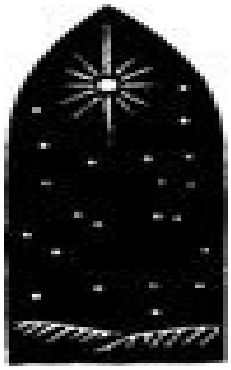
THE CHURCH OF THE EPIPHANY

# THE STAR

January 2020



WHO WE ARE:

The Church of the Epiphany is one of 181 parishes of the Episcopal Diocese of Virginia, which is one of 110 dioceses in The Episcopal Church (USA), one of 44 member churches in the worldwide Anglican Communion.

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## FROM FATHER ANDREW…

We have entered into the season after the Epiphany. One of this seasons themes is light. The gospel tells us, "The light shines in the darkness, and the darkness did not overcome it." ( John 1:5 ) I think our parish is aptly named. I find it to be a source of light for the world around us.

In one way, I mean this literally. If you have ever driven by at night when the building is lit up, you know what I mean. Our towers have often struck me as being like beacons in the night. A lighthouse in a troubled sea of darkness.

That light is beckoning people to come and discover the true light found within. To see that the light of Christ is burning strongly in the hearts of the people of this parish. The light of Jesus is growing brighter and brighter in our shared lives of faith. That the light of God is here for us all. The light seen from outside guides those who are looking for restoration, for forgiveness, for reconciliation, for peace.

All of us are beacons. The light of Jesus can and does shine in you. As we move together into this new year, remember that you are a lighthouse in a sea of troubled darkness. Remember the light you have found here in this place, and invite those you meet to come and share in the light of The Church of the Epiphany.

# Congregational Meeting

*Mark your calendars for **Sunday, January 26th***
*@ 9:00 AM, between the 2 services*
*for the Congregational Meeting to take place*
*in the parish hall.*
*We will have pastries, donuts and coffee for you to enjoy!*
*Please come to be a part of this Congregational Meeting*
*as we look forward to a great year ahead!*

## My Last Word……

It has been my honor to serve this parish as your Senior Warden over the past two years. It has been a huge eye opener for me as to the "inner workings" of this place and all that it takes to keep it going. It definitely takes alot of money, but mostly people, who love and care for this space, and for each other. And, me serving as your Senior Warden should prove to everyone that anyone can do this job! So, do not be scared to serve, and next time someone asks, say yes!

Thank you all for your continued support of The Church of the Epiphany. Because of you, this parish will be here long after we are all gone to continue to serve God in this community. Now, in the words of Forrest Gump, "I'm not a smart man(woman), but I know what love is".....and it definitely lives here!

Faithfully,

Karen :)

## Thank You, Thank You

**Good News for the Diaper Ministry!**

All Brand Sewing Center, aka the store Chuck & Dottie founded; did a Diaper Drive over the last two weeks and raised $645 from their VERY generous customers! That should buy a few diapers.

Karen says to tell you that it was so very easy and she challenges all of you to do the same at your place of business! Let's make 2020 the year of giving and kindness—-BE CONTAGIOUS!

# January Parish Calendar

January 2020

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| Dec 2019<br>S M T W T F S<br>1 2 3 4 5 6 7<br>8 9 10 11 12 13 14<br>15 16 17 18 19 20 21<br>22 23 24 25 26 27 28<br>29 30 31<br><br>Feb 2020<br>S M T W T F S<br>1<br>2 3 4 5 6 7 8<br>9 10 11 12 13 14 15<br>16 17 18 19 20 21 22<br>23 24 25 26 27 28 29 | | | 1<br>Happy New Year!<br>Office Closed | 2<br>9:30 AM Lamb's Basket Volunteers (Clients)<br>No choir or handbell rehearsals | 3 | 4<br>8:30 AM Outreach Bag Lunches --The Vestry Team |
| 5<br>8:15 AM H.E.<br>10:15 AM Sun. School<br>10:30 AM H.E.<br>8:00 PM AA Meeting | 6<br>8:00 PM AA Meeting | 7<br>7:00 PM JRRingers | 8<br>12:00 PM H.E. with Healing Prayers<br>6:30 PM Bible Study - Chapters 15 & 16 of Matthew | 9<br>9:30 AM Lamb's Basket Volunteers (Clients)<br>6:15 PM Chancel Choir Rehearsal<br>7:30 PM Handbell Rehearsal | 10 | 11 |
| 12<br>8:15 AM H.E.<br>10:15 AM Sun. School<br>10:30 AM H.E.<br>8:00 PM AA Meeting | 13<br>8:00 PM AA Meeting | 14<br>7:00 PM JRRingers | 15<br>12:00 PM H.E. with Healing Prayers | 16<br>9:30 AM Lamb's Basket Volunteers (Clients)<br>6:15 PM Chancel Choir Rehearsal<br>7:30 PM Handbell Rehearsal | 17 | 18<br>10:00 AM -12:00 PM Diaper Ministry |
| 19<br>8:15 AM H.E.<br>10:15 AM Sun.Schoo<br>10:30 AM H.E.<br>8:00 PM AA Meeting<br>Blood Pressure Clinic<br>Lunch Bunch--Nick's Roman Terr. | 20<br>8:00 PM AA Meeting<br>12:00 noon--Chapter 4 – O'Charley's, 6291 W. Broad St.<br>Office Closed | 21<br>6:00 PM Vestry Mtg.<br>7:00 PM JRRingers<br>7:00 PM Lamb's Basket Annual Mtg. | 22<br>12:00 PM H.E. with Healing Prayers<br>Bible Study - Chapters 17 & 18 of Matthew | 23<br>9:30 AM Lamb's Basket Volunteers (Clients)<br>6:15 PM Chancel Choir Rehearsal<br>7:30 PM Handbell Rehearsal | 24 | 25 |
| 26<br>8:15 AM H.E.<br>9:00 AM Congregational Mtg.<br>10:15 AM Sun. School<br>10:30 AM H.E.<br>8:00 PM AA Meeting | 27<br>8:00 PM AA Meeting | 28<br>7:00 PM JRRingers | 29<br>12:00 PM H.E. with Healing Prayers | 30<br>9:30 AM Lamb's Basket Volunteers (Clients)<br>6:15 PM Chancel Choir Rehearsal<br>7:30 PM Handbell Rehearsal | 31 | |

# Care Notes:

This month's topic is on Stress Management. Why you may wonder, is managing stress so important? Well, stress or being chronically under stress can affect your physical well-being as well as your mental well-being. Stress can lead to high blood pressure, irritable bowel syndrome, gastrointestinal ulcers, and even asthma according to the American Heart Association (2014). Managing that stress is a vital part of having a healthier lifestyle.

Some ways to manage your stress are by exercising regularly, reducing the stressors in your life, deep breathing during stressful or anxiety-producing events, sensible eating, and drinking and also setting realistic goals and expectations for yourself (Cleveland Clinic, 2016). Getting enough sleep is also an important factor towards stress management. The recommendation for the number of hours of sleep to get per day is 7 to 9 hours (American Heart Association, 2017).

If there are any topics or educational events that you are interested in having at the church or have any special needs that can be accommodated through the parish nurse ministry, or if you are a health professional in the congregation and are interested in being part of the parish nurse ministry, please contact Crystal Sarvay, MSN, RN at epiphanyrvaparishnurse@gmail.com.

Our next blood pressure screening will be held on January 19th, following the 10:30 a.m. service.

American Heart Association. (2014). *Stress and heart health*. Retrieved from https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/stress-and-heart-health

American Heart Association. (2017). *Lower stress: How does stress affect your body?* Retrieved from https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/lower-stress-how-does-stress-affect-the-body

Cleveland Clinic. (2016). *Stress management and emotional health*. Retrieved from https://my.clevelandclinic.org/health/articles/6409-stress-management-and-emotional-health

# Committee Chairman

You are reminded that we need your 'year end' report by Tuesday, January 21st so we can get it into the Annual Report.

The Congregational meeting is Sunday, January 26 at 9:00 am, between the two services.

# The 5th year anniversary of Big Night

## is February 8th, 2020.

Cocktails start at 5:30 PM followed by a meal at 6:00 PM.

Mark your calendars and plan to have a good time. Dancing, dinner, dessert, music, and childcare if you need it, what more could you want? There is no cost but contributions to Epiphany's diaper ministry will be greatly appreciated. We will send out an electronic invitation for RSVP. Of course you can always reach out to Lucy.

# The Diaper Ministry:

The diaper ministry distributed to 74 families this past month during our diaper distribution day on December 21st. We continue to experience growth and serve new families each month. This growth demonstrates the continued need for this ministry, and the service that we provide. The next diaper distribution is scheduled for January 18th. Volunteers are needed from 9:30 a.m. until 12:30 pm to bag and distribute diapers. If you are unable to volunteer for a diaper distribution day and would still like to help, donating diapers for this ministry would be greatly appreciated. There is a huge need for diapers sizes **4 through 6.**

Additionally, if anyone would like to hold a diaper drive, the church website has a link to access information on holding one to support this ministry, or you can contact Crystal Sarvay through email at epiphanyrvaparishnurse@gmail.com for more information.

# VESTRY MEETING January 21st @ 6:00 pm

## Thank You

**A big thank you** to both Chapter 4 & Chapter 5 for the 70 new soup bowls in the kitchen.

What a wonderful addition.

## Fellowship Activities

Want to go to Brunch in January ?

**Sunday, January 19th** the 'lunch brunch group' will be going to lunch at **Nick's Roman Terrace** , Westland Shopping Center.

If you are interested, please contact **Jean Riddick,** or call Lucy in the office, 266-2503

## Congratulations!

To our newly elected Vestry members that will serve for the next three years:

Becky Card

Cory Isemann

Stacy Mitchell

## Faith in Film Series is Coming Back

On February 2nd, our Faith in Film series will be starting back up. We will be meeting as before, in the parlor, at 9:30 am.

Last time we watched the beautiful movie "The Nun's Story." As a counterpoint to this weighty drama, we will be viewing several episodes of the comedy television series "Northern Exposure." This television show aired in the early 1990's and was critically acclaimed. It follows the eccentric inhabitants in the small town of Sicily, Alaska. Over its run, it offered many episodes that touched on matters of faith with wit and humor.

Hope to see you there!

## Bible Study

Why not add our bi-monthly bible study to your new year's resolutions?

Meetings are at 6:30 pm in the parlor, the second and fourth Wednesday of the month.

On January 8th we will be discussing chapters 15 and 16 of the gospel of Matthew, and on the 22nd chapters 17 and 18.

Start your new year off right!

# Worship Leaders for January

Counters: Kim Ludwig, Jean Riddick

| | January 5 – Christmas 2 |
|---|---|
| Altar Guild: | Jean Riddick, Melba Shumaker, Crystal Sarvay |
| **8:15 AM—Holy Eucharist** | |
| Usher: | Chris Tignor |
| Reader: | Tad Blackburn |
| **10:30 AM—Holy Eucharist** | |
| Ushers: | **Team 1:** Scott, Milton, Palmer, Paul, Brian |
| Lessons: | Jeri Anne Townley, Gray Corbett |
| Prayers: | Gray Corbett |
| Chalice: | Herb Williams, Stacy Mitchell |
| Acolytes: | Logan Abernathy, Ellianna Cloyes, Avery Craver, Will Craver |
| Greeters: | Carol Cullinan, Carol McElhinney |
| Nursery: | Gail Wood, Patty White, Christine Couturier, Loyce Kiplagat |
| Sun. School Helper | Carly Nolan |

| | January 12 — Epiphany 1 |
|---|---|
| Altar Guild: | Kathy Jimerson, Carol McElhinney, Fran LaVigne |
| **8:15 AM—Holy Eucharist** | |
| Usher: | Karen Holden |
| Reader: | Sam Craver |
| **10:30 AM—Holy Eucharist** | |
| Ushers: | **Team 2:** Karen, Billy, David |
| Lessons: | Buddy Dunn, Stephanie Norris |
| Prayers: | Stephanie Norris |
| Chalice: | Cory Isemann, Stacy Mitchell |
| Acolytes: | Sam Tucker, Jason Ludwig, Chase Johnson, Jay Tucker |
| Greeters: | Lauri McIntosh, Dwight Ludwig |
| Nursery: | Gail Wood, Dwight Ludwig, Scott Blackwell |
| Sun. School Helper: | Mindy Cloyes |

| | January 19 - Epiphany 2 |
|---|---|
| Altar Guild: | Karen & Randy Holden, Cheryl Lineberry |
| **8:15 AM—Holy Eucharist** | |
| Usher: | Kim Ruder |
| Reader: | Tad Blackburn |
| **10:30 AM—Holy Eucharist** | |
| Ushers: | **Team 3:** Eddie, Cory, Frosine, Herb, Becky |
| Lessons: | Cheri Blackwell, Crystal Sarvay |
| Prayers: | Crystal Sarvay |
| Chalice: | Randy Holden, Crystal Sarvay |
| Acolytes: | Eric Ludwig, Ginny Tucker, Ellianna Cloyes, Gift Elionai |
| Greeters: | Herb Williams, Tad Blackburn |
| Nursery | Gail Wood, Melanie Skinner, Heather Hollister |
| Sun. School Helper: | Adrianne Smith |

| | January 26 — Epiphany 3 |
|---|---|
| Altar Guild: | Dottie Strabley, Lucy Whitlock |
| **8:15 AM—Holy Eucharist** | |
| Usher: | Gray Corbett |
| Reader: | Sam Carver |
| **8:15 AM—Holy Eucharist** | |
| Ushers: | **Team 4:** Kim, Gray, Richard. Lee |
| Lessons: | Kathy Jimerson, Clement Wani |
| Prayers: | Clement Wani |
| Chalice: | Gray Corbett, Buddy Dunn |
| Acolytes: | Nick Ludwig, Avery Craver, Jason Ludwig, Camryn Whittlesey |
| Greeters: | Carol McElhinney, Carol Cullianan |
| Nursery: | Gail Wood, Sandy Ruder, Mary Kenyi |
| Sun. School Helper: | Jessica Isemann |

# Days of Blessing in January!

## Happy Birthday

| | |
|---|---|
| January 1 | Clement Wani |
| | Joseph Elionai |
| | Alice Elionai |
| January 4 | Wilder Thomas Prevatt |
| January 6 | Blaise Robinson Baynes |
| January 7 | Melanie Skinner |
| January 9 | Marion Magruder |
| January 10 | Ian Carver |
| January 12 | Hudson Anthony Williams |
| January 14 | Garrett Russell |
| | Bryce Thomas Turner |
| January 19 | William Soule Prevatt |
| January 21 | James Mitchell |
| | Debbie Crawford |
| January 23 | Dottie Strabley |
| | Lydia Callaway |
| January 24 | Sue Rasmussen |
| | Carol Cullinan |
| January 26 | Scott Blackwell |
| | Jason Ludwig |
| January 27 | Bailey Nixon |
| | Gray Corbett |
| | Ezra James Axselle |
| January 28 | Jason Williams |
| January 29 | Penn Guyer |
| | Audrey Reinholz |
| January 30 | Aggie Gallagher |
| January 31 | Rosa Elionai |

## Happy Anniversary

| | |
|---|---|
| January 1 | Milton & Martha Jenkins |
| January 14 | Andrew & Kim Reinholz |
| January 31 | Jeff & Carol Campus |

# Standing in the Need of Prayer

## Those who are ill or have special needs:

**New to the Prayer List:**

**Parishioners:** Dottie Strabley, Mike Young, Lydia Callaway, Bob Jimerson, Irene Morris, Chip Dunn, Wayne Whitlock, Jan Lawrence, Nancy Shewey, Joyce Whitlock, Randy Tucker

**Homebound:** Sarah Fore, Ray Hampton, Dot Hudson, Charlotte Lovelace, Connie Neal, Ina Stickel, Juliet Wynne;

**Family & Friends:** Dave Holsapple—Stacy Mitchells friend, Robert Hoffert—Diana Stone's Dad, Joanne Terlep—friend of Kim Ludwig, Katherine Ballou—friend of Scott Blackwell, Robin & Ron Woods—Erica Facetti's parents, Johnny Hansen—friend of Cheryl Lineberry, Karen Little—friend of Jeri Anne Townley, Sherrie Bogle—friend of Marty Shephard, Joyce Matchunis—Irene Morris' daughter-in-law, Charlotte Lechlak, Mydina Thabet, Mike Abraham, and David Thabet—cousins of Denise Russell and Sandy Ruder, Dave Schulte—friend of Wayne & Lucy Whitlock, Nancy Baynes Rojas—daughter of George & Joy Baynes

**Those Serving in the Armed Forces especially:** Benjamin Hoffert, Patrick Lineberry, Caitlin Mitchell Wurster, Bryan Murphy, Billy Tucker, Andrew Smith and Tyler Watts.

**Those expecting a Child:** Grant & Ashley Ruder

**Prayers for the Departed:**

# Just the Facts:

# Leadership and Contact Information at Church of the Epiphany

Office address: 8000 Hermitage Rd, Richmond, VA 23228 Phone: 804-266-2503 inquiry@epiphanyepiscopal.com

Father Andrew Reinholz, Rector 804 266-2503 office (Pastoral care) 1 610-780-1420 (cell)

Lucy Whitlock, Office Administrator lucy.whitlock@epiphanyepiscopal.com

Anita Williams, Music Director

Timon Kenyi, Sexton

## Vestry

Senior Warden

Junior Warden

Marty Shephard, Treasurer

Register

Tad Blackburn (2020) Carol McElhinney (2020)

Laurie McIntosh (2020)

Carol Cullinan (2021) Dwight Ludwig (2021)

Herb Williams (2021)

Carol Cullinan (2022) Cory Isemann (2022)

Stacy Mitchell (2022)

Office Hours :

Lucy is in the office Monday, Tuesday, Wednesday, Thursday from 9 am to 2 pm.

Call before stopping by to make sure someone is here to let you in.

***May the light of God's blessing, like the Epiphany star, always guide you on the path toward Him.***