



The Episcopal Church of the Good Shepherd

goodshepherdfw.org

The Fifth Sunday after the Epiphany (Year A)

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



Hochhalter, Cara B.. Let Your Light Shine, from *Art in the Christian Tradition*, a project of the Vanderbilt Divinity Library, Nashville, TN. <https://diglib.library.vanderbilt.edu/act-imagelink.pl?RC=59034> [retrieved February 5, 2026]. Original source: Cara B. Hochhalter.

Mail to: P.O. Box 3108, Federal Way, WA 98063
253-839-6100

goodshepherdfw.org • facebook.com/goodshepherdfw • instagram.com/goodshepherdfw • tinyurl.com/gsfwyoutube

*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. Anna Lynn, *Deacon* (anna@goodshepherdffw.org)
 The Rev. Dr. Roy McLuen, *Priest Associate (Retired)*
 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: The Rev. Carol Hosler
Deacon/Preacher: The Rev. Anna Lynn
Cantor: Alana O'Donnell

February 8	8:00 a.m.	10:30 a.m.
Tech Team		Deb Smith, Konrad Thomas
Ushers		Wadell Brent, Lee Hitzeman
Altar Guild		Rani Rose
Flowers		Tracie Manolides
Worship Assistant	Shannon Molina	
First Lector	Andy Jowenson	Jane Ely
Second Lector/Intercessor	Shannon Molina	Mark Medlin
Eucharistic Ministers		Anna Lynn, Carole Loudenback
Coffee Hour	Laura and Tom Jowett	Linda Butcher, Judith Perkins, Janelle Coy
Counters		Susan Ennaro, Jane Ely

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: For the Fruits of This Creation (*Worship* 4th ed. #857)



1. For the fruits of all cre - a - tion, Thanks be to
2. In the just re - ward of la - bor, God's will is
3. For the har - vests of the Spir - it, Thanks be to



God. For the gifts to ev - 'ry na - tion,
done. In the help we give our neigh - bor,
God. For the good we all in - her - it,



Thanks be to God. For the plow - ing, sow - ing, reap - ing,
God's will is done. In our world - wide task of car - ing
Thanks be to God. For the won - ders that a - stound us,



Si - lent growth while we are sleep - ing, Fu - ture needs in
For the hun - gry and de - spair - ing, In the har - vests
For the truths that still con - found us, Most of all, that



earth's safe keep - ing, Thanks be to God.
we are shar - ing, God's will is done.
love has found us, Thanks be to God.

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.



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

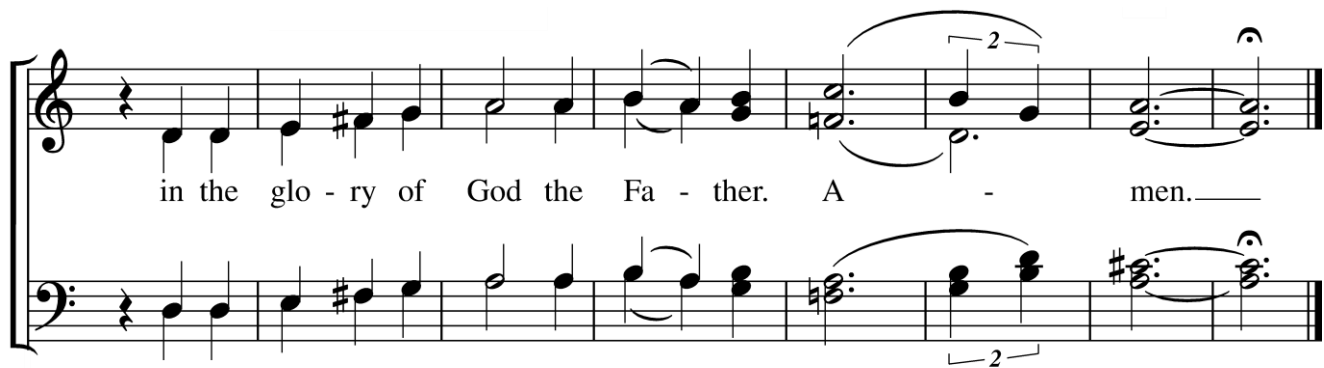
world: have mer - cy on us; you are seat - ed at the right

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

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,



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.

Set us free, O God, from the bondage of our sins, and give us the liberty of that abundant life which you have made known to us in your Son our Savior Jesus Christ; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for 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 58:1–12)

Lector: A reading from the Book of the prophet Isaiah.

Shout out, do not hold back!
 Lift up your voice like a trumpet!
 Announce to my people their rebellion,
 to the house of Jacob their sins.
 Yet day after day they seek me
 and delight to know my ways,
 as if they were a nation that practiced
 righteousness
 and did not forsake the ordinance
 of their God;

they ask of me righteous judgments,
 they delight to draw near to God.
 “Why do we fast, but you do not see?
 Why humble ourselves, but you do
 not notice?”
 Look, you serve your own interest on
 your fast day,
 and oppress all your workers.
 Look, you fast only to quarrel and to
 fight
 and to strike with a wicked fist.

Such fasting as you do today
will not make your voice heard on
high.

Is such the fast that I choose,
a day to humble oneself?

Is it to bow down the head like a
bulrush,
and to lie in sackcloth and ashes?

Will you call this a fast,
a day acceptable to the LORD?

Is not this the fast that I choose:
to loose the bonds of injustice,
to undo the thongs of the yoke,
to let the oppressed go free,
and to break every yoke?

Is it not to share your bread with the
hungry,
and bring the homeless poor into
your house;

when you see the naked, to cover them,
and not to hide yourself from your
own kin?

Then your light shall break forth like the
dawn,
and your healing shall spring up
quickly;

your vindicator shall go before you,
the glory of the LORD shall be your
rear guard.

Then you shall call, and the LORD will
answer;
you shall cry for help, and he will
say, Here I am.

If you remove the yoke from among
you,
the pointing of the finger, the
speaking of evil,
if you offer your food to the hungry
and satisfy the needs of the afflicted,
then your light shall rise in the darkness
and your gloom be like the
noonday.

The LORD will guide you continually,
and satisfy your needs in parched
places,
and make your bones strong;
and you shall be like a watered garden,
like a spring of water,
whose waters never fail.

Your ancient ruins shall be rebuilt;
you shall raise up the foundations of
many generations;
you shall be called the repairer of the
breach,
the restorer of streets to live in.

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

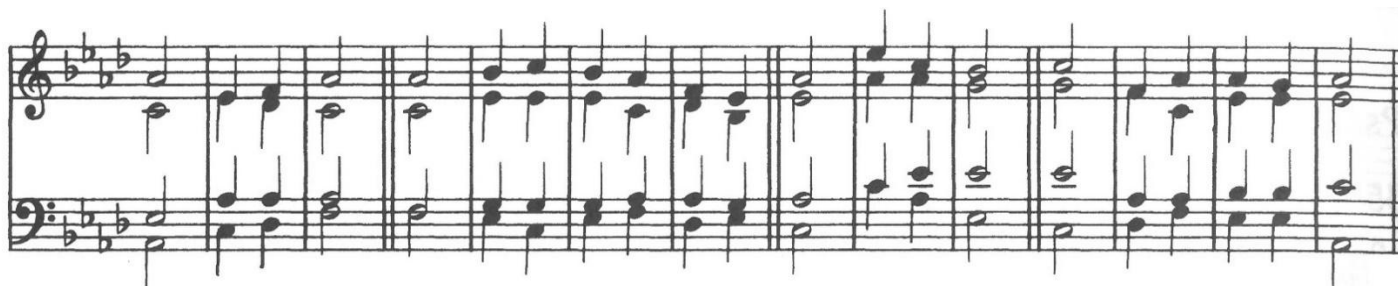
People: **Thanks be to God.**

Psalm 112:1–10

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 Hallelujah!

Happy are they who fear the LORD *
and have great delight in his commandments!

2 Their descendants will be mighty in the land; *
the generation of the upright will be blessed.

3 Wealth and riches will be in their house, *
and their righteousness will last for ever.

4 Light shines in the darkness for the upright; *
the righteous are merciful and full of compassion.

5 It is good for them to be generous in lending *
and to manage their affairs with justice.

6 For they will never be shaken; *
the righteous will be kept in ever-lasting remembrance.

7 They will not be afraid of any evil rumors; *
their heart is right;
they put their trust in the Lord.

8 Their heart is established and will not shrink, *
until they see their desire upon their enemies.

9 They have given freely to the poor, *
and their righteousness stands fast for ever;
they will hold up their head with honor.

10 The wicked will see it and be angry;
they will gnash their teeth and pine away; *
the desires of the wicked will perish.

Second Lesson (1 Corinthians 2:1–16)

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

When I came to you, brothers and sisters, I did not come proclaiming the mystery of God to you in lofty words or wisdom. For I decided to know nothing among you except Jesus Christ, and him crucified. And I came to you in weakness and in fear and in much trembling. My speech and my proclamation were not with plausible words of wisdom, but with a demonstration of the Spirit and of power, so that your faith might rest not on human wisdom but on the power of God.

Yet among the mature we do speak wisdom, though it is not a wisdom of this age or of the rulers of this age, who are doomed to perish. But we speak God's wisdom, secret and hidden, which God decreed before the ages for our glory. None of the rulers of this age understood this; for if they had, they would not have crucified the Lord of glory. But, as it is written,

“What no eye has seen, nor ear heard,
nor the human heart conceived,
what God has prepared for those who love him”—

these things God has revealed to us through the Spirit; for the Spirit searches everything, even the depths of God. For what human being knows what is truly human except the human spirit that is within? So also no one comprehends what is truly God's except the Spirit of God. Now we have received not the spirit of the world, but the Spirit that is from God, so that we may understand the gifts bestowed on us by God. [And we speak of these things in words not taught by human wisdom but taught by the Spirit, interpreting spiritual things to those who are spiritual.

Those who are unspiritual do not receive the gifts of God's Spirit, for they are foolishness to them, and they are unable to understand them because they are spiritually discerned. Those who are spiritual discern all things, and they are themselves subject to no one else's scrutiny.

“For who has known the mind of the Lord
so as to instruct him?”

But we have the mind of Christ.

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

People: **Thanks be to God.**

The congregation stands as able.

Gradual Hymn: Christ is the World's True Light (*The Hymnal 1982* #542)

1 Christ is the world's true Light, its Cap-tain of sal - va - tion,
2 In Christ all rac - es meet, their an-cient feuds for - get - ting,
3 One Lord, in one great Name u - nite us all who own thee;

the Day - star clear and bright of ev - ery race and na - tion;
the whole round world com - plete, from sun-rise to its set - ting;
cast out our pride and shame that hin - der to en - throne thee;

new life, new hope a - wakes, for all who own his sway:
when Christ is throned as Lord all shall for - sake their fear,
the world has wait - ed long, has tra - vailed long in pain;

free - dom her bond - age breaks, and night is turned to day.
to plough-share beat the sword, to prun - ing - hook the spear.
to heal its an - cient wrong, come, Prince of Peace, and reign.

The musical score is written for a four-part choir (Soprano, Alto, Tenor, Bass) and piano accompaniment. It consists of four systems of music. Each system has a vocal line with three parts (Soprano, Alto, Tenor) and a piano accompaniment line. The lyrics are written below the vocal lines. The music is in G major and 4/4 time. The key signature has one sharp (F#). The tempo is marked 'Andante'. The score ends with a double bar line.

Words: George Wallace Briggs (1892-1955), alt. By permission of Oxford University Press. Music: *St. Joan*, Percy E. B. Collier (1892-?). Copyright © The Church Pension Fund.

The Gospel (Matthew 5:13–20)

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

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

Jesus said, “You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot.

“You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

“Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfill. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.”

Deacon: The Gospel of the Lord.

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

The Sermon (*The Rev. Anna Lynn*)

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@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.*

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.

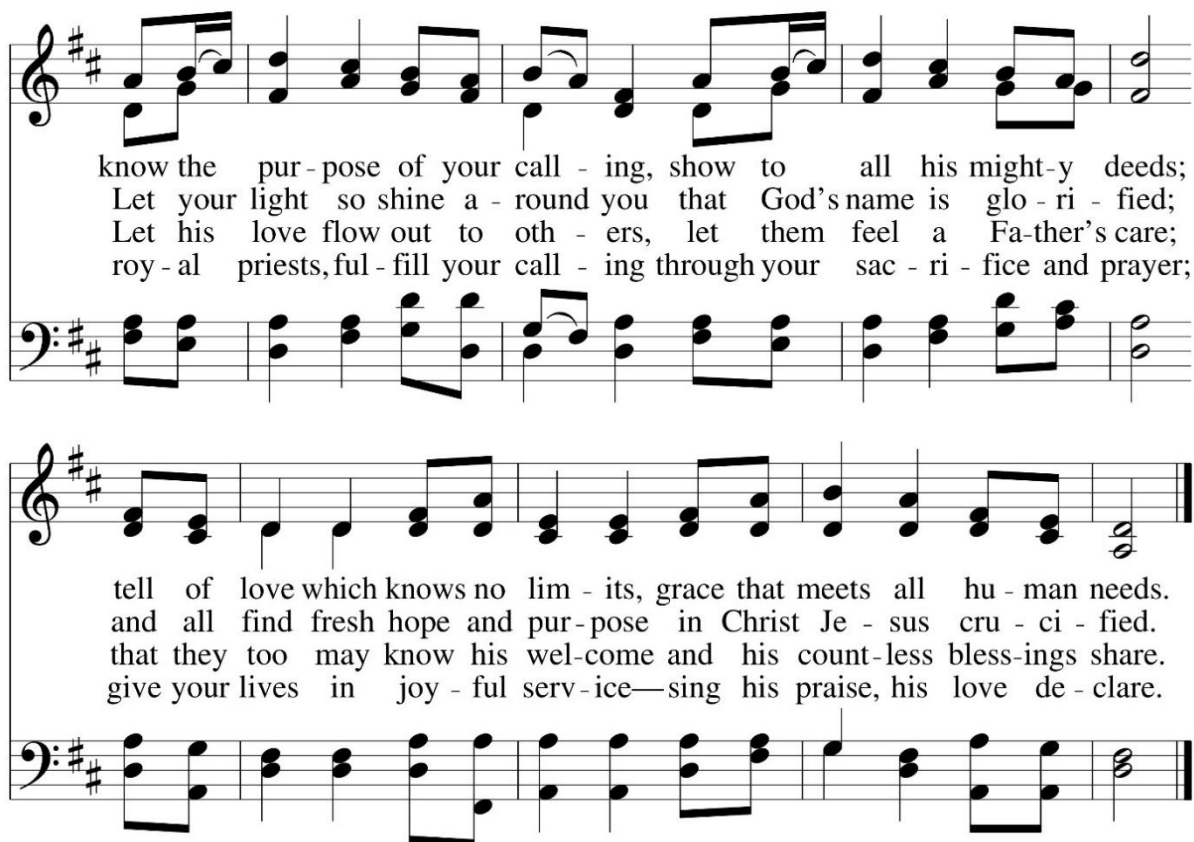
To make a pledge today for 2026, use the pledge card found in your pew or go to <https://tinyurl.com/pledgegoodshep2026>.

Offertory Hymn: Church of God, Elect and Glorious (Worship and Rejoice #541)



1 Church of God, e - lect and glo - rious, ho - ly na - tion, cho - sen race;
2 God has called you out of dark - ness in - to his most mar - velous light;
3 Once you were an al - ien peo - ple, stran - gers to God's heart of love;
4 Church of God, e - lect and ho - ly, be the peo - ple he in - tends;

called as God's own spe - cial peo - ple, roy - al priests and heirs of grace:
brought his truth to life with - in you, turned your blind - ness in - to sight.
but he brought you home in mer - cy, cit - i - zens of heaven a - bove.
strong in faith and swift to an - swer each com - mand your Mas - ter sends:



know the pur- pose of your call - ing, show to all his might-y deeds;
 Let your light so shine a - round you that God's name is glo - ri - fied;
 Let his love flow out to oth - ers, let them feel a Fa-ther's care;
 roy - al priests, ful - fill your call - ing through your sac - ri - fice and prayer;

tell of love which knows no lim - its, grace that meets all hu - man needs.
 and all find fresh hope and pur- pose in Christ Je - sus cru - ci - fied.
 that they too may know his wel- come and his count- less bless-ings share.
 give your lives in joy - ful serv- ice—sing his praise, his love de - clare.

WORDS: James E. Seddon (1915-1983), para. 1 Peter 2:9-12

MUSIC: John Wyeth's *Repository of Sacred Music*, 1813

Words © 1982 Jubilate Hymns (Admin. Hope Publishing Company)

NETTLETON

8.7.8.7.D.

THE LITURGY OF THE TABLE

The Great Thanksgiving

Eucharistic Prayer B *(inclusive language)*

Presider: **The Lord be with you.**

People: And also with you.

Presider: **Lift up your hearts.**

People: 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:

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._____

Copyright: Steve Beckham/Ron Mallory. Permission for use granted.

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)

The musical score is written in 4/4 time with a key signature of one flat (B-flat). It features two main parts: Cantor or Choir and Congregation. The lyrics are: "Be known to us, Lord Jesus, } in the break - ing of the bread. Be bread. The bread which we break, al - le - lu - ia, Is the com - mun - ion of the bod - y of Christ. Be known to us, Lord Jesus, } in the break - ing of the bread. One bod - y are we, al - le - lu - ia, for though man - y we share one bread. Be known to us, Lord Jesus, } in the break - ing of the bread." The score includes repeat signs and first/second endings for the Congregation part.

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

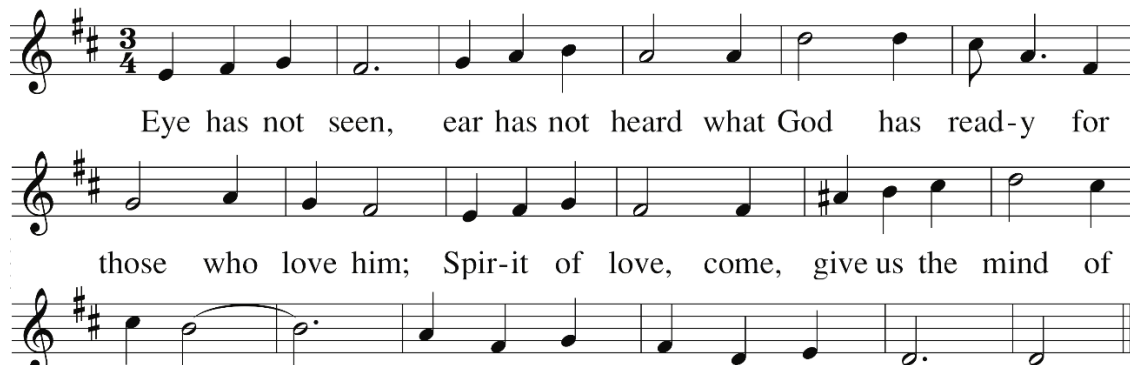
Je - sus, } in the break - ing of the bread.
Je - sus }

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.

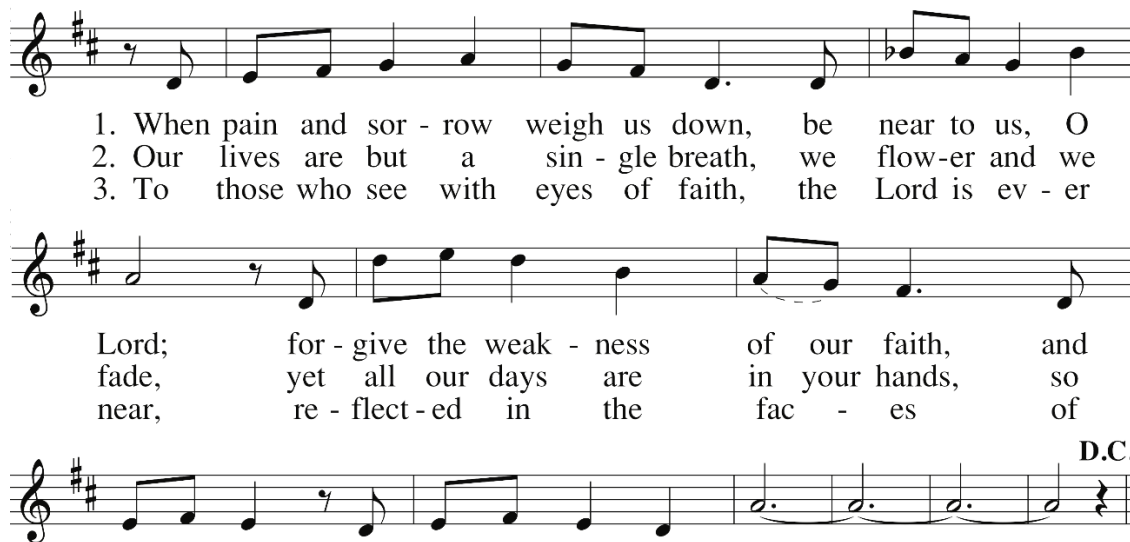
Communion Music: Eye Has Not Seen (*Gather 3rd ed.* #728)

Refrain



Eye has not seen, ear has not heard what God has read-y for
those who love him; Spir-it of love, come, give us the mind of
Je - sus, teach us the wis - dom of God.

Verses 1-3



1. When pain and sor - row weigh us down, be near to us, O
2. Our lives are but a sin - gle breath, we flow-er and we
3. To those who see with eyes of faith, the Lord is ev - er
Lord; for - give the weak - ness of our faith, and
fade, yet all our days are in your hands, so
near, re - flect - ed in the fac - es of
D.C.
bear us up with - in your peace-ful word.
we re - turn in love what love has made.
all the poor and low - ly of the world.

Verse 4



4. We sing a mys-t'ry from the past in halls where saints have
trod, yet ev - er new the mu - sic rings to
D.C.
Je - sus, Liv - ing Song of God.

Text: 1 Corinthians 2:9-10; Marty Haugen, b.1950
Tune: Marty Haugen, b.1950
© 1982, GIA Publications, Inc.

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.

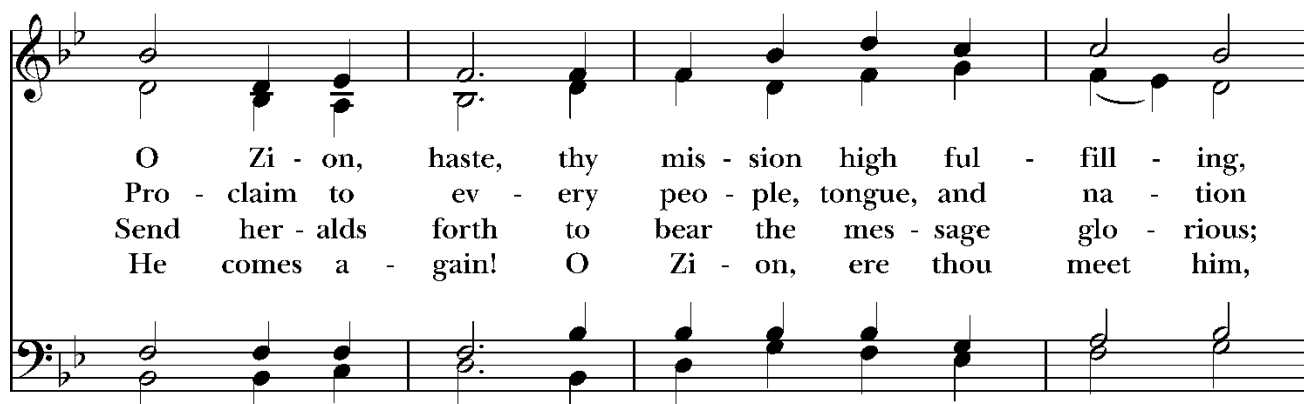
Presider: Let us pray.

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.**

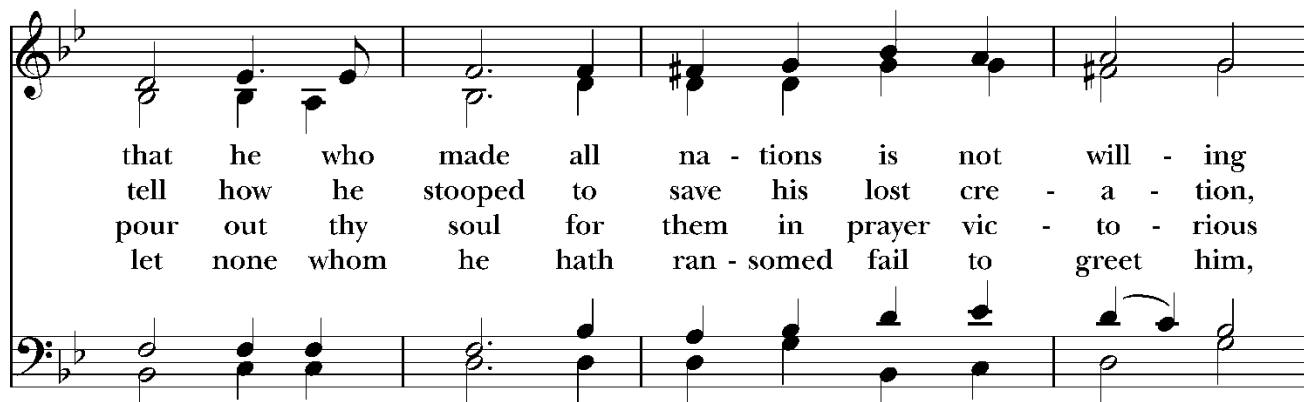
Sending Hymn: O Zion, Haste (*The Hymnal 1982* #539)



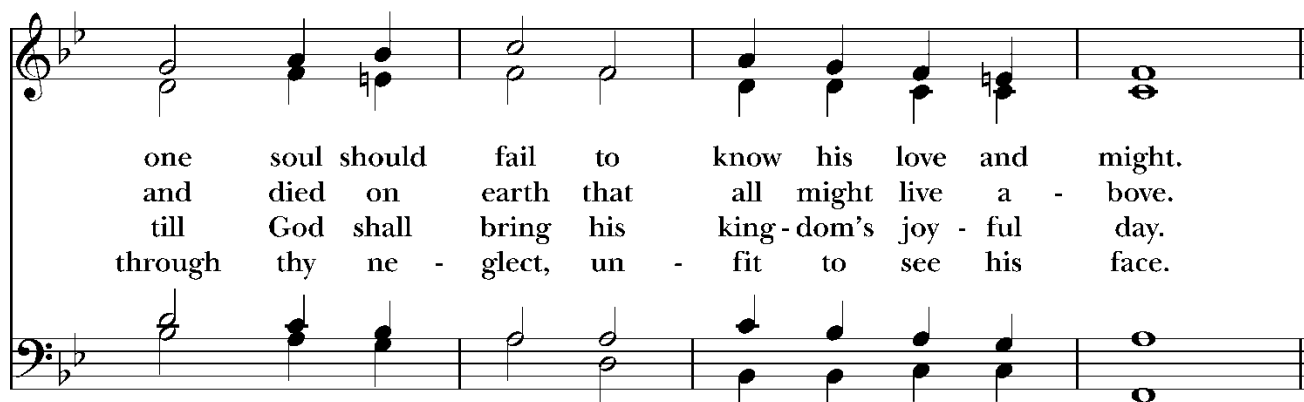
O Zi - on, haste, thy mis - sion high ful - fill - ing,
 Pro - claim to ev - ery peo - ple, tongue, and na - tion
 Send her - alds forth to bear the mes - sage glo - rious;
 He comes a - gain! O Zi - on, ere thou meet him,



to tell to all the world that God is Light;
 that God, in whom they live and move, is Love:
 give of thy wealth to speed them on their way;
 make known to ev - ery heart his sav - ing grace;



that he who made all na - tions is not will - ing
 tell how he stooped to save his lost cre - a - tion,
 pour out thy soul for them in prayer vic - to - rious
 let none whom he hath ran - somed fail to greet him,



one soul should fail to know his love and might.
 and died on earth that all might live a - bove.
 till God shall bring his king - dom's joy - ful day.
 through thy ne - glect, un - fit to see his face.

Refrain

Pub - lish glad ti - dings: ti - dings of peace,

ti - dings of Je - sus, re - demp - tion and re - lease.

The image shows a musical score for a two-part setting of the refrain. The top part is in treble clef and the bottom part is in bass clef. Both parts are in B-flat major (two flats) and 4/4 time. The melody is simple and hymn-like, with lyrics written below the notes. The first line of music corresponds to the lyrics 'Pub - lish glad ti - dings: ti - dings of peace,' and the second line corresponds to 'ti - dings of Je - sus, re - demp - tion and re - lease.' The score ends with a double bar line.

Words: Mary Ann Thomson (1834-1923), alt. Music: *Tidings*, James Walch (1837-1901).

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.

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**.



Funeral Service for Dianne Aid at St. Mark's Cathedral

Saturday, February 14 at 11:00 a.m.

You may not realize just how much Good Shepherd parishioner **Dianne Aid, TSSF (1947-2026)** influenced the Episcopal Church in her lifetime. But if you attend her funeral service, you will know for sure. **St. Mark's Episcopal Cathedral** is located at 1245 10th Ave. E, Seattle, WA 98102. Carpooling is recommended. The service will be livestreamed on the St. Mark's YouTube page.

As a Third Order Franciscan, Dianne was dedicated to a life of simplicity. But funeral homes, caskets, etc. are expensive in any event. Friends of

Dianne's have set up a GoFundMe to help the family pay for the funeral. Give generously using this QR code.



A reception will follow in Bloedel Hall. If you'd like to contribute food to the reception, please drop it off there (downstairs and on the back side of the cathedral building) at least half an hour before the service begins.

Let's honor Dianne by showing up in great numbers next Saturday.

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 Loudénback**.

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? 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 at tinyurl.com/CGSGodMoments or contact **Evan Hershman** (evan@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, 3:00-6:00 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**.