



# CHRIST AND THE EPIPHANY

VOLUME 30

March 2026



## Bishop's Message from Israel

**Pilgrimage Leaders - The Rt.  
Rev. Jeffrey W. Mello & Rev.  
Ryan C. Fleenor**

28 February 2026  
3:30 a.m. EST

As you may have already seen, Israel and the United States launched a preemptive strike on Iran several hours ago. Our group of pilgrims was in Bethlehem when the alarm sounded, and we have returned to St. George's in Jerusalem where we are safe and secure, sheltering in place. Israeli airspace is currently closed and we are exploring our options to return home as quickly as possible.

One of goals of this pilgrimage was to stand in solidarity with our sisters and brothers in the Holy Land who regularly live with the threats of violence and insecurity. In this tense moment, we are proud to do just that—praying together as followers of the Prince of Peace for the peace of Jerusalem, and from Jerusalem to the ends of the earth.

Please join us in those prayers for peace, and for our safe return.

Eternal God, in whose perfect kingdom no sword is drawn but the sword of righteousness, no strength known but the strength of love: So mightily spread abroad your Spirit, that all peoples may be gathered under the banner of the Prince of Peace, as children of one Father; to whom be dominion and glory, now and for ever. Amen.

### Suggestions for Lent

Some people give up things for Lent as an act of self-discipline. Have you ever considered giving up these?

- \* Give up **worry** - trust in God.
- \* Give up **complaining**- focus On gratitude.
- \* Give up **pessimism** - become an optimist.
- \* Give up **discouragement** - be hopeful.
- \* Give up **bitterness** - turn to forgiveness.
- \* Give up **hatred** - return good for evil.
- \* Give up **pettiness** - become mature.
- \* Give up **gloom** - seek beauty around you.
- \* Give up **negativism** - be positive.
- \* Give up **anger** - be more patient.
- \* Give up **jealousy** - pray for trust.
- \* Give up **gossiping** - control your tongue.
- \* Give up **sin** - turn to virtue.

### Worship Services

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

### Holy Week and Easter Services

Palm Sunday -

Mar 29, 9:00 a.m.

Maundy Thursday -

April 2, 6:30 p.m.

Good Friday -

April 3, 6:30 p.m.

Easter Sunday -

April 5, 9:00 a.m.

*(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 on  
page 2 for locations)

### Inclement Weather

In the case of severe weather prohibiting in-person worship services the Communications Team will notify channels 8 and 61 for on-air and website postings. Our website and Facebook page will also be updated.



## Lenten Happenings

A reminder of various Lenten resources and activities.

### 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:

- 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.

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

### Around the Church



### Thrift Store St. Patrick's Day & Easter



### 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.



### New Archbishop of Canterbury Installation

The Installation of the 106th Archbishop of Canterbury, Sarah Mullally, will take place at Canterbury Cathedral on March 25 on the Canterbury Cathedral YouTube channel - @CanterburyCathedralOfficial

Historically known as an enthronement, the Installation marks the symbolic start of the Archbishop of Canterbury's public ministry in the Church of England and across the Anglican Communion.

### February Vestry Meeting

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

**Senior Warden** - Attended a Vestry retreat run by ECCT at Camp Washington on the weekend of Feb 20/21. It was a great time of learning new things and connecting with other Vestry people. New resources from ECCT for vestries will be distributed next month.

Starting next month we will spend the first 15 minutes of each Vestry meeting in spiritual reflection led by different Vestry members.

**Building & Grounds** - We had some issues with the boilers but Ken D. was able to resolve them. Brad C. got us a new shed for the Thrift Store. It will be assembled and placed when the weather is better.

**Hospitality & Fund Raising** - We are still looking for a chair for this committee. Maybe different people can run different events. We will be attending Old Stone Church's annual tag sale in June.

We need to start thinking about the country's 250<sup>th</sup> anniversary. We should have some event at the church during that time.

**General** - Welcome to our newest Vestry members - Beverly Yurgiewicz and Isadora Wilkenfeld! The annual Parochial report and Creation Care reports were approved. Diane V. has submitted an updated Parish Summary.



Mar 20 - Ian Reynolds  
Mar 21 - Madeline Hubbard  
Mar 29 - Ken Dougherty

## Encouraging Words Audrey Sundwall

The Lord is not slow about his promise, as some think of slowness, but is patient with you, not wanting any to perish but all to come to repentance.  
--2 Peter 3:9

Then I acknowledged my sin to you, and I did not hide my iniquity, I said "I will confess my transgressions to the Lord," and you forgave the guilt of my sin.  
--Psalm 32:5

Repent, therefore, and turn to God, so that your sins may be wiped out.  
--Acts 3:19

In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace.  
--Ephesians 1:7

I have swept away your transgressions like a cloud, and your sins like mist; return to me, for I have redeemed you.  
--Isaiah 44:22

For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.  
--Romans 6:23

## 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, 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, Nate & Tyler McDonald, 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.





## Understanding the Essence of Lent: A Christian Reflection

Ryan Stratton

Lent is a sacred season in the Christian calendar, observed around the world as a time of reflection, repentance, and renewal. Spanning 40 days (excluding Sundays), Lent leads up to Easter and commemorates Jesus' 40 days of fasting in the wilderness. It's an invitation to deny ourselves, refocus on God, and experience His grace in profound ways. Let's explore how this season can deepen our walk with Christ.

***A Season of Self-Denial:*** At its core, Lent calls us to deny ourselves, mirroring Jesus' example of sacrifice and dependence on God. In Matthew 16:24, Jesus says, "Whoever wants to be my disciple must deny themselves and take up their cross and follow me." This denial is not about punishing ourselves or earning God's favor; instead, it's about creating space for Him to fill us with His grace.

In our modern world, filled with distractions and comforts, self-denial can feel countercultural. Yet, it's precisely in letting go of worldly attachments that we open our hearts to God's transformative work. Whether it's fasting from food, social media, or other comforts, these acts of surrender remind us that our ultimate satisfaction comes from God alone.

***Remembering Jesus' Sacrifice:*** Lent is a time to reflect deeply on the sacrifice of Jesus. As we journey toward Good Friday and Easter, we are reminded of the immense love that led Him to the cross. Participating in Lent helps us to slow down and meditate on the cost of our salvation. It's an opportunity to express gratitude and align our lives with the selfless love of Christ.

Paul's words in Philippians 2:8 capture this beautifully: "And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross!" Lent invites us to humble ourselves as we remember the One who gave everything for us.

***Creating Space for God's Grace:*** One of the most profound aspects of Lent is the way self-denial makes room for God to fill us. When we set aside distractions and comforts, we become more aware of our need for Him. This season is not merely about giving something up but about drawing closer to the One who sustains us.

James 4:8 promises, "Come near to God and he will come near to you." During Lent, we intentionally seek God through prayer, fasting, and acts of service. As we do, we experience His grace in new and powerful ways. Our hearts are softened, our faith is strengthened, and our perspective shifts from earthly concerns to eternal truths.

***Participating in the Body of Christ:*** Lent is not only a personal journey but also a communal one. Across denominations and cultures, Christians unite in observing this sacred season. This shared experience reminds us that we are part of a larger body, the Church, and that we walk this journey together.

When we participate in Lent, we join millions of believers in focusing on Christ and His redemptive work. It's a beautiful expression of unity and a reminder that we are not alone in our struggles or our faith.

***A Pathway to Easter Joy:*** Finally, Lent prepares our hearts for the joy of Easter. By walking through a season of repentance and self-denial, we come to Easter morning with a renewed sense of wonder and gratitude. The resurrection of Christ becomes even more powerful when we've taken the time to reflect on His sacrifice and our need for Him.

As 2 Corinthians 4:17-18 reminds us, "For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal." Lent helps us to fix our eyes on the eternal and prepares us to celebrate the victory of Jesus with full hearts.

## Parishioner Spotlight - Beverly Yurgiewicz

### Tell us about your immediate family and pets

My parents are still living and I have one sister. I love animals and have two cats and two dogs.

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

I met Fr. Charles at St. Raphael's hospital and he invited me to come check Christ & The Epiphany out.

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

I have recently joined the Vestry and have helped out at the Thrift Store and with getting gift cards for the Christmas Fair raffle tree. In the community I have fed a colony of local feral cats for years.



### What's your favorite pastime?

I enjoy watching Jeopardy and Hallmark Christmas movies. I also greatly enjoy spending time with my four-legged family.

### What was your occupation prior to retirement?

Ophthalmic technician.

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

I am a 100% animal lover.

### What is your fondest childhood memory?

I have never been without a cat but I remember my joy when I got my first puppy.

### What brightens your day?

Walking my dogs and spending time with my friends.

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

I love church hymns - especially the ones often played on Easter and Christmas.



## Lent Madness

Once again, Lent Madness poses the age-old question, who will win the golden halo? In 32 rounds, the DenomiNATION Domination, Apostles and Allies, Founders & Fellowship, and Modern Mercifuls battle it out. Currently, Martin Luther is opposing Richard Hooker. Who else will join them in the Saintly 16 group? Read brief biographies of these worthies and cast your vote at [LentMadness.org](http://LentMadness.org). Visit their website or subscribe to be notified by daily email.

## Easter Basket Collection

We are collecting items for easter baskets for the Food Pantry to hand out. Needed items are posted on the church bulletin board in the upper hall and due by March 22.



## ECCT 2025-2026 Prayer Cycle



EPISCOPAL CHURCH IN CONNECTICUT  
PARTICIPATING IN GOD'S MISSION

March 1	<p><b>Parishes:</b> Good Shepherd, Hartford; Grace, Hartford; Haven Community, Hartford  <b>Additionally:</b> Prison ministry &amp; prison chaplains; the ECCT Faith Behind Bars &amp; Beyond Ministry Network  <b>Anglican Cycle of Prayer:</b> The Nippon Sei Ko Kai</p>
March 8	<p><b>Parishes:</b> St. Martin's, Hartford; St. Monica's, Hartford; Trinity, Hartford  <b>Additionally:</b> Haitian ministry in the Episcopal Church in Connecticut  <b>Anglican Cycle of Prayer:</b> The Episcopal Church in Jerusalem &amp; The Middle East</p>
March 15	<p><b>Parishes:</b> St. Peter's, Hebron; St. James', Higganum; All Saints', Ivoryton  <b>Additionally:</b> Bishops, The Commons staff &amp; parish employees  <b>Anglican Cycle of Prayer:</b> The Anglican Church of Kenya</p>
March 22	<p><b>Parishes:</b> St. Andrew's, Kent; Emmanuel, Killingworth; Trinity, Lime Rock  <b>Additionally:</b> Members of the Mission Council, Missionary Society, Standing Committee, Commission on Ministry, and Donations &amp; Bequests  <b>Anglican Cycle of Prayer:</b> The Anglican Church of Korea</p>
March 29	<p><b>Parishes:</b> St. Michael's, Litchfield; St. Andrew's, Madison; St. Andrew's, Marble Dale  <b>Additionally:</b> Regions &amp; Region Leadership Teams. For Holy Landers Ministry Network  <b>Anglican Cycle of Prayer:</b> The Anglican Church of Melanesia</p>

### Treasurer Report

Susan Shultz

	JAN	(UNDER)/OVER BUDGET	YTD	(UNDER)/OVER YTD BUDGET
INCOME	\$ 7,486.17	\$ 281.17	\$ 7,486.17	\$ 281.17
EXPENSES	\$ 15,841.25	\$ 423.65	\$ 15,841.25	\$ 423.65
NET	(\$ 8,355.08)	\$ 704.82	(\$ 8,355.08)	\$ 704.82

Notes: For Income, we had some timing issues that caused under budget pledges and over budget building use which balanced each other out. For expenses, we saved a little bit on utilities although some of that may be timing and that savings was eaten by our large snow plowing expense.

**Next Issue** The deadline for the April issue is March 25th. 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 (MAR)

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.

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

March 7, 9:00 a.m. - 12:00 p.m. - Comprehensive via Zoom

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

March 15, 1:00 p.m. - 4:00 p.m. - Recertification via Zoom

March 21, 10:00 a.m. - 1:00 p.m. - Comprehensive at St. Andrew the Apostle, Rocky Hill

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

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

	Narch 1	March 8	March 15	March 22	March 29 Palm Sunday
Service	Morning Prayer	Morning Prayer	Morning Prayer	Eucharist	Eucharist
Presider/ Officiant	Kristina Langlan	Terry Osmun	Wendy Bellmore	Rev. Charles Kamano	Rev. Charles Kamano
Crucifer				George Coulombe	Kristina Langlan
Acolyte				Audrey Sundwall	George Coulombe
Lay Reader	Judy Herzman	Anthony Reckart	Audrey Sundwall	Barbara Parsons	Brad Conant
Usher	George Coulombe	Kristina Langlan	Kathy Dougherty Ken Dougherty	Diane Villano	Audrey Sundwall
Zoom Tech	Susan Shultz	Susan Shultz	Susan Shultz	Susan Shultz	Susan Shultz
Lead Counter	George Coulombe	Susan Shultz	Astrid Swanson	George Coulombe	Susan Shultz
Asst Counter	Melanie Miller	Judy Herzman	Audrey Sundwall	Barbara Coulombe	Melanie Miller

### 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
Worship Committee Chair	George Coulombe
Altar Guild Directress	Carol Link-Ude
Communications Chair	Audrey Sundwall
Hospitality 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