



GRACE *and* ST. STEPHEN'S
✦ EPISCOPAL CHURCH ✦

Grace Notes ~ February 19, 2026

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Adult Formation Hour Topics

- **March 1** - Broken Altars, Rising Wings: George Herbert and the Poetry of Prayer. George Herbert (1593–1633) was a parish priest whose poetry grew out of the daily rhythms of Anglican worship. Together we will read and listen to Herbert's poems as acts of prayer, attending to how poetic language can shape the heart in humility, repentance, and hope. Led by parishioner Josh Hamm, Instructor of English at the Air Force Academy.
- **March 8, 15 & 22** - "The Voice of My Beloved": Reading the Song of Songs across Centuries, led by Carol Neel

Wrap Someone in Prayer!

Prayer shawls are available for distribution on the Blaik library table. Any GSSE parishioner may give a shawl to anybody (recipient does not need to be a parishioner). Please fill in the giver and recipient information in the shawl ministry records book when you pick up a shawl. If desired, you can request prayers by the Daughters of the King, also in the records book.



Consider delivering a prayer shawl to comfort someone who is:

- Undergoing medical procedures, chemotherapy, infusion therapy
- In the hospital, nursing home, assisted living, or in hospice care
- Suffering physically, mentally, spiritually
- Needs comfort and healing
- Celebrating a birth, wedding, etc.

Prayer Shawl Ministry next meets today, Thursday, February 19, at 4 pm in the library. Please join us for fellowship, knitting, crocheting, or other hand crafts (snacks provided). For additional information, please contact [Pat Wallace](#).

Lenten Giving Opportunity

Lent comes quickly on the heels of Christmas and Epiphany this year. This “quickness” helps us remember the gifts each of these seasons and invites us to respond to: Christmas, God’s gift of His son to humanity; Lent, Christ’s gift of His life to humanity. Are you called to say Thank You for these gifts by gifting to others? If so, please consider supporting the Columbia School outreach program this lenten season.



Help fill the manger in the Parish Hall with new socks, underwear and new or gently used sweat pants for children sizes pre-K thru 5th grade at Columbia Elementary School. At last count, Columbia had 44 children identified as potentially needing help with basics – these kiddos are living in their parent’s cars or in shelters, often with any number of siblings in the mix. A pair of clean sweatpants may help these children look less “different” than their classmates. Please consider helping fill the manger (on the Outreach Wall in the Parish Hall) with children's socks, underwear and sweatpants in sizes small through large (4-12). Outreach will deliver these gifts to Columbia immediately after Easter.

Thank you; for responding to God’s gifts to each of us and for responding to God’s love with your love extended to others.

Let Us Cover You in Prayer!



Members of The Order of the Daughters of the King each vow to a life of daily prayer as part of their Rule of Life. For those of us here at GSS, this includes prayers requested from parish family members – and from those outside our parish family. Often these are prayer requests that, for a variety of reasons, are not included on the parish prayer list. These requests are kept strictly confidential within our Chapter’s membership. Prayers are never removed from our list until requested. Our list is extensive and each Daughter prays for each person on our list daily.

If you would like to be on our prayer list or know someone who you believe would benefit from these daily prayers, please send requests to **Tere Arana** or drop your request in the Prayer Box on the table in the back of the Nave. Your request will be added to

our prayer list, will be kept confidential and will not be removed until you ask us to. We are glad to pray for anyone you want prayers said for.

Contemplative Prayer Workshop



Introductory Workshop to learn about **Centering Prayer**

Be still and know that I am God. Psalm 46:10

*Do you long for greater spiritual depth?
How do you live a contemplative life amid a busy modern routine?*

Centering Prayer is a meditative practice that helps you to consent to the Holy Spirit's presence and action within yourself. It is meant to enrich and complement your personal and communal prayers and heighten your awareness of God in daily living. Centering Prayer is a renewal of ancient Christian contemplative practices.

Anyone desiring to deepen his or her prayer life, or who is merely curious about Centering Prayer will find this workshop helpful.

WHERE: First Presbyterian Church
220 West 10th St, Pueblo

WHEN: Saturday, February 28th, 2026

TIME: Registration begins at 8:30. Workshop is 9:00 a.m. to 1:00 p.m.

SUGGESTED DONATION: \$10 to cover costs is appreciated and accepted at the door.

Checks may be made out to Contemplative Outreach of SoCo.
Coffee, tea, and snacks provided.

FACILITATED BY trained presenters from Contemplative Outreach Ltd.,
Contemplative Outreach of Southern Colorado (cpsoco.org)

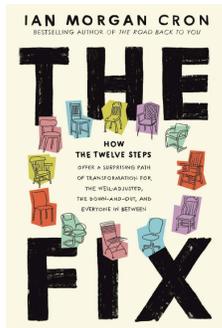
Walk-ins welcome. Pre-registration appreciated!

TO REGISTER CONTACT: Mary Lee, marylee.sd@gmail.com

The workshop consists of four talks: Prayer as Relationship; The Method of Centering Prayer; Thoughts and the Use of the Sacred Word; Deepening Our Relationship with God and two twenty-minute periods of Centering Prayer.

For more information or to arrange carpooling, please contact [Carol Hurst](#).

Wednesday Night Lenten Study



Please join us on Wednesday evenings in Lent: February 25, March 4, 11, 18, 25, for faith, fellowship, and formation opportunities.

5:00pm - Eucharist in St. Stephen's Chapel

5:30pm- Dinner

6-7pm - Lenten Study

The study will be guided by 'The Fix' by Ian Morgan Cron. You are welcome to purchase and read the book, but it is not expected or required.

We all suffer from a sense of spiritual homelessness - a feeling that we're not fully at home in the world. To cope with our painful feelings and life traumas, we search for quick "fixes" that eventually become habitual, self-destructive behaviors that ultimately create more problems than they solve. This book helps us work through the Twelve Steps of AA so that we can see ourselves, others, and the world in startlingly new way - and ultimately receive the freedom God has been waiting to give us all along. Even if you have no personal experience with addiction or a Twelve Step group, there is an abundance of wisdom and grace in these steps for us all.

Wednesday Night Children's Lenten Series

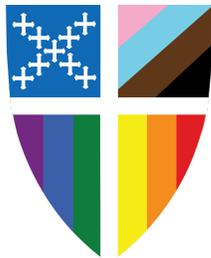
Children 1st-5th grade are invited to join us in the Children's Chapel, Wednesday evenings, 6-7 pm, during Lent: February 25, March 4, 11, 18, 25. We'll discover ways to nurture our relationship with God through contemplative art, movement, meditation, and more. Parents are welcome to join.

Our time together will be guided by ideas from Using Christian Contemplative Practice with Children by Sonia Mainstone-Cotton: "Children will be children; they will sometimes be bouncy and curious and playful, but they can also appreciate and engage with calmness and quiet... So much of the work with children both in church and in education is often busy, loud, full and wordy... we need to relearn how to sit with silence, how to have a time of quiet and stillness and how to hear God in the stillness."



For more info, please contact [Sr. Marcella](#), Director of Children's Ministry

LGBTQ+ Task Force Survey



Episcopalians are invited to complete a 15- to 20-minute survey offered by the Task Force on LGBTQ+ Inclusion to help the church better understand how it honors the dignity of all people and where work remains to be done.

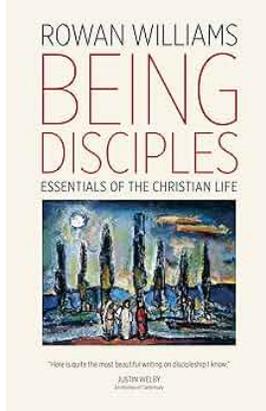
The 80th General Convention established the task force in 2022, charging it with conducting an audit of how The Episcopal Church has lived into its public commitments affirming the inclusion of LGBTQ+ people. A survey report will be shared with the 82nd General Convention in 2027.

Members across the church—those who are LGBTQ+ and those who are not—are encouraged to share about their experiences with pastoral care, sacramental access, representation in leadership, and institutional accountability. Learn more and [complete the survey](#), offered in English, French, and Spanish, by March 15.

Graceful Conversations

Are you looking for a quiet time during which you can engage in matters close to your spiritual heart? Join us in Blaik Library as we read 'Being Disciples' by Rowan Williams, the former Archbishop of Canterbury. We'll be basing our conversations [not a class!] on this reading selection as we meet on the second and fourth Wednesdays at noon from February through May. Our bi-weekly discussion will be followed by the service of noonday prayer, which includes a period of silent meditation. For more info contact: [Marti O'Dell](#) or [Kim Millsap](#).

Schedule: Feb. 11, 25, Mar. 11, 25, Apr. 8, 22, May 13, 27



Prayer List



Those in crisis of health or circumstance: Ted Arnn, Conni Eggers, Eunice Ferguson, Annika Johnson, Sheliah Johnson, Br William Marion Page, Linda Stump, Kitty Taylor, Henry Velandia

Those who have died and those who grieve: John Simons, former Sr Warden at Grace & St. Stephens

Those who are celebrating joyfully: Aly and Rev. Katie Presley at the birth of their daughter, Eloise

Those in need of ongoing prayer: The Rev. Canon Jon Anderson, Laura Bayless, Lee Ehrhart, Mary Ellis, John Hough, Maggi Johnson, Dorothy Kipp, Devon Mack, Luden McLord, John McVicker, Debra Millsap, Ed Quinn, Edie Reichert, Jill Wasinger, Susan Willet, Calvin Wulf, Pete Zobenica, Alice, Ericka, Jennifer, Nancy, Oliver & Family, Wes

Those in harm's way: Mark Jaskot, Bill Mack, Rachel Pearson, Adam Tahyar, Nicholas Wolf

This Week's Happenings

Thursday 2/19

- **Morning Prayer**, 9am, on Facebook
- **Centering Prayer**, 10am, Weir Conference Room
- **Prayer Shawl Ministry**, 4pm, Blaik Library

Friday 2/20

- **Chanted Noonday Prayer**, 12pm, St. Stephen's Chapel

Saturday 2/21

- **Youth Group Ski Trip**, 6am, Ski Cooper
- **Men's Bible Study**, 8am, Weir Conference Rm

Sunday 2/22

- **Singing Rooster - Haiti Coffee Sales**
- **Rite I Holy Eucharist**, 8am, Nave
- **Nursery Available**, 9am -12pm
- **Adult Formation: Broken Altars, Rising Wings: George Herbert and the Poetry of Prayer**, 9:15am, Rm 211
- **Sunday School**, 10:15am, Lower Level
- **Rite I Choral Eucharist**, 10:30am, Nave (*Incense Present*)
- **Compline**, 8pm, Nave



Monday 2/23

- **Noonday Prayer with the Anglican Rosary**, 12pm, St. Stephen's Chapel

Tuesday 2/24

- **Morning Prayer**, 9am, on Facebook
- **Women's Book Club**, 10am, Blaik Library
- **Docent Training Class**, 5pm, Zimmerman Rm
- **Jazz in the Garden Committee Mtg**, 5:30pm, McWilliams House (church office)

Wednesday 2/25

- **Graceful Conversations**, 12pm, Blaik Library
- **Holy Eucharist**, 5pm, St. Stephen's Chapel
- **Communal Supper & Lenten Study: The Fix**, 5:30pm, Parish Hall
- **No St. Nicholas Choir Rehearsal**
- **Wednesday Night Children's Lenten Series**, 6pm, Children's Chapel

Have Something to Share?



Grace Notes, our weekly parish newsletter, is one of the ways we stay connected, share stories, and celebrate the life of Grace & St. Stephen's—and we'd love your help shaping it.

If you have something on your heart or a story you'd like to share, we'd be delighted to hear from you. Submissions of all kinds are welcome, whether polished or still taking shape. Please send your contributions to our [newsletter email](#) by 5pm on Tuesday for inclusion in the newsletter the following day. Thank you for being part of what makes this parish so vibrant and alive!

Ways to Give

Grace and St. Stephen's offers several easy ways to contribute.

- The ushers pass the plate at each service for your convenience.
- You can also donate on the website [here](#).
- **Text GSS to 73256**, followed by your gift amount, e.g. GSS 25 (e.g. to give \$25). You will receive a return link from the system. Follow the instructions from there.

Thank you for your financial support of Grace and St. Stephen's -- every gift makes it possible for us to be the hands and feet of Jesus in the world.

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