

CHURCH of the HEAVENLY REST



The Place to



Authentic
Storytellers
Joyful
Servants
Connected
Disciples
Community



Fall 2026

Letter from the Rector

On this rock I will build my church (ekklesia)...

Matthew 16:18

On All Saints' Day, November 1, 1926, the first shovel full of earth was lifted from the hard ground on the corner of 90th Street and Fifth Avenue in preparation for the building of the Church of the Heavenly Rest and Chapel of the Beloved Disciple.

On November 1, 2026, we will celebrate the centennial of that ground-breaking on "Foundation Sunday," giving thanks to God for all the generous and visionary souls who built on this firm rock a fitting house of worship for Christ's ekklesia: a gathering in community of people called out from the world to God.

Our children remind us in song that "the church is not a building; the church is PEOPLE." Even as we anticipate the 100th birthday of our beloved building in 2029, we rejoice that Heavenly Rest is above all a gathering place for God's people. The Place to BE in community. The Place to BE together, to BE authentic, to BE connected, to BE storytellers, servants, and disciples.

The world from which we are called out is increasingly shaped by screens, algorithms, the virtual, the artificial. Headlines highlight division while our hearts yearn for unity. This ekklesia we call Heavenly Rest is not an escape from the world but rather a place to deepen real connection with the human and the divine. A place for hope and for action.

The pages of this newsletter offer a glimpse of the coming season. Please join us in worship and witness, prayer and play, learning and service as we continue to build ekklesia upon our sacred and sure foundation.

Blessings,

Kate +



Fall Calendar Highlights

September

Wednesday, September 9

Worship Servers Training

Sunday, September 13

Welcome Back Sunday

Wednesday, September 16

Start of Heavenly Wednesdays,
Youth Group, & Choristers

Sunday, September 27

Newcomer Lunch & Parish-Wide
Outreach Discernment

November

Sunday, November 1

All Saints & Foundation Sunday,
All Souls Choral Evensong

Monday, November 2

Election Eve Vigil

Sunday, November 8

New Member Enrollment Sunday

Tuesday, November 10

Raising My Voice Graduation

Sunday, November 22

Dedication Sunday

Sunday, November 29

Advent Wreath Making



October

Sunday, October 4

Blessing of the Animals

Sunday, October 18

Stewardship Sunday

Fall Ministry Fair & Choir Cabaret

Sunday, October 11, 25

Newcomers Class



December

Wednesday, December 2

Start of CHR Christmas Pageant Rehearsals &
Advent Heavenly Wednesdays

Friday, December 4

Skylark Vocal Ensemble Christmas Album
Release Concert

Wednesday, December 9

Advent Party at House of the Redeemer

Sunday, December 13

Traditional Nine Lessons and Carols

Thursday, December 24

3:30 pm and 5:00 pm: CHR Christmas Pageant
9:00 pm Christmas Eve Holy Eucharist
Choral Prelude at 8:30 pm

Friday, December 25

10:00 am Holy Eucharist

Worship With Us

Sundays at 8:30 am

Join us at 8:30 am in the Chapel of the Beloved Disciple for a spoken, Rite I, eastward-facing Eucharist.

Sundays at 11:00 am

Our principal service, at 11 am, is a joyful Rite II Eucharistic celebration, with choral music and Children's Chapel,

Sundays at 5:00 pm

Every Sunday night at 5 pm, we gather in the chancel for our Vespers Service. It's an opportunity to find moments of peace and reflection before the week begins through music, candlelight, readings, and silence.

Our Vespers service offers a variety of worship styles, including:

- Taizé
- Celtic
- Healing
- Common Chord
- Choral Evensong
- Jazz

Sunday Servers

Interested in serving as an **acolyte**, **chalice bearer**, or **reader** during a Sunday service? Contact Ella Martlin
Emartlin@heavenlyrest.org



Heavenly Wednesdays

Schedule

Each Heavenly Wednesday offers something for the whole parish. We begin at 6:00 pm with worship in the Chapel led by our choristers, followed by dinner and fellowship at 6:30 pm.

From 7:00–8:00 pm, adults are invited into formation and programming, while our Youth Group gathers at the same time.

Childcare is provided for all ages. Come for worship, dinner, formation, or the whole evening as we deepen our faith, build community, and grow together in the knowledge and love of Christ.



Fall Focus

This fall, Heavenly Wednesdays will explore the power of story: how Jesus, at the heart of the greatest story ever told, used parables to open hearts and transform lives. Together, we'll explore the stories that shaped the world, learn to recognize the holy moments in our own stories, and discover how sharing them can deepen our faith and inspire others.



Newcomers at Heavenly Rest

Whether you are ready to officially join Church of the Heavenly Rest or simply want to learn more about living out your faith, our Newcomer Process is for you!

Throughout the year, we offer a rotating series of opportunities to explore our space and history through a **Church Tour**, deepen your faith and learn about our community through a **Newcomer Lunch** and **Newcomer Classes**, and officially make CHR your church home on **Membership Sunday**.

Excluding Membership Sunday, all are welcome to join each event in any order. This cycle repeats three times a year in order to make the process as accessible as possible. Join us as we grow more deeply in faith, in community, and as the Body of Christ.

Newcomer Schedule

Church Tour | August 30th

Discover CHR, its history, mission, beautiful campus, and the community that calls this place home.

Welcome Lunch | September 27

Meet our clergy and staff, connect with other newcomers, and learn more about parish life over lunch.

Newcomer Classes | October 11 & 25

Explore the foundations of life and faith in Christ at CHR through conversations on Why Jesus?, Discovering Spiritual Habits, and Your Place at CHR & The Episcopal Church.



Ministry Fair | October 18

Discover the many ways to get involved at CHR, meet ministry leaders, and find opportunities to worship, learn, serve, and connect.

Membership Sunday | November 8

A special Sunday to welcome and bless those who are ready to make CHR their church home and become members of the parish.

Church Tour | December 6

Discover the history, sacred spaces, and mission of CHR, with a special invitation to experience worship and community with us throughout Advent and Christmas.

Small Groups & Guilds

20s & 30s

A space for people in their 20s and 30s to build friendships and explore faith and life in Christ.

Altar Guild

A ministry that prepares and cares for the sacred vessels, linens, and sets the worship space.

Brotherhood of St. Andrew

A fellowship of men committed to prayer, study, service, and supporting one another in discipleship.

Docents

Those who welcome visitors and share the history, architecture, art, and sacred spaces of CHR.

Men's Bible Study

A welcoming group for men to explore the scriptures every Tuesday at 9:00 am

Contact: The Rev. Michael Sahdev at msahdev@heavenlyrest.org to get involved with any of the above groups!



Moms Group

A community for mothers to build friendships, share the joys and challenges of parenting, and participate in group outings around the city.

Contact: Caroline Angell at cangell@heavenlyrest.org.

Seniors in New York

A ministry for older adults to enjoy fellowship, conversation, outings, and opportunities to stay connected at CHR.

Contact: The Rev. Peyton Williams at pwilliams@heavenlyrest.org.

Women's Group

This Fall, we are building a community for women to deepen relationships through fellowship, conversation, faith, and shared experiences.

Contact: The Rev. Peyton Williams at pwilliams@heavenlyrest.org.

Ushers

A ministry of hospitality that welcomes people to worship and helps create a warm and inviting experience on Sundays.

Contact: The Rev. Michael Sahdev at msahdev@heavenlyrest.org.

Children, Youth & Family Offerings

Sunday Mornings

Children's Chapel at 11:00 am A brief, accessible Liturgy of the Word designed for ages 0-6th grade, led by a member of our clergy team.

Sunday School Immediately following chapel, teaching artists will lead kids in an exploration of scripture tailored to each specific age group. Through prayer, movement, song, story, art, and ritual, children will begin to build the bonds of Christian fellowship by learning and playing together.

Acolytes and Lectors Guided by clergy, children and youth (3rd grade+) can participate in this important ministry by serving as torchbearers, participating as readers, and helping lead us through our worship service.



Weekdays

Heavenly Wednesdays for kids Children are invited to accompany their families at 6:30 pm for our Wednesday night dinner and programming. Our teaching artists provide childcare in the nursery for ages 5 and younger, and programming in the art room for ages 6-10 so that parents may participate in small groups and adult formation.

Youth Group Middle and high schoolers (6th grade+) will meet regularly on Wednesday nights from 6:30-8 pm, starting this September. We'll sit together for the all-parish dinner, and then break out from 7-8 pm for fellowship, games, activities, prayer time, and Bible study.

Children, Youth & Family Offerings

Confirmation Confirmation is the sacramental rite where candidates reaffirm their baptismal vows, and make a mature commitment to Christ. A new confirmation process for youth 7th grade+ will begin in 2027; the program will follow the calendar year, with candidates being confirmed in early 2028. The process includes study and conversation with our clergy and adult leaders, service to our community, a deep dive into Holy week, a mentor relationship, and a period of parent formation for the families supporting our confirmands. These formational sessions will come alongside a robust opportunity for fellowship activities, such as retreats, participation in seasonal group activities (like the pageant!), and a summer pilgrimage.



Please reach out to **Caroline Angell, Director of CYFM**, at cangell@heavenlyrest.org for more information about programs for children and youth!



Teaching Artists

Maddie Canfield, Sarah Colt,
Jack D'Emilio, Ria Heyward,
Anabelle June, Blair Lamb,
Naeemah Maddox,
Zoe Smith, Hannah Taylor

Music

Music at Heavenly Rest centers around our weekly worship life, connecting with our children and families through music education, and creative partnerships in NYC and the wider church.

We honor our Anglican heritage of hymns, choral and organ music, while bringing excellence in a variety of styles from jazz to new music. We frequently collaborate with exciting guest artists and composers.



Fall Choir Cabaret

On Sunday, October 18th at 2pm in the Chapel, members of the choir will offer solos and chamber music from the American Songbook, Broadway and Classical favorites!

Ring in the holidays!

Handbell Choir gathers ahead of Christmas and Easter to learn seasonal music together. Sign up to participate with this lively group.



Do you love to sing?

Join the Heavenly Rest Adult Choir! This warm and welcoming 35-member ensemble leads music each Sunday at 11am through the church year, along with our talented section leaders.

Special upcoming services include All Saints and All Souls Choral Evensong, Nine Lessons & Carols, Vespers, Holy Week and Easter! If you have past experience singing in a choir, have a blending voice, and can read music easily, we'd love to hear from you!



Music

Music Education



Music is a team sport! Heavenly Rest's after-school PreK-12th grade Chorister program runs from September through May. Our music education classes are open to the neighborhood and all families are welcome!

Wednesday afternoons: Saints Music Class (ages 4-K), Training and Junior Choristers (1st-5th grades) learn through joyful singing, arts, and mid-week family worship services with teachers Lydia Saylor, Theresa Johnson, and Janet Yieh.

Thursday evenings: Middle and High School Senior Choristers (6th-12th grades) are challenged and inspired to build their choral, music theory, sight-reading, and leadership skills through services and unique performance opportunities with teachers Colin Robertson and Janet Yieh.



Welcome to our 2026-27 Organ Scholar Kingsley Wood joins us from the Yale Institute of Sacred Music, where he is pursuing a Masters Degree in Organ. Heavenly Rest's Organ Scholar training program provides a graduate student with practical experience in choir accompaniment and hymn playing, preparing them for a career in church music.

Reach out to **Director of Music Janet Yieh** at jyieh@heavenlyrest.org with questions about Fall service music and programs!

Community Outreach

At Church of the Heavenly Rest, we are committed to building relationships with our neighbors as a reflection of Jesus' love.

This Fall, we are planting seeds for service as we discern where our congregation's gifts meet our city's needs. Please join our 2026 Outreach Taskforce for a parish-wide conversation after church on **Sunday, September 27**. Together, we will share our dreams and discuss our goals for the future of Community Outreach at CHR. We look forward to hearing how God is calling you to serve! Many thanks to the members of our **Outreach Taskforce** who are laying the groundwork for this important season of discernment:

Richard Buonomo, Angela James, Jennifer Kingston, Eliot Pierce, William Overton, The Rev. Peyton Williams, and Gail Zimmermann



As we enter into this next chapter of ministry together, please pray for our Outreach Ministries here at Heavenly Rest, and consider joining one of the ministry teams below!

Raising My Voice

We are entering into our 12th year of hosting Raising My Voice (RMV) in partnership with Circles of Support. During this Fall's six-week cycle, we will welcome a cohort of formerly incarcerated individuals to develop their stories, and to hone their public speaking and leadership skills. We are always looking for new CHR coaches, who provide intentional listening and strength-based feedback, to join the team. All are welcome to attend RMV Graduation on **Tuesday, November 10**.



Mark your calendars for **Stories of Redemption**, a Wednesday Night Speaker Series featuring Raising My Voice alumni who now serve as leaders in justice-impacted communities. During Heavenly Wednesdays on **October 21, October 28**, and **November 4**, we will gather together to hear their powerful stories and to join them in advocating for important changes in criminal justice policy. We hope to see you there!

Community Outreach

Prison Photo Ministry

It costs 81 cents for pre-cut 5 x 7 photo paper and a card stock frame. Creating the polar opposite experience from a mug shot, one of mutuality and respect – priceless. Parishioner and professional photographer Angela James is back this Fall photographing women and men who are justice impacted, both within and beyond the walls of New York State Correctional Facilities. While the camera gives us an excuse to get inside state prisons, creating experiences of mutuality is the real gift!



This Spring, we were blessed to collaborate with men and women inside correctional facilities to photograph 26 events, from holiday occasions to college graduations, and over 500 individuals impacted by incarceration. Interested in joining this ministry team? Let us know! No photography experience is needed.

Heavenly Rest Toy Drive

Our annual CHR Toy Drive is back this Advent season! Every December, we work with our nonprofit partners to connect with dozens of families across New York City to share the gift of Christmas. Stay tuned for more information about how to participate, and be on the lookout for the Giving Tree in the nave this Advent!



Ready to serve? Want to learn more?

Reach out to [The Rev. Peyton Williams](mailto:pwilliams@heavenlyrest.org) at pwilliams@heavenlyrest.org.



Clergy

The Rev. Kate Malin

Rector

kmalin@heavenlyrest.org, Ext. 211

The Rev. Michael Sahdev

Senior Associate Rector

msahdev@heavenlyrest.org, Ext. 210

The Rev. Peyton Williams

Associate Rector

pwilliams@heavenlyrest.org, Ext. 214

The Rev. Robert M. Pennoyer II

Assisting Priest

Vestry

Richard Parry, *Senior Warden*

Claire Chamberlain, *Junior Warden*

David Rowe, *Treasurer*

Marshall Shaffer, *Clerk*

Chris Evans, **Holly Hughes**, **Yorker**

Kageyama, **Betty McKinley**, **Polly Klyce**

Pennoyer, **Diane Pollard**, **Brad Smith**,

Ashley Taylor, **Gail Zimmermann**

Facilities

Jose Barahona

Sexton

Konnor Barthlama

Sexton

James Butler

Sexton

Jeffrey De Los Santos

Sexton

Leahni Fuentes

Sexton

Clive Stevenson

Sexton

Staff

Lucas Thorpe

Chief of Staff

lthorpe@heavenlyrest.org, Ext. 218

Janet Yieh

Director of Music

jjieh@heavenlyrest.org, Ext. 204

Caroline Angell

Director of Children, Youth

& Family Ministries

cangell@heavenlyrest.org, Ext. 243

Hannah Nolen

Director of Parish Events

& Community Engagement

hnolen@heavenlyrest.org, Ext. 244

Evan Brown

Director of Facilities & Capital Projects

ebrown@heavenlyrest.org, Ext. 239

Caroline Rubenstein-Willis

Parish Administrator

cwillis@heavenlyrest.org, Ext. 200

Amalia Montero

Full Charge Bookkeeper

amontero@heavenlyrest.org, Ext. 207

Ella Martlin

Sacristan/Administrative Assistant

emartlin@heavenlyrest.org

L.D. Kelley

Stewardship Assistant

ldkelley@heavenlyrest.org, Ext. 206

Kingsley Wood

Yale Organ Scholar

Theresa Johnson

Chorister Assistant

Photo Credit: Angela James & Lenny Bryan

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CHURCH of the HEAVENLY REST



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(212) 289-3400



Church of the Heavenly Rest

info@heavenlyrest.org



@heavenlyrestnyc