

Episcopal Church *of the* Heavenly Rest

EST. 1883



EPISCOPAL CHURCH *of the*
HEAVENLY REST

God's Love. For All.

Lay Reader

FALL • VOLUME 14, ISSUE 5 • ABILENE, TEXAS

From The Associate Rector



Storytelling Ashley Powers

Storytelling is a central part of human experience. Cave drawings and ancient pictographs speak to stories that predate our modern languages. Through oral traditions, stories are passed on verbally from generation to generation. Storytelling is ancient and sacred. It answers the question of who we are, what we believe, and how we live. Scripture, likewise, is full of storytelling; from creation to the early church. It even includes many of the songs (Psalms) sung by the followers of God that tell us stories about God and their lives and relationship to God.

Today, the entertainment industry has capitalized on the role of story and storytelling. From books, to theaters, to concerts, to the billions of dollars spent in the movie business, it's apparent that the draw of storytelling isn't going away anytime soon. We also participate in this storytelling through what we consume from media, our propensity for gossip, and our desire for community. Storytelling can be deeply beautiful, incredibly harmful, or anywhere in between. And, if we are being honest, that doesn't even include the storytelling we do within ourselves every day.

I read an article in *Psychology Today* about the power storytelling has on our lives. It acknowledged the reality that we are all "dealt a different deck" but the power is in the story we tell of our deck. Each is unique, and yet the structure of our stories impacts our memories of the past, experience of the present, and even how we will be inclined to face the future.

We see that play out dramatically in the stories we tell about heroes and villains; be it action, fantasy, or epic. Both experience the entirety of what life has to offer, all sorts of love and loss. And yet the difference lies in how the villains and heroes tell their stories. Their framework for who they are and how they will respond in light of what happened determines how they face what has happened and will face what is to come. Of course that is not easy, and life isn't as clearly categorized into heroes and villains. Yet, we keep telling these stories for the truths they carry with them. How we tell our stories can change everything.

In every church service, as we encounter the texts for the week, we hear and absorb the power of our stories. Jonah tells the story of a hopeless Nineveh and through God's work, transforms that story into one of redemption. The disciples tell stories of impossibility and Jesus turns them into new possibilities through miracles and healing. The world tells a story of death and isolation and we, the church, through our prayers and the Eucharist offer the story of grace, resurrection, hope, and union with each other and God. These stories deeply shape the interpretations of our pasts, how we experience the present, and how we will face the future.

As we move from summer to fall, we will be constantly asking the questions of who we are, what we believe, and how we live. We do this through the liturgy as we bring our stories before God. We develop and shape our stories in our Sunday classes through mutual discussion and spiritual formation. And we do it through fellowship and engaging Wednesday night programming. It is sacred work to tell our stories, to remind ourselves and one another the threads of truth written in our lives.

I pray we that even in the busyness of life, we remember we can, with God's help, tell our stories as people who know healing, love, mercy, heavenly rest, and the unending possibilities of a risen life in Christ. Because that story is the most powerful of all. And by the grace of God, that story is ours.



Summer with Heavenly Rest

Cody Lucas

This summer, I have had the great opportunity of interning at Heavenly Rest. As a senior Bible and ministry major ACU, a requirement of my degree is to gain ministry experience through an internship before I graduate. I was excited to be able to do my field education here because I already loved attending this church, and I knew that it would be a good place to learn more about what it is like to be in church leadership. Throughout the summer, I met with Mother Ashley as my supervisor and was able to ask questions about what it is like to be a priest in the Episcopal Church, the challenges that come with ministry, and the ways that a church and its leadership can form each other. Although I have attended classes and read textbooks about church leadership through my college classes, it was much more formative to be able to actually talk to someone who practices ministry and get her personal perspective.



One thing that I have learned about ministry is that it requires the ability to be present in many different kinds of situations. I have gotten a first-hand glimpse of what that is like through participating in a variety of activities: attending staff meetings, serving in hands-on outreach through grocery distribution and Breakfast on Beech Street, assisting with family vacation Bible school, bringing communion to people who cannot attend service(s) in person, and attending and helping with many other activities and services. By having a part in so many different aspects of church life that I was previously unfamiliar with, I was able to become more confident in adapting to my surroundings and being present in the moment. I have also developed a deeper appreciation for how much effort it takes from staff and volunteers alike to create a welcoming space. I have learned a lot this summer about what it is like to participate in ministry in the church, and I know that this knowledge will form me through the rest of my theological education. I am grateful that I have had such a good experience this summer at Heavenly Rest.



Rally Night

Join us for Rally Night on Wednesday, September 2nd at 6:00 in Gerhart Hall. This will be an opportunity to connect with friends old and new, kick off our Wednesday night programming, and learn more about the many ways to become involved in the life of Heavenly Rest. Activities for children will be available.



Fall

Amanda Watson

Fall seems to be a time of new beginnings: new school year, fall sports and activities, and church programming - just to name a few. The church year becomes a time of anticipation as we start looking forward to Advent and Christmas. The church falls into that sense of anticipation as reflected in the liturgy, prayers, and readings as we fall into the season of Advent.

This time of newness and anticipation is a good time to explore the Book of Common Prayer (BCP) and to discover how the church draws together this wide diverse people into the work of the church. It is a time to learn about or be reminded who are these people who formed the Episcopal Church. On page 19 of the BCP, we find them listed chronologically in The Calendar of the Church Year.

The Episcopal Glossary defines Saint as a holy person, a faithful Christian, one who shares life in Christ." "In the New Testament the term is applied to all faithful Christians (Acts 9:32, 26:10). Paul addresses the saints, or those called to be saints, as the members of those Christian communities that receive his letters (Rom 1:7, 1 Cor 1:2, 2 Cor 1:1, Eph 1:1). Christ makes it possible for us to be saints as we share his life." So we are all saints, flawed, but committed to love God as revealed to us through Jesus Christ.

Here are some saints found in the Church Calendar. Read all about them. They are not perfect but lived lives committed Jesus Christ.

Florence Li Tim-Oi, the first woman ordained to the priesthood in the Anglican Communion (1944). Amid war and upheaval, her courage and humility paved the way for women across the church to answer

Janani Luwum, Archbishop of Uganda and martyr, 1977, confronted the Idi Amin by speaking openly against his brutality of the Ugandan people only to be killed in an automobile accident when one of Amin's government trucks "accidentally" ran into Bishop Luwum's car.

The Righteous Gentiles: Raoul Wallenberg, saved thousands of Hungarian Jew by issuing them Swedish passports. Hiram Bingham IV violated State Department protocol by arranging escape routes for persecuted Jews; Carl Lutz negotiated with the Nazis for safe passage from Hungary to Palestine for more that 10,000 Jews, as well as Chiune Sugihara and Andre and Magda Trocme. Christians endangering their own lives to assist in the escape of Jews from Nazi's tyranny.

Moses the Black, Desert Father and Martyr, c. 400. Moses was a large, powerful man described as a person of excesses, was both a thief and murderer who, after he became a monk, still struggled with his immoral proclivities. At age 75 a band of raiders approached his monastery, he and six brothers waited defiantly for the raiders to enter. Moses, who believed that those who live by the sword; die by the sword, stood gallantly before the marauders offering no resistance but love, a love that a forgiving, loving God offers to all. According to the monastic account, seven crowns descended from heaven over the place where they were martyred.

As we start to enter into the season of fall, I invite you to spend time discovering anew the lives of the saints that have gone before us by joining us in Morning Prayer (8:30 AM) and weekday services. May these saints, who lived ordinary imperfect lives, encourage you to also live a life that is "distinguished and exemplary because of self-sacrifice, witness, or accomplishments" of a life "in Christ."

Being a Good Neighbor

Amanda Watson

Popsicles on the Playground is such a simple, easy offering of our space and ourselves to the neighborhood. Families come bringing children to enjoy playing, eating laughing, and running. Just time to be children. All the while the adults gather under the shade of the tree, enjoying the cool breeze and the relaxed conversation. Neighbors see the sign and come with their children and their dogs. Something as simple as an offer of free popsicles welcomes and draws people of all ages into this beautiful place, this wondrous gift from God. And we are privileged to share all that we have with all who stop by.

The fall brings us to the traditional neighborhood event, Trick or Treat on October 31st, Halloween. We will fill our parking lot with “trunks” of goodies and welcome all the dinosaurs, cowboys, monsters, and witches and dogs and cats who stop by. Our playgrounds facilities will offer respite for parents as they make their trek through our neighborhood. But true to our roots as a liturgical church, we will celebrate All Hallows Eve with the reading of scripture and prayer. This is a night to celebrate life and all the saints that have come before. It is a night that welcomes all into this space hoping to create an understanding to all and especially our neighbors, that all are welcome here. Y'all come means ALL.

In December the church goes out into the neighborhood. We will spend an evening singing Christmas carols and visiting neighbors. It truly is a time that we make a joyful noise throughout our neighborhood. We will end the evening in Gerhart Hall to warm our hearts and hands with Robert Becerra's famous hot chocolate and cookies.

Open doors gather people together. People gathered together form communities. And communities become neighborhoods where all are welcome. All are welcome. Come for popsicles, Halloween trick-or-treat, singing - just come be a neighborhood.



Grief Work

Doug Thomas



I do not know the magic words to make a blind man see;
nor do I have the healing touch to set a cripple free.

When I observe a hungry child I feel compassion's pull,
and feel a limited reprieve when empty is made full.

But for each one who grows in strength, another starves beside him;
and for each one whose vision clears, another's eyesight dims.

I cannot heal a wounded heart, or bind a shattered soul;
I cannot sooth a mind distressed, or make the fearful bold.

Although I reach to those in pain, I can't sustain relief;
the best that I have ever done, is simply share their grief.



Children, Youth and Families

Carol Ann Weston

**“For every beginning there is an ending,
and for every ending there is a new beginning”**

This is a core idea in our Godly Play curriculum for younger children on Sunday mornings. Instead of seeing time as a straight line, children learn to understand it as a circle, where endings and transitions naturally lead to new beginnings and possibilities. We use this phrase when talking about the liturgical cycle (Circle of the Church Year) and the seasons of God’s creation. As things change, we may miss the activities of summer, but fall brings fresh opportunities for ministry, fellowship, and learning. I hope you and your family will join us as we explore them together.

Back to School Bash

Sunday, August 16, 9:15 – 10:15 in Gerhart Hall

Children, youth, and families are invited to meet Sunday School leaders, pick up backpack tags, register for Sunday School for ages 3 through 12th grade, and register for Wednesday night activities for K–5th graders. All children and youth must have 2026–27 Child/Youth Information forms submitted by this date. Please turn yours in early so we have current contact and medical information, permission for ministry participation, and other important details. During worship, we will offer a Blessing of Backpacks and school devices.

Fall Morning Sunday School Begins

Sunday, August 23, at 9:15

We offer classes for children and youth ages 3 through 8th grade upstairs in the Parish House, and we look forward to being together again. High School class will begin with Youth Confirmation in a few weeks.

3rd Grade Bibles & Family Bible Blast

Sunday, August 23

This event is specifically for 3rd graders and older children, along with their families, after 10:30 worship. If your child is entering 3rd grade or is older and has not yet received a 3rd Grade Bible, please let me know as soon as possible so no one is missed. We will share a light lunch, learn more about our Bibles, play family Bible games, and decorate Bible covers while other age groups participate in Bible activities or crafts. Please RSVP by Sunday, August 16. Childcare is available if needed. We will finish by 1:30 at the latest.

GROW Sunday School

Begins September 27!

Sunday School will begin on Sunday, September 27 for our children in K–5th grades who attend the afternoon worship service. They meet during the service from 2:00 – 3:00 PM, beginning on the playground with a snack. Their lessons include large group Bible lessons, activities, and singing as well as small group discussion and activities. Leaders come from our morning and afternoon congregations.

Youth Confirmation

Begins September 13!

Confirmation is an important step in the life of the church! It is an opportunity to learn more about the Episcopal Church, explore our faith in God, and claim our call to ministry received in our baptism. All incoming 9–12th graders who have not already been confirmed and want to learn more about it are invited to attend Youth Confirmation this year!

Mark Your Fall Calendars!

August 12 | Last Popsicles on the Playground of the Summer

August 13 | Thursday Morning Bible Study Resumes

August 16 | Back to School Bash

August 23 | First Day of Sunday School for Children & Youth,
Bible Blast for 3rd graders, Liturgy at Lyndale

August 24 | Education for Ministry (EfM) begins

September 2 | Rally Night

September 9 | Children's Choir, Choristers, Wind Down,
Wednesday Night Meals and Programs Resume

September 12 | Music Camp for Children & Youth
(Kindergarten and older)

September 13 | Youth Confirmation and
Exploring Spiritual Treasure Begin

September 27 | First week of GROW Sunday School
(For those who attend services at 1PM)

October 8 | Chamber Music Concert Series

October 25 | Consecration Sunday

October 31 | Trick or Treating at Heavenly Rest and
All Hallow's Eve Service



Generosity Know No Season

Jen Rogers

These trees which he plants, and under whose shade he shall never sit, he loves them for themselves, and for the sake of his children and his children's children, who are to sit beneath the shadow of their spreading boughs. - Hyacinthe Loyson (1870)

This summer, as I have watched children run beneath our tree on the playground while the adults gathered in its shade, I have been continually reminded that we often enjoy the shade of a tree which we ourselves did not plant. Someone (or many someones) have gone before us and built a legacy that we get to enjoy. The story of Heavenly Rest is a story of one generation continuing to “plant trees” for those generations that would follow. Today we are both the benefactors of that generosity and the carry a similar responsibility for future generations.

In 2026, we have welcomed 18 individuals into our community through baptism and 37 through confirmation, reception and reaffirmation. As I look around Heavenly Rest, I am surrounded by evidence of generosity both past and present which these individuals will enjoy. Sunday classes, Wednesday night programming, children and youth activities, ministry opportunities and bible studies are just a small representation of what your generosity (both financially and in volunteer time) makes possible. These opportunities change and shape lives as they invite us all to follow Jesus in the way of love.

As we move from summer to fall, I encourage you to reflect on the ways you have been positively impacted by the legacy of generosity here at Heavenly Rest. What trees have provided shade for you in this place? And then, as a new ministry year begins, I encourage you to think about ways you can plant trees so that, in the future, others may enjoy the shade. If you are unsure where to start, I encourage you to join us for Rally Night on September 2nd where you can learn more about the life and ministries of this community.



Wednesdays this Fall

This year, as Bishop Mayer prepares to retire, we have been called to look beyond our parish and toward the diocese we share. This has given us an opportunity to learn more about our connections with other parishes and our shared identity as Episcopalians in Northwest Texas. This fall, we will find out who is on the slate to become our next bishop, beginning a new season of discernment about who we are and who we hope to become under their leadership.

Inspired by this diocesan process, our Wednesday night programming this fall will be called “Voices of the Diocese.” We will hear from faithful lay and clergy leaders across Northwest Texas, giving us an opportunity to deepen our relationships and learn from the many identities and voices that shape the Episcopal Church in our part of the world.

Presentations will begin at 6:30 p.m., following Wednesday night supper at 6:00 p.m. We hope you will join us as we explore Episcopal identity throughout our beautiful diocese!



Episcopal Young Adults: Sharing Life Together

Melody Brown

As we look back on the first half of the year, EYA is filled with gratitude for all that God has been doing in our community. What began several years ago as a small gathering for prayer and fellowship has grown into a vibrant ministry where people can encounter Christ, build meaningful friendships, and find a place to belong.

We have continued gathering for weekly Evening Prayer, shared meals, conversations, service, and fellowship. These gatherings have become a steady rhythm of prayer and connection—a place to pause, listen, and reconnect with God and one another. One of the things we have especially enjoyed this year has been a monthly service of Holy Eucharist, giving us another opportunity to gather around Christ's table and grow together in faith. We have also continued our gatherings with St. Mark's for Night Prayer, strengthening the friendships between our communities.

Throughout the year, we have celebrated many special moments together, including Confirmation, a joyful vow renewal, and a van blessing. These moments have reminded us that God is present not only when we gather for worship, but also in the relationships, celebrations, transitions, and shared experiences that shape our life together. Through each of these moments, we are reminded of the joy of walking together in faith and the gift of belonging to a community rooted in Christ.

As we look ahead, we are excited for all that the coming months will bring. With the start of a new academic year, we will be attending the church fairs at ACU, HSU, and McMurry, welcoming both new and returning students into our community. We look forward to continuing our rhythm of prayer, fellowship, and service while meeting new faces and deepening the friendships that have become such an important part of our lives.

We do not know exactly what the future holds, but we are eager to see where God leads us next. We are grateful for everyone who has prayed for, supported, and participated in EYA, and we invite anyone searching for community, connection, and a deeper life of faith to join us as we continue this journey together.

Clergy Reflections on a Year with EYA

Karen Boyd

As we look ahead, we are excited for all that the fall months will bring. This time last year, I was invited to serve as Chaplain for EYA. I wasn't entirely sure what that role would entail, but I am deeply grateful for Melody and Robert's leadership and support throughout the year.

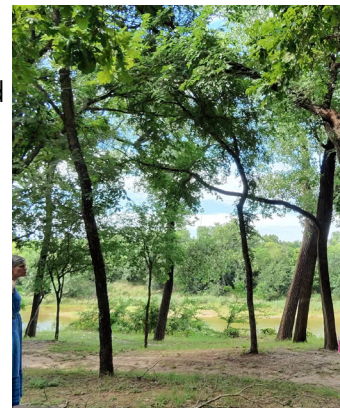
At first, I wasn't sure what EYA was at its core. Yet from the very beginning, I was welcomed into the community. Over the course of the year, I discovered that this group extends hospitality to all regardless of one's religious (or not) affiliation, and welcomes them into a community centered on Christ's love. It is a beautiful community of people who have found belonging with one another.

For some, EYA is an important addition to their spiritual and church life. For others, Evening Prayer and our monthly Eucharist may be their primary connection to a faith community. Whatever brings us together, we all find in this place a meaningful connection to Christ and to one another.

I look forward with great anticipation to the coming year—to continuing to grow alongside this community and to welcoming those whom God gathers into our midst. I am convinced that the Holy Spirit is at work in shaping this ministry, leading to us those who are seeking the light of Christ, and drawing all of us ever more deeply into God's love. We invite you to join us on Sunday evening for Evening Prayer. (Please check the weekly calendar in the pew sheet for times and locations.)

Women's Retreat Reflections

In June, eleven women gathered just south of Glen Rose, in the peaceful community of Rainbow. Aptly named, Rainbow often felt as though we had stepped “over the rainbow” into a place of beauty, rest, and renewal. Nestled along the banks of the Brazos River—originally called Los Brazos de Dios, “the Arms of God”—is Casa de Milagros, the home of the Rev. Deacon Mary Collier, our gracious host and spiritual director. Mary warmly welcomed us into her home, where we shared meals we prepared together, prayed, reflected, laughed, and enjoyed one another's company.

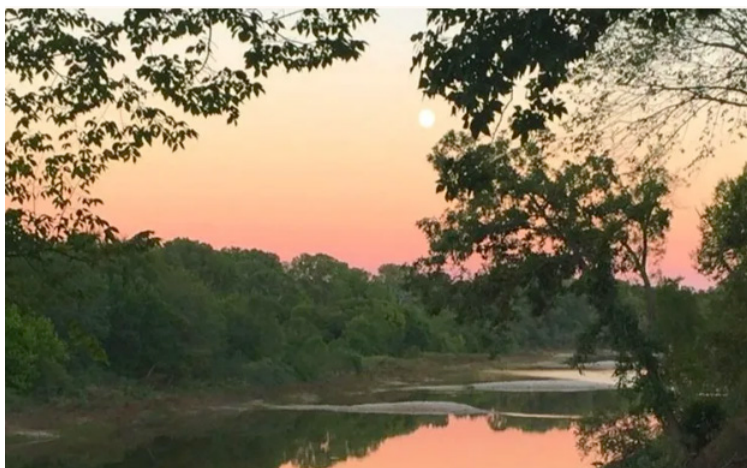


A circle of charming casitas surrounded a welcoming fire pit, where we gathered each evening for conversation beneath the stars. As darkness settled, we were delighted by the gentle glow of countless fireflies, a quiet reminder of God's beauty in creation. Each casita provided a peaceful retreat, complete with comfortable beds, a writing desk, a kitchenette, and a private bath, offering a simple and restful space for prayer, reflection, and renewal. Those few days were a gift—a time to step away from the busyness of daily life, listen for God's voice, and experience the blessing of Christian community in a place that truly lived up to its name. Hear, in their own words how participants reflected on their experiences.

The purpose of our retreat was realized for me. Peace like a river surrounded us. Our normal racing brains shared the quiet sounds of nature, the coolness of shade trees, and the warmth of deepening friendships - all balanced with private personal space. I especially welcomed being introduced to the variety of Breath Prayers, now a regular daily experience akin to “praying without ceasing.” Still true: Be still and know that I am God. – Linda Goolsbee

The retreat was wonderful! Retreats are best when they provide opportunity to reflect, rest, and connect, and this retreat checked all three boxes, plus it was in a beautiful and serene setting. I am new to Heavenly Rest, so I loved getting to know women across the community and generational spectrum. Eating, swimming, worshipping, and sitting around the bonfire together were some of my favorite moments. The Sunday morning service under the arboreous canopy, facing the God-created cross of two tree branches growing past one another, with only the sweet sound of female voices, was truly special. God was certainly present. Likewise, God seemed present in the moments of quiet, lonesome reflection found in walking the property, resting on rocks and swings, and contemplating the beauty of God's creation. I found time to journal, doodle, and sit—and it was lovely and refreshing. I am very much looking forward to next year! – Lisa Merchant

Heavenly Rest has been a place of refuge for me this past year. Women's retreat became a collection of faces, names, and moments that are the tangible version of that refuge. To sit, dine, and learn from women who have walked before me, is such a blessing. To be given the time to rest, with no conditions or expectations, was a radical gift and privilege in this hurried world. Now when I walk into HR, it feels even more like home. - Avory Rosenquist



Music Ministry for Autumn 2026

The Heavenly Rest Adult Choir

First Rehearsal: Wednesday, 9/2, 7:30 PM

First Choir Sunday: 9/13, 10:30 AM Service

Would you like to join us this fall in singing music by these beloved and best-known composers from the Renaissance, Baroque and Romantic periods?

Johann Sebastian Bach (Lord Thee I Love with All My Heart & Sleepers, Wake!), Maurice Duruflé (Ubi Caritas et Amor), Georg Frideric Handel (from MESSIAH: And the Glory of the Lord & O Thou That Tellest Good Tidings to Zion), Giuseppe Pitoni (Cantate Domino) and Henry Purcell (Rejoice in the Lord, Always)

Would you like to join us to sing choral music by these composers from wide-ranging periods who are well-known in the Anglican tradition?

Edward Elgar (Ecce Sacerdos Magnus), Richard Farrant (Lord, for Thy Tender Mercy's Sake), Sydney Nicholson (God Be in My Head), Russell Schulz-Widmar (Give Rest, O Christ), Christopher Tye (Give Almes of Thy Goods), Ralph Vaughan Williams (O Taste and See), Philip Wilby (If Ye Love Me), Thomas Matthews (The Lord is My Shepherd)

Would you like to sing some of my compositions?

In Sacred Manner
Let the Same Mind Be in You
To You, O Lord, I Lift Up My Soul

And we have many more to offer, including these beloved classics of various styles:

Keep Your Lamps Trimmed & Burning!
André Thomas

Make Me a Channel of Your Peace
Sebastian Temple

My Lord, What a Mornin'
American Spiritual

The Beatitudes
Orthodox Chant

This fall, we are looking to fill the choir pews by bringing back former singers and to welcoming new singers.

Please consider joining us!

The Heavenly Rest Choristers

First Rehearsal:
Wednesday, 9/9 at 5:15 PM.

After reviving the Choristers program a few years back, our goal is to continue building it up into the future! We hope to include a large group of boys from 5th grade to voice change and girls from 5th grade through high school. They sing an average of two times a month with the adult choir.

The Heavenly Rest Children's Choir

First Rehearsal:
Wednesday, 9/9 at 5:15 PM

Children, please join us in singing this year! We invite singers from Kindergarten through the 4th Grade. These singers will work with director Laura Dickson.

Children's Music Camp

Saturday, 9/12, 9:00 AM – 12 PM

We welcome back all children from Kindergarten to the 8th Grade to join us for a wonderful morning of musical experiences! Sing, ring, see & hear musical instruments, and climb to the bell tower! We hope to have a large gathering of students for this wonderful day of music!

Canterbury Ringers

First Rehearsal: Wednesday, 9/9 at 6:40 PM

Our handbell choir aims to have 12 ringers who can commit to ringing a total of 61 handbells with us on a regular basis, rehearsing once a week, and providing music for Sunday Services about once a month. We need one more ringer! We are also looking to have experienced ringer substitutes available to fill in as needed.

The Heavenly Rest Chamber Music Concert Series

Sunday, 10/8, 6:00 PM.
Abilene Chamber Winds
Steven Ward, Conductor

Sunday, 11/15, 6:00 PM
Susie Rockett, Oboe
Abigail Payne, Piano



More to come!



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THE EPISCOPAL CHURCH

The Most Reverend Sean Rowe, *Presiding Bishop*

THE DIOCESE OF NORTHWEST TEXAS

The Right Reverend J. Scott Mayer, *Bishop*

PARISH STAFF

The Reverend David Romanik, *Rector*

The Reverend Ashley Powers, *Associate Rector*

The Reverend Amanda Watson, *Assistant Rector for Community Life*

The Reverend Karen Boyd, *Assisting Priest*

The Reverend Doug Thomas, *Priest in Residence*

The Reverend Dr. Russell Dickerson, *Deacon*

The Reverend Joe Biles, *Curate and Pastoral Assistant*

Bikole Mulanda, *Swahili Minister*

Thomas Pavlechko, *Organist and Director of Music*

Elizabeth Knauer, *Music Assistant, Choristers*

Laura Dickson, *Music Assistant, Children's Choir*

Carol Ann Weston, *Director of Family Ministries*

Jen Rogers, *Director of Communications and Stewardship*

Lydia Hurt, *Parish Manager*

Brenda Fisher, *Parish Accountant*

Robert Becerra, *Sexton*

Devon Castillo, *Assistant Sexton*

Anne Jones, *Nursery Manager*

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