



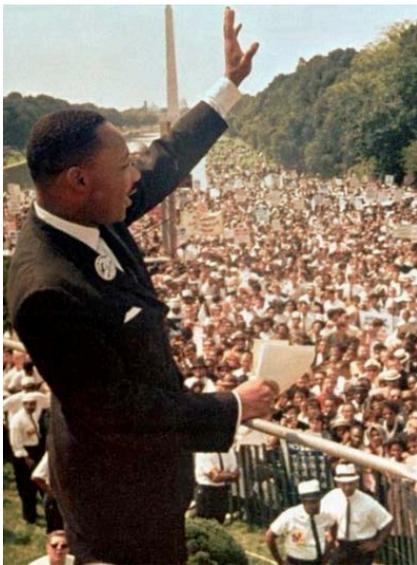
GRACE
ABOUNDS



Weekly E-News from Grace Episcopal Church

January 5, 2018

Spotlight on Grace: In Celebration of Dr. Martin Luther King, Jr.



Next Thursday, January 11, at 7:00pm, please join us here at Grace Church for a special program titled *Reconciliation as Expressed in Four Faith Traditions*. Hosted by the [Center for Reconciliation](#) and Grace Church, the event will feature music by the Grace Church Choir and musicians from the Rhode Island Philharmonic Music School, plus presentations and reflections on reconciliation by the following faith leaders:

Rabbi Howard Voss-Altman - Reconciliation in Judaism

Mufti Ikram ul Haq - Reconciliation in Islam

Swami Yogatmananda - Reconciliation in Hinduism

Bishop Jeffrey William - Reconciliation in Christianity

Immediately following, enjoy cookies, coffee, and conversation in The Pavilion at Grace.

Next Thursday's event here at Grace is the first in [a series of events](#) organized by the Center for Reconciliation between January and March, and inspired by Dr. King's writings on the "Beloved Community." This five-event series will celebrate his work through the perspectives of faith leaders, as expressed through music and art, and as celebrated in worship.

[Please click here](#) for information about the other events in this series.



[The Center for Reconciliation](#) offers a wide range of events and ongoing programs designed to connect us to our past (slavery, the slave trade, American history) so we can together build a more just and equitable future.

The goal of each event or program is to engender dialogue - as part of the event, on the way home afterwards and with family, friends, co-workers and strangers in the days after the event. Join us for programs and events that will inform and inspire you to become an ambassador of reconciliation.

This Week at Grace

Weekly Worship Schedule:

Sunday 8:00am Holy Eucharist

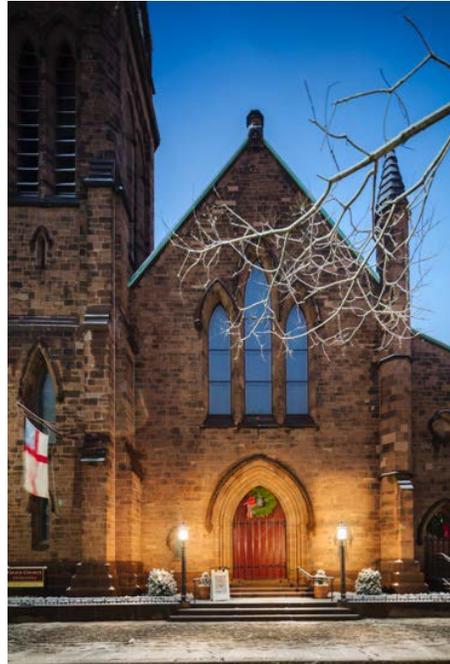
Sunday 10:00am Holy Eucharist with Music

Reconciliation as Expressed in Four Faith

Traditions: Thursday, January 11 at 7:00 PM, in The Pavilion at Grace, featuring music by the Grace Church Choir and musicians from the Rhode Island Philharmonic Music School, and presentations and reflections by leaders in four diverse faith communities. Cookies, coffee, and conversation in The Pavilion at Grace immediately following.

Open Doors: Your friendly docents are here to greet you every weekday from 11:00am to 2:00pm. Please encourage your friends or guests to come and visit Grace Church and see the new Pavilion at Grace.

Prayer Group: The prayer group meets the 2nd and 4th Saturday of each month at 9:30am in the Chafee Room.



Wheelchair Access and Accessible Parking: Please find convenient accessible in the Grace Church parking lot with access from Snow Street. The new wheelchair ramp connects directly from the lot, and you will enter through the new reception entrance of The Pavilion and into the church at ground level.

Parking for Worship: Free parking for Sunday worship is provided:

- 1.) in the lot diagonally across Westminster Street, on the NW corner of Westminster and Snow;
- 2.) On the **top level only** of the PPAC parking garage, for which the entrance is on Weybosset Street. A stairway from the top level leads right to Chapel Street across from the church; and
- 3.) In the Grace Church parking lot accessed via Snow Street. We ask your kind cooperation in reserving this lot, to the extent possible, for seniors and those with limited mobility.

Candlesong Returns to Grace

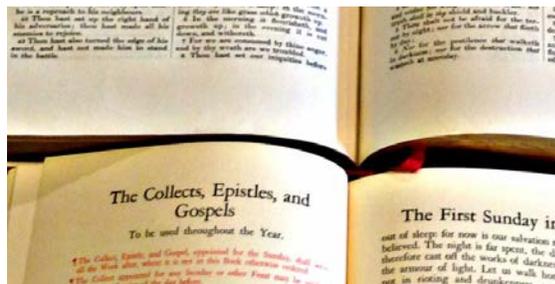
Candlesong returns to Grace on Sunday, January 28 at 9:00pm. Dozens of candles, sweet incense, and sublime chant combine to create a worshipful, restful, and meditative atmosphere. Please consider joining us for this half-hour service to end your weekend and begin your work week.



January 7, 2018 First Sunday After the Epiphany

Father in heaven, who at the baptism of Jesus in the River Jordan proclaimed him your beloved Son and anointed him with the Holy Spirit: Grant that all who are baptized into his Name may keep the covenant they have made, and boldly confess him as Lord and Savior; who with you and the Holy Spirit lives and reigns, one God, in glory everlasting.

Amen.



For the text of this Sunday's readings, [please click here](#):

This week from the Episcopal Church: [Georgia Revival and Deaconess Alexander](#). [Click here](#) for the latest from the Episcopal News Service. And for current news from the Episcopal Diocese of Rhode Island, [please click here](#).

Would you like to add someone to the prayer list? [Please click here](#) to submit a name, or call the church office at (401) 331-3225. Names are kept on the list for a month, and can be renewed at any time. Those received by Wednesday will appear in the same week's bulletin.

Your Health & Wellness Minute

Hypothermia is a medical emergency that occurs when your body loses heat faster than it can produce heat, causing a dangerously low body temperature. Normal body temperature is around 98.6 F (37 C). Hypothermia (hi-poe-THUR-me-uh) occurs as your body temperature falls below 95 F (35 C).



It is vitally important that you take steps to keep warm in frigid

temperature and to check on your aged or disabled neighbors.

When temperatures drop quickly, add layers and/or keep moving in order to maintain body heat and prevent a slowing down of blood flow.

Here are some proactive measures that you can take in order to avoid hypothermia:

Forecast: Always check the forecast before setting out. Adapting is a lot easier if you know what's coming.

Awareness: Watch the weather (forecasts can sometimes be wrong) and know your limitations. If conditions are deteriorating and you're feeling exhausted, don't hesitate to stay in shelter and call it a day.

Appropriate clothing / Pay Attention to the Extremities: Use layering principles. Pay particular attention to the extremities. Your head, hands and feet constitute the body's initial warning system in cold conditions.

Avoid sweating: Over-dressing and over-exerting can lead to excessive perspiration, which in turn can result in a lowering of body temperature. Constantly monitor yourself and remove or add layers accordingly. Make 'not sweating' a priority in cold conditions.

For [more helpful tips](#) on avoiding hypothermia and recognizing its symptoms, [please click here](#). For a list of warming shelters in RI, [click here](#).

Pam Stephanopoulos RN CPHQ
Health and Wellness Contact at Grace

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Grace Church Website

This Sunday's Readings

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CHURCH

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The Mission of Grace Church is to build, by the grace of God, a loving and joyful community which lives the gospel through worship, proclamation and service to each other, to downtown Providence, and beyond.