

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

Sunday Explorations in the Undercroft

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

Godly Play for children three years old through first grade - **9:35am**.

Sunday Explorations | Hudson Link Toiletries Packing

Parents are invited to drop-off children ages 8 through 12 or stay to explore with them or enjoy fellowship with other parents over coffee and light refreshments. This week we'll be packing toiletries for our formerly incarcerated Hudson Link partners to welcome them home! - **9:30am in Darlington Hall**.

Confirmation Class - 9:35am in the Green Room.

Sunday Forum | Mutual Caring in Marriage and Relationships

Did you know that our theology of marriage has changed? Over the last 10 years we have re-imagined marriage as a mutual covenant with God and with each other. Come and hear the story and discuss how we can live a theology of mutual care in our own relationships - with the Rev. Matt Heyd - **9:35am in the Gray Room**.

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**.

The World's Greatest Coffee Hour

Come meet other members of Heavenly Rest for conversation, coffee, and parishioner-prepared refreshments - **immediately following the 10:30am service**.

Questioning Faith | Exploring the Eucharist

The Eucharist is a major part of our faith tradition, but it can also be the most mysterious. Join us for a step-by-step exploration of the Eucharist and a discussion of its meaning for our lives - **Noon in the Chancel** *No Questioning Faith next Sunday as the Annual Meeting will follow the 10:30am service.

Night Prayer

Using chant, prayer, and meditation by candlelight, our night prayer bridges Sunday night and the beginning of the week - **7pm in the Chapel**.

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. Anne Marie Witchger, Assistant Rector amwitchger@heavenlyrest.org

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

www.heavenlyrest.org

THE MESSENGER

January 27, 2019 | The Third Sunday after 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 and Noonday Prayers



Church of the Heavenly Rest



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COMING UP

ANNUAL MEETING - NEXT SUNDAY!

Join us on **Sunday, February 3** in **Darlington Hall** immediately following the **10:30am service for business and brunch**. We will review the 2019 budget, hear updates on our shared ministries, and begin to explore the next chapter in the life of Heavenly Rest. We will also present the slate of Vestry nominees. This year we have the following nominations for re-election:

Warden (two-year term) - **Caroline Williamson**
Vestry (three-year term) - **Lindsey Counts, Adam MacDonald, and Allyson Tang**.

Thanks to Caroline, Lindsey, Adam, and Ally for their willingness to serve.

Annual Campaign Update

Reaching Our Dollar Goal by next Sunday!

We are trying to do something we have never done before: reach the annual campaign dollar goal by the Annual Meeting. With \$1,140,000 out of \$1,170,000 - we are so close! If you haven't yet made your pledge and you would like to do so, please e-mail Maggy, Director of Stewardship & Communications, at mkeet@heavenlyrest.org.

PARISH LIFE

Coming Up! CHR101

All who are new, want to learn more, or want to connect more deeply at Heavenly Rest, are invited to join us for the next installment of CHR101, which will begin on **Sunday, February 10** in the **Undercroft**. We're glad you're here and hope that you can join us. Contact Cindy at cstravers@heavenlyrest.org for more information or to sign-up.

Sunday Forum Series: The Spiritual Practice of Caring

One of the core ways we express our faith in Christian community is by caring for each other. When we care for each other, we reflect God's love and care for us at every stage of life. During the season of Epiphany—the season of celebrating God's presence among us—we will explore the joys and challenges of caring for ourselves and others throughout our lives.

CHILDREN & FAMILIES MINISTRY

Weekly Monday and Friday Playgroups

Join parents on **Monday** and **Friday mornings** from **10am-Noon** in our **Good Shepherd Play Room** for free play, prayer, and community. Parents and children gather weekly to share experiences, learn, and explore together. Please contact Lucy Breidenthal at lbreidenthal@heavenlyrest.org for more information.

Volunteer Storytellers Needed!

Lucy Breidenthal, Head of Children & Family Ministries is looking for adult storytellers for our Sunday Explorations and Children's Chapel programs on Sunday mornings! Parishioners ages 16 and up are invited to share their gifts for reading stories to our younger children. Please email Lucy at lbreidenthal@heavenlyrest.org to learn more about this opportunity!

ARTS INITIATIVE

Second Annual Heavenly Lights Art Show: *We All Belong* Call for Submissions Now Open

Heavenly Rest's Art Show Committee invites our greater community to participate in an exhibit centering on the theme, *We All Belong*. Registration is now open through April 1. The opening reception will take place on **Thursday, May 9 from 6pm-8pm**; the exhibition will run through September 6. To register contact Program Organizer, Lucas Thorpe at lthorpe@heavenlyrest.org.

OUTREACH

Snack & Story Volunteers Needed

The Outreach team is seeking volunteers to facilitate our Snack and Story program for the spring semester at P.S. 192. This is a fun opportunity to engage with children in our Harlem community by reading a story and providing a healthy snack. If you are free in the **early afternoon** on **Fridays** and would be willing to help out, please contact Caitlin to sign up at outreach@heavenlyrest.org.

Our Prayers

We have been asked to pray for these people: Art, Jim and Rosalee, Sofie, Angelica, Mary Elizabeth, Stacey, Nathan, Eric, Augustino, Kevin, Hans, Betsy, Maria, Jennifer, Francis, Nancy, Char, Judith, Chantal, John, Patricia, Jim, Susan

For the repose of the souls: The Reverend Gregory M. Howe, Leonora Saurel, Kelley Anderson, Mary Sullivan, the victims of natural disaster and the victims of human violence

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**.

Did You Know?

Pledge envelopes are ready for pick-up. If you requested a box of pledge envelopes for 2019, they are ready for pick-up in the back of the church. The envelopes are organized in alphabetical order by last name.

WARDENS & VESTRY

Wardens: Caroline Williamson, Evan Davis | Treasurer: Douglas McIntyre
Vestry: Lucy Appert, PJ Camp, Ann Collins, Lindsey Counts, Sally Cummins, Ted Donovan, Josh Doyle, Karen Holmberg, Adam MacDonald, Suzanne Matthews, Robin Pelkki, Rikki Tahta, Allyson Tang, Gail Zimmermann