

10:15a Forum

Our Selves, Our Souls and Bodies: Finding God in Stillness and Sound
March 22

In this Lenten forum led by the Rev. Callie Swanlund—wholehearted spiritual companion, retreat leader, and author of *From Weary to Wholehearted*, a resource on overcoming burnout—we will explore how sound and vibration can support Christian prayer and embodied awareness of God's presence.

PLUS: Join us for a Mini-Retreat with the Rev. Callie Swanlund. Register:



Please Note: There are no forums next week (3/29 Palm Sunday) or (4/5 Easter).

Can We Pray For you?

Submit a Prayer Request

If you feel comfortable submitting a form, visit:
Columba.org/pray-for-me

Receiving Healing Prayer

Healing Prayer Ministers can pray with you on second and fourth Sundays during communion.

Pastoral Care

If you need to speak to someone directly, contact Courtney Hundley, Pastoral Care Coordinator at chundley@columba.org or call 202-669-4856.

Please keep in prayer:

Joe Cannizzaro, Helen Brennan, Pat, Jason, Judi, Anne, Greg, J.C., George, Janice, Debbie, Gayle, Leslie, John, Eric, Barbara, Cheryl, Sean, Gladys, Dan, Anna, Clarion, Mark, Aldo, Christopher Ravenscroft, Bill Thornby

Thanksgiving for:

Healing Ministry and Prayer Chain

Those who have died:

Judy

Upcoming funerals:

<https://www.columba.org/upcoming-funerals/>

Next week is Holy Week

Holy Week Services

Palm Sunday 3/29 8a, 9a, 11:15a, Wee Worship 9:15a

Maundy Thursday 4/2 4p, 7p

Good Friday 4/3 12p, 4p, 7p

Holy Saturday Easter Vigil 4/4 7p

Easter Services

8a, 9:30a, 11:15a

Wee Worship 9:15a, 11:15a

**Make an offering in support of our
Easter flowers and music:**



Easter Egg Hunt

Sign up to help on April 5th and please contribute candy! We are looking forward to our Easter Egg Hunt on April 5th at 10:15 AM! We need your help to carry out this fun community event! Scan to sign up!

- Donate candy to the basket in the Common (through March 29). Please nut-free candy only.
- Help stuff eggs on March 22 at 10:15am in the 1st floor center space.
- Help at the Egg Hunt on April 5.



Are you new? Welcome!

Contact Courtney Hundley
chundley@columba.org
for info on how to get involved!

Giving & Pledging

Visit Columba.org/giving to make a new pledge or fulfill your current pledge. **Have questions?** email stcstewardship@columba.org.

Want to donate
a one time gift today?
Scan to get started:



Wednesday Morning Yoga at St. Columba's

Starting March 11 9:30a

This Level 1 yoga practice will build strength, balance, and flexibility while deepening the connection between mind, body, and spirit. In a gentle vinyasa flow style, we will explore creative sequences where the breath is synchronized with movement. The instructor, Sara Curtin has been a yoga instructor since 2012 and has enjoyed teaching in diverse settings around Washington, DC. Her classes are dynamic, fun, and tailored to the group in the room. Cost is \$10 per class. Please register using the QR for multiple days (preferred) or by credit card only before class starts. If you are unable to pay, please join us anyway. If you are interested in making a pay it forward donation, you can do so. Wear comfortable clothes and bring your own yoga mat and any supplies you'll need. A signed release is required for participation in this class. You may download it from the registration page and bring it with you or email it to [Diane Heath](mailto:Diane.Heath@columba.org): dheath@columba.org. Scan to register:



Lent-Easter season book study: "Inspired" by Rachel Held Evans

Tuesdays on Zoom 6:50p

How does the faith story of our ancestors still serve and guide us today? Join in discussing "Inspired: Slaying Giants, Walking on Water, and Loving the Bible Again", by Rachel Held Evans at twice-monthly Tuesday evening meetings beginning February 24 on zoom. Contact David Griswold to join: dgriswold@columba.org

Class on Betrayal and Forgiveness

Wednesdays until Mar 25 from 6:45 -8p

Class time will be split between group discussion and a guided reflection



Galatians: Fruits of Freedom

A new Bible study series at St. Columba's and The Hive, led by The Rev. Dr. Hillary Raining!

Tuesdays from 12:00-1:00p via zoom

We invite you to dive deeply into Paul's letter to the Galatians—a text that has shaped the church's understanding of what it means to be agents of grace. In this series, we will explore how Galatians offers a compelling vision of the freedom given by the Spirit, a freedom that calls us beyond boundaries and divisions toward a more inclusive and hope-filled community. Scan to register



No Kings Kalorama Visibility Brigade

Saturday, March 28, 10a - 12p

Meet at the Labyrinth for a 9.30am departure

Join your friends, neighbors and fellow resisters on the corners of Kalorama Road and Connecticut Avenue to form the biggest Visibility Brigade ever and show the Wannabe King our dedication to democracy. Bring your signs, noise makers, music and creative ideas and gather in joyful, non-violent protest. Children are very welcome. After our event, those of us who wish to may join others on the Mall. Questions? Contact Karen Howe kshowe46@gmail.com. Scan to register



In Need of Pastoral Support?

Our pastoral team is here to help with everything: emergencies, spiritual guidance and direction, and conversation.

Did you know our Pastoral Team is available to bless your new home, or a home after a renovation? We also REALLY love to visit the hospital or home to bless your new baby!

Please let us know how we are able to support you or someone you love.

Should you need pastoral assistance, please do not hesitate to reach out to us at pastoral@columba.org or by calling the on call Priest at 202-669-4856

We're Here To Support You

Prayer Group

Mondays at 7:30a

During these unsettling times, we invite you to gather for a 20-minute facilitated prayer and check-in to start your week. Let the spirit of St. Columba's hold and support you. The group continues to welcome new attendees. Contact [Patty Jensen](mailto:jensenpatricia@gmail.com): jensenpatricia@gmail.com if you wish to participate and/or have any questions.

Loving Kindness Practice

Thursdays from 12:00-12:30p in Room 212 and Zoom

Take a moment for yourself and join Courtney Hundley for a Loving Kindness practice. This gentle practice offers a chance to slow down, nurture your spirit, and cultivate compassion for yourself and others. Whether you're new to meditation or have practiced before, this session is a peaceful way to pause, breathe, and reconnect during your day.

Spring Grief Group

Wednesdays beginning April 22 - May 27 at 7p

Those who have recently lost someone to death are invited to participate in a grief support group that will meet at the church at 7 pm on six Wednesdays beginning April 22nd and continuing through May 27th.



The meetings will be a time of mutual sharing of stories and reflection on the profound, even sacred, passage one goes through when a loved one dies. Contact [Courtney Hundley](mailto:chundley@columba.org) for more information: chundley@columba.org

INTERFAITH SUPPER WEDNESDAY MARCH 25



5p Supper
6:45p Conversation



"All that you touch you change.
All that you change changes you.
The only lasting truth is change."
— Octavia Butler

Join us for an interfaith supper, a warm and welcoming evening to share a meal and connect with others from diverse faith and belief backgrounds. We will have time to enjoy supper together (from 5p-6:40), engage in some conversation and have a short evening prayer service. Please bring a friend, a neighbor, your partner, someone you have recently met.

After supper beginning at 6:45, we will engage in some deeper conversation, exploring our similarities and differences, and reflect on what we can learn from one another. This gathering is an opportunity to come together, deepen understanding, and grow in community.

ST. COLUMBA'S EPISCOPAL CHURCH | 4201 ALBEMARLE STREET NW, WASHINGTON DC
COLUMBA.ORG



Register for
3/25 Supper!