



# CHRIST AND THE EPIPHANY

VOLUME 30

February 2026



## A Message from our Bishop

The Rt. Rev. Jeffrey W. Mello  
Bishop Diocesan

I come to you as my heart breaks like I'm sure yours does, with the news of yet another murder at the hands of federal agents in Minneapolis, this time a peaceful protester, a 37-year-old ICU nurse. With the news out of Maine of a law-abiding correctional officer detained illegally by ICE and a general sense that things are continuing to spiral out of control—and we've been here before as a country. We need not look to other places to learn from history. We know that in our very own country, it was federal agents who participated in picking up African Americans who had been enslaved. It was federal agents who were used to pick up illegally indigenous peoples across this country. And here we are again—federal agents under the guise of wanting to make this country a safer place, is having exactly the opposite effect, and it is raising the stakes and causing us to be less safe. And as a people of faith, we need to be very clear that as followers of Jesus Christ, this is not who we are called to be, and this is not behavior we can condone.

We must make our voices clear and known, and we must call on our elected officials to make change and to make it now. We must put an end to this reign of fear and terror and seek a new way of coming together to imagine the dream that God has for us all as beloved children of God with inherent dignity worth respecting. I hope you will join our siblings of faith all over the country in making our voices known and heard by showing up in every way you can, and by praying with one another and for one another. We ask in our baptismal promises, when you fall into sin, will you repent and return to the Lord? And so, we need not keep going down this road simply because we feel committed to it. It's not too late to turn to seek God's forgiveness, and one another's, to repair what has been broken, to seek and find the justice that God promises us.

We must make our voices known, and we must put an end to this reign of fear. Perfect love casts out fear, and it is that perfect love we are meant to bring to the world.



## Worship Services

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

Wednesday, Feb 18<sup>th</sup>, 6:30  
p.m., Ash Wednesday service

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

## Events

Tuesdays, Feb 17<sup>th</sup> - Mar 31<sup>st</sup>,  
7:00 p.m., Lenten Devotional  
discussion via Zoom

Wednesdays, Feb 18<sup>th</sup> - Mar  
25<sup>th</sup>, 12:15 p.m., EHU Lenten  
bible study (see schedule for  
locations)

## Inclement Weather

In the case of severe weather prohibiting in-person worship services the Communications Team will notify channels 9 and 61 for on-air and website postings. Our website and Facebook page will also be updated.

## “Super Bowl” Sunday

Don't forget that this winter we are collecting packaged and cans of soup for the East Haven Food Pantry. Please bring in your donation on or before Super Bowl Sunday - February 8. This Valentine month show your love for your neighbor.

## Lenten Happenings

Starting with Ash Wednesday on Feb 18<sup>th</sup>, there are a number of Lenten activities you can participate in.

### The Episcopal Church 2026

**Lenten Meditations** - This year's meditations written by Sister Monica Clare, an Episcopal nun, offer an invitation to rediscover-or deepen-holy habits of prayer, worship and engagement with Scripture. Check out [Lent Resources - The Episcopal Church](#) to sign up for the meditations and for other Lenten activities.

### Ecumenical Lenten Bible Study

Several churches in East Haven will take turns hosting a brown bag lunch bible study on Wednesdays at 12:15 p.m. to discuss the Gospel readings for the day or following Sunday:

- Feb 18: Old Stone Church, Matthew 6:1-6, 16-21
- Feb 25: Christ & The Epiphany, John 3:1-17
- Mar 4: Our Lady of Pompeii, John 4:5-42
- Mar 11: St. Vincent DePaul Church, John 9:1-41
- Mar 18: Old Stone Church, John 11:1-45
- Mar 25: Christ & The Epiphany, Matthew 21:1-11, Matthew 26:14-27,66

**Lenten Devotionals** - The Living Compass devotional booklets for 2026 - *Living Well Through Lent: Cultivating Healing and Wholeness in Heart, Soul, Strength, and Mind* - are available in English and Spanish in the Narthex, Thrift Store and staircases.

## Around the Church

### Our Worship Music Team

Barbara Coulombe  
Jesse Osmun  
Anthony Reckart



### New Vestry Members

Isadora Wilkenfeld  
Beverly Yurgiewicz



## Thrift Store Valentines



They can also be mailed by contacting the office or downloaded from [LivingCompass.org](http://LivingCompass.org). Free emailed daily reflections are also available.

### Lention Devotional Zoom

**Discussion** - Diane Villano will once again conduct a Zoom discussion series based on the Living Compass devotional booklets (see above). Sessions will be on Tuesday evenings at 7:00 p.m. on our normal C&E Zoom link. They will run from February 17 through March 31.



Feb 18 - Tony Lamberti

## Annual Meeting

The Annual Parish meeting took place on Sunday January 25 via Zoom. To request either an emailed or a USPS mailed version of the Annual Report call or email the church office.

### Elected for 2026:

Sr Warden: Diane Villano  
Jr Warden: Barbara Parsons  
Treasurer: Susan Shultz  
Clerk: Isadora Wilkenfeld  
At-Large: Beverly Yurgiewicz

### ECCT Delegates:

Anthony Reckart, Diane Villano  
Alternate: Barbara Parsons

### Continuing Vestry:

Ray Clearwater, Brad Conant,  
Astrid Swanson, Pat Walters

Thank you to everyone who attended! And to those that have served in the past and those who are serving in 2026.

## January Vestry Meeting

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

**Senior Warden** - Ongoing projects - attending weekly ECCT Bishop's Zoom meetings, working on Safe Church training compliance, working with EHU, and scheduling supply clergy.

**Building & Grounds** - We are researching possibly changing our furnace maintenance company as Viglione has become more difficult to work with.

**Treasurer** - 2026 budget approved by Vestry. We ended 2025 in the black by about \$2,500. A big swing from our projected \$13,500 deficit.

**Worship** - On Jan 4<sup>th</sup> we had Rev. Jean Baptiste-Rock for supply and some parishioners found his sermon hard to understand. The Worship Committee is meeting Feb 3<sup>rd</sup> at 7:00 p.m. via Zoom to discuss Lent and Holy Week.

**Feast & Festivities** - We are still looking for chair for the Feast & Festivities Committee.

**Thrift Store** - We were concerned that donations would fall off once the St. Pauly shed was removed but so far that hasn't happened. This month's uplifting story - A customer's daughter said there was a boy in her class who didn't have a winter jacket - we gave the customer one for free for him.



## Altar Flowers and Sanctuary Candle

The sign up sheet for Altar Flowers and the Sanctuary Candle is on the Bulletin board in the Narthex. Please consider memorializing or honoring a family member, or event in your life. Flowers are \$35 and Sanctuary Candles are \$10. You can put your check in the offering with a notation or give it to Carol Link-Ude.



Thanks to Ondrej Paska (See Matthew 14:24-33)  
**PETER FINDS HIS FAITH TO BE MUCH STRONGER IN THE WINTER**



**Remember to sign up for Coffee Hour**

## Encouraging Words for Lent

Audrey Sundwall

And the Spirit immediately drove him out into the wilderness. He was in the wilderness forty days, tested by Satan, and he was with the wild beasts, and the angels waited on him.  
---Mark:12-13

Humble yourself, therefore, under the mighty hand of God, so that he may exalt you in due time. Cast all your anxiety on him, because he cares for you.  
---1 Peter 5:6-7

Is not this the fast that I choose: to loose the bonds of injustice, to undo the straps of the yoke. To let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry and bring the homeless poor into your house; when you see the naked, to cover them and and not to hide yourself from your own kin?  
---Isaiah 58:6-7

And whenever you fast, do not look somber, like the hypocrites, for they mark their faces to show others that they are fasting. Truly I tell you, they have received their reward. But when you fast, put oil on your head and wash your face, so that your fasting may be seen not by others but by your Father who is in secret, and your Father who sees in secret will reward you.  
---Matthew 6:16-18



## **Ask Audrey!** Audrey Sundwall

This month's question -  
***Where would I find references to Lent in the Bible?***

The short answer is "You Won't." Lent is not mentioned anywhere in the Bible. Its origins seem to come from the early church. There are several still existing letters from the first few centuries after Jesus' death that mention a few days for fasting before Easter. After the Council Nicaea convened in 325 C.E. the date for Easter was set. It was soon after that Lent became more formalized, as a 40 day period of fasting and praying. The 40 days were of great significance in the Bible. Moses prayed for 40 days before receiving the Ten Commandments. Elijah went into the mountains for 40 days and nights before the "Word came to him." God flooded the earth for 40 days and 40 nights in the Flood Story. Perhaps most significantly, Jesus went into desert to fast and pray for 40 days and nights before he started his ministry.

In the early 600's, Pope Gregory regularized the period of Lent, to begin on a Wednesday, 46 days before Easter. He also instituted the ceremony of receiving ashes on the first day of Lent. Lent is 46 days from Easter because Sundays were not included in the count due to being considered "Little Easters."

From the early days of the Roman Catholic Church to the present day, Lent has been observed by that Church. Today, some of the mainline Protestant denominations like Lutherans, Methodists, Presbyterians, and Eastern Orthodox churches celebrate the season and others do not. In 1534 when the English split with the Roman Catholic Church and formed the Church of England (which eventually became the Anglican branch of Christianity), the practice of observing Lent was continued.



### **A Prayer for Lent**

Holy God, our lives are laid open before you: rescue us from the chaos of sin and through the death of your Son bring us healing and make us whole in Jesus Christ our Lord Amen.

### **Intercessory Prayers**

Aiden & the Guida Family, Alexis, Amanda, Amy, Andrew, Barbuschak Family, Beth Flynn, Brandon, Carol Ude, Charlie & Kris Langlan, Chris, Chris T., David & Irene, 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, Jan McDonald, Jim R. & Family, Joan Shaffner, John McPherson, John, Nate & Tyler McDonald, 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, Nicole C., Pat Walters, Paul Pera, 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.



**The Way of Love**  
Practices for a Jesus-Centered Life

<https://www.episcopalchurch.org/way-of-love/>

The Way of Love is a way of life. More than a program or curriculum, it is an intentional commitment to a set of practices. It's a commitment to follow Jesus: **Turn, Learn, Pray, Worship, Bless, Go, Rest**



## A New Archbishop of Canterbury The Anglican Communion



The Archbishop of Canterbury serves as the symbolic, spiritual head of the worldwide Anglican Communion, of which the US Episcopal Church is an autonomous member province. While in fellowship and historical unity with Canterbury, the Episcopal Church governs itself independently.

On January 28, Sarah Mullally was confirmed as the first female leader of the Church of England. She will be formally installed at the Canterbury Cathedral on March 25 as the 106<sup>th</sup> Archbishop of Canterbury.

“As I respond to the call of Christ to this new ministry, I do so in the same spirit of service to God and to others that has motivated me since I first came to faith as a teenager,” Mullally said. “At every stage of that journey, through my nursing career and Christian ministry, I have learned to listen deeply – to people and to God’s gentle prompting - to seek to bring people together to find hope and healing.”

Mullally’s selection reflects the culmination of three decades of incremental progress for women in the Church of England. From the ordination of female priests in 1994 to the consecration to bishops in 2015, the church has moved – some would argue slowly – toward gender parity. While her appointment may be hailed as groundbreaking, she inherits a church where gender and sexuality remain flashpoints. The ongoing rift over LGBTQ inclusion continues to be an issue that in parts of the Anglican Communion, a global body of over 85 million adherents, has threatened a schism. In the short-term, Mullally’s most daunting challenge will be reputational. She takes over at a time when the Church of England continues to reel from the fallout of multiple abuse scandals. Her predecessor, Justin Welby, resigned amid a chorus of criticism that he had failed to act swiftly regarding reports of sexual and physical abuse allegations.

-- excerpted from *Religion Unplugged*, Clemente Lisi (Oct 3, 2025)

## Lent

It is my Lent to break my Lent,  
To eat when I would fast,  
To know when slender strength is spent,  
Take shelter from the blast  
When I would run with wind and rain,  
To sleep when I would watch/  
It is my Lent to smile at pain  
But not ignore its touch.

It is my Lent to listen well  
When I would be alone,  
To talk when I would rather dwell  
In silence, turn from none  
Who call on me, to try to see  
That what is truly meant  
Is not my choice. If Christ’s I’d be  
It’s thus I’ll keep my Lent.

-- Christina Rossetti

**BIBLE**  
EMERGENCY NUMBERS

UPSET	-----	JOHN 14
WEAK	-----	PSALM 18:1-29
LONELY	-----	PSALM 23
SINNED	-----	PSALM 51
WORRIED	-----	MATTHEW 8:19-31
ANXIOUS	-----	PHILIPPIANS 4:4-9
UNHAPPY	-----	COLOSSIANS 3:12-17
IN DANGER	-----	PSALM 91
DEPRESSED	-----	PSALM 27
LACK OF FAITH	-----	EXODUS 14
NEED COURAGE	-----	JOSHUA 1
NEED DIRECTION	-----	PSALM 73:21-26
SEEKING PEACE	-----	MATTHEW 11:25-30
LEAVING ON A TRIP	-----	PSALM 121
STRUGGLING WITH LOSS	-----	LUKE 15
STRUGGLING FINANCIALLY	-----	PSALM 37
DISCOURAGED WITH WORK	-----	PSALM 126

**AVAILABLE 24/7 • PHONE SERVICE NOT REQUIRED  
DIRECT PETITIONS HEAVENWARD**

## ECCT 2025-2026 Prayer Cycle



EPISCOPAL CHURCH IN CONNECTICUT  
PARTICIPATING IN GOD'S MISSION

<b>February 1</b>	<b>Parishes:</b> St. John's, Essex; St. Paul's, Fairfield; St. James', Farmington <b>Additionally:</b> The Hispanic Ministry Network & Latino/Hispanic ministries in Connecticut. <b>Anglican Cycle of Prayer:</b> The Church of England
<b>February 8</b>	<b>Parishes:</b> St. David's, Gales Ferry; St. James', Glastonbury; St. Luke's, Glastonbury <b>Additionally:</b> Church musicians: organists; choirs & choir directors; bands; community chorister programs; parish & diocesan committees on liturgy, music & worship <b>Anglican Cycle of Prayer:</b> Hong Kong Sheng Kung Hui
<b>February 15</b>	<b>Parishes:</b> Christ Church, Greenwich; St. Barnabas', Greenwich; Christ Church, Guilford <b>Additionally:</b> The Reparations Fund Board; The Racial Healing, Justice & Reconciliation Ministry Network <b>Anglican Cycle of Prayer:</b> The Church of the Province of the Indian Ocean
<b>February 22</b>	<b>Parishes:</b> St. John's, Guilford; Grace & St. John's, Hamden; Christ Church Cathedral, Hartford <b>Additionally:</b> Christ Church Cathedral's ministry in Hartford, the Cathedral Chapter & the honorary canons of our Cathedral <b>Anglican Cycle of Prayer:</b> The Church of Ireland

### Treasurer Report

Susan Shultz

	DEC	(UNDER)/OVER BUDGET	YTD	(UNDER)/OVER YTD BUDGET
INCOME	\$ 28,120.45	\$ 8,679.08	\$ 140,785.17	\$ 16,779.17
EXPENSES	\$ 17,595.62	\$ 243.10	\$ 138,260.91	\$ 754.91
NET	\$ 10,524.83	\$ 8,435.98	\$ 2,524.26	\$ 16,024.26

Notes: The big news is that we went from a \$13,500 deficit budget to ending the year \$2,524 in the black! And we did it primarily by increasing income. See the Annual Report for more details on how we achieved this result with God's help and grace.

**Next Issue** The deadline for the March issue is February 17th. 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).

### SAFE CHURCH TRAINING SCHEDULE (FEB)

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.

February 2, 6:00 p.m. - 9:00 p.m. - Recertification via Zoom

February 7, 1:00 p.m. - 4:00 p.m. - Recertification via Zoom

February 11, 6:00 p.m. - 9:00 p.m. - Comprehensive via Zoom

February 15, 1:00 p.m. - 4:00 p.m. - Comprehensive via Zoom

February 19, 10:00 a.m. - 1:00 p.m. - Recertification via Zoom

Register online at [www.episcopalct.org](http://www.episcopalct.org)

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

	February 1	February 8	February 15	February 18 Ash Wednesday	February 22
Service	Morning Prayer	Morning Prayer	Morning Prayer	Eucharist	Eucharist
Presider/ Officiant	Judy Herzman	Audrey Sundwall	Wendy Bellmore	Rev. Charles Kamano	Rev. Charles Kamano
Crucifer				George Coulombe	Kristina Langlan
Acolyte				George Coulombe	Audrey Sundwall
Lay Reader	Terry Osmun	Anthony Reckart	Kristina Langlan	Barbara Parsons	Brad Conant
Usher	Kathy & Ken Dougherty	Kristina Langlan	George Coulombe	Diane Villano	Barbara Parsons
Zoom Tech	Susan Shultz	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		Judy Herzman

### 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
Altar Guild Directress	Carol Link-Ude
Communications Chair	Audrey Sundwall
Feast & Festivities 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