

THE EPISCOPAL CHURCH OF THE  
**Heavenly Rest**

## Welcome!

We're so glad you're here. Church of the Heavenly Rest is a spiritual home where everyone can experience God's love in the ways that we care for one another. Together, as a community, we share our gifts and build bridges to our neighbors. We are a parish committed to discipleship and reconciliation. Please introduce yourself to the clergy after the service; we would love to meet you.

### The Service Today

The order of service can be found in the leaflet; page numbers refer to the Book of Common Prayer and the hymnal found in the pews. All are welcome to receive Holy Communion here. We believe that it is God's table, that God sets it for anyone who is hungry: here, God never turns anyone away. If you'd rather come forward for a blessing, please indicate that by crossing your arms over your chest.

## Today at Heavenly Rest

### Nursery Care and Sunday School in the Undercroft

Nursery Care for children from newborn to three years old - 9am.

Sunday School for grades K-5 - 9:40am.

Faith, Friends, and Fun for the youth group grades 6 and 7 - 9:40am.

### Children's Chapel

Children ages three through third grade are welcome to join us for a simple service with lessons and crafts - during the 10:30am service.

### Birthday Sunday Coffee Hour

Immediately following the 10:30am service. Come meet other members of Heavenly Rest for conversation, coffee, and birthday cake!

### Sunday Forum in the Adult Education Room

*Teach Us to Pray, Part I of II.* Like the first disciples, we, too, often wonder how best to pray. We will explore various ways to pray, from centering Prayer to Healing Prayer, led by Associate Rector Cindy Stravers - 9:35am.

### Questioning Faith in the Adult Education Room

*Bible in the Life of the Church.* The Episcopal Church is part of the Global Anglican Communion, which has a rich tradition of biblical study from scholars and seminaries from South Africa to India. Rev. Matt Heyd leads a discussion on how Anglicans interpret scripture and what it means to our own faith - Noon.

### Children and Families Epiphany Party - Today!

All children and families are invited to the Rectory - Noon.

### The Other Guys Concert in the Church

The a cappella group of St. Andrews University, Scotland - 4pm.

### Night Prayer in the Chapel

Using chant, prayer, and meditation by candlelight, this Compline Service bridges Sunday night and the beginning of the week - 7pm.

## OUR CLERGY want to hear from YOU!

The Rev. Matthew Heyd, Rector [mheyd@heavenlyrest.org](mailto:mheyd@heavenlyrest.org)

The Rev. Cynthia Stravers, Associate Rector [cstravers@heavenlyrest.org](mailto:cstravers@heavenlyrest.org)

The Rev. Tuesday Rupp, Associate Rector [trupp@heavenlyrest.org](mailto:trupp@heavenlyrest.org)

Church Office [info@heavenlyrest.org](mailto:info@heavenlyrest.org) | 212-289-3400

[www.heavenlyrest.org](http://www.heavenlyrest.org)

# THE MESSENGER

January 7, 2018 | The First Sunday after the Epiphany

## Weekly Services

### SUNDAYS

8am, 9am, 10:30am & 7pm

MONDAYS Meditation - 6:15pm

WEDNESDAYS - Noon & 6:30pm

SATURDAYS - Noon

WEEKDAYS Morning Prayer - 8am

### DAILY

Open daily for prayer & meditation  
7:30am - 7pm



Church of the Heavenly Rest



@heavenlyrestnyc

# COMING UP

## CHRISTIAN FORMATION & THE ARTS

### Lenten Reflection Book

Calling all authors, poets, artists, photographers, and puzzle-makers of all ages: We are seeking submissions for the 2018 CHR Lenten Reflections Booklet, which will offer reflections for every day of Lent and Holy Week. All reflections are due by **January 21**. The booklet will be available to all members of the Parish and on our website. Please contact Tuesday Rupp, [trupp@heavenlyrest.org](mailto:trupp@heavenlyrest.org) for more information or to sign-up.

### Rosemary and Time Theater Outing

Join us on **Friday, February 2 at 7:30pm** to see *Rosemary and Time*, written by CHR parishioner, Jennifer Fell Hayes, and starring our own Judith Barcroft. Meet at the church at 6:30pm. Admission is \$20. RSVP to Tuesday Rupp, [trupp@heavenlyrest.org](mailto:trupp@heavenlyrest.org) by January 25 to reserve your ticket!

### Art Walk with Roland de Fries

You are invited to go on an Art Walk at the Metropolitan Museum of Art with artist Roland de Fries on **Sunday, February 11 from 2pm-4pm**. Roland will lead us on a journey of visual depictions of ethereal images from the Old Testament, especially Genesis. Please wear comfortable shoes as this tour involves walking. Space is limited to 20. Sign up with the Rev. Tuesday, [trupp@heavenlyrest.org](mailto:trupp@heavenlyrest.org).

### Lenten Bread Retreat with Andrew McGowan

Join the Rev. Dr. Andrew McGowan, Dean of Berkeley Divinity School at Yale, for a one-day Lenten retreat focusing on making bread on **Saturday, February 17 from 9:30am-4pm** at House of the Redeemer. Pre-registration is required; lunch is included. Registration is \$40, limited to 20 participants. Contact House of the Redeemer at [info@houseoftheredeemer.org](mailto:info@houseoftheredeemer.org) or call 212-289-0399 to RSVP.

## Our Prayers

### We have been asked to pray for these people:

Art, Zach, Jim and Rosalee, Sofie, Peter, Ken, Angelica, Anna, Sara, Mary Elizabeth, Harvey and Nelda, Phil, Emily, Philip, Emily, Ralph, Parmenia, John, Delores and Peter, Randy.

### Need a prayer?

If you or a member of your family is in need of pastoral care or for any reason would like to request prayers or a visit from one of our clergy, please call the church office at **212-289-3400**.

## PARISH LIFE

### 20's-30's - Sharing Faith and Dinner

We'll be resuming our monthly dinner and 'sharing faith' gatherings on **Tuesday, January 16 at 6:30pm** in the **Undercroft**. All 20's-30's are welcome; friends, too! RSVP to Rev. Cindy Stravers at [cstravers@heavenlyrest.org](mailto:cstravers@heavenlyrest.org).

### Thrift Sale on Saturday, January 20 from 10am-4pm

Volunteers are needed for the Thrift Sale: **Thursday, January 18 from 11am-4pm** to help move boxes and racks of clothes upstairs. **Friday, January 19 from 10am-3pm** to set up for the Sale. **Saturday, January 20 from 9:30am-4pm** to help with the Sale, and from **4pm-5:30pm** to pack and clean up. Please e-mail Fritzi Kallop to sign-up: [fkallop@gmail.com](mailto:fkallop@gmail.com).

### ANNUAL MEETING

#### January 28 in the Church following the 10:30am

**service**. After presentations by the clergy and vestry, the congregation will consider a slate of five new vestry members for election to a first three-year term: Lucy Appert, Sally Cummins, Karen Holmberg, Robin Pelkki, and Rikki Tahta.

### Shrove Tuesday and Celebration of Generosity

Join us on Shrove **Tuesday, February 13 from 6:30pm-9pm** in the **church** as we celebrate the final night before Lent and the generosity of our community. Our 2018 annual stewardship campaign has been a tremendous success and we want to thank you! There will be live music from the Blue Vipers of Brooklyn (jazz, swing, blues) and dancing beneath the market lights, as well as pancakes, bacon, and hearty hors d'oeuvres. There will be crafts, activities, and food for kids in the **chapel**.

## Did You Know?

The stained glass window on the south west side of the church is an Epiphany window. It was given in memory of Alice Bontecu Douglas by the Darlington family and installed on October 29, 1944. The window depicts "The Adoration of the Magi." You will see the star of David, the three Kings, and at the bottom, their gifts: gold, frankincense, and myrrh.

### WARDENS & VESTRY

Wardens: Caroline Williamson, Evan Davis | Treasurer: Jo Dare Mitchell

Vestry: PJ Camp, Ann Collins, Lindsey Counts, Ted Donovan, Josh Doyle, Holly Hughes, Adam MacDonald, Suzanne Matthews Douglas McIntyre, Margaret McQuade, Elizabeth Stevens, Allyson Tang, Judith Washam, Gail Zimmermann