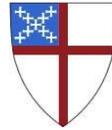


St. Augustine's

In The Woods



An Episcopal Church serving Whidbey Island

Compassion - Commitment - Community - Reverence - Reconciliation

A Greening Congregation



Ash Wednesday

Year B ~ February 17, 2021

The Holy Eucharist Rite Two

Prelude *Kedron* (H163) Elkanah Kelsay Dare (1782-1826)

Acclamation

Presider: Blessed be the one, holy, and living God.

People: **Glory to God for ever and ever.**

Hymn: H574 Before Thy Throne O God, We Kneel *St. Petersburg*

1 Be - fore thy throne, O God, we kneel: give us a con - science
2 Search out our hearts and make us true; help us to give to
3 For sins of heed - less word and deed, for pride am - bi - tious
4 Let the fierce fires which burn and try, our in - most spi - rits

quick to feel, a rea - dy mind to un - der - stand the
all their due. From love of plea - sure, lust of gold, from
to suc - ceed, for craft - y trade and sub - tle snare to
pu - ri - fy: con - sume the ill; purge out the shame; O

mean - ing of thy chas - tening hand; what - e'er the pain and
sins which make the heart grow cold, wean us and train us
catch the sim - ple un - a - ware, for lives be - reft of
God, be with us in the flame; a new-born peo - ple

shame may be, bring us, O Fa - ther, near - er thee.
with thy rod; teach us to know our faults, O God.
pur - pose high, for - give, for - give, O Lord, we cry.
may we rise, more pure, more true, more no - bly wise.

Collect of the Day

Presider: The Lord be with you.

People: **And also with you.**

Presider: Let us pray.

Presider: Almighty and everlasting God, you hate nothing you have made and forgive the sins of all who are penitent: Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

Lesson: Joel 2:1-2, 12-17

Reader: A Reading from the Book of Joel.

Blow the trumpet in Zion; sound the alarm on my holy mountain! Let all the inhabitants of the land tremble, for the day of the Lord is coming, it is near—a day of darkness and gloom, a day of clouds and thick darkness! Like blackness spread upon the mountains a great and powerful army comes; their like has never been from of old, nor will be again after them in ages to come. Yet even now, says the Lord, return to me with all your heart, with fasting, with weeping, and with mourning; rend your hearts and not your clothing. Return to the Lord, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love, and relents from punishing. Who knows whether he will not turn and relent, and leave a blessing behind him, a grain offering and a drink offering for the Lord, your God? Blow the trumpet in Zion; sanctify a fast; call a solemn assembly; gather the people. Sanctify the congregation; assemble the aged; gather the children, even infants at the breast. Let the bridegroom leave his room, and the bride her canopy. Between the vestibule and the altar let the priests, the ministers of the Lord, weep. Let them say, “Spare your people, O Lord, and do not make your heritage a mockery, a byword among the nations. Why should it be said among the peoples, ‘Where is their God?’”

Reader: Hear what the Spirit is saying to God’s people.

People: **Thanks be to God.**

Psalm 103: 8-14

8 The Lord is full of compassion and mercy, *
slow to anger and of great kindness.

**9 He will not always accuse us, *
nor will he keep his anger for ever.**

10 He has not dealt with us according to our sins, *
nor rewarded us according to our wickedness.

**11 For as the heavens are high above the earth, *
so is his mercy great upon those who fear him.**

12 As far as the east is from the west, *
so far has he removed our sins from us.

**13 As a father cares for his children, *
so does the Lord care for those who fear him.**

14 For he himself knows whereof we are made; *
he remembers that we are but dust.*

Epistle: 2 Corinthians 5:20b-6:10

Reader: A Reading from Paul's Second Letter to the Christians at Corinth.

We entreat you on behalf of Christ, be reconciled to God. For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God. As we work together with him, we urge you also not to accept the grace of God in vain. For he says, "At an acceptable time I have listened to you, and on a day of salvation I have helped you." See, now is the acceptable time; see, now is the day of salvation! We are putting no obstacle in anyone's way, so that no fault may be found with our ministry, but as servants of God we have commended ourselves in every way: through great endurance, in afflictions, hardships, calamities, beatings, imprisonments, riots, labors, sleepless nights, hunger; by purity, knowledge, patience, kindness, holiness of spirit, genuine love, truthful speech, and the power of God; with the weapons of righteousness for the right hand and for the left; in honor and dishonor, in ill repute and good repute. We are treated as impostors, and yet are true; as unknown, and yet are well known; as dying, and see—we are alive; as punished, and yet not killed; as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing everything.

Reader: Hear what the Spirit is saying to God's people.

People: **Thanks be to God.**

1 My God, ac - cept my heart this day, and make it al - ways thine,
 2 Be - fore the cross of him who died, be - hold, I pros - trate fall;
 3 A - noint me with thy heaven - ly grace and seal me for thine own,
 4 Let ev - ery thought and work and word, to thee be ev - er given;

that I from thee no more may stray, no more from thee de - cline.
 let ev - ery sin be cru - ci - fied, and Christ be all in all.
 that I may see thy glo - rious face, and wor - ship near thy throne.
 then life shall be thy ser - vice, Lord, and death the gate of heaven.

The Holy Gospel Matthew 6:1-6, 16-21

Presider: The Holy Gospel of our Savior Jesus Christ according to Matthew.

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

Jesus said, "Beware of practicing your piety before others in order to be seen by them; for then you have no reward from your Father in heaven. So whenever you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be praised by others. Truly I tell you, they have received their reward. But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be done in secret; and your Father who sees in secret will reward you. And whenever you pray, do not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners, so that they may be seen by others. Truly I tell you, they have received their reward. But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you. And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward. But when you fast, put oil on your head and wash your face, so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you. Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will be also."

Presider: The Gospel of the Lord.

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

Ash Wednesday is the beginning of the penitential season of Lent. Each year we are reminded of our own mortality as we hear the words “You are dust and to dust you shall return.”

Historically, Lent was the season when “notorious sinners” were reconciled to God and restored to the Church. What that meant was that after a period of prayer, fasting and penitence, they were once again allowed to participate in the sacraments and most importantly to receive communion. Excommunication as punishment for unrepentant sin was truly a life and death matter. It was believed that to die without reconciliation meant the sinner would be confined for eternity to the fiery depths of hell.

Few people today fear hell in the same way nor do most fear the consequences of death without reconciliation. For us this penitential season is more about life than about death, more about the changes that repentance and reconciliation make possible in our lives. Lent is less about how we have been and more about how we will be going forward.

Human life, and thus life with God is not a series of unconnected events but rather a sequence of chapters linked together like a chain. To strengthen the links in the chain of our life it is important to examine how the past has led us to the present. The goal is to recognize where we have from time to time gone astray. Having recognized the errors of the past, we are able to make restitution in the present correcting where we have done harm to ourselves and others and resolving to change.

Acknowledging the errors of the past which in some way have separated us from the purpose of God, and having made amends for those errors, we are ready to be reconciled. Reconciliation is about the future and the way that the future of our lives will unfold. I am reminded of St. Benedict who wrote the monastic rule of the Benedictines still used today. The underlying precept of the Rule was summed up by Benedict’s simple affirmation: “Always we begin again.”

Paul would have understood what Benedict meant. It is the invitation to begin again that Paul was extending to the church in Corinth. The people had been led astray by false prophets. Paul’s epistle offered the Church in Corinth the opportunity to look at their past actions, repent and return to the Gospel. He called them to reconciliation, not only with himself but with the purposes of God. The Corinthians would have understood reconciliation in this way. Reconciliation in their world meant the restoration of property and of relationship to the purposes for which they were intended.

Each year we are invited in the season of Lent to “begin again”, to be reconciled to the purposes of God in and for our lives. Lent is the time to examine what those purposes are for us. It is a personal time, time given to us as a gift to allow us to consider our lives. Time to examine our lives as they have been and as God is calling them to be in the future. It is a time to explore how our lives are in

alignment with God's purpose and how they are not. And it is the time to begin again to lead faithful and holy lives, trusting God for the outcome.

Such is the invitation of Lent, self-examination, amendment of life and then reconciliation with God and with one another. For it is God's purpose that we live in peace with each other sharing what we have been given and honoring the commandment to love God and love neighbor in real and concrete ways.

Committing ourselves to begin once again to live as God intends us to live, we can have hope and confidence that our world will become a better place.

Paul reminded the people of Corinth of the words God spoke centuries earlier, to the people of Israel. "At an acceptable time I have listened to you, and on a day of salvation I have helped you." Now is the acceptable time to begin to contemplate our lives and commit to a new future of hope and peace. God has promised to listen and to help. It is the acceptable time to begin again.

Invitation & Imposition of Ashes

Dear People of God: The first Christians observed with great devotion the days of our Lord's passion and resurrection, and it became the custom of the Church to prepare for them by a season of penitence and fasting. This season of Lent provided a time in which converts to the faith were prepared for Holy Baptism. It was also a time when those who, because of notorious sins, had been separated from the body of the faithful were reconciled by penitence and forgiveness, and restored to the fellowship of the Church. Thereby, the whole congregation was put in mind of the message of pardon and absolution set forth in the Gospel of our Savior, and of the need which all Christians continually have to renew their repentance and faith.

I invite you, therefore, in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy Word. This Ash Wednesday is different from other years in that we cannot gather together to kneel before the altar and receive the imposition of ashes. The ashes on our foreheads are the outward and visible sign of our penitence. It is the acknowledgement of sin and the resolution to repent and change that is the inward and spiritual grace of this action. That inward and spiritual grace of repentance and forgiveness remains where ever we are. I invite you to consider in this brief silence of what you repent.

Silence

Almighty God, you have created us out of the dust of the earth: Grant that these ashes may be to us a sign of our mortality and penitence, that we may remember that it is only by your gracious gift that we are given everlasting life; through Jesus Christ our Savior. **Amen.**

Remember that you are dust, and to dust you shall return.

Psalm 51 *Miserere mei, Deus*

Have mercy on me, O God, according to your loving-kindness;
In your great compassion blot out my offenses.

**Wash me through and through from my wickedness
and cleanse me from my sin.**

For I know my transgressions,
and my sin is ever before me.

**Against you only have I sinned
and done what is evil in your sight.**

And so you are justified when you speak
and upright in your judgment.

**Indeed, I have been wicked from my birth,
a sinner from my mother's womb.**

For behold, you look for truth deep within me,
and will make me understand wisdom secretly.

**Purge me from my sin, and I shall be pure;
wash me, and I shall be clean indeed.**

Make me hear of joy and gladness,
that the body you have broken may rejoice.

**Hide your face from my sins
and blot out all my iniquities.**

Create in me a clean heart, O God,
and renew a right spirit within me.

**Cast me not away from your presence
and take not your holy Spirit from me.**

Give me the joy of your saving help again
and sustain me with your bountiful Spirit.

**I shall teach your ways to the wicked,
and sinners shall return to you.**

Deliver me from death, O God,
and my tongue shall sing of your righteousness,
O God of my salvation.

**Open my lips, O Lord,
and my mouth shall proclaim your praise.**

Had you desired it, I would have offered sacrifice;
but you take no delight in burnt-offerings.

**The sacrifice of God is a troubled spirit;
a broken and contrite heart, O God, you will not despise.**

Litany of Penitence

Leader: *Let us pray.*

People: **Most holy and merciful God: We confess to you and to one another, and to the whole communion of saints in heaven and on earth, that we have sinned by our own fault in thought, word, and deed; by what we have done, and by what we have left undone.**

Leader: We have not loved you with our whole heart, and mind, and strength. We have not loved our neighbors as ourselves. We have not forgiven others, as we have been forgiven.

People: **Have mercy on us, Lord.**

Leader: We have been deaf to your call to serve, as Christ served us. We have not been true to the mind of Christ. We have grieved your Holy Spirit.

People: **Have mercy on us, Lord.**

Leader: We confess to you, Lord, all our past unfaithfulness: the pride, hypocrisy, and impatience of our lives,

People: **We confess to you, Lord.**

Leader: Our self-indulgent appetites and ways, and our exploitation of other people,

People: **We confess to you, Lord.**

Leader: Our anger at our own frustration, and our envy of those more fortunate than ourselves,

People: **We confess to you, Lord.**

Leader: Our intemperate love of worldly goods and comforts, and our dishonesty in daily life and work,

People: **We confess to you, Lord.**

Leader: Our negligence in prayer and worship, and our failure to commend the faith that is in us,

People: **We confess to you, Lord.**

Leader: Accept our repentance, Lord, for the wrongs we have done: for our blindness to human need and suffering, and our indifference to injustice and cruelty,

People: **Accept our repentance, Lord.**

Leader: For all false judgments, for uncharitable thoughts toward our neighbors, and for our prejudice and contempt toward those who differ from us,

People: **Accept our repentance, Lord.**

Leader: For our waste and pollution of your creation, and our lack of concern for those who come after us,

People: **Accept our repentance, Lord.**

Leader: Restore us, good Lord, and let your anger depart from us;

People: **Favorably hear us, for your mercy is great.**

Leader: Accomplish in us the work of your salvation,

People: **That we may show forth your glory in the world.**

Leader: By the cross and passion of your Son our Lord,

People: **Bring us with all your saints to the joy of his resurrection.**

Presider: Almighty God, the Father of our Lord Jesus Christ, who desires not the death of sinners, but rather that they may turn from their wickedness and live, has given power and commandment to his ministers to declare and pronounce to his people, being penitent, the absolution and remission of their sins. He pardons and absolves all those who truly repent, and with sincere hearts believe his holy Gospel. We beseech him to grant us true repentance and his Holy Spirit, that those things may please him which we do on this day, and that the rest of our life hereafter may be pure and holy, so that at the last we may come to his eternal joy. Therefore, Almighty God have mercy upon 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.**

The Peace

Presider: The peace of the Lord be always with you.

People: **And also with you.**

Unison or harmony

1 E - ter - nal Lord of love, be - hold your Church
 2 So dai - ly dy - ing to the way of self,
 3 If dead in you, so in you we a - rise,

walk - ing once more the pil - grim way of Lent,
 so dai - ly liv - ing to your way of love,
 you the first - born of all the faith - ful dead;

led by your cloud by day, by night your fire,
 we walk the road, Lord Je - sus, that you trod,
 and as through ston - y ground the green shoots break,

moved by your love and toward your pres - ence bent:
 know - ing our - selves bap - tized in - to your death:
 glo - rious in spring - time dress of leaf and flower,

far off yet here— the goal of all de - sire.
 so we are dead and live with you in God.
 so in the Fa - ther's glo - ry shall we wake.

The Great Thanksgiving ~ Eucharistic Prayer I

Presider: The Lord be with you.

People: **And also with you.**

Presider: Lift up your hearts.

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

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

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

It is truly right, and good and joyful, to give you thanks, all-holy God, source of life and fountain of mercy. You have filled us and all creation with your blessing and fed us with your constant love; you have redeemed us in Jesus Christ and knit us into one body. Through your Spirit you replenish us and call us to fullness of life.

Sanctus S-124

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.
Blessed is The One who comes in the name of the Lord. Ho - san - na in the high - est.

Blessed are you, gracious God, creator of the universe and giver of life. You formed us in your own image and called us to dwell in your infinite love. You gave the world into our care that we might be your faithful stewards and show forth your bountiful grace.

But we failed to honor your image in one another and in ourselves; we would not see your goodness in the world around us; and so we violated your creation, abused one another, and rejected your love. Yet you never ceased to care for us, and prepared the way of salvation for all people.

Through Abraham and Sarah you called us into covenant with you. You delivered us from slavery, sustained us in the wilderness, and raised up prophets to renew your promise of salvation. Then, in the fullness of time, you sent your eternal Word, made mortal flesh in Jesus. Born into the human family, and dwelling among us, he revealed your glory. Giving himself freely to death on the cross, he triumphed over evil, opening the way of freedom and life.

On the night before he died for us, Our Savior Jesus Christ took bread, and when he had given thanks to you, he broke it, and gave it to his friends, and said: "Take, eat: This is my Body which is given for you. Do this for the remembrance of me."

As supper was ending, 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 poured out for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore we proclaim the mystery of faith:

Christ has died.

Christ is risen.

Christ will come again.

Remembering his death and resurrection, we now present to you from your creation this bread and this wine. By your Holy Spirit may they be for us the Body and Blood of our Savior Jesus Christ. Grant that we who share these gifts may be filled with the Holy Spirit and live as Christ's Body in the world. Bring us into the everlasting heritage of your daughters and sons, that with Augustine, and all your saints, past, present, and yet to come, we may praise your Name for ever.

Through Christ and with Christ and in Christ, in the unity of the Holy Spirit, to you be honor, glory, and praise, for ever and ever. **Amen.**

The Lord's Prayer

As our Savior Christ has taught us, we now pray,

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,

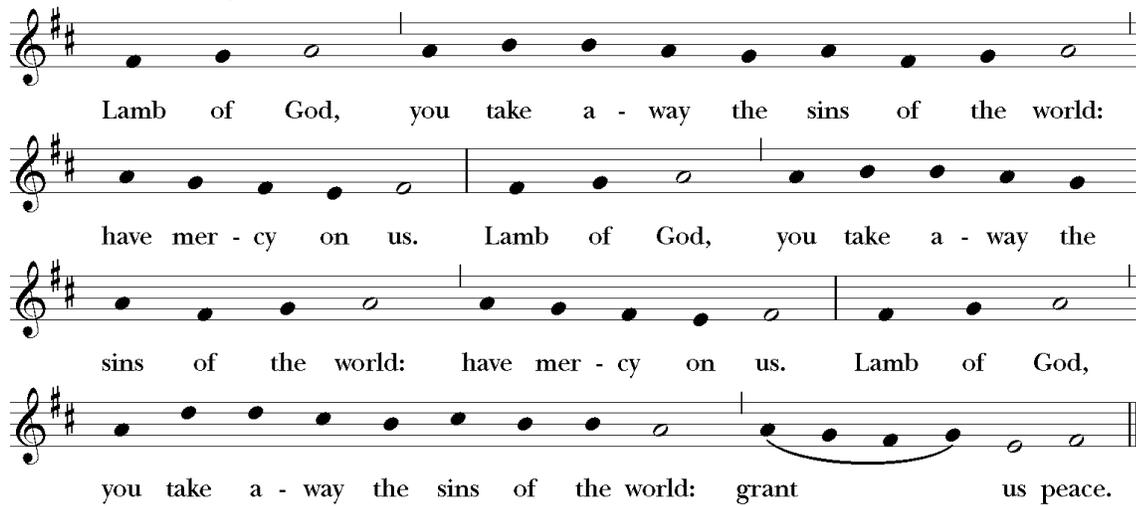
but deliver us from evil.

For thine is the kingdom,

and the power, and the glory,

for ever and ever. Amen.

The Breaking of the Bread



Lamb of God, you take a - way the sins of the world:
have mer - cy on us. Lamb of God, you take a - way the
sins of the world: have mer - cy on us. Lamb of God,
you take a - way the sins of the world: grant us peace.

The Communion of the People

Presider: The Gifts of God for the People of God. Holy things for holy people.

Those experiencing this liturgy at home are invited to pray:

In union, blessed Jesus, with the faithful gathered at every altar of your Church where your blessed Body and Blood are offered this day, we long to offer you praise and thanksgiving, for creation and all the blessings of this life, for the redemption won for us by your life, death, and resurrection, for the means of grace and the hope of glory, and particularly for the blessings given us. We believe that you are truly present in the Holy Sacrament, and, since we cannot at this time receive communion, we pray you to come into our hearts. We unite ourselves with you and embrace you with all our hearts, our souls, and our minds. Let nothing separate us from you; let us serve you in this life until, by your grace, we come to your glorious kingdom and unending peace. Amen.

Come Lord Jesus, and dwell in my heart in the fullness of your strength; be my wisdom and guide me in right pathways; conform my life and actions to the image of your holiness; and, in the power of your gracious might, rule over every hostile power that threatens or disturbs the growth of your kingdom, who with the Father and the Holy Spirit, lives and reigns, one God, in glory everlasting. Amen.

Silence is kept

The Body of Christ, the bread of heaven.
The Blood of Christ, the cup of salvation.

Post-Communion Prayer

Presider: Let us pray.

Silence

All: Good and gracious God, Holy One in our midst: we give you thanks and praise, that when we were still far off you met us in your Son and brought us home. Dying and living, he declared your love, gave us grace, and opened the gate of glory. May we who share Christ's body live his risen life; we who drink his cup bring life to others; we whom the Spirit lights give light to the world. Keep us firm in the hope you have set before us, so we and all your children shall be free, and the whole earth live to praise your name. Amen.

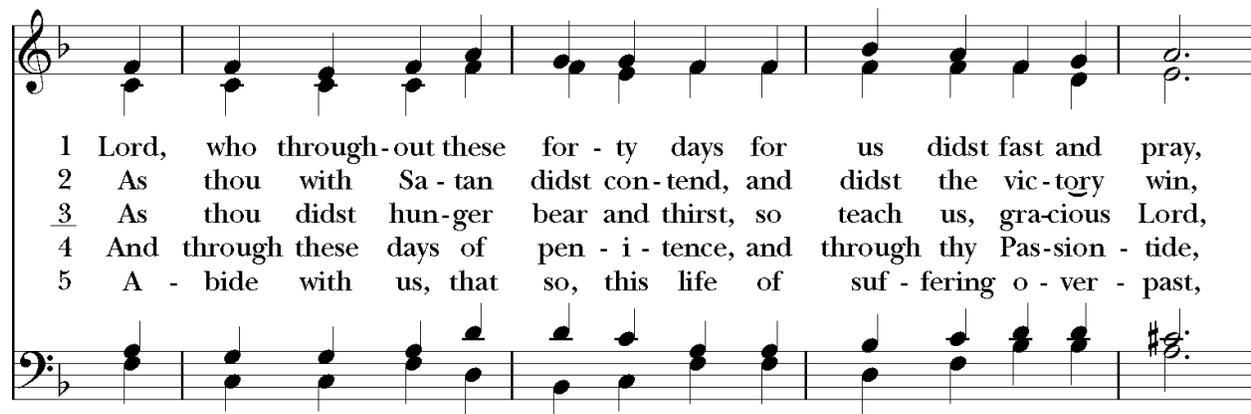
Concluding Prayer

Presider: Grant, most merciful Lord, to your faithful people pardon and peace, that they may be cleansed from all their sins and may serve you with a quiet mind; through Christ our Lord. Amen.

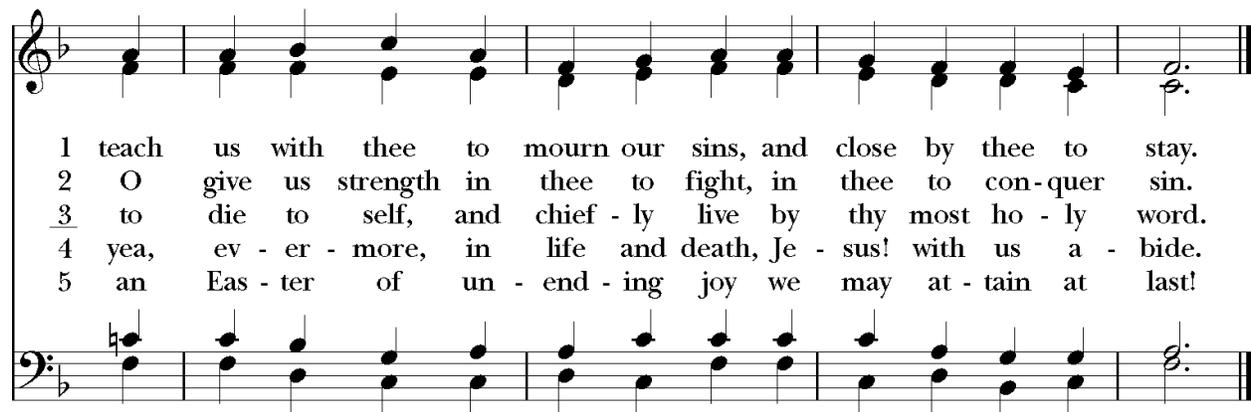
Hymn: H142

Lord, Who Throughout These Forty Days

St. Flavian



1 Lord, who through-out these for - ty days for us didst fast and pray,
2 As thou with Sa - tan didst con-tend, and didst the vic-tory win,
3 As thou didst hun-ger bear and thirst, so teach us, gra-cious Lord,
4 And through these days of pen - i - tence, and through thy Pas-sion - tide,
5 A - bide with us, that so, this life of suf - fering o - ver - past,



1 teach us with thee to mourn our sins, and close by thee to stay.
2 O give us strength in thee to fight, in thee to con-quer sin.
3 to die to self, and chief - ly live by thy most ho - ly word.
4 yea, ev - er - more, in life and death, Je - sus! with us a - bide.
5 an Eas - ter of un - end - ing joy we may at - tain at last!

Dismissal

Presider: Go in peace to love and serve the Lord.

People: **Thanks be to God.**

Postlude *Donne* (H140) John Hilton (1599-1657)

Prayer List for St. Augustine's:

Eric Reid, Nancy Pendergast, Ianna King, Lorainne Bayes, Blythe Hewitt, Alex Roe, Andrea Roe, Beth & Mark Gearhart, Barbara Self, Barbara Houston, Kathryn Rickert, Lori Morrison, Fr Valery, Greg Murphy, Julie Bird, Joy & Craig Johnson, Sylvia Brooksbank, David Roe, Paul Loudon, Lydia Coats, Colleen Corbett, Deacon Dennis & Linda McManis, Kris Jaeger, Lisa Rohlfing, Debby Denno, Katie Reid, Diana Lindsey, Levi Doss, Amanda King, Carole Halsan, Debbie Wright, Peter Martin, Pete & Nettie Snyder, Marianne Tuttle & family, Chris Lubinski, Ed Klein, Roger Howarth, Tom Bauling, Sydney McCready, Vina Kazsmarcek, Ray Kazsmarcek, LaurieJean, Nancy Cox, Babs & Gary Stone, Margaret Schultz, Peggy Mitchell, Nancy Paris, Tim Smith, Audrey Taie & family, all of the people at Maple Ridge, Elliot Kearns & family, Austin Skubi, Ana Kinkaid, Suzy Palmer, Mark Halloran, John Meyer, Talia Petosa, Gary Smith, Ruth Epstein, Dannette Masterson, Cary Dial, Jill Uhacz, Vickie Russo, Rick Schutte, Jim Ramler, Christen Herman, Dean Muncey, John Meyer, Lance Lidral, Laura Whiteway, Carol Ryan, Dale, Johanna, Trevor Arnold, Alicia Rose, and Michael Bonn.

Prayers for people who work on the front lines:

All those who are in the food supply chain, the farm workers, processors, delivery folks and the people in our local grocery stores

David Rickert Vollan - Physical Therapist

Allison Wortman - Nurse at Virginia Mason Hospital, Seattle

Hillary Yeomans - Home Healthcare Worker

Karen Fay - Psychiatric Nurse, VA Hospital, Seattle

Maureen Masterson - Compass Health

Renee Wilson, Nurse, Columbus Regional Hospital, Columbus, IN

Cheyenne Wilson, Nursing Asst, Columbus Regional Hospital, Columbus, IN

Tommy Hanson - US Naval Hospital

Keith - Paramedic

Dawn Meyer, Psychologist, Seattle

Mark Taylor, Healthcare worker

Alysia Doss - ICU Nurse

Paulette Bishoff, Nurse

Christopher Doss, Home Health worker

Diana DiBiase, VA Hospital, Seattle

Liviya Thoreson Whyte, Hospitalist Providence

Lisa Dillon Lantz, Nurse

Amber Halligan, ICU Nurse

Sean Plattner - firefighter EMT

Matt Idso, Scientist - Institute for Systems Biology

Cricket Farr, Full Life Care, Seattle

Amy Breuninger, Healthgiver

Kenny Downs - Naval Air Station Whidbey Island
Denny Huff, Firefighter
April Wooderson - ER Nurse
Brook Wooderson - Police Dept.
Heather Wooderson - Police Dept.
Candra Ramezani - Firefighter
Lynsey Barker - Vascular Access Team at Swedish First Hill
Austin Skubi - Social Worker - Providence, Everett
The staff of Providence, Everett
Karen Eaton - Social Worker UW Hospital
Melissa Anthony EMT - Vancouver, WA fire department
Peggy Sinclair E.R. nurse Port Townsend WA
Staff at Careage, Coupeville, WA
Marshall Corson, Cardiologist UW Hospital
Kelly Jo Sandri, MD, Truman Hospital Missouri
Lesla Bjork, RN, ICU Harborview
Michela Mattens, Nurse, Providence Everett
Debra Shreckenghost, ICU Nurse
Larry Laissue - President Kyocera N.W. IT and document support for essential services
Andy Laissue - Assistant Manager Safeway, Chico CA