



CHRIST AND THE EPIPHANY

VOLUME 29

October 2025



Animals in the Bible Bible Dictionary Today

As we celebrate St. Francis this month, let us consider animals in the bible. The Bible is rich with symbolism and imagery, and one of the most prominent motifs throughout its texts is the presence of animals. Each creature mentioned carries deep spiritual significance and often conveys moral lessons, cultural contexts, and divine truths.

Animals in the Bible serve various functions, from symbols of God's creation to representations of human characteristics. They are often used to illustrate spiritual truths, moral lessons, and God's relationship with humanity. For instance, in Genesis, God created animals on the sixth day, stating, "Let the earth bring forth living creatures according to their kinds" (Genesis 1:24, ESV). This highlights the importance of animals as part of God's creation, emphasizing their

role in the ecosystem and their relationship with humans.

The cultural context of the ancient Near East heavily influenced the biblical portrayal of animals. Many animals were viewed as symbols of power, fertility, and divine favor. For example, the Egyptians worshipped animals such as cats and ibises, attributing divine characteristics to them. In contrast, the Israelites had a more utilitarian view, seeing animals as part of God's creation meant for human stewardship.

The lessons derived from animals in the Bible can guide us in our spiritual journeys. For example, the humility of the lamb teaches us about the importance of meekness and sacrifice in our lives. In Matthew 10:16, Jesus advises His followers to be "wise as serpents and innocent as doves," emphasizing the need for discernment without losing our purity and innocence.

Animals also reflect various aspects of God's character. The nurturing instinct of a hen, as illustrated in Matthew 23:37, where Jesus expresses His desire to gather His people like a hen gathers her chicks, reveals God's love and protection. Understanding this imagery can deepen our

Worship Services

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

Events

Sunday, October 5, 10:30 a.m.
- 12:00 p.m., Blessing of the
Animals

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

relationship with God,
reminding us of His constant
care and desire for closeness.

Biblical animals are more than
just creatures; they are
profound symbols that convey
deep spiritual truths and
lessons. From the lamb of
sacrifice to the lion of Judah,
each animal enriches our
understanding of God's
creation, His character, and
His relationship with humanity.

By exploring the biblical
meaning and cultural context
of these animals, we can gain
insights that are relevant to
our spiritual lives today.
Embracing the lessons from
these animals encourages us
to live in harmony with God's
creation and reflect His
character in our lives.

*[Ed. Note - Check out our
library for books on Animals in
the Bible!]*

Blessing of the Animals

We will be holding our annual Blessing of the Animals Sunday October 5 from 10:30 a.m. to 12:00 p.m. on the green in front of the church. Rev. Charles Kamano will offer a special blessing for your pet in remembrance of St. Francis of Assisi. Well-behaved dogs on leashes, cats in carriers and other pets (or their photos) are welcome. Please bring donations of canned and dry pet food, treats, toys and bedding or money to benefit the East Haven Animal Shelter.

Bible Study

Bible Study will continue in the library following Sunday worship throughout all of October. Sessions will last about an hour. Get your coffee and snack and join us!



Oct 12 - Barbara Coulombe
Oct 13 - Hal Levi
Oct 30 - Kristina Langlan

Painting 47 Park Place

The Painting Party is ongoing over at 47 Park Place. Prep work has been completed and Brad has started the primer coat. Your help on Saturdays is still needed!

Other ways you can also help out include:

- * Monetary Donations for paint and painting products
- * Water/soda for the "gang"
- * Lunches

Around the Church

47 Park Place



2025 Scarecrow



Halloween at Thrift Store



Thanks to everyone
for a successful
2025 Harvest Fair!

September Vestry Meeting

Next Meeting - The next Vestry meeting will be Sunday, October 19th after the 9:00 a.m. service in the library and via Zoom.

Worship - Season of Creation prayers have been well received. Detailed procedures for all aspects of a Funeral have been written and reviewed.

Building & Grounds - Work continues on 47 Park Place. Power washing is complete. Need to determine how to handle the squirrel damage. The Choir Room is being cleaned out and organized.

Feast & Festivities - Fall Festival Bake sale was a big success. Thanks to the many bakers and all the helpers who gathered at the table.

General - Notifications sent to C&E volunteers who need Safe Church training and/or Background Checks.

East Haven Town Scarecrows

Christ and The Epiphany is once again entering a scarecrow into the East Haven town scarecrow display. But unlike our previous display - the *Holy Ghost* - this year we have a **Good Shepherd**. Thanks to all the volunteers who worked on this!



Ask Audrey! Audrey Sundwall

This month's question -
Why does the parish own 47 Park Place?

In December 1964, the newly formed parish of Christ and The Epiphany Church dedicated their recently built church and parish hall facing the Town Green. The architects designated an entrance driveway to the right of the buildings. A deeded right-of-way was granted to the church by the trustees of 47 Park Place for 10 years to use as an exit driveway from the parking lot. C&E used that right-of-way for the next 25 years with the consent of the owners.

In 1989 the church received word that the right-of-way was interrupted so it would not become permanent. At this time the last resident of the house, Dorothy Howard, had died and the church was uncertain about what the house trust was going to do with the property.

There was a great concern that a commercial enterprise, such as a fast-food restaurant, would purchase the property and that the church's exit drive would be lost. Some thought the property could be used to expand the church's ministry and even a short-lived idea to start a preschool. Therefore in 1990, the parish voted unanimously to purchase the property at a price of \$207,500.

No church use was ever found for the building, so it was

rented out to generate income. At one time it was rented to the East Haven Historical Society, and at another time the house was left vacant for several years. Presently there are tenants in the house.

For the past 35 years, the church has been responsible for the upkeep of this 1791 historic East Haven home. Parishioners have toiled, taking care of the building with no training on antique structures, and very little money to pay for repairs.

Several years ago the church was awarded a grant to have a historical architect review the house and report on its condition. It concluded that the house was in fair-to-good condition with a few deficiencies. There was a structural problem with the first floor, which needed to be attended to immediately. The Vestry approved that work which has been completed.

The house has been placed on the National Register of Historic Places due to its historical and architectural significant. It is one of the few remaining 18th century homes left in town.

As you know, the house is being painted at this point. We could not afford professional painters, so parishioners have taken on the responsibility of scraping and painting. If you can help, talk to Barbara Parsons and she will set you up with a job.

Let's get the Leverett Bradley house in good shape to grace the East Haven Town Green.



Annual ECCT Convention ECCT

ECCT's annual convention will take place the last weekend of October. This is a time when CT parishes gather together for worship, prayer, listening, learning, and to conduct the business of the Diocese. Look for a report next month from our delegates - Diane Villano and Astrid Swanson.

Encouraging Words - Audrey Sundwall

The wolf shall dwell with the lamb, and the leopard shall lie down with the young goat, and the calf and the lion and the fattened calf together; and a little child shall lead them.
-- *Isaiah 11:6*

Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?
-- *Matthew 6:26*

But ask the beasts, and they will teach you; the birds of the heavens, and they will tell you; or the bushes of the earth, and they will teach you; and the fish of the sea will declare to you. Who among all these does not know that the hand of the Lord has done this?
-- *Job 12:7-10*

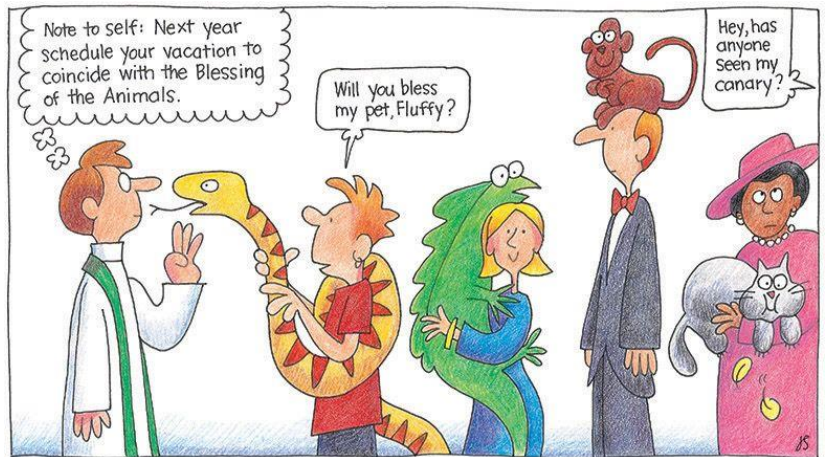
For every beast of the forest is mine, the cattle on a thousand hills. I know all the birds of the hills, and all that moves in the field is mine.
-- *Psalms 50:10-11*

Intercessory Prayers

Aiden & the Guida Family, Alexis, Amanda, Amy, Andrew, Barbuschak Family, Beth Flynn, Brandon, Carol Ude, Charlie & Kris Langlan, David & Irene, Diana, Diane Link, Debbie, Donna Hodge & Family, Dot Logan, Doug, Ed, Elaine, Ellen McDonald, Erick Villano, Faith, Family in Ukraine, Francesca, Gail, Gail & Marnie, Geneva O'Donnell, Hal Levi, Holly Chickos, Holly, Jan McDonald, Jim R. & Family, Joan Shaffner, Kathy, Kathy Guida, Kira, Korey Mollor, Kris, Lauren, Lucas Sundwall, Rev. Lucy, Matt R., Maureen McPherson, Mike, Michael M., Mila, Minogue Family, Nicole C., Pat Walters, Rachael, Regina Schwall, Richard Testa, Sallie Alexander, Sam W., Susan Diaz, 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.

Next Issue The deadline for the November issue is October 21st. Send submissions 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.



Inside Out Carol Mead

Psalm 34: I will bless the Lord at all times...Who among you loves life and desires long life to enjoy prosperity? Keep your tongue from evil-speaking and your lips from lying words. Turn from evil and do good; seek peace and pursue it.

A principle called “ahimsa” is “a philosophy of compassion and respect for all living beings.” One writer spoke of the concept, saying that we should practice that compassion not only for others, but should, “turn that same gentleness inward” to ourselves. [Ed note - some may remember Jim Honore whose car license plate was “AHIMSA”]

Human beings obsess about finding happiness, but we rarely look for that quality within ourselves. We feel we must keep up with others in superficial ways, neglecting to love our own souls with the inner peace of God.

Psalm 34 asks, “Who among you loves life and desires long life to enjoy prosperity?” Since all persons share those desires, the writer suggests a route to those goals. He writes, “Keep your tongue from evil-speaking,” and “Turn from evil and do good.” In those choices we make within our souls—rather than the accomplishments we make outside—we “seek peace and pursue it.”

I will not find peace externally until I seek, inside, my loving and gracious God. World peace cannot come until we find a measure of peace within our own hearts. We must “turn the gentleness inward,” and use the resulting compassion to “seek peace” with every person we meet.

Ahimsa for America

We're way too angry...

Jessie Osmun

The other day, as I was driving to pick up a pizza, I noticed an altercation happening to my passenger side, at a local gas station. A middle-aged black woman was gesturing and raising her voice at someone who later turned out to be a fat white guy in a beater Toyota. The guy pulled through as she was pumping gas and an argument apparently was ensuing. Not one to let it go, as the woman told him off (in no uncertain terms) the man put his car in park, actually *got out of the car* and started walking in the direction of the woman, cursing expletives at her. Eventually he flipped her off, called her a B*tch, got back in his car, and drove off. Dad and I were left wondering what had sparked this heated exchange. Road Rage? Did they know each other? Was the guy being racist? Of course I'll never know, but it made me think lately about something that's been troubling me ever since my Charlie Kirk post: *America is REALLY FREAKING ANGRY*. Just walking around, I have noticed a lot of unspoken tension. People don't look at each other, cashiers seem tense and moody, cars honk as soon as the light turns green. Commenters on simple news threads call each other names. Someone I know who never wanted a gun now has her gun permit and is buying herself a handgun to go with her new Concealed Carry permit. We, as a nation, seem to be ready to turn red with rage at the drop of a hat.

Into this mix, a colleague leading Dharma Recovery discussed Ahimsa, a concept from Buddhist teachings. Ahimsa, a sanskrit word, means "Non-violence" and is a principle of treating all beings with dignity and respect. Ahimsa encompasses thought, speech, and action recognizing that our speech and actions may look like one thing while we harbor angry thoughts of harm against another. Speaking about the concept of Nonviolence, Buddhist Monk and wisdom teacher Thich Nhat Hanh said the following:

It's clear that the fate of each individual is inextricably linked to the fate of the whole human race. We must let others live if we ourselves want to live. The only alternative to coexistence is co-nonexistence. A civilization in which we must kill and exploit others in order to live is not a healthy civilization. [...] To bring about peace within the human family, we must work for harmonious co-existence. If we continue to shut ourselves off from the rest of the world, imprisoning ourselves in narrow concerns and immediate problems, we're not likely to make peace or to survive. The human race is part of Nature. We need to have this insight before we can have harmony between people.

Some may not agree with me, but I have come to believe that addictions and compulsions are, in fact, a form of violence to self (and sometimes others). My process addiction was brutal to my mind and my spirit. It played with my emotions, drained and exhausted me, made me angry at myself too many times to remember, and pummeled me with self-doubt and shame. Many of my friends and colleagues who have been chemically addicted can tell you how punishing using substances was on their body and health. In order to buy drugs, one has to have drugs to sell another person. In order to sell favors, one must have a body with which to offer up. Both actions are transactional and create an exploitative relationship for the user and the person offering. One is lured into paying for cravings, and the other knows his or her customer is weak enough to fall for it and keep coming back for more. The hook itself creates a vicious cycle that damages mind, body, and spirit. I doubt any of my colleagues would disagree with this assessment.

In talking about how I practice prayer and emotional self-regulation, someone asked me "So..You don't get Angry? You're not stressin sometimes?". I replied that I'm human, and yes..I **DO get angry at things like injustice, cruelty, racism, people who throw my past in my face**. The point is not the anger the point is that I channel the anger into action to better myself and help others. Part of this shift is acknowledging that the world is shitty sometimes, but also beautiful. It is both fair and unfair, reasonable and unreasonable. We must avoid trying to paint our world as one or the other and reconcile with the facts that are there. If all I see is an unfair world, violence arises in me. If I recognize that I am not entitled to automatic fairness, I can have compassion for my failings and those of others. If I can do this, there's hope that we as a nation can as well.

ECCT 2024-2025 Prayer Cycle



October 5	Parishes: Trinity, Torrington; Christ Church, Trumbull; Trinity, Trumbull Additionally: All creatures great & small Anglican Cycle of Prayer: The Anglican Church of Tanzania
October 12	Parishes: St. John's, Vernon; St. Paul's, Wallingford; St. John's, Washington Additionally: Young adults, young adult ministries & networks. The Episcopal Service Corps & the Young Adult Service Corps of The Episcopal Church Anglican Cycle of Prayer: The Church of the Province of Uganda
October 19	Parishes: St. John's, Waterbury; St. James's, West Hartford; St. John's, West Hartford Additionally: Convention planning committee; Convention worship committee; all who participate in Annual Convention Anglican Cycle of Prayer: The Episcopal Church
October 26	Parishes: Holy Spirit, West Haven; St. Paul's, Westbrook Additionally: Diocesan Episcopal Church Women & Diocesan Altar Guild. For local ECW chapters & parish altar guilds Anglican Cycle of Prayer: The Church in Wales

Treasurer Report

Susan Shultz

	AUG	(UNDER)/OVER BUDGET	YTD	(UNDER)/OVER YTD BUDGET
INCOME	\$ 12,925.45	\$ 4,984.12	\$ 86,373.24	\$ 8,370.10
EXPENSES	\$ 8,768.42	(\$ 1,212.95)	\$ 88,338.51	\$ 219.55
NET	\$ 4,157.03	\$ 3,771.17	(\$ 1,965.27)	\$ 8,589.65

Notes: August saw us pretty much on track. Little overages here and there but some increased revenue from the Thrift Store kept us fairly in line. The overage in income was due to the Food Pantry payment which we had budgeted in a different month. As you can see, one nice thing is that at the moment it appears we have cut our expected annual deficit (\$13,000) in half (we are \$8k better than budget).

SAFE CHURCH TRAINING SCHEDULE (OCT-DEC)

Safe Church is a requirement of The Episcopal Church for all ordained persons, adults who minister with minors, youth in leadership roles, and adults who minister with vulnerable humans. Safe Church practices include training, background checks, and audits. All C&E volunteers are required to take Safe Church training. 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.

- Oct 9, 6:00 p.m.-9:00 p.m. - Recertification via Zoom
- Nov 9, 1:00 p.m.-4:00 p.m. - Comprehensive via Zoom
- Nov 22, 9:00 a.m.-12:00 p.m. - Recertification via Zoom
- December 4, 6:00 p.m.-9:00 p.m. - Comprehensive via Zoom
- December 16, 9:00 a.m.-12:00 p.m. - Recertification via Zoom

Register online at www.episcopalct.org

Worship Schedule 9:00 a.m. (unless otherwise noted)

	October 5	October 12	October 19	October 26
Service	Eucharist	Morning Prayer	Eucharist	Eucharist
Presider/ Officiant	Charles Kamano	Kristina Langlan	Charles Kamano	Allyson Brundige
Crucifer	George Coulombe		Kristina Langlan	George Coulombe
Acolyte	Kristina Langlan		Audrey Sundwall	George Coulombe
Lay Reader	Anthony Reckart	Barbara Parsons	Brad Conant	Wendy Bellmore
Usher	Barbara Parsons	Kathy Dougherty Ken Dougherty	Diane Villano	Kristina Langlan
Zoom Tech	Susan Shultz	Susan Shultz	Susan Shultz	Susan Shultz
Lead Counter	Astrid Swanson	Susan Shultz	George Coulombe	Astrid Swanson
Asst Counter	Audrey Sundwall	Melanie Miller	Barbara Coulombe	Evelyn Conant

Clergy, Vestry and Staff

Priest-in-charge	Rev. Charles L. Kamano
Senior Warden	Diane Villano
Junior Warden	Barbara Parsons (& Outreach)
Treasurer	Susan Shultz (& Technology)
Clerk	Kristina Langlan
Vestry Member	Ray Clearwater
Vestry Member	Carol Link-Ude (& Altar Guild; Hospitality & Fund Raising)
Vestry Member	Astrid Swanson
Vestry Member	Pat Walters
Vestry Member	Brad Conant
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 the office at christandtheepiphany@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

39 Park Place
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