

### ***On the mind of Seminarian Romy John Abraham...***

The year 2026 to me feels like a season of movement—of stepping forward with intention and hope.

This past week, after praying Morning Prayer II from the BCP (p. 75) and taking a quiet walk, I found myself reflecting on the power of truth-telling. Truth has the capacity to heal, to build, and to create meaningful change. Yet at the same time, truth can also stir discomfort, conflict, or disagreement. Its power cuts both ways—not only in what is said, but in how it is received.

Christ himself was the ultimate truth-teller. What draws me most to him is not only that he spoke the truth, but how He spoke it—with love, grace, humility, and deep compassion. He never separated truth from mercy. In him, intention and impact were never at odds; his intention for love shaped the way truth landed. Truth was never a weapon, but a path toward healing, repentance, and justice.

Truth is essential for justice to flourish. Still, as followers of Christ, we are called to let truth be carried by understanding and love. Our goal is not simply to be correct, but to be faithful—to seek peace while standing firm in what is right. Faithfulness asks us to consider not only our intention in speaking, but also the impact our words may have on the hearts and lives of others. Truth spoken without regard for impact can wound, even when the intention is good.

I firmly believe faith and truth are inseparable. To be faithful is to be truthful, and to be honest is to live faithfully. Yet faithfulness also calls us to responsibility—for how our truth lands, and for the care of those who receive it. As the body of Christ, we are called to embody both truth and love—not only in our relationship with God, but also in our relationships with our neighbors. And a neighbor is anyone we encounter along our journey.

There are moments when clarity is necessary—when something must be said plainly and honestly. But I am learning that intention does not end with speaking the truth; it extends into attending to its impact. Even truthful words can feel intimidating or hurtful if spoken without care, timing, or humility. Because we live in a community, I try to remain mindful of others' dignity and lived experience. Their feelings matter to me, and so does our shared life together.

This understanding echoes the African philosophy of Ubuntu: “I am because we are.” We do not exist in isolation, but in relationships. Our words ripple outward. Therefore, truth must be spoken within the context of community—with love, grace, and humility. Grace, after all, is an unmerited gift, freely given, and it invites us to remain present when truth unsettles or challenges.

So may we speak truth to our friends, family, and neighbors. May we explain our feelings honestly, while remaining open to how our words affect others. May we rise and speak out for truth and justice—yet always with love as our intention and care for impact as our responsibility.

Speak the truth with love—the love that is transcendent and unconditional; the love that is graceful and cheerful; the love that seeks not only to be heard, but to heal.

As Ephesians 4:15 reminds us: “Speaking the truth in love, we must grow up in every way into him who is the head, into Christ” (NRSVA).

Romy

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### **TODAY AFTER CHURCH**

**February 8, 12:30 to 1:15 p.m.** Join Seminarian Romy John Abraham in the Parish Living Room for a forum on discerning God's call in our lives. Romy will share from his own experience of listening for God and reflect on his personal call to ministry. Whether ordained or lay, all are ministers, and God has a purpose for each of us.

## LOVED ONES LINK: ONLINE VOLUNTEER ORIENTATION

**Thursday, February 12, 11:00 a.m. to 12:00 p.m.** Incarnation's community partner, the Osborne Association, has a new volunteer opportunity. Loved Ones Link is a free transportation service that brings families to visit their incarcerated loved ones in prison. Three types of volunteers are needed:

1. *greet visitors boarding the bus*
2. *act as a supportive onboard presence for passengers*
3. *donate food and miscellaneous supplies, such as books and toys, for those making the journey*

Buses typically leave from Brooklyn and the Bronx early on weekend mornings for locations in the metropolitan area, including Sing Sing Correctional Facility in Ossining and the Taconic Correctional Facility in Bedford. Speak to the Rev. Adrian Dannhauser if you would like to attend this [online](#) volunteer orientation session.

## CONFIRMATION AND INQUIRERS' CLASS

Our annual Confirmation/Inquirers' Class continues. Join us for any or all of the remaining sessions:

- **February 12:** [The Book of Common Prayer](#)
- **February 19:** [The History and Identity of the Episcopal Church](#)
- **February 26:** [An Introduction to the Bible](#)
- **March 5:** [Christian Belief and Practice](#)

Classes are led by the Rev. Adrian Dannhauser and held from 7:00 to 8:15 p.m. each Thursday in the Parish Dining Room and on Zoom. The final class will be followed by a brief reception. Speak to Adrian to receive Zoom access information, which can also be found in the weekly e-minder.

## SUNDAY BIBLE STUDY

**Sunday, February 15, 10:00 to 10:40 a.m.** The Rev. Adrian Dannhauser offers the last in a three-part Bible Study series on "Forgiveness, Accountability and Reconciliation." We will explore the relationship between justice and mercy, forgiving others as well as ourselves, and the components of heartfelt contrition.

## SANDWICH SUNDAY

**Sunday, February 15, 12:30 to 1:15 p.m.** Come to the Parish Dining Room to help make sandwiches that we'll deliver to a nearby homeless drop-in center.

## SHROVE TUESDAY MOVIE NIGHT

**Tuesday, February 17, 6:00 to 8:00 p.m.** Before the Lenten journey begins, we'll enjoy a night of comedy and fellowship. Join us in the Parish House for a viewing of *A Mighty Wind*, one of Christopher Guest's famous mockumentaries starring Eugene Levy and the late, great Catherine O'Hara. We'll start gathering at 6:00 p.m. and "hit play" at 6:30 p.m.

## ASH WEDNESDAY

**Wednesday, February 18, 8:15 a.m., 12:15 p.m. and 6:15 p.m.** Begin your observance of a Holy Lent with the Imposition of Ashes and Holy Communion. The 12:15 p.m. Ash Wednesday service includes organ music and soloists from the Incarnation Choir and will be livestreamed. Ashes are imposed throughout the day.

## JOIN A SMALL GROUP THIS LENT!

We're reading *Celebration of Discipline* by Richard Foster as a parish this Lent. Sign up for a small group book study and join in the joy of shared reading! See the enclosed flyer for details.