



CHRIST AND THE EPIPHANY

VOLUME 30

July 2026



Freedom For The Rev. Edmund Harris

July 4th marks 250 years since the signing of the Declaration of Independence in the United States. Two hundred and fifty years. That is a remarkable milestone for a nation!

Whatever country we inhabit, whatever our political convictions, it is worth pausing to give thanks for the freedoms we enjoy, for the generations who have sacrificed to preserve them. And, in the United States, for the democratic experiment that has endured longer than many thought possible. But anniversaries are not only occasions for celebration. They are also opportunities for reflection. They invite us to ask not only where we have

been, but also who we have become.

And so, on this holiday, perhaps the question before us is a simple one: What does freedom actually mean? For 250 years, Americans have debated that question. Most of us can (hopefully!) agree that freedom means freedom from tyranny, freedom of speech, freedom of religion, freedom of assembly, freedom to participate in the shaping of our common life. These are precious gifts, and if we are lucky enough to enjoy them, we should never take them for granted.

Jesus reveals that true freedom is not merely the ability to do whatever we want. True freedom is the ability to love, the ability to serve, the ability to become the people God created us to be. Perhaps that is what Christian freedom ultimately means: not merely freedom from something, but freedom for something: freedom for love, freedom for compassion, freedom for justice, freedom for mercy, freedom for building communities where every person knows they belong, freedom for participating in God's work of healing the world.

So, on this 250th anniversary of America's founding, perhaps the question before us is not simply whether we are free.

Worship Services

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

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

Events

Saturday, Jul 4th, 250th
Independence Day, Nationwide
bell ringing at 2:50 p.m.

Perhaps the deeper question is what we are doing with our freedom. Are we using it only for ourselves? Or are we using it to build a society where burdens are lighter, where the weary find rest, where the vulnerable are protected, where strangers are welcomed, where power is exercised with humility, where love of neighbor is more than a slogan? The Gospel does not ask us to reject our love of country. But it does ask us to measure every nation—including our own—against the character of Jesus Christ. And Jesus, remarkably, tells us that the deepest truth about power is not greatness but gentleness: "Learn from me; for I am gentle and humble in heart."

May God give us the wisdom to use our freedom well. And may God help us become the kind of people, and the kind of nation, that more closely reflect the gentle and humble heart of Christ. Amen.

The cover article is an excerpt taken from "Freedom For," one of The Episcopal Church's **Sermons that Work** series. Read the entire sermon here: <https://www.episcopalchurch.org/sermon/freedom-for-proper-9-a-july-5-2026/>

July 4 Bell Ringing

On July 4th at 2:50 p.m. Christ & The Epiphany will ring the church bells and join the nationwide Bell Ring with other churches and bell towers.

Blessing & Lighting of New Candles in Memory of Fred Bowden

On Father's Day - Sunday, June 21 - the new candlesticks given in memory of Fred Bowden were blessed, and the candles were lit for the first time. As a lifelong Episcopalian, the sacrament of Holy Communion was very important to Fred. Many members of Fred's family attended the service and heard the lovely blessing written by Father Charles for the occasion.

Of special note, the Altar Guild used the Jacobean tapestry full frontal altar piece, given in memory of Fred's mother, on the altar for the service. The Carlisle lacquered brass candlesticks will be a lasting memorial for a faithful servant of the Lord.

June Vestry Meeting

Next Meeting - Vestry will not meet in July or August (but reports are still due). The next Vestry meeting will be Sunday, September 20th after the 9:00 a.m. service in the library and via Zoom.

Around the Church

Memorial Candlesticks for Fred Bowden



Marcia Barbiero
Soloist & Flute



Patriotic Tree



Senior Warden - Celebrated Pride month with sidewalk sign messages, posts on Facebook, and a helium balloon at the front of the church.

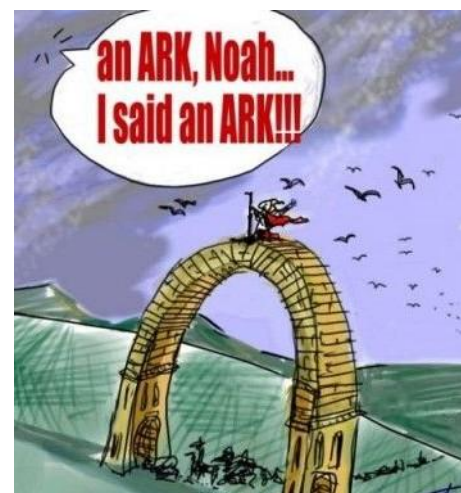
Many thanks to Kristina Langlan who has graciously agreed to chair Hospitality & Fundraising

Building & Grounds - The large tree next to the garage was cut down. Ken from the town came on an emergency basis to deal with it and it only cost us \$150.

Just Right Plumbing took a look at the unusable stall in the Ladies room and some issues in the Mens room. Waiting to hear back.

The current painting project has been completed. The upper part of north and south sides are done. Since we only get one ECCT grant per year we will look to do the back of the church next year before tackling the steeple. We also hope to work on 47 in the fall.

Thrift Store - The Thrift Store will remain open during the Summer Tea Party on June 20.



Encouraging Words

Audrey Sundwall

Happy is the nation whose God is the Lord, the people whom he has chosen as his heritage. The Lord protects those who trust in his steadfast love.

-- Psalm 33:12-22

He has told you what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?

-- Micah 6:8

Speak out for those who cannot speak, for the rights of all the destitute. Speak out; judge righteously; defend the rights of the poor and needy.

-- Proverbs 31:8-9

Thus says the Lord: Act with justice and righteousness and deliver from the hand of the oppressor anyone who has been robbed. And do no wrong or violence to the alien, the orphan, and the widow, or shed innocent blood in this place.

-- Jeremiah 22:3

Let each of you look not to your own interests but to the interests of others.

-- Philippians 2:4

For I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.

-- Matthew 25:35-36

Like good stewards of the manifold grace of God, serve one another with whatever gift each of you has received.

-- 1 Peter 4:10



July 4 - Sallie Alexander

July 14 - Barbara Parsons

July 17 - George Coulombe

July 27 - Wendy Bellmore

Intercessory Prayers

Aiden & the Guida Family, Alexis, Amanda, Amy, Andrew, Barbuschak Family, Beth Flynn, Brandon, Carol Ude, Carolyn, Cathy Topping, Charlie & Kris Langlan, Chris, Chris T., David & Irene, Dawn, Diana, Diane Link, Debbie, Debbie Potrepka, Donna Hodge & Family, Dot Logan, Ed, Elaine, Elizabeth Mary Lalor, Erick Villano, Family in Ukraine, Francesca, Gail & Marnie, Geneva O'Donnell, Hal Levi, Holly Chickos, Holly, James Mancini, Jan McDonald, Jim R. & Family, Joan Shaffner, John, John McPherson, Judy C., Isabel, Kathy, Kathy Guida, Kira, Korey Mollor, Kris, Larry L., Lauren, Levi-Verderame Family, Lucas Sundwall, Matt R., Maureen McPherson, Mike, Mila, Minogue Family, Fr. Moses Aderibole, Nate & Tyler McDonald, Nicole C., Pat Walters, Patti, Paul Pera, Rachael, Regina Schwall, Richard Testa, Sallie Alexander, Sam W., Skip, Stetson, Sue, Susan Diaz, Tricia Clearwater, Turiano Family, Zora

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 Our Country

From the BCP "Prayers for National Life"

Almighty God, who hast given us this good land for our heritage: We humbly beseech thee that we may always prove ourselves a people mindful of thy favor and glad to do thy will.

Bless our land with honorable industry, sound learning, and pure manners. Save us from violence, discord, and confusion; from pride and arrogance, and from every evil way. Defend our liberties, and fashion into one united people the multitudes brought hither out of many kindreds and tongues.

Endue with the spirit of wisdom those to whom in thy Name we entrust the authority of government, that there may be justice and peace at home, and that, through obedience to thy law, we may show forth thy praise among the nations of the earth.

In the time of prosperity, fill our hearts with thankfulness, and in the day of trouble, suffer not our trust in thee to fail; all which we ask through Jesus Christ our Lord. **Amen.**



Grief as a Garden

Jesse Osmun

Recently one of our Recovery meetings talked about living for others we have lost, and it was clear some people had very recent and very emotionally painful losses. Even though it's been a few years now since my family lost my cousin, Nate, to overdose I still found myself starting to tear up a bit and get choked up. Sometimes I wonder why-Nate had no interest in me as his cousin, was estranged from his own family, and put my Aunt through hell trying to get him to stay in Rehab long enough to kick his Heroin habit. The emotion is the fact that I often see aspects of my cousin's story in people who I help. Nate was, by the telling of the people who knew him better than me, a guy who was kind and smart and who played guitar in the worship at his church, much like me. Nate loved his kids, and his wife, and did the best he could as a paraplegic after a fall from a rooftop when he should have been harnessed for safety. I've lost a lot of people I've known to suicide or disease. Loss, it seems, is unavoidable.

Loss, also, isn't just about people, but places and things. I lost my old home and neighborhood, my old church, my career path, a slowly rekindling relationship, and other things when I was arrested. I grieve these losses, just in a different way than I have grieved the loss of friends or family to death. The people I serve in their active recovery come from places of deep and often profound loss. It's a profound art to listen to a young man tell me how he witnessed his brother get killed by a drunk driver, or an older man talk about he went from having a house and a good job to living under a bridge. We tend to avoid talking about death, about loss, and we certainly don't want to treat grief as a good thing. To treat Grief as helpful seems often a bit too antithetical to the true impact it has on us.

Here's the thing though-Grief, when properly expressed, allows us to move forward while honoring loss. Grief in our Recovery allows us to "bury our dead" to recognize what has changed and yet to still grow from that painful, raw place. The challenge of Grieving, however is that to truly grow as a human being, it's not a place you get to stay and put out a "Welcome Home" Mat. We are where we are, Grieving or Not, because we are human, fragile, and fallible. When I sit and listen to the stories people share in their Recovery journey, I get a dose of humility and a sense of community-I'm no better or worse than the next guy, and I realize I am part of the Fellowship Of We Are All Going Through Some S**t Right Now. In this garden of grief, there is something always that can bloom, even if we don't have words for it yet.

Winning Hat



Summer Tea Party

The Summer Tea Party was a great success. Everyone dressed up and some wore hats for the occasion. A look at the pictures shows the extent of the sandwiches and petite desserts available. Many thanks go to the hard working parishioners and friends, especially those who carried all the china up the stairs and back down again and the many members who baked and made sandwiches.



It was such a hit we will definitely do it again!



🎵 Music Note 🎵

Barbara Coulombe

“God Bless America” was written by Irving Berlin. (1888-1989) This simple one-verse song became an overnight hit, and a hopeful song as war threatened. “It’s not a patriotic song,” composer Irving Berlin said in a 1940 interview, “but an expression of gratitude for what this country has done for its citizens, of what home really means.” Today, many Americans consider “God Bless America” an unofficial national anthem of the United States.

The life of Israel Baline is a uniquely American success story. He was born in Siberia but when he was five his family emigrated to America to escape anti-Jewish persecution and settled in New York. As a young teen he taught himself piano and began copying the musical styles of the day. A printing error on a published piece of sheet music left him with the name Irving Berlin. Over his career he wrote stage musicals, film scores and sheet music - producing hit after hit. Many are still sung today, including: “White Christmas,” “Blue Skies,” “Always,” “There’s No Business Like Show Business,” “Heat Wave,” “I’ve Got My Love to Keep Me Warm,”—and “God Bless America.”



When describing his goal as a songwriter, Berlin said: “My ambition is to reach the heart of the average American...that vast intermediate crew which is the real soul of the country....My public is the real people.”

Kate Smith, one of the great singers of her day, had asked for a new number for her radio show. The year was 1938, and she was looking for something fresh to mark the 20th anniversary of the end of the Great War, what would later be called World War I. Irving Berlin had composer’s block but needed to deliver. He wanted to create something to celebrate America as a special place to live. Then he remembered a song he had drafted years earlier. He pulled out an old trunk, dusted off the 20-year-old manuscript and began revising. He had less than two weeks to get it ready for her performance. Smith sang the song as the show closer on her live national broadcast that night. Although not written as a war song, it became a popular and featured song during the war years.

When it came to “God Bless America,” Irving Berlin and Kate Smith put their money where their mouths were. They donated all the royalties from the hit song to the Boy and Girl Scouts of America through the God Bless America Foundation. That arrangement is still in effect today. Other wartime songs would remind Americans what they were fighting against but Berlin’s “God Bless America” reminded them what they were fighting for.

SAFE CHURCH TRAINING SCHEDULE

Safe Church Certification is a requirement of The Episcopal Church for all persons serving in these roles/areas: Acolyte, Altar Guild, Bible Study, Communications, Crucifer, Fund Raising, Hospitality, Lay Reader, Music, Officiant, Pastoral Visitor, Property Management, Technology, Thrift Store, Treasurer, Usher, Warden, or Worship Committee. Comprehensive trainings take about five hours to complete and are done once. Recertification training is done every three years after the comprehensive training is completed.

(There are no Safe Church trainings in July)

Register online at <https://www.episcopalct.org/safe-church/>

ECCT 2025-2026 Prayer Cycle



July 5	<p>Parishes: St. Paul's, Plainfield; Christ Church, Pomfret; Trinity, Portland Additionally: All deacons & the Archdeacons' Council. The Province I School for Deacons Anglican Cycle of Prayer: The Anglican Church of South America</p>
July 12	<p>Parishes: St. James', Poquetanuck; Christ Church, Redding; St. Stephen's, Ridgefield Additionally: ECCT & parish committees on investments, stewardship, planned giving, insurance & personnel policy Anglican Cycle of Prayer: Province of the Episcopal Church of South Sudan</p>
July 19	<p>Parishes: St. Paul's, Riverside; St. Andrew the Apostle, Rocky Hill; Christ Church, Roxbury Additionally: Wardens, treasurers, clerks & all vestry members; elected delegates Anglican Cycle of Prayer: Province of the Episcopal Church of Sudan</p>
July 26	<p>Parishes: St. John's, Salisbury; Trinity, Seymour; Christ Church, Sharon Additionally: All parish-based mission partnerships; ECCT-wide mission partnership networks; the Companions in Mission Ministry Network Anglican Cycle of Prayer: The Church of the Province of Uganda</p>

Treasurer Report

Susan Shultz

	MAY	(UNDER)/OVER BUDGET	YTD	(UNDER)/OVER YTD BUDGET
INCOME	\$ 9,326.14	\$ 1,466.14	\$ 54,090.34	\$ 7,805.34
EXPENSES	\$ 8,292.17	(\$ 297.73)	\$ 59,266.41	(\$ 4,526.59)
NET	\$ 1,033.97	\$ 1,763.87	(\$ 5,176.07)	\$ 12,331.93

Notes: Pledges were above budget and the Thrift store brought in almost \$1,000 more than expected. Our Miscellaneous Income is under budget because we did not bring any special gifts. But overall we were still up almost \$1,500. May expenses had just a small \$300 budget difference.

**Note that the next newsletter will be a combined August/September issue.
Happy summer!**

Next Issue The deadline for the August/September issue is August 25th. 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)

	July 5	July 12	July 19	July 26
Service	Eucharist	Morning Prayer	Eucharist	Morning Prayer
Presider/ Officiant	Rev. Charles Kamano	Audry Sundwall	Rev. Charles Kamano	Anthony Reckart
Crucifer	George Coulombe		Kristina Langlan	
Acolyte	Kristina Langlan		George Coulombe	
Lay Reader	Pat Walters	Ray Clearwater	Barabara Parsons	Kristina Langlan
Usher	Diane Villano	George Coulombe	Kathy & Ken Dougherty	Pat Walters
Zoom Tech	Susan Shultz	Susan Shultz	Susan Shultz	Anthony Reckart
Lead Counter	Pat Walters	Susan Shultz	George Coulombe	Astrid Swanson
Asst Counter	Melanie Miller	Audry Sundwall	Barbara Coulombe	Judy Herzman

Clergy, Vestry and Staff

Priest-in-charge	Rev. Charles L. Kamano
Senior Warden	Diane Villano (& Safe Church)
Junior Warden	Barbara Parsons (& Outreach)
Treasurer	Susan Shultz (& Technology)
Clerk	Isadora Wilkenfeld
Vestry Member	Ray Clearwater
Vestry Member	Astrid Swanson
Vestry Member	Pat Walters
Vestry Member	Brad Conant
Vestry Member	Beverly Yurgiewicz
Music Director	Barbara Coulombe
Parish Administrator	Diane Rowley
Worship Committee Chair	George Coulombe
Altar Guild Directress	Carol Link-Ude
Communications Chair	Audrey Sundwall
Hospitality Chair	Kristina Langlan

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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Worship Schedule

Sunday 9:00 a.m. In-Person & Online Zoom Worship