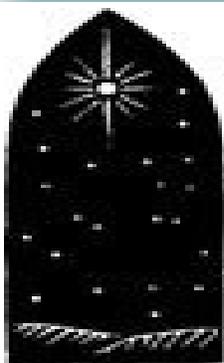


THE CHURCH OF THE EPIPHANY

THE STAR

May 2019

FROM FATHER ANDREW...



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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On April 21st we gathered to celebrate the resurrection of our Lord and Savior Jesus Christ. The air was filled with alleluias and shouts of victory as we celebrated our redemption in God's victory. It was a beautiful day, and nature itself seemed to be joining in our celebration.

But as the day wore on, news from the other side of the world started to reach us. As our fellow Sisters and Brothers in Christ gathered in Sri Lanka, to celebrate just as we do, to rejoice just as do, they endured one of the deadliest terrorist attacks in human history. Over two hundred people were murdered in hotels, and as Christians gathered for Easter Sunday worship. It is a horrific reminder that even in the midst of the light of Easter morning the darkness of Good Friday lurks. It is also a reminder, of the cost of discipleship that so many face around the world.

What we as Christians believe, what we as Christians profess, is terrifying to the evils of this world. Just as they tried to silence Jesus by nailing him to a tree, they now try to silence his followers. But just as they failed some two thousand years ago, when Jesus rose from his tomb, so they failed this Easter morning. God shows us that the way to respond to evil is with justice, life, and love. God shows us that this world was created not so that we would wallow in darkness, sin, and death. God gave his only Son to show us that we are called to live a new life, a life of his justice, his peace, his love.

I hope you will join me in prayer during this Easter season, for all persecuted Christians around the world and in this country.

O Eternal Lord God, who holdest all souls in life; We beseech thee to shed forth upon thy whole Church in Paradise and on earth the bright beams of thy light and heavenly comfort; and grant that we, following the good example of those who have loved and served thee here and are now at rest, may with them at length enter into the fulness of thine unending joy; through Jesus Christ our Lord. Amen. (From the 1928 Proposed Book of Common Prayer in the Church of England)

Word from the Warden

Time continues to fly by – May already! WOW! This parish continues to do the hard work of being Jesus' hands in the world and I am so proud to be a part of it.

The Diaper Ministry continues to grow each month, with 121 bags being handed out in April – proving it is a very important outreach program to our community. Searching out creative ways to collect & distribute these diapers, continues to be a challenge. We plan to reach out to the area churches, in the same way Lamb's Basket was started, and hope to get excitement brewing and diaper drives going. Please let us know what ideas you might have to get everyone as excited as we are!

Since the first of the year, Father Andrew and your vestry, have been searching for a project to fill the hole that was Caritas (their calendar and our calendar did not mesh this year) and we have come up with Habitat for Humanity. Last month, Father Andrew and I met with a lovely lady named Ginger O'Neil, who is heading up their 2019 Unity Build. We think this will be a perfect fit for our parish – dates to put on your calendar are October 10, 11, & 12 – get excited – more information is in this newsletter and more is on the way!

Also, if there is any way you could slow down time, that'd be great! In the meantime, continue to do the work that He has given us to do.

Karen 😊

"Voice from the Pew"

from Herb & Anita Williams

I grew up in the western end of Louisa County about fifteen miles from Charlottesville. There is a beautiful Episcopal Church between Gordonsville and Charlottesville, Grace Church. It is built of stone with beautiful stain glass windows. It was originally built in 1745 out of wood, but later rebuilt of stone. It is one of six churches in Virginia that have remained active since Virginia was a colony.

My Williams grandparents and two uncles are buried there. My grandmother was the only grandparent I ever knew. She lived close to us and we spent a lot of time together. She was my best friend, and I have been told she spoiled me a bit! Although I was young, she died when I was twelve, and my family were members of the Baptist Church, she gave me some insight into the Episcopal Church. I never forgot that and over the years I had an interest in the Episcopal Church. When Anita had a Sunday off, we would likely go to an Episcopal Church. Both of us were quite happy when she came to Epiphany.

Epiphany is a great place to be. People are friendly, services are excellent I think and I wouldn't want to be anywhere else. If you want to be active at Epiphany, there is plenty of opportunity. Just let someone know. If you just want to come to church, there is no pressure on you to do anything else. It's a great place to be. Anita and I love being a part of the Epiphany family

Oh, by the way if you are any place near Grace Episcopal Church it is worth going to see.

May Parish Calendar

May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																										
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Save the Date: Sunday, May 5th

Women's Breakfast

Our Annual Women's Breakfast will be held Sunday, May 5th. Please join us between the 8:15 and 10:30 services to enjoy a wonderful breakfast —compliments of the men of Epiphany. Following the breakfast, **Natalie May** of "*Change the World RVA*" will speak.

This organization addresses the needs of local high school and college students who face homelessness and housing instability. Through a network of volunteer students they are provided tutoring, use of a food pantry, clothing closet, phones, assistance and most importantly - friendly faces to connect with.

Please call Lucy in the church office 266-2503 to sign up or sign the sheet on the table in the hall.

Looking forward to seeing you!

VIEW FROM A (NORTHERN) PEW

Greetings from the north country!

We hope everyone had a blessed Easter.....we miss the festivals at Epiphany and of course all the friends we had there. Settling here has had its challenges, but we have found ourselves already immersed in a new parish and know that we are still committed to worshipping the same God wherever life takes us.

We finally had "ice out" on Lake Winnepesaukee this week and the famous Loons have returned so I guess Spring may finally be here thank goodness.

Martin has had shoulder surgery as he fell on the ice a month or so back which has been unfortunate (that's why most normal people retire to sunnier climates where beaches are less dangerous!), but other than that life is good. Our new granddaughter (Sophie) will be moving to DC in the summer which will be easier to get to for us and may give us the opportunity to visit Richmond which would be a bonus.

We will finish by reiterating that we are truly thankful for our time at Epiphany ... our life was enriched by our involvement in the various committees and in particular Chapter 4 and Vestry - I for one wish I had done more when I first arrived in VA and realize that I received so much more from the experiences than I gave. Epiphany is a very special place with very special people. Every Sunday here (Trinity, Meredith NH) we pray for other parishes and you will always be on our minds.

Love and best wishes,

Vivien and Martin Mitchell

2019 Unity Build

Putting Faith Into Action

What is a Unity Build?

The 2019 Unity Build is an interfaith effort of Richmond Metropolitan Habitat for Humanity designed to bring people together from within and across different faith groups to learn about one another while building homes and hope in RVA.

The 2019 Build for Unity will kick off in May and run through October/November. The goal is to raise \$100,000 and enough volunteer engagement to build two--yes, two!-- homes for hardworking families in our community.

We will be building a side-by-side duplex at 2008-2010 5th Avenue, a currently vacant lot in the Chestnut Hills area of Richmond City. The transformation for this street and our Partner Families will be a true blessing.

As a partner in the 2019 Unity Build, you and your place of worship will be putting God's love into action to build a better community. Additionally, you will be joining hands with brothers and sisters from other faiths and from within your own congregation to help change lives through affordable housing!

Who We Are

Since 1986, Richmond Metropolitan Habitat for Humanity, along with the help of thousands of local volunteers and donors, has built over 350 safe, affordable homes for hardworking local families. Habitat for Humanity has a long tradition of working with individual churches, synagogues, mosques, and other faith-based organizations to provide adequate housing for families and veterans. It is part of the fabric of who we are.

Become a team leader and recruit a team today or raise funds and participate as an individual!

Richmond Metropolitan

Habitat



Vestry Meeting May 21st

@ 6:00 pm



Sympathy

The prayers & sympathy of the congregation are extended to Jennifer Jefcoats & family on the death of her mother, **Penelope "Penny" Jefcoats**. A Memorial Service will be held here on Saturday, May 4th at 1:00 pm.

Also, sympathy and prayers to Rejoice Wani and family on the death of her father, **Jonah Iodu** who passed away in Kenya.

May their souls and the souls of the faithful departed rest in peace.

Fellowship Activities

Want to go to Brunch in May?

Sunday, May 19th,

the 'lunch brunch group' will be going to lunch at **Debbie's Kitchen**, 13155 Mountain Road, Glen Allen 23059

If you are interested, please contact

Jean Riddick, 264-0935,
or call Lucy in the office, 266-2503.

Chapter 4

will meet on Monday, May 20th at 12:30 pm at **Pickle Barrel Restaurant**, 12912 Plaza drive, 23233. We need to make a reservation so please call **Fran LaVigne, 677—2309** and let her know by Thursday, May 16 if you can attend.

If any one is interested in getting involved with a chapter, please come and check it out.

Visitors are always welcome!

Did You Know...

The Episcopal Church Women of the Diocese of Virginia has an application for Scholarship Assistance if you are a communicant of the diocese of Virginia and a full time undergraduate student. For more information on these scholarships, please speak to Kathy Jimerson. The deadline for applying is June 30.

Worship Leaders for May

Counters: Billy Tucker, Carol Cullinan

May 5 — Easter 3	
Altar Guild:	Kathy Jimerson, Carol McElhinney, Kathy Nicholas
8:15 AM—Holy Eucharist	
Usher:	Paul Jones
Reader:	Tad Blackburn
10:30 AM—Holy Eucharist	
Ushers:	Team 1: Scott, Milton, Palmer, Paul, Brian
Lessons:	Gray Corbett, Jeri Anne Townley
Prayers:	Jeri Anne Townley
Chalice:	Randy Holden, Buddy Dunn
Acolytes:	Logan Abernathy, Ginny Tucker, Eric Ludwig, Will Craver
Greeters:	Patty White, Tad Blackburn
Nursery:	Gail Wood, Kim White, Mary Sam Abernathy
S.S. Helper	Loyce Kiplagat

May 12 — Easter 4	
Altar Guild:	Karen & Randy Holden, Cheryl Lineberry
8:15 AM—Holy Eucharist	
Usher:	Karen Holden
Reader:	Sam Craver
10:30 AM—Holy Eucharist	
Ushers:	Team 2: Brent, Karen, Billy, Bob, David
Lessons:	Buddy Dunn, Stacy Mitchell
Prayers:	Stacy Mitchell
Chalice:	Herb Williams, Gray Corbett
Acolytes:	Gift Elionai, Ellianna Cloyes, Sam Tucker, Jay Tucker
Greeters:	Clement Wani, Herb Williams
Nursery:	Gail Wood, Patty White, Christine Couturier, Loyce Kiplagat
S. S. Helper	Mary Kenyi

May 19 — Easter 5	
Altar Guild:	Dottie Strabley, Lucy Whitlock
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:	Clement Wani, Cheri Blackwell
Prayers:	Cheri Blackwell
Chalice:	Randy Holden, Stacy Mitchell
Acolytes:	Nick Ludwig, Elizabeth Nolan, Jason Ludwig, Kayleigh Gilbert
Greeters:	Carol Cullinan, Karen Holden
Nursery	Gail Wood, Dwight Ludwig, Scott Blackwell
S.S. Helper	Last Day of Sunday School—all helpers that are available.

May 26 — Easter 6	
Altar Guild:	Jean Riddick, Melba Shumaker, Crystal Sarvay
8:15 AM—Holy Eucharist	
Usher:	Chuck Strabley
Reader:	Sam Craver
8:15 AM—Holy Eucharist	
Ushers:	Team 4: Chuck, Kim, Lee, Richard
Lessons:	Randy Holden, Jennifer Jefcoats
Prayers:	Jennifer Jefcoats
Chalice:	Herb Williams, Buddy Dunn
Acolytes:	Austin White, Avery Craver, Camryn Whittley, Will Craver
Greeters:	Dwight Ludwig, Carol McElhinney
Nursery:	Gail Wood, Melanie Skinne, Heather Hollister

Church Family your HELP is NEEDED!

Working in the Henrico County School System I see children daily who have wide ranging needs. As a community service project I am seeking support in seeing that children in need of a change of clothing while in school have this available. Missing instruction time can be very detrimental to our little ones and this is such an easy fix. Children who have those needs most frequently are those in Kindergarten, 1st grade and 2nd grade.

aa

Clothing needed: Sweatpants, underwear and socks.

These items can be gently used and need not be new. If you are interested in helping with these children, please bring your donations to the church office.

Thank you!
Robin Gilbert



Care Notes:

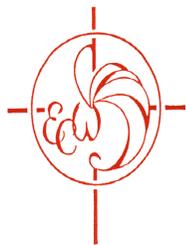
The Church of the Epiphany has started a Parish Nurse Ministry. The parish nurse ministry provides health education and advocacy and promotes healing of body, mind and spirit. The mission of the parish nurse ministry is to promote a healthier faith community through spiritual support and healthier life choices, while supporting ministries already in place within the church. A Parish Nurse DOES NOT perform invasive procedures, such as wound/dressing changes, blood draws, injections, etc.

This month's topic is concerning **seasonal allergies**. As many of you know this time of year as the flowers bloom and trees bud and pollen is in full swing, there is a lot of sneezing, itchy/watery eyes and just being uncomfortable from the symptoms. According to the Mayo Clinic (2018), some things that you can do to relieve your symptoms are to always rinse the pollen from your skin and clothes well after you have been outside. Also, if possible, delegate the mowing of your lawn and your gardening/weeding to someone else, but if you are unable to do this, wear a mask to prevent inhalation of pollen. The best time to go outside is after the rain has settled the pollen down a bit and try to stay indoors as much as possible on windy days. Hanging your laundry outside is not a good idea either as the pollen will stick to the clothes. Utilizing your air conditioning in your car rather than riding with your window down is a better option to cut down on inhalation of pollen as well. Running a HEPA filter in the bedroom and other rooms where you spend a lot of time helps to keep the air clean and cuts down on allergens in the home. There are many over the counter remedies such as oral antihistamines, decongestants and nasal sprays and also alternative treatments, but always check with your physician prior to taking any medications as they are your best resource for recommendations with regards to these types of treatment and what is best for you.

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 at epiphanyrvaparishnurse@gmail.com or call (804) 313-5261.

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

"Do not fear, for I am with you, do not be afraid, for I am your God; I will strengthen you, I will help you, I will uphold you with my victorious right hand." -----Isaiah 41:10



Episcopal Church Women
Diocese of Virginia

Save the Dates

Saturday, May 11, 2019

*ECW Spring Diocesan Meeting
The Fork Episcopal Church
12566 Old Ridge Road*

May 31—June 2, 2019

Annual Women's Retreat at Shrine Mont with Lauren Winner

<https://shrinemont.com/event/womens-retreat/>

Saturday, October 19, 2019

129th ECW Fall Diocesan Meeting
And 130th UTO Ingathering
Pohick Church
9301 Richmond Highway
Lorton, Virginia

Days of Blessing in May!

Happy Birthday

May 1 Betty Van Valkenburg
 May 2 Grace Adelynn Hollister
 May 3 Benjamin Gallagher
 Mike White
 May 4 Stacy Van Valkenburg
 May 5 Michael Stone
 May 7 Hannah Schulte
 Lauren Williams
 May 8 Melaina Russell
 May 11 Nancy Tucker
 May 12 Andrew Reinholz
 May 14 Pam Pegram
 May 16 Michael Nicholas

May 20 Sloan Rutledge
 Alexandra White
 May 23 Ina Stickel
 May 25 Bryan Lassiter
 May 27 George Baynes
 May 30 Jean T. Riddick
 Ron Russell

Happy Anniversary

May 15 John & Crystal Sarvay
 May 20 Wes & Meghan (Skinner) Barger
 May 21 Tim & Marty Shephard
 Tom & Robin Gilbert
 May 31 Ryan & Rebecca (Poates) Mitchell

Standing in the Need of Prayer

Those who are ill or have special needs:

New to the Prayer List: Joanne Terlep—friend of Kim Ludwig, Karen Sheppard—daughter of Wayne & Lucy Whitlock

Parishioners: Dottie Strabley, Mike Young, Lydia Callaway, Bob Jimerson, Irene Morris, Chip Dunn, Wayne Whitlock, Jan Lawrence

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

Family & Friends: **Family & Friends:** Dave Holsapple—Stacy Mitchells friend, Andy Holden—Randy Holden's Dad, Ritchie Wasiluk—brother of Susie Wasiluk, Geoffrey Gonyo—friend of Jay & Sam Tucker, Robert Hoffert—Diana Stone's Dad, Richard Adams—friend of Karen Holden, John Bryden, Miles Booker Vinson—great-grandson of Sarah Fore; Sherrie Bogie—friend & coworker of Marty Shephard, Mydina Thabet—Denise Russell's cousin, Marvin Blizzard—friend of Mike Nicholas, Craig Balderson—Carol Cullinan's son-in-law, a 'friend 'of Jeri Anne Townley's', David Neale—friend of Ellie Tuck

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: Joseph & Sydney (Strabley) Melton, Thomas & Lizzie Campus

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

Karen Holden, Senior Warden

Patty White, Junior Warden

Marty Shephard, Treasurer

Tad Blackburn, Register

Karen Holden (2019) Clement Wani (2019)

Patty White (2019)

Tad Blackburn (2020) Carol McElhinney (2020)

Laurie McIntosh (2020)

Carol Cullinan (2021) Dwight Ludwig (2021)

Herb Williams (2021)

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.*