

EPISCOPAL CHURCH of the
HEAVENLY REST

God's Love. For All.

Heavenly Rest is dedicated to serving and creating community by proclaiming the good news of God's love for all. New here? Please fill out a welcome card from the back of the pew or on our website at heavenlyrestabilene.org/visit.

LIFE IN OUR COMMUNITY



Hands-On Outreach: Cans of Spam and Tuna - We want to extend our heartfelt gratitude for your unwavering support of our food distribution ministry! The need for assistance in our community continues to grow, and we are now serving approximately 50 families who rely on us for essential food supplies. To continue providing for our neighbors in need, we kindly request donations of cans of Spam and tuna. Donations of food can be dropped off in the church office or in baskets in the back of the church. If you have questions about making donations or wish to contribute financially to support this vital ministry, please contact Sue McWilliams at smmnm@aol.com.

Youth Lunch - This Sunday the parish invites all youth grades 6-12 to the high school Sunday School room (upstairs in the parish house) from 12 p.m.-1:30 p.m. It's a chance to gather, eat pizza, connect, and plan some meaningful and fun activities this fall. Contact lmendez@heavenlyrestabilene.org for more information.

Sign up for the Directory! - We are trying to make sure that everyone in the parish is listed in the church directory.. During September, after the 8:00 a.m. and 10:30 a.m. services there will be a desk outside the red doors and a desk in Gerhart Hall where you can sign into the church directory. This process will require your cell phone. Once completed, you can access crucial directory and church ministry information. If you have any questions or concerns, do not hesitate to contact Austin Hackel, Communications Coordinator, at 308-870-5975 or at ahackel@heavenlyrestabilene.org.

Heavenly Rest Supper Clubs - We are thrilled to announce a new ministry: Heavenly Rest Supper Clubs! It's time to savor the flavors of fall and spring while building lasting connections within our parish family. Whether you're a long-time member or a new face, the supper clubs are an excellent way to connect with fellow parishioners and strengthen your bonds within our wonderful community. The supper clubs will gather six times during the fall and spring seasons, offering plenty of opportunities for you to join in. To cap off this enriching program year, we will gather for a special dinner where we can reflect on our experiences, share stories, and celebrate the friendships we've formed. To embark on this delicious journey of faith and friendship, simply reach out to Mother Corrie Cabes at ccabes@heavenlyrestabilene.org.

Wednesday Night "Holy Land Journeys II" - Join us this fall as we meet each Wednesday for food, fellowship, and study! This Wednesday, Father David will continue to share his insights and spiritual discoveries made during his pilgrimage to the Holy Land. Children and youth will have the opportunity to explore the wonders of the Holy Land through different activities. For more information about Wednesday Night Programming, contact Mother Corrie at ccabes@heavenlyrestabilene.org.



Tamasha la wa Afrika - On Sunday, October 1st from 2:00 to 5:00 pm the parish will host the third annual *Tamasha la wa Afrika* ("Celebration of Africa"), a festival of East African music, culture, and cuisine. The theme of this year is "Kuja Uone" ("Come and See"). For more information, contact Father David at dromanik@heavenlyrestabilene.org

Sunday Mornings at Heavenly Rest

EST continues! - Exploring Spiritual Treasure (EST) meets at 9:15 a.m. in Gerhart Hall. It's the place to start your spiritual journey at Heavenly Rest. Join us for breakfast and spiritual food as we gather for weekly presentations centered on worship, prayer life, and more. Contact ccabes@heavenlyrestabilene.org for more information about membership in the church, confirmation, or more about Exploring Spiritual Treasure.

Sunday School for Children and Youth - There's still time to join in the fun of Sunday School! Children and teens can head to the parish house for community, connection, and spiritual growth! Contact Luke Mendez at lmendez@heavenlyrestabilene.org for more info about Sunday School.

Preacher's forum - Each week, join us for Sunday's bible readings, coffee, and conversation with clergy at 9:15-10:15 a.m. in the Bishop Garrett room (Parish House). For more information contact ccabes@heavenlyrestabilene.org and stop by on Sunday.

Save the Date!

Tamasha la wa Afrika - Sunday, October 1st at 2:00 pm

Blessing of the Animals - Sunday, October 8th at 5:00 pm

St. Francis at the Zoo - Wednesday, October 4th at 5:00 pm

Stewardship Presentation - Wednesday, October 11th at 6:30 pm

THE WEEK AHEAD

Sunday, September 17th

8:00 AM Holy Eucharist - Rite I (Nave)*
9:15 AM Sunday School*
10:30 AM Holy Eucharist - Rite II (Nave & livestream)*
12:00 PM Youth Lunch
1:00 PM Worship in Swahili*
3:00 PM Swahili Confirmation Class
7:00 PM Encounter - Episcopal Young Adults (EYA)

Monday, September 18th

5:30 AM Breakfast On Beech Street
8:30 AM Morning Prayer
10:30 AM Hands-On Assistance (online)
6:00 PM Education for Ministry (EfM)

Tuesday, September 19th

8:30 AM Morning Prayer
9:45 AM Sewing Circle
10:00 AM Staff Meeting
11:00 AM Clergy Meeting
4:00 PM Contemplative Prayer
8:00 PM Unity Group AA

Wednesday, September 20th

8:30 AM Morning Prayer
10:30 AM Hands-On Assistance (online)
5:00 PM Wind Down Wednesday
5:15 PM Children's Music
5:30 PM Holy Eucharist with prayers for healing
6:00 PM Wednesday Night Supper
6:30 PM Canterbury Bell Choir

6:30 PM Wednesday Night Program
7:30 PM Choir Rehearsal

Thursday, September 21st

8:30 AM Morning Prayer
9:30 AM Bible Study
12:00 PM Men's Brown Bag Lunch
1:00 PM EST Mentor Meeting
8:00 PM Unity Group AA

Friday, September 22nd (offices closed at noon)

8:30 AM Morning Prayer
9:30 AM Grocery Distribution
10:30 AM Hands-On Assistance (online)

Saturday, September 23rd

9:00 AM Altar Guild
4:30 PM Alleluia Choir Rehearsal

Sunday, September 24th

8:00 AM Holy Eucharist - Rite I (Nave)*
9:15 AM Sunday School*
10:30 AM Holy Eucharist - Rite II (Nave & livestream)*
1:00 PM Worship in Swahili*
3:00 PM Swahili Confirmation Class
7:00 PM Encounter - Episcopal Young Adults (EYA)

*nursery care is available for ages 0-4

View a detailed schedule at heavenlyrestabilene.org/calendar.

PRAYERS

THANKSGIVINGS

Birthdays: Michael Scarborough, Sr. Brigit-Carol, S.D., Cassidy Vickers

INTERCESSIONS

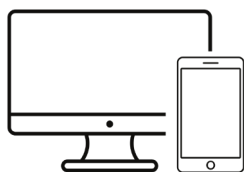
Family of Claire Bentley, Vona Lindsey, Andrew Hubbard, Susan Stack, Gary Goodnight, Nora Anne Best, Joe Fernandez Family, Carol Ann Weston, Charles Walts, Don Bridges, Jamie Dunn, Chris and Lynette Gregory, Freda Kennedy, Lee White, Doug Thomas, Steve Douglass, Scott Faircloth, Pete Mendez, Preston Scarborough, Shane Jones, Brett, Liam and Fiona McIntyre, Savannah Klingensmith, Daniella Palmer, Joe Gesting, Luci Guin, Ann Hollandsworth, Larry Bell, Renee Haney, Jason Murphy, Peter Eastburn, Brady Vardeman, Walter Hieronymi, Barbara, Alicia, Christopher Choate, Jimmy Pardue, Edna Pardue, Jenna Dozier, Billy Don, Laila Chin, Felicitas Paradez, Campbell Family, Sandy Byers, Jamie Sargisson, Ron Murphy, Marilyn Curtis, Bryson Hodge, Dacy family, Adley Burden, Fred Cavazos, Susan Pratt, Calvin Fuller, Baylor Brown, Sandy Graham, Lindsey Family, Jim McBride, Russell McKeever, Jerry Bell, Arianna Kenyon, BJ Madrid, Ken Reed

For deployed military and first responders: Michael Paisley, David Broyles, Jr., Health Care Workers, Members of the Abilene Fire, Police, and Sheriff's Departments

For the recently departed: Chad Lancaster, Betty Jo Day Stokes, Bea Garner, Jerrie Lembke, Maria White, John A. Walker, Joseph Fernandez, Claire Bentley

Haven't seen your birthday listed? Update your information in our church database:

Connect with your Church family online! - We are developing several streamlined ways to connect with your church family. Discover how you can interact more efficiently with your ministry groups and fellow parishioners. Our online directory is now available to access on a platform called Church Center. You must log in to heavenlyrestabilene.churchcenter.com/directory to update or create your profile. You can use your phone number or email to gain access. Please make sure to update your profile with the latest information. You also have control over what information is shared. Contact the office with questions at info@heavenlyrestabilene.org.



Follow us online! Search for @heavenlyrestabilene

Is there something you would like to share with the church? Please submit announcements and materials to the Communications office. Contact Austin Hackel at ahackel@heavenlyrestabilene.org.