

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 | **Annual Meeting Prep: Help with Flowers & Food**

Parents are invited to drop-off children ages 8 through 12 or stay to explore with them and enjoy fellowship with other parents over coffee and light refreshments. This week children are invited to help create floral centerpieces and prepare food for our Annual Meeting - **9:30am** in **Darlington Hall**.

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

Sunday Forum | **Caring for Children & Teens**

Lucy Breidenthal will talk about the importance of nurturing spiritual resilience in young people and how each one of us - whether single households, parents, or grandparents-can be a part of it - **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**.

No Coffee Hour This Week

Please join us for the annual meeting.

The Annual Meeting

Join us **immediately following the 10:30am service**, when 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. Brunch will be served.

No Questioning Faith

This program will resume **next Sunday, February 10** with CHR101.

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

February 3, 2019 | The Fourth Sunday after Epiphany
**THE
MESSENGER**

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

PARISH LIFE

CHR101 Begins Next Sunday

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.

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.

Toiletry Drive: Thank You!

We would like to extend a big THANK YOU to everyone who participated in the toiletry drive for our Prison and Reentry Partner, Hudson Link for Higher Education in Prison, which provides college education, life skills and re-entry support to incarcerated and formerly incarcerated men and women, resulting in lower rates of recidivism, incarceration and poverty. The donations we collected will be packed into "welcome home" packages which Hudson Link alumni receive as they are released from prison.

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 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.

ARTS INITIATIVE

Second Annual Heavenly Lights Art Show: *We All Belong*

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

Current Exhibits

Illumination in Darlington Hall

Eight pairs of artists/writers from the parish consider what *ora et labora* (prayer and work) look like in 21st century New York created their own large-scale contemporary versions of the medieval illustrated Book of Hours.

Ellen Warner Photographs in Undercroft Exhibition

The exhibit includes Ellen's portraits and photojournalism, and photographs from a prospective book, *The Second Half*. Both exhibits will hang through **Wednesday, April 24**.

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, Maria, Jennifer, Francis, Nancy, Char, John, Jim, Susan, Tad, Christine and her family, Tess and her family.

For the repose of the souls: Kelley Anderson, Mary Sullivan, Patricia Dobbs, Mary Oliver, Ron, Beth McLaren, 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?

In 1952, NBC filmed one of our services as a part of their first episode of "Frontiers of Faith", a show consisting of sermons and music from different church services. If you're interested in seeing some of the footage, come to the Annual Meeting after the **10:30am service!**

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