Epiphany Star Words

with the Episcopal Church of New Hampshire

Wednesday, January 4th is the first day of Epiphany, and, like the Magi followed the STAR to find Jesus, the Episcopal Church of New Hampshire offers you a STAR WORD to guide you as you follow Jesus this year. If you would like to participate, please email Canon Tina Pickering (tpickering@nhepiscopal.org) with the name of your faith community (if you have one) and your hometown and we will reply with a STAR WORD for you. STAR WORDS are picked randomly, guided by the Holy Spirit. We encourage you to accept the word given with an open heart to learn how the Spirit might be calling you to live into the word.

If you would like to write your STAR WORD on a star and color it in to post on a home altar or somewhere to remind you, here’s a star template from Illustrated Ministry: https://files.constantcontact.com/1c24932a601/d6a1ee48-e86e-4aab-83eb-87d9e09903e8.pdf

Ways we might understand STAR WORD theologically:

1. The Magi followed a star, which led them to Jesus. Our creative prayer practice, such as meditating on a STAR WORD, can also lead us closer to Jesus.
2. We trust that God speaks to us in many ways as we seek God’s presence. A STAR WORD can help us to look for God in our midst, change our perspective, and focus our attention amid all the distractions of daily life.
3. In our prayer we strive to balance our speaking with our listening. A STAR WORD gives us an opportunity to listen deeply and here God in a new way.
4. In being given a STAR WORD chosen randomly, we are receiving a gift over which we have no control. With this gift we are invited to receive God’s grace and let go of our striving to do, to act, or take over.

Ideas for praying with your STAR WORD:

• Look up the definition of the word, even if you know it well. Learn about its etymology. What culture does it come from? How has its meaning changed over time?
• What does this word bring to mind as you contemplate? Does it recall any memories? How might God be speaking to you through the feelings and the stories this word evokes?
• Find this word or a synonym in the bible – what does the scripture tell you? Does this word remind you over other passages?
• Write a prayer using your word and pray it regularly
Here’s a prayer from Michelle Thomas Bush for praying with your STAR WORD:

God, we acknowledge that we are not always ready to receive your best gifts for us. You have given us an epiphany word in order that our searching will bring us to you.

It is often our habit to turn aside, stumble over, or even reject experiences and encounters that we later understand to have been precious gifts.

Help us to be open to the gift that you offer us now through our star words. We acknowledge that we do not fully understand what this word might mean for our faith, but we receive it from you with gratitude and pray that your Spirit will enable us to live into our word with intention and faithfulness.

Amen.

Other Epiphany Resources can be found on the diocesan website here.