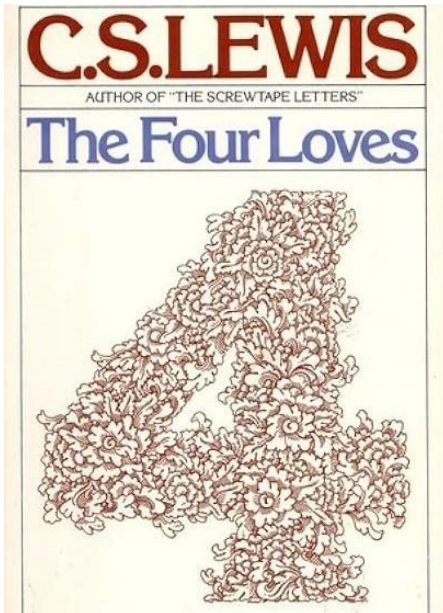




# CHRIST AND THE EPIPHANY

VOLUME 29

February 2025



In our church library we have a copy of C.S. Lewis' book *The Four Loves*. In February we often focus on Romantic love but we should not overlook the other types of loves to be found in our lives.

We hear often that love is patient and kind, not envious or prideful. We hear that human love is a reflection of divine love. We hear that God is love. But how do we understand its work in our lives, its perils and rewards?

In this book, C.S. Lewis examines human love in four forms: affection, friendship, eros and charity.

He starts with the most basic, general and emotive love - **Affection**. Affection is described as being rooted in

warmth and familiarity. It does not require attraction or mutual points of view. It is what is felt for pets, by pet owners, and for acquaintances for whom one has some fondness.

**Friendship** the next love is the most rare, the least jealous, and, in being freely chosen, perhaps the most profound. The Greeks saw Friendship as essential to life.

Lewis next tackles **Eros** or passionate love which he defines as "the state of being in love". This differs from carnal lust. When true Eros is found, "the beloved" becomes the focus. This romantic love overlays the relationship of God and Christ to man because the Bible frequently compares Christ to a "Bridegroom of the Church" --and its members--as his wife.

The last love is **Charity** which Lewis believes is the greatest, most spiritual, and least selfish love. Charity is the ultimate distillation of God's love manifested in the world. God's Charity is what caused him to create the world upon which his children could grow, learn, flourish, and perfect themselves. We practice charity by demonstrating God's love through our relationships and actions towards each other. Lewis states, that Charity is the culmination of the other loves. It is the

## Worship Services

Every Sunday, 9:00 a.m.,  
in-person and via Zoom

Wednesday, Mar 5<sup>th</sup> - Ash  
Wednesday

*(Zoom connection information  
at the end of newsletter.)*

## Events

highest order state that a person can experience on Earth and the closest to God that a person can be prior to ascending to Heaven.

Proper love is a risk, but to bar oneself from it--to deny love-- is a damning choice. Love is a need and a gift; love brings joy and laughter. We must seek to be awakened and so to find an appreciative love through which "all things are possible."



**Remember  
to sign up for  
Coffee Hour**

## Inclement Weather

In the case of severe weather prohibiting in-person worship services the Communications Team will notify channels 9 and 61 for on-air and website postings. Our website and Facebook page will also be updated.

## Annual Meeting

The Annual Parish meeting took place on Sunday January 26. To request either an emailed or a USPS mailed version of the Annual Report call or email the church office.

Elected for 2025:

**Sr Warden:** Diane Villano

**Jr Warden:** Barbara Parsons

**Treasurer:** Susan Shultz

**Clerk:** Kristina Langlan

**At-Large:** Ray Clearwater

**At-Large:** Brad Conant

**ECCT Delegates:**

Astrid Swanson, Diane Villano

**Alternate:** Barbara Coulombe

**Continuing Vestry**

Carol Link-Ude, Astrid Swanson, Pat Walters

Thank you to everyone who attended! And to those that have served in the past and those who are serving in 2025.

## Altar Flowers and Sanctuary Candle

Just a reminder that the sign up sheet for Altar Flowers and the Sanctuary Candle is on the Bulletin board in the Narthex. Please consider memorializing or honoring a family member, or event in your life. Flowers are \$35 and Sanctuary Candles are \$10. You can put your check in the offering with a notation or give to Carol Link-Ude.



Feb 9 - Fred Bowden

Feb 18 - Tony Lamberti

## Around the Church

Annual Meeting  
January 26



2024 Officers



New TV



## Lenten Save-the-Date

Lent starts the first week of March and there are a few special Lenten activities for you to consider. More information on these programs will be in the March newsletter.

**Ecumenical Lenten Bible Study** - Once again several churches in East Haven will take turns hosting a bible study on Thursdays from 12:30 p.m. to 1:30 p.m. between March 6<sup>th</sup> and April 10<sup>th</sup>. This bible study will follow The Gospel of Luke's account of Jesus's ministry from after his baptism by John to the events of Palm Sunday. You are welcome to bring your lunch. Next month's newsletter will carry the complete schedule.

**Lenten Devotionals** - The Living Compass devotional booklets for 2025 - *Living Well Through Lent: Cultivating the Fruit of the Spirit in Heart, Soul, Strength, and Mind* - will be available in English and Spanish in the Narthex, Thrift Store and staircases. They can also be mailed by contacting the office or downloaded from LivingCompass.org. Free emailed daily reflections are also available.

**Lenten Devotional Zoom Discussion** - Diane Villano will conduct a Zoom discussion series based on the Living Compass devotional booklets (see above). Sessions will be on Tuesday evenings at 7:00 p.m. on our normal C&E Zoom link. They will run from March 4 to April 22.



## Thrift Store Spotlight

Astrid Swanson

The Good Shepherd Thrift Store (located on the bottom floor) has now been open for over 15 years. It is open on Thursdays from 9-12 p.m. and Saturdays from 9-1:00 p.m. We have about five parishioners who donate their time every week. We are also blessed to have a former East Havener, (Carolann), now in Fairfield who comes faithfully with her husband (Kurt), every Saturday to help us. They were actually married in our Thrift Store Chapel almost two years ago. It was very exciting and special to have a wedding here.

The Chapel was redone seven years ago by Wes Shaffner, Barbara Coulombe, Karl and Astrid Swanson. The door to the Chapel is left open for anyone's use. Staff will often pray with shoppers looking for support.

Our clothes are reasonably priced at \$3.00 while shoes and scarfs are \$1.00. We have a popular seasonal room. Besides current seasonal items, Christmas items are half priced in this room all year long. Even at these low prices our Thrift Store brings in almost 8% of our annual income!

We have partnered with the Animal Shelter in East Haven/North Branford to give them towels, blankets, animal dishes and toys along with leashes, food etc.

The ladies of Our Lady of Pompeii knit prayer blankets for us. We attach a blessing to each one and they are free to

anyone in need of them. All spiritual books are also free.

Children's books often go to New Haven Reads. We partner with a woman in New Haven to give her children and adult clothing. Torn or undesirable items are put into the St Pauly Textile shed where they go all over the world and are used to make other things. Another shopper sends his purchases to those in need in Vietnam.

Two sisters come in from the Little Houses in New Haven. They bring contributions and a wish list. Last visit we gave them five winter jackets, warm shorts, boots, scarves, and underwear.

During Wreaths Across America a young man came in to help but had no jacket. I outfitted him with a warm jacket and hat so he could be a wreath volunteer. There are many stories we can tell of how important this Thrift Shop has been to those visiting it.

We now can look up items online to assess their value. Recently we found a Tiffany crystal ornament in the Fair Christmas room that Diane sold on eBay for \$140! I brought some silver to a coin dealer in Guilford and got almost \$100. And a recent Tiffany bag was found to be valued at \$300.

The Thrift Store regularly receives compliments from visitors on its cleanliness and organization - which takes a lot of work! We have household items as well as books, clothes and shoes. Please come and tour our lovely Thrift Store.

### Thrift Store



### Valentine Season



### Behind the desk



Thrift Store fabulous finds...

- Two rocking chairs made of solid wood (\$25 each)
- Brand-new snowblower (only \$75)

## What am I?

Sometimes the Thrift Store gets in a donation that is hard to identify.



Hint: it is stamped "stainless steel" and has an image of a hen on a nest.

## Help Wanted!

The Thrift Store is looking for an eBay user with experience selling things on the site. Occasionally objects are donated to the Thrift Store that should be sold on eBay. The church will create a Paypal account and you would list the article, monitor the site, and send it off to the buyer. Please contact Audrey Sundwall or Susan Shultz if you can help.



Thanks to Ondrej Paska (See Matthew 14:24-33)  
**PETER FINDS HIS FAITH TO BE MUCH STRONGER IN THE WINTER**

## January Vestry Meeting

**Next Meeting** - The next Vestry meeting will be Sunday, February 16th after the 9:00 a.m. service in the library and via Zoom.

**Building & Grounds** - A new roof was put on the oil tank storage shed. Some rotted framing was also resupported. New facility use agreements will be signed in January. Our Thursday night NA group has left due to poor attendance. Some of the AA groups are also struggling with low attendance since the pandemic.

**Feast & Festivities** - Discussed whether a permit is required for any event where we sell to the public. Other churches do this and it may be a new state law. Wendy will research.

We do have a commercial license for the kitchen, and Wendy suggested we keep this. There was some discussion about concerns regarding handicap accessibility. A suggestion was made that if this is pursued, we partner with the Food Pantry.

**Treasurer** - We ended the year with a \$6,000 surplus! (\$27,000 over budget - see Treasurer report on pg. 10 for more info)

**Technology** - Thanks to Wendy Bellmore and Brad we now have a new TV in the sanctuary. We have started using it for Zoom and the quality is great. The new TV can be hooked to the internet so we can stream movies on a parishioner's account. Ken is also going to bring in a spare DVD player for it.

## Ask Audrey!

Audrey Sundwall

I was recently asked some questions about the Episcopal Church and our parish. It got me thinking about other things I have wondered about or that people have asked me.

Welcome to *Ask Audrey!* - an answer column on "all things church". If you have wondered about something/anything - from the liturgies to the national church to where things came from in our own building, send your questions to me and I will research them to find an answer!  
([newsletter.christandtheepiphany@gmail.com](mailto:newsletter.christandtheepiphany@gmail.com))

This month's question -  
***Why does the Episcopal Church use creeds?***

In the Episcopal Church's Book of Common Prayer (BCP) you will find two different creeds used - the **Apostle's Creed** in some liturgies (Morning Prayer, Daily Offices) and the **Nicene Creed** in others (Communion).

But first, *what is a creed, and why do we Episcopalians use them?*

The word "creed" is derived from the Latin "credo," meaning "I believe." A creed is not a prayer but a statement of faith. These two specific creeds (Apostle's and Nicene) are not only used by the Episcopal Church. Many protestant churches and the Roman Catholic church also include them in their liturgies.

The **Apostle's Creed** is the older of the two. Dating from the early years of the Christian church, it is thought to derive from an earlier creed used in Rome as early as the mid second century. The creed was used to protect the early church from heresies and deviations from orthodox Christian doctrine.

It is known as the "baptismal Creed" because candidates traditionally recited it before being baptized. This link to the very early church is still used in the Episcopal and many other Christian Churches liturgy of baptism today. This creed is also used in the Daily Offices (such as Morning and Evening Prayer) and may be used during a wedding, funeral, confirmation and reception, and consecration of a church.

The **Nicene Creed** was formulated at the First Council of Nicaea in 325 A.D. and was completed in 381 A.D. The council was called by the Roman Emperor Constantine to address some heresies and controversies in the church. The new creed expanded on the Apostle's Creed by addressing the divinity of Jesus, his relationship with God the Father, and the role of the Holy Spirit in the Trinity.

So, the Nicene Creed provides a more detailed theological framework for Christianity. In the Episcopal Church, the Nicene Creed is used in all Communion Liturgies.

So next Sunday, when either the Apostle's Creed (Morning Prayer) or the Nicene Creed (Holy Eucharist) is said, stand tall and remember that you are affirming your belief in front of the rest of the congregation. If you listen, you can hear the faint echo of the words in many different languages, coming down the centuries, with the exact words you are saying, confessing your faith in the Lord, Jesus Christ.



## Encouraging Words for Winter

Audrey Sundwall

As February arrives and we are in the deep funk of winter, look at these scripture verses that mention the season. Do you notice the hope of God's goodness in each verse?

As long as the earth endures, seedtime and harvest, cold and heat, summer and winter, day and night will never cease.

-- *Genesis 8:22*

For everything there is a season, a time for every activity under heaven.

-- *Ecclesiastes 3:1*

He gives snow like wool: He scatters frost like ashes. He hurls down his ice like crumbs; Who can stand before His cold? He sends out his word, and melts them; he makes his wind blow and the waters flow.

-- *Psalms 147:16-18*

For as the rain and snow come down from heaven and do not return there but water the earth, making it bring forth and sprout, giving seed to the sower and bread to the eater.

-- *Isaiah 55:10*

## Intercessory Prayers

Aiden & the Guida Family, Alexis, Amanda, Andrew, Barbuschak Family, Bohdan & Family in Ukraine, Brandon, Carol Ude, Charlie & Kris Langlan, David & Irene, Diana, Diane Link, Debbie, Don Dempsey, Donna Hodge & Family, Doreen St. Germaine, Dot Logan, Doug, Ed, Elaine, Ellen McDonald, Faith, Francesca, Gail, Geneva O'Donnell, Hal Levi, Holly Chickos, Jan McDonald, Jim R. & Family, Joan Shaffner, Kira, Korey Mollor, Kris, Lauren, Lucas Sundwall, Rev. Lucy, Matt R., Maureen McPherson, Mike, Michael M., Minogue Family, Nancy, Nicole C., Pat Walters, Rachael, Regina Schwall, Richard Testa, Sallie Alexander, Sam W., Susan Diaz, Tim, Tish, Tricia Clearwater, Turiano Family, Wayne

To submit names for the Intercessory Prayers list please call or email the church office. Names will be kept on the list for three months unless longer time is requested.



## ECCT 2024-2025 Prayer Cycle



EPISCOPAL CHURCH IN CONNECTICUT  
PARTICIPATING IN GOD'S MISSION

February 2	<p><b>Parishes:</b> <u>Christ &amp; the Epiphany, East Haven</u>; St. John's, East Windsor; Christ Church, Easton; Holy Trinity, Enfield</p> <p><b>Additionally:</b> Comite Hispano, Spanish-language Cursillo, Latino/Hispanic ministry in Connecticut.</p> <p><b>Anglican Cycle of Prayer:</b> The Anglican Church in Aotearoa, New Zealand &amp; Polynesia</p>
February 9	<p><b>Parishes:</b> St. John's, Essex; St. Paul's, Fairfield; St. James', Farmington</p> <p><b>Additionally:</b> Haitian ministry in the Episcopal Church in Connecticut</p> <p><b>Anglican Cycle of Prayer:</b> The Anglican Church of Australia</p>
February 16	<p><b>Parishes:</b> St. David's, Gales Ferry; St. James', Glastonbury; St. Luke's, Glastonbury; Christ Church, Greenwich</p> <p><b>Additionally:</b> The Union of Black Episcopalians CT &amp; the Racial Healing, Justice &amp; Reconciliation Ministry Network</p> <p><b>Anglican Cycle of Prayer:</b> The Church of Bangladesh</p>
February 23	<p><b>Parishes:</b> St. Barnabas', Greenwich; Christ Church, Guilford; St. John's, Guilford; Grace &amp; St. John's, Hamden</p> <p><b>Additionally:</b> All parish-based mission partnerships; ECCTwide mission partnership networks; the Companions in Mission Network</p> <p><b>Anglican Cycle of Prayer:</b> Igreja Episcopal Anglicana do Brasil</p>

## Treasurer Report

Susan Shultz

	DEC	(UNDER)/OVER BUDGET	YTD	(UNDER)/OVER YTD BUDGET
INCOME	\$22,483.80	\$5,390.43	\$135,803.48	\$28,103.48
EXPENSES	\$17,258.89	\$7,607.27	\$129,182.97	(\$482.97)
NET	\$5,224.91	(\$2,216.84)	\$6,620.51	\$27,620.51

Notes: We are so blessed by the commitment and faith of this parish and community. Instead of ending the year with a \$21,000 deficit we ended with a **\$6,000 surplus!** As usual, we were quite on target with our budgeted expenses (only off by less than \$500!) and the big swing was due to a massive increase in income. This came from a variety of sources including the Fair (up \$1,000), Building use (up \$2,000), Thrift Store (up \$6,000), and the biggest chuck - Special Gifts (up \$14,000). See the Annual report for more financial information.

**Next Issue** The deadline for the March issue is February 20th. Submissions can be sent to [newsletter.christandtheepiphany@gmail.com](mailto:newsletter.christandtheepiphany@gmail.com). For an update to the Intercessory Prayers, Birthday or Anniversary lists, please call the church office at 203-467-2310 or email [christandtheepiphany@gmail.com](mailto:christandtheepiphany@gmail.com).

## Worship Schedule 9:00 a.m. (unless otherwise noted)

	February 2	February 9	February 16	February 23
Service	Morning Prayer	Morning Prayer	Eucharist	Eucharist
Presider/ Officiant	Audrey Sundwall	Terry Osmun	Rev. Charles Kamano	Rev. Charles Kamano
Crucifer			George Coulombe	George Coulombe
Acolyte			Audrey Sundwall	Diane Villano
Lay Reader	Brad Conant	Audrey Sundwall	Evelyn Conant	Wendy Bellmore
Usher	George Coulombe	Diane Villano	Wendy Bellmore	Audrey Sundwall
Zoom Tech	Susan Shultz	Susan Shultz	Susan Shultz	Susan Shultz
Lead Counter	Astrid Swanson	Susan Shultz	George Coulombe	Astrid Swanson
Asst Counter	Evelyn Conant	Melanie Miller	Barbara Coulombe	Audrey Sundwall

### Clergy, Vestry and Staff

Priest-in-charge	Rev. Charles L. Kamano
Senior Warden	Diane Villano
Junior Warden	Barbara Parsons (& Outreach)
Treasurer	Susan Shultz (& Technology)
Clerk	Kristina Langlan
Vestry Member	Ray Clearwater
Vestry Member	Carol Link-Ude (& Altar Guild; Hospitality & Fund Raising)
Vestry Member	Astrid Swanson
Vestry Member	Pat Walters
Vestry Member	Brad Conant
Music Director	Barbara Coulombe
Parish Administrator	Diane Rowley

ECCT continues to experience a shortage of supply clergy for Sunday services. If you know of anyone who might be interested in serving at C&E, please contact the office at [christandtheepiphany@gmail.com](mailto:christandtheepiphany@gmail.com).

To connect by computer, enter: <https://tinyurl.com/3kbvnb4>, or click on the link on our webpage: [www.ChristandTheEpiphany.org](http://www.ChristandTheEpiphany.org)

To join by phone call: 929-436-2866, Meeting ID = 763 909 4733, Password = 39

Weekly bulletins are emailed out on Fridays. Zoom is opened around 8:45 a.m. on Sunday.

If you are not receiving the email bulletin, please contact Diane Rowley in the office at 203-467-2310 or [christandtheepiphany@gmail.com](mailto:christandtheepiphany@gmail.com).

If you want or need any help getting connected on Zoom please reach out any time to Susan Shultz at 203-589-1142 or [sbshultz@gmail.com](mailto:sbshultz@gmail.com).

# **Christ and The Epiphany Church**

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Email: [christandtheepiphany@gmail.com](mailto:christandtheepiphany@gmail.com)

Website: [www.christandtheepiphany.org](http://www.christandtheepiphany.org)

## **Worship Schedule**

Sunday 9:00 a.m. In-Person & Online Zoom Worship  
*In-person with social distancing and optional masking*