



# Liturgical Life Principles: How Episcopal Worship Can Lead to Healthy and Authentic Living

*Ian S. Markham*

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In clear, accessible language, Markham demonstrates how the liturgy of the Episcopal Church can enable us to cope more effectively with the stresses and strains of modern life. This book is a delightful introduction to the movement and flow of Episcopal services and demonstrates how the liturgy can transform human lives. Markham

shows persuasively how the whole purpose of the Christian liturgy is to provide us with the resources to enable God to facilitate healthy and authentic living.

“The time has come for the Episcopal Church to explain that the liturgy in our services is intended to provide hope, when hopelessness is the only option. It is intended to enable us to cope, when coping is difficult. It is intended to help confront the demons of our past, when we imagine that the demons are bound to triumph. This is the Gospel. This is the purpose of our shared liturgical life.

“This book is written for those who are interested in the Episcopal Church. The primary focus is on the adult who is trying to cope with the stresses and demands of living in modern America. However, I am hoping the life-long Episcopalian might appreciate the study. Those who want to fall in love again with the liturgy.”  
–Ian S. Markham

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