

St. Luke's Episcopal Church :: Shawnee, Kansas

eNews

April 9, 2020

Paschal Triduum

St. Luke's continues to embrace online worship

- Maundy Thursday, Good Friday, and Easter Sunday services will all appear on [St. Luke's YouTube channel](#).
 - See next item for the diocesan-wide Great Vigil
 - Download a service bulletin (PDF) at [our homepage stlukes.net](#).
 - Organ music by [Jacob Hofeling](#) because we all miss it!
 - Noon Refresher "meets here:" [12 p.m. every Wednesday](#).
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An online Easter Vigil for all members of the diocese

Information shared from [DioLog](#).

Everyone across the diocese and beyond is invited to be part of an online Easter Vigil on Saturday, April 11.

A video of the service will feature Bishop Cathleen Bascom and others reading portions of an abbreviated version of the Easter Vigil, with an emphasis on the Light of Christ. Bishop Bascom suggests that, where feasible, people begin watching the video broadcast at 7:30 p.m., with a light of their own nearby (a candle and matches, a lamp or even a cell phone flashlight).

A printed copy of the worship booklet has been mailed to everyone in parishes across the diocese who are on the mailing list for the diocesan news magazine, *The Harvest*. You may also download a [PDF of the booklet](#).

Click here for the [link to watch the video](#) (to be posted early on Saturday).

Please note:

Father Jonathan's email address has changed since he first arrived. Make sure you are contacting him at rectorstlshawnee@gmail.com or by phone at (970)987-1524.

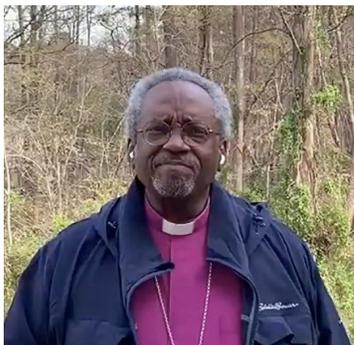
Maundy Thursday "Love Feast"



Agape Meal

On Maundy Thursday, before sitting down to watch [Fr. Jonathan's video](#), prepare for yourself some bread and wine or juice. You can make it as simple or elaborate as you like.

An invitation from Presiding Bishop Michael Curry



Habits of Grace

"As we learn how to adjust our lives given the reality of the coronavirus and the request to do our part to slow its spread by practicing social distancing, I invite you to join me each week to take a moment to cultivate a 'habit of grace.'

Watch [a new video meditation](#) every Monday through May.

Rabbi and bishop offer messages of hope as holy season nears

NBC [Today Show appearance](#), recorded April 3.

Holy Week with the Episcopal Church

On [the YouTube channel](#), watch the Presiding Bishop's Easter sermon and sermons recorded for Holy Wednesday, Maundy Thursday, and Good Friday. Additional Holy Week materials are available on [the Episcopal Church website](#).

Make the Most of Holy Week 2020

Tips from the Very Rev. Torey Lightcap, Dean of Grace Cathedral

The rites in the Book of Common Prayer mostly imagine a body of persons that will be physically gathered, fed, and sent. So what is actually within our capacity as socially-distanced Episcopalians reaching the end of Lent?

In General

- Remember that all Triduum liturgies are post-resurrection liturgies. By Jesus' death and resurrection, "he destroyed death." Taking joy in this can be a source of hope and inspiration during the COVID-19 pandemic.
- Continue your good Lenten practice until Easter: Fasting, prayer, study, and almsgiving. However, if those practices are unhelpful (e.g., giving up Facebook when we really need our friends), give yourself some grace.
- Set aside a physical "sacred space" for prayer and study. Adorned your space with a cross, an icon, a bit of purple cloth (change to black on Good Friday), a family photo, a candle -- or whatever facilitates prayer and centeredness.
- Talk through the Triduum with children. Help them participate.

Maundy Thursday

- Families may want to wash each other's feet following the homily.
- If your habit was to touch the cross, have a cross close to hand during the service.

Easter Vigil *via video*

- The bishop will lead the diocese in the renewal of baptismal vows. Let this be a source of inspiration for your Eastertide.
- Place a bowl of water in a conspicuous place to be reminded of your connectedness to Christ and each other through baptism.

Easter Sunday

- Tune in to [the Washington Cathedral website](#), [Facebook page](#), or [YouTube channel](#). Imagine joining many thousands of others for this time of worship!
- Create a sense of festivity where possible. Dress up, enjoy a nice meal, put flowers on the table, etc.

An essential worker is someone who must work during the stay-at-home orders issued for the metro area. These include police and firefighters, doctors and nurses, grocery store employees, utility workers and others providing crucial public services.

Meet an “Essential Worker”

Dr. Vincy Abraham, Ph.D.

Director, Biologics



Parishioners Vincy Abraham and Abraham Verghese

In recent weeks, when we hear about a potential therapeutic drug or vaccine for COVID-19 virus, we assume we have a cure or vaccine to protect us. Being a scientist and working in the pharmaceutical industry for the past 20 years, I know that science can't be rushed and once a potential drug or vaccine candidate is identified based on animal study, extensive multi-phase clinical study must be completed before it can be approved

by FDA. Typically, it takes ~14 years to get a drug from discovery to market.

With the help of advanced technology, we were able to quickly sequence the COVID-19 virus genome. The COVID-19 virus is an RNA molecule of about 30,000 bases containing 15 genes, including the S gene which codes for a protein located on the surface of the viral envelope (for comparison, our genome is in the form of a double helix of DNA about 3 billion bases in size and contains about 30,000 genes).

Understanding the basic mechanism of how the virus attaches to human cells before infecting them and making people sick helps us to screen for a few approved drugs that are used to treat other diseases with similar mechanism of action. These candidate drugs are undergoing clinical studies to test their efficacy and safety in the treatment of

COVID-19 disease. Our body is so complex, and we are made in the

likeness of God as detailed so clearly by Dr. Paul Brand, M.D. in his books *Fearfully and Wonderfully Made* and *In his Image*. (See "A Litany of Thanksgiving for our Immune Systems," next page.) A therapeutic drug that works well for one person may not work as well for another person because each of us are unique. All these factors have to be taken into consideration when they design a clinical study and therefore it is critical to have a successful study before a drug is used for treatment. Science is based on facts and not on assumptions.

Another potential treatment that is being studied is a treatment with antibodies. When our bodies are invaded by a virus, our immune systems make particular proteins called antibodies to help fight off infection. Scientists have to identify the most potent antibody related to COVID-19, test it in a suitable animal model and if it works, test it in a controlled clinical study before it can meet the stringent regulatory requirements. The next challenge is manufacturing these drugs, and completing the necessary testing needed before these drugs or vaccines are approved for commercial use.

Due to the complexity associated with getting a therapeutic drug to the

market, every day is critical in the pharmaceutical industry because there are patients with various other diseases, either on clinical trial or using a drug for treatment, who are dependent on the drugs we manufacture or test. Therefore, this industry is considered as an essential business since manufacturing and testing of other drugs have to continue along with a frantic rush to find a cure or a vaccine for COVID-19. As a Director in this industry, it is critical to maintain a smooth day to day operation of instruments and projects amidst the constant fear of a potential 'spread'. To maintain CDC guidelines of social distancing, we now work in shift schedules to have coverage for our various tasks. Wash your hands, don't touch your face and maintain social distancing has become our chant each day. However, keeping "patient first" in our mind, makes each day meaningful especially at a challenging time like the present.

Believing in God's power and grace and in the advanced era of science, I believe we will have a solution soon. I believe even though an invisible virus brought an 'invincible' world to its knees, God is still in control of both and we should bow our knees to Him.

A Litany of Thanksgiving for our Immune System

By Dr. Paul Brand, M.D., edited by Paul Yancey for "In the Likeness of God."

I thank you, Lord, for my immune system.

I am surrounded. All around me lurk myriad forms of life, most too small to see but many all too willing to invade my body. There to multiply and feed upon me until I can no longer live. With every breath I carry scores of them into my lungs. My mouth is an open gate which, though I try to eat clean food, admits more of these parasites that would prey upon me.

But, Lord, you made me for this perilous world. You know the hazards of our life on earth, and even risked your Son to live in human flesh and encounter these germs. The insects that bite me bit you too; mosquitoes sucked your blood, and no doubt left behind deadly invaders. That Jesus Christ survived these germs was due, not to special intervention from on high, but to the wonder of the warrior cells you prepared to fight for all mankind.

Great God of Providence, I contemplate the gift of cells who live and sacrifice and die for me, patrolling every part of every limb, both day and night. Marching through my fingertips, rushing through my heart, watching over the air that sweeps through my lungs- they stand where they are

needed, my devoted ones, billions of my living cells each one pledged to me.

Each cell knows its special skill, and knows its enemy. They do battle everywhere, before I know my need of them. Most of my sickness, they cure before I feel them. Sometimes I feel a tender spot. I look and see a swelling, and then I know that under that reddened skin, battle lines are forming. I feel grateful for the throbbing pain, for the inflammation that causes it assures me I'm being defended.

I wait until a bead of pus tells me that the battle has ended. I cannot wipe away that pus without recognizing it is made of my own cells that sacrificed, for me, their lives. In dying they took with them millions of germs set on destroying me. I live because they died. Now thousands more take up the task, closing ranks behind them, new cells born in my bone marrow that have the same loyalty as the old cells as well as extra skill learned from their ancestors' battles.

Part of the wonder of my defenses is that they work without my conscious direction or help. But the system God has made for human health works best if we pursue the path of discipline that he designed for full enjoyment of

our human frames. Keep me faithful, Lord, in the way that I live, so that I may expect harmony of my own cells within my body.

There are those today who suffer and who die because they lost their immune cells, destroyed by the virus associated with COVID-19 (AIDS , in the original). Grant me the grace of compassion and love for them. Let not fear or a judgmental spirit hinder me from recognizing their need of help and their need of Thee.

One day I shall experience a sickness that is unto death, I shall sense my mortal frame has no more strength to fight and that my pathway leading into the valley of the shadow. Let me not feel the despair of one who is

losing a battle, or that a triumph of evil is ahead. Focus within me, oh Lord, the light of your eternal Spirit. Show me again that my body for all its wonder, is but the mantle of a greater wonder, my spirit and my soul.

Hold me Lord, in such awareness of your presence and your love that my parting from my body shall be but the opening of a more vivid intimacy and union with the spirit of my Savior. May my last thought be not of regret that I have no more time, but of gratitude that I have had so long to enjoy such a wonderful life. Then he who has been the inspiration of my stumbling body shall be the very light and substance of my soul. Amen.

St. Luke's Little Free Food Pantry

The next time you drive by the church, you may see a new structure.

Tim Rohrer built a "[little free pantry](#)" and will set it near the church parking lot. Jerry Hibbs is designing a sign to attract needy neighbors. And, when it's safe to gather again, the Sunday School children will paint the pantry.

St. Luke's is eager to serve our community during this time when many people find themselves under financial strain.

Help stock the pantry!

- Place items directly in the pantry. Sanitize your hands, of course!
- Amanda Textor, 816-517-6343, will pick up items from your front porch or you can drop them off on her porch.
- Or mail Amanda a check and she will buy commonly-needed items.



Thanks to a few parishioners' generosity, we are ready to go!
