

THE CHURCH OF THE EPIPHANY

THE STAR

November 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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Leaves are changing colors, days are getting cooler and shorter, Trick or Treaters have made their yearly neighborhood rounds. This means that right around the corner is Thanksgiving. As Americans, our history with the harvest celebration goes far back. George Washington made the first Thanksgiving Proclamation in 1789. Abraham Lincoln made it a federal holiday in 1863. In 1942 it found its current place on the calendar, marking the beginning of our annual Holiday Season. It is a wonderful reminder, not only of the changing of the seasons, but the benefit which we have received by living in a free, open, and welcoming society. Just as our immigrant ancestors found a land of promise and opportunity in the new land, so too do immigrants seeking a better life for themselves and their families today.

As Christians, our concept of Thanksgiving goes much further back. And we do not celebrate our giving of thanks once a year, but in fact do it every Sunday morning. Our Sunday worship has, and can go by, many names: Holy Communion, The Lord’s Supper, The Mass, The Divine Liturgy, The Great Offering. One of, if not the oldest name is Eucharist, which comes from the Greek word for thanksgiving. Every Sunday, when we gather together, we celebrate The Eucharist, The Great Thanksgiving.

From the very first Disciples, right up to our current day, Christians have expressed their profound thanks towards God in the celebration of a shared sacramental meal. We have gathered around holy tables in secret house churches, around high altars in great cathedrals, because God’s promise is made manifest to us in the bread and wine we share. They become for us the Body and Blood of our Savior Jesus Christ, and his presence is real among us.

This Great Thanksgiving grants us forgiveness of our sins, the strengthening of our union with Christ and one another, and the foretaste of the heavenly banquet which is our nourishment in eternal life. There are many things for us to be thankful for on November 28th. I pray that for you, chief among them is the sure and certain knowledge and hope that you are a redeemed child of God, that you are cherished and loved by God, and that by your witness and living out of your faith, can make this world a better place.

“Let us give thanks to the Lord our God. It is right to give our thanks and praise.”

Commitment Sunday & Potluck lunch Sunday, November 3rd

after the 10:30 am service.

Bring your pledge cards to place on the altar and join us in the parish hall for a potluck lunch and to celebrate our bountiful gifts! Bring a dish to share and if you did not receive a pledge card, or you forgot to bring yours with you, we have some extra ones on the table in the narthex. Just see an usher for a pledge card!

Adult Education

Adult Education classes are coming back after an extended summer break. We will be starting a new "Faith in Film" series. Over the course of several weeks, we will be watching half hour segments of a film, followed by an open discussion. Our first movies will be 1959's "The Nun's Story" starring Audrey Hepburn and directed by Fred Zinnemann, which was nominated for 8 Academy awards. We will begin on November 17th at 9:30 am in the parlor.

Hope to see you their!

Vestry Elections

Sunday, November 17.

We have these three folks who are running for Vestry and their bio tells a little bit about each one:

Stacy Mitchell has been a member of this parish FOREVER. She is mom to that handsome boy Hunter, wife to Jimmy, and friend to all who cross her path. She serves our parish in many ways, most notably she is a chalice bearer, reader, bell ringer, member of Chapter 5 (women's group), and resident historian - you will rarely see her without her camera in her hand to capture all that goes on in this place.

Cory Isemann has generously agreed to serve on your Vestry for the coming term. He has been a member of this church since the got married here in 2008, when he and his lovely bride, Jessica, tied the knot in our beautiful parish. Cory is dad to Trevor and Emma, and son-in-law to John & Crystal Sarvay. He is the maintainer of all things IT and does so on a moments notice! He served valiantly on our last search committee, is a member of the bell choir, the men's group, serves as an usher, chalice bearer, and is a most frequent face in the nursery. There is nothing Cory will not do when asked - he definitely is a Godly man who loves his family, and his church, and his community, with his whole heart .

Becky Card is a newer member of our parish, having been with us for just over 1 year. During this time she has become very active as a counter, member of Chapter 5 women's group, helped host Coffee Hour twice, and most recently has joined an usher team. She is the proud mother to Jessica and is equally proud of her son-in-law, Nicholas. She can usually conjole (read "guilt") them into coming to church with her on Christmas. They are a tight-knit little family and they enjoy taking trips to the mountains and beach. Becky also enjoys reading, crocheting, and hanging out with her pups, Simon & Maggie. If you know Becky, you know she is always smiling, willing to serve, can kick it up at a line dancing class, and has a love for this parish - why else would she agree to serve so readily?

If anyone else is interested in running , see Father Andrew or Karen Holden.

November Parish Calendar

November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
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A Gentle reminder

As of the end of September, we are 75% of the way through the year and our current expense pledges are at 70%. Currently, our expenses are on target. If this trend continues through the end of the year, we will use more of our budget reserve funds in 2019 than we planned to. If your pledge has fallen behind due to summer vacations or other factors, please consider catching up before the end of the year. Thank you for your willingness to honor your pledge.

Halloween Candy Drive

My 12 year old neighbor has been collecting candy for the U.S.O. for the past three years. Last year she collected almost 1,000 pounds for them and would like to collect more this year. Beginning on Sunday, Nov. 3rd there will be a candy collection box set up in the office. Thank you so much for helping her out.

Diana Stone

Bible Study

Bible Study is held on Wednesdays, at 6:30 pm in the parlor.

November 13—Chapters 11 & 12
of Matthew

November 27— No Bible Study —
Happy Thanksgiving

The United Thank Offering is a ministry to promote thankfulness and mission in the Episcopal Church. Each year the offering gifts collected are given away in the form of grants. Known worldwide at UTO, the United Thank Offering grants are awarded for projects that address human needs and help alleviate poverty, both domestically and international in the Episcopal Church.

Let's give thanks for what we have in our lives and pass our many blessing onto others, on Sunday, November 10th.

Please give generously to the UTO Fall Ingathering by using the envelopes or Blue Boxes. Even the smallest donations, when added together, can make huge difference in the lives of others.



On-going Project — We Need Your Help!

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 these needs most frequently are those in Kindergarten, 1st & 2nd grade. **Clothing needed: sweatpants, shorts, short-sleeve shirts, 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

Diaper Ministry



The diaper ministry helps to supplement the needs of those in the community who cannot afford diapers for their children. Diapers are distributed on the third Saturday of each month from 10 a.m. to 12 noon here at Church of the Epiphany. Volunteers work from 9:30 a.m. until 12:30 p.m. bagging diapers and then distributing the diapers.

Our first diaper distribution over a year ago served 17 families, and now we are serving between 60 and 70 families each month. The growth has been phenomenal. This is an exciting opportunity to connect with the community who attend and enjoy time working together with others in the church. Another way that help is needed with the diaper ministry is through donating diapers, wipes and paper bags with handles or by holding a diaper drive to support this great ministry that we are fortunate to have the ability to provide.

There have been several organizations who have sponsored diaper drives to help support our diaper ministry. We would like to thank Mother Kim Reinholz and Grace & Holy Trinity Episcopal Church for holding the first diaper drive. Also, Nick Nolan's business and the Henrico County, St. Mary's Hospital School of Practical Nursing II students who have held diaper drives and supported our ministry.

All are invited to sign up and volunteer on a distribution day. If you are unable to volunteer during a distribution day, maybe you could hold a diaper drive with your organization like these organizations, businesses or people have. If this sounds like something you would be interested in doing, email epiphanyrvaparishnurse@gmail.com and information can be sent to you on how to hold a diaper drive.

HENRICO THANKSGIVING FOOD BOX PROGRAM**SATURDAY, NOVEMBER 23rd 2019****HEARTH****(Henrico Emergency Assistance to Reduce Threat of Homelessness)**

It's that time of year again for the Henrico Thanksgiving Food Box Project. This project provides food for the Thanksgiving Holiday for families and individuals receiving services through the Henrico Department of Social Services. Faith Communities, community organizations, and individuals prepare food boxes for families and individuals to be distributed for Thanksgiving. These food boxes provide a Thanksgiving meal that many would not be able to have otherwise.

PLEASE NOTE:

ALL FOOD BOXES SHOULD FEED A FAMILY OF SIX.

NO FROZEN OR FRESH TURKEYS AND NO PERISHIBLES PLEASE.

GIFT CARD FOR TURKEY OR HAM - about \$15-20

Suggested Items That Could Be Included:

Box of instant mashed potatoes	Gravy mix	Stuffing mix
Club crackers	Corn Muffin mix	Pancake/Waffle mix
Instant Rice	Oatmeal	Spaghetti
Spaghetti sauce	Canned chicken broth	Canned yams
Canned vegetables	Canned fruit	Canned cranberry sauce
Canned pumpkin	Macaroni & cheese	Canned soup
Dinner rolls	Loaf of bread	Peanut butter & jelly
Jell-O or pudding mix	Applesauce	Brownie mix
Hot chocolate mix	Canned Beans	Syrup

There is a sign up sheet in the hall for those who can help provide a box for a Thanksgiving meal. **Boxes need to be back in the parish hall by Friday, November 22.**

As always thank you for your help to ensure all members
of our community
have the opportunity for a Thanksgiving meal!



Vestry Meeting!

November 19th @ 6:00 pm



Chapter 4

We are meeting for lunch at a restaurant rather than having our meeting at night.

The meeting for November will be held at Olive Garden, on Monday, November 18th at 12:00 noon.

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

Visitors are always welcome!

Kitchen News

We need folks to sign up for Coffee hour! It can be very simple — just some cookies and some grapes or veggies, plus coffee and lemonade for the kids. Please check the board by the kitchen and help us out! If you haven't done it before and are nervous about it, ask an "old hand" to partner with you!

Everyone enjoys this time of fellowship so let's keep making them happy!

See if you can help us out!

Fellowship Activities

Want to go to Brunch in November ?

Sunday, November 17th the 'lunch brunch group' will be going to lunch at the **Metro Dinner**,
at Libby & Broad.

If you are interested, please contact

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

Change of Address:

Ann Schaefer
7600 E. Parham Road Apt. 213
Henrico, Virginia 23294

Worship Leaders for November

Counter: Scott Blackwell

November 3 — Pentecost 21	
Altar Guild:	Dottie Strabley, Lucy Whitlock
8:15 AM—Holy Eucharist	
Usher:	Kim Ruder
Reader:	Tad Blackburn
10:30 AM—Holy Eucharist & Pet Blessing	
Ushers:	Team 1: Scott, Milton, Palmer, Paul, Brian
Lessons:	Brooke Cable, Buddy Dunn
Prayers:	Buddy Dunn
Chalice:	Randy Holden, Stacy Mitchell
Acolytes:	Logan Abernathy, Elizabeth Nolan, Ginny Tucker, Gift Elionai
Greeters:	Clement Wani, Carol McElhinney
Nursery:	Gail Wood, Dwight Ludwig, Scott Blackwell
Sun. School Helper	Jessica Isemann

November 10 — Pentecost 22	
Altar	Jean Riddick, Melba Shumaker, Crystal Sarvay
8:15 AM—Holy Eucharist	
Usher:	Chuck Strabley
Reader:	Tad Blackburn
10:30 AM—Holy Eucharist	
Ushers:	Team 2: Brent, Karen, Billy, David
Lessons:	Cheri Blackwell, Stephanie Norris
Prayers:	Stephanie Norris
Chalice:	Gray Corbett, Herb Williams
Acolytes:	Nick Ludwig, Ellianna Cloyes, Camryn Whittlesey, Jay Tucker
Greeters:	Herb Williams, Tad Blackburn
Nursery:	Gail Wood, Melanie Skinner, Heather Hollister
Sun. school Helper	Stephanie Norris

November 17 — Pentecost 23	
Altar Guild:	Kathy Jimerson, Carol McElhinney, Fran LaVigne
8:15 AM—Holy Eucharist	
Usher:	Tad Blackburn
Reader:	Sam Craver
10:30 AM—Holy Eucharist	
Ushers:	Team 3: Eddie, Cory, Frosine Herb, Becky
Lessons:	Jeri Anne Tonwley, Crystal Sarvay
Prayers:	Crystal Sarvay
Chalice:	Buddy Dunn, Crystal Sarvay
Acolytes:	Will Craver, Avery Craver, Kaleigh Jimerson, Kayleigh Gilbert
Greeters:	Carol Cullinan, Laurie McIntosh
Nursery	Gail Wood, Jennifer Jefcoats, Mary Kenyi
Sun. School Helper	Mary Kenyi

November 24 — Last Sunday after Pentecost	
Altar Guild:	Karen & Randy Holden, Cheryl Lineberry
8:15 AM—Holy Eucharist	
Usher:	Chris Tignor
Reader:	Sam Craver
8:15 AM—Holy Eucharist	
Ushers:	Team 4: Chuck, Kim, Lee, Richard
Lessons:	Kathy Jimerson, Jennifer Jefcoats
Prayers:	Jennifer Jefcoats
Chalice:	Cory Isemann, Gray Corbett
Acolytes:	Sam Tucker, Jason Ludwig, Eric Ludwig, Logan Abernathy
Greeters:	Patty White, Karen Holden
Nursery:	Gail Wood, Carol Campus, Aggie Gallagher
Sun. School Helper:	Kathy Jimerson



Care Notes:

This month's topic is on the Norovirus, which is the most common viral illness that causes vomiting and diarrhea, or what we may refer to as a "stomach bug" or acute gastroenteritis. A person who is exposed to the norovirus will typically exhibit symptoms within 12 to 48 hours. Those symptoms include vomiting and diarrhea. Although, the symptoms can last 1 to 3 days, the person with norovirus can be contagious for up to two weeks according to the Centers for Disease Control (2018). A person with norovirus will feel extremely sick with nausea, vomiting, diarrhea and stomach pain. Dehydration is a risk factor with the norovirus as the person may vomit and/or have diarrhea several times a day. Children and the elderly can become dehydrated very quickly. Monitor for signs of dry mouth, decrease in urination or dizziness upon standing.

Handwashing with soap and water is extremely important to prevent spreading the germ and contaminating others. Hand sanitizers are not as effective at cleaning the hands and preventing the spread of germs as soap and water. The norovirus is very contagious. Transmission of the norovirus is through stool or vomit. Occurrence of this could be through handling of food by an infected person, if the infected person touches the same surface that you touch or through direct contact with the infected person (CDC, 2018).

Rehydration is important to prevent dehydration. Children who become dehydrated may be fussier, lethargic, or have no tears when they cry. Some people have had to undergo hospitalization for rehydration therapy. Seek medical attention as deemed necessary for treatment and contact your medical provider as well.

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 November 17th, following the 10:30 a.m. service.

Centers for Disease Control (CDC). (2018). Norovirus. *Centers for Disease Control and Prevention*. Retrieved from <https://www.cdc.gov/norovirus/about/symptoms.html>

"Peace I leave with you. My peace I give to you; not as the world gives, give I to you. Don't let your heart be troubled, neither let it be fearful." ----- John 14:27

Days of Blessing in November!

Happy Birthday

Nov. 1 Connie Neal
 Nov. 4 Trevor Isemann
 Nov. 5 Kristin Carver
 Nov. 8 David Skinner
 Nov. 9 Sarah White
 Blake Sheppard
 Nov. 13 Cory Shepardson
 Nov. 15 Fran LaVigne
 Denny Mills
 Nov. 16 Cheryl Lineberry
 Nov. 19 Nick Ludwig
 Nov. 20 Carole Noe
 Nov. 21 Wayne Whitlock

Nov. 22 Kristene Whitlock Schulte
 Sara Lassiter
 Nov. 23 Joyce Melton
 Nov. 24 Milton Jenkins
 Nov. 25 Christopher Tuck
 Nov. 26 Melba Shumaker
 Nov. 28 Kim Ludwig

Happy Anniversary

Nov. 10 Kim & Dwight Ludwig
 Nov. 11 Karen & Billy Tucker
 Nov. 27 Kim & Sandy Ruder

Standing in the Need of Prayer

Those who are ill or have special needs:

New to the Prayer List: Nancy Shewey, Sherrie Bogle—friend of Marty Shephard

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, Connie Neal, Ina Stickel, Juliet Wynne;

Family & Friends: **Family & Friends:** Dave Holsapple—Stacy Mitchells friend, Robert Hoffert—Diana Stone's Dad, Mydina Thabet—Denise Russell's cousin, Joanne Terlep—friend of Kim Ludwig, Katherine Ballou—friend of Scott Blackwell, Pam Melton—friend of Karen Holden, Mike Abraham—cousin of Denise Russell & Sandy Ruder, Robin & Ron Woods—Erica Facetti's parents, Johnny Hansen—friend of Cheryl Lineberry, Rick Abraham—friend of Karen Holden, Karen Little—friend of Jeri Anne Townley

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

For 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

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.*