Anna Jasmin, long-time parishioner of Christ the King
Contact Information
Christ the King-Epiphany Church
758 Main Street Wilbraham, MA 01095-2665
413-596-3045
www.ctkepiphany.org

Staff
Barbra Thrall, Transitional Pastor
Ben Mabrey, Minister of Music
Dawn Brown, Parish Administrator
Don Sienkiewicz, Custodian

Congregational Officers
Joanne LaPlante, President/Senior Warden
Jean Wyld, Vice President/Junior Warden
Fran Selva, Clerk/Secretary
Kevin Hinkamper, Treasurer
David Vivian, Pledge Treasurer/Financial Secretary

Vestry-Council Members
Chris Caster
Steve Lewis
Judith Phillips
Ann Setnes
Paula Wilke

Other Leadership
Judith Phillips, Safe Church Coordinator
Marianne Wagner, Parish Nurse

SEPTEMBER OFFICE HOURS
The church office is open Monday through Thursday. Until we are able to return to business as usual, please contact Dawn Brown at the office or email at office@ctkepiphany.org or contact Pastor Barbara at the church office with pastoral concerns or issues you have. In order to comply with the state’s guidelines, please remember to wear your mask when entering the church building.
Dear People of Christ the King-Epiphany Church,

“I heard you have a new position in ministry,” a colleague said to me recently. “Are you taking Pastor Karen Safstrom’s place?” My answer was “yes and no.” Yes, I do have a new position in ministry after several years of retirement. I’ll become the bridge pastor in Wilbraham for a time, while the leadership, the congregation, and the Holy Spirit discern a new pastor/rector for this fine church.

As far as taking Pastor Karen’s place, that’s another story. My journey in ministry has taught me that we don’t take the place of others. Their place belongs to them. We pick up the baton that is passed to us and carry it forward (sometimes running pretty fast, sometimes jumping over hurdles, sometimes taking a brisk walk). The leg of the race that has been run by St. Paul and a host of others since his time has a particularity for each of us. Pastor Karen was with you at the time of the merging of your churches, she was a beloved pastor and preacher, she was a valuable member of the diocese and the synod, and she was a faithful Christian among the people of this church and community.

No one will ever take her place, really, but others will come along and assume many of her responsibilities. To do so is an honor and a gift. To be able to serve in this church, to help in a small way to shape the future of this congregation, to pastor your people, and share in the joys and challenges of ministry is to continue Karen’s work, in a new light. My hope is that we will honor Karen’s vision for CTK-E, and my expectation is that she would also say to us, “Go for it! Do it your way now and make something beautiful for God.”

So as I begin my time with you I pray that we will get to know one another, offer our various gifts, pray and serve together, rejoice in the Celebration of Life that is planned for September 19 with the bishops and friends, and discover together what God has in mind for this church. From what I have already seen you have a wonderful foundation for Christ’s work, and my hope is that we will build upon the work of those who have gone before, Pastor Karen included.

For those who are curious, I will be with you on Sundays for Zoom worship and in the office one morning a week. I’ll be working from my home in South Hadley as well and may be reached at the church office. Deacon Pat will continue with us, thanks be to God. I’m very much looking forward to being with you. May God bless us all in our work for the Kingdom.

Pastor Barbara

Seasons change and so do we.....

The next season change is upon us and although we don’t want to let go of the summer, fall gives us a new and refreshing view of our world. Colors of the trees change, weather becomes cooler, school is back in session (or something like that), we actually begin to talk about “winter” and I think we do it to get ourselves ready for the next change we need to be aware of.
For Christ the King-Epiphany church, our next change of “season” or a time of growth, is upon us. We may not like it. We may want it to hurry by. Or we may want it to be slow, deliberate, comforting and spirit-filled. Each part of this journey through the “seasons” has been slow, deliberate, comforting and spirit-filled for me. It has given me time to reflect, be patient and more focused. But that’s just me. We are all looking forward to the day we can “open our church” and get back to “normal”. We will, with God’s help. Sound familiar?

It is with spirit-filled joy your vestry/council welcomes our bridge priest, the Reverend Barbara Thrall. Rev. Barbara is with us for six months – six months of being our pastor, helping us where she can, keeping us close to God with her prayers and her sermons and also challenging us to come closer to God, depend on Him and let our Holy Spirit be our guide through these next several months.

There will be decisions that will have to be made during this “bridge” time and we are confident our parish family will join and bond together to support each other during this time. We have a wonderful Christ-filled future before us.

It is with profound gratitude and love that we say thank you to Deacon Pat O’Connell for being our service leader since Pastor Karen’s death. Her time with us, giving us God’s word each week, sharing her sermon message with us, and asking us to share our reflections, her voice reassuring us we are doing ok, and reminding us we are God’s children and He will always watch over us. Deacon Pat’s last Sunday as our service leader will be August 30. We are hoping everyone can be part of this service and thank her for her support, her sermons, her love and her compassion.

Our liturgy from Sunday, August 23, resonated with me this week: Romans 12:1-8 Verses 4 – 8 “For as in one body we have many members, and not all the members have the same function, so we, who are many, are one body in Christ, and individually we are members one of another. We have gifts that differ according to the grace given us: prophecy, in proportion to faith; ministry, in ministering; the teacher, in teaching; the exhorter, in exhortation; the giver, in generosity; the leader, in diligence; the compassionate, in cheerfulness.

Although we already know this very special passage, we have been reminded that this is who we are. Deacon Pat has been our minister of faith and support through our time of grief and in her grief of Pastor Karen’s death also. Thank you, Deacon Pat. Remember, we are many members but are one body in Christ.

Blessings to All,
Joanne and Jean

Vestry Beginning the Next Steps...

Over the past months our Bishops have considered the needs of our parish and have asked Canon Rich Simpson and Associate Bishop Steven Wilco to prepare us to seek a full-time replacement for Pastor Karen Safstrom. In consultation with the Council/Vestry, they have encouraged us to begin this process after the Memorial Service for Pastor Karen on September 19, 2020 with the hope that we can call a new Pastor/Rector in six months. The full call process includes three steps that we will need to complete in a timely way in order to meet this goal. Step one, the discernment process is nearly complete given the good work done by Pastor Karen. The Congregational Assessment Tool has been completed and the results can help inform the next steps of the process.
The Council/Vestry will need to supply the annual report, budget, and clergy compensation information but this can be done easily in the next few weeks.

The next tasks needed to complete the call process include Writing the Parish Profile and then Completing the Call Process. Both steps will involve committees appointed by the Council/Vestry based on nominations submitted by members of the parish.

Writing the Profile: The Council/Vestry will appoint a Profile Committee, (PC), of five to seven members, including one member of the Council/Vestry to ensure good communication during this process. Diversity on the committee is needed, and the committee should engage the members of the parish in the development of the profile. The profile should be an accurate description of our parish including our goals and challenges. Canon Rich and Associate Bishop Steve will meet with the PC to share samples and resources that can be used to develop the document. The profile will be a key element of our recruitment for a new Pastor/Rector and should be part of our updated webpage.

The Call Committee: Once the profile has been completed Canon Rich and Associate Bishop Wilco will post our position and begin the call process. To support this process, the Council/Vestry will appoint a separate Call Committee, (CC), of five to seven members, again including one member of the Council/Vestry to ensure good communication. The members of the CC should reflect the diversity of the parish and will be asked to work confidentially to protect the candidates for our position. Canon Rich and Associate Bishop Steve will forward appropriately qualified candidates to the CC. Initial interviews will most likely be held via Zoom and the CC will be asked to narrow the pool of candidates to no more than three semifinalists. The Council/Vestry will interview the semifinalists and bring one candidate to the congregation to lead worship. Following this service, the congregation will be asked to vote on the candidate. This process combines the best practices of both the Lutheran and Episcopal churches.

To prepare for this work we ask members of the congregation to submit nominations for the PC and the CC committees to the Council/Vestry and to be prepared to engage with the call process at each stage of our efforts. Thank you all in advance for your help with this important work!

Members of the Council/Vestry

September Worship Notes . . .

SEPTEMBER WORSHIP NOTES
+Sunday Worship and Virtual Coffee Hour via Zoom: As in-person worship is suspended until further notice, we will continue in September to worship Sundays at 10:00 a.m. via Zoom. The Rev. Barbara Thrall will be leading our worship. Information on connecting to Zoom along with a link to a pdf of the bulletin will be sent out on Fridays. A virtual coffee hour will immediately follow on Zoom.

+Prayer for Spiritual Communion: In our Sunday worship we now pray a prayer for spiritual communion. A spiritual communion is a personal devotional that anyone can pray at any time to express their desire to receive Holy Communion at that moment, but in which circumstances impede them from actually receiving Holy Communion. The prayer we pray is one by St. Alphonsus de Liguori, 1696-1787.

My Jesus, I believe that you are truly present in the Blessed Sacrament of the Altar. I love you above all things, and long for you in my soul. Since I cannot now receive you sacramentally, come at least spiritually into my heart. As though you have already come, I embrace you and unite myself entirely to you; never permit me to be separated from you. Amen.
Live Streaming for Pastor Karen’s Memorial Service

As described in the August 12, 2020 mailing to the parish, a special service celebrating the Life and Ministry of the Rev. Karen B. Safstrom will occur at CTK-E on Saturday, September 19, 2020 at 10:00 a.m. Those wishing to attend in person must submit a RSVP in advance as seats may be limited given COVID-19 restrictions. If you have questions about this, please call Dawn Brown, our Parish Administrator, at (413) 596-3045.

For those in our parish who wish to view the service remotely, Deacon Eric Elley of St. Mark’s in East Longmeadow will be streaming the service in its entirety on Facebook Live. The service will also be available directly using this link https://livestream.com/ctkepiphany. A recording of the service will be available at that same link for viewing at a later time. It will be uploaded to the church webpage sometime later that day.

Lift Every Voice and Sing

Exodus 2:23 (King James Version): "And it came to pass in process of time, that the king of Egypt died: and the children of Israel sighed by reason of the bondage, and they cried, and their cry came up unto God by reason of the bondage."

The Summer of 2020 has been a struggle for many of us. In fact, this summer may just go in the history books as a major lesson in compassion, justice, heartache, and loss. COVID-19 has had such a great impact on our daily routines, our relationships with others, our jobs, our kids’ education, and our spirits. The passing of Pastor Karen Safstrom has shocked the hearts of CTK-E. Women’s rights and the rights of the LGBTQ community are being argued in the nation’s courts. By this time next year, we may not have the ability to mail a greeting card. Political divisiveness is creating a toxic environment on social media. The injustices against our black brothers and sisters across the nation are on a rise – and their cries for equality are louder than ever. As a nation, we are hurting.

This summer’s book study group was a no-brainer for me. After reading the title of the book Pastor Karen had chosen (and reading a brief review of it on Amazon), I realized it was my duty to read this book and engage in conversation with other church members on how we can approach this idea of systemic racism. Michael Stenning led approximately 18 of us as we read this book and discussed it via Zoom on Thursday evenings. What transpired was deep conversation on love and hate, a closer look at the actions of Jesus Christ as he
prayed with the marginalized, self-reflection, and a broader understanding of what racism really looks like in the United States – more specifically, what author and pastor Lenny Duncan shares about the role of the Lutheran community in regards to racism. The reading of Dear Church has presented us with the question of “How can CTK-E help?” As a new Mission Outreach project unfolds before us, I am excited to say the book has given us readers enough of an awakening to take action. More to come on that topic.

In regard to music and more specifically, the music ministry at CTK-E, I remember when the Episcopal Church of the Epiphany on Highland Avenue was being prepped for selling. A few hundred hymnals and prayer books were removed. Many were donated to other churches in our diocese and some were kept for our use. Among those brought to CTK-E were approximately one hundred LEVAS hymnals in pristine condition. These hymnals were a memorial gift from a former parishioner, Louise Eastman. The hymnals had not seen much use in the last several years. Some of the LEVAS hymnals had never been opened. When they arrived at CTK-E, they were put in closets and bookcases with no real intention of being used (much to the dismay of myself and some choir members). After long discussion with Pastor Karen about the importance of these hymnals, she looked at me and exclaimed “We have them, so let’s use them!” The LEVAS hymnals were brought into the sanctuary. Green cards were made for the hymn board on the altar to distinguish between ELW (red) and the 1982 (blue).

_Lift Every Voice and Sing II: An African American Hymnal_ (or LEVAS), is a supplement to _The Hymnal 1982_, the Episcopal hymnal we use. In reading the Preface, the Rt. Rev. Arthur B. Williams, Jr. discusses the different sources of the LEVAS and why they were chosen. Negro spirituals, traditional and contemporary gospel music, service music for Eucharist, and hymns celebrating the African American saints on the church calendar – all of these would serve as the foundation for the LEVAS. Roman Catholic, United Methodist, and various Caribbean hymnals were among the numerous sources of music to be adapted for the LEVAS. Due to copyright regulations, we cannot easily use the LEVAS on our Sunday morning Zoom worships – which is a shame because I feel that this hymnal could really serve us well as our nation yearns for healing and equality.

The title hymn in the LEVAS is often referred to as the “Black national anthem.” James Weldon Johnson wrote the lyrics in 1900 and the music was composed by his brother John Rosamond Johnson in 1905. I cannot print out the poignant lyrics below but you can certainly read them online. After reading the triumphant message, I invite you to please listen to the below musical links. First, a newly released version of the song “Lift Every Voice and Sing” led by the Grammy-winning singer/choir director Kirk Franklin. I am also including a second link because it is just a wonderful song – a video of the Edwin Hawkins Singers’ 1969 performance of “Oh Happy Day” (a hymn originally written in the 18th century).

Lift Every Voice and Sing

https://www.youtube.com/watch?v=5NZ6aftOorE

Oh Happy Day

https://www.youtube.com/watch?v=f3R8eu12htg
Parish Nursing at Christ the King-Epiphany

The program was started in 2002 after I did a comprehensive review of Wilbraham as part of my Community Nursing project for school. Then an assessment was done of the health needs of the parish. In 2003 I attended a course on Parish Nursing sponsored by Anna Marie College and was formally made parish nurse at Church of the Epiphany. The philosophy below helps to define the role of the Parish Nursing by Solari-Twadell.

Philosophy of Parish Nursing
- Parish nursing is a specialty practice and professional model of health ministry distinguished by the following beliefs:
  - The parish nurse role reclaims the historic roots of health and healing found in many religious traditions. Parish nurses live out the early work of monks, nuns, deacons and deaconesses, church nurses, traditional healers and the nursing profession itself.
  - The spiritual dimension is central to parish nursing practice. Personal spiritual formation is essential for the parish nurse. The practice holds that all persons are sacred and must be treated with respect and dignity. Compelled by these beliefs the parish nurse serves, advocating with compassion, mercy and justice. The parish nurse assists and supports individuals, families and communities in becoming more active partners in the stewardship of personal and community health resources.
  - The parish nurse understands health to be a dynamic process, which embodies the spiritual, psychological, physical and social dimensions of the person. Spiritual health is central to well being and influences a person’s entire being. A sense of well being can exist in the presence of disease and healing can exist in absence of cure.
  - The focus of practice is the faith community and its ministry. The parish nurse, in collaboration with the pastoral staff and congregants, participates in the ongoing transformation of the faith community into a source of health and healing. Through partnership with other community health resources, parish nurse fosters new and creative responses to health and wellness concerns.

My Background
I graduated from a 3-year nursing program in 1978. My 42 years of nursing experience includes several years of working in critical care units in Trenton NJ, Ithaca NY and Palmer MA (Wing Hospital). After transitioning to working in a medical center in internal medicine practice and later pediatrics, I returned to school and graduated with a BSN from AIC in 2002. In 2002, I started as a full-time school nurse in Springfield Public Schools, initially at Rebecca Johnson and later at Indian Orchard Elementary. During my time as a school nurse, I was involved in administration, training all the new school nurses, developing education programs and problem solving. I also was the Asthma Champion, working with the Pioneer Valley Asthma Coalition. I retired 2 years ago but continue to work as a substitute nurse in the school system. Currently I am a certified CPR and First Aid Instructor with the American Heart Association and have a National Certification in Pediatrics.

As parish nurse I check the AED monthly, provide blood pressure screenings, and advise parishioners on different health concerns when we can attend church. Now I can assist parishioners as a case management, answer health questions or direct them to someone who can answer the questions. If you need my assistance please call 413-627-3160 or email me: reewagner@charter.net

Marianne Wagner BSN RN BC
Gratitudes . . .

Thank you to Rev. Mary Frances Curns & All Saints Berkshires for their donation in memory of Pastor Karen.

Thank you to Mark & Julie Russell in Jefferson, MA for their donation in memory of Pastor Karen.

Thank you to Wendy Hohne in Hubbardston, MA for her donation in memory of Pastor Karen.

Thank you to Hazel McCraw in Ludlow, MA for her donation in memory of Pastor Karen.

Thank you to Linda Hawkes in Wilbraham, MA for her donation in memory of Pastor Karen.

Thank you to Phyllis Elolampi in Worcester, MA for her donation in memory of Pastor Karen.

Thank you to Karen Johnston in Roanoke, VA for her donation in memory of Pastor Karen.

Thank you to Phil & Barbara Mednis in Lynn, MA for their donation in memory of Pastor Karen.

Thank you to Rebecca Matteson in Chicopee, MA for her donation in memory of Pastor Karen.

Thank you to Clifford & Merrie Gerber in Shrewsbury, MA for their donation in memory of Pastor Karen.

Thank you to Jean Berglund in Worcester, MA for her donation in memory of Pastor Karen.

Thanks to the Pessolano, Fischer, Tousignant, Wyld families for planting and tending our vegetable and pollinator gardens in the side yard of the church.

Thanks to the vestry-council and the worship and music committee for their work on planning for changes to our virtual and in-person worship during the pandemic.

Thank you to those who delivered devotionals and directories to those who made requests.
Thank you to those continuing to volunteer with our Loaves and Fishes dinner ministry and those who are making continued financial donations to the Community Survival Center.
For all those workers considered essential – including in healthcare, the Red Cross, the post office, public safety, retail and service industries – who continue to serve and care for us all through this time of necessary social/physical distancing.

Did we forget to thank someone? Our apologies! Is there someone you want to add? Please let us know so we can include it in next month’s list of Grattitudes!

Mission Outreach News . . .

The Mission Outreach Committee believes it is very important to continue supporting the organizations and agencies that we have built relationships with and made commitments to during this pandemic. Our focus is to do that in the best and safest way possible.

With that in mind, we have contacted each of the agencies/organizations that we have highlighted to support this fall asking if their needs have changed, how we can best support them and if there is a way to set up an online giving opportunity. This way, members of the congregation can go online and choose what and how much they would like to give and gifts will go directly to the organizations. Thrivent has given us the green light for members to request funds and use their Community Action cards for online congregational drives such as these as well.

Additionally a percentage of our overall budget is earmarked for mission. We generally give that money out at the end of the year. However, this year we gave $2,000 of that money - $500 each to four organizations - in March. Council/Vestry has approved sending out another round of checks - $500 each to the Survival Center, the Springfield Rescue Mission, Loaves & Fishes and Cathedral in the Night for a total of $2,000, which will be sent out shortly. We also continue to send $150 to Loaves & Fishes each month for boxed lunches, in lieu of providing a lunchtime meal.

MISSION OUTREACH SEPTEMBER FOCUS – ACTS TUTORING & CATHEDRAL IN THE NIGHT

ACTS is holding their annual mum sale and information has already gone out to the congregation. Please help support ACTS in their biggest fundraiser of the year!

Cathedral in the Night - Typically we provide and share in a dinner with Cathedral in the Night in Northampton. Sadly, we are unable to do that this year. Instead we are offering an opportunity for members to purchase food and supplies through an Amazon wish list that will go directly to Cathedral in the Night. Please click on the link below. Pastor Steph has asked that we remind people as they check out to click on the registry mailing address which will say Steph Smith the Home Store. 
https://www.amazon.com/hz/wishlist/ls/3OT8121EJGJVQ?ref_=wl_share
Please help us support the most vulnerable in our community! Contact Linda Van Beaver (Lvanbeaver@charter.net) if you have problems accessing the link above, with questions or if you would like more information about using a Thrivent card for an online congregation drive.

We are deeply grateful for your support!
NEW MISSION OUTREACH PARTNERSHIP
Members at last week’s Mission Outreach meeting voted on a new project we will begin this fall. With full approval and support of the Diocese, we are preparing to become an ally to our brothers and sisters of St. Peter’s Episcopal Church in the Mason Square neighborhood of Springfield, a predominantly black church. We look forward to providing open ears, arms, and hearts as we journey together in faith, education, and service.

COMMUNITY SURVIVAL CENTER NEWS
As Christ the King-Epiphany’s church building continues to be temporarily closed due to the virus pandemic, we will not be accepting goods to be brought to the Survival Center again this month. However, if anyone wishes to continue to support the Center, it would be greatly appreciated, as food donations have diminished. In doing so, please send a check directly to the Community Survival Center at 240 Main Street, Indian Orchard, MA 01151, and include on the memo line “Christ the King-Epiphany”. If you have any questions, please contact Fran Selva at 413-596-8668.

2020 ACTS GIANT MUM SALE
Christ the King-Epiphany will again be participating in the Action Centered Tutoring Service (ACTS) annual fall fundraising event with the sale of beautiful mums. ACTS is beginning their 35th year of providing free after school tutoring services to Springfield’s elementary school children. During these difficult times, ACTS and many parents believe that face-to-face tutoring is needed even more with remote learning becoming the norm.

ACTS is preparing to still provide tutoring services during the Pandemic and we are following all the safety protocols as required by the Commonwealth of Massachusetts.

Orders can be placed on the order form you received via email recently or you can contact the office to request one. We ask that you print the form, complete and mail it along with your payment to the church office to the attention of Steve Lewis. He must receive your form by Monday, September 14th. Please be sure to include your telephone and email information on the form should we need to contact you regarding your order. Mums will be available for pick-up immediately after Pastor Karen’s Memorial Service and from 12 noon until 1pm on Saturday, September 19th. If you forgot to order, additional mums will be available for purchase at the above mention timeframe.
AGAWAM – Anna Fisher Jasmin has seen it all. Born in 1914, the 106-year-old Jasmin has lived through two world wars, the Great Depression, the advent of computers and now, two pandemics.

On Aug. 1, she celebrated her birthday at Heritage East in Agawam with a surprise car parade that included a police cruiser, friends, and family from as far away as Cape Cod.

“What’s the secret to living to 106?” asked Jasmin’s niece, Darlene Handy.

“Just be yourself”, replied Jasmin, who was born one of 14 children.

After the parade, family gathered on the lawn to sing happy birthday.

Jasmin, who recently recovered from COVID-19, told the crowd of well wishers, “I’m 106. Beat that!”
Minnechaug Regional High School Honor Roll Students
Associated with Christ the King-Epiphany Church

Honors – Grade 9
Eli Comeau

Honors – Grade 11
Owen Comeau

Honors – Grade 12
Lillian Hakala
Alex Henry

High Honors – Grade 12
Adam Bredvik

HERALD STAR NEWSLETTER DEADLINE
The newsletter deadline is the 20th of each month. Please submit your content for the October Herald-Star to the church office by September 20th via email or placed in the “Newsletter” mailbox in the office.
Scenes from around Christ the King-Epiphany Church.

Flowers and gardens around Christ the King-Epiphany and the bunny nest in the Pollinator Garden.
Anna Jasmin’s 106th Birthday Parade