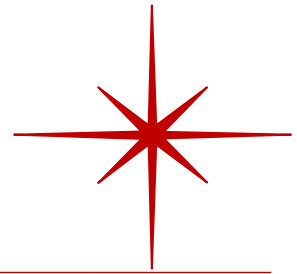




The STAR



April - May 2020

In This Time



We are about to enter into an Easter celebration unlike any in our lifetime, or in the lifetime of our parents (and possibly grandparents). The COVID-19 Pandemic has meant many changes for all of us, and not being able to gather for worship, even on this most joyful day of the Christian year, is one of them.

There is pain in that. But there is also a reminder. In many ways, we will be spending this Easter in a similar way to how the first disciples spent the first Easter. John Chapter 20, beginning with verse 19 describes how the disciples, even after they had heard Mary Magdalene report Jesus' resurrection, stayed inside, doors locked, because they were afraid.

What happened next? *"Jesus came and stood among them and said to them, "Peace be with you." When he had said this, he showed them his hands and his side. Then the disciples were glad when they saw the Lord."* (John 19.19b-20).

Friends, the Good News of Easter, from the very beginning is that Jesus comes to us where we are, even when we are afraid. Our metaphorical locked doors this Easter are no bar to his presence with us, any more than they kept him out of the place the disciples gathered on the first Easter.

So, as we begin this strange Holy Week and Easter season, take heart. Christ is Risen! Be prepared to experience Jesus' risen presence wherever you find yourself and be joyful. Know that our situation, as strange as it is, is not stranger than the first Easter, and that Jesus loves you.

May Jesus' Easter peace be with you,

P.S. We will be livestreaming a full round of Holy Week and Easter services this year. Look to page 3 for details.

Encountering God, Building a multigenerational congregation, Equipping every member.

Where do you store up hope in the midst of great loss?



It seems like an odd question, but one I have been thinking about as we face an uncertain future. This Lent, we have all given up more than ever before, and it certainly was not by choice. These decisions were not made for our spiritual growth, even though we would hope that we are growing. So we are living with the loss of so much already and there is more loss before us. That is certain. Where do you store up hope in the midst of great loss?

We are living with the loss of our freedom to move about. Some of us have lost ways of being meaningfully employed. We have lost the freedom to hug our friends, to sit with our family in church. I need not continue with specifics because you know your loss. You are living it right now.

When we acknowledge our loss, we start to recognize the grief that comes with it. Some of us are not touchy-feely people, so it is harder for us to see that what we experience in our loss is the grief of needing to adjust to a new reality. Emotions may play a low key role in our everyday lives, but once the loss and grief mount up, we will turn to mourning. Can we express that, by ourselves or with a trusted friend or family member? Putting words to the heaviness of the heart will help lift the burden of carrying it inside and unspoken.

But once the words are spoken, then what? Where do we store up hope in the midst of loss, and grief, and mourning? How can we access hope when we need it most? Times are hard now, but they are likely to get harder for all of us. We will begin to know more people who are touched personally in some way by this pandemic and we will grieve with them. How do we keep our hope safe in these times?

My safe place of hope is Jesus whom I know through Isaiah 61. "The Spirit of the Lord God rested on Jesus, anointing him to bring good news to the poor and to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to those who are bound." Jesus did not follow a "business as usual" protocol as he brought comfort to all who mourn. Instead, Jesus can infuse us with hope because we know one day our mourning will end and we will have been given a beautiful headdress instead of ashes, the oil of gladness instead of mourning. Our hope and comfort are in Jesus, who stores them up for the time we need it.

Pamela +

Holy Week Worship April 5-12, 2020

All Holy Week and Easter services at Epiphany will be livestreamed this year. Epiphany's livestream services can be found at www.livestream.com/epiphanyanglican and also on our church Facebook page (www.facebook.com/epiphany.anglican). This is what we are planning.

Palm Sunday: The Palm Sunday liturgy will begin at 10:15 on Sunday, April 5.

Maundy Thursday: This year we will be marking Maundy Thursday with the Tenebrae service at 7pm. Tenebrae, which means "darkness" is an adaptation of afternoon and evening prayer services as celebrated in Holy Week. This is a reflective and somber service that reminds us of Christ's suffering through psalms and readings.

Good Friday: At noon, we will offer the Good Friday service.

Prayer Vigil: This year's prayer vigil will begin at noon on Good Friday and end at 7pm on Holy Saturday. We ask people to sign-up to pray remotely for one-hour shifts from where they are during this time. You may participate as individuals or a family. A prayer guide will be provided as we pray for the church, our nation's leaders, those who are suffering and those who do not yet know Christ. Please sign up using the Signup Genius (<https://www.signupgenius.com/go/4090C4DADAC2BA2F85-prayer>) and/or contact Brad Johnson (bravhorn22@aol.com/703-599-2709) for more information.

Holy Saturday: At noon, we will mark Holy Saturday using the form of worship for this day.

Easter Day: Easter worship this year will be livestreamed at 10:15 am on Easter Sunday.





Palm Sunday Greenery

We can't have a Palm Sunday procession with Palms this year, but a number of Christians around the country are marking Palm Sunday and Holy Week by putting a bit of greenery on their doors.

Most of us won't have Palms available, but as Spring moves ahead, green leaves and shoots abound. Why not cut a sprig and decorate your door this Palm Sunday to mark Holy Week?



Here at Epiphany we emphasize:

- ✦ Encountering God through beautiful worship and believing prayer
- ✦ Building a multigenerational congregation that loves children and families.
- ✦ Equipping every member to publicly proclaim the Good News of Jesus Christ.

Epiphany Mask Makers

A group of Epiphany members is banding together to make protective face-masks for those whose work means they must continue to be in public in some way. Krystal Apelquist is leading this effort. Initially, they are making facemasks for staff members at Western Fairfax Christian Ministries (WFCM), an Epiphany outreach partner that provides food, counseling and other services to those in need in our area, church staff, and those involved in weekly livestreaming of Epiphany's worship.

If you are interested in participating in this work, please contact Krystal at kapelquist@aol.com or by phone at 703-929-4535.



Missions Update: Uganda Christian University

Epiphany proudly supports Uganda Christian University, whose chancellor preached to us two months ago. Here are two recent updates on some of the varied ways that UCU broadens its community:



Akao (in yellow, center) poses with her teammates (Photo by Andrew Bugembe)

One of the greatest gifts God gave Africa is football. It is very common to find a group of people gathered at a field or around a television in a pub watching a football match, each with his or her own comments as to how the game should be played.

As a little girl, Ruth Akao grew up around boys who loved to play Ugandan football. She continued playing the sport while at school.

According to Akao, a major benefit from the sport is the fact that she receives half tuition to pursue her studies in Human Rights, Peace and Humanitarian Intervention in the Faculty of Social Sciences. She also states that she has been able to meet new people and make the necessary connections that she may need at a later time in her career.

Akao was part of the UCU Cardinals' team that captured many honors in 2019, including a win of the Women's Elite League. Despite Akao's success in the sport, not many people in her life support her passion for the male-dominated sport. "There is a time I went to the village and the people there were not happy with the fact that I am a football player," she explains.

Akao has also personally had her own challenges the sport. She explains that the volume of games means that she often has to miss some of her classes to participate in them. "I have resorted to studying in the night in order to keep up with my studies," she said.

Uganda Christian University Launches Master's in Midwifery Program

Uganda Christian University (UCU) is launching a new program – a master's course in midwifery and women's health – under its School of Medicine. What follows is some of this conversation related to the new program.

What programs are under the department of nursing?

We have undergraduate and master's programs in the department. In the Bachelor of Nursing Science, which began in 2006, we have two entry points – nurses with diploma, but want to get bachelors; and the direct entry right from S6 (high school graduation). The completion program takes three years for nurses already experienced, while the other entry takes four years. The master's in nursing started in 2008. We are now introducing the master's in midwifery and women's health.



UCU Nursing students Babirye Tamara Peace and Kakooza Abdul Wahabu practice a birth simulation.

When does the new course start?

In 2017, the National Council for Higher Education (NCHE) approved our curriculum, but we have not had the personnel the NCHE insisted on. They insisted on staff with master's degrees in midwifery, yet most of us have masters in nursing. We have been looking around for personnel. The challenge we have had is that in Uganda, only one university has been offering this course, so not many people have the skill set that NCHE required. The other challenge is many people who opt to pursue master's degree studies are already established somewhere else. As this year (2020) is the Year of the Nurse and Midwife (designated by the World Health Assembly under the World Health Organization in honor of the 200th anniversary of the birth of Florence Nightingale), it is appropriate that UCU starts the master's in midwifery.

Which people are you working with to ensure that the program kicks off?

We are trying to put up a team as NCHE recommended. The other thing is we have partners who are professors with PhDs in midwifery and are willing to come and teach and also offer online interactions, since the program design is a modular one. We have two professors from

the United States – one from Georgetown University in Washington, D.C., and another from Bethel University in Minnesota. They are ready to

What achievements has the nursing department registered?

We have developed skilled competent and dependable nurses with the passion and faith to render services across the continent, but also offer leadership. Our graduates have been absorbed in different institutions, both state and non-state and the feedback we get about their conduct is encouraging. Some of our students are Assistant District Health Officers, and some are in charge of medical facilities and in other leadership positions in hospitals. Others are working at the Ministry of Health.

What is in the curriculum for the midwifery master's program that you are soon launching?

We have areas of midwifery education, which involves teaching and learning, curriculum development, measurement and evaluation; we also have an area on research and statistics. We have another area of midwifery leadership courses and management, so our students are able to graduate with better management and leadership skills.

There are foundation science courses like pathophysiology, pharmacology, and advanced health assessment in maternal and infant care. Other profession-based foundation courses offer an opportunity for the students to learn theories in nursing/midwifery, together with advanced courses in normal and abnormal midwifery. With other partner universities both here in Uganda and beyond, we share courses to do with cultural diversity, trends and issues in midwifery, neonatal and women's health. Students also go for an international module (internship) to strengthen their teaching approaches and clinical experiences.

The students also take selected courses in advanced clinical practice from areas of their desired specialty in maternal and child health. Health care systems is another course taught to enable students understand the major elements, dynamics, determinants and organizational themes in public health, policy issues and health financing.

Many women, especially those in rural areas, still opt for traditional birth attendants (TBAs) to deliver them, citing harassment from midwives. What is your department doing to reverse this phenomenon?

We always emphasize professional ethics and Christian values in our students and that is why we have faith-based and foundation courses to see how virtues of the respect for one's work is instilled and how the students ought to relate with their clients. In the midwifery



Students Kiribata Dorothy, Bagenda Isaac, and Mbulaka Remmy Allan with a practice plastic baby as part of their training in the UCU nursing program.

curriculum, for instance, we have integrated Christian worldview to help students relate and handle our clients from a Christian perspective.

Why should we separate nursing from midwifery? Would it be better to equip the students with both skills, so the medical field gets multi-skilled professionals?

At UCU, the Bachelor of Nursing Science teaches concepts of both nursing and midwifery, just like the undergraduate course, which teaches medicine and surgery. The specialization occurs only at post-graduate level. That said, there are universities that offer bachelor's degrees in midwifery. It's also important to note the difference between the work of a midwife and a nurse. A midwife's work involves care for women and families whereas a nurse is involved with the general health of everyone. Midwives focus on women, children, pregnant women, reproductive health issues and educating the community about the same.



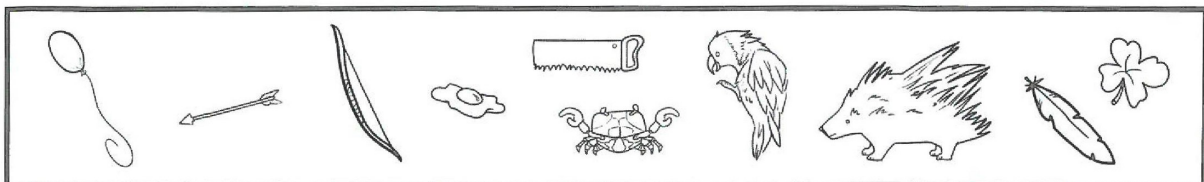
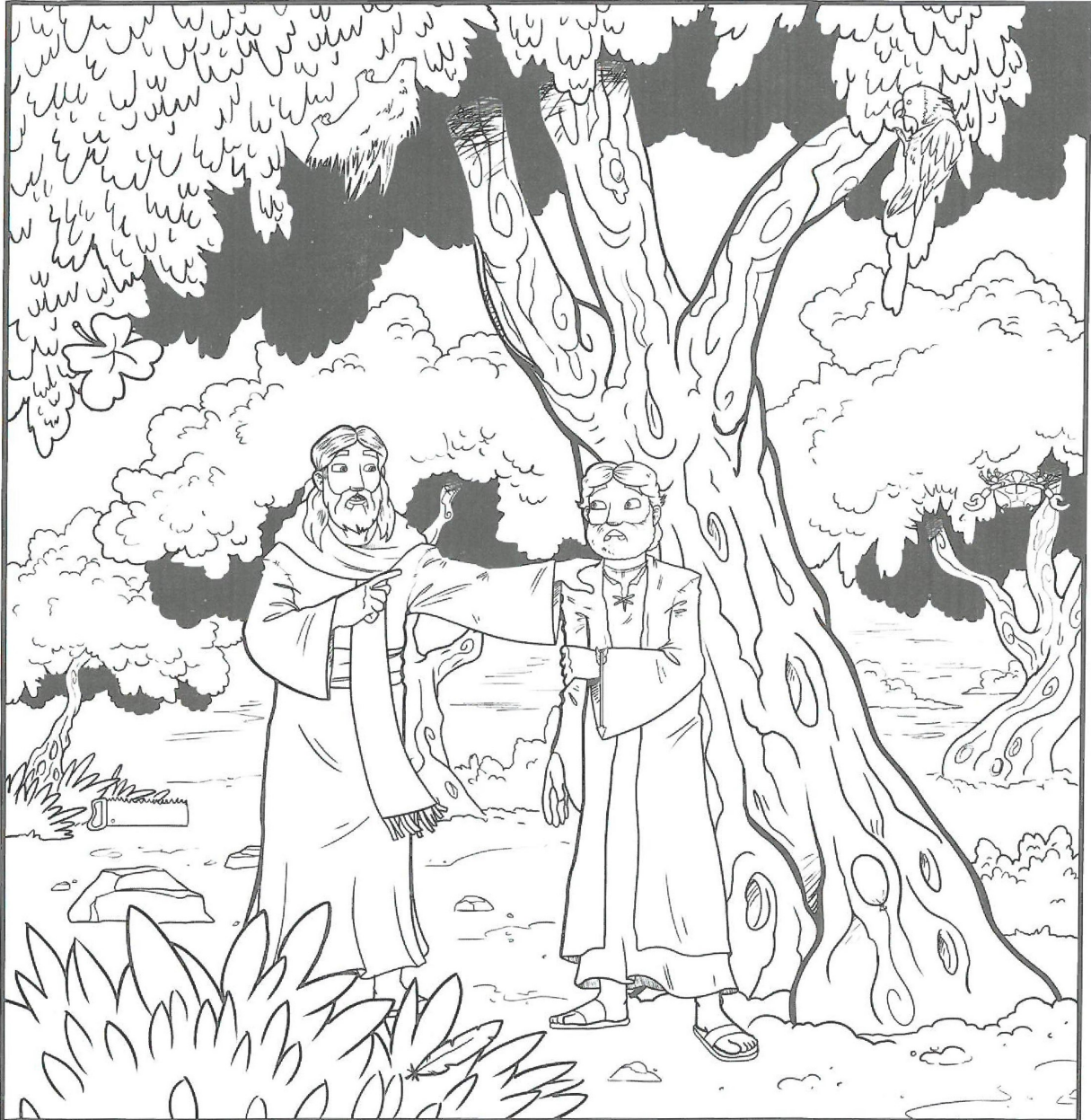
Kids activity sheets for Holy Week and Easter. Print out the drawings for Maundy Thursday, Good Friday, and Easter Day, color and find the hidden picture items” - Mtr. Pamela.

Continue to the Next Page

Maunder Tuesday

Jesus and His disciples went to the Mount of Olives. Peter promised Jesus he would never leave Him. Jesus replied, "Before the rooster crows twice, you will disown Me three times."

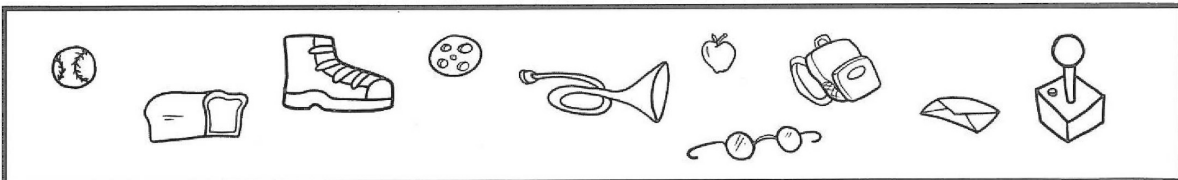
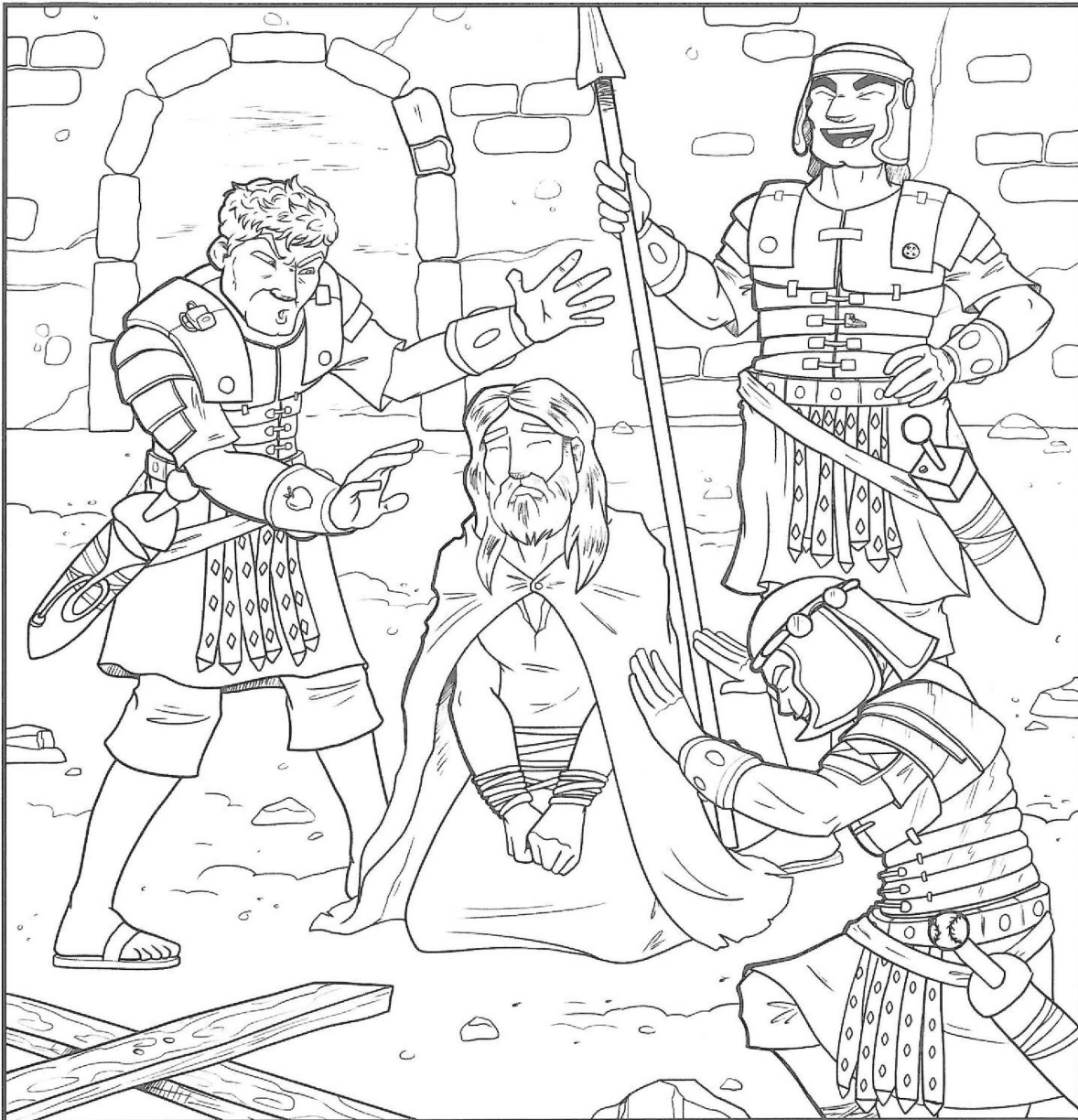
Find the hidden pictures.



Good Friday

Soldiers dressed Jesus in a purple robe like a king, made fun of Him, and hit Him. Then they twisted together a crown of thorns and pushed it onto His head.

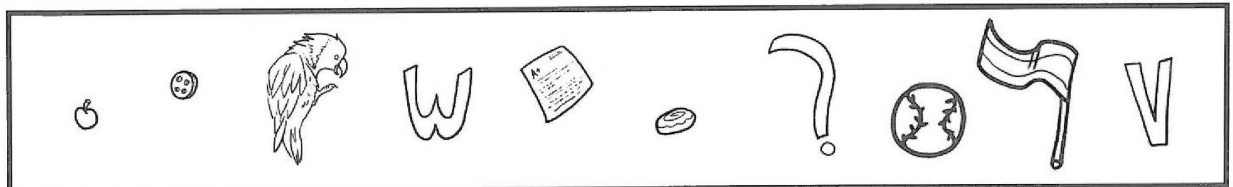
Find the hidden pictures.



Easter Day

Pilate sent guards to watch the tomb. Three days later, the guards felt a terrible earthquake and saw an angel roll away the stone and sit on it. They were so scared they fainted!

Find the hidden pictures.

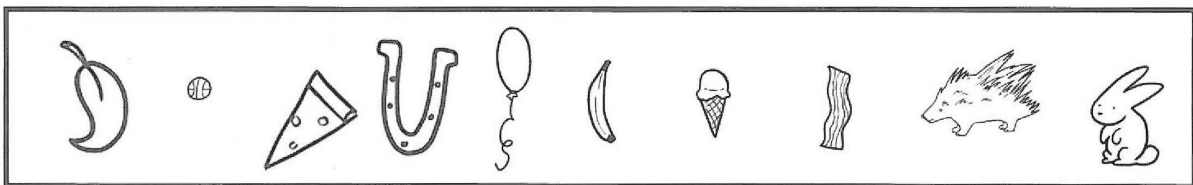


Easter Day

Two of Jesus' friends came to the tomb. The stone was rolled away! The angel said, "Jesus has risen!"

Then the women ran to tell the disciples.

Find the hidden pictures.



HAPPY BIRTHDAY

- | | | | |
|----|-------------------|----|------------------------|
| 1 | Marilyn Tangonan | 20 | Debby Morris |
| 4 | Rachel Easton | 21 | Greg Harrison |
| | Kyle Louis | 22 | Beth Monroe |
| 7 | Caitlyn Bender | 25 | Jimmy Crawford |
| 10 | Roger Miller | 27 | Christopher Easton III |
| 12 | Stephanie Merrill | | Barbara Peake |
| 15 | Charlie Westerman | 30 | Robin Ridinger |
| 18 | CJ Plummer | | |



- | | | | |
|----|-------------------------|----|--------------------------|
| 2 | Kent and VJ Johnson | 20 | David and Annette Rhoads |
| 4 | Bill and Nancy Knight | 26 | Zan and Ann Dial |
| 12 | Scott and Amie Boncher | 28 | CJ and Rachel Easton |
| 20 | Greg and Ellen Harrison | | |

Happy Birthday

- | | | | |
|----|----------------------|----|--------------------|
| 1 | Jan Reiter | 13 | Brianna Meeks |
| 2 | Dave Welch | 16 | Gregory Harrison |
| 3 | Andy Plummer | 18 | Olivia Baumgartner |
| 4 | Debbie Hanger | | Virginia Murphy |
| 5 | Murray Black | 22 | Jim Murphy |
| 8 | Annette Rhoads | | Jacqueline Plummer |
| 9 | Bob Beckley | 24 | Alexis Tucker |
| | Gabrielle McKenica | 27 | Leslie Johnson |
| 12 | The Rev. Peter Frank | 30 | Ginger Black |
| | Christopher Menzel | 31 | Sam Fishburne |

May

Happy Anniversary

- | | | | |
|----|-------------------------|----|-------------------------------|
| 5 | Barbara and Tom Noble | 22 | Penny and The Rev. Robin Rauh |
| 13 | Janice and Don Monaghan | 24 | Catherine and Jeff Zimmerman |
| 14 | Angela and Brett Bender | 27 | Bea and Andrew Long |
| | Melanie and Tom Miller | | Laurie and Randolph Rash |
| 16 | Tracy and Andy Plummer | | |

Resources

Epiphany Staff	Email
The Rev. Peter Frank, Rector	pfrank@epiphanyanglican.net
The Rev. Pamela Meeks, Associate Rector	pmeeks@epiphanyanglican.net
The Rev. David Welch, Parish Deacon	dwelch@epiphanyanglican.net
The Rev. Sally Hoover, Parish Deacon	shoover@epiphanyanglican.net
Jimmy Crawford, Music Director	jcrawford@epiphanyanglican.net
Janice Monaghan, Financial Director	jmonaghan@epiphanyanglican.net

<p style="text-align: center;"><u>2020 Vestry</u></p> <p style="text-align: center;">Lisa Baehr Jim Boggs Amie Boncher Kelly Derrick Bill Hoover Sally McNeely Carole Menzel Pat Meyer Mark Oliphant Margaret Stromberg</p>	<p style="text-align: center;"><u>Vestry Officers</u></p> <p>Senior Warden.....Mark Oliphant Junior Warden Lisa Baehr Registrar..... Amie Boncher Finance Committee Chairman Dennis McNeely Treasurer Tom Miller Assistant Treasurer Charlie Monroe Chancellor David Reed</p>
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Intercessory Prayer Letter

Requests can now be submitted by email at a secure site,
prayer-request@epiphanyanglican.net
 or written and left in the prayer request box in the Fellowship Area.

All prayer requests are collected after the Sunday morning services and prepared for Monday morning distribution. For more information or questions, contact Faith Fisler by email at mizfiz34@gmail.com.

Publishing Information

The ***Epiphany STAR*** is generally published monthly and contains articles and information about what God has and is doing in us and through us as the Epiphany Family. It is intended to encourage each of us in our ministry and discipleship by relating how God is working in the midst of us.

The ***Epiphany Candle*** is published weekly by email, highlighting what is coming in the days ahead at Epiphany and other information that the staff and vestry feel is important to emphasize.

Articles and Subscription requests: star@epiphanyanglican.net
 candle@epiphanyanglican.net
 jcrawford@epiphanyanglican.net (for weekly bulletin)

Deadlines: STAR: 21st of the month • Bulletin: Monday, 8 AM • Candle: Wednesday, 8 AM



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Visit our website at www.epiphanyanglican.net

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MARK YOUR CALENDARS

April		
1, 8, 15, 22, 29	12:00PM	Midday Prayer (Livestream)
5, 12, 19, 26	10:15 AM	Holy Eucharist (Livestream)
5	10:15 AM	Palm Sunday Service (Livestream)
9	7:00 PM	Tenebrae (Maundy Thursday) (Livestream)
10	12:00 PM	Good Friday Service (Livestream)
11	12:00 PM	Holy Saturday Service (Livestream)
12	10:15 AM	Easter Service (Livestream)



Due to current circumstances, many of the normal activities have either **moved online or have been **postponed**. Check with your Ministry Organizer for details relevant to your specific activity. See the weekly Candle for the most current information.**

