



# CHRIST AND THE EPIPHANY

VOLUME 28

September 2024



**Welcome Fr. Charles!**

## Spotlight on Rev. Charles L. Kamano

### *What is your country of origin?*

My country of birth is Sierra Leone in West Africa. But my parents came from the neighboring country of Guinea. Sierra Leone is a former British colony and Guinea a former French colony. Both countries are predominantly Muslim.

### *Tell us about your immediate family.*

I am the fourth of nine children on my mom's side. After she passed away, my father had other children; but I have not been very close with my half-siblings in a long time. I am a father to two beautiful children, my 18-year-old daughter Sweetie and my 12-year-old son Chris. My parents both died before they turned sixty. I am the only child that my dad reluctantly agreed to

send to school. I converted to Christianity at age 16 during my high school in Sierra Leone.

### *What is your favorite pastime?*

I love to cook African dishes. I also enjoy traveling and discovering new places and people.

### *What is your fondest childhood memory?*

As a child, I was fond of fishing. One day, I decided to go fishing at a nearby lake with two of my best friends. My second catch turned out to be a snake. I will never forget that crazy scene that sent me and my friends screaming and running for our lives in the bushes. Since then, I am just too scared to see snakes anywhere around me.

### *What is one thing about you that no one knows?*

After my conversion to Christianity, my dad once threatened to chop off my head with a machete if I didn't back off. Well, here I am with my head still standing on my shoulders. Thanks be to God!

### *What occupies your time when you aren't with us?*

I am a full-time hospice chaplain. I visit patients and their families in nursing homes, assisted living facilities, hospitals, and homes during weekdays. Healthcare chaplaincy is my passion.

## Worship Services

Every Sunday, 9:00 a.m., in-person and via Zoom

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

## Events

Saturday, September 7, 9:00 a.m. - 3:00 p.m., Harvest Fair

Wednesdays, September 18-October 23, 12:30 p.m., Old Stone book study

Sunday, September 22, 11:00 a.m., 250<sup>th</sup> Anniversary service at Old Stone church

### *What brightens your day?*

After each workday, I am thrilled to know I was able to make a difference in someone's life, to realize that my presence, words and actions made a positive impact on the people around me. My day is made hearing these words: "Thank you for being here." "I/We feel comforted by your presence."

### *What is your favorite bible passage or psalm?*

Psalm 23. For those of you who are friends with me on Facebook you will see on my profile the words, "The Lord is my shepherd." I love to recite and meditate regularly on this Psalm in many life situations to keep me going.



## Altar Flowers

A reminder that the sign-up sheet for Altar Flowers and the Sanctuary Candle is on the Bulletin board in the Narthex. Please consider memorializing or honoring a family member or an event from your life. Flowers are \$35.00 and the Sanctuary Candle is \$10.00. You can put your check in the offering with a notation or you can give it to Carol Ude or George Coulombe.

## Old Stone Church

On September 22 at 11:00 a.m., Old Stone Church will be holding a special service in honor of the 250<sup>th</sup> anniversary of the building's consecration. Expect to see some members in 18<sup>th</sup> century attire! All are welcome to attend and there will be a luncheon afterwards.

Also, starting Sept 18th, Old Stone will hold a six-week book study on "Enough" (based on Colossians). The study is at 12:30 p.m. on Wednesdays.



September 22 - Jill Lamberti  
September 23 - Jesse Osmun  
September 24 - Jan Cianelli  
September 28 - Lee Hubbard

## Fr. Budding Scholarship

In August, Christ & The Epiphany presented Sweetie Kamano with a check for \$750.00 from the Fr. Budding Memorial Scholarship Fund to help with her studies at Gateway Community College in the fall. Sweetie will be studying Nursing and is interested in serving our vulnerable sick and poor in the community. We look forward to seeing the great things she will accomplish!



The Father Budding Memorial Scholarship Fund was established by his family, and parishioners of C&E after the death of the Rev. John A. Budding in 1970. Fr. Budding was the last minister of Christ Church, East Haven and became the founding rector of Christ and The Epiphany. Under his guidance the new church and parish hall buildings were erected. Students wishing to continue their education were very dear to Fr. Budding's heart, and he quietly helped many youth from the church with their future education plans.

Through the years, this scholarship has continued to be funded by yearly donations, and has helped many young parishioners with college costs.



Sept 11 - Ken & Kathy Dougherty  
Sept 27 - Ray & Audrey Sundwall

## East Haven Wellness Alliance

Did you know that there is an organization in East Haven dedicated to reducing substance misuse and promoting mental health? In an effort to prevent future addiction, the East Haven Wellness Alliance helps raise awareness of the negative effects that drugs, alcohol and nicotine have on the growing minds of teenagers. For more information contact them at [ehwellnessalliance@gmail.com](mailto:ehwellnessalliance@gmail.com) There is also a flyer on the church bulletin board in the upper hall.

## Souperama Oct 6th

Reminder that Souperama will be held Sunday October 6<sup>th</sup> from 1:00 p.m.-3:00 p.m.. Please see Carol if you can contribute a soup.

## August Vestry Meeting

**Next Meeting** - The next Vestry meeting will be Sunday, September 22nd after the 9:00 a.m. service in the library and via Zoom.

**Fr. Charles is officially our Priest-in-Charge as of July 1st!**

**Priest-in-charge** - Employee reviews were completed and went well. Preparations are almost complete to welcome Jesse into the parish.

**Building & Grounds** - The loose railing in front of the church has been replaced. The dirty grease trap in the kitchen is attracting flies. Since the grease trap was installed for EHU's community dining room, they are going to pay to have the grease trap cleaned. The garden is finished for this year. We collected \$400 and spent \$401.

**Altar Guild** - Kristina Langlan has joined the altar guild.

## Encouraging Words

Audrey Sundwall

### *Verses about prayer*

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you. -- *1 Thessalonians 5:16-18*

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

-- *Philippians 4:6*

I will call on you, my God, for you will answer me; turn your ear to me and hear my prayer.

-- *Psalms 17:6*

Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak.

-- *Matthew 26:41*

## Around the Church

### Backpacks for School



Fr. Charles & the Wardens



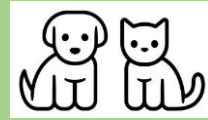
### Gardening



### Donations



Be joyful in hope, patient in affliction, faithful in prayer.  
-- *Romans 12:12*



**Blessing of the Animals**  
Sunday Oct 6

## Intercessory Prayers

Aiden & the Guida Family, Alexis, Amanda, Andrew, Barbuschak Family, Bill & Donna Hodge, Bohdan & Family in Ukraine, Brandon, Carol Ude, Charlie & Kris Langlan, David & Irene, Diana, Diane Link, Dominick L., Don Dempsey, Doreen St. Germaine, Dot Logan, Ed, Eileen F., Elaine, Faith, Francesca, Geneva O'Donnell, Jack Uberti & Holly Chickos, Jan McDonald, Jay W., Jim R. & Family, Joan Shaffner, Korey Mollor, Kris, Lauren, Lisa B., Lucas Sundwall, Rev. Lucy, Matt R., Maureen McPherson, Mike, Michael M., Minogue Family, Nicole C., Pat Walters, Pete F., Peter, Phyllis Marston, Rachael, Ray Sundwall, Sr., Regina Schwall, Ren F., Richard, Richard Christofferson, Sallie Alexander, Sam W., Susan Diaz, Tim), Tish, Tricia Clearwater, Turiano Family, Wayne

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.





## Season of Creation

We celebrate the Season of Creation from September 1<sup>st</sup> (World Day of Prayer for the Care of Creation) to October 4<sup>th</sup> (St. Francis of Assisi Day). Resources for this ecumenical celebration have been authorized for use by ECCT Bishop Jeffrey Mello and are available on the ECCT website ([newcreationliturgies.org](http://newcreationliturgies.org))

The theme for 2024 is **To Hope and Act with Creation**. The hope is that we as Christians, act as stewards and caregivers of creation not as owners, as God commanded in Genesis 2:15, “to till and keep it”. There are alternate readings, prayers, and songs of praise for use.

For example, an alternate Opening Acclamation is:

*This is the day the Creator has made.  
Let us rejoice and be glad in it.*

An alternate Confession of Sin contains these lines:

*God of compassion, have mercy upon us. Heal our relationship with all creation. Forgive us for our mistreatment and neglect of the creatures who share the earth with us. We are truly sorry and we humbly repent for what we have done to harm them, and for what we have not done to help them. Fill us with your Spirit, that we may care for one another and for all creatures, according to your will and in the fullness of your love; through Jesus Christ our Redeemer.*

And the Peace may include:

*You are invited to care and share peace with your neighbor, and speak a word of peace to the land in which you gather, and the creatures who share this common home.*

Let us celebrate this Season of Creation not only in our liturgy, but in our thoughtful and care-filled actions for the earth, our “island home” and “every living thing that moves upon the earth” (Gen 1:28).

## Music Note Barbara Coulombe

The Creation Hymn “Immortal, invisible God only wise “ is of Scottish origin. It was written by Walter Chalmers Smith who was a pastor in the Church of Scotland for forty-four years (1850-1894). Smith wrote many hymns, but this is the only one still in use today.

It is based on 1 Timothy 1:17: ‘Now unto the King eternal, immortal, invisible, the only wise God, be honor and glory for ever and ever.’ It is essentially a hymn of praise to God as creator of the universe: the invisible God whose works in nature proclaim his glory and majesty, his goodness and love. He is the giver of life to all creation, ‘the true life of all’. The special emphasis of the hymn is on light.

God is said to dwell ‘in light inaccessible’ - an echo of Psalm 104:2 ‘Who covers thyself with light as with a garment.’ He works ‘silent as light’; and in the final stanza he is the ‘pure Father of light’, light before which the angels veil their faces. So our failure to see him is not due to the lack of light but rather to the excess of it: ‘Tis only the splendor of light hides Thee.’

In our day of casual Christianity and almost flippant prayer, we desperately need to catch glimpses of God’s unspeakable character. In these wonderful stanzas, we who ‘wither and perish’ come face-to-face with our immortal, invisible, unchanging God. And amazingly, this great God, whom even polysyllables cannot describe, loves us dearly.  
-The One Year Book of Hymns (Brown, Norton)

## The Eiffel Tower

As we have been enjoying watching the Paris Summer Olympics along with millions of others this summer, I came across this reading by Dave Branon in "Our Daily Bread" for July 31st, 2024- on the third day of the games!

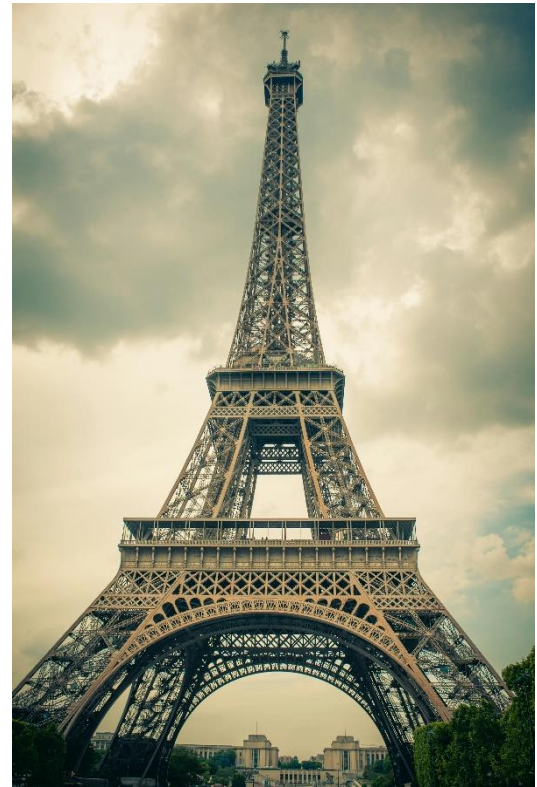
For more than 130 years, the Eiffel Tower has stood majestically over the city of Paris, a symbol of architectural brilliance and beauty. The city proudly promotes the tower as a key element of its magnificence.

As it was being built, however, many people thought little of it. Famous French writer Guy De Maupassant said it had "a ridiculous thin shape like a factory chimney." He couldn't see its beauty.

Those of us who love Jesus and have entrusted our hearts to Him as our Savior count Him as beautiful for who He is and what He's done for us. Yet the prophet Isaiah penned these words: "*He had no beauty or majesty to attract us to him, nothing in his appearance that we should desire him.*" But the towering majesty of what He did for us is the truest, purest form of beauty that humans will ever know and experience. He "*took up our pain and bore our suffering*". He was "*pierced for our transgressions, he was crushed for our iniquities; by his wounds we are healed.*"

We'll never know anyone as beautiful or majestic as the one who suffered for us on the cross, taking the unbearable punishment of our sins upon Himself. That's Jesus. The Beautiful One. Let's look to Him and live.

*(submitted by Barbara Coulombe)*



## Safe Church Training Schedule (Sep - Dec)

- 9/9, 6:00-9:00 p.m. - Comprehensive, Virtual on Zoom
- 9/17, 6:00-9:00 p.m. - Recertification, Virtual on Zoom
- 9/26, 6:00-9:00 p.m. - Recertification, Virtual on Zoom
- 9/28, 9:00 a.m.-12:00 p.m. - Comprehensive at Trinity Church, Tariffville
- 10/12, 9:00 a.m.-12:00 p.m. - Comprehensive at Christ Church Cathedral, (Spanish)
- 11/5, 6:00-9:00 p.m. - Comprehensive, Virtual on Zoom
- 11/16, 9:00 a.m.-12:00 p.m. - Recertification, Virtual on Zoom
- 12/14, 9:00 a.m.-12:00 p.m. - Comprehensive, Virtual on Zoom

The comprehensive training is for clergy and lay people who have never taken safe church training before or it has been more than five years since you've had training, or you are coming from a diocese outside Connecticut. This training includes an online course followed by a three-hour live virtual Zoom session. The online course must be completed at least two days before the Zoom session.

The recertification training session is for clergy and lay people who have taken safe church training in the last three to four years and consists of a three-hour live Zoom session.

Register online at [www.episcopalct.org](http://www.episcopalct.org). Email Bernice Jackson, Administrator for Licensing and Training at [bjackson@episcopalct.org](mailto:bjackson@episcopalct.org) with any questions or concerns.

# ECCT 2023-2024 Prayer Cycle



<b>September 1</b>	<p><b>Parishes:</b> Kent School; South Kent School, Pomfret School, Salisbury School, Wooster School, Rectory School; St. Thomas Day School, New Haven, Trinity Academy, Hartford; the Episcopal Church at UCONN, Storrs; Berkeley Divinity School; New Haven, Trinity College, Hartford.</p> <p><b>Anglican Cycle of Prayer:</b> Igreja Anglicana de Mocambique e Angola</p>
<b>September 8</b>	<p><b>Parishes:</b> Trinity, Southport; Grace Church, Stafford Springs</p> <p><b>Additionally:</b> Those involved in the ministry in Christian Formation in parishes; church school &amp; youth group directors, teachers, &amp; mentors; for adult education leaders; Education for Ministry leaders and students &amp; those who have been received into The Episcopal Church</p> <p><b>Anglican Cycle of Prayer:</b> The Church of the Province of Myanmar (Burma)</p>
<b>September 15</b>	<p><b>Parishes:</b> L’Eglise de L’Epiphanie, Stamford; St. Andrew’s, Stamford; St. Francis’, Stamford</p> <p><b>Additionally:</b> The Province of New England: the Dioceses of Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, Vermont, and Western Massachusetts; their bishops, clergy, parish and diocesan staff, and congregations; Provincial Synod; all Provincial Networks</p> <p><b>Anglican Cycle of Prayer:</b> The Church of Nigeria (Anglican Communion)</p>
<b>September 22</b>	<p><b>Parishes:</b> St. John’s, Stamford; Calvary, Stonington; St. Mark’s, Storrs</p> <p><b>Additionally:</b> Children and Children’s ministries; and ministries for children with special needs</p> <p><b>Anglican Cycle of Prayer:</b> The Church of North India (United)</p>
<b>September 29</b>	<p><b>Parishes:</b> Christ Church, Stratford; Trinity, Tariffville; St. Peter’s/Trinity, Thomaston</p> <p><b>Additionally:</b> Youth and youth ministries, J2A, Confirm Not Conform, and all other confirmation classes and other programs that challenge</p> <p><b>Anglican Cycle of Prayer:</b> The Church of Pakistan (United)</p>

## Treasurer Report

Susan Shultz

	JUL	(UNDER)/OVER BUDGET	YTD	(UNDER)/OVER YTD BUDGET
INCOME	\$ 6,729.90	\$ 80.57	\$79,492.52	\$20,838.21
EXPENSES	\$10,480.10	(\$1,467.48)	\$74,603.37	(\$10,350.19)
NET	(\$3,750.20)	(\$1,548.05)	\$4,889.15	(\$31,188.40)

Notes: July income was almost exact to budget. Expenses were under budget although we still owe Fr. Charles for his July salary so the deficit will be a little larger. However YTD we continue to be in good shape as we are still in the black and beating our deficit budget by a little over \$31,000.

**Next Issue** The deadline for the October issue is September 23rd. Submissions can be sent to [newsletter.christandtheepiphany@gmail.com](mailto:newsletter.christandtheepiphany@gmail.com). For an update to the Intercessory Prayers, Birthday or Anniversary lists, please call the church office at 203-467-2310 or email [christandtheepiphany@gmail.com](mailto:christandtheepiphany@gmail.com).

## Worship Schedule 9:00 a.m. (unless otherwise noted)

	September 1	September 8	September 15	September 22	September 29
Service	Eucharist	Eucharist	Morning Prayer	Eucharist	Morning Prayer
Presider/ Officiant	Rev. Charles Kamano	Rev. Charles Kamano	Judy Herzman	Rev. Charles Kamano	Audrey Sundwall
Crucifer	George Coulombe	George Coulombe		George Coulombe	
Acolyte	George Coulombe	Audrey Sundwall		Diane Villano	
Lay Reader	Audrey Sundwall	Gail Beck	Ray Clearwater	Barbara Parsons	Gail Beck
Usher	Astrid Swanson	Barbara Parsons	Ken & Kathy Dougherty	Audrey Sundwall	George Coulombe
Zoom Tech	Susan Shultz	Susan Shultz	Susan Shultz	Susan Shultz	Susan Shultz
Lead Counter	Pat Walters	Astrid Swanson	Susan Shultz	George Coulombe	Astrid Swanson
Asst Counter	Evelyn Conant	Fred Bowden	Judy Herzman	Barbara Coulombe	Ray Clearwater

### Clergy, Vestry and Staff

Priest-in-charge	Rev. Charles L. Kamano
Senior Warden	George Coulombe
Junior Warden	Barbara Parsons (& Outreach)
Treasurer	Susan Shultz (& Technology)
Clerk	Gail Beck
Vestry Member	Ray Clearwater
Vestry Member	Carol Link-Ude (& Altar Guild; Hospitality & Fund Raising)
Vestry Member	Audrey Sundwall (& Communications)
Vestry Member	Astrid Swanson
Vestry Member	Pat Walters
Music Director	Barbara Coulombe
Parish Administrator	Diane Rowley

ECCT continues to experience a shortage of supply clergy for Sunday services. If you know of anyone who might be interested in serving at C & E, please contact the office at [christandtheepiphany@gmail.com](mailto:christandtheepiphany@gmail.com).

To connect by computer, enter: <https://tinyurl.com/3kbvnb4>, or click on the link on our webpage: [www.ChristandTheEpiphany.org](http://www.ChristandTheEpiphany.org)

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 8:45 a.m. on Sunday.

If you are not receiving the email bulletin, please contact Diane Rowley in the office at 203-467-2310 or [christandtheepiphany@gmail.com](mailto:christandtheepiphany@gmail.com).

If you want or need any help getting connected on Zoom please reach out any time to Susan Shultz at 203-589-1142 or [sbshultz@gmail.com](mailto:sbshultz@gmail.com).

# **Christ and The Epiphany Church**

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East Haven, CT 06512

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Website: [www.christandtheepiphany.org](http://www.christandtheepiphany.org)

## **Worship Schedule**

Sunday 9:00 a.m. In-Person & Online Zoom Worship  
*In-person with social distancing and optional masking*