

Welcome!

We're so glad you're here. Church of the Heavenly Rest is a spiritual home where everyone can experience God's love in the ways that we care for one another. Together, as a community, we share our gifts and build bridges to our neighbors. We are a parish committed to discipleship and reconciliation. Please introduce yourself to the clergy after the service; we would love to meet you.

The Service Today

The order of service can be found in the leaflet; page numbers refer to the Book of Common Prayer and the hymnal found in the pews. All are welcome to receive Holy Communion here. We believe that it is God's table, that God sets it for anyone who is hungry: here, God never turns anyone away. If you'd rather come forward for a blessing, please indicate that by crossing your arms over your chest.

Today at Heavenly Rest

Fall Sunday Forum | *The Artist Speaks: Unity of Spirit*

Photographer Dede Pickering will discuss her work with Photography Curator Emilie McKittrick and Rector Matthew Heyd. Unity of Spirit is on view until **December 7**. (Gallery hours: Weekdays Noon-6pm, Sundays 8am-2pm) - **9:35am in the Gray Room**.

Questioning Faith | Sandwich and Scripture

If you'd like to discuss and reflect on the lectionary readings and the homily, join us after the service. Bring a sandwich and we'll provide light fare. Email amwitchger@heavenlyrest.org for more info - **Noon in the Green Room**.

Godly Play Children's Chapel

Children ages three through nine are welcome to join us for sacred stories and art during the **10:30am service**.

World's Greatest Coffee Hour

Come share conversation and coffee, and sign up on our website to contribute on an upcoming Sunday - **after the 10:30am service**.

Next Week, Oct. 20: Join us for our 2020 Stewardship Ingathering Brunch!

Yoga

Join us for an hour of restorative Yoga. Classes are free and open to all, don't forget to bring your own mat - **5:15pm in Darlington Hall**.

Night Prayer

Using chant, prayer, and meditation by candlelight, our Night Prayer bridges Sunday night and the beginning of the week - **7pm in the Chapel**.

OUR CLERGY want to hear from YOU!

The Rev. Matthew Heyd, Rector mheyd@heavenlyrest.org

The Rev. Cynthia Stravers, Associate Rector cstravers@heavenlyrest.org

The Rev. Anne Marie Witchger, Assistant Rector amwitchger@heavenlyrest.org

Church Office [212-289-3400](tel:212-289-3400) / info@heavenlyrest.org

Weekly Services

SUNDAYS

8am, 9am, 10:30am, & 7pm; Yoga at 5pm

MONDAYS Meditation - 6:15pm

WEDNESDAYS Noon & 6:30pm

SATURDAYS Noon

WEEKDAYS Morning Prayer - 8am

DAILY

Open daily for prayer & meditation
7:30am - 7:30pm, and for Noonday Prayers



Church of the Heavenly Rest



heavenlyrestnyc

COMING UP

OUTREACH WITH CHILDREN AND FAMILIES

Baby Kit Drive - North Manhattan Perinatal Partnership

We're providing essentials for infants and new parents every month. You can buy items from our Baby or Parent Amazon Wish List or purchase a gift card in amounts of \$50 to support one baby or \$100 to support the whole family!

Sponsor a Dinner for our LGBTQI+ Neighbors

We're partnering with Trinity Place Shelter on the Upper West Side to provide home-cooked meals once a month for ten of our neighbors. Donate \$150 and sponsor a meal by following the link on our website or our weekly email.

Cook for Trinity Place Shelter

Ages 9+ are invited to cook a meal for our friends at Trinity Place Shelter. Find info and sign up on our website.

PARISH LIFE

Stewardship Ingathering Next Week

Everyone's gifts matter. Our 2020 stewardship campaign will launch **next Sunday, October 20** with an ingathering of financial pledges for next year and a celebration brunch following the 10:30 am Eucharist. Make your commitment on our website or with a pledge card in the church and offer your gifts, enjoy delicious food and live music, and spend time with friends. All are welcome!

Newcomer Reception and Welcome

New to Heavenly Rest? **Next Saturday, October 19**, we'll have a reception at the Rectory and **Sunday, October 20**, we'll have a Rite of Welcome at the 10:30 service. Please let Rev. Cindy know if you'd like to attend the reception at the Rectory by emailing cstravers@heavenlyrest.org and she will give you directions.

ARTS INITIATIVE

Unity of Spirit, Photographs of Cuba

Our exhibition of photography by Dede Pickering moves seamlessly between the past and present of Cuba's turbulent history, making visible the grace and spirit that is alive on the streets of Cuba. Please join us at a special reception **this Thursday, October 17 at 6:30pm**. We'll be joined by The Rt. Rev. Griselda Delgado del Carpio, Bishop of Cuba. RSVP to Lucas at lthorpe@heavenlyrest.org. *Unity of Spirit* is on view until **December 7**. Gallery hours: **Weekdays Noon-6pm, Sundays 8am-2pm**. For more information email info@heavenlyrest.org, 212-289-3400.

Arts Initiative Fall Brochure

Everything you need to know about Arts programming from Septiember - December is in our fall brochure, available in the back of the church and in the Gallery Undercroft. Pin it to your fridge; share it with friends!

OUTREACH

Sign-up for Outreach Service Day 2019: Sunday, October 27

Jesus calls us to help build a bigger table where everyone belongs. Each day in our city, thousands of men, women, and children don't have enough food to eat. Building a bigger table means providing food and nourishment for those in need. On Outreach Service Day, after the 10:30am service, we'll pack emergency food kits for 1,000 families in our surrounding neighborhoods. The kits will contain healthy, shelf-stable food that can be easily prepared. Each kit can feed a family of four for a whole weekend, or an individual for a whole week.

- Sign-up to volunteer on **Sunday, October 27**
- Donate food (peanut butter, canned soups, tuna fish)
- Donate a full kit (\$35) by: purchasing an Amazon gift card, writing a check with "Outreach Service Day" in the memo, or making a cash donation to our box on Sundays. Thanks!

Our Prayers

We have been asked to pray for these people: Art, Jim and Rosalee, Sofie, Angelica, Mary Elizabeth, Stacey, Nathan, Eric, Augustino, Kevin, Jennifer, Francis, Nancy, Tess and her family, Susan, Viola, Beryl, Tom, Marian, Jessica, Marion, Teri, Tina and Ben, Sunny, Danna, Norma, Juliet, the victims of natural disaster and human violence.

Repose of the Soul: C. Wayne Bardin, Brian P.T. Blake

If you or a member of your family is in need of pastoral care or would like to request prayers or a visit from one of our clergy, call the church office at **212-289-3400**.

Fall Sunday Forum Schedule

We hope you'll join us at 9:35am on Sunday mornings.

Searching for God in Worship

- Oct. 20: The Liturgy of the Word (Rev. Anne Marie Witchger and Elizabeth Boe)
- Oct. 27: Exploring the Eucharistic Prayers (Revs. Cynthia Stravers and Margaret Rose)
- Nov. 3: Unpacking the Eucharist (Revs. Matthew Heyd and Anne Marie Witchger)
- Nov. 10: Post Communion Prayer, Blessing and Dismissal (Rev. Cynthia Stravers and Elizabeth Boe)
- Nov. 17: Questions, Mystery and Experiencing God in Worship (Rev. Dr. Euan Cameron, all clergy)

WARDENS & VESTRY

Wardens: Caroline Williamson, Evan Davis | Treasurer: Douglas McIntyre
Vestry: Lucy Appert, PJ Camp, Ann Collins, Lindsey Counts, Sally Cummins, Ted Donovan, Josh Doyle, Karen Holmberg, Adam MacDonald, Suzanne Matthews, Robin Pelkki, Rikki Tahta, Allyson Tang, Gail Zimmermann