



# CHRIST AND THE EPIPHANY

VOLUME 22

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## MISSIONAL PRIEST

Father Charles Kamano

### Lent and the Lessons of Silence

Dear Christ and The Epiphany family,

Every year the Lenten season begins on Ash Wednesday. Lent (Latin: Quadragesima, meaning Fortieth) is a solemn observance that prepares Christians through Devotion, Prayer, Fasting, Repentance, and Reconciliation toward the celebration of Easter Sunday. To achieve these Lenten goals, we should abide by some spiritual discipline, such as the practice of silence and stillness to draw us near to God. In a culture addicted to noise of all kinds, silence is startling and uncomfortable. Our world today is in continual movement - consuming, doing, saying, and watching - are at the center of many messages vying for our attention.

What does Lent mean amidst the noise? Lent is a season of suspense and self-denial, a period of reflection and introspection. The practice of silence can be an active and intentional stillness that refocuses our attention to the Cross and the Crucified Christ. Silence and stillness should not be foreign concepts to the Church. God speaks to us in the stillness. When sent to Mt. Carmel, the prophet Elijah encounters God not in an earthquake, fire, or furious wind, but in a gentle breeze. On Mt. Sinai, Moses is removed from his people and only feels the Lord's presence from a turned back. According to Mother Teresa "God is the friend of silence. See how nature - trees, flowers, grass - grows in silence; see the stars, the moon, and the sun, how they move in silence."

To the world silence involves weakness and stillness,

capitulation. A silent person, someone refusing to engage in the exchange of noise and ideas, is without a trajectory, seemingly void of power and authority. This is how the Roman authorities perceive the silence of Jesus. In his reply to Pilate, Jesus makes no grand gestures or replies that would suit a king. In the silent presence of Christ, we see that silence is a way the Spirit moves.

The season of Lent works at a different speed, the speed of silence and stillness that brings renewal. It begins on Ash Wednesday with the reminder that we are made from ashes, to ashes we shall return. This emphasis on the fragility of humanity is made clear through the silence of Good Friday, when the movement of Lent seems to have been all for naught. Only in the quietness of Easter morning is the noise of the world overcome, when the silent one who was choked by

## Upcoming Events

### Before or on February 4 "Souper" Bowl Sunday

bring packaged and canned soup for our neighbors served by the East Haven Food Pantry to Sunday services or drop off at the Good Shepherd Thrift Store, Tuesday and Thursday 9:00 a.m. -11:00 a.m. and Saturday 9:00 a.m.-1:00 p.m.



### Sunday, February 4 10:00 a.m., Scout Sunday

Cub Scout Troop 408 will join us for an ecumenical service. All current and former scouts are especially welcome.

### Saturday, February 10 9:00 a.m. - 1:00 p.m.

Good Shepherd Thrift Store's Valentine's Day Sale - red, pink and white items are half price.



those wielding power emerges from the tomb.

The practice of silence and the willingness to listen helps the self-giving love of Christ to replace the frenetic self-improvement of the world. God does not operate at the speed of DSL, but in the easily ignored gentle whisper. The habits of silence and stillness are an invitation to back away from the noise and chaos that the world praises and into a more attentive and responsive life. Perhaps in this Lenten season our habits can be defined not by what we give up, but what we pay more attention to. I invite you to enter into this Lenten journey in the spirit of silence and stillness. You will surely emerge renewed and refreshed to celebrate the Glorious resurrection of our Lord on Easter Sunday. I wish you all a blessed holy season of Lent!

## **Worship and Mission**

Wendy Bellmore

Plans for 2018 include attending the Diocesan Mission Conference, equipping Pastoral Care Teams, and

scheduling Safe Church training.

We are pleased to be hosting a Cub Scout Pack for Scout Sunday on the first Sunday in February. This event coincides with our regular Mission Sunday, as well as the annual International Mission Sunday.

I am planning a mission trip to West Africa in April with our Kateri partners. We will be hosted by the three Bishops, visiting currently operational clinics, and reviewing the progress of the newly funded clinics, as well as participating in health care clinic "intensives" with local clinical professionals and staff.

As a final comment, great honor is bestowed on the small yet powerful worshipping community of Christ and The Epiphany Church for our constancy in faith: spreading the good news of the Gospel through vision into the needs of people of our community and into the broader world, and giving generous support of our time, talent and treasure to the good works

in which we are called to be engaged.

## Midnight Run

Kathy Alison

We did not participate in the month of December with Midnight Run due to the fact that our scheduled date fell on Christmas day.

We did resume in January 2018 and found that the other churches that share our scheduled date also had quite a few clothing donations. The excess was taken to the shelter on Grand Avenue. It is rare that there is any excess so the shelter was more than happy to receive the lot.

As always, sample packets of personal care items are always in demand so please remember these treasures when traveling.

## God's Mysterious Ways

Barbara Coulombe

A couple of Sundays ago, Barbara Parsons was giving away some spiritual reading paperbacks that had been given to her with the

stipulation that they were not to be sold. Since I have an extensive library of spiritual reading; I was hesitant to take any of them. However, when she read the titles and one was "Psalm 91" (Peggy Joyce Ruth) which was my mother's favorite, I ended up going home with "31 Days of Prayer" and the "Psalm 91" paperbacks. The following week I volunteered to sing at the funeral of a singer in the choir of our former parish, St. John's in North Guilford. Another friend also visited planning to sing and as it turned out we were the only two altos! While we were looking over the service music, she exclaimed "Oh we are singing On Eagles Wings which is from my favorite Psalm 91 which has helped me so much!" You can be sure that little paperback is heading her way next!

## South Central Episcopal Church in Connecticut (SCECCT) news

Diane Villano

## Upcoming Events

**Sunday, February 11 -  
Mardi Gras Pancake  
Brunch**

following the 10:00 a.m. service. Festivities include the annual pancake tossing contest.



**Wednesday,  
February 14 - 6:30  
p.m., Ash  
Wednesday service**

**Sunday, February 18,  
10:00 a.m. service**

Dr. Jeremiah Martin, a renowned organist will be visiting and playing music during the service. Come and hear this special gift!



The next convocation of the SCECCT is Saturday, February 17, 9:00 a.m.-2:00 p.m. at the Church of the Holy Spirit, 28 Church St., West Haven. Details on the South Central Region's Facebook page and to follow on the ECCT website. If you're interested in carpooling, please see Diane Villano.

## Lent

### Lenten Library Note

Susan Shultz

Some people like to add a daily devotion to their routine during Lent. Just a reminder that the church library in the upper hall has a full shelf of Daily Devotion books that are available for anyone to borrow. They are on the "Devotions" shelf (under the church picture in the center). There are a wide variety of styles and lengths to choose from. Also on the "Jesus Christ" shelf there are a number of books about Holy Week such as "Were You There?" and "The First Easter".

### Episcopal Relief & Development

Submitted by Kathy Alison

We invite you to share in the 2018 Lenten email series from Episcopal Relief & Development. Each day during Lent you will receive a daily reflection, co-authored by a group of faith leaders from across the Church. During this season of reflection on our Christian faith, their writings will enhance your spiritual journey as they both inspire and challenge you. Each daily meditation is presented in both English and Spanish. <https://www.episcopalrelief.org>

### Meeting Jesus in the Gospel of John by Society of St. John the Evangelist

Submitted by Kathy Alison

We Brothers are excited to invite you to join us in praying with "Meeting Jesus in the Gospel of John", our 2018 Lenten offering. This six-week offering speaks to the heart of our lives as Brothers and the essence of the Good News in Christ that we love to share with others.

We hope that "Meeting Jesus" will guide you to a deeper intimacy with God through

praying with the words of John the Evangelist and his community in The Gospel According to John and The First Letter of John. We hope that by learning together from Jesus, considering his human friendships and his teachings about the God he calls 'Father', we will discover God as One who longs for deep intimacy with each of us.

To accompany the offering, we have created a Prayer Journal. You can buy copies of this beautiful 60-page journal (at cost/\$3.00) on Amazon - for yourself, for groups, or to give as a gift. There is also a downloadable version available for free on our website. <http://meetingjesusinjohn.org/>

*Kathy Alison: Last year I participated with their Lenten guide, per the suggestion by Andrew, and found it to be very inspirational and enlightening. To access the Prayer Journal use the website listed above and select the Get your Prayer Journal button. From there you can order the journal or download a printable version.*

## Seek and ye shall find

Diane Villano



Where in the church building was this photo taken?

No one submitted the correct location of the image in the January newsletter. So, here's your second chance with a wider shot of the piece.



Send the exact location of this item to Diane Villano at [Communications@ChristandThe](mailto:Communications@ChristandThe)

eEpiphany.org or call (203) 887-3392 by February 18 and your name will be entered in a drawing for a \$5.00 gift card. Answer and winner will be posted in the March newsletter.

## Series of Romantic Composers

Tony Lamberti  
"Parsifal and Me"

It has been said by one of the greatest composers Claude Debussy that Parsifal is "One of the finest monuments in sound ever to have been raised to the everlasting glory of music".

Thus, Parsifal is the perfect Lenten journey for me. For me this five hours of pure mortal music leaves the listeners spellbound. In the opera we first meet the Knights of the Holy Grail and Gunman who tells us the wish tale of the suffering of the Amfortas. We also meet Socrates Kundru, who has been cursed as the Face of God and is damned to wander the earth until the end of time. Along comes Parsifal, known as the "Simple Fool",

who knows nothing of the Holy Grail and the curse of the Amfortas. We are only told that a perfect fool must be found and baptized on Good Friday to truly understand the mystical powers of the Holy Grail.

Parsifal wonders if the earth seeking the "Spear of Christ" is in the forest where he is to be baptized. Upon returning to the forest he is reunited with the Knights who are holding the Spear of Christ. There, deep within the forest, Parsifal is baptized and returns to the Hall of the Holy Grail to be reunited with the Spear of Christ.

Just like Parsifal we are all seeking that perfect union with Christ during Lent. I was lucky to have such a great friend as Dr. Jerry Martin who has given me the pleasure of attending the Opera "Parsifal" at the Metropolitan House on Saturday February 17 for a birthday gift.

## Knitting Group

Kathy Alison

Studies have found that knitting provides the same benefits of meditation,

alleviates the symptoms of anxiety/stress/depression, improves motor functions, slows cognitive decline, and aids in the prevention of arthritis and tendinitis.

Diane Rowley is quite experienced in this craft and has expressed an interest in forming a group at the church. Even the novice can enjoy this gathering as she is more than willing to instruct. If interested you can contact Diane at christandtheepiphany@gmail.com or simply call her at the parish office 203-467-2310.

## Communications

### Inclement weather

We care about our parishioners and visitors. In the event of worship services being cancelled due to weather conditions, a notice will be posted on Fox 61, News 8 and MYTV9 TV stations and can also be viewed at [www.fox61.com/closing](http://www.fox61.com/closing) and [www.wtnh.com](http://www.wtnh.com) as well as on our Facebook page.



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## February Anniversary

None



## February Birthdays

1-Feb Tom Beck  
9-Feb Fred Bowden  
18-Feb Tony Lamberti  
20-Feb Mary Lou Clark

## Intercessory Prayers

Beverly W. - Bill Hodge - Carol  
- Carol C. - Cheryl Link -  
Chester Chappuis - David -  
Dennis Family - Devin K. -  
Diane - Eileen F. - Eleanor N. -  
Faith and Family - Father  
Eddie - Gale - Goodfellow  
Family - Greg T. - Helen -

Howard G., - Jay - Jim C. -  
John A. - John D. - Joseph -  
Judy DeFeo - June W. -  
Katherine Burdick - Katrina R.  
- Ken Wortz - Lucas Sundwall -  
Mark Conti - Marjorie Cowles -  
Marty - Matt - Melissa D. -  
Sheila C. - Rachael - Richard -  
Vivian S.

To submit names for the Intercession Prayer list please call or email the church office. Names will be kept on the list for 3 months unless longer time is requested. If a person you have placed on the list recovers in less than 3 months or passes away, please update the church office.

## March Newsletter

The deadline for the March 2018 issue of the newsletter is Friday, February 23, 2018.

If you have any contributions for the newsletter, or an update to the Birthday or Anniversary list, please call the church office at 203-467-2310.

-Kathy Alison & Susan Shultz,  
Editor

TREASURERS REPORT

Susan Shultz

	December	UNDER/OVER BUDGET	YTD	UNDER/OVER YTD BUDGET
INCOME	\$ 13,441.01	\$ 154.64	\$ 111,441.14	\$ 4,855.14
EXPENSES	\$ 9,770.87	\$ (805.14)	\$ 103,207.03	\$ (8,491.97)
NET	\$ 3,670.14	\$ (959.78)	\$ 8,234.11	\$ (13,347.11)

NOTES: This was a really tremendous year financially for us. Instead of an estimated \$5,000 deficit, we had an \$8,000 surplus! And this was against a budget that already included our increased revenue from Refreshed New Wine Church. We had better than expected income from loose plate and the fair. And in the expenses we had lower utility bills and insurance costs. We also deferred some maintenance we had budgeted. While next years is unlikely to be as spectacular, I think we can all be quite pleased with how 2017 turned out. Thanks to everyone for all their hard work and contributions!

For a copy of the Christ and The Epiphany Annual Report, which includes reports from all ministries and detailed financial information, please contact the church office at 203-467-2310 or [christandtheepiphany@gmail.com](mailto:christandtheepiphany@gmail.com).

CHRIST AND THE EPIPHANY CHURCH				
10:00 AM February Worship Schedule				
	<u>February 4,2018</u>	<u>February 11,2018</u>	<u>February 18,2018</u>	<u>February 25,2018</u>
Welcomer	Barbara Parsons	Joyce Aurelius	Barbara Parsons	Joyce Aurelius
Crucifer	Ricky Alexander	Charlie Langlan	Brooke Dennis	Ricky Alexander
Chalice Bearer	Ron Blevins	Steve Langlan	George Coulombe	Hal Levi
Lector	Audrey Sundwall	Susan Shultz	Joyce Aurelius	Steve Langlan
Usher	Gail Schappa	Kristina Langlan	Gail Schappa	Audrey Sundwall
Lead Counter	Diane Villano	Astrid Swanson	Susan Shultz	Diane Villano
Counter	Sally Alexander	Fred Bowden	Joyce Aurelius	Ron Blevins