

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

### Nursery Care and Gody Play 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

Join us for espresso for parents and hot chocolate and a light breakfast for children as we build intergenerational community! - **9:30am** in **Darlington Hall**.

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

### Sunday Forum | Cuba Sunday Information

We'll hear from Pat and Jeremy Cage, leaders of Friends of the Episcopal Church of Cuba. FECC is a U.S.-based volunteer organization that supports the ministries of the Cuban church and its full reunification with the Episcopal Church. Pat and Jeremy will share about their work at this exciting time when the Cuban and global Episcopal Church are in the process of reconciliation - **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**.

### Choristers Mini-Concert & Fundraiser

Join the choristers for a mini-concert and fundraiser for their Chorister Trip fund - **Noon** in the **Choir Room**

### Birthday Cake Coffee Hour

Join us for conversation, community, and cake **after the 10:30am service**.

### No Questioning Faith | Explore Stations

We encourage you to visit an Explore Station - **Noon** in the **Chancel**.

### 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](mailto:mheyd@heavenlyrest.org)

The Rev. Cynthia Stravers, Associate Rector [cstravers@heavenlyrest.org](mailto:cstravers@heavenlyrest.org)

The Rev. Anne Marie Witchger, Assistant Rector [amwitchger@heavenlyrest.org](mailto:amwitchger@heavenlyrest.org)

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[www.heavenlyrest.org](http://www.heavenlyrest.org)

# THE MESSENGER

May 5, 2019 | The Third Sunday of Easter | Cuba Sunday

## 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 - 7:30pm, and for Noonday Prayers



Church of the Heavenly Rest



heavenlyrestnyc

# COMING UP

## PARISH LIFE

### Welcoming Bishop Mary Glasspool on Sunday, May 19

Join us at **10:30am** service for our Eucharist of Confirmation. Come to support and celebrate our Confirmation Class with Bishop Mary Glasspool.

### World's Greatest Coffee Hour - Four Sundays Left

There are only four Sundays left to bring your favorite savory treat to make our Coffee Hour the greatest! Please sign up today or on our website. This is a great way to say "Welcome, we're glad you're here!" to those who join us for the 10:30 service. If you're interested in taking on a leadership role for next year, contact Rev. Cindy Stravers at [cstravers@heavenlyrest.org](mailto:cstravers@heavenlyrest.org).

## MUSIC

### Choristers Mini-Concert & Fundraiser - Today at Noon

Join us **today** in the **Choir Room** for a performance by our Choristers. They will share music they have learned this year while raising money for our Chorister Trip fund. Any size donation is wonderful but we also would just appreciate your presence! Come, enjoy the music, and support our CHR Choristers.

### Canterbury Choral Society: A Festival of Gospel Music

A celebration of spirituals, jazz and gospel! In a departure from their usual classical repertoire, Canterbury Choral Society will perform three pieces by contemporary composers: Rollo Dilworth, Duke Ellington and Nicholas White on **Friday, May 17 at 7pm**. Renowned Gospel singer Janinah Burnett is the soloist. Buy your tickets online, at the door, or at [smarttix.com](http://smarttix.com). \$25, \$20 seniors, \$10 students.

### Jazz Vespers

Join us **every Sunday** from **June 16-July 28 at 5pm** as we celebrate our way into the week with the ultimate art form of improvisation and fun - jazz! Featuring our Song Leaders and the CHR Vespers Jazz Band, we will enjoy sacred and secular song and text in this original, joyful format. Come as you are - there's no dress code.

## ARTS INITIATIVE

### Heavenly Lights Art Show: *We All Belong* Opening

You are invited to the Second Annual Heavenly Lights Art Show, *We All Belong*. The exhibition includes works from artists across the city and in a variety of styles. The Opening Reception will be **this Thursday May 9, from 6pm-8pm** in the **Undercroft**. A *Les Colombes* light and sound show from **5pm-6pm** will precede the event.

## CHILDREN AND FAMILIES

### I Was a Stranger and You Welcomed Me High School Summer Service Learning Program

Come explore the history of immigration and inclusion in New York City and gain valuable leadership, community organizing, and service experience from **July 8-11**. Key themes will include: race, class, gender, international affairs, and the role of the Episcopal Church in historic and contemporary immigration issues. Cost: \$200. Email Lucy at [lbreidenthal@heavenlyrest.org](mailto:lbreidenthal@heavenlyrest.org) for more information.

## OUTREACH

### Calling Helpers for Community Grace-to-Go Packing

Please join us **tomorrow Monday, May 6 at 4:30pm** to pack Grace-to-Go meals, CHR's shelf-stable meal kits, in **Darlington Hall**. We need as much help as possible to prepare 200 meals for the community at our partner school, P.S. 192. No RSVP or experience necessary; this is a friendly activity for all ages. Come - and bring friends!

### Families Behind Bars Forum - Seeking Volunteers!

One of Outreach's closest partners, Circles of Support, invites you to a panel discussion with mothers, the fastest growing prison population, on **May 14, 6pm-7:30pm** at **St. Philip's Church**. Contact Lila at [lila@circlesofsupport.org](mailto:lila@circlesofsupport.org) or at 646-296-5319 or visit: [www.circlesofsupport.com](http://www.circlesofsupport.com) for more info. Circles of Support is also seeking volunteers for the event! If you are free at **5pm** and want to help, please reach out to Caitlin at [outreach@heavenlyrest.org](mailto: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, Jennifer, Francis, Nancy, Tess and her family, Teri, Suzie, Louise and Tristan, Norbert, Cooper, Susan, Arlene, the victims of natural disaster and human violence

**Rest of the Souls:** Ken Giniger, Missy Shorey

If you or a member of your family is in need of pastoral care or would like to request prayers or a visit from one of our clergy, call the church office at **212-289-3400**.

## EXPLORE Question of the Week

We are a community that seeks to face outward and extend our ministries beyond our walls. How could we do better to reach out to the communities around us?

Email your thoughts to [explore@heavenlyrest.org](mailto:explore@heavenlyrest.org).

### 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