

Church of the Epiphany ♦ Rumford, Rhode Island

The Herald

Lent ♦ 2011

From the Rector

Recently I had a great conversation with a family who is new to the Episcopal Church and has not had previous experience in a “liturgical church.” They were eager to learn how Episcopalians worship and live as faithful members of the Body of Christ. They had good questions. When and why do we make the sign of the cross over ourselves in worship? Why do some people touch the water in the baptismal font as they walk past? Why and when do we kneel or stand in prayer? One of the things they really wanted to talk about was defining a personal “Lenten discipline.” They were very curious about what to “give up” and what to “take on.” These questions and the spirit of faithful intention from which they came, was a good reminder that as Lent approaches, the rituals and disciplines in which we participate are meant to impact our lives. They can be rich with meaning, when we choose and participate with right intentions and hope for renewal and repentance.

From the time I was a child, I have always been grateful for the liturgical calendar we live in as Episcopalians. Each season offers us the practices, the liturgy, the scriptures and preparation we need,

just at the time we need it. Lent is one of the richest seasons of our year. In Lent we are preparing ourselves to enter into the mystery of Easter, which takes us through the passion and resurrection of our Savior. Lent is the time set aside for renewal and repentance, and when we enter into this time in Christian community, there is built in support for both.

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At Epiphany this year, we are offering several opportunities we hope will support members in repentance and renewal. Over fifty members and friends will be gathering for *Date Nights with Jesus*, a dinner and discussion series to deepen understanding of discipleship and increase our desire to follow Jesus. There will be practical teaching as well as relationship building on these evenings. We are hoping that individuals as well as our community will be impacted by what we learn and long for in our renewed commitment to discipleship. This Lenten program is a way of supporting the *practices* of our faith as Christians of all ages.

On Sunday mornings we are offering an adult forum on death and dying. We chose this topic, as a way of discussing

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Church of the Epiphany

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FAX (401) 438-5032

www.epiphanyep.org

We are in the Episcopal
Diocese of Rhode Island,
numbering over 9,000
members.

Bishop:

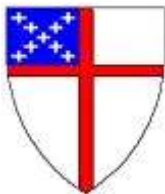
The Rt. Rev'd Gerahyn Wolf



We are part of the
Episcopal Church in the
USA, numbering over 2.5
million people.

Presiding Bishop:

*The Most Rev'd Katharine
Jefferts Schori*



We are part of the Anglican
Communion, a global
community of 78 million
people.

Archbishop of Canterbury:

*The Most Rev'd Rowan
Williams*



OUR MISSION

*We welcome all for Christian
worship, fellowship, and service,
trusting God to transform our lives
and the world.*

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HERALD DEADLINE

Holy Week/Easter Herald
deadline is April 10.

STAFF

The Reverend Jennifer L. Pedrick
Rector

The Reverend Edmund Harris
Assistant to the Rector

Nathaniel Taylor
Music Director

Beth Dench
Parish Administrator

Jim Hibbert
Sexton

*You can reach staff by email by using
firstname@epiphanyep.org*

VESTRY

Steve McGrath, *Senior Warden*

Janice Johnson, *Junior Warden*

Scott Haggerty, *Treasurer*

Michelle Callahan, *Clerk*

Bill Chase '12

Judy Lockard '12

Gracelynn Rizzolo '12

Emily Dench '13

Kathy Ivey '13

Bruce Lambert '13

Dennis Burton '14

Patricia Jeffrey '14

Virginia Rocha '14

COMMISSION SYSTEM

Building & Grounds

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Virginia Rocha, *Co-chair*

Outreach

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Stewardship

Pat Dumas, *Chair*
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Worship

Susan Murphy, *Chair*
ssmurphy212@cox.net

**Vestry meets on the third
Wednesday of each month at 7p.m.**
All are welcome to attend.

Continued from cover

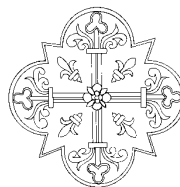
matters of ultimate importance. Addressing issues of death often has a way of raising up questions of how we choose to live. Facing death gives us a profound sense of gratitude for life. During this forum we will discuss ethical and theological questions, funeral planning, and the topic of grief, including supporting children in talking about death and grieving.

Both Edmund and I are available to meet with members to offer pastoral support and resources throughout Lent. One of the ways your priests can support you is by offering the Rite of Reconciliation. This sacrament is available to anyone who wishes to make a private confession. Especially during Lent it may be helpful to reflect upon and to confess those sins we may be carrying. Seeking and knowing God's forgiveness is a powerful way to make a new beginning.

This Herald is filled with information and invitations to participate in a Holy Lent. As it begins, I pray that each member and friend of Epiphany will have a rich season of preparation, renewal and repentance. May we each be ready to face the passion and death of Jesus Christ and celebrate the glorious Resurrection.

Jennifer

Upcoming Dates



Bishop's visit

April 10, 2011

Baptism

Great Vigil of Easter,
Saturday, April 23, 2010

Pentecost

Sunday, June 12, 2011

**Confirmation,
Reception and
Reaffirmation of
Baptismal Vows**
Saturday, May 21, 2011

2 p.m.

Emmanuel, Newport

*Please speak with our clergy for more
information.*

Parish Goals for 2011

First goal: Discipleship

We will follow Jesus in ways that set our hearts on fire and empower us to love God and our neighbor.

Second Goal: Capital Plan and Campaign

Develop and execute a plan to maintain and improve the property entrusted to us, so that we may use our gifts of land and buildings to inspire and to invite others to experience God's presence in this place.

Third Goal: Communications

Develop and execute a plan to improve internal and external communications to invite and encourage members and guests to share in our common life.



*Shrove Tuesday on
Sunday Pancake
Breakfast/Race*



Photos: Jennifer Pedrick

Prayer for morning

Heavenly Father, in you we live and move and have our being: We humbly pray you so to guide and govern us by your Holy Spirit, that in all the cares and occupations of our life we may not forget you, but may remember that we are ever walking in your sight; through Jesus Christ our Lord. Amen.

Prayer for evening

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. Tend the sick, Lord Christ; give rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous, and all for your love's sake. Amen.

Prayer before meals

Most loving God, you visited the disciples as a stranger and became known to them in the sharing of a meal. Be present at our table as our guest, that the bread we break together may strengthen us to welcome all those whom we encounter as Christ himself. Amen.

**Prayer as the Sabbath begins**

Gracious God, you have sanctified days of rest for all your people, and have called us to bear witness before the world to the graciousness and wisdom of the Sabbath: Be with us now as we lay aside our work; hallow our rest, our recreation and our leisure, and bring us to the new week refreshed and restored in body, mind and spirit. We ask this in the name of Jesus, in whom we find our true rest, and who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Prayer as the Sabbath ends

God of all creation, we give you thanks for the gift of our Sabbath rest: Keep company with us as we take up our work again, and help us to know, that even in the midst of our busy lives, our hearts rest in you. We ask these things in the name of Jesus, who is himself our True Sabbath, and who abides with you and the Holy Spirit, in glory everlasting. Amen.

From the Assistant

Lent: An Invitation to Prayer

For many years, I struggled to pray on a daily basis. Between school and work, I just can't find the time, I told myself. Either I can go to the gym or pray, but there aren't enough hours in the day for both... I'm too anxious to pray... I can't find a quiet place to pray... I've tried praying, but I'm not good at starting new habits... I'm going to be a priest for crying out loud! I have my whole lifetime to pray...

These were the excuses I made for not praying every day. I confess that I was well into my discernment process to be a priest before I finally committed to daily prayer. One day, when I shared my struggle to pray with my ordination discernment

committee, Karen, a member of the committee who was also a former Roman Catholic religious sister, looked at me straight in the eyes and said, "a Christian, never mind a priest, who doesn't pray every day, is a fraud." Ouch! "Me, a fraud?" I thought. I remember leaving the meeting in tears. Try as I wanted to dismiss what Karen had said to me as old-fashioned convent etiquette, her words kept ringing in my ears every day that went without praying: a fraud, a fraud, a fraud.

Years later, I realize what Karen was trying to say to me, and also that she was right. Think about a person you love very much: your spouse, your children, your

best friend. Can you imagine what would happen to your relationship with this person if you refused to spend time with them on a regular basis? If you were too busy to ever sit down to dinner with them, attend soccer matches, or talk on the phone? Your relationship would languish and die.

What defines us as Christians is our relationship with the living God through Jesus Christ. Above all else, being a

Christian is about being in relationship with God, a relationship we can only

cultivate by carving out time in our lives to be in God's presence.

Just as in our relationships with the people we love, our

relationship with God will only grow and thrive if we commit to spending time with God on a

regular basis. One of the most important ways we do this is through prayer.

Lent is a season when we are invited to take stock of our relationship with God. It's a season when we reflect on all that separates us from God, and also when we make room in our lives for attending to our relationship with God. As a way of doing this, the Church invites us to prioritize our prayer life as part of our observance of a "holy Lent," to quote the liturgy for Ash Wednesday. This Lent, I echo this invitation, and encourage you and your entire family to take it seriously by committing to pray often. Here are some "tips" for praying that I

...our relationship with God will only grow and thrive if we commit to spending time with God on a regular basis.

have personally found helpful in my own prayer life.

✦ **Set aside a regular time for prayer every day.** A little structure can make it easier to get started. It doesn't matter what time you pray, only that you do. Personally, I pray in the morning before my mind gets going too much, and I'm easily distracted. Other people pray best late at night. Listen to what your body tells you.

✦ **Set aside a space in your home to pray.** Having a place in your home that you associate with prayer can actually help you pray. I've designated a corner of our study as my prayer corner. I have a small TV table covered with a cloth, on top of which I've placed several images of Christ and a candle that I light when I pray to signify God's presence.



✦ **Show up.** That might seem obvious, but showing up to pray is truly half of the battle when it comes to prayer. There will be days when you won't feel particularly prayerful—days when you'd rather skip prayer altogether! Resist this temptation. Even if you can't utter a word of prayer, your presence alone is a prayer, and God honors that.

✦ **Be honest with God about your deepest desires.** Seriously, don't hold back. Tell God exactly what you want. It's nothing God hasn't heard before, and there is no prayer that is too silly or futile to bring before God. Being aware of what we desire from God can actually help us to see the ways that our prayers are in fact already being answered, even if not in the ways we expect.

✦ **Be silent.** We usually think of prayer as a one-way conversation with us doing the talking, and God doing the listening. But it's also important for us to listen for God's voice sometimes as well. Try sitting in silence for a few moments. If you find yourself getting antsy or distracted by outside thoughts, simply acknowledge them, and let them pass by like a cloud in the sky. Try focusing on a word or phrase such as "peace" or "Jesus, have mercy on me, a sinner."

✦ **Be gentle on yourself.** Don't beat up on yourself if you falter in your prayer or get frustrated with it. Prayer is a practice. Like any habit, prayer takes practice if we're to become better at it. Once you've been at it for a few weeks, it'll come easier.

To aid you in your practice of prayer this Lent, we'll be giving every family at Epiphany a candle, and an image of Christ with prayers for morning, evening, and the Sabbath to get you started. May God be close to your heart during this holy season.

In the peace of Christ, *Edmund*

Music Notes



Miserere mei, Deus - have mercy on me, O God. This begins the 51st psalm, traditionally known as the penitential psalm, which we sing as an extra psalm in the worship on Ash Wednesday. It will set one of the main tones for Lent: inspection, returning to God, and considering and invoking God's mercy. To reflect the change of theme we are returning to plainchant, the style of psalm singing with no piano or organ, inherited from the medieval church. Other parts of our weekly service music bear this theme as well. We hear it this season as we invoke the Lamb of God during the breaking of the bread (also sung as plainchant), and also hear it in the opening of the worship, when we ask God's mercy while declaiming the three-fold nature of his holiness with the ancient Greek hymn known as the Trisagion, or 'thrice-holy': Holy God; Holy and Mighty; Holy Immortal One, have mercy upon us. This hymn is one of the oldest in the Eastern Orthodox church, and we will sing it with a musical setting from Russia.

New directions for youth singing: You may have noticed more noise coming from the music room at the 9:00 coffee hour before the start of Godly Play this past month. Kids of any age (4 to 14) have informally sung songs around the piano, with a drum or a tambourine,

before going downstairs. We hope this will continue as a weekly event, 9:00 to 9:15 every Sunday. If families who turn up at 9:15 just for Godly Play can make it fifteen minutes earlier, this tradition can grow - and parents can get a cup of coffee while listening! *Nat*

An Announcement about the Evening Light Service from the Worship Commission-

Beginning March 13, we will be suspending the Evening Light service on Sunday evenings at 6 p.m. Although the liturgy itself has been very carefully planned, and has provided a deeply meaningful worship experience for those who have attended, the service has not attracted enough participants from within or outside our parish to make it viable at this time. Although Evening



Light may not be continuing in its current form, the kind of encounter with God we experienced

through it has and will continue to affect the way we worship together as a community. We also firmly believe that the insights we have gained from worshipping in the style of Evening Light will ultimately enable us to be more open to the possibility of alternative forms of worship in the future. Did you attend Evening Light? We welcome your feedback and conversation. Thank you to everyone who contributed to Evening Light.



*Welcome
Sunday*



Photos: Beth Dench

*Sheila Conway
Gretchen & Ned Gammons
Tracy & Lyla Halkyard
Alan & Susan Mason
Pam Monroe
Callan McCarthy
Evan McCarthy
Carrie Taubenfeld
Sharon Younkin*



GODLY PLAY SCHEDULE

MARCH

- 13 Faces of Easter 1 and 2
- 20 Faces of Easter 3
- 27 Faces of Easter 4

APRIL

- 3 Faces of Easter 5
- 10 Faces of Easter 6
- 17 Faces of Easter 7
- 24 Easter~NO classes

Living and Dying to the Lord: A Conversation About Dying, Death, and Beyond

During the season of Lent, the Church invites us to meditate on our mortality: to see our lives in light of the reality that we will all die one day. Our Christian faith has something to say to us about how we prepare for our death, as well as what will happen to us after we die. Join us on Sunday mornings during Lent for four important conversations about dying, death, and beyond facilitated by the Rev'd Jennifer Pedrick, and Michael Jaycox, a Ph.D. student in Christian Ethics at Boston College.

March 13 – Living to the Lord: How does our Christian faith inform the decisions we make about end-of-life medical care?

March 20 – Dying to the Lord: What happens to our selves, our souls, and bodies after we die?

March 27 – Even at the grave we make our song: Liturgical resources for the time of death, burial, and grief.

April 3 – Are the kids alright? : A conversation on speaking about death to the youngest members of our families.

Adult Education takes place in the parish hall on Sunday mornings at 9:20 a.m.

You and those you love won't want to miss these conversations.

Bible Study (*Meets in the Living room*)

All Ages; led by Carol & Richard Marsland

Weekday Bible Study (Lectio Divina)

All Ages, Mondays at 7 p.m.

Location: The home of Bo and Kathy Ivey

Sunday, March 13, 9:15 a.m.

The four week Adult Forum series, **Living and Dying to the Lord: A Conversation About Dying, Death, and Beyond**, begins this morning in the Parish Hall.

Tuesdays, 6-7:15 p.m.

Join yoga instructor, Maggie Martin, for **Gentle Yoga** classes in our Parish Hall. Each class is \$10 and Maggie is available before class for any questions you may have.

Wednesday, March 16, 6 p.m.

Our Lenten program on discipleship, **Date Night with Jesus**, begins its five week run this evening in the Parish Hall.



Thursday, March, 17 a.m. – Noon

The **RI Moms** playgroup will gather in the Parish Hall. For more information contact Jessica D'Alessandro at jessicajean23@verizon.net

Thursdays, 7:30-9 p.m.

Senior Choir rehearsal in the Music Room.

Saturday, March 19, 9 a.m. – 3 p.m.

A Leadership Retreat will be held at St. Martin's church, Providence. This gathering of leaders of Church of the Epiphany will include a facilitator from outside our parish and focus on how we can achieve the three goals that have been set for our us for 2011.

Tuesday, March 22, 5 p.m.

Bread of Life Food Pantry is open this evening at Newman Congregational Church.

Friday, March 25, 10 a.m. – Noon

The **RI Moms** playgroup will gather in the Parish Hall. For more information contact Jessica D'Alessandro at jessicajean23@verizon.net

Wednesday, March 30, 7:45 p.m.

Pastoral Care Commission meeting in the Living room.

Thursday, March 31, 7 p.m.

Outreach Commission meeting in the Livingroom.

Tuesday, April 5, 5 p.m.

Bread of Life Food Pantry is open this evening at Newman Congregational Church.

Wednesday, April 6, 5:30 p.m.

Worship Commission meeting in the Parish Hall.

Sunday, April 10

Please join us as we welcome **the Bishop of RI, GERALYN WOLF**, on her official visit to Epiphany.

A Coffee & Conversation will be held at 9:15 a.m. in the Parish Hall.

Holy Week/Easter Herald deadline.

Monday, April 11, 4-8 p.m.

The **RI Blood Center** will be holding a blood drive in Church of the Epiphany's parish hall. Won't you consider giving the gift of life?



Tuesday, April 12, 7 p.m.

Stewardship Commission meeting in the Rector's office.

Wednesday, April 13, 7:45- 9 p.m.

Vestry meeting in the Multi-purpose room. All Parish members are welcome to attend.

Thursday, April 14, 7 p.m.

Education Commission meeting in the Parish Hall.

Sunday, April 17

Palm Sunday 8 a.m. Holy Eucharist & 10:30 a.m. Liturgy of the Palms, Procession and Holy Eucharist.

Date Night with Jesus

A five-part Program on Christian Discipleship for Adults and Children

- **March 16** - Repentance: Preparing and Repairing Your Relationship with God
- **March 23** - Service: The Most Important conversation of your life
- **March 30** - Reading the Bible: God's Great Love Story
- **April 6** -Prayer: Loving Your Neighbor as Yourself
- **April 13** - Sabbath: Following Jesus through Rest and Recreation

Sunday Service Schedule

8:00a.m. Holy Eucharist, no music
9:15a.m. Christian Education
10:30a.m. Holy Eucharist, w/music

REGULAR EVENTS @ Epiphany

Sunday

5:30p.m. Overeaters Anonymous

Tuesday

9-11:30 a.m. Thrift Shop

6:00 p.m. Gentle Yoga

7:30p.m. Gamblers Anonymous

Thursday

7:30p.m. Alcoholics Anonymous

Saturday

9-11:30 a.m. Thrift Shop

Check out our online calendar on our website: www.epiphanyep.org.

Outreach Offerings

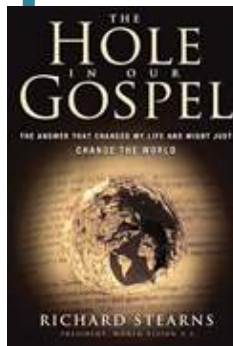
Bread of Life Food Pantry requests for the Month of March:
canned fruit, tuna, and crackers.

Special Opportunity for Giving to the Bread of Life Food Pantry-

The Bread of Life Food Pantry located at Newman Congregational Church, Rumford is participating in the 13th Annual \$1 Million Giveaway to Fight Hunger. Please give generously during March and April as all food and monetary donations will be matched by the Alan Shawn Feinstein Foundation. \$1 million will be divided among anti-hunger agencies nationwide, so your generosity will be greatly appreciated during this campaign. Checks can be made payable to "Newman Congregational Church" with "Bread of Life Food Pantry" noted on the memo line.

The Hole in Our Gospel -

Please join us in reading *The Hole in Our Gospel*, by Richard Stearnes. This book takes a fresh look at the gospel, which will take us to a deeper understanding of our own faith and inspire us to do our part to demonstrate God's love for a hurting world. This inspiring book tells of one man's spiritual journey and the desperate needs faced around the globe. Take home a copy to read and return, or for a donation of \$5 to benefit World Vision, take a book to keep. Consider joining a book group, to be offered during the Easter season, to discuss this inspiring book.



Coming Events

Sunday, April 10 – *Please join us as we welcome
the **Bishop of RI, Geralyn Wolf**,
on her official visit to Epiphany.*

church of the epiphany

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