

# Grace News

Weekly Updates from Grace Church Millbrook

## Worship

Sunday Services: 8am and 10am

Wednesday Healing Eucharist  
followed by Bible Study: 10am

Bilingual Spanish/English Service:  
3rd Sunday of the month

## Christian Education

Sunday School will resume back on  
September 16th

Confirmation second Sunday of the  
month will resume back on October  
14th

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## Office Hours

The parish office hours are Monday - Friday, 9am to 2pm.  
Office email is *office@gracemillbrook.org*.

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For more information on Grace Church happenings,  
make sure to read Grace  
Notes: <https://www.gracemillbrook.org/grace-notes/>

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**Chat with Father Matt**— These are the drop-in hours with something on your mind or heart on Wednesdays 1 p.m. - 3 p.m. and Thursdays 9 a.m. - 12:00 p.m. If you would like to make an appointment for other times, please call the office.

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### **Daily Prayers and Meditations**

Last year, when the congregation joined together in reading The Path, an abridged version of the Bible, Grace Church sent out a daily email with a reading and prayer. We have also sent out daily meditations written by parishioners at various times.

A number of people have expressed interest in continuing to receive daily meditations and prayers by email. There are a variety of online meditations and prayers available, most of which can come to you by email every day. If you are interested in receiving such daily material, here is information to help you.

**Forward Day by Day** is sponsored by the Episcopal Church. They have several offerings including daily meditations and guidance for praying the daily office. General information about these options can be obtained here:

<http://prayer.forwardmovement.org>

Information about receiving Forward Day by Day by email can be obtained here:

<https://www.forwardmovement.org/EFDD/Default.aspx>

They also have an app for your phone:

<https://itunes.apple.com/us/app/forward-day-by-day/id561455965?mt=8>

## **Center for Action and Contemplation**

Richard Rohr is a Franciscan priest, ecumenical teacher and founder of the Center for Action and Contemplation. You can receive his daily meditations in your email by going to the site below and clicking on "sign up" in the upper left corner.

<https://cac.org/richard-rohr/richard-rohr-ofm/>

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**Epiphany Study Opportunity: The Way of Love  
Thursdays evenings 7-8:30 at the Rectory; or  
Wednesdays mornings 11-12 in the Choir Room**

Join Fr. Matt and the fellows of Grace Year Fellows on Thursday evenings during Epiphany for an Epiphany study series on the Way of Love: Practices for a Jesus-Centered Life. We will also have a daytime course during our regular Bible Study time on Wednesday mornings 11-12. This is a program that our Presiding Bishop Michael Curry has encouraged us to adopt. We had a short course in Advent with our Bible Study group—it was well-designed curriculum and powerful tools of personal spiritual transformation. From the first week of January through the first week of March.

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## **Grace Church Events**

### **Help Spread The Word About Grace**

Invite a neighbor to church. Advent is a wonderful season to discover or rediscover faith in God and hope in Christ. Let people know they are truly welcomed here!

If you have any pictures of the parish please send them to Diana Bellissimo at [lillymoorefarm@gmail.com](mailto:lillymoorefarm@gmail.com) so she can post them on our facebook and instagram account.

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**Confirmation Class is on Sunday, January 13<sup>th</sup>,  
after the 10:00 am service.**

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**CONNECT Youth** will meet this Sunday, Jan. 13 from 3-7pm at the Grace vicarage. We will begin by exploring and clarifying our intentions through some New Year's Resolution-setting. Following this, we'll cook and eat dinner together as we catch up from winter break. Then Nastia, our Grace Fellow from St. Peter's, will facilitate a specially prepared Bible study exercise which will focus on facing challenges and embracing excitements. Hope to see you there!

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**Mark Your Calendars for our Annual Meeting on January 27, 2019.** Please plan on attending the Annual Meeting on Sunday, January 27, following the 10:00 AM service. You'll have a chance to hear what we've accomplished this past year, and what our plans are for the New Year. It's also an opportunity for you to ask questions, and to vote for our new incoming Vestry member, Linda Hogan, and to re-elect Evelyn Garzetta to her second term. It will also be an opportunity for the Vestry to thank Pam Freeman for her years of service as her term on the Vestry ends.

We'll have a potluck lunch, so please bring your favorite dish.

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## **Candlemas/Candelaria: Candle Blessing Feb. 3**



In the tradition of the ancient Anglican church, we will bless candles and distribute them to all who come to the 8 and 10am services on Feb. 3. In some places this is also a service in which seeds for the coming year may be brought and blessed. We will thus distribute some blessed bean seeds (you can tell us later if they were also magic).

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## *Epiphany House Blessings*



Part of the rich heritage of the Catholic, orthodox and Anglican branches of the Jesus movement is to offer house blessings during the season of Epiphany. The local priest (Fr. Matt in our case!) is invited to visit one's home to lead a "Blessing of a Home" service. This involves a bit of wandering through rooms, offering prayers and readings from *The Book of Occasional Services*, concluding with a cup of good cheer. A spiritual house-cleaning and good occasion for inviting friends to share the blessing of your home! Call the office to make an appointment.

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Thank you to Evelyn, Heather and Father Matt for organizing such a festive Three Kings Day! Jono Meigs, Greg Sukow and John Lacey looked regal in their kingly outfits. They also sang the verses to We Three Kings while the rest of us supported them with the chorus. Thank you to Blake, Chase and Ben for bringing the gifts of frankincense, myrrh and gold to the altar, also looking grand in their kingly outfits.

The pinata, as always was a huge hit! Thank you, James for setting it up again when it came unexpectedly crashing to the floor before anyone even hit it!

## **WELLNESS**

### **Gentle Yoga Movement**

Would you like to create a sense of health and well-being in the New Year? Join our Yoga Movement class every Thursday from 10:30-11:30 am. This gentle class is ideal for people who want to improve their flexibility, balance, and strength. Let go of stress and have fun. First class free. Classes meet at the Parish Hall.

Price \$86/ 6 classes

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**Tuesday, Wednesday, Friday - Tai Chi w/ James  
Moretti 8:30 a.m - 9:30 a.m. - Grace Church Parish  
Hall**

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**Dance - Semester II January 7th -  
June 16th, 2019 - Grace Church Parish Hall -  
Heather Houlihan-Guarnieri**

Monday 4:00-5:00 p.m. - Combo II Ballet & Tap

Monday 5:00-6:00 p.m. - Tap II

Monday 6:00 - 7:30 p.m. - Tap III & Tap IV

Tuesday - 6:30 -7:45 p.m. Adult/Teen Tap

Wednesday 4:00 - 4:30 p.m. Tap I

Wednesday 4:30 - 5:15 p.m. Jazz I

Thursday 1:00 -2:00 p.m. Adult Tap

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**Grace Church Millbrook**

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