



# CHRIST AND THE EPIPHANY

VOLUME 25

September 2021

## Bread for the World

*Comments on my sermon  
from August 15*

For the last five weeks, our gospel has come from the sixth chapter of John, called the Bread of Life Discourse. It's called this, as you can probably guess, because all 70 verses of this chapter, minus a very few about Jesus' walking on water, are about Jesus as the Bread of Life. John is the only gospel that doesn't have a story about the Last Supper, and this chapter is generally understood as his version of what the eucharist means.

In John, Jesus says, "Those who eat my flesh and drink my blood abide in me AND I in them." The eucharist, then, doesn't only mean that Christ is present in the bread. It also means that we take Christ into ourselves so that we become living bread.

The church father, Athanasius, said, "Christ became like us, so that we might become like Christ." In the eucharist, we take Christ into ourselves so that we become like Christ and take Christ into the world.

The Eucharist isn't only the consecration of bread and wine. It is also the consecration of the people. **Us.** We become consecrated as Christ's bread for the world.

In each Eucharistic prayer, immediately following the part of the prayer where we ask the Holy Spirit to sanctify the Bread and Wine, we also ask the Holy Spirit to sanctify us: In Prayer B, which we've been using, we say over the bread and wine:

*Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in him.*

Then we pray, *Sanctify us also.*

And this is when we are asking the Holy Spirit to **make us holy**, to set us apart as Christ's body in the world. And it's a time to cross ourselves, just as the priest makes a cross over the bread and wine when they are blessed.

Christ, the Bread of Life, offered himself for the life of the world, and this is what the eucharist enables us to do. To imitate Christ the Bread and offer ourselves as bread for the life of the world.

Throughout the gospels we see Jesus feeding and nourishing life in so many ways and circumstances: through his love, presence, guidance, and teaching; through his healing, forgiveness, and mercy; through his generosity, compassion, and wisdom.

This is the bread that feeds the soul.

Those qualities are not unique to Jesus. They can be ours as well. It's one way God shares God's life with us. We both eat the bread of life and we become it as we go forth into the world. Alleluia!

Faithfully yours,  
Rev. Mary Anne

## Upcoming Events

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

**Saturday, September 11, 9:00  
a.m. - 3:00 p.m.,** East Haven  
Fall Festival and C&E Bake Sale

**Sunday, September 12, 10:00  
a.m. - 11:00 a.m.,** Bible Study  
in Library

**Sunday, September 12, 10:00  
a.m. - 6:00 p.m.,** East Haven  
Fall Festival & Car Show

**Sunday, September 19, 10:00  
a.m. - 11:00 a.m.,** Bible Study  
in Library

**Sunday, September 26, 10:00  
a.m. - 11:00 a.m.,** Bible Study  
in Library

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



September 22 - Jill Lamberti  
 September 24 - Richard Mead  
 September 28 - Leland Hubbard

**Annual Harvest Fair**

Our Annual Harvest Fair will be Saturday September 11 from 9:00 a.m - 3:00 p.m. (during the East Haven Fall Festival weekend) As usual we will be setting up our Bake Sale tent on the front lawn. If you can, please help Carol with any baked good contributions. We can also use help staffing the Thrift Store (and its half-off sale) that day. This event is in lieu of a September Junk in the Trunk. Our last Junk in the Trunk for 2021 will be October 10.

**Thrift Store Update**

From September 4 - 11 the Thrift Store will be holding its annual "End of Summer Sale" with half off (only \$1.00!) all clothing and shoes.

Additionally, the week of September 12, will be the rack switchover from summer to winter clothing. Barbara Parsons will be leading the effort and will send out more information. If you can assist in any way, she would be most grateful as it is always a large undertaking. (Although it is much better since Ken's wonderful storage room rack installation!).

**Bible Study**

Starting September 12, after church on Sundays, Rev. Mary Anne will facilitate a bible

**Barbara recuperating from knee surgery**



**Food Pantry at Work**



**Thrift Store Back to School**



**Thrift Store storage ready for season switch**



study on "The Parables of Jesus."

This will be a drop-in class, and no preparation is required. We will meet in the library, and there are bibles available if you don't bring your own.

**The Gift of Generosity**  
 Kathy Alison

One of the many ways this church community lives it discipleship is through our partnership with the East Haven Food Panty, East Haven United, and self-help groups such as A.A. and N.A. While most of these groups cancelled their gatherings during the pandemic, the Food Pantry remained open to play an essential role in food allocation.

Pre-Covid the Food Pantry served about 20 families on a typical Saturday. However, during the height of the pandemic they averaged 80 families each Saturday. Many of these included residents of other towns since no one needing food was turned away.

Through the Grace of God and the truly amazing generosity of this little town we not only survived but flourished! We saw private citizens holding food drives, a resident driving a patriotic pickup truck and playing music as he collected food donations, another resident posting on Facebook offering to pick up the food donations at any location, local businesses including restaurants, schools, churches, Police and Fire departments all

donating and even “Yoga on the Beach” with payment of food. We routinely met individual residents dropping off checks or cash - with one resident signing over his stimulus check to the Food Pantry! Such abundant kindness and compassion from our small blue-collar town during the pandemic cemented my faith in humanity.



September 11 - Ken & Kathy Dougherty

September 27 - Ray & Audrey Sundwall

## August Vestry Summary

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

**Worship** - We will continue with hybrid services despite increasing community COVID-19 infection rates. In-person attendees will continue to be required to wear masks and social distance. Communion distribution has moved to the traditional Communion rail. And Rev. Mary Anne has graciously offered to officiate three Sundays a month (up from two). Yea!

**Building Use** - All building users will now be required to wear masks when indoors, regardless of vaccination status.

**Feast & Festivities** - Reminder that Souparama International is Oct 24 and Carol is still looking for people to contribute dishes.

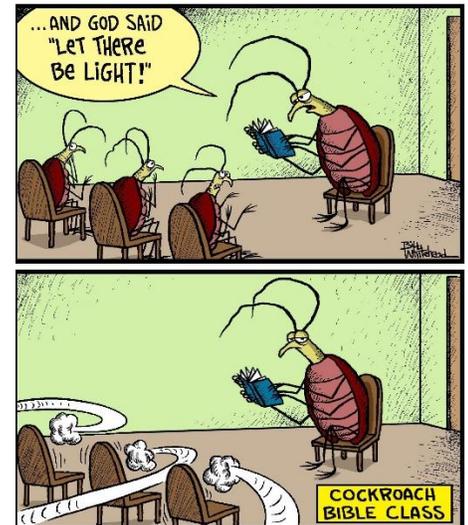
**Technology** - Thanks to Diane Villano, Barbara Parsons and Rev. Mary Anne Osborn for assisting with hybrid services especially during September when Susan will be away.

**Annual Meeting Quorum** - The Vestry passed a motion to set the quorum for the Annual Meeting at “one plus 35% of the eligible voting members”.

## Share your spiritual life with us...

Your parish family would love to hear your thoughts! Maybe you’ve read a good book, seen a thought-provoking movie, remember a special moment at the church or just had a great day where God touched you. Send us your comments! Sharing our thoughts and memories keeps us connected as a family of God. Submissions do not have to be long - just a few sentences are fine. You can email us at: [newsletter.christandtheepiphany@gmail.com](mailto:newsletter.christandtheepiphany@gmail.com)

Thanks to all who have sent us notes in the past!



## Congratulations Wendy Bellmore!

Wendy Bellmore has been chosen to receive the East Haven Merit Award for Community Service in 2021 for dedicating so much of her time and talents to the community.

She will be honored with the other recipients at a dinner on September 9 at Seasons Restaurant.

We give God thanks for blessing our parish with such a talented, energetic and generous person.

## Encouraging Words Charlie Langlan

### New Beginnings

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! -2 Corinthians 5:17

Your beginnings will seem humble, so prosperous will your future be. -Job 8:7  
-Proverbs 3:5-6

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.  
-Philippians 3:13-14

He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.” He who was seated on the throne said, “I am making everything new!” Then he said, “Write this down, for these words are trustworthy and true.” -Revelation 21:4-5

Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.  
-Proverbs 3:5-6

“Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland. -Isaiah 43:18-19

Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. -Philippians 3:13-14



## Episcopal Church in CT (ECCT)

### Bishop Search & Transition Listening Sessions

*C&E strongly encourages all parishioners to participate in one of these Zoom sessions!*

Key sessions -

- Aug 31: Joining Jesus
- Sep 9: Racial Healing
- Sep 13: Leadership
- Sep 22: South Central

The process of discerning who God is calling to be our next Bishop Diocesan begins with each of us. Our bishop will be part of our community, and their role grows out of the distinctive qualities which make up the Episcopal Church in Connecticut.

The Discernment Subcommittee will be holding sixteen listening sessions via Zoom from August 30 through September 23. These sessions are designed to encourage us to share from our own unique context and experiences. We will gather together to pray, share, and discern together our current strengths and areas of growth as ECCT, as well as where we sense God inviting us next. These holy conversations will then form the backbone of our Bishop Profile.

We are committed to ensuring these Listening Sessions are safe spaces where you will feel free to share openly about your experiences in ECCT, the wider Episcopal Church, and

our world. Any information from these sessions utilized in the final Profile or other BTC communications will remain anonymous.

Click here to register:

<https://ctbishopsearch.org/listening-sessions/>

Ongoing information about the Bishop search process:

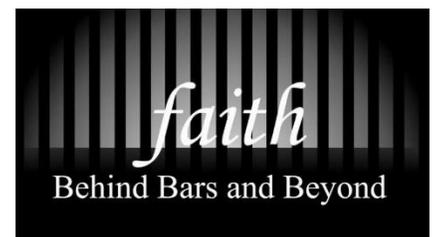
<https://ctbishopsearch.org/>



### Episcopal Peace Fellowship (EPF) Peacebuilding Online Project

The second offering in this series of one-hour monthly Zoom presentations will be *Healing Trauma as a Way to Peace* on September 5 at 4:00 p.m.

<https://www.eventbrite.com/e/episcopal-peace-fellowship-peacebuilding-online-project-emu-trauma-tickets-154283569309?aff=erelexpmlt>



Community Partners in Action  
Prison Arts Annual Show  
On view July 25-December 21

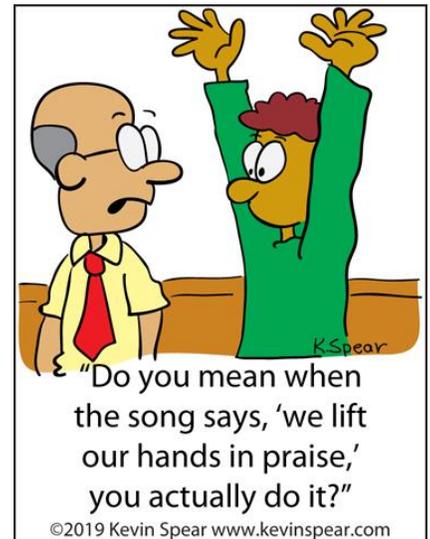
Postponed from last spring, and now on display at the Mark Twain House in Hartford, the 42nd Annual Show, featuring hundreds of artworks by incarcerated, and formerly incarcerated, artists in CT. Artists and prison staff work all year (two years, this year!) towards this unique and extraordinary community event. Prison Arts works to encourage and enable productive, personal, and introspective endeavors in Connecticut's prisons. [Learn more.](#)

### Intercessory Prayers

Andrew, Astrid Swanson, Barbara Coulombe, Barbara R., Barbuschak Family, Brandon, Carol Ude, Carol C., Charlie & Kris Langlan, Clearwater Family, Courtney, Craig, David, David C., David & Edward, David & Irene, Devin K., Diane, Diane Link, Dot Tate, Doug, Ed, Eileen F., Elaine, Eleanor N., Faith, Father Eddie, Fran Zella, Francesca, Frank P., Frank, Fred & Judy Herzman, Fred Bowden, Gale, Geneva,

Glenn McKnight, Goodfellow Family, Greg T., Heather, Holly & Family, Ian, J.D., Jack K., Jacob, Jaime Aguayo, Jake Swanson, Jen and Tyler W., Jeremy Maldonado, Jessica & Baby Olive Estelle, Jesse, Jim C., Jim R. & Family, Joe Riccitelli, John A., John Guida, John M., John U., John & Vera DePalma, Joseph, Judy DeFeo, Julia, June W., Karen Dattilo & Family, Karl, Kathrine Burdick, Kate W., Katrina R., Ken, Leah S., Lila Day, Lisa H., Lois, Lucas Sundwall, Madeline, Mark Conti, Marjorie Cowles, Martin Micheo, Marty, Matt, Matt R., Melissa D., Michael, Michelle C., Mitzi Parisi, Nancy S., Patty R., Paul Scungio, Rachael, Ray C., Ron C., Sallie Alexander, Stan R., Suzy Brown, Turiano Family, Wendy, Zach Schatz

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 October issue is **September 22**. 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.

### Treasurer Report

Susan Shultz

	JUL	(UNDER)/OVER BUDGET	YTD	(UNDER)/OVER YTD BUDGET
INCOME	\$12,576.60	\$4,669.10	\$51,844.80	\$342.30
EXPENSES	\$7,355.17	(\$816.86)	\$60,268.25	(\$1,786.55)
EXPENSES	\$5,221.43	(\$5,485.96)	(\$8,423.45)	(\$2,128.85)

Notes: Income was over expectations because a late pledge came in as one lump sum for the year.

## Parishioner Spotlight - Diane Villano

### Tell us about your immediate family and pets

I'm married to my best friend, Erick, and we have possibly too many cats.

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

The desire to join a worshipping community to share the good times and bad. I didn't expect to also find a family.

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

I chair the Communications Commission, post the sidewalk sign messages, and serve on the Vestry.

### What is your occupation?

I've just celebrated thirty-five years as a database support specialist at Yale University.

### What's your favorite pastime?

I love to create things, especially upcycling vintage toys and tools into contemporary décor.

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

I brake for tag sales!

### What is your fondest childhood memory?

Playing board games with my twin sister.

### What brightens your day?

Recalling all the blessings God has granted me, nature's beauty, a phone call from a friend, a hug and kiss from my husband.

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

Some favorite Scripture readings: Psalm 150, Matthew 18:20, 28:20, Mark 13:1, and Romans 8:38-39.



## From ECCT: A Prayer for the Election of our XVI Diocesan Bishop

God our Creator, Redeemer and Sustainer, without you nothing can be done. Send your Holy Spirit to guide the Episcopal Church of CT, especially the Bishop Transition Committee, during this time of transition. Bless and continue the good work begun in your name. Open the committee's ears to the hurts and hopes expressed to them and broaden our vision to see where you lead. Enliven their hearts with honesty and compassion to do the work that lies ahead, within our church and beyond its walls. Grant us the gifts of wisdom, humility, and empathy. Guide the committee as they discern your will for a new shepherd, inspirational leader, and willing advocate as we further your work in the Episcopal Church of CT. Bless and be with our Bishop Ian as he transitions to a new life serving you. Bless our candidates. Bestow them with the abilities to lead and serve. Let us learn from them and they from us, so we may live your word serving all. All this we pray through Jesus Christ our Savior, who lives and reigns with you and the Holy Spirit, One God now and forever. *Amen.*

## Worship Schedule (9:00 a.m.)

	<u>Sep 5</u>	<u>Sep 12</u>	<u>Sep 19</u>	<u>Sep 26</u>
Ushers	Ray Clearwater Mary Claire Peach-Keyes	Barbara Parsons Melanie Miller	Audrey Sundwall Astrid Swanson	Ray Clearwater Mary Claire Peach-Keyes
Lay Reader	Richard Mead	Audrey Sundwall	Carol Link-Ude	Pat Walters
Crucifer	George Coulombe	George Coulombe	George Coulombe	George Coulombe
Acolyte	George Coulombe	George Coulombe	George Coulombe	Audrey Sundwall
Morning Prayer Officiant	Barbara Parsons	n/a	n/a	n/a
Lead Counter	George Coulombe	Astrid Swanson	Pat Walters	George Coulombe
Asst Counter	Richard Mead	Fred Bowden	Ray Clearwater	Melanie Miller

## Zoom Worship Connection Information

To connect by computer click:

<https://us02web.zoom.us/j/7639094733?pwd=WkR1ZHBNYTNKWmJqM2NvTkRjZ09hdz09>

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.

Past sermons are available on the *Christ and The Epiphany* YouTube channel here:

<https://www.youtube.com/channel/UCkGs9WC8ug7syl9n0kHkRaA>.

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).