



CHRIST AND THE EPIPHANY

VOLUME 27

October 2023



change of season, the promise that the coming of autumn heralds another ending, a new beginning, and the wonder of another winter, another spring, another summer, yet to come.



**Episcopal
Church in CT
(ECCT)**

Annual Convention

The 239th annual convention, titled “Be of Good Courage”, is October 27-28 at the CT Convention Center in Hartford. Barbara Coulombe and Astrid Swanson are our elected voting delegates and everyone is welcome to attend. Details available at www.episcopalct.org

September Vestry Summary

Next Meeting - The next Vestry meeting will be Sunday, October 22nd after the 9:00 a.m. service in the library and via Zoom.

Worship - A discussion was held around how to enhance our Morning Prayer services. The worship committee will meet (all are welcome) to work on some ideas. We have a new Supply Clergy - Emilie Finn who will be with us three Sundays this Fall.

Worship Services

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

(Zoom connection information at the end of newsletter.)

Events

Junk in the Trunk, Sunday, October 1, 8:00 a.m.-12:00 p.m., with Bake Sale and Carol’s Kitchen

Blessing of the Animals, Sunday, October 1, 10:30-12:00, collecting for the East Haven Animal Shelter

Autumn Book Study, Tuesdays September 5 through October 17, 7:00-8:00 p.m.

Autumn Praise

Bob Hostetler

I praise you, Lord, for autumn: for falling temperatures and morning chill, trees turned gold and red, brown and orange, falling leaves and blowing leaves, the smell of burning leaves, the joy of leaf-pile jumping.

I praise you, Lord, for autumn: the interplay of outside temperatures and inside warmth, the promise of cider and pumpkin bread, the blessing of blankets and sweaters.

I praise you, Lord, for autumn: the beauty and hope in the

George will reach out to ECCT about scheduling a bishop visit before the end of the year as we have not yet had one this year.

Building & Grounds - The Vestry approved an expenditure of \$850 to repair the front church steps. A friend of the parish has offered to paint lines in the parking lot for free. The Vestry approved a \$300 gift to the person for their effort.

On Sunday October 8, after the service, we will be having a special coffee hour where we will thank the volunteers who rebuilt our handicap ramp (and present them with checks for

their charities). Please join us for this thanksgiving moment. We are truly blessed by our many “friends of the parish” and all they do for us.

Altar Guild - Flower requests should be emailed to Carol to ensure that she knows about them, in addition to posting them in the Narthex.

Communication - Diane is leading the effort to build a C&E scarecrow (a “Holy Ghost”) for the 2023 Scarecrow Festival on the East Haven Green.

Communication and Pastoral Care will join together to create a checklist/guideline of steps to more formally include new parishioners in our membership.

General - The Vestry sent Andrew and Terry Osmon a financial gift in honor of their anniversary as well as thanks for all Andrew has done for us as Supply Priest.

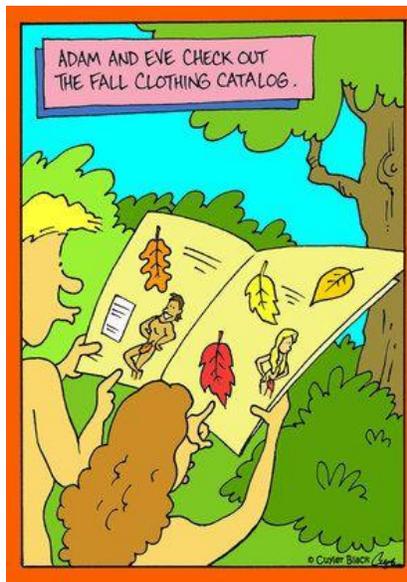
Enhancing Morning Prayer

With CT experiencing a supply clergy shortage, we are spending more Sundays with the Morning Prayer service. To keep our worship fresh and engaging, the Worship Committee is discussing ways to enhance these services. Ideas range from changing up the prayers used week to week to having special thematic Sundays such as Prayer & Praise, or Healing. If you have ideas, please consider joining the Worship Committee on Sunday Oct 8th after the

morning service. Or you can email your ideas to our Senior Warden, George Coulombe, at bgcoulombe@gmail.com.

Pastoral Care

If you are interested in joining the Pastoral Care team at C&E please reach out to Barbara Parsons (mannybarb1@gmail.com). There are many different ways you can participate in parish pastoral care from sending occasion cards, to visiting shut ins, to providing home communion. The Pastoral Care team is always happy (and looking) to expand their ranks so consider volunteering a bit of your time to make someone’s day!



Thrift Store News

From now until Sunday October 8th, the Thrift Store is having an End of Summer Half Price Sale where all summer clothes, shoes and pocketbooks are half-price which makes them only one dollar!

Then put the week of Oct 8th on your calendar as that week we will be doing the seasonal changeover from summer to winter. We need people to sort and size the new winter clothing (in the Great Hall) and swap out the shoes, hanging clothes and other items between summer stock and winter stock. There will be people at the Thrift Store all week generally from 9 am to 2 pm. Watch your email for more details. This is one of our great “many hands needed” semi-annual projects.

Kindness Rocks

Our Kindness Rocks session on Sunday, September 24th was well attended. In addition to many parishioners, we welcomed several people from the local community. Kristine Nigro, a local artist, inspired us to paint rocks with positive images and phrases to be left for others to find. Don’t be surprised to find some on our grounds and in our building! We’re looking forward to scheduling another session soon.

Autumn Book Study - My Neighbor’s Faith Diane Villano

Our Zoom book study on *My Neighbor’s Faith: Stories of interreligious Encounter, Growth, and Transformation*, edited by Jennifer Howe Peace, Or N. Rose, and Gregory Mobley continues through October 17.

Please send your spring book study suggestions to Diane.

Scripture Verses about Prayer

Audrey Sundwall

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you. *1 Thessalonians 5:16-18*

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

Be joyful in hope, patient in affliction, faithful in prayer. *Romans 12:12*

I will call on you, my God, for you will answer me; turn your ear to me and hear my prayer. *Psalms 17:6*

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. *Philippians 4:6*

Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak. *Matthew 26:41*

And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people. *Ephesians 6:18*



The Art of Mending

Diane Villano

In July I participated in a fascinating workshop at Trinity Retreat Center in West Cornwall, Connecticut, "Mending the New: Spirituality & The Art of Mending." Attendees from across the country learned a contemporary version of the traditional Japanese method of *kintsugi*, in which broken ceramic objects are mended with gold. Rather than just tossed in the trash, these fragments are mindfully and lovingly brought back together and become more valuable than before. We were invited to bring a broken object, and I found the perfect item, a chipped and previously-repaired vase sitting on the "free" table in the Good Shepherd Thrift Store. I mended it and literally and figuratively elevated it from the thrift store to the chest of drawers on the top of the north landing. Take a look and perhaps meditate on how the theological reflection cycle of wholeness, brokenness, recognition, reorientation, and restoration is experienced in your own life.



October 12 - Barbara Coulombe

October 13 - Hal Levi

October 23 - Vi Satterwaite

October 30 - Kristina Langlan

Intercessory Prayers

Presiding Bishop Michael Curry, Aiden & the Guida Family, Alexis, Alfred, Andrew, Barbuschak Family, Bohdan and Family in Ukraine, Brandon, Carol Ude, David & Irene, Diana, Diane Link, Dick, Doreen St. Germaine, Ed, Eileen F., Elaine, Faith, Fran Zella, Francesca, Geneva O'Donnell, Jack Uberti & Holly Chickos, Jack and Jan McDonald, Jason F., Jay Medlyn, Jay W., Jim R. & Family, Joan Shaffner, Joyce Aurelius, Kris, Laura R., Lauren, Leah S., Lucas Sundwall, Mark Pilletere, Matt R., Mike, Michael M., Minogue Family, Nicole C., Pat Walters, Rachael, Ray Sundwall, Sr., Sallie Alexander, Sam W., Stanley Rogalski, Susan Diaz, Thomas Brown, Tim, Tim S., Tricia Clearwater, Turiano Family, Wayne

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.

Parishioner Spotlight - Judy Herzman



Tell us about your family and any pets you may have.

I'm an only child and was married nearly 52 years. I have a daughter, a son and three grandchildren. I moved from Cheshire after Fred passed, and live at Ashlar Village in Wallingford with my dalmatian named Smudge. What a special animal he is.

What is your favorite pastime?

I love to read and am trying to get back into cooking and baking. Since moving, a favorite pastime is sitting on my patio which overlooks a lake to enjoy nature. I'm somewhat lazy these days.

What is the one thing about you that no one at church knows?

I was a Rainbow girl, a Past Worthy Advisor, and a Grand Representative to the State of Alabama. I took second place in an 8th grade oratorical contest. I recited "The Creation" by James Weldon Johnson. I must mention that Barbara Coulombe knows all of this. I couldn't think of anything she didn't know (for good or bad!).

What brightens your day?

Opening my eyes, my dog's smile - yes smile, a good cup of coffee and being able to read my paper and passages from "Morning with Jesus" and other inspirational passages or articles I have saved. I have a doe and her young that come into my yard. They are beautiful. A cardinal fills my heart with joy. A call from my best friend. I'll give you a clue. She plays the organ at C & E.

What brought you to Christ and The Epiphany?

My best friend introduced Fred and I to Zoom on Sunday mornings. We sang, prayed, and became very close spiritually. It felt very comfortable and welcoming. I knew that after Fred passed I would have a spiritual home, and here I am. C & E is a warm, loving and comfortable community. I transferred my membership earlier this year and know how lucky I am to worship with all of you. It is home.

In what ways do you serve your church or community?

I got a call from George Coulombe one evening asking if I would like to become a Lay Reader. I thought about it and said yes. It is a true blessing. I feel a sense of purpose and peace. It is something I cannot express verbally. Recently George asked if I would take the Presider part, if needed. The answer was yes. God does work in mysterious ways. Many years, or "decades" ago, I taught Sunday School. I did go to Sunday School for twelve years and "Young People's Fellowship."

What is your fondest childhood memory?

Growing up in a home with two wonderful parents who taught me values, and to respect and do my best, and my Grandma living with us. A close second would be taking the train to NY and then to Yankee Stadium with my Dad. What a special time. I got to see some of the Yankee greats.

What is or was your occupation prior to retirement?

For twenty-six years I was a receptionist and accounts manager (collections) for a dental practice.

Do you have a favorite psalm, Bible Passage, or inspirational source you would like to share with us?

The 23^d psalm is my all-time favorite. It has a very special place in my heart. Another inspirational source is "Footprints." My dear friend made me a needlepoint. It is very special. My mom gave me a copy of the "Serenity Prayer." I've had it for over fifty years.

I have no idea of the author, but I keep this on my refrigerator.

"We all carry around baggage that weighs us down. But we don't have to! Those old regrets? Leave them behind! Those self doubts? Ditch them! Those worries and what-ifs? Cast them aside! They're in the past, and now you are free to live your beautiful future!"

Also -

"I close my eyes to old ends, and open my heart to new beginnings." - Nick Frederickson

And -

"Life does allow do overs."

The world starts over every day, and so can you! Each dawn brings the opportunity to rethink decisions or make new choices, to give yourself a fresh start, or a second chance, and to make brave steps forward. Big or small, they all move you ahead! - Author unknown

Psalm 23 and Reflection

Ravi Zacharias

from *The Grand Weaver: How God Shapes Us Through the Events of Our Lives*

The Lord is my Shepherd
That's Relationship!

I shall not want.
That's Supply!

He maketh me to lie down in green pastures:
That's Rest!

He leadeth me beside the still waters.
That's Refreshment!

He restoreth my soul:
That's Healing!

He leadeth me in the paths of righteousness
That's Guidance!

For his name's sake.
That's Purpose!

Yea, though I walk through the valley of the shadow of death,
That's Testing!

I will fear no evil:
That's Protection!

For thou art with me;
That's Faithfulness!

Thy rod and thy staff they comfort me.
That's Discipline!

Thou preparest a table before me in the presence of mine enemies:
That's Hope!

Thou anointest my head with oil;
That's Consecration!

My cup runneth over
That's Abundance!

Surely goodness and mercy shall follow me all the days of my life:
That's Blessing!

And I will dwell in the house of the Lord
That's Security!

Forever.
That's Eternity!

Contributed by Astrid Swanson

A Prayer for Transition and Guidance

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.**

Being a Christian is like being a Pumpkin:



God picks you from the patch and brings you in. (John 15:16)
 Then He washes all the dirt off of you. (2 Corinthians 5:17)
 He opens you up and scoops out all the yucky stuff. He removes the seeds of doubt, fear, hate, and greed. (Romans 6:6)
 He carves you a new smiling face. (Psalm 71:23)
 And He puts his light inside of you to shine for all the world to see. (Matthew 5:16)

Halloween Reflections

Charles Hoffacker, November 01, 2006

Extracts from Sermons that Work, EpiscopalChurch.org

It's Christian confidence that makes Halloween a light-hearted time. Just as many who are not Christian share the joy of Christmas each year because the light of Jesus is abundant, even so many who are not Christian share our confidence at Halloween because grace is abundant. It overflows.

So the Halloween wisdom of children comes down to this: There are monsters under the bed, but we can face our fears, and by grace and struggle be set free from them. This is infinitely preferable to the common adult attitude that denies monsters under the bed, yet insists on remaining fearful. The children have caught the Gospel. Their hearts are filled with faith and fun.

Treasurer Report

Susan Shultz

	AUG	(UNDER)/OVER BUDGET	YTD	(UNDER)/OVER YTD BUDGET
INCOME	\$6,792.96	\$116.46	\$69,335.61	\$8,246.31
EXPENSES	\$6,014.09	\$631.68	\$64,191.63	(\$12,424.15)
NET	\$778.87	(\$515.22)	\$5,143.98	\$20,670.46

Notes: Once again we are remarkably on our budget target. See how close our income is and this is even without the return of the Community Kitchen. Although our surplus will likely diminish after some needed repair work and some increased insurance expenses, it is still looking like we could end the year in the black rather than the deep red we had feared.

Next Issue

The deadline for the November issue is **October 24**. 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.

	<u>October 1</u>	<u>October 8</u>	<u>October 15</u>	<u>October 22</u>	<u>October 29</u>
Service	Eucharist	Morning Prayer	Eucharist	Eucharist	Morning Prayer
Presider/ Officiant	Rev. Evelyn Wheeler	Audrey Sundwall	Rev. Emilie Finn	Rev. Emilie Finn	Barbara Parsons
Crucifer	George Coulombe			George Coulombe	
Acolyte	Audrey Sundwall		Diane Villano	George Coulombe	
Lay Reader	Barbara Parsons	Wendy Bellmore	Gail Beck	Judy Herzman	Audrey Sundwall
Usher	Pat Walters	George Coulombe	Barbara Parsons	Diane Villano	Wendy Bellmore
Zoom Tech	Susan Shultz	Susan Shultz		Susan Shultz	Susan Shultz
Lead Counter	George Coulombe	Astrid Swanson	Pat Walters	Susan Shultz	George Coulombe
Ass't Counter	Ray Clearwater	Fred Bowden	Melanie Miller	Audrey Sundwall	Ray Clearwater

Clergy, Vestry and Staff

Priest-in-charge	Open
Senior Warden	George Coulombe
Junior Warden	Barbara Parsons (& Outreach)
Treasurer	Susan Shultz (& Technology)
Clerk	Gail Beck
Vestry Member	Ray Clearwater
Vestry Member	Carol Link-Ude (& Altar Guild; Hospitality & Fund Raising)
Vestry Member	Audrey Sundwall (& Communications)
Vestry Member	Astrid Swanson
Vestry Member	Diane Villano (& Newsletter)
Music Director	Barbara Coulombe
Parish Administrator	Diane Rowley

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 George Coulombe at bgcoulombe@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

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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