

Maundy Thursday Thursday, March 28, 2024 • 6:30 PM Rite II

St. Michael's Welcomes You!

St. Michael's Episcopal Church

CLERGY & STAFF

The Rev. Jesse Perkins. Rector The Rev. Jim Swarthout. Assistant Rector The Rev. Tim Murray, Deacon The Rev. Elizabeth (Betsy) Ward, Retired Priest Associate The Rev. Ralph Osborne, Retired Priest Associate The Rev. Judy Heinrich, Retired Deacon Theresa Halminiak, Parish Administrator Sara Torbeck, Director of Music Jerry Egger, Organist Kay Lewis, Junior & Senior High Youth Ministry Kim Curtis, Facilities Manager & Sunday School Director Carol Hebert, Bookkeeper Caren Hunter. Director of Little Angels Christian Preschool

VESTRY

Bill Ferry, *Senior Warden* Liz Gabis, *Junior Warden*

> 2025 Marisa Boynton Brant Deichmann Ellen Lindeen

2026 Sam Adams-Lanham Wes Kimes Lynn Mayberry

> 2027 Paul Carrubba Amy Hoff Jeff Tolle

John Davis, *Treasurer* Craig Anderson, *Clerk*



Whether you are visiting with us for the first time today or if St. Michael's is your home, we welcome you and are glad you are joining us for worship. Wherever you might be in your spiritual journey, we invite you to continue to explore a deeper relationship with God and a stronger spiritual life.

Saturday Worship

5:00 p.m. Saturday Evening Holy Eucharist Spoken Service (Small Chapel)

Sunday Worship and Education Schedule

8:00 a.m.	Holy Eucharist, Rite I
9:00 a.m.	St. Michael's Jr. (LiFT) Sturtz House (summer hours
vary)	
10:00 a.m.	Holy Eucharist, Rite II
10:00 a.m.	Sunday School Visit stmichaelsbarrington.org
6:30 p.m.	St. Michael's Sr. High (LiFT) Sturtz House (as scheduled)

Things to Remember

- When it is time for Holy Communion, walk up to the altar and stand or kneel at the altar rail.
- A digital version of this bulletin is available by visiting our website at www.stmichaelsbarrington.org/blog.

We also live-stream all services to Facebook and the parish website. This provides a way for everyone to worship with us, even if they are not comfortable returning in person. If you come up for communion, you will likely be seen in our online video by those worshipping at home.

Please visit our website at www.stmichaelsbarrington.org for more information and announcements.

Contact Information

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Bill Ferry, Senior Warden sr-warden@stmichaelsbarrington.org

The Holy Eucharist

Maundy Thursday Thursday, March 28, 2024 | 06:30 PM

A bell will sound three times, inviting the congregation to stand.

PRELUDE | "Organ Prelude" by Frederick Bye, Marian Fadrowski, Lynda Ma, Theodore Dunn, cellos

The Word of God

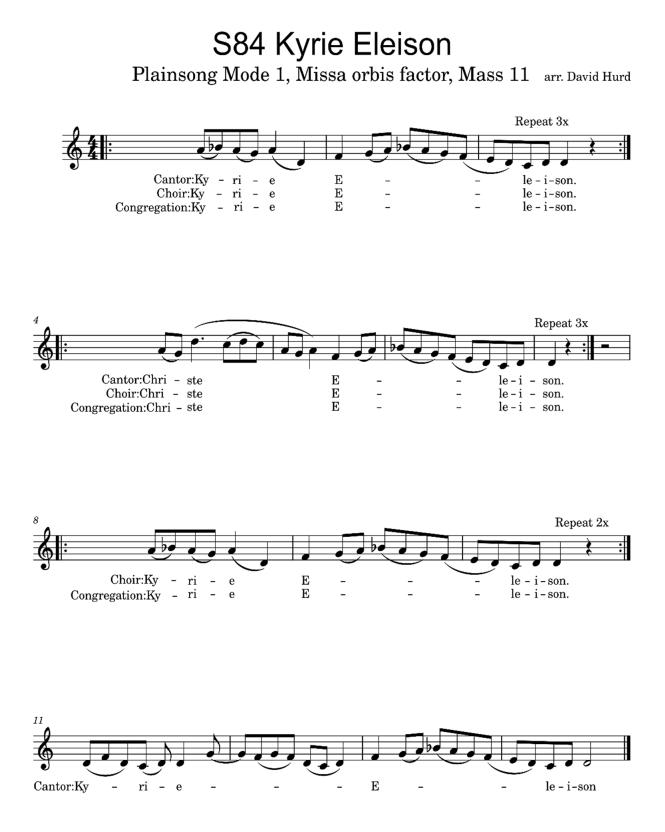
Process in Silence.

OPENING HYMN | WLP 731 Three holy days enfold us now, *Grace Church* (Green Hymnal)

The people stand or kneel as able.

OPENING ACCLAMATION | BCP 355

Celebrant:Blessed be God who forgives all our sins.People:God's mercy endures for ever.



THE COLLECT OF THE DAY

Celebrant:God be with you.People:And also with you.Celebrant:Let us pray.

Almighty Father, whose dear Son, on the night before he suffered, instituted the Sacrament of his Body and Blood: Mercifully grant that we may receive it thankfully in remembrance of Jesus Christ our Lord, who in these holy mysteries gives us a pledge of eternal life; and who now lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen**

THE FIRST READING | Exodus 12:1-4, (5-10), 11-14

Please be seated.

The Lord said to Moses and Aaron in the land of Egypt: This month shall mark for you the beginning of months; it shall be the first month of the year for you. Tell the whole congregation of Israel that on the tenth of this month they are to take a lamb for each family, a lamb for each household. If a household is too small for a whole lamb, it shall join its closest neighbor in obtaining one; the lamb shall be divided in proportion to the number of people who eat of it. Your lamb shall be without blemish, a year-old male; you may take it from the sheep or from the goats. You shall keep it until the fourteenth day of this month; then the whole assembled congregation of Israel shall slaughter it at twilight. They shall take some of the blood and put it on the two doorposts and the lintel of the houses in which they eat it. They shall eat the lamb that same night; they shall eat it roasted over the fire with unleavened bread and bitter herbs. Do not eat any of it raw or boiled in water, but roasted over the fire, with its head, legs, and inner organs. You shall let none of it remain until the morning; anything that remains until the morning you shall burn. This is how you shall eat it: your loins girded, your sandals on your feet, and your staff in your hand; and you shall eat it hurriedly. It is the passover of the Lord. For I will pass through the land of Egypt that night, and I will strike down every firstborn in the land of Egypt, both human beings and animals; on all the gods of Egypt I will execute judgments: I am the Lord. The blood shall be a sign for you on the houses where you live: when I see the blood, I will pass over you, and no plaque shall destroy you when I strike the land of Eqypt.

This day shall be a day of remembrance for you. You shall celebrate it as a festival to the Lord; throughout your generations you shall observe it as a perpetual ordinance.

Reader:The Word of the Lord.People:Thanks be to God.

PSALM 116:1, 10-17 | Dilexi, quoniam



From A HymnTune Psalter, Revised Common Lectionary Edition © 2007 by Carl P. Daw, Jr. and Kevin R. Hackett. Church Publishing Incorporated. All rights reserved. Used by permission.

¹I love the LORD, because he has heard the voice of my supplication, because he has inclined his ear to me whenever I called upon him. Antiphon ¹⁰How shall I repay the LORD for all the good things he has done for me? ¹¹I will lift up the cup of salvation and call upon the Name of the LORD. ¹²I will fulfill my vows to the LORD in the presence of all his people. Antiphon ¹³Precious in the sight of the LORD is the death of his servants. ¹⁴O LORD, I am your servant; I am your servant and the child of your handmaid; you have freed me from my bonds. Antiphon ¹⁵I will offer you the sacrifice of thanksgiving and call upon the Name of the LORD. ¹⁶I will fulfill my vows to the LORD

in the presence of all his people,

- ¹⁷in the courts of the LORD's house,
- in the midst of you, O Jerusalem. Antiphon

THE SECOND READING | 1 Corinthians 11:23-26

I received from the Lord what I also handed on to you, that the Lord Jesus on the night when he was betrayed took a loaf of bread, and when he had given thanks, he broke it and said, "This is my body that is for you. Do this in remembrance of me." In the same way he took the cup also, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me." For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes.

Reader: The Word of the Lord. People: Thanks be to God.

GRADUAL HYMN | Hymn 171 Go to dark Gethsemane, Petra

THE GOSPEL | John 13:1-17, 31b-35

Please stand as able.

Deacon: The Holy Gospel of our Lord Jesus Christ according to John.People: Glory to you, Lord Christ.

Now before the festival of the Passover, Jesus knew that his hour had come to depart from this world and go to the Father. Having loved his own who were in the world, he loved them to the end. The devil had already put it into the heart of Judas son of Simon Iscariot to betray him. And during supper Jesus, knowing that the Father had given all things into his hands, and that he had come from God and was going to God, got up from the table, took off his outer robe, and tied a towel around himself. Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was tied around him. He came to Simon Peter, who said to him, "Lord, are you going to wash my feet?" Jesus answered, "You do not know now what I am doing, but later you will understand." Peter said to him, "You will never wash my feet." Jesus answered, "Unless I wash you, you have no share with me." Simon Peter said to him, "Lord, not my feet only but also my hands and my head!" Jesus said to him, "One who has bathed does not need to wash, except for the feet, but is entirely clean. And you are clean, though not all of you." For he knew who was to betray him; for this reason he said, "Not all of you are clean." After he had washed their feet, had put on his robe, and had returned to the table, he said to them, "Do you know what I have done to you? You call me Teacher and Lord-and you are right, for that is what I am. So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have set you an example, that you also should do as I have done to you. Very truly, I tell you, servants are not greater than their master, nor are messengers greater than the one who sent them. If you know these things, you are blessed if you do them. "Now the Son of Man has been glorified, and God has been glorified in him. If God has been glorified in him, God will also glorify him in himself and will glorify him at once. Little children, I am with you only a little longer. You will look for me; and as I said to the Jews so now I say to you, Where I am going, you cannot come.' I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. By this everyone will know that you are my disciples, if you have love for one another."

Deacon:The Gospel of the Lord.People:Praise to you, Lord Christ.

THE HAND WASHING

The Celebrant says:

Fellow servants of our Lord Jesus Christ: On the night before his death, Jesus set an example for his disciples by washing their feet, an act of humble service. He taught that strength and growth in the life of the Kingdom of God come not by power, authority, or even miracle, but by such lowly service. We all need to remember his example, but none stand more in need of this reminder than those whom the Lord has called to the ordained ministry.

Therefore, I invite you who share in the royal priesthood of Christ, to come forward, that I may recall whose servant I am by following the example of my Master. But come remembering his admonition that what will be done for you is also to be done by you to others, for "a servant is not greater than his master, nor is one who is sent greater than the one who sent him. If you know these things, blessed are you if you do them."

MUSIC DURING THE HANDWASHING | Hymn 606 Where love and charity prevail, Ubi Caritas



Bless the Lord my soul, Jacques Berthier

This year we will be washing hands in place of feet. The hand washing provides an opportunity to share in Jesus' message and action of humbly serving. Taking part is optional. The clergy will initially wash the hands of three others, after which you are free to come forward to take part – first washing the hand of another (by giving hand sanitizer), before having your own hands washed.

THE MAUNDY THURSDAY ANTHEMS

Spoken by the Deacon at the conclusion of the hand washing.

- *Deacon:* The Lord Jesus, after he had supped with his disciples and had washed their feet, said to them, "Do you know what I, your Lord and Master, have done to you? I have given you an example, that you should do as I have done."
- *People:* Peace is my last gift to you, my own peace I now leave with you; peace which the world cannot give, I give to you.
- *Deacon:* I give you a new commandment: Love one another as I have loved you.
- *People:* Peace is my last gift to you, my own peace I now leave with you; peace which the world cannot give, I give to you.
- *Deacon:* By this shall the world know that you are my disciples: That you have love for one another.

PRAYERS OF THE PEOPLE

Please stand as able.

Prayers of the People for this evening's liturgy were adapted from a form written by Bosco Peters, Chaplain, Christ's College, Canterbury, New Zealand.

Leader: Let us pray for the church and for all humankind.

God our provider, on this night your Son Jesus gave us the holy feast, his own body and blood: **May all who gather at your table receive a foretaste of your eternal banquet.**

Servant God, on this night Jesus washed his disciples' feet: May we more and more follow his example of love and service.

God of compassion, on this night Jesus prayed for those who would believe through the ministry of his disciples:

Continue to bless all who minister, by word and deed, in your name.

God our companion, we pray for those unable to eat at the Lord's Table or at any other table, for those who betray and for those betrayed, and for all innocent victims. **Draw near and bring healing to all who are in need.**

The Celebrant continues:

Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

CONFESSION & ABSOLUTION | BCP 360

Celebrant:

Let us confess our sins against God and our neighbor.

Celebrant & people:

Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of our Savior Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. Amen.

The Celebrant continues:

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

Celebrant: The Peace of Christ be always with you. *People:* And also with you.

All may greet one another with the Peace of Christ.

The Holy Communion

THE OFFERTORY

Thank you for your gifts in support of the church's mission and ministries. They may be made in the offering plates as they are passed, or online at www.stmichaelsbarrington.org/give.

MUSIC AT THE OFFERTORY | Jesus in Gethsemane, Douglas Nolan, St. Michaels Adult Choir Marian Fadrowski, cello

DOXOLOGY | Hymn 380, Praise God from Whom all Blessings Flow, Old 100th, Verse 3

Praise God, from whom all blessings flow; praise him, all creatures here below; praise him above, ye heavenly host: praise Father, Son, and Holy Ghost. Amen.

THE GREAT THANKSGIVING Prayer A | Expansive Language

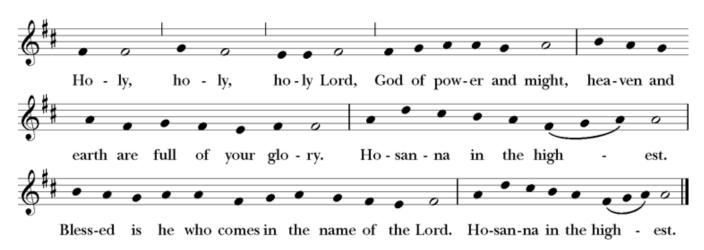
Please stand as able.

Celebrant:	God be with you.
People:	And also with you.
Celebrant:	
People:	We lift them to the Lord.
Celebrant:	Let us give thanks to the Lord our God.
People:	It is right to give our thanks and praise.

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Almighty God, Creator of heaven and earth.

Here a proper preface is said.

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:



SANCTUS | S124, David Hurd

The people stand or kneel.

The people stand or kneel as able. The Celebrant continues:

Holy and gracious God: In your infinite love you made us for yourself; and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and maker of all. Jesus stretched out his arms upon the cross, and offered himself, in obedience to your will, a perfect sacrifice for the whole world.

At the following concerning the bread, the Celebrant is to lay a hand upon it.

On the night he was handed over to suffering and death, 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 many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore we proclaim the mystery of faith:

The Celebrant and people:

Christ has died. Christ is risen. Christ will come again.

The Celebrant continues:

We celebrate the memorial of our redemption, Almighty God, in this sacrifice of praise and thanksgiving. Recalling Christ's death, resurrection, and ascension, we offer you these gifts.

Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in Christ. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

All this we ask through Jesus Christ our Savior. 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. **AMEN**.

THE LORD'S PRAYER

And now, as our Savior Christ hath taught us, we are bold to say,

Celebrant and People:

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 BREAKING OF THE BREAD

The Celebrant breaks the consecrated Bread.

A period of silence is kept.

Celebrant:Christ our Passover is sacrificed for us;People:Therefore let us keep the feast.

ANTHEM S157 | O Lamb of God, John Merbecke



THE COMMUNION OF THE PEOPLE

All are welcome to come forward to the altar rail for Communion or a Blessing.

Celebrant: The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

Please come forward to receive Communion, receiving the Bread while standing or kneeling at the altar rail. While receiving both the Bread and the Wine is tradition, receiving the Bread alone constitutes full participation in this Holy Communion. (Gluten free Bread available upon request).

To also receive the Wine, you may remain at the altar rail to drink from the chalice; please do not dip or intinct the Bread into the Wine. If you prefer, you may instead go to the Wine station to receive in an individual, compostable cup.

If you would like a blessing instead, cross your arms and the priest will bless you. If a person desires to receive the Sacrament, but, by reason of extreme sickness or physical disability [or pandemic], is unable to eat and drink the Bread and Wine, the Celebrant is to assure that person that all the benefits of Communion are received, even though the Sacrament is not received with the mouth. (BCP 457)

MUSIC AT COMMUNION | Hymn 329 Now my tongue the mystery telling, Pange Lingua

Verse 1 solo, V2 all, V3 men, V4 all, v5 women, V6 all

RESERVATION OF THE SACRAMENT FOR GOOD FRIDAY

At the end of the Communion, consecrated bread and wine are placed on the side altar, in front of the Tabernacle. Later, the Sacrament will be carried in the Procession to the Altar of Repose. It will be used for the Communion at our Good Friday liturgy, tomorrow at the noon service (at which bread and wine are not consecrated).

POSTCOMMUNION PRAYER

Kneel or stand.

Celebrant: Let us pray.

Said by the Celebrant & People:

Almighty and everliving God, we thank you for feeding us with the spiritual food of the most precious Body and Blood of your Son our Savior Jesus Christ; and for assuring us in these holy mysteries that we are living members of the Body of Christ, and heirs of your eternal kingdom. And now, send us out to do the work you have given us to do, to love and serve you as faithful witnesses of Christ our Savior. To him, to you, and to the Holy Spirit, be honor and glory, now and for ever. Amen.

THE STRIPPING AND CLEANSING OF THE ALTAR

The sanctuary and altar are made barren, reminding us of Christ abandoned after he went forth to Gethsemane. When the altar is bare, the rector performs a simple ceremonial washing. PSALM 22, Deus, Deus, meus, Read by Priest during the Stripping of the Altar

¹My God, my God, why have you forsaken me? Why are you so far from helping me, from the words of my groaning? ²O my God, I cry by day, but you do not answer; and by night, but find no rest. ³Yet you are holy, enthroned on the praises of Israel. ⁴ In you our ancestors trusted; they trusted, and you delivered them. ⁵ To you they cried, and were saved: in you they trusted, and were not put to shame. ⁶But I am a worm, and not human; scorned by others, and despised by the people. ⁷ All who see me mock at me; they make mouths at me, they shake their heads; ⁸ "Commit your cause to the LORD; let him deliverlet him rescue the one in whom he delights!" ⁹Yet it was you who took me from the womb; you kept me safe on my mother's breast. ¹⁰On you I was cast from my birth, and since my mother bore me you have been my God. ¹¹ Do not be far from me. for trouble is near and there is no one to help. ¹² Many bulls encircle me, strong bulls of Bashan surround me; ¹³ they open wide their mouths at me, like a ravening and roaring lion. ¹⁴ I am poured out like water, and all my bones are out of joint; my heart is like wax; it is melted within my breast; ¹⁵ my mouth is dried up like a potsherd, and my tongue sticks to my jaws; you lay me in the dust of death. ¹⁶ For dogs are all around me; a company of evildoers encircles me. My hands and feet have shriveled; ¹⁷ I can count all my bones. They stare and gloat over me: ¹⁸ they divide my clothes among themselves, and for my clothing they cast lots.

¹⁹But you, O LORD, do not be far away! O my help, come quickly to my aid!

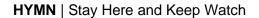
²⁰ Deliver my soul from the sword, my life from the power of the dog! ²¹Save me from the mouth of the lion! From the horns of the wild oxen you have rescued me. ²² I will tell of your name to my brothers and sisters; in the midst of the congregation I will praise you: ²³ You who fear the LORD, praise him! All you offspring of Jacob, glorify him; stand in awe of him, all you offspring of Israel! ²⁴ For he did not despise or abhor the affliction of the afflicted; he did not hide his face from me, but heard when I cried to him. ²⁵ From you comes my praise in the great congregation; my vows I will pay before those who fear him. ²⁶ The poor shall eat and be satisfied; those who seek him shall praise the LORD. May your hearts live forever! ²⁷ All the ends of the earth shall remember and turn to the LORD: and all the families of the nations shall worship before him. ²⁸ For dominion belongs to the LORD, and he rules over the nations. ²⁹ To him, indeed, shall all who sleep in the earth bow down; before him shall bow all who go down to the dust, and I shall live for him. ³⁰ Posterity will serve him; future generations will be told about the Lord,

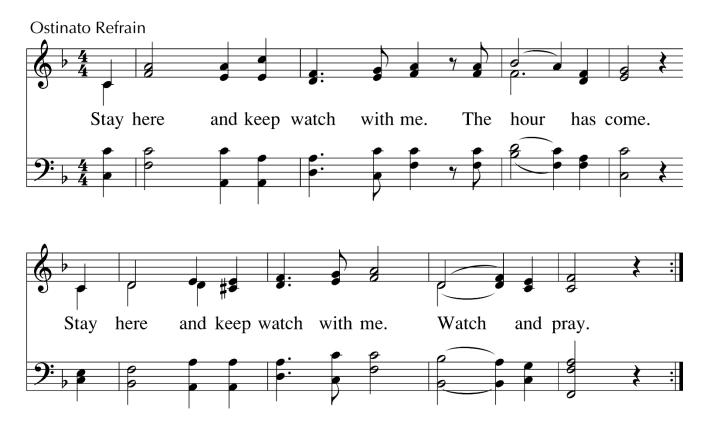
³¹ and proclaim his deliverance to a people yet unborn, saying that he has done it.

THE PROCESSION TO THE ALTAR OF REPOSE

In silence as the bells toll, the congregation will form a procession led by the cross, down the center aisle of the nave. Please join in the procession starting with those in the front pews and moving backward. We will exit the church through the door near the library in the back, proceeding to the chapel and the Altar of Repose. Worshipers may remain in the chapel for prayer or leave the church by way of the chapel door that exits to the parking lot.

Silence.





Text: from Matthew 26; Taizé Community Tune: Jacques Berthier, 1923-1994 © 1984, Les Presses de Taizé, GIA Publications, Inc., agent Then Jesus went with them to a place called Gethsemane; and he said to his disciples, "Sit here while I go over there and pray." Then he said to them, "I am deeply grieved, even to death; remain here, and stay awake with me." *Matthew 26:36, 38*

All may leave in silence.

THE WATCH IS SET

The Watch continues throughout the night and ends at 12:00 p.m. tomorrow. The Good Friday Liturgy begins at Noon tomorrow followed by the Stations of the Cross in the Nave. All are welcome to come and pray at any time.

AT TODAY'S WORSHIP

Preaching: The Rev. Tim Murray Presiding: The Rev. Jesse Perkins "Permission to reprint, podcast, and / or stream the music in this service obtained from ONE LICENSE with license #A-704397. All rights reserved"



Wandering Heaft: "Streams of mercy"



Golden Hour

by Nicolette Peñaranda Inspired by John 13:1-20 Acrylic, ink, paper collage, yarn, metallic tape, and mixed media on canvas

The story of Peter brings us to the last supper. The disciples are tucked away in the upper room. Within the overall composition of this piece, we see the West African symbol,⁶ *Aban*, which means fortress and demonstrates power and authority. *Aban*⁷ is the central image of *Golden Hour* and it is duplicated around the perimeter of the piece like a mighty fortress. The gold-plated vessel at the top represents the water Jesus uses to wash the disciples' feet. Around it are miniature *Mpuannum*,⁸ the five tufts of hair. In Ghanaian culture, it is said that a priestess wore this hairstyle

giving the symbol a meaning of deep loyalty and priestly office. The water drips directly down onto swollen feet, feet that bear no name. The section to the left of the vessel holds a tearful Peter. He refuses Jesus' hospitality and then backtracks when he learns the value of merciful water. Around him contains *Dwannini Mmen*,⁹ the horns of rams, and *Nyansapo*,¹⁰ the wisdom knot. Both sit subtly in the background. If only Peter remembered that pride is a vice and through curiosity we are exposed to the interconnectedness of wisdom and knowledge. Across from the image of Peter we see the Eucharist. When orienting this piece in a diamond formation, the cup looks overflowing. But when the canvas is sitting as a square, the wine is tipping out of the chalice, dripping in unison with the vessel onto the *Aban*. The Eucharist is also one of the ways we receive Christ's mercy. Body and blood broken for us. Water is very versatile. The vessel of water is providing mercy. The swollen feet are receiving mercy. Peter is asking for mercy. The chalice has shed mercy.

There is a particular time of day we refer to as the "golden hour." This is when photographers love to take photos as the sun sits at a particular point, either after sunrise or before sunset, when daylight is redder and softer than when the sun is higher in the sky. A serious photographer does anything to capture that moment. When I reflect on the entire Passion story, this might just be the golden hour for the disciples. Jesus and his crew are tucked away, having their Passover meal. They are cleansing themselves and carrying on not realizing this will be the last moment of peace they will have. Sharing a meal with the people you love is one of the most glorious moments anyone could have—before what will end as a night of torture and betrayal. While Peter is tearful in this image, the overall vibe of *Golden Hour* is soft, rich. It feels like it is captured in marble as if nothing can destroy it. —**Rev. Nico[ette Peñaranda**

- 6 Adinkra symbols originated from the Gyaman people of Ghana and Côte d'Ivoire.
- Learn more about their meanings and significance here: <u>adinkrasymbols.org</u> 7 View the symbol and learn more about it here: <u>adinkrasymbols.org/symbols/aban/</u>
- 8 View the symbol and learn more about it here: <u>adinkrasymbols.org/symbols/mpuanum/</u>
- 9 View the symbol and learn more about it here: adinkrasymbols.org/symbols/dwennimmen/
- 10 View the symbol and learn more about it here: adinkrasymbols.org/symbols/nyansapo/

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