

The Glory of God
is a human being
fully alive.

LIVE FULLY



The Heavenly Messenger

heavenlyrest.org

Fall 2015



The Joy of Everyday Discipleship

From the Rector

A generation ago, television executive Geraldine Laybourne lamented that most children's television was either stupid or boring—or both. She dreamed of a network that would represent as much aspiration as obligation. It would be meaningful and exciting at the same time. From a kid's point of view, it would be more pizza than spinach.

I heard this story long ago. It sticks with me because I hope it describes our Parish life. We are a place of deep spirituality, abundant energy, and great joy. We grow together and we have fun together.

Not everyone thinks about church this way. We are a Parish and a city of busy people. We don't have time to put one

more item on our to-do list. Sometimes people tell me, "If I only had time, I would get more involved..." I hope that we can change that formulation. Our faith helps us handle (and, maybe change) our long to-do lists. Our spiritual lives feed us—and Church should be a place where we are cared for and can offer our gifts.

**Through our Third
Founding,
we have the chance to
imagine the joy of
everyday discipleship
together.**

For more than a decade, Heavenly Rest has focused on God's call for our Parish, starting with the decision to help Trevor Day School move out and continuing through the writing of the Parish Profile. These have been rich conversations.

In the last two years we have discerned together our "spiritual DNA." We identified Mission Priorities—our values—to be a place of deep and inquiring spirituality over generations, across seven days, inside and outside our front doors. We are called to be a church of joy and fun.

Preparing for the capital campaign we also identified the ministries that are the Gifts of the Spirit—our strategies—that build on past ministries and

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have the possibility of inviting our neighbors into Christian community. Focusing on children and families, outreach, contemplative practice, and the arts will help guide our congregational and staff leadership and our financial resources.

This fall we will begin to talk about how each one of us is called to discipleship.

For twenty-first century, post-modern New Yorkers, “discipleship” might seem off-putting. It can even feel slightly musty or revivalist. Aren’t self-described disciples the ones who yell at us from subway platforms or go door-to-door on Saturday mornings handing out tracts?

I believe we’re traveling on a different path. Jesus called disciples. He asked ordinary, non-churchy, unexpected people (like us) to be a community that cared for each other and healed the world. They took small steps, made mistakes, and didn’t always understand where Jesus told them to go. Sometimes they were afraid. They prayed together,

Jesus sends his disciples—the gathered community—into the world. Because God is with them, they can go anywhere together. That’s who we are, too.

served together, and shared meals together. They were fed—and transformed—by the experience.

Through our Third Founding, we have the chance to imagine the joy of everyday discipleship together.

Start here: The central truth of our lives is that we are beloved. Every Sunday morning we quote the passage from the first letter of John: “Beloved, because God loved us so much, we also ought to love one another.” Discipleship asks us to live daily in the light of God’s love for us. When we know that we are loved, anything is possible.

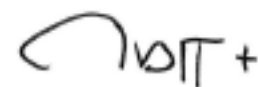
Discipleship didn’t stop with the original twelve (er, eleven). Looking for ways to live our faith everyday has been the way for Christians since the first century.

Times change. Rituals evolve. But there are foundational practices that are core to our traditions of what it means to be disciples:

- **Worship:** Anglicans are a sacramental church. That means we discover God’s grace in bread and wine, water and ash. Our Parish practices “sacramental generosity”: Everyone is invited to the table. Daily prayer and other spiritual practices remind us that we become more open to the presence of God’s love in our lives in small steps over many years. We are gradually shaped by prayer and liturgy like water over a rock.
- **Learn:** Anglicans have always celebrated the connection between intellectual inquiry and spiritual life. Disciple means “learner” in Greek. God is big enough for all of our questions and scripture comes alive through our exploration. We grow in the knowledge and love of God throughout our lives.
- **Serve:** Anglicans hold an Incarnational faith. This means we spot Christ in each other and are changed by the experience. Pastoral care and outreach ministries are two sides of the same coin. Outreach isn’t helping the “less fortunate” or church-based social work. Jesus said, “I am among you as one who serves.” To use our talents and skills in service with others—and to share our brokenness and vulnerability—allows us to take part in God’s reconciliation of the world.
- **Give:** Anglicans have a deep sense of connection that inspires our stewardship. Archbishop Desmond Tutu describes the deeply human understanding of Ubuntu: “I am because we are.” We share our gifts to support God’s mission carried out through our community.

Our Third Founding is about discipleship and mission. We are God’s beloved and we take small steps daily to figure out what that truth means for our lives. Worship, learn, serve, and give: This fall our ministries will help us move forward with practices that help us grow in our discipleship and invite our neighbors into the love of Christ that we experience together.

Grace and Peace,



Renewal Sunday Sunday, September 20

Welcome to the new program year! Renewal Sunday is the perfect time to explore the many opportunities through which you can engage in the life of our parish.

Sunday School begins for children age 2 through Grade Five at 9:30am in our downstairs Undercroft. **Youth Group** pizza and games will begin at 12:15pm. Registration for all programs is available in person or online at heavenlyrest.org. See page 8 for more information.

At our 10:30am service we will **install the Rev. Hal Roark as Associate Rector and Chief Administrative Officer.**

We will also recognize and **welcome new members** at the 10:30am service. If you have joined Heavenly Rest in the last year—or are considering doing so—let us know so that we can include you. Contact the Rev. Cynthia Stravers (cstravers@heavenlyrest.org or 212-289-3400, ext 214 for more information.

Following the service, our Outreach committee will host a luncheon and **special event for seniors in our neighborhood.** See page 10 for more information.



Victor Chu

This fall **Church of the Heavenly Rest** celebrates 150 years of mission and ministry. **Please join us.**

Save the Dates!

Saturday, October 24
Heavenly Rest Day of Service

Thursday, October 29
Sesquicentennial Gala Dinner
Celebrating 150 years of CHR parishioners past and present

Sunday, November 1
Festive Holy Eucharist
Commemorating the founding of our church

Invitations to follow



THE EPISCOPAL CHURCH OF THE
Heavenly Rest 



Worship Across Seven Days

Sunday Worship: Sundays at Heavenly Rest include Holy Eucharist (Communion) at 8am, 9am, and 10:30am, and a quiet, sung Night Prayer by candlelight at 7pm in the Chapel. These services follow the Anglican tradition of the Book of Common Prayer. All are welcome to receive communion.

Children's Chapel (During the 10:30am Sunday service in the Chapel): Children ages 3 through Third Grade are welcome to join us for a simple service with age-appropriate lessons and crafts.

Morning Prayer (Monday through Friday at 8am in the Chancel): This service begins each day with prayer, psalms, and scripture using the Daily Office of the Book of Common Prayer.

Monday Meditation (6:15pm in the Chancel): This group follows the Christian tradition of Centering Prayer as a way to experience God's grace.

Wednesday Eucharists (Noon and 6:15 pm through September 23, new time of 6:30 pm beginning September 30): These weekly communion services include brief homilies.

Saturday Noonday Prayer (in the Chancel): This weekly observance includes intercessory prayer, scripture, and psalms.

Wednesday Evening Eucharist: In the Celtic Tradition

Can't make it to church on Sunday? We have lots of opportunities throughout the week to meet for worship—see above for a complete list. Starting **September 30**, our Wednesday evening service will begin at **6:30pm**; (please note new time) and will be a service of Holy Communion according to the Celtic tradition. We hope this new service and time will meet the need of those who are away or work or play sports on Sunday, or just can't get the baby to stay awake through the morning! Come and try it out!

Backpack Blessing

Grab your backpack and a friend, and join us at Church of the Heavenly Rest for our Blessing of the Backpacks at the **10:30am service on Sunday, September 13**. All children are invited to join the Choir and Clergy in the Backpack Procession at the start of the service. There will be a special commissioning of the Kindergarteners. Ice Cream, Activities Fair, Face Painter, and Balloons after church! All are warmly welcomed.

Feast of St. Francis—Blessing of the Animals

Calling all cats, dogs, parakeets, iguanas, donkeys, and other beloved pets! You are invited to join your owners for our annual Blessing of the Animals on **Sunday, October 4 at 1:00pm**. The service will be held outdoors at the Fifth Avenue entrance of the church, and will be hosted by our Youth Group.



*Beloved,
since God loved us so much,
we also ought to love each
other... If we love one another,
God lives in us and God's love is
perfected in us.*

1 John 4

Calling All Acolytes

We will be offering training for new and returning Acolytes on **Friday, September 11** from 4:00pm - 6:00pm in the church. In addition to the training, we will find robes of the right size (they've all been cleaned!), form our teams, and have pizza together at 5:30pm. According to Choir Director Mollie Nichols, members of the Children's Choir are able to serve both as Choristers and as Acolytes—which is great news!

Please note that this is a mandatory meeting for all those who want to serve as Acolytes this year. Please let Cindy Stravers know if you will be coming: cstravers@heavenlyrest.org or 212-289-3400, ext 214. We are grateful to all who help lead our worship and hope that many of our kids will join us.

Heavenly Rest Adult Choir

Our devoted adult choir leads the congregational music and provides inspirational anthems at our 10:30am worship services each Sunday. Rehearsals are held prior to and following the 10:30am service. Due to our limited rehearsal time, we need participants with solid choral, music reading skills – and a blending voice. Please contact Mollie if you would like to engage with this ministry as a member of our Heavenly Rest Choir. Mnichols@heavenlyrest.org or call 212-289-2513.

Handbell Choir

Our congenial and talented Handbell Choir meets seasonally, and often plays at special festival services. CHR owns a wonderful four-octave set of Malmark bells and their timbre adds a wonderful dimension to our services. If you would enjoy being part of this ensemble this fall, please contact Mollie at Mnichols@heavenlyrest.org or call 212-289-2513. Some background in music reading is needed but a willingness to give it a try is more important!

Choristers

Youth Grades two through High School are invited to serve in the worship service as Choristers. Rehearsals begin **Tuesday, September 8 at 4:15pm** in the Choir Room with a welcome back party. See page 9 for details.



Baptism

Thinking about Baptism? We love to celebrate this important sacrament!

Holy Baptism takes place within the context of a principal liturgy – usually during the 10:30am service on Sunday. There are four feast days between now and next June, which the Church has identified as being particularly suited for the celebration of Baptism: All Saints (November 1), The Baptism of our Lord (January 10), The Great Vigil of Easter (Saturday evening, March 26), and Pentecost (May 15).

Baptismal preparation classes for All Saints will be held on October 10 and October 24 at 10:00am and will last an hour. On October 31 at 10:00am, we will hold a run-through in the Sanctuary. Godparents are encouraged to attend the run-through. You may register by filling the online information sheet located on our website under "Life's Important Events"—under the "Worship" tab. Questions? Call Cindy Stravers at 212-289-3400 or email her at cstravers@heavenlyrest.org.



On my desk I have a wonderful illustration: it's a tree mapping some of the many forms of contemplative practice. This Tree of Contemplative Practices has thick branches coming out of its trunk with category names like Stillness, Creative, Activist, Movement, and Ritual. The smaller branches extending from each larger branch are named Centering & Silence, Journaling, Work and Volunteering, Yoga, and Retreats. Intriguingly, the roots are Community & Connection and Awareness. The roots represent the intentions necessary to engage in contemplative practice.

In looking at the list, I see things I already do every day – things like walking, going to work, and reading – and am encouraged. I already do these things every day. What would my life be like if I viewed my walk to work as a meditation opportunity, or a time to pray? What if, before I sat down to read my email, I said a prayer asking for God's Spirit to be in my mind and heart as I "read, mark, and inwardly digest" my correspondence? The Tree of Contemplative Practices is a taxonomy, a systematic way for us to understand the variety of ways to connect with God and one another. Indeed, it is an invitation to a deeper, more grounded connection.

This fall, we are expanding our offerings for Christian Formation at Heavenly Rest. The idea isn't to add one more item to a checklist of "shoulds," as in "I guess I should meditate for 30 minutes every day." Rather, we want to create more opportunities—open more doors—for people to explore how God is already present in our lives. We will be offering more **Bible studies**, introducing our Arts Ministry with a monthly writers' series called "**Word and Spirit**," and starting a monthly film series, **Reel Presence**. Contemplative practices will be re-launched with with a **Spiritual Spa Day** on **October 3**, the beginning of our **#21Days** of trying a new practice. **GentleYoga** will be offered starting in October.

All this is in addition to our existing programming for adults and children. **Sunday at 9:30am is our Education Hour for adults and children.** Adults can learn more about our church at the **Rector's Forum** in Darlington Hall, or participate in seasonal **Parents' Forums** downstairs. Children are welcome to the re-launch of our **Sunday School** program in our newly reclaimed Undercroft, led by our gifted new Director of Children & Family Ministries, Rhonda Sarrazin. Very young children are always welcome in our **Nursery**, which has new toys and a new layout, tended by our loving professional nursery staff. **Youth Group** begins again on **September 20** and our **Confirmation** class starts up again on **October 18**. After church, all are invited to **#questioningfaith**, an hour-long conversation curated by one of our clergy team where we investigate a single question about the life of the spirit.

We are called to be a community of disciples, called to be part of God's amazing mission for the world. When we take the time to nourish ourselves through formation, we experience our lives more fully, and see that God is present in every moment, from the biggest to the smallest.

Faithfully,



Tuesday Rupp
Director of Christian Formation and Arts Ministry



ADULT CHRISTIAN FORMATION

2015 is the 150th Anniversary of Church of the Heavenly Rest! To prepare for the celebration, our **Fall Rector's Forum series**, "Telling Our Story: Part II," continues where our fabulous summer series left off. Each week we will learn more about our church – our staff, our history, and our relationship to the city of New York, with special guests drawn from across the city and the Episcopal Church. **9:30am – 10:20am, every Sunday in Darlington Hall.**



What does "Discipleship" mean? What happened at General Convention this summer? What is the new same-sex wedding liturgy? How did Hurricane Katrina affect our new Associate Rector? Each week, our **#questioningfaith** series addresses questions about faith, life, and the Church in an hour-long clergy-led forum. Everyone is welcome to this conversation – from the newest seeker to long-time members. **Noon – 1:00pm, each Sunday in the Chancel.**

Bible Study Opportunities: This fall we will be increasing the number of Bible Study Opportunities in our community. **Midtown Bible Studies** will be offered once a month for the convenience of those who work in midtown (location TBA)—one month for men, and one for women – with an eye toward what the Bible has to say to busy professionals, led by our clergy. **A weekly Feminist Bible study** will focus on the critical role women play in our sacred text, uncovering things that have often been downplayed in Christian practice. We will continue to offer our **Friday Morning Bible Study** with Rector Matt Heyd. If you are interested in any of these offerings, please contact Tuesday Rupp, trupp@heavenlyrest.org.

CONTEMPLATIVE PRACTICES

#21Days of Contemplative Practices: There is a saying that it takes 21 Days to Make a Habit. While this may not be an absolute, it certainly is a good start. From **October 3 through 23** we invite you to participate in our #21Days event by trying a new practice – yoga, or meditation, or centering prayer, or walking meditation or ... you get the idea. During those 21 Days, you can share your experiences through social media – Twitter, Facebook, and Instagram – using **#21Days #CHR**.

Spa for the Soul with special guest, Ana Hernandez: To help you explore a variety of practices, we'll be offering a **Quiet Day on October 3 from 10:00am – 4:00pm here** at church. We will be joined by our friend Ana Hernandez, whose remarkable versatility as a musician is matched by her depth of spirit and joy in faith. Yoga, meditation, art, and labyrinth walking are just some of the offerings for the day. Lunch will be provided with registration.

ARTS MINISTRY



Amanda Vaill

Word and Spirit: Monthly Writers' Series: This year we are welcoming some amazing writers to speak with us about the presence of the spirit in their work! Each month, we will welcome a different author to our Nave for a conversational interview, followed by Q&A, book signing and reception (with the opportunity to purchase the book!). This is a great way to introduce new people to our community, as well as get to know some terrific writers – some of whom are from our own Parish. This fall we will meet Amanda Vaill as she discusses her book, "Somewhere," a biography of Jerome Robbins (**September 24**); Susannah Marren and her novel "Between the Tides," (**October 15**); and Judith Dupre who will introduce us to her book "Skyscrapers" (**November 12**).

Learn

Children and Families



Sunday School

On **September 20 at 9:30am** we will re-launch our Sunday School program in our reclaimed Undercroft! Children of all ages will be invited to participate in the Sunday School play, Queen Esther. Registration is available online at www.heavenlyrest.org for children ages 2 through Fifth Grade.

Youth Group

Youth Group will start on **Sunday, September 20 at Noon** with a planning meeting. All Youth of the Parish who are looking forward to an exciting year of food, fellowship and fun are invited to attend this meeting. With your assistance, we will plan the year ahead. So come prepared with all your ideas! In addition, we have designated space for Youth, so, as a part of our planning meeting, we will also figure out, as a group, how you want your space furnished, painted, and decorated to reflect You as the Youth of Heavenly Rest. If you want to be involved with the creation of this space and planning our new year, we'll see you on September 20. For more information, please email Rhonda Sarrazin at rsarrazin@heavenlyrest.org.

Queen Esther

This fall our Sunday School children will be putting on a play about the dazzling and courageous Biblical Hebrew Queen, Esther, who lived in Persia and saved her people from destruction. Rhonda Sarrazin, our new Director of Children & Family Ministries, will produce and direct this story as part of the 10:30am worship on **Sunday, November 8**. All children are welcome to participate! Also, if you can help—as an artist, costume designer or stage hand—Rhonda can use your help! For more information, contact her at rsarrazin@heavenlyrest.org.



Confirmation

Eighth and Ninth Graders are invited to participate in Confirmation Class, a year-long faith inquiry that includes a service project, retreats, time with adult mentors, and conversation with peers. Previous students have described this class as "interesting," "worthwhile," and even "fun!" The classes culminate with the annual Confirmation service next May 1. For more information and for registration, please see our website at www.heavenlyrest.org.



Learn

Choristers



Mentoring our Choristers

This fall, CHR needs high-school and adult mentors who have musical knowledge to help tutor Choristers in grade two through high school who will be participating in the Chorister's Royal School of Church Music Program. We will meet in the Choir Room on Tuesdays and Wednesdays at 4:15pm beginning September 8. In addition: for those who enjoy working with children outside of musical activities, we also need help with monitoring our play space in the Undercroft on Tuesday and Wednesday afternoons. For more information, contact Mollie Nichols, Director of Music, at 212-289-2513 or mnichols@heavenlyrest.org



Welcome Back!

We look forward to greeting those who have been away—and to welcoming new members to our Chorister Program. We have a wonderful time together as we explore the hymns and anthems of the Church, learn about our faith traditions, and take time to socialize and be part of our Heavenly Rest church community.

Our Chorister Program begins this fall with a Welcome Back Party for all in the Choir Room on Tuesday, September 8 at 4:15pm. We will also utilize our new play space downstairs!

Choristers of any age from grade two through High School have a choice of attending one of two rehearsal times:
Tuesdays at 4:15 pm (starting Sept. 8)
or
Wednesdays at 4:15pm (starting Sept. 9)
Choristers will meet together, and then divide into groups each week for age appropriate activities.

Highlights of our fall season include:

- Royal School of Church Music training (RSCM) This is an international system of musical training for Choristers, with five levels (indicated by color), which incorporate elements of responsibility, musical skills, church knowledge, and being a positive part of a community. Last year 34 Choristers passed their first, White Level and two passed their second, Light Blue Level! We welcome adult and high school mentors who have musical knowledge to help tutor Choristers in this training.
- Leading music at our 9:00am or 10:30am worship services
- Participating in our 150th Anniversary Celebration Service this fall
- Performing at the Metropolitan Museum of Art in December (They invited us back!)

We would love to have your child participate this season!

Please register for this year's Chorister program prior to the first rehearsal by contacting Mollie Nichols, Director of Music, at mnichols@heavenlyrest.org or 212-289-2513.

Outreach Luncheon and Special Event for Seniors

On Renewal **Sunday, September 20**, neighborhood seniors are invited to a special event.

Be our guest for a luncheon and virtual tour of Central Park with Teri Carta, Associate Vice President of the Institute for Urban Parks.

As we head toward the 150th Anniversary of our Founding, we wish to celebrate within our Parish and with our neighbors. This invitation to seniors is part of our Outreach programming. Programs for the senior community, along with feeding and nourishment, are two of our Outreach ministries.

All neighborhood seniors are invited but seating is limited. Please RSVP to Mia Moore-Ray at rsvp@heavenlyrest.org, or call Mia at 212-289-3400 to register for this event on Sunday, September 20. The luncheon is chaired by Gail Zimmermann and begins at Noon, with the presentation to follow at 1:00pm. Please enter through the Fifth Avenue doors.

Parishioner volunteer opportunities in connection with orchestrating this event will make this Outreach celebration an all around success. Please watch your email and Sunday leaflets for specific ways to join in and help.

Ongoing Outreach

Cooks Needed for Meals on Heels—a wonderful ministry of cooking! We are looking for one or two cooks every other Friday/Saturday to prepare a nutritious three-part dinner for a total of ten homebound recipients in the Carnegie Hill area. We provide the containers for the meals. Please note: This is a Friday night or early Saturday morning event. The meals are dropped off on Saturday morning at Lexington and 88th Street by 10:00am so that they can be delivered by other volunteers. This is an at-home project—cooks use their own kitchens. It is a wonderful ministry of cooking for all ages! To help, please contact Deacon Caroline Boynton at 212-864-4021 or caroline.boynton@gmail.com.

The Heavenly Rest Shelter provides clean, safe beds for up to 10 women each Monday and Tuesday night. Beds are set up in the narthex of the church, just inside the Fifth Avenue doors; parish volunteers staff the program with shifts beginning 8:00pm (guests are dropped off by bus at about 8:30pm) and ending around 6:30am the following morning. If you can help, please contact shelter coordinator Marilyn Budzanowski at mbudzanowski@aol.com.

New Back-to-School Initiative

Your Outreach team is happy to announce that, this year, we are partnering with PS30, an East Harlem Community Learning School for grades K-5, to provide the entire student body (310 students) with new red (the school color) backpacks embroidered with their school logo. The goal is to not only give them a practical tool for organizing their schoolwork, but also to foster pride in themselves and their school. Thank you to the Vestry for approving a grant for \$5,731.90 to cover the cost of this wonderful project.

On **Monday, September 21** we are combining the distribution of the backpacks with a Career Day at PS30. Parishioner Rick Linde will chair this event. At the school's request, we will invite 12 parishioners representing a variety of "fun" jobs to present to the students. The ultimate goal is for the students to see the correlation between working hard in school and enjoying a successful career.

Thank You Reception for Holiday Meal Volunteers

The dedicated service of our Holiday Meal volunteers makes our hospitality possible! If you have volunteered for any of our Holiday Meals, please join us for a reception on **Thursday, September 24** at the Rectory, 1115 Fifth Avenue, Apt 5B, from **6:00pm - 8:00pm**. If you can come, RSVP to Mia Moore-Ray at rsvp@heavenlyrest.org, and please save the date, **November 26, Thanksgiving Day for the our next Holiday Meal**. Watch our weekly announcements for details.



Roll Up your Sleeves and Serve – Heavenly Rest Day of Service.



We are called to be a church that does God's work outside our doors in partnership with our neighbors. As part of our 150th Anniversary Celebration this fall, we are organizing a Day of Service on **Saturday, October 24** when we will all have an opportunity to serve together in a variety of ways. Join your fellow parishioners and see what an impact we can make on our community in just one day. Volunteers will meet at the church in the morning and then head out to work on a variety of projects, including

- gardening at the Cathedral
- offering tech support for seniors
- providing job readiness training for prisoner re-entrants (*see announcement below*)
- distributing groceries at a food pantry
- and many more projects currently in the planning stage

Lunch will be provided and we will return to Heavenly Rest at 4:00pm for a celebration. We are hoping to have at least 150 parishioners help with this day—either on/during the day, or in preparation for it, and for our celebration. We will be providing more details and sign-up opportunities soon. Watch the Weekly Messenger for details.

Prison Ministries—Restoring Hope On the Road Back Home

Prisoner Reentry ministry engages parishioners to support the hopeful but precarious threshold of ex-offenders reentering community life. Our work is conducted in collaboration with outreach partners who provide a range of legal, domestic, educational and employment services to the formerly incarcerated. These activities afford CHR parishioners opportunities to make positive community impact, share their personal talents with a marginalized social group, and interact with the promising reentrants ready to build new lives. To learn more, contact Richard Buonomo at gemstoner@msn.com or the church office at rsvp@heavenlyrest.org.

Thursday, September 24— Harlem Community Justice Court — Family Orientation Dinner

The challenges of Reentry are felt acutely by the family, friends and communities of prisoners coming home. Help set up, welcome and serve food, at a festive event that welcomes the families about to receive a loved one home from prison. Families are introduced to the network programs available to support the challenges of Reentry. The event takes place from 4:30pm to 8:00 pm at the Elmendorf Reformed Church at 171 East 121st Street.

October 24 CHR Outreach Service Day — Prisoner Reentrant Job Preparation Workshop

Attaining employment is a critical success factor that enables reentrants to gain traction in society. Employment significantly reduces recidivism. On our Outreach Service Day, (see announcement above) along with our Circle of Support partners, CHR volunteers will participate in a Job Prep Workshop, which will include three simultaneous clinics: resume writing, interview practice and dress-for-success. Volunteers will receive simple training, including resume templates, and mock interviewing and how to tie the half-windsor tie knot. Watch the Weekly Messenger for details on how to sign up.

November 8 – Hudson Link to Speak at Rector's Forum

Hudson Link, one of CHR's Outreach partners dedicated to in-prison education, has a remarkable track record of success, and has proven to be an innovator for enabling participants to attain GED, college and graduate degrees while incarcerated. Efficacy in reduced recidivism post-release is exceptional. Learn more at www.hudsonlink.org and come join Sean Pica, Hudson Link's director, for a compelling discussion about the exceptional educational opportunities offered by this organization.



The Harlem Community Justice Center, one of our outreach partners.

Commitment Sunday, November 1 Worship, Learn, Serve, and Give

If money touches our relationships with family members, as well as the world beyond our home, it also reaches into our inner life. - Henri Nouwen

Our relationship to our money is deeply connected to our spiritual lives. Sharing our gifts to support God's mission carried out through our community is more than an act of charity, it is a spiritual practice. We are all welcomed into a community that reflects Christ's love for us and we are all invited to share the gifts that God has given us. As we think about how we Worship, Learn, Serve, and Give at Church of the Heavenly Rest, you are invited to give in the following ways.

What are the ways we give to support the church's mission?



Annual Giving: October marks the beginning of our Stewardship Campaign for 2016, our opportunity to support the ongoing ministries here at Church of the Heavenly Rest. **Our Stewardship Campaign ensures that the ministries that bring life to our Parish—nearly all the programs presented in this newsletter and throughout the year—are financed.** We ask parishioners to make their annual commitment for 2016 by filling out a pledge card and returning it to church on **Commitment Sunday, November 1.** (Pledge cards will be mailed by October 10). This day is also the 150th Anniversary of the Founding of our church. If you have never made a pledge, there is no better time to start.

By filling out a pledge card, you allow our leadership to create a healthy budget for the next year. Our leadership strives to maintain a balanced and transparent budget, with every dollar put to wise use and invested in our mission together. **Your pledge is more vital than ever. Absolutely every single pledge, no matter the amount, makes a difference.**

If you have not yet made a pledge to the Annual Fund for 2015, opportunities to give continue through December 31.

Capital Campaign for our Third Founding: This important ministry, launched in April of this year, focuses on **building a vision for our future** by creating the long-term infrastructure that we will need for our mission: a renovated Darlington Hall, including a new kitchen and bathrooms on the Nave level, and a reconstructed Undercroft, including ready access from the Nave level at the Narthex off of the Fifth Avenue entrance. Now is the time for us to make our own, personal contribution to the possibilities for our children and grandchildren in this next chapter of our common lives together. Now is the time to live into our calling. **Now is our time to build.**

So far we have 201 pledges for a total of \$5,382,945—we're more than halfway to our goal of 400 pledges. Their names, in alphabetical order, are listed on the facing page.* Pledges range from \$40 to \$1,000,000 and **each one is greatly appreciated.**

We're looking forward to visiting all members of CHR and adding more names to this list in the months to come. So please consider taking the calls from our visitors, and making the time to see them. **It's important to meet with everyone because we all are going to be part of the Church's mission.** If you have not yet been visited, you can arrange an on-the-spot visit by **stopping by the campaign table on Sunday mornings starting Sunday, September 20.**



Thank you for all the pledges given to date for our Capital Campaign*

- | | | |
|---|---|---|
| Anonymous | Ms. Beryl Haigney | Mrs. Eliot Nolen |
| Edward and Lucy Appert | Anne Gilchrist Hall | John C. and Patricia Olive |
| Renato Arloro | Yvonne and Kenneth Hannan Jr | Patty and Peter Paine, Jr. |
| Ms. Carol Aslanian | Mrs. James Hoban Harris | Molly O. Parkinson |
| Richard and Kerri Bartlett | Jane and William Havemeyer | Robin Pelkki |
| Gregory & Vinton Bauer | Dr. Meredith Hawkins | Robert M. Pennoyer, Sr. |
| Diana and Richard Beattie | Mrs. Jennifer Hayes | Robert M. Pennoyer, II and Polly Klyce |
| Constance Beavon | Sunny Hayward | Dr. Frederica Perera and Frederick A. O. Schwarz, Jr. |
| Anne and Geoffrey Bennett | Jan and John Hazard | Michael Perna and Heath Dillard |
| Mrs. Melissa Bernstein | Schuyler W. Hendersson and Gina Jae | Mr. Peter Pettibone |
| Mrs. Susan Binger | John and Amy Henry | Ted Polubinski and Grace Offutt |
| Laszlo and Jill Birinyi | William Hermann | Chris and Laura Power |
| The Rev. Caroline Boynton | Anne Herrmann | Anthony R. Price |
| Maria Love Brisbane | The Rev. Matthew Heyd and Ann Thornton | Holly and James W. Riley, III |
| Richard Buonomo | Ian and Lea Highet | Mrs. Janet Robertson |
| Jim and Nancy Burns | Beverley Vanessa Hill | Arthur and Mary Sachs |
| Philip J. and Lauren Camp | John Hitchcock and Maggie Jackson | Sarah Savage |
| William Campbell | Andrew and Amy Horrocks | Allison Saxe |
| Canterbury Choral Society, Inc | Nancy Houghton | Tom and Nancy Schmitt |
| Joanna Griner and James Cawley | Stephen W. Houghton, II | Natasha and Andrew Seaton |
| Kendra and David Chapman | Karen and Jefferson Hughes | Molly and Joseph Seiler III |
| Ann Collins | Carole and James Hunt | Jay Sherwood |
| Anne Collins | Dorothy Hutcheson | Aleta Shipley |
| Ms Lindsey Counts | G. Hartwell Hylton | McKelden and Diana Smith |
| Judi Counts | Judith and Thomas Iovino | Patricia and Andrew Soussloff |
| Peter and Donna Cronin | Betsy Jenks | Margot and Hoyt Spelman |
| Mrs. Sally Cummins | Ms. Phoebe Jensen | Beatrice Mitchell and Paul Sperry |
| Clara and John Dale | Richard Johnson | Ms. Carol Springstun |
| Lynn Darling | Leslie and James Johnson | Thomas and Amanda Stewart |
| Carla and Henry Darlington Jr | Yorker Kageyama | Cynthia Stravers |
| Evan and Mary Davis | Mrs. Deborah Kallop | Cynthia H. Swab |
| Mr. James De Woody | Ali and David Kamin | Carl Sword |
| Rosemarie and Hugh Deane | Cynthia Kayan | Mr. Francis Sypher |
| John Deerkoski and Elizabeth Stevens | Maureen and Steve Klinsky | Orla Coleman and Rikki Tahta |
| Breck and Ninna Denny | Frances Cohen and Stephen Koch | Allyson Tang |
| Tina and Ted Donovan | Leon Lanman | Ms. Sharon Taylor |
| Andrea Rousseaux and Charles E. Dorkey, III | Jesse Lawrence | Jack and Mary Kathryn Thornton |
| Herb Downer | Anne Lindgren | Mrs. Phyllis Toohey |
| Liana and Josh Doyle | Mr. Tim Lively | James Tozer, Jr. and Elizabeth |
| Ms. Joan Dupuis | Bishop Michael Marshall | Caroline and James Tripp |
| Karen and John Erickson | Anna and Kirk Materne | Patricia Vardin and Dr. Thomas Vris |
| Chris Evans and Jennifer Merzon | Steven Gifford and Suzanne Matthews | Katherine and John Walthausen |
| Mrs. Beatrice Fekula | Mrs. Thomas T. McCain | Ellen and Miner Warner |
| Victoria Ferenbach | Dr. Patricia Yaberry Allen & Mr. Douglas McIntyre | Wisner and Judith Washam |
| Ms. Nancy Fisher | George and Betty McKinley | R.J. Weinberg |
| Diana and Philip Fisher Jr | Marjorie and Lawrence McKittrick | Ms. Mary Weinberg |
| Anne and J. Christopher Flowers | Martha A. McNiff and Donna S. Windemuth | Susan Lee and Ken Weisshaar |
| Stephen P. Foley and Takako Sakai | James and Margaret McQuade | Roger and Anne Whidden |
| Vicki and David Foley | Emily Mikulewicz | Norma Wickersham |
| Edith Webster Freed and Todd Freed | Jo Dare and Robert Mitchell | Ms. Deborah Wiley |
| Mrs. Amanda Frei | Frances Mitchell | Caroline Williamson |
| Adaline Frelinghuysen | Ms. Susan Montgomery | Mark Willis |
| Felicia Fund | Marion Elizabeth Morey | Gertrude Wilmers |
| Carolyn and J. Carr Gamble III | Charles Morgan | Susan Converse Winslow |
| Mrs. Karen Giannelli | Sarah Morgan | Mrs. Marguerite Yates |
| Ruth Anne Giannetto | Kate and John C. Morris | Mary Young |
| Dorie Golkin and Chad Smith | Terri R. Mundy | Mr. Angel Luis Zabala |
| Kiendl and John Gordon | Sarah and Michael S. Sylvester | Jack and Carol Zacharias |
| Mrs. Gerd Grace | Richard and Constance Neel | Daryl VanValkenburg and Gail Zimmermann |
| Molly Grose | Bill and Bo Niles | |

* as of Wednesday, August 19, 2015

If you work for a company that offers corporate matching gifts, there are special opportunities where coporate matching gifts would apply. Please contact Kara Flannery, Director of Stewardship and Communications, at 212-289-3400, ext 206 or kflannery@heavenlyrest.org for more information.



Erin Richards Joins CHR Staff as Outreach Assistant

On September 9, we welcome Erin Richards to our CHR staff. Erin will serve as our outreach intern for the next year as part of the New York Internship Program. This program is an opportunity for young adults to commit to a year of service, discernment, social justice and intentional community.

Erin will assist the Outreach Task Force with the organizing and logistics of engaging our entire congregation in outreach ministries. This position is funded as a program through the Outreach budget.

Erin is a recent graduate of Lewis University in Romeoville, IL. As a student she was active in university ministry programs. Following her graduation in June, Erin co-directed a student mission trip to Sucre, Bolivia where she worked in an orphanage. "Bolivia was an amazing experience, and a gorgeous place," wrote Erin upon her return. "The biggest thing I learned is that language barriers and different lifestyles do not matter. I could not communicate with the children besides the minimal Spanish I knew, and I will still be forever impacted by them. I am also very excited to begin work at the Church of the Heavenly Rest, and get to know everyone this next year!"

St. Anne's Women's Group

Tradition holds St. Anne, the mother of Mary, as the patron saint for women in many stages of life. Parish women are invited to the first meeting of the St. Anne Women's Group on **Thursday, September 10 from 6:30pm – 8:00pm** at the home of Andrea Rose Rousseaux. This inaugural community gathering is intended to be a time of community -building, planning for possible guest speakers, and discussing potential service projects. Wine and hors d'oeuvres will be served. **Please RSVP by Sunday, September 6**, by contacting Andrea at andrearoseparis@aol.com

Friday Morning Playgroups

Our Friday morning playgroups are returning on **September 25 from 9:15am – 1:00pm**. Young children and their parents or caregivers are welcome to come and play in our Good Shepherd Room. Please note that drop-off service is not available at this time. For more information, please contact Rhonda Sarrazin, rsarrazin@heavenlyrest.org.

20's and 30's Fellowship

Our fellowship group, The Young and Heavenly RESTless— for those in their 20's and 30's—meets on the fourth Sunday of each month for brunch. Our next brunch is **Sunday, September 27**. To join the email list to learn more about these and other events, please contact the Rev. Cynthia Stravers at cstravers@heavenlyrest.org or 212-289-3400 ext 213.

Kids' Movie Night!

Grade-school kids are invited to our first Movie Night of the fall on **Friday, October 16, from 6:00pm – 9:00pm**. We provide pizza, popcorn, and a fun, age-appropriate movie. This year we will also provide drop-off service for kids in the First Grade and up. \$10 per kid. Stay tuned for movie listings.



Fall Concerts at Heavenly Rest

New York Classical Players
Sunday, September 27 at 3:00 pm
Admission by Donation

Double Entendre (Bassoon Ensemble)
Sunday, October 25 at 2:00 pm
Admission by Donation

Canterbury Choral Society Concert
Sunday, November 22 at 4:00 pm
General Admission \$25

Jose Barahona, Sexton: Jose helps with maintenance, program set up, and cleaning.

The Rev. Caroline Boynton, Deacon: Caroline supports our Pastoral Care, particularly with members of the congregation in critical need. She also supports our "Meals on Heels" feeding ministry. She is the longest-serving clergy person at Heavenly Rest. This is a volunteer role.

Bookkeeper (open): We are interviewing candidates to work as a part-time bookkeeper with Hal Roark on Parish financial management. This is a new position, which will replace two that have been eliminated in the last six months.

Lindsey Briggs, Parish Program Coordinator & Assistant to the Rector: Lindsey is our day-to-day stage manager. She supports volunteer leaders, prepares the worship bulletins, and assists Matt. She is preparing for the priesthood.

The Rev. Dr. Euan Cameron, Priest Associate: Euan supports our Lay Pastoral Care Group that prays for members of the congregation and visits them at home. He is also part of our preaching, teaching, and celebrating rota. Euan is also Henry Luce III Professor of Reformation History at Union Theological Seminary. This is a volunteer role.

Roger Chavannes, Verger: Roger assists with liturgy as Verger and also helps the sextons with maintenance, program set up, and cleaning. He is the longest serving staff member at Heavenly Rest, having been with us since 1981.

Facilities Superintendent (open): We are interviewing candidates for this new full-time person who will work with Hal Roark and the maintenance staff.

Kara Flannery, Director of Stewardship & Communications: Kara directs our annual stewardship efforts as well as our external marketing efforts and our internal communications, including our website and social media.

Jim Fox, Security: Jim greets guests at our Fifth Avenue entrance and helps ensure our campus is secure.

Ruth Anne Giannetto, Director of Capital Projects & Outside Partnerships: Ruth Anne oversees our tenant relationships with the New York International School and Blue-stone Lane and the re-claimed space in Darlington Hall and the Undercroft. She is also managing short-term outside rentals of our space.

Hartwell Hylton, Pastoral Assistant: Hartwell graduated from Berkeley Divinity School at Yale this spring. He is working with Euan Cameron and Cindy Stravers on Lay Pastoral Care and supports Erin Richards' transition as Outreach Assistant. He will also be part of the preaching and teaching rota. He is preparing for the priesthood.

Steve Lawson, Assisting Organist: Steve plays the organ during our Sunday services and directs the choir in Mollie Nichol's absence.

Mia Moore-Ray, Welcome Assistant & Receptionist: Mia welcomes guests, answers the phones, helps with database updates, prepares mailings, and coordinates basic office functions for our Parish.

Mollie Nichols, Director of Music: Mollie directs our liturgical music, which includes our adult and children's choirs, handbell choir and guest choirs. She also directs the Christmas Pageant, chorister dramas, and coordinates special musical offerings in the church.

Erin Richards, Outreach Assistant: Erin serves as our outreach intern as part of the New York Internship Program. She will assist the Outreach Task Force with the organizing and logistics of engaging our entire congregation in outreach ministries. This position is funded as a program through the Outreach budget.

The Rev. Hal Roark, Associate Rector & Chief Administrative Officer: Hal oversees our finances, building, information technology, human resources, and security. The book-keeper and "frontline" welcome and maintenance staff will also report to Hal. He will also be part of our preaching, teaching, and celebrating rota.

The Rev. Margaret Rose, Priest Associate: Margaret assists with our preaching, teaching, and celebrating rotas. She is also the Presiding Bishop's deputy for ecumenical and inter-religious dialogue. This is a volunteer role.

Tuesday Rupp, Director of Formation & Arts Ministries: Tuesday oversees our Christian Formation and education ministries across generations and will develop our ministries in arts beyond music. She is a candidate for the priesthood in the Diocese of Connecticut.

Rhonda Sarrazin, Director of Children & Family Ministries: Rhonda oversees Sunday School, Youth Group, and other children's programs. She will report to Tuesday who will continue to support our children's programming. She is preparing for the priesthood.

Craig Sibblies, Sexton: Craig helps with maintenance, program set up, and cleaning.

The Rev. Cindy Stravers, Associate Rector: Cindy coordinates our Pastoral Care in small groups such as the Young & Heavenly Restless and New Mothers as well as supporting congregation members involved in our liturgies. She also assists the Membership Committee with welcoming new members. And, is also involved in our preaching and celebrating rota.

Tapua Tunduwani, Pastoral Assistant: Tapua connects parishioners back to social services they need and supports our neighborhood relationships. This position is part-time and is funded through an outside grant.



2 East 90th Street, New York, NY 10128
212-289-3400
info@heavenlyrest.org

THE EPISCOPAL CHURCH OF THE
Heavenly Rest



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kflannery@heavenlyrest.org.

The Episcopal Church of the Heavenly Rest



Nearly New Thrift Sale

10:00 am to 4:00 pm
Saturday, September 26

Admission: \$5 from 10:00 am - 1:00 pm;
\$3 from 1:00 pm - 4:00 pm

You will find stylish "designer" and practical clothes plus men's and children's clothes, toys, household items, and books for every age. **On the day before and during the sale, volunteers help arrange merchandise, assist buyers and oversee checkout tables.** Please consider volunteering at this special event. Contacts: Marilyn Budzanoski at mbudzanoski@aol.com or Fritzi Kallop at FKallop@bhsusa.com or Nancy Houghton at nancy.houghton@hafop.org. **If you have donations of clean, gently used items for the sale, please drop them off at the church no later than Friday, September 18.** Note: We especially appreciate donations of costume jewelry.