



CHRIST AND THE EPIPHANY

VOLUME 28

May 2024



With You Always: A Reflection on the Ascension of Our Lord Madeline McKissick

*And behold, I am with you
always, until the end of the
age.* -Matthew 28:20

I love to imagine what it would be like to witness certain events firsthand. When I meditate on Jesus' Transfiguration, Resurrection, and Ascension, I like to picture myself there and think of what I would see and feel. I imagine that the disciples were sad that Jesus was leaving, knowing that they would miss him. As they watched him ascend into Heaven, I'm sure they were awestruck, fixing their gaze on their Lord until they could no longer see him. If I were there, I'd find myself meditating on the words that Jesus left us with, repeating

them in my heart. "I am with you always."

It was necessary that Jesus ascended into Heaven so that the Holy Spirit could come to be with us. Referring to him as "the Advocate," Jesus told his disciples that when he returned to his Father, he'd send the Holy Spirit to be with them. Ten days after the Ascension, the Holy Spirit descended upon the disciples on Pentecost, as Jesus had promised. The Holy Spirit helped the Twelve to evangelize and share the Gospel. He's still with us today to share his gifts with us. Because we're Jesus' disciples too, the Holy Spirit still helps us to stay rooted in Christ.

However, this doesn't mean that Jesus no longer abides with us. He promised to be with us always, and we can still find him even though he doesn't physically walk with us. The most obvious place where we can find him is in the Eucharist. In the Blessed Sacrament, we find his true presence as he gives us the gift of his Body, Blood, Soul, and Divinity. More than this, we can still feel him with us at home, at work, at school, and wherever we go. We might not be able to see him, but this is where faith comes in.

At first, the Ascension might seem like Jesus is leaving us to stay in Heaven, but this isn't

Worship Services

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

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

Events

Military Whist, Friday, May 10,
6:30 p.m.

Parish Family Meeting,
Sunday, May 12 following 9:00
a.m. worship service (see note
below)

**Spring Fling - Bake Sale,
Garage Sale, Good Shepherd
Thrift Store**, Saturday, May 25,
9:00 a.m.-1:00 p.m.

the case. He returned to his Father to give us the grace to continue his ministry. By sending us the Holy Spirit and imparting the Great Commission, we continue to know, love, and serve him while helping others to do the same. Disciples eventually resemble their discipler, so by following Jesus, we become like him. In this way, he's still with us even after the Ascension, and he abides with us even more closely than before.



Family Meeting

May 12th

The vestry has called for a parish family meeting for Sunday, May 12th after the 9:00 a.m. service. The discussion will be on a possible candidate for Priest-in-Charge. We encourage you to attend so we can hear everyone's thoughts.

Altar Flowers

The sign-up sheet for Altar Flowers and the Sanctuary Candle is on the bulletin board in the Narthex. Please consider remembering a dear one or a special event by donating the flowers for a Sunday. The cost is \$35 for flowers, and \$10 for the Sanctuary Candle, which burns all week next to the Tabernacle (The box where the reserved sacrament is placed, underneath the cross on the altar.)



May 2 - Melanie Miller
May 5 - Pat Walters
May 8 - Audrey Sundwall
May 11 - Diane Villano
May 13 - Judith Randall
May 20 - Geneva O'Donnell

Sidewalk Sign

Have you noticed the new sidewalk sign outside the building? The old one was run over by a vehicle. Our thanks go out to Diane Villano for ordering a new one, and to Ken Dougherty for installing it. The sign is a weekly statement of C & E's mission to the East Haven community.

Military Whist

Please join us Friday, May 10th for an evening of Military Whist. Coffee and dessert will be served at 6:30 and the games will start promptly at 7:15. Each table will have four people. You don't need to know how to play, as you will get instructions with each game. Tickets are \$12. Raffle tickets will also be available for purchase. See Astrid Swanson if you can help in the following areas: provide a dessert, set up and clean up, serving, and raffle basket donations. Raffle baskets should have a spring or summer motif, such as bed and bath, picnic, beach, snack, or an outdoor theme.



Good Shepherd Thrift Store Thank You

Many thanks to all the folks who volunteered their time for the seasonal changeover. We organized and stored fall and winter clothing and sorted and hung warm weather clothing.

Spring Fling

Kick off the Memorial Day weekend with our Bake Sale and Garage Sale, open the same hours of our Good Shepherd Thrift Store, 9:00 a.m. - 1:00 p.m., on Saturday, May 25. See Carol to donate goods for the Bake Sale, Barbara Parsons or Susan Shultz to volunteer at the Thrift Store, and Ken or Kathy Dougherty for questions concerning the Garage Sale.

Lenten Weekly Study

Diane Villano

I'd like to thank everyone who participated in our weekly online study which ran through April 2. Our group was composed of parishioners of C&E and other churches who shared many valuable insights about the *Living Well Through Lent 2024* devotional booklets. This season's theme was Practicing Forgiveness with All Your Heart, Soul, Strength, and Mind. It was a great honor and pleasure to moderate these sessions and I hope they provided spiritual nourishment. For more information on the organization that produced these devotionals, visit LivingCompass.org.



May 19 - Erick & Diane Villano
May 30 - Tony & Jill Lamberti

Election of the Presiding Bishop of the Episcopal Church

Presiding Bishop Michael Curry's nine-year term is concluding this year, and the nominees for the 28th presiding bishop and their brief bios follow. They were selected by the Joint Nominating Committee for the Election of the Presiding Bishop which is comprised of bishops, clergy, and lay leaders.

The election will take place at General Convention June 26, 2024 in Louisville, Kentucky. The House of Bishops will elect and the House of Deputies will be asked to confirm the person succeeding Presiding Bishop Curry. Transition occurs on November 1, 2024.

* **Bishop J. Scott Barker, 60**, has led the Omaha-based Diocese of Nebraska since 2011. The diocese's 53 worshipping communities span the full state, where Barker was born and raised. A graduate of Berkeley Divinity School at Yale, Barker was ordained to the priesthood in 1992 and served for 10 years in Omaha and 10 more years in the Diocese of New York before returning to Nebraska as bishop.

* **Bishop DeDe Duncan-Probe** (nominated through petition) has served as President of Province II since 2019 and is also a member of the Presiding Bishop's Council of Advice. In 2018, Presiding Bishop Michael Curry appointed her to chair

the planning committee facilitating the House of Bishop's Service of Lament and Repentance for sexual abuse, exploitation, and harassment that was held during the 2018 General Convention. She has served on various committees, including as co-Chair of the General Convention task force for Building Community Across Difference and currently as Chair of the Committee for Safety, Wellness & Mental Health.

* **Bishop Daniel G. P. Gutiérrez, 59**, has led the Philadelphia-based Diocese of Pennsylvania since 2016. It is one of five dioceses in the state. A native of New Mexico, Gutiérrez earned a diocesan certificate in Anglican Studies through the Trinity School for Ministry and has a master's degree in theological studies from St. Norbert College. He was ordained to the priesthood in 2008 in the Albuquerque-based Diocese of the Rio Grande and served there as canon to the ordinary, chief operating officer and chief of staff before he was elected bishop of Pennsylvania.

* **Bishop Sean Rowe, 49**, has led the Erie-based Diocese of Northwestern Pennsylvania since 2007, and he also serves as bishop provisional of the Diocese of Western New York via a diocesan partnership. He previously served as bishop provisional of the Diocese of Bethlehem from 2014 to 2018. Originally from western Pennsylvania, Rowe is a Virginia Theological Seminary graduate and was ordained to the priesthood in 2000 in Northwestern Pennsylvania, where he served in

congregational ministry until his election as bishop. He currently serves as parliamentarian of the House of Bishops and Executive Council.

* **Bishop Robert Wright, 60**, has led the Diocese of Atlanta since 2012. The diocese, based in Georgia's capital city, has 120 worshipping communities across the northern half of the state. A Navy veteran and graduate of Virginia Theological Seminary, Wright was ordained to the priesthood in 1999 in the Diocese of New York. At the time of his election as bishop, he had served the previous 10 years as rector of St. Paul's Episcopal Church in Atlanta. Since 2020, he also has hosted the popular podcast "For People" on faith and life.

Full videos, biographies, and press releases are available on www.generalconvention.org.

April Vestry Meeting

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

Worship - We have a interest from a potential candidate for priest-in-charge. Discussion was held and a Family Meeting scheduled for more input.

Our 2022 audit was hand-delivered to ECCT and we have returned to being a parish in Good Standing. (Thank you Barbara!) The wardens have been attending ECCT Zoom sessions on "Transition is the New Normal".

Building & Grounds - The ECCT property improvement grant (\$4,700) has been received and painting of the south and north side gutters and trim will begin shortly.

Looking for help! Anyone interested in either small painting projects or gardening (or donating to either) please see Barbara Parsons.

47 Park Place - The floor shoring up work has been completed and our new tenant has moved in.



Episcopal Church in CT (ECCT)

Spring Training 2024

Online sessions ran April 8-18 while in-person was April 20. Recorded Zoom presentations will be available for online access. Here are some comments from our attendees.

The Ins and Outs of the Episcopal Church in Connecticut (Online) - Very helpful information, outlining the new ECCT “snowflake” organizational structure and who to call for what type of question.
-- *Diane Villano*

Reading Scripture Out Loud (In-person) - Just a blast with Bishop Jeff! With good advice too. -- *Diane Villano, Barbara Parsons & Susan Shultz*

Parish HR (Online) - So much paperwork! Many things we can and should do to improve our HR compliance with ECCT and the state. - *Susan Shultz*

Around the Church Easter Sunday



Blessing the Paschal Candle in Memory of Richard Mead. From left, Tom & Susan Shultz, Rev. Andrew Osman, Barbara & George Coulombe



Bright spring colors in the Good Shepherd Thrift Store



Elder Friendly Worship (In-person) - Good news is that we are doing many things right but it also sparked some ideas of where we can improve.
-- *Diane Villano & Susan Shultz*

Building a Parish Creation Care Team (Online) - The 2021 Diocesan Convention mandated all parishes find ways to care for God’s creation and I wished to find out what other CT parishes were doing. I am excited because several C&E parishioners are designing gardening projects around the church. I also learned the diocese has grant money available for creation care purposes.-- *Audrey Sundwall*

Exploring the Ministry of Eucharistic Visitors (Online) - Great information on how to bring communion to the sick and shut-in.-- *Audrey Sundwall*

Encouraging Words Audrey Sundwall

For behold, the winter is past; the rain is over and gone. The flowers appear on the earth, the time of singing has come, and the voice of the turtledove is heard in our land.
Song of Solomon 2:11-12

The desert and parched land will be glad; the wilderness will rejoice and blossom. Like the crocus, it will burst into bloom; it will rejoice greatly and shout for joy.
Isaiah 35:1-12

Let my teaching fall like rain and my words descend like dew, like showers on new grass. -*Deuteronomy 32:2*

Intercessory Prayers

Aiden & the Guida Family, Alexis, Amanda, Andrew, Barbuschak Family, Barbara Parsons, Bill & Donna Hodge, Bohdan & Family in Ukraine, Brandon, Brown Family, Carol Ude, Charlie & Kris Langlan, David & Irene, Diana, Diane Link, Dominick L., Don Dempsey, Doreen St. Germaine, Dot Logan, Ed, Eileen F., Elaine, Faith, Fran Zella, Francesca, Geneva O'Donnell, Ginny, Jack Uberti & Holly Chickos, Jack & Jan McDonald, James Chapman, Jay Medlyn, Jay W., Jennifer, Jim R. & Family, Joan S., Joan Shaffner, Joyce Aurelius, Kris, Lauren, Leah S., Linda P., Lucas Sundwall, Matt R., Maureen McPherson, Mike, Michael M., Minogue Family, Nicole C., Pat Walters, Pete F., Phyllis Marston, Rachael, Ray Sundwall, Sr., Rebecca & unborn baby, Jeff, Richard Christofferson, Sallie Alexander, Sam W., Sharon Rogalski, 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.

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.**

Prayer for Missing and Murdered Indigenous Women and Girls (adapted from a longer prayer by Alydia Smith, United Church of Canada; <https://gatheringworship.ca/blogs/meet-team-alydia-smith-program-coordinator-worshipmusic-and-spirituality>)

May 5, 2024, is the National Day of Awareness and Action for Missing and Murdered Indigenous Women and Girls. Nationwide, murder is the third leading cause of death for Native women according to the **Urban Indian Health Institute**. About 4 in 5 Native women have experienced violence, Native women are twice as likely than white women to experience violence. Native women also face a murder rate that is 10 times the national average, and the murder rate for Native women is 3 times that of white women.

Creator, Remember your beloved children. Remember the hundreds of missing and murdered Indigenous women and girls. Remember your beloved children as we remember you. Remember us, Creator, when we come to you with the hope of spring, seeking love, support, and protection for Aboriginal children. Love, support, and protect all children who long for a home that will love them, a community that will support their needs, and a society that will protect and nurture them. Remember us, Creator, when we come to you seeking guidance in how to address this national tragedy. Help us to understand the root causes of violence against Indigenous women and girls; and ensure that our actions do not add to the further marginalization. Remember your beloved children, Creator; remember the grandmas, mothers, sisters, aunties, partners, daughters, and friends who have been taken from their communities. Remember the loved ones who miss them and pray for them. May our prayers join with theirs begging your mercy and grace be upon them all. Amen.

ECCT 2023-2024 Prayer Cycle



May 5	<p>Parishes: St. John's, New Haven; St. Luke's, New Haven; St. Paul & St. James, New Haven</p> <p>Additionally: Retirement communities, especially Armsmead; chaplains at retirement communities, and Retired Clergy Chaplains</p> <p>Anglican Cycle of Prayer: Igreja Episcopal Anglicana do Brasil</p>
May 12	<p>Parishes: Intentional Episcopal Communities in Connecticut, including the Episcopal Church at Yale, Seabury Retirement community, Haven community and All Saints</p> <p>Additionally: Parish prayer groups; intercessory prayer chains; healing prayer groups, and parish and community bible studies</p> <p>Anglican Cycle of Prayer: The Anglican Church of Burundi</p>
PENTECOST May 19	<p>Parishes: St. Thomas', New Haven; Trinity, New Haven; St. James, New London</p> <p>Additionally: Clergy peer groups and the Clergy Family Assistance Program</p> <p>Anglican Cycle of Prayer: The Anglican Church of Canada</p>
May 26	<p>Parishes: St. John's, New Milford; Grace Church, Newington; Trinity, Newtown</p> <p>Additionally: Environmental ministry networks, eco-justice work; community gardens</p> <p>Anglican Cycle of Prayer: The Church of the Province of Central Africa</p>



Did You Know?

What is that stick and ball sitting in the chalice with our palms?

During our Palm Sunday service, Rev. Charles blessed our palms with the *aspergillum*. This is a brush, branch or other instrument used to sprinkle holy water. The liturgical practice of sprinkling holy water is called *asperges* and is a reminder of baptism. The term comes from the Latin version of Psalm 51, "Thou shalt sprinkle me with hyssop."

From "An Episcopal Dictionary of the Church, A User Friendly Reference"

Treasurer Report

Susan Shultz

	MAR	(UNDER)/OVER BUDGET	YTD	(UNDER)/OVER YTD BUDGET
INCOME	\$12,531.15	\$1,806.82	\$33,262.96	\$6,590.97
EXPENSES	\$13,214.01	(\$4,487.82)	\$42,177.02	(\$1,734.22)
NET	(\$682.86)	(\$6,294.64)	(\$8,914.06)	(\$8,325.19)

Notes: While March saw a deficit, overall YTD we are \$8,000 under budget which is a wonderful thing and bodes well that we may have a smaller deficit than the large \$21k we had projected.

Next Issue The deadline for the June issue is May 21st. Submissions can be sent to 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.

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

	May 5	May 12 Mother's Day	May 19 Pentecost	May 26 Trinity Sunday
Service	Morning Prayer	Eucharist	Eucharist	Eucharist
Presider/ Officiant	Gail Beck	Rev. Charles Kamano	Rev. Charles Kamano	Rev. Charles Kamano
Crucifer		George Coulombe	George Coulombe	George Coulombe
Acolyte		George Coulombe	Audrey Sundwall	Diane Villano
Lay Reader	Audrey Sundwall	Wendy Bellmore	Judy Herzman	Pat Walters
Usher	Wendy Bellmore	Astrid Swanson	Barbara Parsons	Astrid Swanson
Zoom Tech	Audrey Sundwall Diane Villano	Susan Shultz	Susan Shultz	Susan Shultz
Lead Counter	George Coulombe	Astrid Swanson	George Coulombe	Pat Walters
Asst Counter	Evelyn Conant	Fred Bowden	Barbara Coulombe	Melanie Miller

Clergy, Vestry and Staff

Priest-in-charge	Open
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.

To connect by computer, enter: <https://tinyurl.com/3kbvnb4>, or click on the link on our webpage: 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.

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.

Christ and The Epiphany Church

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East Haven, CT 06512

Phone: 203-467-2310

Email: christandtheepiphany@gmail.com

Website: www.christandtheepiphany.org

Worship Schedule

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