

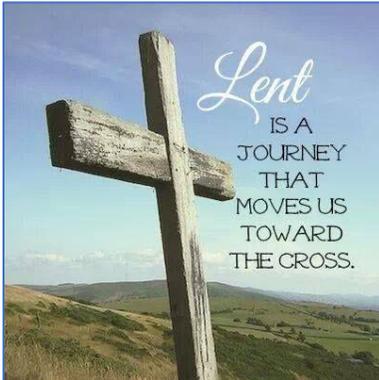


# CHRIST AND THE EPIPHANY

VOLUME 27

March 2023

## What is Lent?



### Grace Episcopal Church, Keswick, VA

Lent is a season of the Church Year that calls Christians to focus on repentance and personal devotion in light of the coming celebration of Easter. The forty-day period of Lent connects with many Scriptural events important in the history of salvation: the forty days of the flood, the forty years of Israel's wilderness wanderings, Moses' forty days on Mount Sinai when he received the Law, and Jesus' forty days of temptation in the desert.

The season of Lent is decidedly somber. In the Church's worship, a penitential tone is expressed in various ways, both liturgically and visually:

- Vestments are changed to purple, a color associated with mourning.

- Ornate crosses and other adornments are veiled in the church and all floral decorations are removed. (Crucifixes are left uncovered.)
- The shout of praise "Alleluia" is eliminated from all acts of worship.
- The Eucharist begins with an acclamation that acknowledges our need for mercy. The Celebrant says, "Bless the Lord who forgiveth all our sins," and the people respond, "His mercy endureth for ever."
- The *Gloria* ("Glory be to God on high") is neither sung nor said, and the service music changes to more penitential settings.
- The Decalogue (The Ten Commandments, see The Book of Common Prayer, page 317) is read or sung at the beginning of Sunday Eucharists.
- The priest's final blessing over the congregation is replaced with a solemn prayer focusing on the Lenten journey.

We see in this invitation that there are six specific ways in which Christians are called to

## Upcoming Events

**Every Sunday, 9:00 a.m.,** Sunday Service in-person and via Zoom (March 5 in-person only)

**Sunday, March 12,** Parish Family Meeting after the 9:00 service, in-person only

**Sunday, March 19, 10:30 a.m.,** Vestry, in the library and via Zoom

**Maundy Thursday Service,** April 6, 6:30 p.m.

**Good Friday Service, April 7,** 6:30 p.m.

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

deepen their devotion in this season:

1. *By self-examination.* This means setting aside time to intentionally reflect upon one's thoughts and actions, acknowledging the ways in which we fall short of God's goodness and love.
2. *By repentance.* To repent means to have "a change of heart" and to "turn around" from actions and attitudes contrary to God's will. This means honestly confessing our sins to

God and receiving his forgiveness.

3. *By prayer.* This calls us to take part in the Church's corporate acts of worship as well as the setting aside of time for personal prayer.
4. *By fasting.* To fast is to abstain from certain foods or all food for a period of time.
5. *By self-denial.* Denying oneself in Lent means giving up certain luxuries, even legitimate pleasures, in order to focus oneself spiritually.
6. *By reading and meditating on God's holy Word.* In Lent, believers are especially called to read and reflect on Scripture in a daily way.

Lent puts into practice the words of Jesus: "If anyone would come after me, let him deny himself and take up his cross and follow me." (St. Matthew 16:24) Lent is a time for cultivating spiritual disciplines—whether giving something up or taking something on—that foster spiritual growth.



## Clergy Schedule

**March 5** - Rev. Andrew G. Osmun

**March 12** - Rev. Andrew G. Osmun

**March 19** - Rev. Andrew G. Osmun

**March 26** - Rev. Angela Rowley

## February Vestry Summary

**Next Meeting** - The next Vestry meeting will be Sunday, March 19th after the 9:00 a.m. service in the library and via Zoom.

**Worship** - Diane Villano has started serving as an Acolyte. We would still like to find someone willing to run a simplified Zoom on weeks when Susan Shultz is away. For March 5, there will be no Zoom option.

**Building & Grounds** - Barbara Parsons is looking for a new landscaper as we were not happy with last year's contractor.

**Finance** - We received a \$5,000 donation from an angel donor.

**Feast & Festivities** - Carol Link-Ude plans to serve drinks and baked goods once a month this summer as part of the "Carol's Kitchen" ministry. Sales would be during Thrift Store hours on the second Saturday of each month.

**Communications** - A bulletin board for parish news has been setup in the Upper Hall along the North Lounge wall.

**Technology** - Two of the four microphones in the church have stopped working. This is

causing degraded sound on Zoom when there is just music or congregational prayers/singing. Susan Shultz is working to replace the microphones.

**General** - The annual ECCT Parochial Report was approved. A date was set for a parish meeting to discuss the parish self-study questions needed by ECCT for our new priest-in-charge parish profile.

## Parish Family Meeting

Join us Sunday March 12<sup>th</sup> in the Upper Hall at 10:00 a.m. (after the Sunday service) to discuss our parish self-study. As part of our search for a new priest-in-charge, the Episcopal Church in Connecticut (ECCT) requires parishes to complete a parish profile which includes some narrative questions about how we see our parish and what our goals are for the next few years. Please reflect and pray on the following questions. Then bring your thoughts to our family meeting where we will discuss and compile our answers into an ECCT response. If you will be unable to attend the parish family meeting, feel free to send your thoughts to either of our wardens - George Coulombe (bgcoulombe@gmail.com) or Barbara Parsons (mannybarb1@gmail.com).

**Definition:** A parish in ECCT in the new missional age is a community...

- of theological imagination
- fed by Word & sacrament
- forming disciples and apostles in God's mission

- and connected to the wider body of Christ

**Questions for reflection:**

How are we living into each area of the above definition?

In which area(s) are we strongest and why?

Which area(s) are the biggest challenge for us and why?

How do we see our next Priest-in-Charge helping us to live more fully into this definition?

**Thrift Store Chapel**

**Bells Ringing**

Susan Shultz

This past month our Thrift Store chapel experienced the joy of hosting a wedding! Two of our regular shoppers, Carol Ann and Kurt, had decided to get married in a small civil ceremony and were starting to look for a justice of the peace and location. When the topic came up, we offered the children’s chapel, and they were thrilled. As long-time visitors to the Thrift Store they are practically Thrift Store family and help out in numerous ways. Always willing to lend a hand, we often abuse Kurt’s height to reach things on our higher shelves. We were as excited as they were to have the ceremony in the chapel. Jan Cianelli officiated, Barbara Coulombe led some hymns with George Coulomb, Elise Nacca, and Barbara Parsons joining their voices, Diane Villano took pictures, while Carol Link-Ude, Astrid Swanson, and Carol Ann’s brother were witnesses. After the ceremony we surprised the

**February 11, 2023  
Wedding in the  
Children’s Chapel**

**Reception in the  
Good Shepherd  
Thrift Store**

**Congratulations  
Carol Ann and Kurt  
Mollor!**



couple with a small reception. We wish them all the best on the next step of their journey together and are so grateful they included us in their special day.

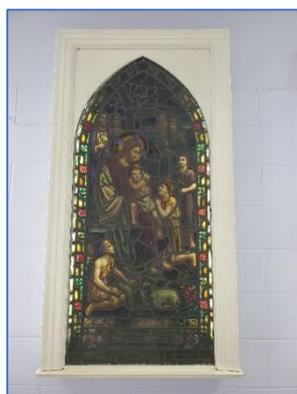
**History Nook - The  
Children’s Chapel**

Audrey Sundwall



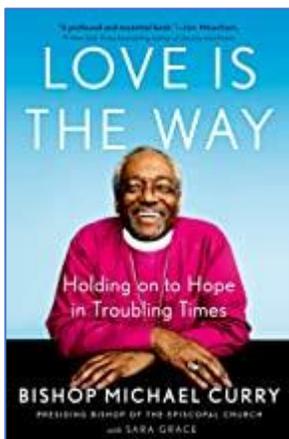
Christ and The Epiphany Church has a unique Children’s Chapel, found in the lower Parish Hall. The fittings for the chapel, including the altar, prie dieux and pews were designed and crafted by the Reverend John A. Budding, the last minister of Christ Church, East Haven, and the first minister of the newly created Christ and The Epiphany Church. Father Budding had actually built the furnishings to create a chapel in the undercroft of Christ Church. At that time, the youngest parishioners did not attend the church services, but rather stayed in the Sunday School or nursery rooms. It was thought that the children would benefit from learning about the church service in a smaller setting.

When the parishes merged and the new church building was finished, the chapel was moved to a space in the lower parish hall, between the nursery and the preschool classrooms. A stained-glass window from Epiphany Church, signifying the little children coming to Jesus, was made into a lighted shadow box, to act as a reredos (altar piece) in back of the altar. Children were led into the room by a young acolyte, holding a child size processional cross. A simplified service of children's hymns and prayers was led by the Sunday School teachers. At the time C & E's buildings were constructed, it was thought that we were the only Episcopal church in the Diocese to have a proper chapel for the youngest members of the church.



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

## C&E Spring Book Study: Love is the Way



Our Spring Book Study will cover *Love is the Way*, by Presiding Bishop Michael Curry, which is available digitally and in hard copy. Our study on Zoom will run seven weeks on Tuesday evenings 7:00-8:00, starting **March 7**. We'll take Holy Week off and resume April 11. The study is open to all parishioners and friends and will be mentored by Wendy Bellmore. Please leave a message with Diane Rowley in the office at 203 467-2310 of your interest by March 5.

From Wendy: On week one (March 7), I would prefer participants read the Intro and Chapter One, and then go to the back and read and meditate on starting a notebook or diary (that would be as private as the participant would like) outlining their "Daily Planner".

On subsequent weeks, as we process through the Chapters and intent of the material, participants could/would revisit their individual Daily Planners to change, add, delete or otherwise continue to develop their own Way of Love.



**Episcopal  
Church in CT  
(ECCT)**

## Spring Training & Gathering 2023

ECCT's annual Spring Training will be held on line Monday, April 17<sup>th</sup> through Thursday 27<sup>th</sup> and in-person Saturday, April 29. Details will be posted on [www.episcopalct.org](http://www.episcopalct.org).



## Summer Study at Yale Divinity School

**Diane Villano**

Registration is open for Yale Divinity School's Summer Study program, running June 5-9, 2023 exclusively on Zoom. Morning classes are 10-12, and afternoon classes are 2-4. Each class is \$400. Seminars include Faith and Reason, A Journey through 1,500 Years of Music, The Bible through Art and Artifact III (I'm looking forward to this, as I've taken the first two versions), The Letter to the Romans, The Red- (and Blue-) Letter Bible, The Great Awakening-Era Sermons of Jonathan Edwards, Exodus: The Liberation Chronicles, Paul Tillich and Howard Thurman: The Ethics of Love in a Hostile World.



**Education  
for Ministry**  
Diane W. Villano

If you are interested in getting a feel for how Education for

Ministry (EfM) operates, please let me know.

The closest local group meets at Church of the Epiphany in Durham, where I attended Year One. For the last three years, I have been meeting remotely with a group at Church of the Advent, Cape May, New Jersey. This group will be holding an “open house” meeting Wednesday, March 29, and I invite you to Zoom in and get a feeling for how this program operates.

## Music Note

**Barbara R. Coulombe, Music Minister**

There is a song that we have sung during our worship called “Come to the waters and I will give you rest.” Have you ever sat at the beach and found yourself mesmerized by the sound of the waves coming in and going out? I remember taking my mother on walks by the water just so she could enjoy this listening activity. During Lent we will have the opportunity to begin and end our worship with meditation music from the online You Tube library. Research studies show that meditation and music are calming and transformative activities that can be good for your health in multiple ways- easing anxiety, lowering depression, easing pain, lowering blood pressure, boosting immunity, improving memory, and lifting mood. There is also much research on the beneficial effects on the mind, body and emotions from listening to meditation music. As we prepare for worship by listening to the various nature sounds and music before and

after our prayers each Sunday in Lent, may you be blessed in your “coming in and going out!”

## Encouraging Words for Lent

**Audrey Sundwall**

At once the Spirit sent him out into the wilderness, and he was in the wilderness forty days, being tempted by Satan. He was with the wild animals, and angels attended him.

*Mark 1:12-13*

But you must return to your God; maintain love and justice, and wait for your God always.

*Hosea 12:6*

But as for me, I watch in hope for the Lord, I wait for God my Savior; my God will hear me.

*Micah 7:7*

Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.

*1 Peter 5:6-7*

Guide me in your truth, and teach me, for you are God my Savior, and my hope is in you all day long.

*Psalms 25:5*

Is this not the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?

*Isaiah 58:6*

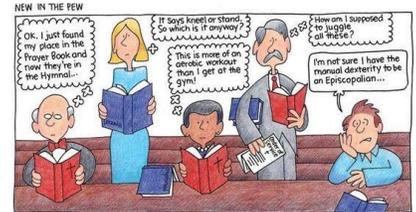
Be joyful in hope, patient in affliction, faithful in prayer.

*Romans 12:12*

## “Episcopal Calisthenics”\*

**Audrey Sundwall**

In the Episcopal Church, why do we sit, stand and kneel?



During worship services in the Episcopal Church, the congregants are not just there to observe. According to scripture, worship is “service” to God. We are active participants in adoration of our Lord. Since worship is an act of showing reverence, we assume various postures during the service. You will notice that the prayer book, and the Sunday bulletins give stage directions to help us know which posture to assume. This is always with the caveat of “if you are able.” The formula used for posture is to “place our bodies in the position that our spirit seeks to find.” Our first posture is sitting. During the service we sit to hear the Old and New Testament Lessons and to recite the psalm. We also sit to listen and absorb the wisdom of the Sermon. In sitting, our bodies are ready to learn. We stand to give praise to our Lord. Standing can be a sign of respect. Thus we stand to hear the Gospel, to watch the procession and recession of the Cross, and to give praise by singing. We also stand to proclaim our faith with the Nicene Creed.

Finally, we kneel to pray. In Philippians, the Apostle Paul says *“Therefore God also has highly exalted him [Christ] ... that every knee should bow, of those who are in heaven, and on earth, and under the earth, and that every tongue should confess that Jesus Christ is Lord”* (Philippians 2:9-10). Paul also says, *“I bow my knees unto the Father”* in Ephesians 3:14. Therefore, we follow scripture when we get down on our knees to pray. Paul says, *“I urge you therefore, brethren, by the mercies of God, to present your bodies a living and holy sacrifice to God, which is your spiritual service of worship.”* (Romans 12:1) Changing our bodies’ position during service allows us to express in actions, as well as words, our worship of the Lord.

\*Phrase borrowed from a sermon by Rev. Andrew Osmun

## A Prayer for Transition and Guidance

O Lord, you are with us in every transition and change.

With your deep compassion, presence and abounding love ease our anxiety. We pray for our parish family, that we may be genuine in our self-reflection, tireless in our commitment, patient in our discernment, loving in our communion, open in our search, and daring in our faith. We thank you for the gifts, talents and skills with which you have blessed us. We thank you for the experiences that have brought us to this moment. Help us accept change as a gift of your direction for our journey in this transition. Instill in us a vision of the church’s family; that, guided by your Holy Spirit, we will be united in love and joyfully accomplish this mission, through Jesus Christ our Lord. **Amen.**

## Intercessory Prayers

Aiden & the Guida Family, Alfred, Andrew, Barbuschak Family, Bohdan & Family in Ukraine, Brandon, Carol Ude, Coulombe and Mead Families, David & Irene, Diana, Diane Link, Dick, Ed, Ed, Eileen F.,

Elaine, Faith, Fran Zella, Francesca, Geneva O’Donnell, Jack Uberti & Holly Chickos, Jack and Jan McDonald, Jay Medlyn, Jay W., Jim R. & Family, Joan Shaffner, John Smith, Joyce Aurelius, Leah S., Linda Lonardo, Lucas Sundwall, Matt R., Mike, Minogue Family, Nicole C., Pat Walters, Rachael, Ray Sundwall, Sr., Sallie Alexander, Stanley Rogalski, Susan, Susan Diaz, Tricia Clearwater, Turiano Family

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 21**. 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).

## Treasurer Report

Susan Shultz

	(UNDER)/OVER		(UNDER)/OVER	
	JAN	BUDGET	YTD	YTD BUDGET
INCOME	\$12,032.65	\$4,737.15	\$12,032.65	\$4,737.15
EXPENSES	\$9,770.56	\$1,145.10	\$9,770.56	\$1,145.10
NET	\$2,262.09	\$5,882.25	\$2,262.09	\$5,882.25

Notes: We had a huge surprise in January when we received a \$5,000 special gift from an angel donor! This will really help mitigate our \$9,750 deficit budget for 2023. More good news in that we had mild weather so our utilities and snow removal costs were significantly under budget. The reason our expenses appear over budget is because our building insurance switched from monthly to quarterly payments so we need to adjust the budget estimates to reflect that. After factoring out that issue, our real January expenses were about \$3,600 under budget. All in all, a lovely way to start the year. Thank you, God!

## Worship Schedule 9:00 a.m. (except where noted)

	<u>March 5</u>	<u>March 12</u>	<u>March 19</u>	<u>March 26</u>
Presider/ Officiant	Rev. Andrew Osmun	Rev. Andrew Osmun	Rev. Andrew Osmun	Rev. Angela Rowley
Crucifer	George Coulombe	George Coulombe	George Coulombe	George Coulombe
Acolyte	George Coulombe	Diane Villano	Audrey Sundwall	George Coulombe
Lay Reader	Audrey Sundwall	Gail Beck	Wendy Bellmore	Barbara Parsons
Usher	Wendy Bellmore	Astrid Swanson	Diane Villano	Audrey Sundwall
Zoom Tech	Susan Shultz	Susan Shultz	Susan Shultz	Susan Shultz
Lead Counter	George Coulombe	Astrid Swanson	George Coulombe	Susan Shultz
Ass't Counter	Audrey Sundwall	Fred Bowden	Barbara Coulombe	Melanie Miller

### Christ and The Epiphany Leadership 2023

#### Vestry Members

Senior Warden (Administration) - George Coulombe (also Worship)	Carol Link-Ude (also Altar Guild, Hospitality, and Fund Raising)
Junior Warden (Building & Grounds) - Barbara Parsons (also Outreach)	Audrey Sundwall (also Communications Commission)
Treasurer - Susan Shultz (also Technology)	Astrid Swanson
Clerk - Gail Beck	Diane Villano (also Newsletter)
Ray Clearwater	
Staff	
Barbara Coulombe - Minister of Music	Diane Rowley - Parish Administrator

## Zoom Worship Connection Information

To connect by computer enter: <https://tinyurl.com/3kbvnbb4>

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 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 860-669-1104 or [sbshultz@gmail.com](mailto:sbshultz@gmail.com).

# **Christ and The Epiphany Church**

39 Park Place  
East Haven, CT 06512

Phone: 203-467-2310

Email: [christandtheepiphany@gmail.com](mailto:christandtheepiphany@gmail.com)

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*

*(See the newsletter, our website, or Facebook page for  
Zoom connection information details.)*