

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).*

**THIS SUNDAY**

**Sunday Morning Classes** - Join us Sunday mornings for one of our classes.

Coffee Talks led by Mark Waters - Gen von Ende Room at 9:15 am

"All the Gentiles will be blessed": The True Meaning of Epiphany - Bishop Garrett Room at 9:15am

Exploring Spiritual Treasure - Gerhart Hall at 9 am

Children and Youth can head to the parish house for community, connection, and spiritual growth!

**Bishop Visitation** - Today is our annual visit by the Bishop and we will have Services for Confirmation, Reception, & Reaffirmation.

**LIFE IN OUR COMMUNITY**

**Weekday Services Temporarily Relocated** - Weekday services will temporarily take place in the library. **Morning Prayer** (Feb 2-20) and **Healing Services** (Feb 4 & 11). Thank you for your patience.

**Bishop Search Listening Session** - This Tuesday, February 10th at 6:00 pm in Gerhart Hall we will be hosting a one-hour listening session for the greater-Abilene area. This is an opportunity to meet with members of the Search Committee and answer questions around what you would like us to consider in selecting the slate of candidates for the end of the year. You are all invited to participate as members of the diocese. We will use these questions to guide the listening session: What are the best things about or happening in our diocese? What do you see as the biggest challenges facing our diocese? What qualities do you want in our next bishop? If you cannot attend in person, use the QR code to access a zoom link for the meeting. Additionally, a survey will be sent out to the entire diocese and everyone is encouraged to participate.



**Abilene Interfaith Council** - Join us at The Curtis House (630 W N Washington) on February 10 at 7pm as we hear from Rev. Andrew Penn. We'll hear all about the history of Black churches in Abilene, their struggles and their triumphs. Come learn how they made a difference for our community!

**Dick Orsini Memorial Spaghetti Supper** - On Wednesday, February 11 at 6:00 p.m., the Brotherhood of St. Andrew will host the Dick Orsini Memorial Spaghetti Supper to raise funds for the Dan Abbott Scholarship, which will be awarded to a graduating senior from Heavenly Rest in May. Dick Orsini was a longtime member of the parish and had a delicious and much-loved recipe for pasta sauce. Join us as we remember Dick and celebrate our graduating seniors!

**Lenten Icon Retreat** - Join us on March 21st from 1-4 for an Icon Prayer retreat. We will cover the history of iconography, the process and spirituality of Russian icon writing, and pray our way through Holy Week with the help of icons. There will be no cost to attend, and the class will be held in Gerhart Hall. Anyone who would like to join us in preparing for Holy Week with icons is welcome!

**Hands-On Outreach Ministry** - Our parish grocery distribution ministry, Hands-On Outreach, is currently in need of **saltine crackers and canned tuna**. If you are able to help, please bring your donations to the parish office during regular hours. Contact Sue McWilliams at [smmnm@aol.com](mailto:smmnm@aol.com) for more information. Thank you for your continued generosity!

**Lenten Book Series** - The late Archbishop of South Africa Desmond Tutu and his daughter Mpho are more acquainted than most with the power and potential of forgiveness. As chair of the Truth and Reconciliation Commission in South Africa, Archbishop Tutu bore witness to the horrors of apartheid, but also saw how forgiveness could lay the groundwork for a new society. Based on this experience, as well as a lifetime of formation in the Church, Desmond and Mpho Tutu have written "The Book of Forgiving: The Fourfold Path for Healing Ourselves and Our World." Far from a vague paean to the need for forgiveness, "The Book of Forgiving" offers a practical and realistic guide to approaching this challenging and necessary element of our faith. During the season of Lent, we will be reading "The Book of Forgiving" together on Wednesday evenings. Copies will be available starting on February 11. Join us for supper at 6:00 and the discussion at 6:30.

**Shrove Tuesday** - The day before Ash Wednesday marks the beginning of the 40-day Lenten fasting period when the faithful were forbidden to eat meat, butter, eggs, or milk. If a family had a supply of these foods, they would spoil before the fast ended on Easter Sunday. With the addition of a little flour, the solution to using up those items was pancakes and sausage. Join us as we celebrate Shrove Tuesday on February 17 with a pancake supper at 6:00 p.m. Traditionally, the ashes imposed on Ash Wednesday are produced by burning palms from the previous Palm Sunday. After our pancake supper, we will have a **liturgy for burning palms** on in the Courtyard. If you have any palm fronds or palm crosses from previous years, you are encouraged to bring them to this service so they can be part of our Ash Wednesday observances.

**Lent Calendar for Families** - Fill the Ark is a family devotional from Heifer International with a focus on our blessings and a generous spirit of giving to our neighbors in need. Each week shares a scripture as the focus for reflection and study. Each day includes information about Heifer's work, animal gifts, resources, and approach. Daily giving challenges individuals and families to appreciate their abundance and collect change to help struggling families. Our contributions will be matched by a friend of Heifer International. Pick your copy up in the Narthex, Cloister, Gerhart Hall, or upstairs in the Parish House beginning February 11, so you will be ready to begin on February 18, Ash Wednesday. Everyone who is interested is invited to participate.

## THE WEEK AHEAD

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

### Sunday, February 8th

8:00 AM Holy Eucharist - Rite I (Nave)\*  
9:15 AM Sunday School Classes for Adults & Children  
10:30 AM Holy Eucharist - Rite II (Nave & streaming)\*  
1:00 PM Morning Prayer in Swahili (Nave & streaming)\*  
7:00 PM Evening Prayer  
7:30 PM Encounter - Young Adult Ministry

### Monday, February 9th

5:30 AM Breakfast on Beech Street  
8:30 AM Morning Prayer  
8:30 AM Soup Sisters  
6:00 PM Education for Ministry (EFM)

### Tuesday, February 10th

8:30 AM Morning Prayer  
10:00 AM Staff meeting  
4:00 PM Contemplative Prayer  
6:00 PM Bishop Search Listening Session  
7:00 PM Abilene Interfaith (Curtis House)  
7:00 PM Abilene Pipers  
7:00 PM Unity Group AA

### Wednesday, February 11th

8:30 AM Morning Prayer  
10:00 AM Sewing Circle  
5:15 PM Children's Music, Choristers, & Wind Down Wednesday\*  
5:30 PM Holy Eucharist with Prayers for Healing\*  
6:00 PM Dick Orsini Memorial Spaghetti Supper\*  
6:40 PM Canterbury Ringers  
7:30 PM Adult Choir Rehearsal

### Thursday, February 12th

8:30 AM Morning Prayer  
9:30 AM Thursday Morning Bible Study  
12:00 PM Men's Brown Bag  
6:00 PM Girl Scouts  
7:00 PM Unity Group AA

### Friday, February 13th

8:30 AM Morning Prayer  
9:30 AM Hands-On Grocery Distribution

### Saturday, February 14th

8:30 AM Swahili Prayer  
9:00 AM Altar Guild Preparation  
10:30 AM Afternoon Children's Choir Rehearsal  
4:30 PM Aleluya Kwaya Rehearsal

### Sunday, February 15th

8:00 AM Holy Eucharist - Rite I (Nave)\*  
9:15 AM Sunday School Classes for Adults & Children  
10:30 AM Holy Eucharist - Rite II (Nave & streaming)\*  
1:00 PM Morning Prayer in Swahili (Nave & streaming)\*  
7:00 PM Evening Prayer  
7:30 PM Encounter - Young Adult Ministry

*\* Nursery available (ages 0-4 years old)*

## Mark your Calendars -

Tuesday, February 17th - Shrove Tuesday 6:00 p.m. - Pancake Supper

Wednesday, February 18th - Ash Wednesday Holy Eucharist - 7:30 a.m., 12:00 p.m., 7:00 p.m., Children's Ash Wednesday - 5:30 p.m.

Sunday, March 1st - Chamber Music Concert Series: Listening to Orpheus- 6:00 p.m., Kenneth Gayle (Tenor) Rodney Waters (Piano)

## ALTAR FLOWERS

**Altar Flowers** - If you would like to dedicate altar flowers in honor or memory of a loved one or special occasion, please contact the parish office at (325)-677-2091. Suggested donation is \$150.

## PRAYERS

**Thanksgivings for those celebrating birthdays this week:** Jeannie Best, Avigale Burton, Bobbie Gabel, Brenna Malloy, Lincoln Musick, Charlotte Passel, Mary Reyes, Mandy Richmond

**Intercessions:** Grimmer Family, Sandra and Mary Susan Spears, Linda Greer, Carlotta Luster, Judy Daniels, Evelyn French, Christian Family, Truitt Sutton, Kathryn Townsend, Martha McDaniel, Carter Christie, BJ Madrid, Suzanne Rhodes, Sam Sloane, Mary Ellen Shorten, Brianna Johnson-Onielle, Crystal and Abigail Keet, Don Bridges, Johnny Musselman, Annabel House, Olman Santeliz, Keith Boyd, Chuy Lopez and Krystan Powell Jim, Scott Mead, Charlie Donovan, Jacob Moore, Chris Thomas, Alice Townsend Poirrier, Charles Fairchilds, Bryan Gibbs, Karen Telck, Leslie Smith, Barbara Arnold, Mary Angermueller, Dianne Cash, Martha Swartz, Nancy Williams, Thomas Madrid, Mike Mansell, David Weigle, Arnold Guerra, Susan Langford, Dawn Ahart, Jerry Gulley, Jeannie Best, Ralph Webb, Rusty Plocheck, Barbara Brock, Anne Melcher, Larry and Leta Bell, Christopher Choate, Shane Jones, Russell McKeever, Francois Mulanda, Suzie Ramsey, Barbara Payne, Glen Funkey, Angaza Alembo

**Intercessions for deployed military and first responders:** Weaver Lilly, Riziki Mulanda, Michael Scarborough, Fire, Police, and Sheriff's Departments, Health Care Workers

**Intercessions for the recently departed:** Dick Mansfield, John Best, Sherry Hirsch, David Jeffries, Chuck Hurlbut, Wendy Williams, Waymon Hinson, Kevin Grimmer, Brileigh Dailey, Kyler Dailey

## CONTACT US

To learn more or to contact the clergy, visit us online at [heavenlyrestabilene.org](http://heavenlyrestabilene.org) or by email [info@heavenlyrestabilene.org](mailto:info@heavenlyrestabilene.org).

602 Meander Street, Abilene, Texas 79602

Office Hours: M-Th 8:30 AM-12:00 PM, 1-4:30 PM, F 8:30-12:00 PM

Hands-On-Assistance (Online) M,W,F 10:30 AM-12:00 PM, Grocery Distribution F 9-11:30 AM

Phone: (325) 677-2091

@heavenlyrestabilene



**Thrift House,** 761 Walnut Street, Abilene, TX 79601

(325) 672-3812

Open: Tuesday-Friday 9:30 AM- 4:30 PM

*Is there something you would like to share with the church? Please submit announcements and materials to the Communications office.*

*Contact Jen Rogers at [jrogers@heavenlyrestabilene.org](mailto:jrogers@heavenlyrestabilene.org).*