



# CHRIST AND THE EPIPHANY

VOLUME 30

June 2026



## Welcome to Ordinary Time

Ashley Tumlin  
Wallace

On May 26th we entered a new liturgical season: **Ordinary Time**. And yet, there is nothing “ordinary” about it.

After the great feasts and celebrations of Eastertide and Pentecost, the Church now invites us into a long green season of growth, a season not marked by spectacle, but by steady faithfulness. Ordinary Time, sometimes called the season after Pentecost, is where the Christian life takes root and begins to flourish in the daily rhythms of ordinary life.

The word “ordinary” comes from the Latin *ordinalis*, meaning ordered time. It is the ordered unfolding of the life of Christ within us. This is the season where we learn what it means not only to celebrate the mysteries of the faith, but to live them.

And perhaps this is why Ordinary Time is such a gift. Because most of life is not lived in mountaintop moments. Most of life is lived in kitchens and carpools, at dinner tables and in quiet prayers before bed, in daily work, hidden sacrifices, acts of mercy, repentance, forgiveness, and

perseverance. It is here, in the steady and often unseen places of life, that God forms his people.

Throughout Scripture, we see that God works not only through grand moments but through long seasons of faithfulness. Israel wandered in the wilderness. The disciples learned to follow Christ day by day. The early Church was built through ordinary believers living lives of quiet devotion in the midst of the world.

This is the invitation of Ordinary Time: to become faithful disciples in the everyday.

The liturgical color for this season is green, symbolizing life, growth, and fruitfulness. Just as the earth flourishes under the warmth of the sun, so too our souls are meant to flourish in the light of Christ. Week by week, we hear the teachings of Jesus proclaimed in the Gospels, his parables, miracles, commands, and call to discipleship, and we are gradually shaped into his likeness.

In a culture constantly seeking novelty, and excitement, this season reminds us of something deeply countercultural: spiritual growth is often quiet, slow, and hidden. The Christian life is not sustained by emotional highs alone,

## Worship Services

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

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

## Events

Saturday, Jun 20<sup>th</sup>, 1:00 p.m.-  
3:00 p.m., C&E Tea Party

but by abiding in Christ day after day.

St. Augustine once wrote: *“You have made us for yourself, O Lord, and our hearts are restless until they rest in You.”* Ordinary Time is where we learn that rest, not only in moments of celebration, but in the faithful rhythms of daily prayer, worship, repentance, and love.

So as we begin this long green season together, let us embrace its beauty. Let us reclaim the sacredness of ordinary life. Let us seek Christ not only in feast days and celebrations, but also in the quiet moments that make up our days.

For even here, especially here, God is at work. May this season be one of deep growth, renewed faith, and abiding joy as we walk faithfully with Christ in the everyday moments of life.

## Patriotic Christmas Tree

Barbara Coulombe

We are looking to adorn the Christmas tree in the upper hall with patriotic items for this summer's 250<sup>th</sup> July 4<sup>th</sup> celebration. Please bring and hang any decorations you feel are appropriate. Let your imaginations soar!



June 12 - Ron Blevins  
June 17 - Kathy Alison  
June 24 - Charlie Langlan  
June 28 - Richard Schaivone

## ECCT Spring Training 2026 Recap

This year we had four parishioners participate in ECCT's Spring Training either via Zoom or in-person. Here are some thoughts on their experiences.

### Diane Villano

It was my pleasure to experience Spring Training at Berlin High School with Barbara Parsons and Susan Shultz. I attended the **Mood Disorders; Creation Justice, and Eucharistic Visitor** presentations, and came away with new knowledge of all three areas of ministry.

Most helpful was the **Creation Justice** session, led by our former region missional priest, Rev. Rachel Field, which explored how we, as a church, can contribute to the

## Around the Church

Pentecost



## New Donation Shed



## ECW Luncheon



ecological health of this "island home".

Online I attended a very thought-provoking session, **Resisting White Christian Nationalism** with Rev. Nathan Empsall, former executive director of Faithful America, which works for social justice and against Christian nationalism. I've explored this issue previously, in a review of The Crisis of Christian Nationalism report in the January 2026 newsletter. Some points caught my attention, such as displaying the United State flag in the Chancel, which might be construed as agreement with Christian nationalism. One of our favorite YouTube preachers, Right Rev. Deon Johnson, Bishop of Missouri, instructed in 2025 that all churches in his diocese relocate the national flag from the altar area to a memorial space that honors those who served in the armed forces. As he stated, *"This repositioning respects both faith and patriotism while ensuring that Christian allegiance remains centered on Christ rather than national identity."*

This session brought to mind the recent "America reads the Bible" program, now available on Netflix. It was a week of continuing reading of the entire Bible, from Genesis to Revelation from 9:00 a.m. to 9:00 p.m. What's wrong with reading the Bible, right? However, a closer look at the sponsor, Christians Engaged, and the readers, heavily weighted on one political party, shows a definite bias towards Christian nationalism.

## Audrey Sundwall

**Here, There, Everywhere: Building Community in Hybrid Spaces** - This session discussed some interesting uses of Zoom, not only to broadcast the Sunday morning service at St. Paul's Willimantic, but also to make the Zoom attendees into active participants in the service, such as musical participants, presiders, lay readers, etc.

**Stewards of Memory in the Digital Age** - ECCT's Director for Archives and Record Management, Greg Farr, shared the importance of storing parish records by Structure and Custody. He also shared that ECCT now offers a Free Secure Cloud Server to store parish records on.

With Diane, I also attended the **Resisting White Christian Nationalism** session. I learned about the difference between White Christian Nationalism, which is a political ideology in the US and revolves around "whiteness," and being a Christian in American who strives to do things the way Jesus would have us do them.

As we are working on our new website I thought it would be useful to attend **Websites for Parishes: Sprucing Up Your Digital Front Door** and I was able to add a few ECCT recommendations to the list for our Web Designer, such as using our C&E "star" design and the blue color on each page; and lots of photos.

## Susan Shultz

I really enjoyed **Women in Ministry: Then & Now "Plus ça change, plus c'est la même chose"** which was co-led by Rev. Evelyn Wheeler. It was interesting to trace the history of women in the church (especially the early days) and see both how far we've come and yet how far we still have to go.

We had a theme this year because I also attended the **Resisting White Christian Nationalism** in-person session. I learned so much! (some of which was quite scary).

I highly recommend watching the online session recording - <https://www.youtube.com/watch?v=CXe7AvX4nKg&list=PLn1aa6ZBzrKhDqpMVeolAz6Ez6TeWxbw&index=19>

You can also view recordings of all the ECCT sessions here: <https://www.youtube.com/playlist?list=PLn1aa6ZBzrKhDqpMVeolAz6Ez6TeWxbw>



## **May Vestry Meeting**

**Next Meeting** - The next Vestry meeting will be Sunday, June 21st after the 9:00 a.m. service in the library and via Zoom.

**Priest-in-charge** - Fr. Charles attended a clergy conference on May 18-19, which provided meaningful opportunities for fellowship, continuing education, and professional development.

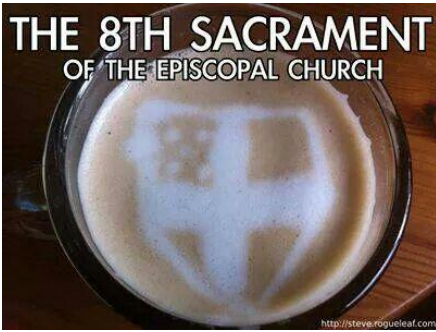
**Building & Grounds** - The Saturday night NA group and daytime AA group are leaving but we now have someone interested in the Great Hall on Monday nights for a closed AA group. The kitchen windows were washed and a rotted window sill replaced. The new Thrift Store donation shed is in place. Thank you Ken & Brad! We will be removing the rotted part of the tree next to the garage.

**Altar Guild** - The Vestry approved the purchase of new altar communion candles (high polished brass) from the Fred Bowden memorial funds. The \$1,500 purchase was also approved by his children. The candles will be presented by Fred's children and blessed on Father's Day June 21.

**General** - Bishop Jeffrey Mello will be visiting us Sunday October 3<sup>rd</sup>, 2027.



***Congratulations to Charlie Langlan on his graduation!***



Remember to sign up for  
Coffee Hour this summer!

## Volunteer Options

In many ways, Christ and The Epiphany is a *Do-It-Yourself* church. We have only three paid part-time employees, Rev. Charles Kamano (P-I-C), Barbara Coulombe (Minister of Music), and Diane Rowley (Parish Administrator).

Besides regular mowing and snow removal, we maintain everything else ourselves, so volunteer opportunities abound: *Altar Guild, Building and Grounds, Communications, Feast, Festivities and Fundraising, Finance, Good Shepherd Thrift Store - including on-line sales, and Technology.*

Where do you feel called?  
Training is free!

## Reminder Sun June 21



## Encouraging Words

Audrey Sundwall

And it is no longer I who live,  
but it is Christ who lives in me.  
And the life I now live in the  
flesh I live by faith in the Son  
of God, who loved me and gave  
himself for me.

--- Galatians 2:20

So if anyone is in Christ, there  
is a new creation: everything  
old has passed away; look, new  
things have come into being.

--- 2 Corinthians 5:17

There you saw how the Lord  
your God carried you, as a  
father carries his son, all the  
way you went until you  
reached this place.

--- Deuteronomy 1:31

Therefore, as God's chosen  
ones, holy and beloved, clothe  
yourselves with compassion,  
kindness, humility, meekness,  
and patience.

--- Colossians 3:12

We know that all things work  
together for good for those  
who love God, who are called  
according to his purpose.

--- Romans 8:28

I can do all this through him  
who gives me strength.

--- Philippians 4:13

The father of a righteous child  
has great joy; a man who  
fathers a wise son rejoices in  
him.

--- Proverbs 23:24

## 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, Isabel, James  
Mancini, Jan McDonald, Jim R.  
& Family, Joan Shaffner, John,  
John McPherson, Judy C.,  
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.



June 26 - George & Barbara  
Coulombe

## A Prayer For Fathers

Heavenly Father,  
you entrusted your Son Jesus,  
the child of Mary,  
to the care of Joseph, an earthly father.

Bless all fathers  
as they care for their families.  
Give them strength and wisdom,  
tenderness and patience;  
support them in the work they have to do,  
protecting those who look to them,  
as we look to you for love and salvation,  
through Jesus Christ  
our rock and defender. Amen.

## Like You

Lord help me to be in Your holy will;  
Tell me what to do today;  
Lead me in Your righteousness;  
Make me more like You, I pray.  
Guard me against this corrupting world,  
Its perverted priorities, temptations, too.  
Direct my mind toward Your commands,  
So I can focus my life on You.  
Fill my heart with Your light and love,  
So I can assist those I see in need;  
With You as my role model, let me be  
Like You in thought and word and deed.

---*Joanna Fuchs*

**Welcome. Peace. Amen.**

Greater New Haven Community Chorus concert Sat June 13, 7:30 p.m. at Battell Chapel  
A concert to celebrate immigrants and refugees and New Haven's diversity  
Tickets \$20 at [www.gnhcc.org](http://www.gnhcc.org)

## Christian Tradition - The Lord's Prayer

Diane Villano

In your own words, how would you describe God, his kingdom, and the Church? How about petitions for all of the day's needs, protection from evil, and forgiveness for sins? How would you describe God's expansiveness? The Lord's Prayer encompasses all those doctrines.

The Lord's Prayer is derived from two Gospel passages, Matthew 6:9-13 and Luke 11:2-4 in which Jesus gives this as a prayer to repeat and as a template for other prayers. It was one of only a few liturgical instructions he left. In the Book of Common Prayer (BCP), two versions are found. The traditional version, in older Elizabethan English, is the one we were probably taught early in our lives and can easily recite from memory. This is the one we pray during worship services here at Christ and The Epiphany. The contemporary version, which uses less archaic language and may be easier to understand, was introduced in the BCP 1979 edition:

Our Father in heaven, hallowed be your Name, your kingdom come,  
your will be done, on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins as we forgive those who sin against us.  
Save us from the time of trial, and deliver us from evil.  
For the kingdom, the power, and the glory are yours, now and for ever.

Pray whichever version speaks to you. And may it bless your spiritual life.

## Parishioner Spotlight - Jesse Osmun

### Tell us about your immediate family and pets

The cat is out of the bag, but my father, Andrew, used to minister to the parish. Mom does therapy via a small practice in Middlebury, CT. My brother, Seth, is my fraternal twin and is a Paralegal living and working in Denver.

### What brought you to Christ and The Epiphany?

My parents, initially. I had been looking for a local church that was willing to accept someone who was formerly incarcerated and was really reflecting the love of Christ to all. I actually had been communicating with Barbara Coulombe before I ever met her! The parish has been so warm and accommodating, I officially became a member in August 2024, and joined the music ministry shortly after. I try to never miss a Sunday service.



### In what ways do you serve your church family or community?

I play guitar and sing in our Sunday services, and I also am a certified Recovery professional with CCAR and the State of CT.

### What's your favorite pastime?

I love art and I also make music. I have a Telecaster and a 12 string guitar and like to write and record my own songs. I also am an avid hiker and have done some of the 4,000 ft Adirondack peaks with my first cousin when he was still alive.

### What is your occupation?

Prior to coming to the parish I was in the Nonprofit world for a while and had served in the Peace Corps. I also was a landscaper for many years after that.

### What's one thing about you that no one at church knows?

I still speak a little Swahili from my time as an Episcopal missionary in Kenya many years ago. I don't get to use it now but did often when I was in a relationship with my ex-girlfriend, who was Kenyan.

### What is your fondest childhood memory?

When I was around three, I drew my Dad a photo of me waiting for him as he came home in his Saab. I even got the clerical collar right on the stick figure. In kid scrawl, I wrote "I love U, Foofer!". Dad will always be Foofer for me..he'll never live that down!

### What brightens your day?

I love the work I do as a Recovery Coach, helping people find hope, healing, and support in their lives. I walk every day down to where I coach men (and at least once a woman) and it really makes my day have meaning and purpose.

### Do you have any favorite psalms, Bible passages, or inspirational sources?

Psalm 51 is one of my favorites, and of course the Serenity Prayer!



## *Tea Party!*

*When: Saturday, June 20<sup>th</sup> from 1:00 pm – 3:00 pm*

*Where: Christ and The Epiphany Church*

*Reservations: [clinkeru2@gmail.com](mailto:clinkeru2@gmail.com)*

*Cost: \$10.00 – pay at the door*

*Serving tea, tea sandwiches, fancy desserts and specialties*

*Welcome to both ladies and gents*

*Raffles and a silly hat contest*

*Come and enjoy a fun time.*

## **2026 Episcopal Church Women's Luncheon**

**Barbara Coulombe**

On Thursday May 7, Judy Herzman and I attended the 145th annual meeting of the Episcopal Church Women in CT (ECW). The luncheon was held at the beautiful Aqua Turf Club in Southington. We were seated at a table with very friendly women from a parish in West Hartford. The day began with coffee and pastries, followed by the Holy Eucharist which was dedicated to Dame Julian of Norwich. This particularly interested me because years ago I spent nine days living with the order of Julian when it was located in Racine WI. The Eucharist was celebrated by both Bishops Jeffrey and Laura. Next came the annual meeting, after which ten women from around the diocese were honored for their work in their parishes and community.

The guest speaker was Kenneasha Sloley. She is the founder and CEO of **NeXellence: Where Voice Meets Vision**. Her signature *Inspire-Empower-Transform* framework equips leaders (particularly women) to step boldly into purpose. Recently after becoming the sixth principal in six months of the Dr. Michael D. Fox school in Hartford (a pre-K to grade 8 urban school), she successfully transformed it through her leadership. She also contributed to elevating Guilford to among CT's highest ranking school districts. She is living proof that when women rise, communities transform - and when one voice is empowered, generations are changed. Her topic "*Uplifting Women*" was fantastic. She is a remarkable speaker - dynamic, inspiring, funny and completely captivating. She was maybe the best speaker I have ever heard.

In the Fall, I've invited one of the leaders of ECW CT to visit our parish. And next year I hope more women from C&E will join us and we can fill our own table!

### **SAFE CHURCH TRAINING SCHEDULE (MAY)**

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.

June 14, 12:00 p.m. - 3:00 p.m. - Comprehensive in-person (Christ Church Guilford)

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

## ECCT 2025-2026 Prayer Cycle



<b>June 7</b>	<p><b>Parishes:</b> St. John's, North Haven; Christ Church, Norwalk; St. Andrew's, Northford</p> <p><b>Additionally:</b> TransEpiscopal, LGBTQ+ Episcopalians &amp; those who serve the LGBTQ+ community</p> <p><b>Anglican Cycle of Prayer:</b> The Scottish Episcopal Church</p>
<b>June 14</b>	<p><b>Parishes:</b> St. Paul's, Norwalk; All Saints with Christ, Oakville; St. Saviour's, Old Greenwich</p> <p><b>Additionally:</b> Students of all ages who are graduating</p> <p><b>Anglican Cycle of Prayer:</b> Church of the Province of South East Asia</p>
<b>June 21</b>	<p><b>Parishes:</b> St. Ann's, Old Lyme; Grace, Old Saybrook; Good Shepherd, Orange</p> <p><b>Additionally:</b> Camp Washington: staff, board, counselors &amp; campers</p> <p><b>Anglican Cycle of Prayer:</b> The Church of South India (United)</p>
<b>June 28</b>	<p><b>Parishes:</b> St. Peter's, Oxford; Christ Church, Oxford; St. John's, Pine Meadow</p> <p><b>Additionally:</b> Summer chapels in New London, Norfolk &amp; Fenwick; summer &amp; outdoor worship services; Vacation Bible Schools &amp; parish- based summer camp programs</p> <p><b>Anglican Cycle of Prayer:</b> The Anglican Church of Southern Africa</p>

### Treasurer Report

Susan Shultz

	APR	(UNDER)/OVER BUDGET	YTD	(UNDER)/OVER YTD BUDGET
INCOME	\$ 7,608.61	(\$ 311.39)	\$ 44,764.20	\$ 6,339.20
EXPENSES	\$ 7,194.59	\$ 10,238.81	\$ 50,974.24	\$ 4,228.86
NET	\$ 414.02	\$ 9,927.42	(\$ 6,210.04)	\$ 10,568.06

Notes: The April figures are hard to look at critically because so many ledger line discrepancies are really just about timing. Pledges were down slightly but the Thrift Store brought in an extra \$1,500. Expenses are not really \$10k under budget, as we have not paid our insurance yet nor some utility bills.

**Next Issue** The deadline for the July issue is June 26th. 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)

	June 7	June 14 Flag Day	June 21 Father's Day	June 28
Service	Morning Prayer	Eucharist	Eucharist	Eucharist
Presider/ Officiant	Barabara Parsons	Rev. Evelyn Wheeler	Rev. Charles Kamano	Rev. Charles Kamano
Crucifer		Kristina Langlan	George Coulombe	Kristina Langlan
Acolyte		George Coulombe	Kristina Langlan	George Coulombe
Lay Reader	Anthony Reckart	Terry Osmun	Judy Herzman	Brad Conant
Usher	Diane Villano	Kathy & Ken Dougherty	Pat Walters	Barabara Parsons
Zoom Tech	Susan Shultz	Susan Shultz	Susan Shultz	Susan Shultz
Lead Counter	Pat Walters	Susan Shultz	George Coulombe	Astrid Swanson
Asst Counter	Melanie Miller	Judy Herzman	Barbara Coulombe	Ray Clearwater

### 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	(open)

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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## **Worship Schedule**

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