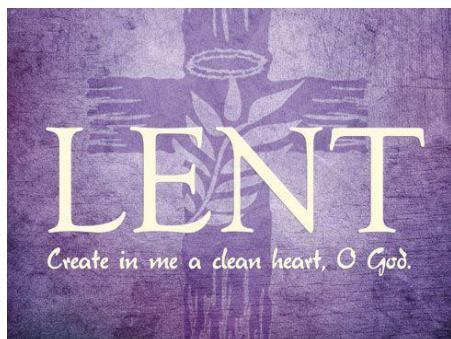




CHRIST AND THE EPIPHANY

VOLUME 29

March 2025



Some Thoughts on Lent

The English word *Lent* is a shortened form of the Old English word *lencten*, meaning “spring season”. *Lencten* and *lengthen* pick up the theme of lengthening days in the Northern Hemisphere. Fasting and abstinence became associated with Lent as part of identifying with Jesus’ 40 days of fasting and prayer in the wilderness right after his baptism. These then morphed over the years into giving up something for Lent. Emptiness makes us attentive to what else might fill us.

“Is not this the fast that I choose...to undo the thongs of the yoke...to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house” -- Isaiah 58.5-7

“Jesus reaches out to the suffering world from the silent center where he stands in full attentiveness to his Father.”
(from Henri J.M. Nouwen, *Compassion: A Reflection on the Christian Life*)

There is a “silent center” in all of us where God meets us with deep compassion. It is from this silent center that compassion spills out to touch others. It is in this silent center that God begins to lift the inner oppression and undo the thongs of the heavy burdens to which our lives are yoked.

Sometimes we don’t know that we are yoked to heavy burdens which weigh us down until we take time to meet God in that silent center. But when we do take time to enter the silent center, we begin to feel the weight of the burden. What weighs us down might be anxiety, depression, sadness, fear, feelings or thoughts we are ashamed of, perfectionism, hopelessness, anger, resentment, feelings of worthlessness and old traumas.

Whatever emerges, once encountered with compassion, we offer them to the God who undoes the straps of the yoke so we can breathe and walk more freely along a way that gives life.

I invite you, therefore, during this period of Lent, to seek some times of quiet to be present and attentive to that inner space. It may mean taking an occasional contemplative walk or finding a quiet place in the morning or the evening and writing down the thoughts, images,

Worship Services

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

Wednesday, Mar 5, 6:30 p.m.
Ash Wednesday service

Sunday, Mar 30, visit from
Canon D Littlepage

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

memories and feelings that arise. Then you can offer them to God to do the rest.

Another practice is what I call the “Fast of Generosity.” As you are attentive to the quiet inner space, you now are attentive to the space between you and others. Ask God to bless the space between you and anyone you meet. Imagine they are yoked to heavy burdens too. Do something generous or caring for a stranger. It can be as simple as smile at them and make eye contact. If someone frowns at you, disagrees with you or is rude, imagine that person is yoked to a heavy weight. Pray for them and reach out with a kind word or expression. You may be an agent of helping to lift that burden and, in so doing, finding your burden lighter as well.

Father Win Lewis
Christ & St. Luke’s,
Norfolk, VA

Inclement Weather

In the case of severe weather prohibiting in-person worship services the Communications Team will notify channels 8 and 61 for on-air and website postings. Our website and Facebook page will also be updated.

Come Sing for Easter!

Easter Sunday we will have a "pick up" choir sing a short piece. Do consider joining us! We will rehearse briefly after Sunday services in Lent. See Barbara Coulombe for more information.

Lenten Devotionals

The Living Compass devotional booklets for 2025 - *Living Well Through Lent: Cultivating the Fruit of the Spirit in Heart, Soul, Strength, and Mind* - will be available in English and Spanish in the Narthex, Thrift Store and staircases. They can also be mailed by contacting the office or downloaded from LivingCompass.org. Free emailed daily reflections are also available.

Lenten Devotional Zoom Series

Diane Villano will conduct a Zoom discussion series based on the Living Compass devotional booklets (see above). Sessions will be on Tuesday evenings at 7:00 p.m. on our normal C&E Zoom link. They will run from March 4 to April 22.

Ecumenical Lenten Bible Study

Once again several churches in East Haven will take turns hosting a bible study on Thursdays from 12:30 p.m. to 1:30 p.m. between March 6th and April 10th. This bible study will follow The Gospel of Luke's account of Jesus's ministry from after his baptism by John to the events of Palm Sunday. You are welcome to bring your lunch. Here is the complete schedule.

* March 6 - Christ and The Epiphany, *Luke 4:1-13*
led by **Barbara Coulombe**

* March 13 - Our Lady of Pompeii, *Luke 13:31-35*

* March 20 - Old Stone Church, *Luke 13:1-9*

* March 27 - Christ and The Epiphany, *Luke 15:1-3, 11b-32*
led by **Barbara Parsons**

* April 3 - St. Vincents, *Isaiah 43:15-21 or John 12:1-8*

* April 10 - Old Stone Church, *Luke 19:28-40*

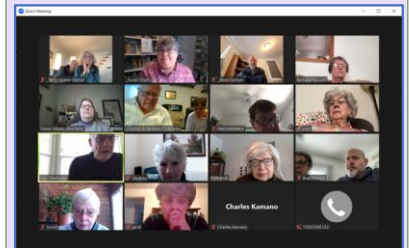
Thrift Store Seasonal Changeover

The 1/2 price winter clothing sale will take place on **March 13, 15, 20, and 22.**

The winter to spring/summer clothing changeover will be the week of **March 24th**. We need volunteers to put away the winter clothes and get the spring clothes out. This is a big but necessary task. If you can spare a few hours we'd greatly appreciate it.

Around the Church

Two Snowed-in Zoom Sundays!
Feb 9 and Feb 16



Thrift Store
St. Patrick's Day

Joy of old buildings



Other Lenten Resources

The Episcopal Church

Life Transformed - The Way of Love in Lent

<https://www.episcopalchurch.org/life-transformed-the-way-of-love-in-lent/>

Episcopal Church in Connecticut (ECCT)

Lenten Bible Study: *Spiritual Checkup with Romans*

Fridays March 7, 14, 21, 28, April 4, 11, 9:30-10:30 on Zoom

Led by Angelina Pease, Lay Preacher

swoodford@episcopalct.org for registration info

Thrift Store News

Astrid Swanson

Recently we had a lady come into the Thrift Store from the Wallingford Park & Rec League who was getting together some young teenagers for a "nails and knit" session and was in need of knitting supplies. We wanted to give them to her for free but she insisted on giving a donation of \$4 for about 20 needles and lots of different colored yarn. She was very happy and excited to get these items.

Astrid Swanson is looking for a copy of the Old Christ and The Epiphany Cookbook from 1981.

Does anyone have a copy that they don't want, or know of a stash of them at the church?

February Vestry Meeting

Next Meeting - The next Vestry meeting will be Sunday, March 16th after the 9:00 a.m. service in the library and via Zoom.

Building & Grounds (Barbara Parsons) - January was a rough month. **Electric bill** - although we are using 25% less energy, our electric bill is still higher than ever due to the increased rate charge everyone was hit with. **Kitchen** - the kitchen hood suppression unit was inspected but I was unable to decrease the inspections to once a year instead of twice a year. **47 Park Place** - the furnace went down. Ken was able to fix it temporarily but it will need to be replaced in the spring. **Self-Help groups** - the Thursday AA is not longer meeting but the Tuesday NA is so strong, I have asked them to increase their donation. **Snow plowing** - costs will be above expectations. Hopefully next month I will have some good news.

Altar Guild - Welcome to Anthony Reckart who has joined the Altar Guild!

Treasurer - The Vestry approved some budget amendments which unfortunately increased our projected deficit for 2025 from \$10,000 to \$13,500.

Pledge Inc	+ 3,488
Earmark Inc	+ 648
Bldg Use Inc	- 140
Utility Exp	+ 1,500
Insurance Exp	+ 6,000
Misc Exp	- 4

Feast & Festivities - The proposed March SOUPERAMA has been postponed. We are still planning for a church picnic in June.



Mar 20 - Ian Reynolds

Mar 21 - Madeline Hubbard

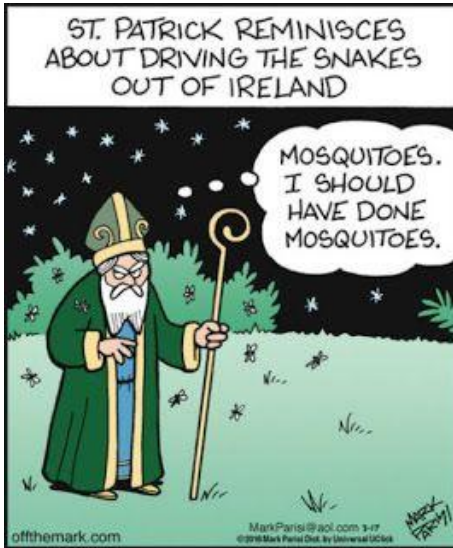
Mar 29 - Ken Dougherty

LentMadness!

Forward Movement

On Lenten weekdays, information is posted at www.LentMadness.org about two different saints. Each pairing remains open for 24 hours as participants read about and then vote to determine which saint moves on to the next round. Sixteen saints make it to the Round of the Saintly Sixteen; eight advance to the Round of the Elate Eight; four make it to the Faithful Four; two to the Championship; and the winner is awarded the Golden Halo.

The first round consists of basic biographical information about each of the 32 saints. Things get a bit more interesting in the subsequent rounds as we offer quotes and quirks, explore legends, and even move into the area of saintly kitsch.



A Different Sort of Sin

Carol Mead Publishing

Psalm 131: O Lord, I am not proud; I have no haughty looks. I do not occupy myself with great matters, or with things that are too hard for me. But I still my soul and make it quiet...O Israel, wait upon the Lord, from this time forth for evermore.

I once heard a speaker who talked of how her life changed after her conversion. She said that she still had plenty of sins, but that they had changed. For example, she asked herself, "Do I look down on people who look down on people?" and "Am I proud of not being proud?"

I hope people who do not practice Christianity realize that we never claim to be without sin. Our faith in God gives us a way—through God's forgiveness and mercy—to move on past our mistakes. And our seeking of God—if we are honest—tells us where we

are fooling ourselves and how we need to change.

Perhaps the writer of Psalm 131 was praying for the strength to avoid pride rather than boasting about his humility. He does seem quite aware of the need to "still my soul and make it quiet" in order to find intimacy with his Creator. He prays for all of Israel to "wait upon the Lord, for this time forth for evermore," an appropriately humble stance for all humans.

It is a bit jarring to hear a God-seeker say bluntly, "O Lord, I am not proud." I will go with the optimistic view that those words are a wish and prayer instead of a boast.

Otherwise, he seems very proud of not being proud.

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. After John was put in prison, Jesus went into Galilee, proclaiming the good news of God. "The time has come," he said. "The kingdom of God has come near. Repent and believe the good news!"

-- Mark 1:12-15

I want to know Christ - yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death, and so,

somehow, attaining to the resurrection from the dead.
-- Philippians 3:10-11

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time.
-- 1 Peter 5:6

I wait for the Lord, my whole being waits, and in his word I put my hope. I wait for the Lord more than watchmen wait for the morning.
-- Psalm 130:5-6

Intercessory Prayers

Aiden & the Guida Family, Alexis, Amanda, Andrew, Barbuschak Family, Bohdan & Family in Ukraine, Brandon, Carol Ude, Charlie & Kris Langlan, Cindy, David & Irene, Diana, Diane Link, Debbie, Donna Hodge & Family, Doreen St. Germaine, Dot Logan, Doug, Ed, Elaine, Ellen McDonald, Faith, Francesca, Gail, Geneva O'Donnell, Hal Levi, Holly Chickos, Holly, Jan McDonald, Jim R. & Family, Joan Shaffner, Kira, Korey Mollor, Kris, Lauren, Laurie, Lucas Sundwall, Rev. Lucy, Matt R., Maureen McPherson, Mike, Michael M., Mila, Minogue Family, Nancy, Nicole C., Pat Walters, Rachael, Regina Schwall, Richard Testa, Sallie Alexander, Sam W., Susan Diaz, Tim, Tish, 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.

A Poem for Lent

Lent, a time to pause, and pray, and dwell in
desert place;
Stripped of all that burdens me, to open up a
space
Where my God may meet me and reveal what's in
his heart.
Show where I must be surrendered, whole and in
each part.
What within the secret place, will my good Father
find?
Is my will and my desire still with His heart
aligned?
Do I treat His kingdom as a holy, precious pearl?
What am I prepared to do, to share it with the
world?
Father, let me now receive a gift from up above.
Help me share with those who don't know yet know your
grace and love.

-- *Bruce Gulland*



Spiritual Practices for Lent

Spiritual disciplines are part of Christian life year-round, but they also enhance our Lenten journey. Here are some suggestions:

DAILY PRAYER: Begin or end the day with Morning or Evening Prayer, found in the Book of Common Prayer. For your convenience, there's even an online version (written or audio format) of The Daily Office.

DEVOTIONALS: Establish a set time during Lent to read and then sit in silence or prayer. Use the Living Well Through Lent Devotional Booklet distributed at C&E, or find Episcopal Relief & Development's Lenten Meditation Guide online. We also have devotional book sections in our Library and Thrift Store!

FASTING & REFLECTION: Fasting is a spiritual discipline that Jesus practiced. Hunger pains can remind you to pray for others and enter into self-reflection. If you have health concerns, please consult a doctor before a fast.

SELF-DENIAL: Giving up favorite foods, drinks, or bad habits is an alternative to fasting that forces you to be mindful of the hunger of others each time you crave that item or revert to a certain behavior.

GIVING TO OTHERS: How do Lenten sacrifices bring you closer to God? Consider giving the money you would have spent on those items/habits to a charitable organization or cause. Or donate your time & talents!

PRACTICE YOGA: The practice of yoga is accessible to all ages and a positive way to cultivate inner peace and tranquility

ECCT 2024-2025 Prayer Cycle



EPISCOPAL CHURCH IN CONNECTICUT
PARTICIPATING IN GOD'S MISSION

March 2	Parishes: Christ Church Cathedral, Hartford; Good Shepherd, Hartford; Grace, Hartford; St. Martin's, Hartford Additionally: Prison ministry & prison chaplains; the ECCT Faith Behind Bars & Beyond Ministry Network Anglican Cycle of Prayer: The Anglican Church of Burundi
March 9	Parishes: St. Monica's, Hartford; Trinity, Hartford; St. Peter's, Hebron; St. James', Higganum Additionally: All ministries to, with & for women & the Girl's Friendly Society Anglican Cycle of Prayer: The Anglican Church of Canada
March 16	Parishes: All Saints', Ivoryton; St. Andrew's, Kent; Emmanuel, Killingworth; Trinity, Lime Rock Additionally: Bishops, ECCT staff, parish employees & their families Anglican Cycle of Prayer: The Church of the Province of Central Africa
March 23	Parishes: St. Michael's, Litchfield; St. Andrew's, Madison; St. Andrew's, Marble Dale Additionally: ECCT Joint Leadership members of the Mission Council, Missionary Society, Standing Committee, Commission on Ministry & Donations & Bequests Anglican Cycle of Prayer: Iglesia Anglicana de la Region Central de America
March 30	Parishes: All Saints', Meriden; St. Andrew's, Meriden; Christ Church, Middle Haddam Additionally: Collaborative ministries & all Ministry Networks. Anglican Cycle of Prayer: Province de L'Eglise Anglicane Du Congo

Treasurer Report

Susan Shultz

	JAN	(UNDER)/OVER BUDGET	YTD	(UNDER)/OVER YTD BUDGET
INCOME	\$11,920.78	\$1,235.95	\$11,920.78	\$1,235.95
EXPENSES	\$13,115.55	\$1,929.37	\$13,115.55	\$1,929.37
NET	(\$1,194.77)	\$693.42	(\$1,194.77)	\$693.42

Notes: Generally we are on target. The reason we are over in expenses is because we inadvertently overpaid Fr. Charles' pension payments so that will even out over the next few months.

Next Issue The deadline for the April issue is March 20th. 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)

	March 2	Ash Wednesday March 5 (6:30)	March 9	March 16	March 23
Service	Morning Prayer	Eucharist	Eucharist	Eucharist	Taize
Presider/ Officiant	Judy Herzman	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	Anthony Reckart	Barbara Parsons	Brad Conant	Terry Osmun	George Coulombe Susan Shultz
Usher	Barbara Parsons	Kathy Dougherty Ken Dougherty	Diane Villano	Wendy Bellmore	Barbara Parsons
Zoom Tech	Audrey Sundwall Diane Villano	Audrey Sundwall Diane Villano	Susan Shultz	Susan Shultz	Susan Shultz
Lead Counter	George Coulombe	George Coulombe	Astrid Swanson	George Coulombe	Susan Shultz
Asst Counter	Judy Herzman	Barbara Coulombe	Melanie Miller	Evelyn Conant	Audrey Sundwall

Clergy, Vestry and Staff

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

	March 30
Service	Eucharist
Presider/Officiant	D Littlepage
Crucifer	George Coulombe
Acolyte	George Coulombe
Lay Reader	Anthony Reckart
Usher	Audrey Sundwall
Zoom Tech	Susan Shultz
Lead Counter	Astrid Swanson
Asst Counter	Judy Herzman

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

39 Park Place
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