



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

### Grace Notes ~ March 4, 2026

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### Adult Formation Hour Topics

Adult Formation Offerings are presented on Sundays at 9:15am in Rm 211.

- **March 8, 15 & 22** - "The Voice of My Beloved": Reading the Song of Songs across Centuries, led by Carol Neel
- There will not be any adult formation offerings on March 29th or April 5th in between services as we observe Holy Week.

### Sunday Prayer Team



The Grace and St. Stephen's prayer team is available every Sunday after communion to offer prayers for individuals who have a personal prayer need. As you leave the altar rail, there is one or two team members in the St. Stephens chapel and one or two team members by the Tower door altar. Team members are present at the 8:00am service and the 10:30am service. Your prayers are always private and

confidential.

### Lent Madness



Our annual Lent Madness bracket is ready for your predictions – check it out on the Outreach Wall in the Parish Hall. As in past years, parishioners may complete a bracket, predicting which saint will ultimately be awarded the Golden Halo and win the privilege of selecting the ministry that funds donated to this fun event will be given to. Blank brackets and for instructions on to how to play may be found on the table directly beneath the bracket poster. Completed

brackets must be returned to the Outreach table no later than March 15.

As in years past, donations are welcome. Once the Golden Halo has been awarded (April 1), the person predicting the most “winners” on their bracket will decide to what ministry these donations will be given.

Join in the fun – and learn a bit about these 32 saints who have been nominated this year!

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## Spring Cleaning for Holy Week



Join us on Saturday, March 28th from 9am-12pm to do some spring cleaning in the church!

As we prepare our hearts for Holy Week, we're also preparing our sacred space. We need volunteers to help clean and freshen the church— dusting pews, tidying the narthex, and making sure every corner reflects the beauty and reverence of this holy season.

Holy Week is one of the most meaningful times in the life of the Church, and caring for our worship space is a simple yet powerful way to serve. Whether you can spare an hour or the whole morning, your help makes a difference and is a wonderful way to enter prayerfully into the journey toward Easter.

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## Enneagram & Trauma Workshop

# ENNEAGRAM AND TRAUMA WORKSHOP

E N N  
E A G  
R A M  
A . N . D  
T R A U M A

## FACILITATORS



Suzanne  
Stabile



KJ  
Ramsey



Rev. Joseph  
Stabile



APRIL 17 (6-9 PM)  
APRIL 18 (9-5 PM)

First Congregational Church  
20 E. Saint Vrain Street

- ✓ Examine how each Enneagram type develops specific strategies to cope with pain, fear, and loss.
- ✓ Examine how those same patterns can both protect and limit us.
- ✓ A therapist, a spiritual director, and the enneagram godmother come together to share their experiences, knowledge and wisdom to help you recognize trauma responses within your Enneagram structure and discover pathways toward integration and healing.

**REGISTER  
TODAY!**

<https://tinyurl.com/3mybhys>

Scroll down to "Join in person!"



TICKETS **\$115 Per Person**



20 East Saint Vrain Street | COS | 80903



719.635.3549



www.fcucc.org



office@fcucc.org

If you are interested in attending, we have a special discount (just for you)! This will bring the price down from \$115 to only \$50! When registering, just enter the discount code: fcucc26

## Easter Sign Ups

### Easter Brunch

Join us as we celebrate the joy of Easter morning with a festive parish brunch following the services! Easter Brunch is a wonderful opportunity to gather in fellowship, welcome visitors, and continue the celebration together.

We invite you to help make this special morning a success by signing up to: Bringing a favorite brunch dish, helping with set-up or clean-up, and/or assisting with hospitality and welcoming guests.

👉 Sign up in the parish hall or [online](#).

### Holy Hour Watch

As we draw closer to the sacred days of Holy Week, we invite you to keep watch in prayer during our Holy Hour Watch following the Maundy Thursday liturgy. In the spirit of Jesus' invitation to his disciples — "Could you not stay awake with me one hour?" — we will maintain a prayerful presence before the reserved Sacrament through the night. Parishioners are encouraged to sign up for a one-hour time slot to ensure that our Lord is never left alone. Whether you come in silence, with scripture, or simply with a quiet heart, your presence is a meaningful act of devotion.



- ✠ One person per hour is required, but more are welcome.
- ✠ The church will remain open for those who have signed up.
- ✠ Sign-up sheets are available in the parish hall and [online](#).

### Easter Memorial & Honor Offerings



As we prepare to celebrate the joy of Easter, you are invited to make a contribution in memory of someone dear or in honor of someone you cherish. These gifts are a beautiful expression of love, gratitude, and hope, and will be acknowledged in our Easter worship bulletin.

Offerings can be made [online](#) or by check. Please include memorial or in honor message in the memo field. Gifts must be made by March 27, 2026 in order to be

printed in the Easter Sunday bulletin. Thank you!

### Baptisms

"Holy Baptism is the sacrament by which God adopts us and makes us members of Christ's body, the Church, and inheritors of the kingdom of heaven" -- The Book of Common Prayer, pg 858

#### Upcoming dates for Baptism:

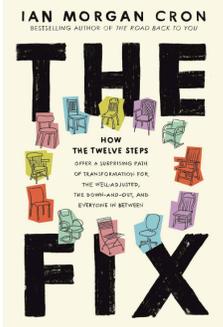
The Great Vigil of Easter, April 4, 7:30pm  
Sunday, May 3, 10:30am

If you are interested in being baptized or having a child baptized, please fill out the [Holy Baptism form](#) or contact [Emily Rueber](#), (719) 792-3462, if you would like additional information.



### 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

### Prayer List



*Those in crisis of health or circumstance:* Ted Arnn, Shane Burns, Conni Eggers, Eunice Ferguson, Annika Johnson, Sheilah Johnson, Br William Marion Page, Mary Paul, Kitty Taylor, Henry Velandia

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

## This Week's Happenings

### Wednesday 3/4

- **Holy Eucharist**, 5pm, St. Stephen's Chapel
- **Communal Supper & Lenten Study: The Fix**, 5:30pm, Parish Hall
- **St. Nicholas Choir** (Music Theory, 5pm & Rehearsal, 6pm), Children's Music Room
- **Wednesday Night Children's Lenten Series**, 6pm, Children's Chapel



### Thursday 3/5

- **Morning Prayer**, 9am, on Facebook
- **Centering Prayer**, 11am, Weir Conference Room

### Friday 3/6

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

### Saturday 3/7

- **Men's Bible Study**, 8am, Weir Conference Rm

### Sunday 3/8

- **Rite I Holy Eucharist**, 8am, Nave
- **Nursery Available**, 9am -12pm
- **Adult Formation: The Voice of My Beloved: Reading the Song of Songs Across Centuries**, 9:15am, Rm 211
- **Sunday School**, 10:15am, Lower Level
- **Rite I Choral Eucharist**, 10:30am, Nave
- **Taylor Concert: Faure Requiem**, 3pm, Nave

### Monday 3/9

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

### Tuesday 3/10

- **Morning Prayer**, 9am, on Facebook
  - **Women's Book Club**, 10am, Blaik Library
- 

## 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!

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## 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.*

## Get the Information You Need

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