



The Second Sunday in Lent
Sunday, February 25, 2024 • 10:00 AM Rite II

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*



St. Michael's Welcomes You!

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**

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 stmichaelsbarrington.org.

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 stmichaelsbarrington.org for more information and announcements.

Contact Information

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The Holy Eucharist

The Second Sunday in Lent

Sunday, February 25, 2024 | 10:00 AM | Rite II

PRELUDE | Organ

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

The Penitential Order

Process in Silence

OPENING HYMN | Hymn 607 O God of every nation, *Llangloffen*

The people stand or kneel as able.

OPENING ACCLAMATION

Celebrant: Blessed be God who forgives all our sins.

People: **God's mercy endures for ever.**

THE DECALOGUE | BCP 350

Kneeling or standing

Celebrant: Hear the commandments of God to his people: I am the Lord your God who brought you out of bondage.

You shall have no other gods but me.

Amen. Lord have mercy.

You shall not make for yourself any idol.

Amen. Lord have mercy.

You shall not invoke with malice the Name of the Lord your God.

Amen. Lord have mercy.

Remember the Sabbath day and keep it holy.

Amen. Lord have mercy.

Honor your father and your mother.

Amen. Lord have mercy.

You shall not commit murder.

Amen. Lord have mercy.

You shall not commit adultery.

Amen. Lord have mercy.

You shall not steal.

Amen. Lord have mercy.

You shall not be a false witness.

Amen. Lord have mercy.

You shall not covet anything that belongs to your neighbor.

Amen. Lord have mercy.

The Celebrant continues:

If we say that we have no sin, we deceive ourselves, and the truth is not in us; but if we confess our sins, God is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness. 1 John 1:8,9

CONFESSION & ABSOLUTION | BCP 352

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.

KYRIE| S84, David Hurd

Repeat 3x

Cantor:Ky - ri - e E - le - i - son.
Choir:Ky - ri - e E - le - i - son.
Congregation:Ky - ri - e E - le - i - son.

4 Repeat 3x

Cantor:Chri - ste E - le - i - son.
Choir:Chri - ste E - le - i - son.
Congregation:Chri - ste E - le - i - son.

8 Repeat 2x

Choir:Ky - ri - e E - le - i - son.
Congregation:Ky - ri - e E - le - i - son.

11

Cantor:Ky - ri - e - - - E - le - i - son

THE COLLECT OF THE DAY

Celebrant: God be with you.

People: **And also with you.**

Celebrant: Let us pray.

O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from your ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of your Word, Jesus Christ your Son; who with you and the Holy Spirit lives and reigns, one God, for ever and ever. **Amen.**

THE FIRST READING | Genesis 17:1-7, 15-16

Please be seated.

When Abram was ninety-nine years old, the LORD appeared to Abram, and said to him, "I am God Almighty; walk before me, and be blameless. And I will make my covenant between me and you, and will make you exceedingly numerous." Then Abram fell on his face; and God said to him, "As for me, this is my covenant with you: You shall be the ancestor of a multitude of nations. No longer shall your name be Abram, but your name shall be Abraham; for I have made you the ancestor of a multitude of nations. I will make you exceedingly fruitful; and I will make nations of you, and kings shall come from you. I will establish my covenant between me and you, and your offspring after you throughout their generations, for an everlasting covenant, to be God to you and to your offspring after you.

God said to Abraham, "As for Sarai your wife, you shall not call her Sarai, but Sarah shall be her name. I will bless her, and moreover I will give you a son by her. I will bless her, and she shall give rise to nations; kings of peoples shall come from her."

Reader: The Word of the Lord.

People: **Thanks be to God.**

PSALM 22:22-30| *Deus, Deus meus*



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- ²²Praise the LORD, you that fear him;
stand in awe of him, O offspring of Israel;
all you of Jacob's line, give glory.
- ²³For he does not despise nor abhor the poor in their poverty;
neither does he hide his face from them; **Antiphon**
- but when they cry to him he hears them.
- ²⁴My praise is of him in the great assembly;
I will perform my vows in the presence of those who worship him.
- ²⁵The poor shall eat and be satisfied,
and those who seek the LORD shall praise him:
"May your heart live for ever!" **Antiphon**
- ²⁶All the ends of the earth shall remember and turn to the LORD,
and all the families of the nations shall bow before him.
- ²⁷For kingship belongs to the LORD;
he rules over the nations.
- ²⁸To him alone all who sleep in the earth bow down in worship;
all who go down to the dust fall before him. **Antiphon**
- ²⁹My soul shall live for him;
my descendants shall serve him;
they shall be known as the LORD's for ever.
- ³⁰They shall come and make known to a people yet unborn
the saving deeds that he has done. **Antiphon**

THE SECOND READING | Romans 4:13-25

For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation.

For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, "I have made you the father of many nations") —in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist. Hoping against hope, he believed that he would become "the father of many nations," according to what was said, "So numerous shall your descendants be." He did not weaken in faith when he considered his own body, which was already as good as dead (for he was about a hundred years old), or when he considered the barrenness of Sarah's womb. No distrust made him waver concerning the promise of God, but he grew strong in his faith as he gave glory to God, being fully convinced that God was able to do what he had promised. Therefore his faith "was reckoned to him as righteousness." Now the words, "it was reckoned to him," were written not for his sake alone, but for ours also. It will be reckoned to us who believe in him who raised Jesus our Lord from the dead, who was handed over to death for our trespasses and was raised for our justification.

Reader: The Word of the Lord.

People: **Thanks be to God.**

GRADUAL HYMN | Hymn 668 I to the hills will lift mine eyes, *Burford*

THE GOSPEL | Mark 8:31-38

Please stand as able.

Deacon: The Holy Gospel of our Lord Jesus Christ according to Mark.

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

Jesus began to teach his disciples that the Son of Man must undergo great suffering, and be rejected by the elders, the chief priests, and the scribes, and be killed, and after three days rise again. He said all this quite openly. And Peter took him aside and began to rebuke him. But turning and looking at his disciples, he rebuked Peter and said, "Get behind me, Satan! For you are setting your mind not on divine things but on human things."

He called the crowd with his disciples, and said to them, "If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. For what will it profit them to gain the whole world and forfeit their life? Indeed, what can they give in return for their life? Those who are ashamed of me and of my words in this adulterous and sinful generation, of them the Son of Man will also be ashamed when he comes in the glory of his Father with the holy angels."

Deacon: The Gospel of the Lord.

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

THE NICENE CREED

Please stand. Said in unison.

**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 became truly human.
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.
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.**

PRAYERS OF THE PEOPLE (Form I)

Intercessor:

With all our heart and with all our mind, let us pray to the Lord, saying, "Lord, have mercy."

For the peace from above, for the loving-kindness of God, and for the salvation of our souls. Let us pray to the Lord.

Lord, have mercy.

For the peace of the world, for the welfare of the holy Church of God, and for the unity of all peoples, let us pray to the Lord.

Lord, have mercy.

We pray for Justin, Archbishop of Canterbury; Michael, our Presiding Bishop; Paula, our Bishop; Joseph, Archbishop of the Upper Nile Province, and Simon, Bishop of the Diocese of Renk, South Sudan; for Jesse, Jim, Betsy, Ralph, Tim, and Judy, our clergy; and for all the clergy and people, let us pray to the Lord.

Lord, have mercy.

For our President, Joe, for the leaders of the nations, and for all in authority, let us pray to the Lord.

Lord, have mercy.

For this city, for every city and community, and for those who live in them, let us pray to the Lord.

Lord, have mercy.

For reasonable weather, and for an abundance of the fruits of the earth, let us pray to the Lord.

Lord, have mercy.

For the good earth which God has given us, and for the wisdom and will to conserve it, let us pray to the Lord.

Lord, have mercy.

For those who travel on land, on water, in the air or through outer space, let us pray to the Lord.

Lord, have mercy.

For the aged and infirm, for the widowed and orphans, and for the sick and the suffering, let us pray to the Lord.

Lord, have mercy.

For those celebrating birthdays and anniversaries: Dennis Harms, Max Raynor, Damien Gabis, Christine Olson, Julia Yerger, Malakai Duncan, and Jan and Semmy Semerad, let us pray to the Lord.

Lord, have mercy.

For those who have requested our prayers: Pat, Lynda, Emma Rose, the Kean family, Zach and Jenny, Sophia and Penelope, Karen, Spencer, Meg and Charlie, Sarah and Evelyn, Amy and Matthew, Jeff, Richard, Nancy, Christine, Jeff, Sharon, Andy, Marilyn and Pat, Caden, Sadie, Dave, Phyllis, Cameron, Maribeth, Ruth, Brian, Barb and Steve, Patty, and Amy.

Are there others? [PAUSE].

For all whom we remember today, let us pray to the Lord.

Lord, have mercy.

For the poor and the oppressed, for the unemployed and the destitute, for prisoners and captives, and for all who remember and care for them, let us pray to the Lord.

Lord, have mercy.

For all who have died in the hope of the resurrection, and for all the departed, especially, David Larson, Katy Pepper, Bill Allen, Jean Clendinning, Mary Schwind, and Stacy Curtis, let us pray to the Lord.

Lord, have mercy.

For deliverance from all danger, violence, oppression, and degradation, let us pray to the Lord.

Lord, have mercy.

That we may end our lives in faith and hope, without suffering and without reproach, let us pray to the Lord.

Lord, have mercy.

Defend us, deliver us, and in thy compassion protect us, O Lord, by thy grace.

Lord, have mercy.

In the communion of St. Michael and of all the saints, let us commend ourselves, and one another, and all our life, to Christ our God.

To thee, O Lord our God.

Silence

The Celebrant adds a concluding Collect.

THE PEACE

Celebrant: The Peace of Christ be always with you.

People: **And also with you.**

All may greet one another from a distance.

PARISH ANNOUNCEMENTS

Please be seated.

The Holy Communion

THE OFFERTORY

Thank you for your gifts in support of the church's mission and ministries. The offering plates are in the rear at both doors or offerings may be made online at stmichaelsbarrington.org.

MUSIC AT THE OFFERTORY | All People One in You, Norwegian Folk tune, *arr. Leland B. Sateren*

THE GREAT THANKSGIVING Prayer A | Expansive Language

Please stand as able.

Celebrant: God be with you.

People: **And also with you.**

Celebrant: Lift up your hearts.

People: **We lift them to the Lord.**

Celebrant: Let us give thanks to the Lord our God.

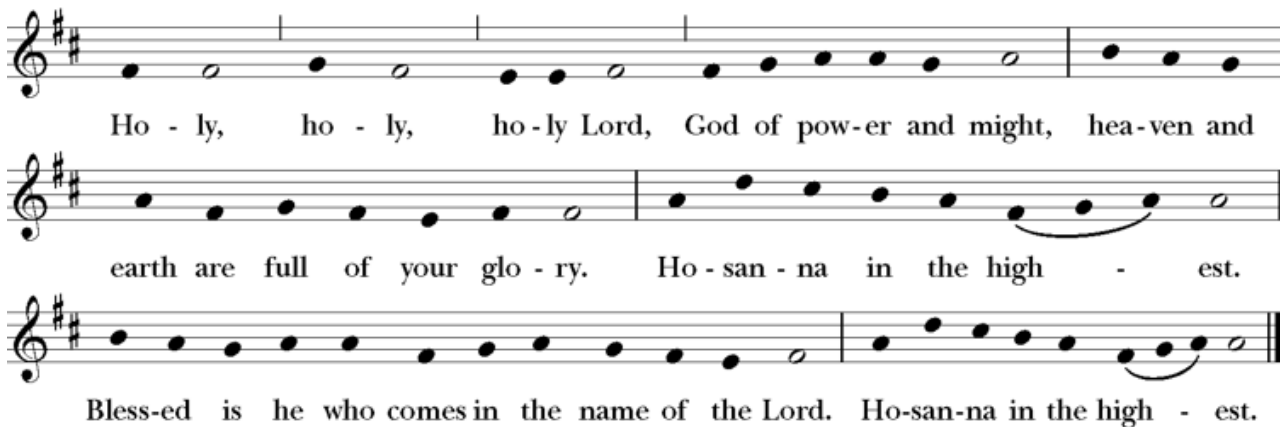
People: **It is right to give our thanks and praise.**

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 Sanctus, *David Hurd*



Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might, hea - ven and
earth are full of your glo - ry. Ho - san - na in the high - est.
Bless - ed is he who comes in the name of the Lord. Ho - san - na in the high - est.

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*



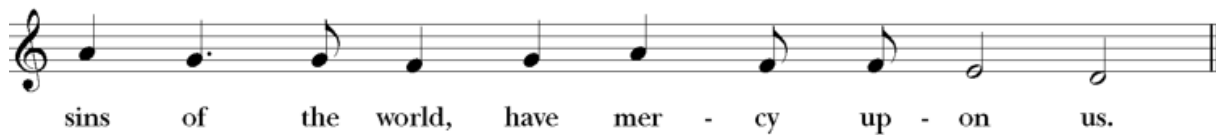
O Lamb of God, that ta - kest a - way the



sins of the world, have mer - cy up - on us.



O Lamb of God, that ta - kest a - way the



sins of the world, have mer - cy up - on us.



O Lamb of God, that ta - kest a - way the



sins of the world, grant us thy peace.

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.

MUSIC AT COMMUNION | Burgundy Book 41, God be with you, *Ralph Vaughan Williams*

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 BLESSING

Bow down before the Lord.

The people kneel and the Celebrant says the following prayer:

Keep this your family, Lord, with your never-failing mercy, that relying solely on the help of your heavenly grace, they may be upheld by your divine protection; through Christ our Lord. **Amen.**

Please stand as able.

CLOSING HYMN | Hymn 675 Take up your cross, *Bourbon*

Process in Silence

DISMISSAL

Deacon: Let us bless the Lord.

People: **Thanks be to God.**

POSTLUDE | Organist



What's in *The Sword* this week?

CALENDAR AND EVENTS

- **February 14-25** | Uncaged Art Exhibit at St. Michael's Church, *please see Sword for dates and hours.*
- **February 21-March 20** | Stations of the Cross, weekly on Wednesday at 6pm
- **February 25** | Bread baking 11:15am
- **March 10** | Choral Evensong, 5pm
- **March 24** | Palm Sunday, 8am and 10am
- **March 28** | Maundy Thursday, 6:30pm
- **March 29** | Good Friday Services, more information coming soon.
- **March 30** | Easter Vigil, Holy Saturday Evening, 8pm
- **March 31** | Easter Sunday Services, 9am and 11am
- **March 31** | Easter Egg Hunt following the 11am service.

WEEKLY EVENTS

- **Sundays 10:00am** | In Person Sunday School
- **Sundays 9:10am** | Lent Adult Study with Deacon Tim in the Conference Room
- **Sundays 11:30am** | Lent Adult Forum with The Rev. Ralph Osborne in the Library
- **Tuesdays 9:30am – 11:00am** | Tuesday Morning Women's Bible Study
- **Tuesdays 7:00-8:30pm** | Tuesday Evening Women's Bible Study via Zoom
- **Fridays at 6:00 AM** | Men's Fellowship meets in the Community Room

MONTHLY EVENTS

- **Last Tuesday of Every Month** | Prayer Shawl meets in the Library at 6pm
- **Third Wednesday of Every Month** | Book Club meets in the Library at 7pm

Those for whom prayers have been requested:

Pat, Lynda, Emma Rose, the Kean family, Zach and Jenny, Penelope and Sophia, Karen, Spencer, Meg and Charlie, Sarah and Evelyn, Nancy, Jeff, Richard, Amy and Matthew, Christine, Jeff, Sharon, Andy, Marilyn and Pat, Caden, Sadie, Dave, Phyllis, Cameron, Maribeth, Ruth, Brian, Barb and Steve, Patty, and Amy.

Birthdays		Anniversaries		Remembrances	
2/25	Dennis Harms	3/2	Jan and Semmy	2/25	David Larson
2/26	Damien Gabis		Semerad	2/25	Katy Pepper
2/26	Max Raynor			2/25	Bill Allen
2/28	Christine Olson			2/27	Jean Clendinning
2/28	Julia Yerger			2/27	Mary Schwind
3/1	Malakai Duncan			2/28	Stacy Curtis

AT TODAY'S WORSHIP

Preaching: The Rev. Jim Swarthout

Presiding: The Rev. Jesse Perkins

Deacon: The Rev. Tim Murray

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THE SECOND SUNDAY IN LENT

Wandering Heart: "Rescue me from danger"



Lift Off

by Nicolette Peñaranda

Inspired by Matthew 14:22-23

Acrylic, ink, paper collage, and mixed media on canvas

There are no street lights in the ocean. I think about that often. Rarely do we think about how dark and mysterious the night is, even for a veteran fisherman. Nor do we take into consideration the movement of the wind and its roar rumbling off of the waves.

Inside the wind tunnel in this piece, we see the West African symbol, *Adinkrahene*,¹ symbolizing leadership and charisma. Peter embodies all of that when he follows Jesus onto the water. But the bottom of his foot holds the *Mako*.² *Mako* reminds us that not all peppers grow the same. As charismatic and eager to impress Jesus as Peter is, he does not necessarily embody the same level of development as Jesus. The hand of Jesus reaches through the image of *Asase Ye Duru*,³ reminding us that the earth has weight. Jesus, the divine, is greater than the limitations of the flesh, the fears we carry like the uncertainty of the water. What we also see around the hand of Christ is *Nyame Dua*,⁴ the sacred stump symbolizing God's presence and protection. The ever-present God protected Peter from drowning. All of this storytelling is set inside the symbol of *Mmusuyidee*,⁵ signifying prosperity and sanctity. We are invited to maintain a hopeful outlook and persevere.

I titled this piece *Lift Off* as a nod to the 2011 Jay Z and Kanye West (ft. Beyonce) song by the same title. There is something about the opening lines, "We gon' take it to the moon, take it to the stars, how many people you know can take it this far?" that lingers in my head. The emphasis on the night sky and the deep wonder of the stars definitely influences the correlation. However, I think it also pertains to how Peter must have felt walking on water toward Jesus. No one had ever done that before. Not only was he the first, but he must have felt like he was having a deeper experience with Jesus. Who else was flying this high right then? Who else had dropped everything to live vagrantly with Christ? Before stumbling in his ways, there was something otherworldly happening, which brings me back to the stars.

Living in a metropolitan area, I don't get the luxury of stars but I like to imagine a world where the skies told their own stories. In *Lift Off*, the elements are like main characters, inspiring whimsical fantasy. Cut-out layered clouds build into the horizon of the sea. The forceful wind tunnel blows over the sinking foot of a probably panicking Peter. This is a moving piece that is meant to tell a story in any direction it is turned. Like the theme of this series, the viewer should feel like they are on a journey with Peter. *Lift Off* is intentionally dark with beautiful highlights of color and sparkle. It is because of the darkness that the colors shine bright. These two things are complimentary, not contrasting. The fear that entered Peter with the wind was most likely heightened because it was dark out. Without knowing exactly what was around him, Peter became vulnerable, thus causing him to reach out. The wonder of darkness exposes us and invites us to seek connection. We see that in the reaching hand gently entering the dark sky. —Rev. Nicolette Peñaranda

¹ Adinkra symbols originated from the Gyaman people of Ghana and Côte d'Ivoire. Learn more about their meanings and significance here: adinkrasymbols.org. View the *Adinkrahene* symbol here: adinkrasymbols.org/symbols/adinkrahene/

² This proverb warns the greater ones (the peppers that ripen quickly) to help the less fortunate. Learn more here: adinkrasymbols.org/symbols/mako/

³ *Asase Ye Duru* is a reminder of the earth's significance; humans should respect the earth and not harm it. adinkrasymbols.org/symbols/asase-ye-duru/

⁴ *Nyame Dua* means "tree or altar of God." adinkrasymbols.org/symbols/nyame-dua/

⁵ *Mmusuyidee* means "that which removes bad luck or evil." adinkrasymbols.org/symbols/krapa-musuyidee/