



The Episcopal Church of the Good Shepherd

goodshepherdfw.org

The Fourth Sunday after the Epiphany (Year A)

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



James, Laura. Sermon on the Mount, from *Art in the Christian Tradition*, a project of the Vanderbilt Divinity Library, Nashville, TN. <https://diglib.library.vanderbilt.edu/act-imagelink.pl?RC=57891> [retrieved January 27, 2026]. Original source: Laura James, <https://www.laurajamesart.com/collections/religious/>.

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253-839-6100

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*The Church of the Good Shepherd practices inclusion, inspires healing,
and promotes justice as we journey with Christ in love.*

Join our email list: <https://tinyurl.com/goodshepemails>

Good Shepherd Clergy, Staff, and Lay Leadership

The Rt. Rev. Phil LaBelle, *Bishop* (bishop@ecww.org)
The Rev. Josh Hosler, *Rector* (josh@goodshepherdffw.org)
The Rev. Dr. Roy McLuen, *Priest Associate (Retired)*
The Rev. Anna Lynn, *Deacon* (anna@goodshepherdffw.org)
Alan Lynch, *Director of Music* (alan@goodshepherdffw.org)
Evan Hershman, *Parish Administrator* (evan@goodshepherdffw.org)
Tetiana Chyshynska, *Sexton*
Hilary Mayhan, *Bookkeeper* (hilary@goodshepherdffw.org)
Judith Perkins, *Senior Warden*
Karen White, *Treasurer* (karen@goodshepherdffw.org)
Beth Shoemaker, *Assistant Treasurer* (beth@goodshepherdffw.org)
Mary McClellan Aronen, *Ministry Coordinator*

Today's Service Ministers

Presider/Preacher: The Rev. Josh Hosler
Cantor: Alana O'Donnell

February 1	8:00 a.m.	10:30 a.m.
Tech Team		Jason Armer, Dina Johnson
Ushers		Lady Bridget and Sir Stephen Akparanta
Altar Guild		Carole Loudenback
Flowers		Linda Butcher
Worship Assistant	Beth Shoemaker	
First Lector	Beth Shoemaker	Jane Ely
Second Lector/Intercessor	Jan Barber	Rick Kincade
Eucharistic Ministers		Mary Aronen, Maggie Monaghan
Coffee Hour	Meg and Christopher Stone	Alisa Johnson, Carole Loudenback, Karen Dobbs
Counters		Dina Johnson, Meg Stone

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.
- Our YouTube page: tinyurl.com/gsfwyoutube.
- Sign up for *The Shepherd's Crook*, our weekly newsletter, at tinyurl.com/goodshepemails.
- To go even deeper, join *Realm*, our online community of worshipers: onrealm.org/goodshepfw.
- Shortcut to Realm Resources for parishioners (password-protected): tinyurl.com/gsfwresources.
- Make a financial pledge to Good Shepherd for 2026: 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 \(puyallup-tribe.com\)](https://puyallup-tribe.com) and [Coast Salish People](https://coast.salishpeople.com), 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: Come, Christians, Join to Sing (Worship 4th ed. #628)



1. Come, Chris-tians, join to sing Al - le - lu - ia! A - men!
2. Come, lift your hearts on high: Al - le - lu - ia! A - men!
3. Praise yet the Lord a - gain: Al - le - lu - ia! A - men!



Loud praise to Christ our King, Al - le - lu - ia! A - men!
Let prais - es fill the sky: Al - le - lu - ia! A - men!
Life shall not end the strain: Al - le - lu - ia! A - men!



Let all, with heart and voice, Be - fore his throne re-joice;
He is our guide and friend; Our needs he will at-tend;
On heav-en's bliss - ful shore His good-ness we'll a - dore,



Praise is his gra-cious choice. Al - le - lu - ia! A - men!
His love shall nev - er end. Al - le - lu - ia! A - men!
Sing - ing for - ev - er - more: Al - le - lu - ia! A - men!

Text: Christian H. Bateman, 1813–1889

Tune: MADRID, 6 6 6 6 66 6 6; Spanish melody; arr. by Benjamin Carr, 1768–1831; harm. by David Evans, 1874–1948

The Opening Acclamation

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

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

The Collect for Purity

Presider: Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. **Amen.**

Gloria (Wonder, Love, and Praise #900)

At the 8:00 service we speak the text.

The musical score is written for a single melodic line in 3/4 time. It begins with a treble clef and a key signature of one sharp (F#). The melody is composed of eighth and quarter notes, with some rests. The lyrics are written below the staff, aligned with the notes. The score is divided into several systems, with the first system containing the first four lines of music. The second system contains the next four lines, including a double bar line and a key signature change to 2/4 time. The third system contains the final two lines of music, including a double bar line and a key signature change to 2/4 time. The lyrics are: "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. — Fa - ther, — Lord Je - sus Christ, — on - ly Son of the Fa - ther, Fa - ther, — Fa - ther, — Lord God, Lamb of God, you take a - way the sin of the".

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. —
(♩ = ♩. of preceding – same beat as before, not slower) Fa - ther, —
Lord Je - sus Christ, — on - ly Son of the Fa - ther,
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
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.

Music: John Rutter (b. 1945). Copyright © Oxford University Press.

The Collect of the Day

Presider: May God be with you.

People: **And also with you.**

Presider: Let us pray.

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

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 (Micah 6:1–8)

Lector: A reading from the Book of the Prophet Micah.

Hear what the LORD says:

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

Hear, you mountains, the controversy of the LORD,
and you enduring foundations of the earth;

for the LORD has a controversy with his people,
and he will contend with Israel.

“O my people, what have I done to you?

In what have I wearied you? Answer me!

For I brought you up from the land of Egypt,
and redeemed you from the house of slavery;

and I sent before you Moses,
Aaron, and Miriam.

O my people, remember now what King Balak of Moab devised,
what Balaam son of Beor answered him,

and what happened from Shittim to Gilgal,
that you may know the saving acts of the LORD.”

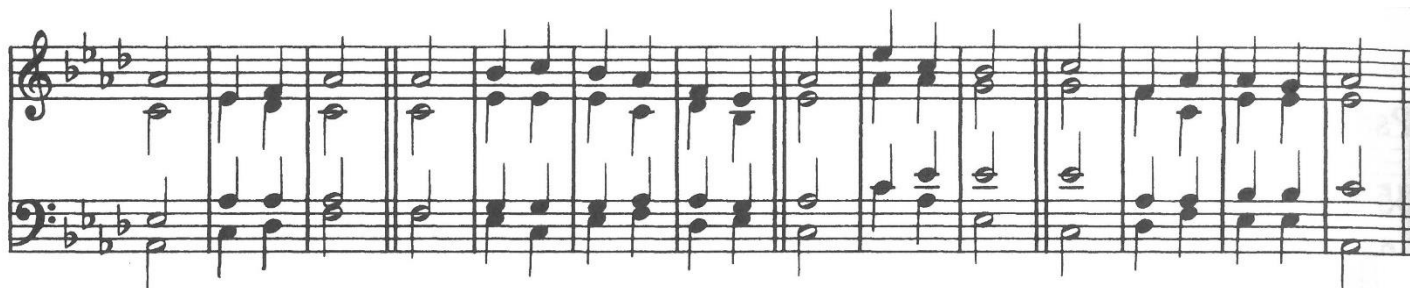
“With what shall I come before the LORD,
 and bow myself before God on high?
 Shall I come before him with burnt-offerings,
 with calves a year old?
 Will the LORD be pleased with thousands of rams,
 with tens of thousands of rivers of oil?
 Shall I give my firstborn for my transgression,
 the fruit of my body for the sin of my soul?”
 He has told you, O mortal, what is good;
 and what does the LORD require of you
 but to do justice, and to love kindness,
 and to walk humbly with your God?

Psalm 15

At 8:00, the first lector invites us to read the text as follows:

Let us pray the psalm responsively by verse.

At 10:30, the congregation is invited to sing along with the cantor or choir.



Setting: George Thalben-Ball

- 1 LORD, who may dwell in your tabernacle? *
 who may abide upon your holy hill?
- 2 Whoever leads a blameless life and does what is right, *
 who speaks the truth from his heart.
- 3 There is no guile upon his tongue;
 he does no evil to his friend; *
 he does not heap contempt upon his neighbor.
- 4 In his sight the wicked is rejected, *
 but he honors those who fear the LORD.

5 He has sworn to do no wrong *
and does not take back his word.

6 He does not give his money in hope of gain, *
nor does he take a bribe against the innocent.

†7 Whoever does these things *
shall never be overthrown.

Second Lesson (1 Corinthians 1:18–31)

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

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

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

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

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

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

People: **Thanks be to God.**

The congregation stands as able.

Gradual Hymn: Blest Are the Pure in Heart (*The Hymnal 1982* #656)

The image shows a musical score for a hymn. It consists of two systems of music, each with a treble and bass staff. The key signature is one sharp (F#), and the time signature is common time (C). The lyrics are written below the staves. The first system contains four lines of lyrics, and the second system contains three lines. The music is a simple, hymn-like melody with chords.

1 Blest are the pure in heart, for they shall see our God; the
2 The Lord, who left the heavens our life and peace to bring, to
3 he to the low - ly soul will still him - self im - part and
4 Lord, we thy pres - ence seek; may ours this bless - ing be; give

se - cret of the Lord is theirs, their soul is Christ's a - bode.
dwell in low - li - ness with us, our pat - tern and our King;
for his dwell - ing and his throne will choose the pure in heart.
us a pure and low - ly heart, a tem - ple fit for thee.

Words: Sts. 1 and 3, John Keble (1792-1866), alt.; sts. 2 and 4, William John Hall (1793-1861), alt. Music: *Franconia*, melody Johann Balthasar König (1691-1758); adapt. and harm. William Henry Havergal (1793-1870).

The Gospel (Matthew 5:1–12)

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

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

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

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

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

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

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

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

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

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

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

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

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 4th 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@goodshepherdffw.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.*

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 Confession of Sin

Deacon: Let us confess our sins to God.

Silence. The people may kneel or stand.

All: God of all mercy, we confess that we have sinned against you, opposing your will in our lives. We have denied your goodness in each other, in ourselves, and in the world you have created. We repent of the evil that enslaves us, the evil we have done, and the evil done on our behalf. Forgive, restore, and strengthen us through our Savior Jesus Christ, that we may abide in your love and serve only your will. Amen.

Presider: Almighty God have mercy on you, forgive you all your sins through the grace of Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. **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.

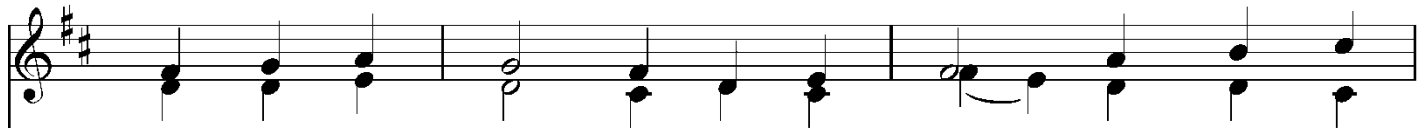
We give not to "pay for the show," but as a spiritual practice of participation for the good of the world and of our souls. The Church of the Good Shepherd is able to operate because of the pledges of its members. We strongly encourage all members to make an annual pledge, no matter how large or small.

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




Angelico, fra, approximately 1400-1455. Sermon on the Mount, from *Art in the Christian Tradition*, a project of the Vanderbilt Divinity Library, Nashville, TN. <https://diglib.library.vanderbilt.edu/act-imagelink.pl?RC=58321> [retrieved January 29, 2026]. Original source: https://commons.wikimedia.org/wiki/File:Fra_Angelico_-_Die_Bergpredigt.jpeg.


Offertory Hymn: Lord, Make Us Servants of Your Peace (*The Hymnal 1982* #593)



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







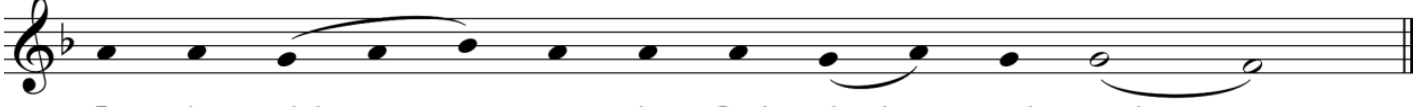
1 hate, may we sow love; where there is hurt, may we for -
 2 gloom, may we sow hope; where all is night, may we sow
3 soled, but to con - sole, nor look to un - der - stand - ing
 4 love un - self - ish - ly, for in our giv - ing we re -
 5 night to end - less day: Lord, make us ser - vants of your



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

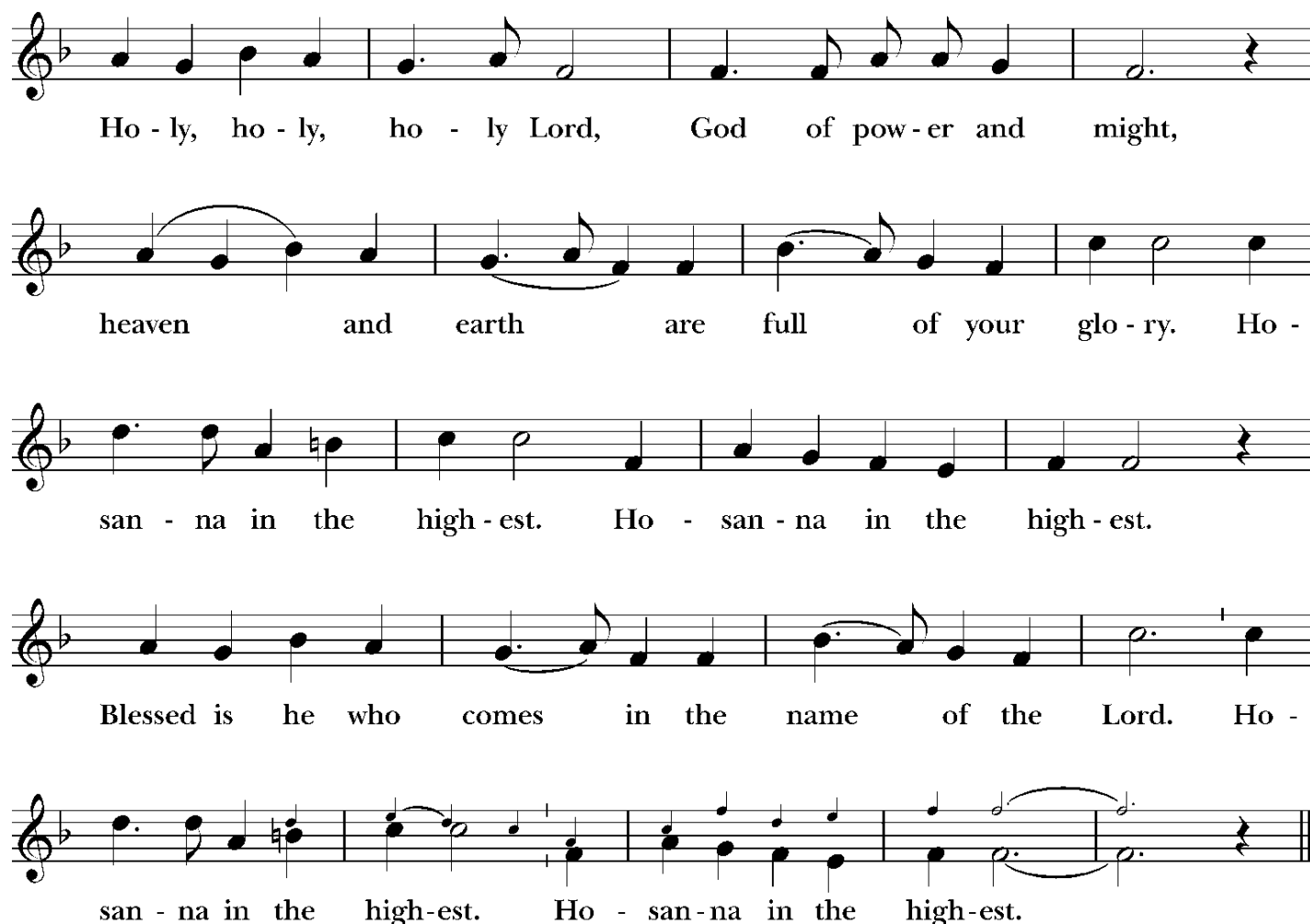
Words: James Quinn (b. 1919), based on a prayer att. to St. Francis of Assisi (1182-1226). Copyright © James Quinn, SJ, printed by permission of Geoffrey Chapman, a division on Cassell Ltd. Music: *Dickinson College*, Lee Hastings Bristol, Jr. (1923-1979). Copyright © 1962, Theodore Presser Co. used by permission of the publisher.

THE LITURGY OF THE TABLE
The Great Thanksgiving
Eucharistic Prayer B *(inclusive language)*

<i>Presider</i>	<i>People</i>
	
The___ Lord be___ with___ you.	And___ al - so with you.
<i>Presider</i>	<i>People</i>
	
Lift___ up your_ hearts.____	We lift___ them to___ the Lord.____
<i>Presider</i>	
	
Let us give thanks_____ to the Lord___ our God.	
<i>People</i>	
	
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:

At 8:00:

**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.**

At 10:30:

Our Fath-er in Heav-en, Ho-ly is your name. Your king - dom
come, your will be done on earth as it is in_ Heav - en.
Give us this day our dai - ly_ bread and for-give us our sins. For-give us our sins as
we for-give those who have sinned a-gainst us. And save us from the time of trial.
For yours is the king-dom. Yours is the glo-ry for - ev-er and ev-er. A-
men._____ Yours is the king-dom. Yours is the glo-ry for - ev - er and
ev-er. A - men,_____ for - ev-er and ev-er. A - men._____

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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 Je - sus, } in the
The dis - ci - ples knew the Lord Je - sus }

1. *Congregation* 2. *Cantor or Choir*

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

bread which we break, al - le - lu - ia, Is the com -

Congregation

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 }

Cantor or Choir

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

Congregation

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

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

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: Offertory

Alana O'Donnell, soloist

With what shall I come before the Lord,
and bow myself before God on high?
Shall I come before Him with burnt offerings,
Shall I come before Him with yearling calves?
Will the Lord be pleased with thousands of rams,
with ten thousand rivers of oil?
Shall I give Him my firstborn for my
transgressions,

the fruit of my body for the sin of my soul?
He has shown you, O man;
He has shown you what is good.
And what does the Lord require of you
but to do justly and to love kindness,
and to walk humbly, walk humbly with your God?

Text: Micah 6:6-8; Music: John Ness Beck, arr. Craig Courtney

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

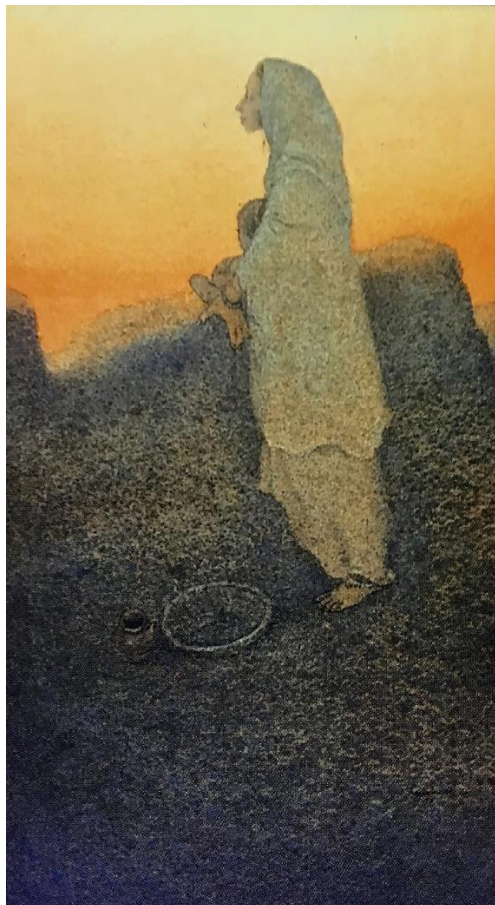
The congregation stands as able.

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.**

The Blessing

Presider: May Christ, the Son of God, be manifest in you, that your lives may be a light to the world; and the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be among you, and remain with you always. **Amen.**



Wesley, Frank, 1923-2002. Blessed are the Poor, from *Art in the Christian Tradition*, a project of the Vanderbilt Divinity Library, Nashville, TN. <https://diglib.library.vanderbilt.edu/act-imagelink.pl?RC=59231> [retrieved January 29, 2026]. Original source: Estate of Frank Wesley, http://www.frankwesleyart.com/main_page.htm.

Sending Hymn: The Church's One Foundation (*The Hymnal 1982* #525)

1 The Church's one foun - da - tion is Je - sus Christ her Lord;
 2 E - lect from ev - ery na - tion, yet one o'er all the earth,
 3 Though with a scorn - ful won - der men see her sore op - pressed,
 4 Mid toil and tri - bu - la - tion, and tu - mult of her war
 5 Yet she on earth hath un - ion with God, the Three in One,

1 she is his new cre - a - tion by wa - ter and the word:
 2 her char - ter of sal - va - tion, one Lord, one faith, one birth;
 3 by schi - sms rent a - sun - der, by her - e - sies dis - tressed;
 4 she waits the con - sum - ma - tion of peace for ev - er - more;
 5 and mys - tic sweet com - mun - ion with those whose rest is won.

1 from heaven he came and sought her to be his ho - ly bride;
 2 one ho - ly Name she bless - es, par - takes one ho - ly food,
 3 yet saints their watch are keep - ing, their cry goes up, "How long?"
 4 till with the vi - sion glo - rious her long - ing eyes are blessed,
 5 O hap - py ones and ho - ly! Lord, give us grace that we

1 with his own blood he bought her, and for her life he died.
 2 and to one hope she press - es, with ev - ery grace en - dued.
 3 and soon the night of weep - ing shall be the morn of song.
 4 and the great Church vic - to - rious shall be the Church at rest.
 5 like them, the meek and low - ly, on high may dwell with thee.

Words: Samuel John Stone (1839-1900). Music: *Aurelia*, Samuel Sebastian Wesley (1818-1876).

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@goodshepherdflw.org.

Announcements, Events, & Ministry Opportunities

Annual Meeting Summary

What happened at the Good Shepherd Annual Meeting on January 25? We elected new vestry members: **Karen Dobbs**, **Betsy Grabinski**, and **Don Ramage**. **Judith Perkins** will continue to serve as Senior Warden for 2026, and **Karen White** as Treasurer. (The vestry will elect a new Junior Warden at its annual retreat February 6-8). Karen presented the year-end financial numbers and the budget for 2026. We elected **Jennie Donahe** and **Beth Shoemaker** to represent us at Diocesan Convention in 2026 and 2027. We chose Good Shepherd's new mission statement! You'll find it on the cover of this service leaflet. Four parishioners received the Rector's Pin—**Lady Bridget Akparanta**, **Tracie Manolides**, **Judith Perkins**, and **Beth Shoemaker**—with a fifth person, who was absent, to receive it later. And **Nancy Krueger** passed the Praying Hands Award on to **Dina Johnson**. Be sure to pick up a copy of the **Annual Report 2025** in the entryway.

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**.

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. Questions? Contact **Carole Loudonback**.

Vestry Retreat

February 6-8 at the Sacred Waters Retreat Center

Your vestry will be away next weekend at its annual retreat. On February 8, **the Rev. Carol Hosler** will preside in Josh's absence and **the Rev. Anna Lynn** will preach.

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. (on-site only) and 7:00 p.m. (on-site 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.

Lenten Study Group: God Moments

Wednesdays at 7:00–8:30 p.m., February 25–March 25

What's a God Moment? Why and what does that mean to me? A little curious? Intrigued by the concept? Join us as we explore this fascinating aspect of life as a Christian. Recommended (not required) reading is the book *Experiencing God: Faith Narratives of Episcopalians*. Register on Realm, or contact **Evan Hershman** (office@goodshepherdffw.org). The class is planned to take place on Zoom, but an in-person component may be added depending on interest. Questions? Contact **Janelle Coy** or **Judith Perkins**.

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**.

Facilities Work Party

Saturday, March 14, 10:00 a.m. – 12:00 p.m.

Let's do a little spring cleaning before Easter! The Facilities Team invites one and all to a Saturday morning time of tidying and maintaining. Projects may include moss removal, hauling heavy things, trimming trees and bushes, cleaning windows, etc. All ages are welcome. Questions? Contact **Pastor Josh**.

Emergency Preparedness Training in Federal Way

Wednesdays, April 15–June 10, 6:00 – 8:30 p.m. at City Hall

You are invited to participate in free basic emergency preparedness training this spring, sponsored by the city's Community Emergency Response Team (CERT). Learn essential skills to help support First Responders in the event of an emergency such as earthquake, flooding, or other disasters. Anyone in our city community may attend, free of charge. To sign up or ask questions, contact Sharon Green, Federal Way Emergency Management outreach coordinator, at sharon.green@federalwaywa.gov or (206) 930-6645.

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**.