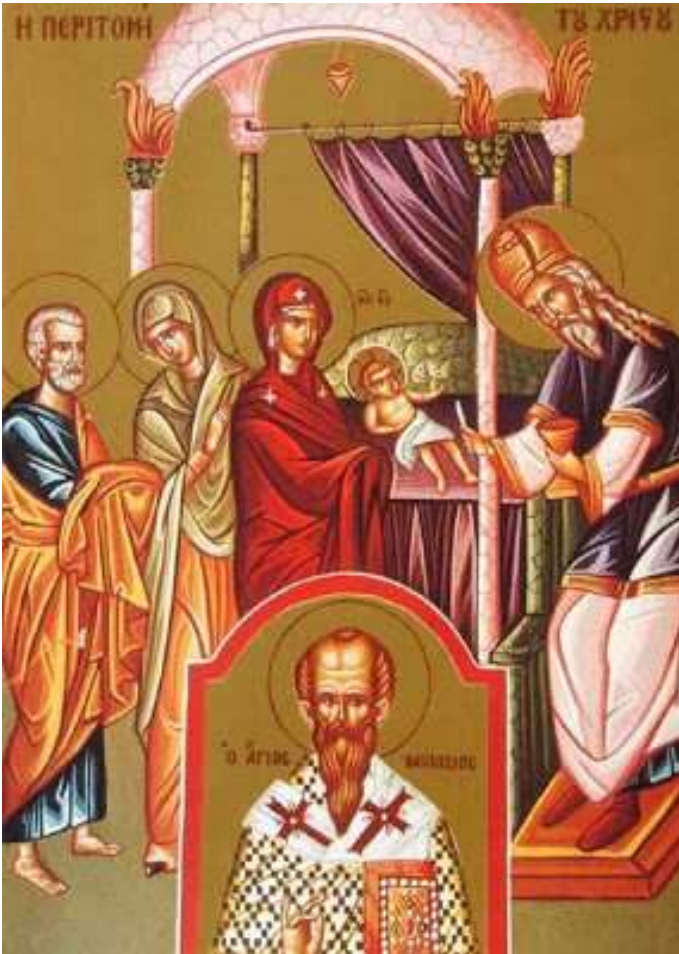


Good Shepherd Episcopal Church



The Village of Pine Grove, Virginia



First Sunday of Christmas:
The Holy Name of our Lord Jesus Christ

January 1, 2023

Welcome to Good Shepherd Church

We are so glad you are here or joining us online!

Guidelines for indoor worship:

Masks are now optional. Masks and hand sanitizer are available at the welcome table in the Narthex, and sanitizer is available at other locations in the Sanctuary.



CALENDAR

- SUN Jan 1** **The First Sunday of Christmas**
11 a.m. **Lessons & Carols** with Josette Keelor
5 p.m. **“Centered”** women’s small group in parish hall
- SUN Jan 8** **The First Sunday after Epiphany**
11 a.m. **Holy Eucharist** with the Rev. Martha Clark
Lay Readers: Penelope Yungblut, Ray Ewing
LEM & Prayers: Judy Hall | Zoomer: Tim Hall
Keyboardist: Janet Locklear
5 p.m. **“Centered”** women’s small group in parish hall
- SUN Jan 15** **The Second Sunday after Epiphany**
11 a.m. **Holy Eucharist** with the Rev. Deb Rutter
Lay Reader: Kelly Macoy | LEM & Prayers: Judy Hall
Zoomer: Tim Hall | Keyboardist: Janet Locklear
- WED Jan 18** **“Centered”** men’s group in parish hall – **6:00 p.m.**
- SUN Jan 22** **The Third Sunday after Epiphany**
11 a.m. **Morning Prayer** with Tim Hall
Lay Readers: Josette Keelor | Zoomer: Judy Hall
Keyboardist: Eileen Cawood
- SAT Jan 28** **“Praying Through Winter”** – 11:00 a.m. to Noon
at Good Shepherd (See back for more information)

Alcoholics Anonymous meets at Good Shepherd every Saturday at 8:30 p.m., in person or by Zoom. Drop in, or visit <https://aavirginia.org/meetings> and search for Bluemont.



MORNING PRAYER: RITE TWO
INCLUDING
A SERVICE OF CHRISTMAS LESSONS AND CAROLS

Officiant: Josette Keelor
Lay Readers: Kelly Macoy, Cindy Ingram, Lee Ruddle,
Janet Locklear, Judy Hall
Zoomer: Judy Hall | Keyboardist: Eileen Cawood

Welcome and Introduction

Prelude: “In the Bleak Midwinter”

Darke

Opening Sentence

BCP, p. 75

Behold, I bring you good news of a great joy, which will come to all the people; for unto you is born this day in the city of David, a Savior, who is Christ the Lord. *Luke 2:10, 11*

Opening Hymn 112 “In the bleak midwinter”

Cranham

1. In the bleak midwinter, frosty wind made moan,
earth stood hard as iron, water like a stone;
snow had fallen, snow on snow, snow on snow,
in the bleak midwinter, long ago.
2. Our God, heaven cannot hold him, nor earth sustain;
heaven and earth shall flee away when he comes to reign:
in the bleak midwinter a stable place sufficed
the Lord God incarnate, Jesus Christ.
3. Angels and archangels may have gathered there,
cherubim and seraphim thronged the air;
but his mother only, in her maiden bliss,
worshiped the beloved with a kiss.
4. What can I give him, poor as I am?
If I were a shepherd, I would bring a lamb;
if I were a wise man, I would do my part;
yet what I can I give him—give my heart.

A Bidding Prayer

Dear People of God: In this Christmas Season, let it be our duty and delight to hear once more the message of the Angels, to go to Bethlehem and see the Son of God lying in a manger. Let us hear and heed in Holy Scripture the story of God's loving purpose from the time of our rebellion against him until the glorious redemption brought to us by his holy Child Jesus, and let us make this place glad with our carols of praise.

But first, let us kneel and pray for the needs of his whole world.
(Please be seated or kneel)

We pray for peace and justice on earth, for the unity and mission of the Church for which he died, and especially for his Church in our country, in our diocese, in our region, and in our village. **Amen.**

And because he particularly loves them, let us remember in his name the poor and helpless, the cold, the hungry and the oppressed, the sick and those who mourn, the lonely and unloved, the aged and little children, as well as all those who do not know and love the Lord Jesus Christ. **Amen.**

Finally, let us remember before God his pure and lowly Mother, and that whole multitude which no one can number, whose hope was in the Word made flesh, and with whom, in Jesus, we are one for evermore. **Amen.**

The Invitatory and Psalter *(The People stand)*

BCP p. 80

Officiant Lord, open our lips.

People **And our mouth shall proclaim your praise.**

Officiant and People

**Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen.
Alleluia.**

The Antiphon (Officiant)

Alleluia. To us a child is born: O come, let us adore him. Alleluia.

1. Away in a manger, no crib for his bed,
the little Lord Jesus laid down his sweet head.
The stars in the bright sky looked down where he lay,
the little Lord Jesus asleep on the hay.

2. The cattle are lowing, the baby awakes,
but little Lord Jesus, no crying he makes.
I love thee, Lord Jesus! Look down from the sky,
and stand by my side until morning is nigh.

3. Be near me, Lord Jesus; I ask thee to stay
close by me forever, and love me I pray.
Bless all the dear children in thy tender care,
and fit us for heaven to live with thee there.

The Lessons

Lesson 1: Luke 2:15-20

A Reading from Luke

When the angels had left them and gone into heaven, the shepherds said to one another, “Let’s go to Bethlehem and see this thing that has happened, which the Lord has told us about.”

So they hurried off and found Mary and Joseph, and the baby, who was lying in the manger. When they had seen him, they spread the word concerning what had been told them about this child, and all who heard it were amazed at what the shepherds said to them. But Mary treasured up all these things and pondered them in her heart. The shepherds returned, glorifying and praising God for all the things they had heard and seen, which were just as they had been told.

The Word of the Lord.

People **Thanks be to God.**

Refrain:

Go tell it on the mountain,
over the hills and everywhere;
go tell it on the mountain
that Jesus Christ is born!

1. While shepherds kept their watching
o'er silent flocks by night,
behold, throughout the heavens
there shone a holy light. [Refrain]

2. The shepherds feared and trembled
when lo! above the earth
rang out the angel chorus
that hailed our Savior's birth. [Refrain]

3. Down in a lowly manger
the humble Christ was born,
and God sent us salvation
that blessed Christmas morn. [Refrain]

Lesson 2: Luke 2:21, 25-33

A Reading from Luke

On the eighth day, when it was time to circumcise the child, he was named Jesus, the name the angel had given him before he was conceived.

Now there was a man in Jerusalem called Simeon, who was righteous and devout. He was waiting for the consolation of Israel, and the Holy Spirit was on him. It had been revealed to him by the Holy Spirit that he would not die before he had seen the Lord's Messiah. Moved by the Spirit, he went into the temple courts. When the parents brought in the child Jesus to do for him what the custom of the Law required, Simeon took him in his arms and praised God, saying:

“Sovereign Lord, as you have promised,
you may now dismiss your servant in peace.
For my eyes have seen your salvation,
which you have prepared in the sight of all nations:
a light for revelation to the Gentiles,
and the glory of your people Israel.”

The child’s father and mother marveled at what was said about him.

The Word of the Lord.

People **Thanks be to God.**

Hymn 107 “Good Christian friends rejoice”

In dulci jubilo

1. Good Christian friends, rejoice with heart and soul and voice;
give ye heed to what we say: Jesus Christ is born today;
ox and ass before him bow, and he is in the manger now.
Christ is born today! Christ is born today!

2. Good Christian friends, rejoice with heart and soul and voice;
now ye hear of endless bliss; Jesus Christ was born for this!
He hath opened heaven's door, and we are blest for evermore.
Christ was born for this! Christ was born for this!

3. Good Christian friends, rejoice with heart and soul and voice;
now ye need not fear the grave: Jesus Christ was born to save!
Calls you one and calls you all to gain his everlasting hall.
Christ was born to save! Christ was born to save!

Lesson 3: Luke 2:33-38

A Reading from Luke

The child’s father and mother marveled at what was said about Jesus. Then Simeon blessed them and said to Mary, his mother: “This child is destined to cause the falling and rising of many in Israel, and to be a sign that will be spoken against, so that the thoughts of many hearts will be revealed. And a sword will pierce your own soul too.”

There was also a prophet, Anna, the daughter of Penuel, of the tribe of Asher. She was very old; she had lived with her husband seven years after her marriage, and then was a widow until she was eighty-four. She never left the temple but worshiped night and day, fasting and praying. Coming up to them at that very moment, she gave thanks to God and spoke about the child to all who were looking forward to the redemption of Jerusalem.

The Word of the Lord.

People **Thanks be to God.**

Hymn 84 “Love came down at Christmas”

Gartan

1 Love came down at Christmas, love all lovely, love divine;
love was born at Christmas: star and angels gave the sign.

2 Worship we the Godhead, love incarnate, love divine;
worship we our Jesus, but wherewith for sacred sign?

3 Love shall be our token; love be yours and love be mine;
love to God and neighbor, love for plea and gift and sign.

Lesson 4: Matthew 2:1-12

A Reading from Matthew

After Jesus was born in Bethlehem in Judea, during the time of King Herod, Magi from the east came to Jerusalem and asked, “Where is the one who has been born king of the Jews? We saw his star when it rose and have come to worship him.”

When King Herod heard this he was disturbed, and all Jerusalem with him. When he had called together all the people’s chief priests and teachers of the law, he asked them where the Messiah was to be born. “In Bethlehem in Judea,” they replied, “for this is what the prophet has written:

“ ‘But you, Bethlehem, in the land of Judah,
are by no means least among the rulers of Judah;
for out of you will come a ruler
who will shepherd my people Israel.’ ”

Then Herod called the Magi secretly and found out from them the exact time the star had appeared. He sent them to Bethlehem and said, “Go and search carefully for the child. As soon as you find him, report to me, so that I too may go and worship him.”

After they had heard the king, they went on their way, and the star they had seen when it rose went ahead of them until it stopped over the place where the child was. When they saw the star, they were overjoyed. On coming to the house, they saw the child with his mother Mary, and they bowed down and worshiped him. Then they opened their treasures and presented him with gifts of gold, frankincense and myrrh. And having been warned in a dream not to go back to Herod, they returned to their country by another route.

The Word of the Lord.

People **Thanks be to God.**

Hymn 124 “What star is this, with beams so bright”

Puer nobis

vv. 1-4

1. What star is this, with beams so bright,
more beautiful than the noonday light?
It shines to herald forth the King,
and Gentiles to his crib to bring.
2. True spake the prophet from afar
who told the rise of Jacob's star;
and eastern sages with amaze
upon the wondrous token gaze.
3. The guiding star above is bright;
within them shines a clearer light,
and leads them on with power benign
to seek the Giver of the sign.
4. O Jesus, while the star of grace
impels us on to seek thy face,
let not our slothful hearts refuse
the guidance of thy light to use.

Lesson 5: Matthew 2:13-18

A Reading from Matthew

When they had gone, an angel of the Lord appeared to Joseph in a dream. “Get up,” he said, “take the child and his mother and escape to Egypt. Stay there until I tell you, for Herod is going to search for the child to kill him.”

So he got up, took the child and his mother during the night and left for Egypt, where he stayed until the death of Herod. And so was fulfilled what the Lord had said through the prophet: “Out of Egypt I called my son.”

When Herod realized that he had been outwitted by the Magi, he was furious, and he gave orders to kill all the boys in Bethlehem and its vicinity who were two years old and under, in accordance with the time he had learned from the Magi. Then what was said through the prophet Jeremiah was fulfilled:

“A voice is heard in Ramah,
weeping and great mourning,
Rachel weeping for her children
and refusing to be comforted,
because they are no more.”

The Word of the Lord.

People **Thanks be to God.**

Hymn “A Voice Was Heard in Ramah”

Llangloffan

Lyrics by Carolyn Winfrey Gillette

A voice was heard in Ramah that could not be consoled,
As Rachel wept for children she could no longer hold.
For Herod ruled the nation, yet feared the Infant King.
How great the devastation that fear and anger bring!

O God, we hear the crying for little ones of yours;
For many still are dying in conflicts and in wars —
In every troubled nation, on every violent street,
How great the lamentation when fear and anger meet!

Whenever one is weeping, the whole world suffers, too.
Yet, Jesus, as we serve them, we're also serving you.
So may we not ignore them, nor turn our eyes away,
But help us labor for them to bring a better day.

O Prince of Peace, you lead us in ways of truth and grace.
May we be brave to practice your peace in every place —
To love each fear-filled nation, to serve each troubled street.
How great the celebration when peace and justice meet!

Lesson 6: Matthew 2:19-23

A Reading from Matthew

After Herod died, an angel of the Lord appeared in a dream to Joseph in Egypt and said, “Get up, take the child and his mother and go to the land of Israel, for those who were trying to take the child’s life are dead.”

So he got up, took the child and his mother and went to the land of Israel. But when he heard that Archelaus was reigning in Judea in place of his father Herod, he was afraid to go there. Having been warned in a dream, he withdrew to the district of Galilee, and he went and lived in a town called Nazareth. So was fulfilled what was said through the prophets, that he would be called a Nazarene.

The Word of the Lord.

People **Thanks be to God.**

Hymn 89 “It came upon the midnight clear”

Carol

1. It came upon the midnight clear,
that glorious song of old,
from angels bending near the earth
to touch their harps of gold:
"Peace on the earth, good will to men,
from heaven's all-gracious King."
The world in solemn stillness lay,
to hear the angels sing.

2. Still through the cloven skies they come
with peaceful wings unfurled,
and still their heavenly music floats
o'er all the weary world;
above its sad and lowly plains
they bend on hovering wing,
and ever o'er its Babel-sounds
the blessed angels sing.

3. Yet with the woes of sin and strife
the world has suffered long;
beneath the heavenly hymn have rolled
two thousand years of wrong;
and warring humankind hears not
the tidings which they bring;
O hush the noise and cease your strife
and hear the angels sing!

4. For lo! the days are hastening on,
by prophets seen of old,
when with the ever-circling years
shall come the time foretold,
when peace shall over all the earth
its ancient splendors fling,
and the whole world give back the song
which now the angels sing.

Lesson 7: Galatians 4:7–7

A Reading from Galatians

When the fullness of time had come, God sent his Son, born of a woman, born under the law, in order to redeem those who were under the law, so that we might receive adoption as children. And because you are children, God has sent the Spirit of his Son into our hearts, crying, “Abba! Father!” So you are no longer a slave but a child, and if a child then also an heir, through God.

The Word of the Lord.

People **Thanks be to God.**

1 I want to walk as a child of the light.
I want to follow Jesus.
God set the stars to give light to the world.
The star of my life is Jesus.

Refrain:

In him there is no darkness at all.
The night and the day are both alike.
The Lamb is the light of the city of God.
Shine in my heart, Lord Jesus.

2 I want to see the brightness of God.
I want to look at Jesus.
Clear sun of righteousness, shine on my path,
and show me the way to the Father. [Refrain]

Lesson 8: John 1:1-14

A Reading from John

In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things came into being through him, and without him not one thing came into being. What has come into being in him was life, and the life was the light of all people. The light shines in the darkness, and the darkness did not overtake it.

There was a man sent from God whose name was John. He came as a witness to testify to the light, so that all might believe through him. He himself was not the light, but he came to testify to the light. The true light, which enlightens everyone, was coming into the world.

He was in the world, and the world came into being through him, yet the world did not know him. He came to what was his own, and his own people did not accept him. But to all who received him, who believed in his name, he gave power to become children of God, who were born, not of blood or of the will of the flesh or of the will of man, but of God.

And the Word became flesh and lived among us, and we have seen his glory, the glory as of a father's only son, full of grace and truth.

The Word of the Lord.

People **Thanks be to God.**

Hymn 82 "Of the Father's love begotten"

Divinium mysterium

m. 1-3

1 Of the Father's love begotten,
ere the worlds began to be,
he is Alpha and Omega,
he the source, the ending he,
of the things that are, that have been,
and that future years shall see,
evermore and evermore!

2 O that birth for ever blessed,
when the Virgin, full of grace,
by the Holy Ghost conceiving,
bore the Savior of our race;
and the Babe, the world's Redeemer,
first revealed his sacred face,
evermore and evermore!

3 Let the heights of heaven adore him;
angel hosts, his praises sing;
powers, dominions, bow before him,
and extol our God and King;
let no tongue on earth be silent,
every voice in concert ring,
evermore and evermore!

The Homily

Josette Keelor

The Apostles' Creed

BCP p. 96

Officiant and People together, all standing

**I believe in God, the Father almighty,
creator of heaven and earth;**

I believe in Jesus Christ, his only Son, our Lord.

**He was conceived by the power of the Holy Spirit
and born of the Virgin Mary.**

He suffered under Pontius Pilate,
was crucified, died, and was buried.

He descended to the dead.

On the third day he rose again.

He ascended into heaven,
and is seated at the right hand of the Father.

He will come again to judge the living and the dead.

I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.

The Prayers

Officiant The Lord be with you.

People **And also with you.**

Officiant Let us pray.

The People may be seated or kneel

**Our Father, who art in heaven,
hallowed be thy Name,
thy kingdom come, thy will be done,
on earth as it is in heaven.**

Give us this day our daily bread.

**And forgive us our trespasses,
as we forgive those who trespass against us.**

**And lead us not into temptation,
but deliver us from evil.**

**For thine is the kingdom,
and the power, and the glory,
for ever and ever. Amen.**

The Collects for the First Sunday after Christmas Day and The Holy Name

Almighty God, you have poured on us the new light of your incarnate Word: Grant that this light, enkindled in our hearts may shine forth in our lives. **Amen.**

Eternal Father, you gave to your incarnate Son the holy name of Jesus to be the sign of our salvation: Plant in every heart, we pray, the love of him who is the Savior of the world, our Lord Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, in glory everlasting. **Amen.**

Other Collects

BCP p. 98-100

After the Collects, our own prayers of intercession and thanksgiving may follow.

The General Thanksgiving

BCP p. 101

Officiant and People

**Almighty God, Father of all mercies,
we your unworthy servants give you humble thanks
for all your goodness and loving-kindness
to us and to all whom you have made.**

**We bless you for our creation, preservation,
and all the blessings of this life;
but above all for your immeasurable love
in the redemption of the world by our Lord Jesus Christ;
for the means of grace, and for the hope of glory.**

**And, we pray, give us such an awareness of your mercies,
that with truly thankful hearts we may show forth your praise,
not only with our lips, but in our lives,
by giving up ourselves to your service,
and by walking before you
in holiness and righteousness all our days;
through Jesus Christ our Lord,
to whom, with you and the Holy Spirit,
be honor and glory throughout all ages. Amen.**

Christmas Season Blessing *(from the Book of Occasional Services)*

(Please Stand)

May Almighty God, who sent his Son to take our nature upon him, bless us in this holy season, scatter the darkness of sin, and brighten our hearts with the light of his holiness. **Amen.**

May God, who sent his angels to proclaim the glad news of the Savior's birth, fill us with joy, and make us heralds of the Gospel. **Amen.**

May God, who in the Word made flesh joined heaven to earth and earth to heaven, give us his peace and favor. **Amen.**

And the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be upon us and remain with us for ever. **Amen.**

The Peace

Officiant The peace of the Lord be always with you.

People **And also with you.**

Greetings and Announcements

The Offertory *(The People stand)*

The Officiant begins with a sentence of Scripture.

Please leave your offering in the plate found on the Narthex table.

Officiant All things come of thee, O Lord.

People **And of thine own have we given thee.**

Closing **Hymn 93** "Angels from the realms of glory" *Regent Square*

1. Angels, from the realms of glory,
wing your flight o'er all the earth;
ye, who sang creation's story,
now proclaim Messiah's birth:

Refrain:

come and worship, come and worship
worship Christ, the newborn King.

2. Shepherds in the field abiding,
watching o'er your flocks by night,
God with you is now residing;
yonder shines the infant Light: [Refrain]

3. Sages, leave your contemplations;
brighter visions beam afar;
seek the great Desire of nations;
ye have seen his natal star: [Refrain]

4. Saints before the altar bending,
watching long in hope and fear,
suddenly the Lord, descending,
in his temple shall appear: [Refrain]

The Dismissal

Officiant Go in peace to love and serve the Lord. Alleluia, alleluia.

People **Thanks be to God. Alleluia, alleluia.**



NOTICES

OUR COMMUNITY



We continue to collect donations for the **FISH** food bank in Berryville. Our Thanksgiving food donation weighed 94 pounds and our Christmas holiday food donation weighed 105 pounds.

Thank you so much for your donations. Checks made out to FISH to support this effort are also appreciated. The FISH mobile food pantry will be setting up at Good Shepherd in January!

SPIRITUAL GROWTH

We are forming a **men's CENTERED small group**. We will be gathering on Wednesday evenings from 6:00 to 7:30 **starting on January 18** to share a simple meal; view short films; discuss questions about God, belonging in community, and living a meaningful life. It's not too late to sign up for the men's group... contact Tim Hall (timhall0054@gmail.com or 540-454-0564).

GIVING

Our “**More than Enough!**” stewardship campaign continues. Thank you to everyone who has already made their commitment. If you have not yet made your pledge, stewardship materials are available in the narthex. Please **return them in the offertory plate** or mail them to the church (see address below). God has given us all we need, and it is **our great joy to give back**. Our regular Sunday offering is also collected in the plate by the entrance. Giving envelopes are there for cash donations. **Thank you for your support!**

OUR FACILITY

The large dead oak tree by the parking lot will be taken down next week and the **wood is being donated** to the Westminster Canterbury Firewood Outreach Group.



GOOD SHEPHERD EPISCOPAL CHURCH

27 Good Shepherd Road; P.O. Box 324, Bluemont, VA 20135

540-252-5825 | office@goodshepherdbluemont.org

www.goodshepherdbluemont.com

Senior Warden: Lois Tapscott

Treasurer: Cindy Ingram

Junior Warden: Tim Hall

Register: Kendra Sardelis

PRAYERS

Please continue to pray for our neighbors and for ways that our church can serve the community.

Friends and Family: For those in Ukraine and those who have fled Ukraine, the homeless across our nation, and the victims of mass shootings and gun violence. For congregants Martha Hayes, Sheila Tapscott, Karen Tapscott, Lee, Tim Ingram, and Penni Tidwell. For George Rutter, Terri Quinlan (Josette's mom), Val Marsh, the Adamson Family in Russia, Judi Floyd, Jorie & Richard Martin, the Desamparado family (Cindy's cousins in the Philippines), the residents and staff at Commonwealth Senior Living Center & at Rose Hill Health and Rehab, Dusty Bailey & Ted Weaver (Charlene's friends), David Aikman (Charlene's husband), Michael Mohn (previous clergy), Kathleen Franz (Kelly's mother), Adele & Richard Sauer (Cindy's parents), Judith Refo (Judy's mother), Roberta Adams (Tim Ingram's friend), Priscilla Clark (Martha's mother), Meredith & her daughter June Harmon (Cindy's friends), Briana Faye (Bryan's daughter), Pat Pearson (friend of the Halls), Virginia Girolami & daughter Savannah Newsome, Shirley Russell (longtime Bluemont resident), Timothy Ruddle (Lee's nephew), Pat Wolcott & her family (in-laws of Josette), and Dee Buzzoni, Geraldine Kolowski, Lori Lilly Timmons & Paula Harris (Darlene's friends & family).

In thanksgiving for the life of Randy Littleton, a Pine Grove neighbor, who died on December 23.

Almighty God, Father of mercies and giver of comfort: Deal graciously, we pray, with all who mourn; that, casting all their care on you, they may know the consolation of your love; through Jesus Christ our Lord. Amen.

To add someone to or remove from the prayer list, send an email to prayerlist@goodshepherdbluemont.org

The Church: For Justin, Archbishop; for Michael, Presiding Bishop; for Mark our Bishop; and for Debbie and Martha, our Supply Clergy.

In the Diocesan Cycle of Prayer, we pray today for All the Baptized into Christ

In the Anglican Cycle of Prayer, we pray today for La Iglesia Anglicana de Mexico.

PRAYING THROUGH WINTER

Winter prayers can be a powerful way to sustain our hope and joy throughout the cold season.

*Come and Connect to the Sacred in Winter!
Using our whole being... body, mind, heart... we will pray
with and without words, to more fully experience
God's Presence and Love in our lives.*

Each one-hour session (from 11 a.m. to 12 noon) will include an introduction to prayer using our bodies and movement as well as to forms of seated contemplative prayer or meditation practice.

Saturday, January 28 - Body Prayer / Centering Prayer

*Come together to explore **Body Prayer** as was taught by Julian of Norwich, a 14th-century Christian mystic. This will be followed by the ancient contemplative practice of **Centering Prayer**, which helps us to be fully open and present to the Holy Spirit.*

Saturday, February 18 - Prayerful Yoga / Lectio Divina

*Awaken and stretch your whole being through simple **Prayerful Yoga** poses and meditative music. This will lead into a session of traditional monastic **Lectio Divina**, a shared spiritual practice of scripture reading, meditation and contemplative prayer.*

Saturday, March 11 - Movement Meditation / Sacred Chanting

*Mindful **Movement Meditation** releases tension, calms the mind and brings us inner and outer peace. It is shared across many faith traditions in the practices of meditative walking, labyrinth walking, sacred dance, and Tai Chi. We will end our morning with **Sacred Chants** from the Taizé community, connecting us with the Holy and each other.*

Good Shepherd Episcopal Church
27 Good Shepherd Rd., Pine Grove, VA
11 a.m. - 12 noon

(Please bring a yoga mat/blanket and cushion. Chairs will be available for those who wish to be seated up off the floor.)