



CHRIST AND THE EPIPHANY

VOLUME 25

March 2021

Dear Friends,

There is a prayer I am especially fond of in our Book of Common Prayer found in Compline. The prayer asks God, *“That we who are wearied by the changes and chances of this life may rest in your eternal changelessness.”*

Yes, there have been many changes and chances in our lives this past year. Our worship is all virtual, we haven’t received communion for almost a year, your clergy have changed, feasts and festivities that we count on for fellowship and funding have not been able to happen, and on it goes.

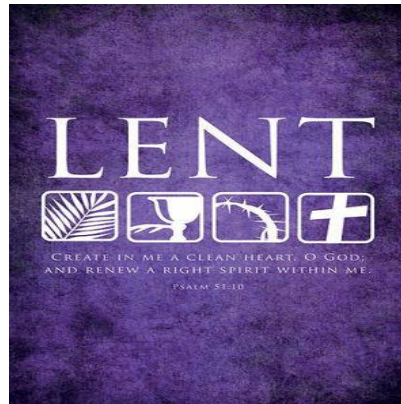
And yet, God is steadfast and never changes. God is the still point when all else is shifting and uncertain. And I know you know that, because I hear you talk about Jesus and this parish and I see how you care for one another, and it’s clear that you have stayed steady and found new joys through all the changes and chances.

When I was interviewing with the Vestry about the Priest-in-Charge position, one of the things that came through very clearly was the profound depth of faith commitment to God and to this parish in the heart of each and every person. I was very moved by how hard each person works for the

ongoing ministry of Christ in this place.

And now God has brought us together for this next C&E adventure in following the way of love that is Jesus. I am honored that you have called me to serve as a priest among you, and I look forward to the ways that we will serve God and God’s people together.

- Rev. Mary Anne



What Is Lent?

As you know, Ash Wednesday marked the beginning of the season of Lent, the 40-day period before Easter.

The period of 40 days, which traditionally does not include Sundays, commemorates the “40 days and 40 nights” (*Matthew 4:2*) that Jesus fasted in the desert and then resisted temptations from Satan.

The word “Lent” comes from an Old English word for “spring,” and is derived from

Upcoming Events

Every Sunday, 9:00 a.m.,
Sunday Service via Zoom
March 21 Bishop Ian Douglas
March 28 Palm Sunday
April 4 EASTER

Every Wednesday, 7:00 p.m.,
Lenten Bible Study & Compline
Service via Zoom

Friday, April 2, 7:00 p.m.,
Good Friday Service via Zoom

*(Zoom connection information
at end of newsletter.)*

the German word “lang,” meaning “long,” because during this season before Easter, the hours of daylight become longer!

CHANGES IN WORSHIP DURING LENT

Even though we’re not physically in our church building, you’ll notice some changes to simplify our worship during the Lenten season and make space for silence. Most notable perhaps is the absence of the “Gloria” and “Alleluia”. We omit the “Gloria” because it generally celebrates the coming of the Lord using words the angels used at Christ’s birth.

The other part of our “verbal fast” is the omission of the “Alleluia”, which traditionally

was associated with the glorious celebration of Easter.

Sometime around the 5th century, it stopped being said during Lent as a way of anticipating its joyous return on Easter.

On the Sundays during Lent, we will begin with the Penitential Order. This is often used during Lent. You can find it on page 351 of the Book of Common Prayer. You'll see that this Order has us saying the Confession at the beginning of the service, which is the historical location for it. Here is a link to the online **Book of Common Prayer**: <https://www.bcponline.org/>

We will also be pausing a bit during Lenten worship, as a way to allow the words of our liturgy and Holy Spirit to move in us. If you are the Lay Reader on a particular Sunday, I invite you read mindfully, pausing for instance between the verses of the psalm. Being intentional about our prayers and readings can open up space for deepening our experience of God's Holy presence among us and within us.

Bishop Visit!

Bishop Ian Douglas will be worshipping with us on Sunday March 21. Parishioners will have an opportunity to chat with him via Zoom after the service. Mark your calendars!

If anyone is interested in being baptized or received into the Episcopal church with his visit please reach out to Rev. Mary Anne at revmao28@gmail.com.

Around the Church

Lenten Altar



Rev. Mary Anne, Rev. Joanne and Toby



Food Pantry at Work



Thrift Store



Join the Finance Team!

We are looking for at least one parishioner and one Vestry member to join the Finance Team! We meet each quarter to review the church finances and make any needed recommendations. If you are interested please email Susan at sbshultz@gmail.com. Note - there will be snacks at every meeting!!

Lenten Wednesdays

Don't forget that Wednesday evenings during Lent at 7:00 p.m. we will be having a Zoom Lenten Bible Study followed by the Compline Service. See your email for the link.

February Vestry Summary

Next Meeting - The next Vestry meeting will be Sunday, March 21st via Zoom after the 9:00 a.m. service and a short visit between Bishop Ian Douglas and the parish.

New Members - Welcome to Rev. Mary Anne Osborn and Richard Mead!

Worship - The Vestry was in favor of Rev. Mary Anne continuing Lenten services from home. But we do need to start preparing for hybrid services. Susan, Wendy and Rev. Mary Anne will work on aspects of this project.

Building & Grounds - The stained glass storm windows were put back at no charge by our new snow contractor (Anthony Page) and the upper

hall was cleaned and waxed by an AA group volunteer! Yea! We also had to do some repairs on the furnace and appreciated the response and professionalism of our vendor. Next big project is some exterior building painting.

Finance - Signees for the various bank accounts were designated. The Vestry approved some 2021 budget changes (*see Treasurer report for details*).



Episcopal Church in CT (ECCT)

Episcopal Church COVID-19 Vaccine Toolkit

Check out this inspiring video by Presiding Bishop Michael Curry who frames all our actions - getting vaccinated, wearing masks, washing our hands, etc. as expressions of loving our neighbor and ourselves.

<https://www.episcopalchurch.org/ministries/office-government-relations/covid-vaccine-toolkit/?fbclid=IwAR1bZe6Umm2fcERXVKpggXj435gfMIESlwzq2AsRbL9iVsHZJs7ExzvHeGs>

There is also a really good list of things we can do as a congregation to get everyone vaccinated and other helpful information.

Note that if you need any help signing up for the vaccine or getting to an appointment please reach out to Diane Rowley in the office at 203-467-2310 or via email at

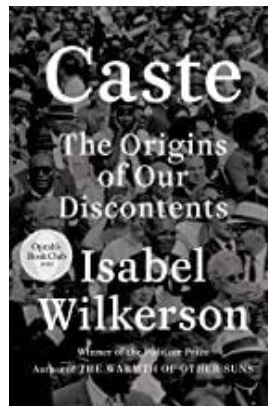
christandtheepiphany@gmail.com. We have volunteers ready and want to help you get your vaccine!



March 3 - John Aurelius
March 20 - Ian Reynolds
March 21 - Madeline Hubbard
March 29 - Ken Dougherty

Upcoming Book Study

As part of our ongoing work with Racial Justice, Healing and Reconciliation, after Lent we will be starting an online book study of the book *Caste* by Isabel Wilkerson.



The book was in Oprah's Book Club and is widely available. The study will be led by Rev. Mary Anne - look for more information to come via email.

Great Musical Composers of Ireland Tony Lamberti

As I traveled to Ireland, I had the pleasure of visiting many abbeys and monasteries throughout the countryside. Of

course no one should go on a musical adventure alone and I had help from my good friend and former colleague Dr. Jerry Martin. Jerry was born and raised in Ireland where he studied the concert organ as a young child. Jerry is well known throughout Europe and the United States as both a beloved professional doctor and a concert organist. He has even given some concerts right at Christ & The Epiphany! Check out his numerous organ concerts on YouTube under *jerrymartin79*.

Today I will mention a few Irish composers chronologically:

Renaissance Period

Nicholas Dall Pierce
(1561-1653)

High Baroque

Johann Lusser(1660-1727)
Henry Madin(1698-1748)

Galant Period

Richard Woodward
(1743-1777)

Classical

Thomas Carter(1769-1800)
Thomas Geary(1775-1801)

Romantic Period

Robert Stewart(1825-1894)
Joseph O'Kelly(1828-1941)

Late Romantic

Charles Wood(1866-1926)
Hamilton Harty(1879-1941)

Early 20th Century

Joan Trimble(1915-2000)

These are just a few composers I have found fascinating and enjoyable to listen to, especially if you are not familiar with them. So find a quiet place where you can sit back, make a cup of tea, listen to their recordings and enjoy!

This newsletter is dedicated to my good friend Dr. Jerry Martin.



Eddie, Fran Zella, Francesca, Frank P., Frank, Fred & Judy Herzman, Gale, Geneva, Goodfellow Family, Greg T., Heather, Holly & Family, Ian, J.D., Jack K., Jen & Tyler W., Jessica & baby Olive Estelle, Jesse, Jim C., Jim R. & Family, Joe Riccitelli, John A., John M., John U., John & Vera DePalma, Joseph, Judy DeFeo, Julia, June W., Karen Dattilo & Family, Karl, Kathrine Burdick, Kate W., Katrina R., Ken, Kristina Langlan, Leah S., Lila Day, Lisa H., Lois, Lucas Sundwall, Madeline, Mark Conti, Marjorie Cowles, Marty, Matt, Matt R., Melissa D., Michael, Michelle C., Mitzi Parisi, Nancy S., Patty R.,

Rachael, Ray C., Ron C., Sallie Alexander, Shari, Stan R., Turiano Family, Wendy, Zach Schatz

To submit names for the Intercessory Prayers list please call or email the church office. Names will be kept on the list for three months unless longer time is requested.

Next issue

The deadline for the April issue is **March 24**. Email newsletter.christandtheepiphany@gmail.com. For an update to the Intercessory Prayers, Birthday or Anniversary lists, please call the church office at 203-467-2310.

Intercessory Prayers

Andrew, Barbara R., Brandon, Barbuschak Family, Bill Hodge, Carol Ude, Carol C., Courtney, Clearwater Family, David, David C., David & Edward, David & Irene, Devin K., Diane, Diane Link, Dot Tate, Doug, Ed, Eileen F., Elaine, Eleanor N., Faith, Father

Treasurer Report

Susan Shultz

	JAN	(UNDER)/OVER BUDGET	YTD	(UNDER)/OVER YTD BUDGET
INCOME	\$5,676.27	(\$1,891.23)	\$5,676.27	(\$1,891.23)
EXPENSES	\$4,046.64	(\$4,601.98)	\$4,046.64	(\$4,601.98)
NET	\$1,629.63	(\$2,710.75)	\$1,629.63	(\$2,710.75)

Notes: Income is down due to most pledgers getting a late start. I expect to catch up next month. Expenses were significantly under budget due to the timing of some payments. In January we did not post payments for fuel, our ECCT pledge or our building insurance. With next month we should be back track and closer to actual budget amounts.

At the Vestry meeting the following 2021 budget changes were approved:

- **Income - Pledges** - increase to \$53,330 (*actual pledge commitments received*)
- **Income - Building Maintenance** - decrease to \$600 (*actual pledge commitments received*)
- **Expenses - Priest Housing Allowance** - decrease to \$17,417 (*new priest-in-charge contract*)
- **Expenses - Supply Clergy** - decrease to \$2,050 (*new priest-in-charge contract*)
- **Expenses - Priest Social Security Allowance** - increase to \$1,921 (*new priest-in-charge contract*)
- **Expenses - Snow Removal** - increase to \$3,000 (*new contractor with industry standard rates*)
- **Expenses - Insurance** - increase to \$12,000 (*actual 2020 cost*)
- **Expenses - Priest Continuing Education** - increase to \$475 (*new priest-in-charge contract*)

This gives us 2021 budget totals of:

- **Income** - \$89,255 (was \$88,845)
- **Expenses** - \$104,455 (was \$102,725)
- **Net Deficit** - \$15,200 (was \$13,880)

Parishioner Spotlight - Gail Schappa

Tell us about you and your family

I have three grown children and a dog. I'm very proud of my two sons. Both served in the military. My older son David and his wife, Irene, are expecting my first grandchild in Cadiz, Spain. My younger son Edward is now a West Haven policeman. My daughter Christine tries to keep me on the straight and narrow (good luck with that!). Christine and I have a husky-mix Sasha which I walk in the morning and she walks at night.



What brought you to Christ and The Epiphany?

I am a lifelong Episcopalian. A friend belonged to Christ and The Epiphany so I started coming here. Lou Giovinelli and I were ushers together for a long time.

In what ways do you serve your church family or community?

I really enjoy being behind the book table at our Christmas Fair and baking cookies for the baked goods table. I also am a regular usher for the 10:00 a.m. Sunday service.

What is your occupation?

Yes, I still work! I've been a Medical Technologist in Yale New Haven Hospital Hematology Lab for over 50 years. I spent 45 years on the night shift - starting when my first child was born and staying on afterwards to "avoid the day shift drama". I love my job and will keep doing it as long as I'm still capable. It keeps me going and I like learning new things.

What's your favorite pastime?

I especially love walking near the water when the sun is shining and the water is blue. And, I wouldn't walk without my dog.

What's one thing about you that no one knows?

A thing most people don't know about me is that I spent some time at a battered women's shelter in New Haven before I left my ex-husband.

What is your fondest childhood memory?

Visiting the Stamford Museum and Nature Center and seeing all the critters!

Do you have any favorite psalms, Bible passages, or inspirational sources?

I read the God Squad column every week - Rabbi Gellman is very wise, funny and uplifting.

Editor's note: Gail became a grandmother with the birth of William on Monday, February 22nd!

Bible Trivia Quiz (answers below Zoom Worship Connection Information)

1. Is the book of Babel in the Old Testament, the New Testament, or neither?
2. In Genesis 18, to whom did God ask, "Is any thing too hard for the Lord"? (Moses, Adam, Noah, Abraham)
3. Before the Tower of Babel, how many different languages were in the world? (1, 12, 40, 666)
4. In Matthew 7, Jesus said, "Ask, and it shall be _____"? (Cheerfully adorned, given you, asked again, knocked away)
5. Whose last verse ends, "Remember me, O my God, for good"? (Genesis, Matthew, Nehemiah, Hebrews)
6. How old was Adam when he died? (33, 100, 660, 930)

When I Survey the Wondrous Cross

Barbara Coulombe

The familiar Lenten Hymn “When I Survey the Wondrous Cross” is labeled the *greatest* hymn in the English language by the theologian Matthew Arnold. It was written in 1707 by Isaac Watts who was the son of an educated deacon in a dissenting Congregational church. When Isaac was born in 1674, his father was in prison for his non-conformist beliefs. A young Watts showed an unusual aptitude for study and learned Latin at the age of five, Greek at nine, French at eleven and Hebrew at thirteen. Watts, known as the father of English hymnody, was concerned about the state of singing in the Congregational churches. At that time, the singing consisted of slow ponderous Psalms where each line was first read by an appointed deacon then followed by the droning of the congregation. One Sunday after listening to his complaints, Watts’ father exclaimed: “Why don’t you give us something better, young man!” By the evening service, Watts had composed his first of over 600 hymns.

The tune for “When I Survey the Wondrous Cross” originated from a Gregorian Chant - the earliest church music known. Mason, called the father of American public school and church music, arranged it as we know it today. Of all the verses, my favorite is verse four:

*“Were the whole realm of nature mine, That were a present far too small;
Love so amazing, so divine, Demands my soul, my life, my all.”*

2020 Parochial Report

Each year we submit a report to the Episcopal Church in CT (ECCT) on the “state of our parish” which includes items such as the number of services held and average attendance, parishioner milestones, and finances. This year there were also some narrative questions. Here are our responses:

1. What were the primary opportunities, innovations and challenges in conducting worship during the pandemic? What did you learn?

The greatest opportunity and innovation for us was to hold online Zoom services. This allowed us to still connect with each other in a safe manner. In some ways, it allowed us to be more together as a parish than ever before - We had one service with both our 8:00 am and 10:00 am members. And we were able to include our “shut-ins” and our “snowbirds” as well as friends and visitors from far and near. Unfortunately we do have some parishioners we have not been able to get to join us online and it has been a challenge to stay connected with them.

We had the additional burden of losing our Missional Priest in February just as the pandemic and Lent hit. We were blessed to have supply priests who worked with us to become an online worshipping group. We are also grateful to ECCT for their support from purchasing bulk sanitizer early on to recently helping subsidize technology improvements that assist us to move forward with hybrid services (instead of Zoom only).

In terms of learning new things, we certainly learned a lot about Zoom! Not being able to have the Eucharist reminded us of how important it is to us. But even so, our services were spiritual, fulfilling, comforting, uplifting and filled with music. We learned that our parishioners are resilient, faithful, amazing stewards of our parish family. Everyone stepped up to contribute something special during this difficult time. We adapted to new things like online worship, masks, and outdoor services. We were able to see how much our community partners appreciate us by their efforts maintaining our building and donating extra time and effort when needed. Lastly, we were reminded of how important it is to fully trust God when we received anonymous donations to replace our lost Christmas Fair income and we were given a wonderful new priest-in-charge to grow with!

2. What are the primary opportunities and challenges your church is facing as it plans for the future?

We see the advent of online and hybrid services as an opportunity for better reaching shut-ins or geographically distant parishioners (like “snowbirds”). But it is a challenge to figure out how to make such services meaningful for all attendees. There is uncertainty regarding our fiscal position as we move forward as a small parish. How do we “keep the candle lit” with the existing parishioners while not “burning them out”? Although we are proud of the support we give to community groups, we have not seen the growth in our parish family that we would like.

Worship Schedule (9:00 a.m. via Zoom)

	<u>March 7</u>	<u>March 14</u>	<u>March 21</u>	<u>March 28</u>
Lay Reader	Richard Mead	Ray Clearwater	Diane Villano	Wendy Bellmore
Voice of the People	Barbara Parsons	Barbara Coulombe	Audrey Sundwall	Carol Link-Ude
Officiant	n/a	George Coulombe	n/a	n/a

Zoom Worship Connection Information

To connect by computer click:

<https://us02web.zoom.us/j/7639094733?pwd=WkR1ZHBNYTNKWmJqM2NvTkRjZ09hdz09>

To join by phone call:

929-436-2866

Meeting ID = 763 909 4733

Password = 39

Weekly bulletins are emailed out on Fridays. Zoom is opened around 8:30 a.m. on Sunday.

Past sermons are available on the *Christ and The Epiphany* YouTube channel here:

<https://www.youtube.com/channel/UCkGs9WC8ug7syl9n0kHkRaA>.

If you are not receiving the email bulletin please contact Diane in the office at 203-467-2310 or

christandtheepiphany@gmail.com.

If you want or need any help getting connected on Zoom please reach out any time to Susan Shultz at 860-669-1104 or sbshultz@gmail.com.

Bible Trivia Answers

1. *Neither (Babel was a city in the plain of Shinar)*
2. *Abraham (Genesis 18:13-14)*
3. *One (Genesis 11:1, 4, 9)*
4. *Given you (Matthew 7:7)*
5. *Nehemiah (13:31)*
6. *930 (Genesis 5:5)*