

THIS WEEK AT HEAVENLY REST

Monday, January 30

- 4:00 pm Sunday on Monday in the Chapel
- 6:15 pm Meditation Group meets in the Chancel
- 7:00 pm Alanon meets in the Music Room
- 7:00 pm AA meets in Darlington and Thomas Halls
- 7:30 pm Canterbury Choral Society Rehearsal in the Church
- 8:00 pm Shelter in the Narthex

Tuesday, January 31

- 7:30 am Men's Breakfast Group meets at 3 Guys' Restaurant
- Noon AA meets in the Chapel
- 4:00 pm Jr Girls Choristers meet in the Choir Room
- 5:00 pm Sr Girls Choristers meet in the Choir Room
- 8:00 pm Shelter in the Narthex

Wednesday, February 1

- 9:00 am Music for Children Classes in the Good Shepherd Room
- Noon Holy Eucharist in the Chapel
- 4:30 pm Boys Choir Rehearsal
- 6:00 pm Holy Eucharist and Healing Service in the Chapel
- 8:00 pm Shelter in the Narthex

Thursday, February 2

- 9:00 am Music for Children Classes in the Good Shepherd Room
- Noon AA meets in the Chapel
- 5:30 pm Evening Prayer in the Chapel
- 7:00 pm Education for Ministry Class in the Choir Room
- 7:00 pm Alanon meets in the Music Room
- 7:00 pm AA meets in Thomas Hall

Friday, February 3

- 9:00 am Bible Study in the Choir Room
- 1:30 pm Friday Lunch for Senior Citizens
- 5:30 pm Evening Prayer in the Chapel

SUNDAY, FEBRUARY 5

EPIPHANY V

- 8:00 am Holy Eucharist in the Chapel
- 9:00 am Holy Eucharist in the Chapel
- 9:00 am Choir rehearses in the Choir Room
- 9:30 am Sunday School Classes in the Music Room
- 9:30 am Rector's Forum in Darlington Hall
- 10:30 am Holy Eucharist in the Church
Sermon: The Rev. Thomas N. J. Synan
- 3:00 pm New York Classical Players Concert

MONDAY MEDITATION: Join us every Monday at 6:15 pm for silent meditation in the Chancel. Every session will include a brief read or spoken-word reflection, followed by 20 minutes of silent meditation, sometimes called Centering Prayer in the Christian tradition. Please arrive on time so as not to enter during the silence. All are welcome! No prior experience necessary, and no need to sign up. If you have questions, contact the Rev. Elizabeth Garnsey at egarnsey@heavenlyrest.org or 212-289-5384.

THE INTERCESSIONS LIST

The Church has been asked to pray for these people and concerns. Please remember them in your own prayers: Michael Warner; Frank Hilke; Aaron; Sarah; Anna; Jamie Fargo Balliet; Reggie; Nathan Hayward; Helmy el Sherif; Bill Vericker; Susan; Jose Uribe; Margie; Mollie; Gregory Tumminio; Carol; Roger Ohlsen; Judie; Emma; Nicole; Jane; Doug; Charles La Monte; Wendy Ruhm; Daron Builta; France-Helene Weindling; Amoret Jorgensen; Chris & Alyson O'Connor; Carol Skorr Piela; G.K. Sampson; Lauren; Rosa Cruz; Andrew; Steve; Kristy; Kyle; Charles Andrew; Jenny Wyckoff; Nancy Burns; Marion Hedges; Elizabeth Giannetto; Patricia Jackson; Sarah Rhodes Lacher; John Erickson; George Velez; Lynette Matthews; Elizabeth & James; Steve McGarvey; James Cameron; Emma Leslie Cameron; Jeffrey Kauffman; the Kauffman family; Bryant Hayes; Joel; Lavinia Meeks.; Susan DiPietro. **For the repose of the souls of:** Ysabel Wilson; Henry Darlington, III; Joan Martin Tyner, Petty Officer First Class Chad R. Regelin; Corporal Jon-Luke Bateman; Lance Corporal Kenneth E. Cochran; Major Samuel M. Griffith; and Private Jalfred D. Vaquerano.

CHURCH OF THE HEAVENLY REST

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212-289-3400 info@heavenlyrest.org

Clergy

The Rev. Thomas N. J. Synan, *Associate* Ext. 214, tsynan@heavenlyrest.org
The Rev. Elizabeth Garnsey, *Associate* Ext. 213, egarnsey@heavenlyrest.org

The Rev. Kristin Kopren, *Assisting*
The Rev. Rhonda Rubinson, *Assisting*
The Rev. Caroline Boynton, *Deacon*

Seminarian

The Rev. Cathy Carpenter, *Deacon*

Music

Mollie Nichols, *Director of Music* Ext. 204, mnichols@heavenlyrest.org
Steven Lawson, *Assisting Organist*

Staff

Ruth Anne Cary, *Director of Finance & Administration* Ext. 215, racary@heavenlyrest.org
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Roger Chavannes, *Vérger*
Craig S. Sibbles, *Sexton*
José Barahona, *Sexton*
Elmer Barahona, *Sexton*

Wardens & Vestry

Wardens: Andrew Horrocks, John Hitchcock *Treasurer:* Caroline Williamson
Vestry: Edward Appert, Gray Boone, Richard Buonomo,
David Chapman, Judi Counts, Jack Cunningham, Clara Dale, Evan Davis
Meredith Hawkins, Karen Hughes, Richard Johnson,
Stephen Schaible, Joseph Seiler, Judith Washam.

The Episcopal



Church of the Heavenly Rest

Fifth Avenue at 90th Street
New York City

Sunday, January 29, 2012
Epiphany IV

Meditation

Jesus didn't come to remove suffering or to explain it away.
He came to fill it with His presence.

— Jean Paul Claudel

To our visitors, newcomers, seekers and to those who are curious:

We thank you for joining us today and hope you will return often.

✦ In the Episcopal Church, the principal act of worship is the Holy Eucharist. All who seek God and are drawn to Christ are welcome at Christ's table. Worshiping with us today, we pray that you will be drawn nearer to God as God is revealed and known in Jesus.

✦ After today's services join us for coffee, refreshments, and hospitality in the Narthex, which is located at the Fifth Avenue entrance. We have an information table where you can learn more about us.

✦ If you want to know more about what we believe and do, read further. Please let us know who you are by filling out a welcome card. Let us know if you are interested in membership, want us to pray for you or someone you name, or to hear from one of the clergy.

✦ Please pray for us, for in praying we meet Christ, and in Christ we meet one another.

SUNDAY, JANUARY 29

EPIPHANY IV

8:00 am	Holy Eucharist in the Chapel
9:00 am	Holy Eucharist in the Chapel
9:00 am	Choir rehearses in the Choir Room
9:30 am	Sunday School Classes
9:30 am	Rector's Forum in Darlington Hall
10:30 am	Holy Eucharist in the Church Sermon: The Rev. Sandy McCann
12:15 pm	Annual Parish Meeting

The Good Shepherd Nursery for Infants and Toddlers from newborn to age three is available every Sunday in the Good Shepherd Room from 9:15 am to 12 noon.

TODAY IN SCRIPTURE

The first reading for today from Deuteronomy contains a portion of Moses' final address to the people of Israel. For them, Moses has been the instrument of God's presence, the intermediary between the people and God. He contended with Pharaoh and won their freedom from slavery. He led them through the Red Sea and to Mount Sinai (or, alternatively, Mount Horeb, the mountain of Revelation), where he spoke with God and received the Ten Commandments. And now he has brought the people to the western bank of the Jordan River, the entrance to the Land of Promise. But Moses knows that he will not accompany them across and so he leaves them with a promise—that God will continue to raise up prophets for them as chosen ones to speak for God to the people and lead them in the ways God desires. Moses enjoins the people to heed and obey the message of these prophets just as they have listened to him throughout their forty-year sojourn in the wilderness. The message is that God will not abandon his people but will continue to speak to them and lead them, if they will but listen. (Deuteronomy 18:15-20)

In the second reading from First Corinthians, St. Paul addresses the problem of factions within the Christian community. There are, in the Corinthian congregation, groups who have been swayed by Gnostic interpretations of the Christian Gospel. These Gnostic Christians believed that they possessed a secret knowledge that gave them superior status and relationship with God. Among other things they believed that the material world, including the human body, was a lesser creation and inherently evil. It was the spirit that belonged to God and it would be the spirit that dwelt eternally with God. The body was of no consequence whatsoever. It followed then, that what was done by and with the body really didn't matter. Thus they were free to partake of foods offered to idols and even to participate in pagan rituals as long as they kept their spirits pure. Paul responds by saying that their so-called knowledge—in Greek, their Gnosis—was of no value when it comes to the saving love of God in Christ. While it may be true that eating food offered to idols will not deny their salvation in Christ, it is also true that such actions may cause, and in fact have caused, others to fall away from Christ. It is true that we are all free in Christ, but this freedom is not the license to do as we please, believing that Christ has saved our souls and that what remains in this life is of no consequence. The freedom we have in Christ is the freedom to love as he loves, and to serve as he served. (1 Corinthians 8:1-13)

In the Gospel reading from Mark, we hear of one of the early events of Jesus' ministry. He has come to Capernaum, a city on the northwest shore of the Sea of Galilee, where he would establish a base for his ministry, and he has gone to the synagogue for Sabbath worship. There he joins the rabbis in discussion of the Law and the Prophets and offers such insight that he astonishes all who hear. The people wonder how this uneducated carpenter's son has gained such wisdom, how he can teach with such authority. It falls upon a demon, residing in one of the people, to answer the question of just who this new teacher is. Recognizing Jesus, the demon cries out, "I know who you are, the Holy One of God." Jesus immediately rebukes the demon and exorcises him from the man. The people are now doubly astonished for Jesus has displayed not only wisdom, but power over unclean spirits. Mark uses this incident to establish Jesus' authority at the beginning of his ministry. From now on, there need be no question who Jesus is. To the scribes and rabbis in the synagogue it would be clear that Jesus is the one foretold by Moses. (Mark 1:21-28)

ANNOUNCEMENTS & OPPORTUNITIES

- **ANNUAL PARISH MEETING TODAY:** The Annual Meeting of the Parish will be held immediately following the 10:30 am service. Please plan on staying for this most important time in our parish life. Annual Reports from the Rector, Wardens and Treasurer will be presented.

REPORT OF THE NOMINATING COMMITTEE

For re-election to a two-year term as Warden:

John Hitchcock

John, his wife, Maggie, and their daughters, Emma and Anna, have been members of CHR since 1992. John served on the Vestry for six years before being elected for his first term as the People's Warden in 2010, taking a leadership role on task forces for CHR re: space utilization and architecture, the Capital Campaign feasibility study, outreach strategy development and the budget committee. He has also served as a Sunday School teacher and Children's Chapel leader. A journalist who has held editorial and business management positions, John consistently brings clear thinking, good humor and equanimity to the work of the Vestry.

For re-election to three-year terms as Vestry:

Judi Counts, Meredith Hawkins, Stephen Schaible and Joseph Seiler

Having joined CHR 27 years ago, Judi has a clear understanding of the church and a deep commitment to its programs. She brings a depth of experience with directing Christian education, outreach activities, the Christmas Festival and other fund-raising events.

As a research physician, Meredith participates in medical missionary work throughout the world. She joined CHR 13 years ago and is an Alpha and DOCC graduate, a member of the Order of St. Luke's, and a shelter volunteer.

Steve joined the parish in 2005 and became a member of the Vestry in 2009, to which he brings personal commitment, strategic thinking and professional expertise in financial planning. He also serves regularly as a lector and chalice bearer. Joe has been faithful member of CHR for 27 years. As the father of three active participants in CHR's children's ministries, Joe has a special interest in programs for young people. A lawyer by profession, he offers his legal expertise to the Vestry.

For election to three-year terms on the Vestry:

Holly Hughes and Margaret McQuade

Holly has been attending CHR since 2000 with her husband, Robert Ward, and children, Hugh, Tom, and Grace. She has taught Sunday School, led Children's Chapel, and coordinated acolyte teams. A food and travel writer, Holly served as co-chair of the Parish Profile Committee. She also sings in the adult choir, works as a docent, and occasionally takes a shift in the shelter.

Margaret came to CHR as a young child, and joined the parish in 2007 with her husband, Jim, and daughters, Kaitlin and Amelia. She has assisted the Sunday School and bakes for holiday meals. An art historian and assistant director of The Hispanic Society of America, she brings an expertise in fundraising and grant writing, plus experience in the care of Landmarked buildings.

- **GUEST PREACHER THIS MORNING:** Today we welcome the Rev. Sandy McCann as our guest preacher. Sandy and her husband, Martin McCann, have served in Africa as missionaries of the Episcopal Church for the past eight years. Both Sandy and Martin are physicians, but after Sandy retired from the practice of Radiology in 1999 she attended Virginia Theological Seminary. Since graduating in 2003 she has primarily functioned as a teacher, chaplain, and Director of Communications at Msalato Theological College in Dodoma, Tanzania. Martin, a pathologist, runs a histopathology laboratory in the diocesan medical clinic where he specializes in doing needle aspiration biopsies. He also teaches pathology in the Clinical Officers' School at the mission hospital as well as the AIDS courses at Msalato

Theological College. The McCanns serve under Bishop Mdimi Mhogolo in the Diocese of Central Tanganyika which has over 550,000 Anglicans—the largest of any diocese in Tanzania and the home to Carpenter's Kids.

- **SUNDAY ON MONDAY:** For those who miss Sunday School we are beginning a program on Mondays from 4pm to 5pm in the Chapel. Sunday on Monday covers the lessons from the previous weekend, including Bible lessons, arts and crafts, songs and prayers. Children age 3 through 5th grade are invited to this exciting new opportunity to learn more about God, the Church, and Faith. We will meet every Monday except school holidays. To sign up, contact Caren Miles, Director of Children and Family Ministries, at 212-289-3400, ext 207 or cmiles@heavenlyrest.org.

- **2012 OFFERING ENVELOPES:** If you have requested offering envelopes for 2012, you may pick them up in the Narthex. If you have any questions, please contact Elinor Loveridge at 212-289-3400, ext.216 or email eloveridge@heavenlyrest.org.

- **SUNDAY AFTERNOON MUSIC & ARTS SERIES RESUMES:** Wind down your weekend with an afternoon of beautiful music at CHR. For more information, contact Mollie Nichols at 212-289-3400, ext 204 or mnichols@heavenlyrest.org.

February 5 at 3:00 pm New York Classical Players Chamber Orchestra

French Enchantment

Dongmin Kim, conductor; Jasmine Choi, flute; Uriel Vanchestein, clarinet

RAVEL *Pavane Pour Une Infante Defunte*

URIEL VANCHESTEIN *Double Concerto for Flute and Clarinet* (commissioned by NYCP)

JULES MASSENET *The Last Dream of a Virgin*

SAINT-SAENS *Introduction and Rondo Capriccioso*

DARIUS MILHAUD *Chamber Symphony No. 4*

Free will donation at the door.

- **CONFIRMATION 2012: SAVE THE DATES!** Classes will begin Sunday, April 15 for all who desire to be Confirmed, Received, or Reaffirmed this year. To be Received means you have been baptized in another denomination, and you want to be received into the Episcopal Church—in effect, you want to live out your baptism in the context of the Episcopal tradition. Reaffirmation is for those who have been baptized and confirmed, but feel drawn to make a public reaffirmation of their faith at this time. Confirmation is a public adult affirmation of your baptism. These rites are open to ALL people, teenagers or adults, who are ready to take this step. Our classes will be engaging, educational, interactive and fun, and topics will include the Bible, the Book of Common Prayer, the Episcopal Church, Sacraments, Practices, and more. Every candidate for Confirmation is required to have a sponsor. A sponsor is simply someone who is a baptized Christian and who will present you (i.e.: walk with you) on the day of your Confirmation. Start thinking now about who your sponsor will be, and consider inviting him or her to make this journey with you. All sponsors are welcome to come to any or all of the classes.

Confirmation, Reception, and Reaffirmation will take place on Sunday, June 3 at the 10:30 am service. The series of classes will culminate in a rehearsal and celebration dinner the night before Confirmation, Saturday, June 2. Attendance at all classes and the rehearsal is required for all candidates and their sponsors.

SAVE THESE DATES:

Six Classes from 12:15pm-1:30pm April 15, 22, 29, May 6, 13, 20

Rehearsal and Dinner at 7:00 pm June 2

Confirmation, Reception, Reaffirmation at 10:30am June 3

If you have questions or want to sign up for the classes, contact the church office and ask to speak to either the Rev. Tom Synan, or the Rev. Elizabeth Garnsey, or to Caren Miles, Director of Children and Family Ministries at the church office at 212-289-3400.