

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](http://heavenlyrestabilene.org/visit).*

**LIFE IN OUR COMMUNITY**



**Falling Upward Book Study** - Join us for a four-week speaker series (Begins on Wed., January 17) that invites reflection on *Falling Upward* by Richard Rohr. Even if you are familiar with this book, we enter the new year with uncharted territory. Each week this series features distinctive voices from the parish helping us navigate where our spiritual lives may lead us during the season of Epiphany and beyond. This week Jon Camp will lead our discussion. Children meet upstairs in the Parish House at 6:30. They are focusing on and are making graphic novels about The Life of

Jesus. Dinner begins at 6 pm in Gerhart Hall and the program starts at 6:30 pm. Books are available in the church office with a suggested donation of \$20.

**Liturgy at Lyndale** - Heavenly Rest has been given a wonderful opportunity to worship God with the residents of Lyndale Abilene Memory Care, located at 6568 Central Park Blvd. We will gather at the facility on the fourth Sunday of each month at 2:00 p.m. to share liturgy and song. Our next service is this Sunday afternoon. Bring the whole family! For more information contact Deacon Karen at [kboyd@heavenlyrestabilene.org](mailto:kboyd@heavenlyrestabilene.org).

**Hands-On Outreach: Tuna and Spam** - 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 65 families every week who rely on us for essential food supplies. In addition to regular donations of food, it costs around \$700 every week to sustain this ministry. We are currently seeking donations of cans of tuna and spam. Donations 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](mailto:smmnm@aol.com).

**Epiphany Season Service Music** - During the season of Epiphany we will learn a new setting of service music from the Calvary Service. Composed by Thom Pavlechko in 2003 for Calvary Episcopal Church in Memphis, Tennessee, the setting was published by St. James Music Press in 2010. There is an intentional similarity in the melodic themes for practicality in learning. Feel free to listen and follow along as the melodies become more familiar.

**Coat Drive Thanks** - Many thanks to the Thursday morning Bible study and others in our parish family who donated coats to members of the 1:00 p.m. congregation. With more chilling temperatures coming our way, we are extending the coat drive. Bring your donations to the coat rack in the cloister area of the church or give them to an usher on Sunday. This is just one way we are sharing the love of Christ in the new year!

**Annual Meeting Information**

On Sunday, February 4 at 12:00, the people of this parish will gather in the Nave for our Annual Meeting. This will be an opportunity to reflect on the past year, review the parish budget for 2024, and elect members of the Vestry and delegates to Diocesan Convention.

This year's Annual Meeting will include a keynote address by Jay Moore, Abilene historian and Heavenly Rest parishioner. Jay will reflect on the life, ministry, and enduring legacy of the Reverend Willis P. Gerhart, who served as rector of this parish from 1920 to 1958.

Lunch will be provided in Gerhart Hall following the meeting. Activities for children will be available during the meeting. Please plan to join us for this time when we reflect on where we've been and look forward to the promises of the coming year.

The following persons have been nominated for three year terms on Vestry: **David Christianson, Michael Christie, Sharon Lawler, and Diane Stearns. Harry Hurt** has been nominated for a one year term. Five members of Vestry will be elected at the Annual Meeting. More information about these nominees may be found on the Heavenly Rest website.

The following persons have been nominated to serve as delegates to Diocesan Convention in October of 2024: **Michael Christie, Kathy Drury, Jim Fitzhugh, Tyler Gurley, Lee Hampton, Sue McWilliams, Karrie Partin, Mary Reyes, Josh Stearns, Jan Walker, Rick Willis, and Bijoux Mashauri**. Eight delegates will be elected at the Annual Meeting. Those not elected will serve as alternates. Those not elected will serve as alternates. More information can be found at the website: <https://www.heavenlyrestabilene.org/annualmeeting>

**SAVE THE DATES**

**February 4th - Annual Parish Meeting**

12:00 p.m. - Nave and Gerhart Hall

**February 11th - Bishop Visitation**

10:30 a.m. & 1:00 p.m. services for Confirmation, Reception, & Reaffirmation

**February 11th - Chamber Music Concert Series**

5:00 p.m. - European Ensemble Strings

**February 14th - Ash Wednesday**

7:30 a.m., 12:00 p.m., 5:30 p.m. (Children's Service), 6:30 p.m.

## THE WEEK AHEAD

### Sunday, January 28th

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	Morning Prayer in Swahili*
2:00 PM	Liturgy at Lyndale
3:00 PM	Swahili Confirmation Class
7:00 PM	Encounter - Episcopal Young Adults (EYA)

### Monday, January 29th

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, January 30th

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, January 31st

8:30 AM	Morning Prayer
10:30 AM	Hands-On Assistance (online)
5:15 PM	Children's Music*
5:15 PM	Wind Down Wednesday*
5:30 PM	Eucharist with Prayers for Healing (Nave)*
6:00 PM	Wednesday Night Supper
6:30 PM	Wednesday Night Programming*

6:30 PM	Canterbury Bell Choir*
7:30 PM	Choir Rehearsal

### Thursday, February 1st

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

### Friday, February 2nd (offices close at noon)

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

### Saturday, February 3rd

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

### Sunday, February 4th

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	Annual Parish Meeting*
1:00 PM	Morning Prayer in Swahili*
2:00 PM	Daughters of the King*
3:00 PM	Swahili Confirmation Class and Rehearsal
7:00 PM	Encounter - Episcopal Young Adults (EYA)

\*nursery care is available for ages 0-4

View a detailed schedule at [heavenlyrestabilene.org/calendar](http://heavenlyrestabilene.org/calendar).

## PRAYERS

### THANKSGIVINGS

**Birthdays:** Melissa Fletcher, Payton Hall, Tim Messer, Barbara Payne, Frank Sheffield

### INTERCESSIONS

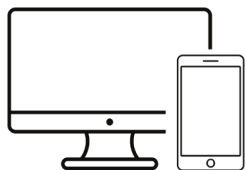
Mary Lou Conley, David Elsey, Rachel Marderosian, Renee Haney, Rusty Plochek Norm French, Erin Thomas, Jesse Godare, Lindsay Hardaway, Clarence Hart, Michael & Jessica Paisley, Regina Sanders, Clayton Bolt, Hannah Floyd, Scott Calcote, Danny Ray Burns, Eli Palmer, Diana Higgins, Donald McDonald, Jamie Dunn, Rusty Plochek, Ed Conley, Sandy Graham, Donnie & Lisa Carroll, Earle Neatherlin, Steve Evans, Chris Parker, Judy Scott, Manuel Neito, Karen Surovik, Ryan Bierd, Shane Jones, Manolo Cabasal, Christie Leedy, Lindsey and Adelaide Barecky, Jonnie, Jeni Jamison, Hugo, Cynthia Flowers, Beth Shoemaker, Richard Books, Steven Young, Misty Woodard, Evelyn Niblo, Leslie Mata, Paige Adair, Renee Haney, Russell McKeever, Janet & Phillip Jergins, Andrew Hubbard, Freda Kennedy, Walter Hieronymi, Barbara, Alicia, Christopher Choate, Jimmy Pardue, Edna Pardue, Jenna Dozier, Laila Chin, Ron Murphy, Bryson Hodge, Adley Burden, Susan Pratt, Calvin Fuller, Jim McBride, Jerry Bell, Arianna Kenyon, BJ Madrid, Ken Reed

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

**For the recently departed:** Marnie Wagstaff Mueller, Joe Kubiak, Janet Whitman, Dave Lycett, Dale Hembree, Bobby Beck, Charles White, Emily Lomax

**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](http://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](mailto:info@heavenlyrestabilene.org).



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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](mailto:ahackel@heavenlyrestabilene.org).