

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 | Love Is...

Join us for espresso for parents and hot chocolate for children as we build community and explore our faith. This week we'll be studying 1st Corinthians and reflecting on what *love* is. Teaching Artist Tricia Riske will lead our art activity! 5th & 6th graders are invited to be Teaching Helpers. - **9:30am** in **Darlington Hall**.

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

Sunday Forum | Caring for Parents and Loved Ones

Many of our parents are living longer than we could have imagined. While this is a blessing, it can also be a time of unique challenges. We'll look at the resources available to help us honor the last chapters of a loved one's earthly journey and share in it with confidence and peace - **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**.

World's Greatest Coffee Hour

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

CHR101

What brought you to Heavenly Rest? How has your faith deepened and changed in this community? We are exploring the story of who we are as we plan for where God is calling us next. Whether you have been here two weeks or thirty years, everyone is invited to explore - **Noon** in the **Undercroft**.

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 MESSSENGER

February 10, 2019 | The Fifth 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



heavenlyrestnyc

COMING UP

PARISH LIFE

CHR101 Begins Today

All who are new to our parish, 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 begins **today, 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. You are welcome to join today, even if you have not yet signed up for the class.

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.

Pledge Envelopes Ready for Pick-Up

If you requested a box of pledge envelopes for 2019 they can be picked-up in the back of the Nave. Boxes are organized in alphabetical order by last name.

OUTREACH

Yarn Drive for Network SSI Baby Blankets

CHR's outreach partner, Networkssi.org, provides therapeutic support inside prisons and upon re-entry; They need donations of machine-washable yarn so the men at Otisville prison can crochet baby blankets. Network SSI Co-Executive Director Thorin Daye, a former Corrections Officer, will be speaking at the Sunday Forum on **February 17 at 9:30am**. Bring your skein/s in these *approved colors only*: brown, green, pink, tan, and white - or purchase online yarn kits at the forum or at <http://www.networkssi.org/yarn.html>.

CHILDREN & FAMILIES MINISTRY

Volunteer Storytellers Needed!

Lucy Breidenthal, Head of Children & Family Ministries is looking for adult storytellers for our Sunday Explorations and Children's Chapel programs! 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.

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 to share experiences, learn, and explore together. Contact Lucy at lbreidenthal@heavenlyrest.org for information.

ARTS INITIATIVE

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

Heavenly Rest's Art Show Committee invites New York City artists over the age of 21 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 considered what *ora et labora* (prayer and work) look like in 21st-century New York and created their own large-scale contemporary versions of the medieval illustrated Book of Hours.

Ellen Warner Photographs in the Undercroft

The exhibit includes Ellen's portraits and photojournalism, and photographs from a prospective book, *The Second Half*.

Both exhibits will be up 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, Barkley, Suzanne, and Bo.

For the repose of the souls: 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?

King Uzziah is mentioned both in the Lesson and Offertory Anthem today. Who was he? Uzziah was 16 when he became King of Judah and reigned for 52 years. In the earlier part of his reign, under the influence of a prophet named Zechariah, he was faithful to God, and "did that which was right in the eyes of the Lord." Then his pride led to his downfall. He entered the temple of Jehovah to burn incense on the altar (the role of the priests) and leprosy seized upon him immediately.

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