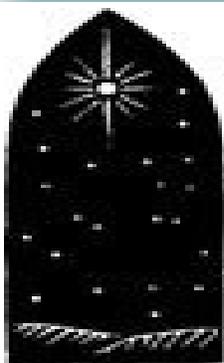


THE CHURCH OF THE EPIPHANY

# THE STAR

October 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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Over the next month, we will be holding our annual stewardship campaign. In my time as Rector, I have been moved by the outpouring of generosity this parish has given. It is because of your time, talent, and treasure, that The Church of the Epiphany has made significant gains in closing our budget gap by both increased giving and contributions to The Legacy Fund. I have also been moved by the sharing of personal stories by parishioners during each campaign. Stories about how they first came to the church, why they decided to make it their church home, and what this community has meant to them in their lives.

This year we will continue the sharing of stories by parishioners, as we celebrate our campaigns them of "Wonder in All." Our speakers will highlight the many different ways our parish makes impacts in the lives of our neighbors, in the lives of our fellow parishioners, and in their own lives. I hope that as you hear them share the wonder they see in the life of this church, you too will reflect on the wonder you see, and share it with us.

For me, I see the wonder of God each and every Sunday that we come together to worship. It does not matter what has happened in the week leading up to Sunday. Maybe one of the kids or I have been sick, and I am feeling run down and tired. Maybe there was an unexpected tragedy, and I am feeling depressed and anxious. Perhaps it has been a week of perfect weather, and I was just at a wedding of one of my best friends, and I am feeling cheerful and revitalized. Throughout all the highs and lows of my life, I know every week I can come to this parish and not only witness God's wonders, but be a part of them. I can share all my concerns, my thanksgivings, my joys and sorrows through the prayers of the Church. I can come forward with my Brothers and Sisters in Christ to the Holy altar. And it is at that altar, that no matter what divisions we may hold against one another out in the world, here before God we are one and the same. All created in God's image. All beloved and cherished. All fed by the Body and Blood of Jesus, which he so freely gives for all our souls.

What a wonder it is that every week, I can come to a place where love is manifested in such real and tangible ways. What a wonder it is to share in these blessings with you.

## **Corporate Communion & Potluck — October 20<sup>th</sup>**

Everyone is invited to attend the Men’s Corporate Communion on Sunday, October 20!

The Potluck breakfast starts at 9 am, followed by a panel presentation with the First Responders from our congregation and the community.

Mark your calendars and bring a dish to share on October 20<sup>th</sup>.

*Sure to be an enjoyable and informative event!*



### ***Pet Blessing***

***Sunday, October 6***

***10:30 am***

***In the Outdoor Chapel***

***Weather permitting***

## **HABITAT FOR HUMANITY** Thursday 10/10 thru Saturday 10/12

The sign-up sheet still has a few slots open—**Palmer Hollister**—I don’t see your name on there.....

We will go out in teams of 8, from 8am to 3pm, and as of right now, it looks like the A Team is on Thursday, with Friday running a close second—Saturday just looks plain scary!

***NO EXPERIENCE IS NECESSARY!!!***

Let’s share our time and talent with this very worthy cause—I know we can make a difference!

Karen :)

# October Parish Calendar

October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																										
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<p><b>6</b></p> <p>8:15 AM H.E. 10:15 AM Sunday School 10:30 AM H.E. 8:00 PM -9:00 PM AA Mtg</p> <div style="border: 1px solid black; padding: 2px; margin-top: 5px;"> <p>Pet Blessing &amp; Blessing of Labyrinth</p> </div>	<p><b>7</b></p> <p>8:00 PM -9:00 PM AA Mtg.</p>	<p><b>8</b></p> <p>7:00 PM JRRingers</p>	<p><b>9</b></p> <p>12:00 PM H.E. with Healing Prayers</p> <div style="border: 1px solid black; padding: 2px; margin-top: 5px;"> <p>6:30 PM Bible Study -Chapter 9 &amp; 10 of Matthew</p> </div>	<p><b>10</b></p> <p>9:30 AM Lamb's Basket Volunteers (Clients)</p> <p>6:15 PM Chancel Choir Rehearsal</p> <p>7:30 PM Handbell Rehearsal</p>	<div style="border: 1px solid black; padding: 2px; margin-top: 5px;"> <p>Habitat for Humanity</p> </div>																																											
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## *Voice from the Pew*

By Patty White

I was asked to put together a few thoughts about Shrine Mont, and once I got started I realized how much a part of my life it has become. It was 25 years ago that we went for our first Epiphany retreat. We weren't sure what to expect and were a little nervous. Our daughter Sarah was young and we only knew a few other people. We finally decided that we should just go and check it out—and now I've been to Shrine Mont at least once every year ever since—it's that kind of place.

Anyone who has been to Shrine Mont can tell you that it is a special place. Owned by the Episcopal Diocese of Virginia, it is truly a place apart. Apart from the hustle and bustle of regular life, apart from the sensory overload of TV (although wi-fi is available!!), apart from cooking and cleaning and daily routine.

Shrine Mont is a place for reflection, for peace, for fun and hanging out with friends old and new. It is a place for hiking or sitting in the sun on the porch with a good book. For board games and Bingo, and Evening Prayer and movies. Sunday worship at the Shrine, and visits to nearby Mt Jackson for a little shopping and sight-seeing. You can walk the labyrinth and you can work puzzles.

During retreats over the years we've dressed up in tacky prom outfits and a variety of Halloween costumes. We've eaten countless wonderful meals, watched movies, participated in 'field day' activities and helped kids whack pinatas. There have been crafts and pumpkins and group pictures, wine and cheese, and Sunday services at the Shrine when we brought blankets because it was cold. And always there is the beauty of nature all around you.

If you have never been to Shrine Mont and you are curious about it, please come talk to me or any of the members of your Shrine Mont Committee! We will be out and about at Coffee Hour with pictures and information. Our Retreat this year is from 10/25-27 with spaces for 20-25 people and we'll have a signup sheet. Next year we'd love to see a bigger group!

If you are interested in joining the Shrine Mont Committee please let us know, new members are always welcome!!

### *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. 3<sup>rd</sup> 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.

October 9—Chapters 9 & 10 of Matthew

October 23—Chapters 11 & 12 of Matthew

## *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, 1<sup>st</sup> & 2<sup>nd</sup> 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*



On the third Saturday of every month, the Church of the Epiphany has been dedicated to increasing access to diapers for families in need. Our next distribution day is **Saturday, October 19<sup>th</sup>, from 9:30 a.m. to 12:30.** The sign-up sheet is already on the board for you to volunteer. Come and be a part of this exciting ministry. Donations of diapers, wipes, and paper bags with handles are always appreciated!

If you are unable to volunteer during a distribution day, maybe you know of an organization or your place of business would like to hold a diaper drive. This would also be a great community service project for any clubs or organizations for students. Any way you could help is greatly appreciated! If this sounds like something you would be interested in doing, email [epiphanyrvaparishnurse@gmail.com](mailto:epiphanyrvaparishnurse@gmail.com) and information can be sent to you on how to hold a diaper drive.

## *Pastoral Care*

Last year Pastoral Care sent out '*Thinking of You*' cards to our Epiphany college kids, throughout the school year. We will be doing this again this year. I have gotten current addresses for our college students. But if I have missed a student and have not asked for an address, please let me know so we can add them to our mailing list!

Thanks,  
Carol Campus

## Life Grows On In The Memorial Garden

Since February 2018, the Memorial Garden committee has been hard at work formalizing and expanding the vision for this beautiful and sacred part of our church complex. The first phase of our project was completed and then acknowledged last fall during a dedication ceremony.

At that point, we had a new sidewalk leading from the Fellowship Hall to the Garden. A new ramp, complete with handrails, now provides handicap access to the raised chapel site. We've added trees, shrubs, and perennials for year-round color and landscape interest as well as two special features: a stone labyrinth and a show-stopping bell tower.

Like any garden, ours continues to grow, and the next phase includes permanent seating and a hardscape base that would replace the loose gravel that is now in the chapel area. Having permanent benches would eliminate the need for anyone to transport folding chairs from the Fellowship Hall to the outdoor chapel every time we have an event such as the Blessing of the Animals or a memorial service. A hardscape base would be safer, more easily maintained, and less difficult to walk on than gravel. The safety and comfort of our members and guests have informed our thinking on these necessary additions.

The “groundwork” has been laid, but we need your help to make this vision a reality. In early 2020, information will be provided about how you can help by purchasing a brick that would be engraved with the name of someone you wish to honor or memorialize. These bricks would be embedded amongst the pavers of the outdoor chapel and would help to fund the pavers and benches.

Another way you can contribute to our parish's broad ministry is by joining the Memorial Garden committee. We welcome ideas, feedback, and sweat equity! Volunteers are always needed and appreciated.

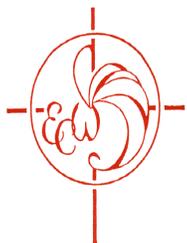
**The United Thank Offering** is a ministry to promote thankfulness and mission in the Episcopal Church. Each year the offering gifts collected are given away in the form of grants. Known worldwide as UTO, the United Thank Offering grants are awarded for projects that address human needs and help alleviate 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 10<sup>th</sup>.**

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.



*Episcopal Church Women Diocese of Virginia*



**129<sup>th</sup> Meeting of the Episcopal Church Women and**

**130<sup>th</sup> UTO Ingathering**

*Pohick Episcopal Church*

9301 Richmond Highway (US 1 and Telegraph Road)

*Lorton, Virginia 22079*

Join us in *Fellowship, Education, Lunch and Holy Eucharist* at this historic church.

**Meeting, Program – 9:30 a.m.**

**Registration, Coffee – 8:30 a.m.**

**Lunch, Exhibitors Visits – 12:30 p.m.**

**Holy Eucharist – 1:30 – 2:30 p.m.**

**Gather in the Church – 1:15 p.m.**

- Hear the story and see amazing photographs of the pilgrimage of youth to Ghana as they completed the Triangle of Hope. Hear how your church can be involved in the next three-year pilgrimage cycle.
- Learn about the Church’s response to the Opioid Crisis from the Diocesan Addiction and Recovery Team and their program on “Hope and Healing.”
- A tour will be offered of Pohick Church where George Washington, George Mason and George William Fairfax served on the Vestry. George Washington’s Bible will be shown.

Please return bottom portion of this registration form with \$30.00 fee **no later than October 9, 2019.**

Checks payable to: ECW Diocese of Virginia. Mail to Kay Holmes, 5225 Eastbranch Dr., Glen Allen, VA 23059

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Church (If you have one): \_\_\_\_\_ Region: \_\_\_\_\_

Free childcare provided! Children’s names and ages: \_\_\_\_\_

\_\_\_\_\_ Child’s Allergies: \_\_\_\_\_

*Please see Kathy Jimerson if you are interested in going to this ECW Ingathering!*



*Vestry Meeting!*  
*October 22 @ 6:00 pm*



*Chapter 4*

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

The meeting for October will be held at **O'Charley's restaurant** at Virginia Center Commons, on Monday, October 21<sup>st</sup> at 12:00 noon.

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

Visitors are always welcome!

**Annual Family Shrine  
Mont Retreat Weekend**

**Friday, October 25 —**

**Sunday, October 27**

Sign up sheets are in the  
parish hall!

**Save the Date!**

**Kitchen News**

Slowly but surely the kitchen cabinets are getting cleaned out and reorganized. I hope to have everything done before the end of the year. I appreciate all of you who have been pitching in to help, especially Scott, Karen & Carol C.

I appreciate all of you who have signed up for coffee hour. There is a sign up sheet outside the kitchen. Please take a minute and see if you can fill in a spot. Everyone enjoys this time of fellowship. Thank you to so many who have done coffee hour already this year.

Please take your left overs home! It makes me sad to throw out so much food that is left from previous coffee hours.

Diana Stone

**Fellowship Activities**

Want to go to Brunch in October?  
**Sunday, October 13<sup>th</sup>** the 'lunch brunch group'

will be going to lunch at **Metro Dinner**,  
corner of Libby & Broad Street.

If you are interested, please contact

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

# Worship Leaders for October

Counters: Denise Russell, Carol Campus

	October 6 — Pentecost 17
Altar Guild:	Dottie Strabley, Lucy Whitlock
<b>8:15 AM—Holy Eucharist</b>	
Usher:	Tad Blackburn
Reader:	Tad Blackburn
<b>10:30 AM—Holy Eucharist &amp; Pet Blessing</b>	
Ushers:	<b>Team 1:</b> Scott, Milton, Palmer, Paul, Brian
Lessons:	Stacy Mitchell, Jeri Anne Townley
Prayers:	Jeri Anne Townley
Chalice:	Randy Holden, Stacy Mitchell
Acolytes:	Will Craver, Jason Ludwig, Avery Craver, Jay Tucker
Greeters:	Clement Wani, Tad Blackburn
Nursery:	Gail Wood, Mary Kenyi
Sun. School Helper	Volunteers

	October 13 — Pentecost 18
Altar	Jean Riddick, Melba Shumaker, Crystal Sarvay
<b>8:15 AM—Holy Eucharist</b>	
Usher:	Chris Tignor
Reader:	Sam Craver
<b>10:30 AM—Holy Eucharist</b>	
Ushers:	<b>Team 2:</b> Brent, Karen, Billy, David
Lessons:	Randy Holden, Cheri Blackwell
Prayers:	Cheri Blackwell
Chalice:	Cory Isemann, Buddy Dunn
Acolytes:	Sam Tucker, Elizabeth Nolan, Ginny Tucker, Gift Elionai
Greeters:	Patty White, Carol Cullinan
Nursery:	Gail Wood, Carol Campus, Aggie Gallagher
Sun. school Helper	Carly Nolan

	October 20 — Pentecost 19
Altar Guild:	Kathy Jimerson, Carol McElhinney, Fran LaVigne
<b>8:15 AM—Holy Eucharist</b>	
Usher:	Paul Jones
Reader:	Tad Blackburn
<b>10:30 AM—Holy Eucharist</b>	
Ushers:	<b>Team 3:</b> Eddie, Cory, Frosine Herb, Becky
Lessons:	Crystal Sarvay, Clement Wani
Prayers:	Clement Wani
Chalice:	Crystal Sarvay, Stacy Mitchell
Acolytes:	Nick Ludwig, Eric Ludwig, Ellianna Cloyes, Kayleigh Gilbert
Greeters:	Herb Williams, Laurie McIntosh
Nursery	Gail Wood, Kim White, Mary Sam Abernathy
Sun. School Helper	Mindy Cloyes

	October 27 — Pentecost 20
Altar Guild:	Karen & Randy Holden, Cheryl Lineberry
<b>8:15 AM—Holy Eucharist</b>	
Usher:	Karen Holden
Reader:	Sam Craver
<b>8:15 AM—Holy Eucharist</b>	
Ushers:	<b>Team 4:</b> Chuck, Kim, Lee, Richard
Lessons:	Kathy Jimerson, Stephanie Norris
Prayers:	Stephanie Norris
Chalice:	Gray Corbett, Herb Williams
Acolytes:	Logan Abernathy, Jason Ludwig, Avery Craver, Jay Tucker
Greeters:	Karen Holden Dwight Ludwig
Nursery:	Gail Wood, Patty White, Christine Couturier, Loyce Kiplagat
Sun. School Helper:	Adrienne Smith



**Care Notes:** This month's topic is on Shingles, also known as Herpes Zoster. Shingles or herpes zoster affects one out of every three people in the United States according to the Centers for Disease Control (2019).

Symptoms of shingles include a painful rash, that is maculopapular in appearance and develops on either the right or left side of the body, otherwise called the "trunk" and sometimes on the face. Before the development of the rash, a person may experience a tingling and painful sensation at the site where the rash will develop. Other symptoms can include headache, fever, stomach upset and chills. The vesicles can continue to appear for three to five days; however, they typically disappear after two to four weeks (CDC, 2019). Although the rash may disappear, the painful sensation at the site may continue for months or years afterward and is known as postherpetic neuralgia pain. Postherpetic neuralgia pain is a complication that most commonly affects those over the age of 60. Those who have compromised immune systems are at a greater risk of developing complications also.

There are two vaccines available. One is the Zostavax<sup>®</sup> and the other is Shingrix. The Shingrix is recommended over the Zostavax for those over 50 years old. The Shingrix provides the strongest protection against herpes zoster and postherpetic neuralgia pain. The Shingrix is given in two doses that are two to six months apart. Zostavax can be given for those 60 years and older if Shingrix is not available.

People who have an active case of shingles or herpes zoster can spread varicella-zoster virus to another person if that other person has never had varicella or received the vaccine according to the CDC (2019). Herpes zoster lesions are contagious through direct contact with the fluid from the vesicles. Once the vesicles have crusted over, they are no longer contagious.

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](mailto:epiphanyrvaparishnurse@gmail.com).

Our next blood pressure screening will be held on October 13<sup>th</sup>, following the 10:30 a.m. service.

Centers for Disease Control (CDC). (2019). Shingles (herpes zoster). *Centers for Disease Control and Prevention*. Retrieved from <https://www.cdc.gov/shingles/hcp/clinical-overview.html>

*"I want you to know, beloved, that what has happened to me has actually helped to spread the gospel." ----- Philippians 1:12*

## Days of Blessing in October!

### Happy Birthday

Oct. 2 Isabella Marie Sanchez  
 Oct. 3 Kayleigh Gilbert  
 Oct. 4 Cary Baynes  
 Kim White  
 Oct. 6 Carol McElhinney  
 Clara Reduto  
 Tim King  
 Oct. 9 Denise Russell  
 Oct. 11 Roberta Boyles  
 Oct. 15 Patrick Lineberry  
 Sam Tucker  
 Oct. 19 Herb Williams  
 Cory Isemann  
 Oct. 20 Ray Hampton  
 Nancy Rojas  
 Davy Van Valkenburg  
 Oct. 22 Virginia "Ginny" Tucker

Oct. 23 Mike Young  
 Oct. 24 Jaxon Parker Colvin  
 Oct. 25 Ralph Martin  
 Lee Poates  
 Oct. 26 Buddy Dunn  
 Oct. 27 Eddie Johnson  
 Carly Nolan  
 Oct. 29 Andy Rutledge  
 Oct. 30 Stephen Jones

### Happy Anniversary

Oct. 2 Matt & Leslie (Lineberry)Guyer  
 Oct. 6 Jeff & Betty Shannon (Poates) Prevatt  
 Oct. 8 Denny & B.J. Mills  
 Oct. 9 Chuck & Dottie Strabley  
 Oct. 14 David & Melanie Skinner

## Standing in the Need of Prayer

### Those who are ill or have special needs:

**New to the Prayer List:** Rick Abraham—friend of Karen Holden

**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, Richard Adams—friend of Karen Holden, Sherrie Bogie—friend & coworker of Marty Shephard, Mydina Thabet—Denise Russell's cousin, Joanne Terlep—friend of Kim Ludwig, Katherine Ballou—friend of Scott Blackwell, The Cleek Family, and Lucas & Sandy, John Cullinan—husband of Carol Cullinan, Mary Ann Nuckolls and Pam Melton—friend of Karen Holden, Mike Abraham—cousin of Denise Russell & Sandy Ruder, Lillian Geragi, Michael Worley, Robin & Ron Woods—Erica Facetti's parents, Johnny Hansen —friend of Cheryl Lineberry

**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:** Matthew Spiller (friend of Tad Blackburn)

## 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 12 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.*