your bread, bro-ken for oth-ers,  
Make us your build-ing, shel-ter-ing for oth-ers,  
Let us be ser-vants to one an-oth-er,  
light for the world to see.  
Make us your liv-ing voice.  
shared un-til all are fed.  
walls made of liv-ing stone.  
mak-ing your king-dom come.

##### Refrain

Christ, be our light! Shine in our hearts.

Shine through the dark - ness. Christ, be our light!

Shine in your Church gath-ered to - day.

Text: Bernadette Farrell, b.1957  
 Tune: Bernadette Farrell, b.1957  
 © 1993, 2000, Bernadette Farrell. Published by OCP.

## The Opening Acclamation

*Presider:* Blessed be God: Father, Son, and Holy Spirit.

*People:* And blessed be God's kingdom, now and forever. Amen.

### Gloria (Wonder, Love, and Praise #900)

*At the 8:00 service we speak the text.*

Glo-ry to God in the high-est,

— and peace to his peo-ple on earth. Lord God,

heav'n-ly King, al - migh - ty God and Fa - ther, we wor - ship

you, we give you thanks, we praise you for your glo-ry.

(d = d. of preceding – same beat as before, not slower)

Fa - ther, —

Lord Je - sus Christ, — on - ly Son of the Fa - ther, Fa - ther, —

Lord God, Lamb of God, you take a - way the sin of the

world: have mer - cy on us; you are seat-ed at the right

hand of the Fa - ther: re - ceive our prayer. For

Fa - ther: re - ceive

you a - lone are the Ho - ly One, — you a - lone are the

Lord, — 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:* May God be with you.

*People:* **And also with you.**

*Presider:* Let us pray.

Give us grace, O Lord, to answer readily the call of our Savior Jesus Christ and proclaim to all people the Good News of his salvation, that we and the whole world may perceive the glory of his marvelous works; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

*The congregation is seated.*

## The Lessons

*Our readings from the Bible each week usually include one from the Old Testament or Hebrew Scriptures; a Psalm; one from the New Testament or Christian Scriptures; and a reading from one of the four Gospels, the accounts of the life of Jesus.*

### First Lesson (Isaiah 9:1–4)

*Lector:* A reading from the Book of the Prophet Isaiah.

The people who walked in darkness  
have seen a great light;  
those who lived in a land of deep darkness--  
on them light has shined.

You have multiplied the nation,  
you have increased its joy;  
they rejoice before you  
as with joy at the harvest,  
as people exult when dividing plunder.

For the yoke of their burden,  
and the bar across their shoulders,  
the rod of their oppressor,  
you have broken as on the day of Midian.

... Hear what the Spirit is saying to the Churches.

*People:* **Thanks be to God.**

The congregation stands as able.

**Gradual Hymn:** Christ for the World We Sing (*The Hymnal 1982* #537)

1 Christ for the world we sing! The world to  
2 Christ for the world we sing! The world to  
3 Christ for the world we sing! The world to  
4 Christ for the world we sing! The world to

Christ we bring with lov - ing zeal; the poor, and  
Christ we bring with fer - vent prayer; the way - ward  
Christ we bring with one ac - cord; with us the  
Christ we bring with joy - ful song; the new - born

them that mourn, the faint and o - ver - borne,  
and the lost, by rest - less pas - sions tossed,  
work to share, with us re - proach to dare,  
souls, whose days, re - claimed from er - ror's ways,

sin - sick and sor - row - worn, whom Christ doth heal.  
re - deemed at count - less cost from dark de - spair.  
with us the cross to bear, for Christ our Lord.  
in - spired with hope and praise, to Christ be - long.

Words: Samuel Wolcott (1813-1886). Music: *Moscow*, melody Felice de Giardini (1716-1796); harm. *The New Hymnal*, 1916 based on *Hymns Ancient and Modern*, 1875, and Lowell Mason (1792-1892).

## **The Gospel (Matthew 4:12–23)**

*Deacon:* The Holy Gospel of our Savior Jesus Christ according to Matthew.

*People:* Glory to you, Lord Christ.

When Jesus heard that John had been arrested, he withdrew to Galilee. He left Nazareth and made his home in Capernaum by the sea, in the territory of Zebulun and Naphtali, so that what had been spoken through the prophet Isaiah might be fulfilled:

“Land of Zebulun, land of Naphtali,  
on the road by the sea, across the Jordan, Galilee of the Gentiles—  
the people who sat in darkness  
have seen a great light,  
and for those who sat in the region and shadow of death  
light has dawned.”

From that time Jesus began to proclaim, “Repent, for the kingdom of heaven has come near.”

As he walked by the Sea of Galilee, he saw two brothers, Simon, who is called Peter, and Andrew his brother, casting a net into the sea—for they were fishermen. And he said to them, “Follow me, and I will make you fish for people.” Immediately they left their nets and followed him. As he went from there, he saw two other brothers, James son of Zebedee and his brother John, in the boat with their father Zebedee, mending their nets, and he called them. Immediately they left the boat and their father, and followed him.

Jesus went throughout Galilee, teaching in their synagogues and proclaiming the good news of the kingdom and curing every disease and every sickness among the people.

*Deacon:* The Gospel of the Lord.

*People:* Praise to you, Lord Christ.

## **The Sermon (The Rev. Josh Hosler)**

*Sermon audio is recorded and made available on our website.*

## **The Nicene Creed**

*The congregation stands as able. This statement of belief dates from the 4<sup>th</sup> century. Here we use it as a prayer. In our post-Enlightenment times, it is helpful to think of the word “believe” not as meaning merely “I intellectually assent,” but rather, “I place my trust.”*

**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:  
by the power of the Holy Spirit  
he became incarnate from the Virgin Mary,  
and was made man.  
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 and the Son.  
With the Father and the Son he is worshiped and glorified.  
He 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.

## **The Prayers of the People**

*Every week we pray, using a variety of liturgies, for the world, the church, and those in need. We offer prayers of thanks, and we remember those who have died. We maintain two channels of organized petitionary prayer, the Prayer List and the Prayer Chain.*

**Prayer List:** *To have a name read aloud for prayer during our Sunday services on a temporary or ongoing basis, contact the Rev. Josh Hosler at [rector@goodshepherdfw.org](mailto:rector@goodshepherdfw.org). A link to this list can be found in the Shepherd's Crook email and in Realm Resources.*

**Prayer Chain:** *To have a name and a concern emailed to a small group of designated parishioners for one-time, immediate prayer, contact Alisa Johnson at [alisajohnson@hotmail.com](mailto:alisajohnson@hotmail.com).*

*Deacon:* From the rising of the sun to its setting, let us proclaim God's name among the nations, joining our voices in hope as we pray:

*Intercessor:* Shine your light upon us, O Christ ...

*People:* ... and hear our prayer.

*Intercessor:* In your Church, that vessel of the Holy Spirit which you have entrusted to us; in those who commit themselves to her and in those who have yet to discover her benefits; in those whom she has hurt and in those who find in her a source of healing; and in confidence that she may yet bear true witness to the wonders of your love,

Shine your light upon us, O Christ ...

*People:* ... and hear our prayer.

*Intercessor:* In our nation, that our leaders may grow beyond narrow self-interest to claim their call as servants of the people, and that with our voices and our votes we may honor your wishes for our common life,

Shine your light upon us, O Christ ...

*People:* ... and hear our prayer.

*Intercessor:* In our world, that from its well-traveled roads to its remotest bounds your light may shine unhidden, and that we may find in ourselves the courage to walk by your light and preserve the world's creatures great and small,

Shine your light upon us, O Christ ...

*People:* ... and hear our prayer.

*Intercessor:* In all those whose lives are closely linked with ours, from our dearest friends and relatives to those who appear in our lives for the first time today, that we may keep expanding the circle of your welcome and never stop inviting others to come and see,

Shine your light upon us, O Christ ...

*People:* ... and hear our prayer.

*Intercessor:* In those who are suffering and those who are anxious, those who live in poverty and those who are in crisis, in all these your beloved treasures, especially those whom we remember today ...

*Pause for spoken or silent prayers from the congregation.*

... that you may cure every disease and sickness among your people,

Shine your light upon us, O Christ ...

*People: ... and hear our prayer.*

*Intercessor:* For those whose light has changed, becoming invisible and spreading throughout your eternity, and for all who miss basking in the glow of their embodiment, especially those whom we remember today ...

*Pause for spoken or silent prayers from the congregation.*

... that all our eyes may see your salvation as we depart in peace,

Shine your light upon us, O Christ ...

*People: ... and hear our prayer.*

*Presider:* Arise, shine, O Christ, for your light has come. In confidence of your unique revelation in our world in the person of Jesus of Nazareth, who was born, who ate and drank with us, who called and taught and healed us, and who lost everything only to take it up again with eternal power and glory, light our path daily, O Christ, that your love may spread until the Garden of Eden grows green again. **Amen.**

## **The Peace**

*Presider:* The peace of the Lord be always with you.

*People: And also with you.*

*We greet one another in the name of the Lord.*

## **Announcements**

### **A Prayer for Birthdays and Anniversaries**

**O God, our times are in your hand: Look with favor, we pray, on your servant(s) *N.* as *they* begin/*s*/ another year. Grant that *they* may grow in wisdom and grace, and strengthen *their* trust in your goodness all the days of *their lives*; through Jesus Christ our Lord. Amen.**

## The Offertory

*Presider:* Reconciled to one another, let us bring our gifts to God. Let us offer our whole selves on this altar, for it has become a table richly laid for the entire world. Come share joyfully in Christ's eternal feast.

*The congregation may be seated until the final verse of the offertory hymn or until motioned to stand.*



**To make a gift today** (not an advance pledge for 2026) using your mobile device, scan the QR code on the left ... or drop a check in the offering plate ... or mail a check to the Church of the Good Shepherd, P.O. Box 3108, Federal Way, WA 98063.



*On the third Sunday of each month, offerings not otherwise designated are contributed to the Rector's and Deacon's Discretionary Funds, which are used to help people in immediate need (parishioners or otherwise) or to assist new, as-yet-unbudgeted ministry opportunities.*

*We give not to "pay for the show," but as a spiritual practice of participation for the good of the world and of our souls. The Church of the Good Shepherd is able to operate because of the pledges of its members. We strongly encourage all members to make an annual pledge, no matter how large or small.*

**To make a pledge today for 2026**, use the pledge card found in your pew or go to <https://tinyurl.com/pledgegoodshep2026>.

**Offertory Hymn: Thy Strong Word Did Cleave the Darkness (The Hymnal 1982 #381)**

1 Thy strong word did cleve the dark - ness; at thy speak - ing  
 2 Lo, on those who dwelt in dark - ness, dark as night and  
 3 Thy strong word be - speaks us right - eous; bright with thine own  
 4 God the Fa - ther, Light - Cre - a - tor, to thee laud and

it was done; for cre - at - ed light we thank thee, deep as death, broke the light of thy sal - va - tion, ho - li - ness, glo - rious now, we press toward glo - ry, hon - or be; to thee, Light of Light be - got - ten,

while thine or - dered sea - sons run: Al-le - lu - ia, al - le - breathed thine own life - giv - ing breath: Al-le - lu - ia, al - le - and our lives our hopes con - fess: Al-le - lu - ia, al - le - praise be sung e - ter - nal - ly; Ho-ly Spi-rit, Light-Re - lu - ia! Praise to thee who light dost send! Al - le - lu - ia, lu - ia! Praise to thee who light dost send! Al - le - lu - ia, lu - ia! Praise to thee who light dost send! Al - le - lu - ia, veal - er, glo - ry, glo - ry be to thee; mor-tals, an-gels, al - le - lu - ia! Al - le - lu - ia with - out end! al - le - lu - ia! Al - le - lu - ia with - out end! al - le - lu - ia! Al - le - lu - ia with - out end! now and ev - er praise the Ho - ly Tri - ni - ty.

*The Alleluias in stanzas 1-3 may be sung antiphonally.*

Words: Martin H. Franzmann (1907-1976). From *Worship Supplement*. Copyright © 1969, Concordia Publishing House. Used by permission. Music: Ton-y Botel, Thomas John Williams (1869-1944).

# THE LITURGY OF THE TABLE

## The Great Thanksgiving

### Eucharistic Prayer B *(inclusive language)*

### *Presider*

## People

The Lord be with you. And also with you.

## Presider

## People

Lift up your hearts. 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.

*Presider:* It is right, and a good and joyful thing, always and everywhere to give thanks to you, Almighty God, Creator 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 Lord. Therefore we praise you, joining our voices with angels and archangels and with all the company of heaven, who forever sing this hymn to proclaim the glory of your Name:

**Sanctus** (*The Hymnal 1982* # S-125)

Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might,  
heaven and earth are full of your glo - ry. Ho -  
san - na in the high - est. Ho - san - na in the high - est.  
Blessed is he who comes in the name of the Lord. Ho -  
san - na in the high-est. Ho - san - na in the high-est.

Music: From *A Community Mass*; Richard Proulx (b. 1937). Copyright © 1971, 1977 GIA Publications, Inc.

*The people remain standing.*

*Presider:* 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 Jesus Christ, the Word made flesh. For in these last days you sent Jesus to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In Christ, you have delivered us from evil, and made us worthy to stand before you. In Christ, 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, our Savior Jesus Christ 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 Father,

*All:*

**We remember Christ's death,  
We proclaim Christ's resurrection,  
We await Christ's coming in glory;**

*Presider:* And we offer our sacrifice of praise and thanksgiving to you, O Savior of all; 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 in the sacrifice of Jesus Christ, through whom we are acceptable to you, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with all your saints, we may enter the everlasting heritage of your children; through Jesus Christ our Savior, the firstborn of all creation, the head of the Church, and the author of our salvation.

By Christ, and with Christ, and in Christ, in the unity of the Holy Spirit all honor and glory is yours, Almighty God, now and for ever.

*All: AMEN.*

*Presider:* 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**

*Silence is kept.*

*Presider:* Alleluia! Christ our Passover is sacrificed for us.

*People:* Therefore let us keep the feast. Alleluia!

At 10:30:

**Fraction Anthem:** Be Known to Us, Lord Jesus (*Wonder, Love, and Praise* #875)

*Cantor or Choir*

Be known to us, Lord Jesus, in the  
The dis-ci-ples knew the Lord Je-sus, } in the

break-ing of the bread. Be bread. The  
The dis-

bread which we break, al-le lu- ia, Is the com-  
mun-ion of the bod-y of Christ. Be  
The dis-

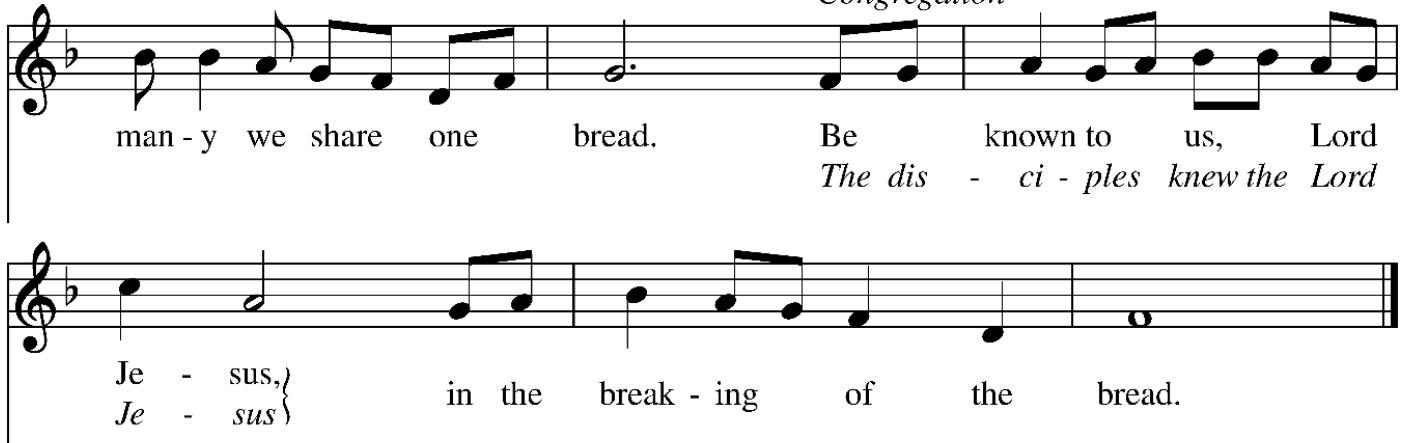
known to us, Lord Je-sus, } in the break-ing of the  
ci-ples knew the Lord Je-sus, } in the break-ing of the

bread. One bod-y are we, al-le lu- ia, for though

*Congregation*

*Cantor or Choir*

*Congregation*



man - y we share one bread. Be known to us, Lord  
*The dis - ci - ples knew the Lord*

Je - sus, { Je - sus, in the break - ing of the bread.

Music: Gary James (b. 1957). Copyright © 1992 Morningstar Music Publishers.

*Presider:* The gifts of God for the people of God. Take them in remembrance that Christ's light shines through you, and feed on him in your hearts by faith, with thanksgiving.

**Communion Music: I Am the Bread of Life (The Hymnal 1982 #335)**

1 I am the bread of life; they who  
 2 (The) Bread that I will give is my  
 3 (Un-) less you eat of the  
 4 I am the re - sur - rec - tion,  
 5 (Yes,) Lord, we be lieve that

1 come to me shall not hun - ger; they who be -  
 2 Flesh for the life of the world, and they who  
 3 Flesh of the Son of Man and  
 4 I am the life. They who be -  
 5 you are the Christ, the

1 lieve in me shall not thirst. No one can come to  
 2 eat of this bread, they shall live for  
 3 drink of his Blood, you shall not have life with -  
 4 lieve in me, e - ven if they  
 5 Son of God who has

1 me un - less the Fa - ther draw them.  
 2 ev - er. they shall live for ev - er.  
 3 in you. you shall not have life with - in you.  
 4 die, they shall live for ev - er.  
 5 come in to the world.

*Refrain*

And I will raise them up, and I will raise them

up, and I will raise them up on the  
last day. 2 The  
3 Un-  
4 —  
5 Yes,  
(  
)

## A Prayer for Spiritual Communion

*Those who cannot be with us on-site to receive Holy Communion may wish to add this private prayer:*

In union, O Lord, with the faithful at every altar of your Church, where the Holy Eucharist is now being celebrated, I offer you praise and thanksgiving. I present to you my soul and body with the earnest wish that I may always be united with you and with the Body of Christ. And since I cannot now receive you sacramentally, I ask you to come spiritually into my heart. I unite myself to you and to your Church, and I embrace you with all the affections of my soul. Let nothing ever separate you from me; may I live and die in your love. Amen.

## Sending Out Eucharistic Visitors

*If Eucharistic Visitors are to be sent to some who could not attend in person today, this prayer follows at the end of Holy Communion. Please stand as able.*

*Presider:* In the name of this congregation, I send you forth bearing these holy gifts, that those to whom you go may share with us in the communion of Christ's Body and Blood.

*People:* We who are many are one body, because we share one bread, one cup.

## Post-Communion Prayer

*The congregation stands as able.*

*Presider:* Let us pray.

*All:* Eternal God, you have graciously accepted us as living members of our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Savior. Amen.

**Sending Hymn:** I Want to Walk as a Child of the Light (*The Hymnal 1982* #490)

1 I want to walk as a child of the light.  
 2 I want to see the brightness of God.  
 3 I'm looking for the coming of Christ.

I want to follow Je sus.  
 I want to look at Je sus.  
 I want to be with Je sus.

God set the stars to give light to the world. The and  
 Clear sun of right-eous-ness, shine on my path, and we  
 When we have run with pa-tience the race,

star of my life is Je sus.  
 show me the way to the Fa ther.  
 shall know the joy of Je sus.

*Refrain*

In him there is no darkness at all. The  
 night and the day are both alike. The  
 Lamb is the light of the city of God.

*a tempo*

Shine in my heart, Lord Je - sus.

Words: Kathleen Thomerson (b. 1934). Copyright © 1970, 1975, Celebration, Aliquippa, PA 15001. All Rights Reserved. Used by permission. Music: Houston, Kathleen Thomerson (b. 1934).

## The Dismissal

*Presider:* Let us go forth in the name of Christ!

*People:* Thanks be to God!

*At this point our livestream ends. Coffee, snacks, and ongoing conversation are available after the 10:30 service in Seaman Hall. You can get there by going down the stairs at the rear of the worship space or by walking around the front of the building down a gently sloping path through the garden.*

# What's Happening at Good Shepherd?

*Because our service leaflet is posted on the Web for all to see, we don't print here parishioners' personal contact information. Members of Good Shepherd are given a printed parish directory. If you'd like to participate in something but don't know how to contact the appropriate person, please contact the church office at [office@goodshepherdfw.org](mailto:office@goodshepherdfw.org).*

## Announcements, Events, & Ministry Opportunities

### Midweek Bible Study

#### **Thursdays, 10:30–11:45 a.m. in the Gathering Room**

This group picks a book of the Bible to read straight through and discuss. Currently we are reading the Book of Isaiah. Questions? Contact **Pastor Josh**.

### Good Shepherd Annual Meeting

#### **TODAY after the 10:30 a.m. service in Seaman Hall (on-site only)**

Come hear the highlights of Good Shepherd in 2025, vote for new vestry members and Diocesan Convention delegates, and look forward to 2026. All are welcome to attend; all baptized adult members (16+) are urged to vote. This is also where the new year's budget is presented; the rector presents certain folks with the Rector's Pin; and we witness the giving of the much-coveted Praying Hands Award from one parishioner household to another. Come one, come all!

### Meal Train for Ania Malkowska Leek

Sign up now via Meal Train to help deliver meals to Good Shepherd member **Ania Malkowska-Leek**. Meal Train is an online tool that helps people plan a schedule for delivering meals to their community. To sign up for a time slot, or to provide a gift card, go to [tinyurl.com/CGSMeals126](https://tinyurl.com/CGSMeals126). Questions? Contact **Carole Loudenback**.

### Ladies Lunch

#### **Saturday, February 7, 12:00 p.m. at Janelle Coy's Home**

The Ladies Lunch is a chance for women in the church to come together over food and fellowship and get to know one another on a more personal level. It will be a potluck and the host will provide the entrée; guests can bring a side dish or dessert. Join us at the first meeting to discuss how we want to see this group develop in the future. RSVP to **Janelle Coy**.

### Mardi Gras (Shrove Tuesday)

#### **Tuesday, February 17, 6:00 p.m. (onsite only)**

Join us to celebrate the end of the Epiphany Season with our traditional Shrove Tuesday Pancake Supper, some musical entertainment and the burning of palms in preparation for the Season of Lent. It is a wonderful opportunity for fellowship and to welcome newcomers to our parish family. Invite your friends!

## **Ash Wednesday**

### **Wednesday, February 18, 12:00 p.m. (onsite only) and 7:00 p.m. (onsite and online)**

The holy season of Lent begins with a somber service of penitence and renewal. We have ashes imposed on our foreheads with the reminder that we are dust... and to dust we shall return. We will hold two Ash Wednesday services: one at noon, which will be on-site only; and another at 7:00 p.m., which will be both on-site and online.

## **Eucharistic Ministers and Visitors Training**

### **Saturday, February 28, 10:00 a.m. – 12:30 p.m.**

At the core of liturgical worship is the sharing of Holy Communion, made possible by the service of Eucharistic Ministers (EMs), who serve the chalice during Holy Eucharist. Eucharistic Visitors (EVs) bring communion to people in their homes when they can't make it to church. On this day, we'll teach all comers to do both jobs—and then let you decide whether you'd like to be regularly scheduled to serve in one or both capacities. (EMs and EVs must be confirmed/received in the Episcopal Church. EVs must pass a background check and complete an online training called Safe Church, Safe Communities.) RSVP to Ministry Coordinator **Mary Aronen**.

## **Are You Part of the Good Shepherd Legacy Society?**

If you have left the **Church of the Good Shepherd** in your estate plans, please let **Pastor Josh know** so we can maintain accurate records of our Legacy Society and enable continued communications with you. A list of Legacy Society is printed in the Annual Report each year. If you have not yet done so, reach out to Pastor Josh anyway! He has a packet of information and ideas to help you plan to leave a legacy to the church.

# GOD, SEX, AND HEALING AFTER DECONSTRUCTION

March 21, 2026 | Seattle, WA



**Thomas Jay Oord**



**Susan Cottrell**



**Michael Camp**

## God, Sex, and Healing After Deconstruction

**Saturday, March 21, 4:00-7:00 p.m.**

**Worship Space**

Struggling with toxic religion? Learn how to break free from harmful beliefs and find freedom and healing within an affirming spirituality. Be encouraged to address harmful beliefs in evangelicalism or some other high-control religion. Speakers and topics include:

### **8 Reasons and Responses to Faith Deconstruction - Tom Oord**

Why people deconstruct their faith and how “open and relational theology” helps rebuild a more rational, healthier spirituality that aligns with our intuitions about love and freedom.

### **The Joy of Sex After Deconstruction - Susan Cottrell**

How to deconstruct the sexual shame put on us by religionists and find joy again (or for the first time). Step into a fully affirming safe space for the LGBTQ+ and straight community.

### **Heal from Toxic Religion and Flourish Spiritually - Michael Camp**

Faith deconstruction is liberating but leaves scars of spiritual abuse and church hurt. Learn how to heal from toxic faith and thrive using lifegiving tools and love-based practices.

Space is limited, so registration is required at Eventbrite: <https://tinyurl.com/godsexhealing>.

Questions? Talk to **Pastor Josh**.