



# CHRIST AND THE EPIPHANY

VOLUME 26

March 2022

## Life Transformed: Lent 2022

A phrase we hear in one of our readings for Ash Wednesday is this: Return to the Lord. The prophet Joel wrote during a calamity - a plague of locusts. The prophet begged the people to let the calamity inspire them to RETURN to worship - not because God needed the attention, but because they needed the experience of worship and community in God's presence.

Lent is always a time to RETURN. Historically, Lent was a time to prepare for Baptism, so in Lent we RETURN to what it means to be baptized people. Our theme this season is "Life Transformed." Episcopalians everywhere are sharing in a special Lenten journey to RETURN to the practices of the Way of Love which transform our lives and our world.

So, this Lent, RETURN to worship, learning, and service with Christ & The Epiphany - in person if you are able or from home if that is best for you. RETURN to spiritual practices that transform our lives. RETURN, not because God needs us, but because we need God.

-- Rev. Grace  
St. Thomas Episcopal Church  
Columbus Georgia

## Lenten Meditations

Several Episcopal organizations produce Lenten devotions and meditations for the season. Choose an option below and make it a Lenten practice.

[Life Transformed: The Way of Love in Lent](https://www.episcopalchurch.org/life-transformed-the-way-of-love-in-lent/): Join other Episcopalians on this Lenten journey. Eight videos focus on the practices of the Way of Love. A daily calendar invites reflection on these practices. Videos and more information: <https://www.episcopalchurch.org/life-transformed-the-way-of-love-in-lent/>

[Episcopal Relief and Development Lenten Meditations](https://www.episcopalrelief.org/church-in-action/lent/): Reflections are organized around the priorities of Women, Children and Climate, and include a focus on Disaster Resilience and Response work. They will provide a glimpse into meaningful work happening across the globe. Sign up for a daily email meditation: <https://www.episcopalrelief.org/church-in-action/lent/>

[40 Days of Gratitude from United Thank Offering](https://www.unitedthankoffering.org/40-days-of-gratitude/): This 40 Days of Gratitude Lenten Journal is designed to deepen your spiritual practice of gratitude during Lent. Each week, it focuses on practicing gratitude for a specific topic based on scripture. The United

## Upcoming Events

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

**Wednesday, Mar 2, 6:30 p.m.**, Ash Wednesday Service in-person and via Zoom *\*note time change from last month*

**Sunday, Mar 27 Noon - 3:00 p.m.**, Souperama II

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

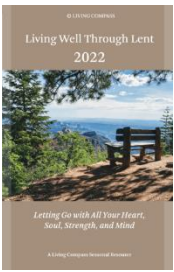
Thank Offering dates from the late 1800s when it was organized by Episcopal Church Women to provide mission funding. To print the journal: <https://unitedthankoffering.com/wp-content/uploads/2021/10/40-Days-of-Gratitude-4.pdf>

## Return to Hybrid Sunday Worship

Starting Sunday Feb 27, we will return to hybrid Sunday worship with both in-person and Zoom attendance options. Masks and social distancing will still be required at this time for in-person worshippers.

## Clergy Schedule

**Mar 2**, Fr. Andrew Osmun  
**Mar 6**, Fr. Andrew Osmun  
**Mar 13**, Fr. Andrew Osmun  
**Mar 20**, Fr. Andrew Osmun  
**Mar 27**, Fr. Andrew Osmun



## Lenten Devotionals

Copies of the Living Well Through Lent devotional from Living Compass are available

(English and Spanish) in the thrift store, on the stair landings, in the Narthex and will be mailed from the office upon request.

## Souperama II Carol Link-Ude

Last October's Souperama International was very successful. Thank you to everyone who helped. It is a great new addition to our Fund raising events and we have scheduled another for March 27th, from noon to 3:00 p.m. Soup and bread (along with a beverage) will be \$5.00. Bake sale items will also be available. Contact Carol ([cude@snet.net](mailto:cude@snet.net)) if you can donate a soup or bakery item. This event is open to the public.

## Junk in the Trunk 2022 Carol Link-Ude

Junk in the Trunk will return in 2022 on the fourth Sunday of April - October from noon to 4:00 p.m. "Carol's Kitchen" will again take part with sales of pickles, jams and baked goods. Contact Carol ([cused@snet.net](mailto:cused@snet.net)) if you are able to help setup, etc. We will be outside and not providing lunch this year.

## Around the Church

### Back in Church! Sunday Feb 27



### New Parish Office Computer



### Thrift Store Winter Fun! Puzzles and Games



### Spring Table Setting



## Thrift Store New Hours

Starting in April, the Thrift Store is changing their hours to overlap less with the Food Pantry. New hours will be **Thursday 9:00 a.m. to noon** (used to be Tuesday 9-11 a.m.) and **Saturday 9:00 a.m. to 1:00 p.m.** (used to be 10:00-noon) We hope to see you there!

## Family Meeting

Due to the pandemic it has been a long time since our last Family Meeting. Not only do we want to reconnect with each other but we also have two major activities happening in 2022 - the search for a new priest in charge and an exterior painting campaign (see later article). Therefore look for a Family Meeting announcement in the next month or so. If you have any other topics or questions you would like to see discussed please let our Senior Warden know at 203-467-4229 or [bgcoulombe@gmail.com](mailto:bgcoulombe@gmail.com).

## February Vestry Meeting

**Next Meeting** - The next Vestry meeting will be Sunday, March 20th in the Library and via Zoom after the 9:00 a.m. service.

**Worship** - Starting Feb 27 we will return to in-person and Zoom hybrid worship.

**Building & Grounds** - All fire extinguishers were serviced per our normal six year cycle. The Food Pantry has offered to have the Great Hall floor professionally cleaned and

waxed after the bad weather ends. They also increased their monthly payment by \$100 and are taking over the full cost of the dumpster. The plow person is going to replace the curbing that was moved with the last snowplowing.

**Finance** - A few budget adjustments were approved so the current 2022 budget has a surplus of just over \$9,000.

**Technology** - the new office computer has been set up and some new file sharing procedures will allow for more visibility and remote access to church files.

**General** - The annual Parochial Report for ECCT was approved.



- March 3 - John Aurelius
- March 20 - Ian Reynolds
- March 21 - Madeline Hubbard
- March 29 - Ken Dougherty

### **Encouraging Words** **Audrey Sundwall**

I have not come to call the righteous, but sinners to repentance. *-Luke 5:32*

If we confess our sins, he is faithful and just, and will forgive our sins and cleanse us from all unrighteousness.  
*-1 John 1:9*

From that time Jesus began to preach, saying "Repent, for the kingdom of heaven is at hand." *-Matthew 4:17*

Just so, I tell you, there is joy before the angels of God over one sinner who repents.  
*-Luke 15:10*

If my people who are called by my name humble themselves, and pray and seek my face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land.  
*-2 Chronicles 7:14*

### **Intercessory Prayers**

Alfred, Andrew, Barbuschak Family, Beverly W., Brandon, Carol Ude, David & Irene, Diane Link, Dot Tate, Ed, Ed, Eileen F., Elaine, Erick Villano, Faith, Francesca, Judy Herzman, Fred Bowden, Jack Uberti & Grandson Zayne, Jack & Jan McDonald, Jake Swanson, Officer James O'Donnell, Jay Medlyn, Jay W., Jim R. & Family, John Guida, Kathrine Burdick, Keith M., Leah S., Lee Hubbard, Linda Lonardo, Lucas Sundwall, Matt R., Maureen M., Mike, Nicole C., Rachael, Ray Sundwall Sr., Sallie Alexander, Sue R., 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.

### **Giving Opera Love**

Tony Lamberti has started a set of YouTube interviews showcasing his love of Opera. Check out the first episode where he talks about how it all began and his early influences.  
[https://youtu.be/\\_llwCg\\_SdFE](https://youtu.be/_llwCg_SdFE)



## **Episcopal Church in CT (ECCT)**

### **Spring Training!** **Online March 21 - April 2**

*God's Radical Hospitality: "Together we'll change the world"*

Join us for ECCT's Annual Spring Training & Gathering. This year – as we consider presentations about everything from Worship, Vestries, and Creation Care to Parish Administration, Websites, and Discerning our Baptismal Call – we examine how everything we do as Episcopalians must answer the question: What about who we are and what we're doing is furthering God's reign of peace and justice in the world we call home?

We are offering 14 free workshops, twice each, at a variety of times Monday through Saturday. Access the Workshop Booklet & Schedule below and register or as many as interest you.

### **Registration opens March 1**

<https://www.episcopalct.org/spring-training/>



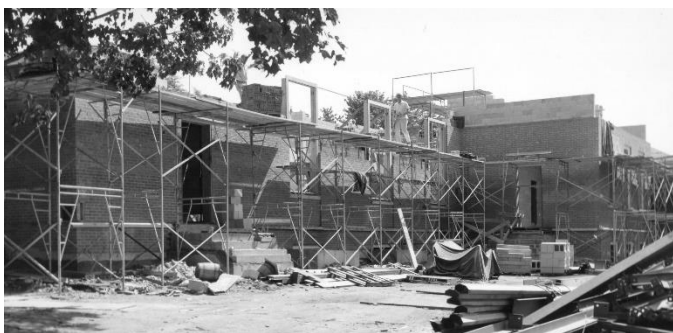
## The History Nook

Audrey Sundwall

### Our history continues...

With the members of Christ Church, Saint Mark's Mission, The Church of the Epiphany, and the Diocese of Connecticut in agreement, the merger of the two parishes became effective at the Diocesan Convention on May 21, 1963.

A piece of land on the East Haven Town Green was purchased from the Chidsey family and the architectural firm of Davis, Cochran, and Miller of New Haven was hired. Walter H. Cochran designed the buildings, to include the church proper and the parish hall for the newly combined congregations, which took the name of Christ and The Epiphany Church. W.J. Megin Company of Naugatuck was the General Contractor. Groundbreaking ceremonies took place on February 2, 1964, and the cornerstone was laid on September 27, 1964.



The building was designed to harmonize with the town green, which at that time was still surrounded on three sides by homes mostly of colonial era vintage. The church was designed in the Georgian Colonial style, and the red bricks for the exterior came from Williamsburg, Virginia. The Bradley endowment from the Church of The Epiphany funded the project.

As the former parishes merged and the new building was planned, great thought was put into bringing together vestiges of the three congregations into the new building. The Rev. John A. Budding, the rector of Christ Church became the rector of the newly formed parish. His was the driving force behind the new building, and he was intimately involved in its design and the furnishing of the inside. I recall touring through the unfinished building with my family and having Father Budding explain how elements from all three congregations would be included, so all parishioners could find some of what they were used to in our new building.



The building was consecrated by the Rt. Rev. J Warren Hutchens, Suffragan Bishop of Connecticut on December 6, 1964. The clergy and the choirs joined the Bishop outside the front doors of the church for the opening declaration. As a member of the Junior Choir that day, I remember being so excited that this brand-new bright and beautiful building was going to be our new church home. (I also remember hoping that the Bishop would hurry up because it was quite cold outside with only our choir robes on!)

The service was followed by a tea sponsored by the Ladies Senior and Junior Guilds. The following week's Sunday Bulletin tells us that over 600 people had filled the church for services the week before.

## Next issue

The deadline for the April issue is **March 22**. 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.

## Refreshing our House

Astrid Swanson & Wendy Bellmore

This year we are striving to get the exterior of our lovely parish home painted. A Painting Capital Campaign Committee has been formed and is being led by Astrid Swanson. We want to raise money to paint the columns in the front of the church, the windows and the ten outside doors. Like our own homes, we have to maintain our church home. This request is a big request that will likely last a full year (if not longer).

ECCT has a matching grant program for building and grounds improvements starting June 1, 2022. Wendy has already started an application. These funds are a maximum \$6,000-\$8,000, require parish matching and access to them is highly competitive. "Matching" means the requesting organization is required to bond at least 50% of the cost of the grant. So if we present project costs of \$12,000 and are granted \$6,000, we must fund the additional \$6,000 to meet the total project cost.

Our painting contractor has given us a bid with prices for each component of the project and they have been organized into Phases.

**Phase 1:** Our face to the community. This phase reflects our desire to give our home a welcoming appearance, and display our stewardship to God's house.

**Phase 2:** Parish Hall. This phase moves to the parish hall for the upper story window painting. Not included are the parish hall ground floor window frames which we painted ourselves several years ago. It also does not cover the north and south parish hall doors. Could we find the energy to paint these ourselves?

**Phase 3:** Repair of Steeple and Soffit. An addenda will be presented later detailing any bids we might be able to secure for these important maintenance items.

You may donate any amount you would like, whether it be on a regular basis or as a one time contribution. All donations are confidential. Simply indicate with your donation or intended commitment that it is for the "painting campaign".



### Phase 1

2 red doors/white frame (\$400/ea)	\$800
2 columns (\$800/ea)	\$1,600
4 west facing doors (\$450/ea)	\$1,800
north & south narthex, office, chapel	
9 stained glass window frames (\$350/ea)	\$3,150
<b>Total all Phase 1</b>	<b>\$7,350</b>

### Phase 2

16 upper Parish Hall frames (\$300/ea)	\$4,800
<b>Total all Phase 2</b>	<b>\$4,800</b>

[All known costs Phase 1 and 2: \$12,150]

### Phase 3

Steeple repair and painting	(TBD)
Upper soffit repair and painting	(TBD)

Note that we have an angel benefactor who has already committed to paying for the painting of the two white front columns. *"With Thanksgiving and Love for all the members of Christ and The Epiphany"*.

When the ECCT application window opens the Vestry will evaluate how much we have in contributions/commitments and will determine the appropriate grant amount request.

## From the Bookshelf

### Christian Mindfulness

Barbara Coulombe



Recently, I completed a four-week study of Amy G. Oden's book *Right Here, Right Now* detailing many practices of Christian Mindfulness. Over the years, I have participated in various mindfulness workshops and some things I have done naturally not even realizing I was "practicing" this art!

"Christian mindfulness" is the practice of paying prayerful attention in the present moment to appreciate the abundance of our life in God. Many years ago, I read of a similar theme by Brother Lawrence, a monk in the 1600s, who gave counsel to "practice the presence of God" in all things, even the most ordinary tasks like washing the dishes.

The author is quick to admit that although the term "Christian mindfulness" is not found in our scriptures, the essence of it is found in Jesus' spiritual teaching of having "eyes to see and ears to hear." The practice is rooted in the most basic witness of Jesus - *God with us, right here, right now*. Jesus proclaimed the reign of God is at hand here and now and is available for us all if we pay attention to the present moment of God's life and mission in the world. Thus, Christian mindfulness with its deep roots in early Christianity is a way to abide in Christ. The Rule of Benedict (8<sup>th</sup> century) set fixed times of communal prayer to recognize God in the midst of work. And "Lectio Divina" or holy reading where Christians read to be with God rather than just for information dates to the Roman world.

We live in a culture that rushes through daily life, going breathlessly from one thing to the next. Our minds are constantly multitasking by jumping ahead to the next thing while doing the current one. We are rarely truly present to the moment we are living. This lifestyle breeds a hunger in us that simply longs to be one person living one life rather than feeling like we are several people living multiple lives with too much busyness and overstimulation. By practicing Christian mindfulness and paying prayerful attention to the *now*, we can turn our attention away from those things that distract us from the present moment. This practice makes us expect to discover something about what God is up to. We become authentic, grateful as we open our hearts to others with deep compassion and understanding.

There are many practices (too many for this article!) but here are some you might want to try this Lent.

- \* Use a **Breath Prayer** to become more aware of your breath in your body. Say "here" as you breathe in and "now" as you breathe out. You can use different words from scripture such as "Jesus", "peace", and "Come Holy Spirit."
- \* Pray the **Prayer of St. Patrick** (5th Century) "Christ with me, Christ before me, Christ behind me, Christ within me, Christ beneath me, Christ above me, Christ to right of me, Christ to left of me."
- \* Perform a **Daily Examen** to examine each day looking for traces of God at work.
- \* Practice a **Prayer of Recollection** inspired by Teresa of Avila (16th century). "Recollect" or remind yourself that God dwells with each of us right here, right now.
- \* Say a **Jesus Prayer** that focuses on mercy in the present moment. "Lord Jesus Christ, Son of God, have mercy on me" is a simple form.

Christian mindfulness gives witness to the abundant life in the way of Jesus- a life awake to the reign of God here and now, and to come. It is a way we can proclaim good news in our time. We make a witness when we live a free, real, rooted, grateful and openhearted life. As Amy Oden writes: “Perhaps never before in human history has the practice of Christian mindfulness been more critical or more life-giving.

This particular historical moment cries out for spiritual practices that point to the holy in our midst, that call us to the sacred center that holds our lives, that remind us who we really are as beloved by God.”

## Treasurer Report

Susan Shultz

	JAN	(UNDER)/OVER BUDGET	YTD	(UNDER)/OVER YTD BUDGET
INCOME	\$12,065.88	(\$740.12)	\$12,065.88	(\$740.12)
EXPENSES	\$11,683.45	\$354.45	\$11,683.45	\$354.45
NET	\$382.43	(\$1,094.57)	\$382.43	(\$1,094.57)

Notes: Pledges were slightly down for January but that is normal for the beginning of the year. Utilities were a little higher than expected and we had some unbudgeted maintenance expenses but we had less snow plowing than budgeted resulting in just a slight overage from budget.

## A Prayer for the Election of our XVI Diocesan Bishop

*Please continue to pray for the Bishop Transition Committee.*

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.*

## A Prayer for Transition and Guidance

*Pray for our parish as we search for a new Priest in Charge.*

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.**

## Saint Spotlight - *Who was St. Patrick?*

Saint Patrick was a fifth-century Romano-British Christian missionary and bishop in Ireland. Known as the "Apostle of Ireland", he is the primary patron saint of Ireland. Patrick was never formally canonized, having lived prior to the current laws of the Catholic Church. Nevertheless, he is venerated as a Saint in the Catholic Church and in the Eastern Orthodox Church, where he is regarded as equal-to-the-apostles and Enlightener of Ireland. He is also regarded as a Saint by the Anglican Communion and the Lutheran Churches.

The dates of Patrick's life are unclear, but there is general agreement that he was active as a missionary in Ireland during the fifth century. Early medieval tradition credits him with being the first bishop of Armagh and Primate of Ireland, and regards him as the founder of Christianity in Ireland (despite evidence of some earlier Christian presence in Ireland).



According to the Confession of Saint Patrick, at the age of sixteen he was captured by a group of Irish pirates, from his family's Villa. They took him to Ireland where he was enslaved and held captive for six years. Patrick writes in the Confession that the time he spent in captivity was critical to his spiritual development. He explains that the Lord had mercy on his youth and ignorance, and afforded him the opportunity to be forgiven his sins and convert to Christianity. While in captivity, he worked as a shepherd and strengthened his relationship with God through prayer.

After six years of captivity he heard a voice telling him that he would soon go home. Fleeing his master, he travelled 200 miles to a port and sailed to Britain. After returning home, Patrick continued to study Christianity and after becoming a cleric, he returned to northern and western Ireland. In later life, he served as a bishop, but little is known about the places where he worked. By the seventh century, he had already come to be revered as the patron saint of Ireland.

Legend credits Patrick with teaching the Irish about the doctrine of the Holy Trinity by showing people the shamrock, a three-leafed plant, using it to illustrate the Christian teaching of three persons in one God.

A later legend has attributed the banishment of all snakes from the island to Patrick who chased them into the sea after they attacked him during a 40-day fast he was undertaking on top of a hill. However, all evidence suggests that post-glacial Ireland never had snakes.

There is also a legend that during his evangelising journey back to Ireland from his parents' home, he carried an ash wood walking stick or staff. He thrust this stick into the ground wherever he was evangelising and at the place now known as Aspatria (ash of Patrick), the message of the dogma took so long to get through to the people there that the stick had taken root and become a tree by the time he was ready to move on.

The hymn *Saint Patrick's Breastplate* also known as *I bind unto myself to-day* comes from an incantation attributed to Patrick during his Irish ministry in the 5th century. In 1889 Cecil Frances Alexander wrote the metrical translation for the Irish Church Hymnal using music from two traditional Irish tunes, *St. Patrick and Gartan*, arranged by Charles Villiers Stanford. It is often sung on Trinity Sunday and is unique among standard hymns because the variations in length and meter of verses (one tune is sung at half-length for some verses while in full for other verses and there is a second entirely different tune).

Saint Patrick's Day is observed on March 17, the supposed date of his death and now celebrated as his Feast Day.



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

	<b>Mar 2</b>	<b>Mar 6</b>	<b>Mar 13</b>	<b>Mar 20</b>	<b>Mar 27</b>
	<i>Ash Wed</i>				
Usher	Wendy Bellmore	Astrid Swanson	Audrey Sundwall	Melanie Miller	Diane Villano
Lay Reader	George Coulombe	Barbara Parsons	Richard Mead	Wendy Bellmore	Audrey Sundwall
Crucifer	George Coulombe	George Coulombe	George Coulombe	George Coulombe	George Coulombe
Acolyte	George Coulombe	Audrey Sundwall	George Coulombe	Audrey Sundwall	George Coulombe
Morning Prayer Officiant	n/a	n/a	n/a	n/a	n/a
Lead Counter	George Coulombe	George Coulombe	Astrid Swanson	George Coulombe	Susan Shultz
Asst Counter	Barbara Coulombe	Melanie Miller	Fred Bowden	Barbara Coulombe	Audrey Sundwall

## Zoom Worship Connection Information

To connect by computer click:

<https://us02web.zoom.us/j/9933030663?pwd=VnU2RjAxZDg0WWcvbVA4RHdOd3ZUUT09>

To join by phone call:

929-436-2866

Meeting ID = 993 303 0663

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 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).