

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.

### Sunday Forum in the Adult Education Room

*Teach Us to Pray, Part IV of IV.* Like the first disciples, we too, often wonder how best to pray. Join the Rev. Cindy Stravers and special guest, musician and singer Ruth Cunningham, for week four of this exploration on forms of prayer. This week: music, chanting, and sounds in prayer - 9:35am.

### World's Greatest Coffee Hour

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

**Art Walk with Roland de Fries.** This is a sold out, ticketed event. Please join us for our next Art Walk - details forthcoming.

### Questioning Faith

There is no Questioning Faith today; this program will resume next Sunday.

**Confirmation Class in the Adult Formation Room - 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

February 11, 2018 | The Last 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

## PARISH LIFE

### Shrove Tuesday & Celebration of Generosity

Join us **this Tuesday, February 13** from **6:30pm-8:30pm** in the **church** as we celebrate the final night before Lent and the generosity of our community (332 pledges to our 2018 annual campaign!). There will be live music from the Blue Vipers of Brooklyn (jazz, swing, blues) and dancing beneath the "Let It Shine" market lights \* We will also share pancakes, bacon, and hearty hors d'oeuvres - plus crafts, activities, and food for kids in the **chapel**.

### Theater Outing - John Lithgow: Stories by Heart

Please join the Seasoned Sages on **Sunday, March 4** at **3pm** for a theater outing at the American Airlines Theater (227 West 42nd Street). All are welcome. Reserve your ticket by **Friday, February 16**. RSVP to Gail Zimmermann at [gail.zimmermann@gmail.com](mailto:gail.zimmermann@gmail.com) or at 917-584-7775.

## UPCOMING CONCERTS

### New York Classical Players: Rethinking Schubert

Three works transform, magnify, and illuminate the artistry of Schubert through works for string orchestra. *Rondo Brilliant*, originally scored for violin and piano and his *Death and the Maiden (String Quartet No. 14 in D minor)*, magnificently arranged by Gustav Mahler, will be performed alongside the United States premiere of Dobrinka Tabakova's 2013 *Fantasy Homage to Schubert*. **February 18** at **3pm** in the **church**.

### Canterbury Choral Society: Brahms German Requiem

Come hear *Ein Deutsches Requiem* performed with full orchestration, including the organ. This requiem will be sung in Martin Luther's German translation. **March 4** at **4pm** in the **church**.

## 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, Ralph, Werni, Caterina, Nicolas, Gregory, Nayla, A.T., David, Hannah, Kylie, Tiana, Bill, Marzena and Matthew, Georgia, Jude, Jocelyn.

**For the repose of the soul:** Patrick Halliday and Paul Pilcher.

**Need a prayer?** Please call the church office at **212-289-3400** and speak to one of our clergy.

## LENT AT CHR

### Stations of the Cross: Ash Wednesday through Easter

Heavenly Rest is participating in a city-wide public art project during Lent." The focus for 2018 is the experience of immigrants and refugees. The exhibition presents a pilgrimage comprised of fourteen "art stations" throughout Manhattan, from The Cloisters and the 9/11 Memorial to Trinity Wall Street and our very own church. Heavenly Rest is hosting the eighth station, *Veronica Wipes the Face of Jesus*, represented by Michael Takeo Magruder's piece "Lamentations for the Forsaken."

### Lenten Bread Retreat with Andrew McGowan

A few spots remain for this retreat **next Saturday, February 17** from **9:30am-4pm** at House of the Redeemer. Pre-registration is required; lunch is included. Registration is \$40. Contact House of the Redeemer at [info@houseoftheredeemer.org](mailto:info@houseoftheredeemer.org) or call 212-289-0399 to RSVP.

### First Meeting of the Harlem Prayer Group

During Lent, in place of our usual Celtic Eucharist on Wednesday night, we are participating in services with other parishes in Harlem. All Wednesday Lenten services start at **7pm**. If you prefer to go with fellow parishioners, we will meet here at **6:30pm** and travel together. Services are followed by a simple Lenten supper. The first service will be on **Wednesday, February 21** at **St. Mary's, Manhattanville, 521 West 126 Street**.

### Lent Outreach Focus: Prison Reentry & Nourishment

*Part I of IV* - Join leaders of our Outreach programs for a discussion on Professor John Pfaff's new book, *Locked In: The True Causes of Mass Incarceration and How to Achieve Real Reform*. We'll read an article about the book and discuss the ways our faith informs our own commitments to Outreach and Prison Reentry Ministries.

## Did You Know?

Our 2018 Lenten Reflection book, filled with art and writing from our community, is nearly complete and will be available for pick-up on **February 18**, the first Sunday in Lent.

## WARDENS & VESTRY

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

Vestry: Lucy Appert, PJ Camp, Ann Collins, Lindsey Counts, Sally Cummins, Ted Donovan, Josh Doyle, Karen Holmberg, Adam MacDonald, Douglas McIntyre, Robin Pelkki, Rikki Tahta, Allyson Tang, Gail Zimmermann