

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 III of IV. Like the first disciples, we too, often wonder how best to pray. Join the Rev. Cindy Stravers, Bo Niles, and Amanda Frei for today's exploration on forms of prayer: journaling, meditation, and healing prayer - **9:35am**.

Birthday Sunday Coffee Hour

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

Questioning Faith in the Adult Education Room

Bible in the Life of the Church, Part III. 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. The Rev. Matt Heyd leads a discussion on how Anglicans interpret scripture and what it means to our own faith - **Noon**.

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

The Rev. Cynthia Stravers, Associate Rector cstravers@heavenlyrest.org

The Rev. Tuesday Rupp, Associate Rector trupp@heavenlyrest.org

Church Office info@heavenlyrest.org | 212-289-3400

www.heavenlyrest.org

THE MESSENGER

February 4, 2018 | The Fifth 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

Art Walk with Roland de Fries

You are invited to go on an Art Walk with artist Roland de Fries **next Sunday, February 11 from 2pm-4pm**. Roland will lead us on a journey of visual depictions of ethereal images from the Old Testament. Please wear comfortable shoes as this tour involves walking. Space is limited to 20, Sign up with the Rev. Tuesday Rupp, 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 or call 212-289-0399 to RSVP.

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 of the original Latin. **March 4 at 4pm** in the church.

PARISH LIFE

Shrove Tuesday & Celebration of Generosity

Join us on **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. 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 "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.

Stations of the Cross: Ash Wednesday through Easter

Heavenly Rest is participating in a city-wide public art project during Lent. "Stations of the Cross" examines the journey of Jesus, inviting people of all faiths to consider injustice and pain across the human experience. The focus for 2018 is the experience of immigrants and refugees. The exhibition presents a pilgrimage comprised of fourteen "art stations" located across 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." For more information, visit artstations.org.

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 W. 126th Street, between Broadway & Amsterdam**.

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, Parmenia, John, Delores and Peter, John and Holly, Anne and Ian, Mavro, 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

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

Did You Know?

Our address has changed to 1085 Fifth Avenue.

In October 2017 we moved our reception office from 90th Street to Fifth Avenue. Since then, everything comes through Fifth Avenue - from visitors and guests to deliveries and Thrift donations. And now, at the request of the Post Office, our mail will come to Fifth Avenue, too. This change of address comes with a generous transition period. Mail addressed to 2 East 90th Street will be forwarded for a full year.

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