

# News From The Good Shepherd



Dear Friends in Christ:

Welcome to our September issue of the newsletter. While summer flies by, it has been a time of good planning for the fall. Let me give you all a heads up on events to plan for in the coming months.

As an update to our Bishop Search Committee, we have received many nominations of clergy to be considered as our next Bishop. Currently we are in the process of interviewing each of the nominees. Finding time for this has been a challenge due to their schedules, our time commitments, and in some cases planning for a zoom call for those who live on the west coast. We will have completed this by mid-October at which point 5 or 6 will be invited to join us for a 5-day retreat at Notre Dame in early November. After our retreat we will present a slate of candidates to the Standing Committee. They will be invited to come back to the Diocese so everyone will have an opportunity to meet them. The election will be held in late February. This is an exciting time for us as a Diocese, and I am committed heart and soul to getting the right candidates. Keep us in your prayers.

Here in our parish, we are starting the Tuesday and Wednesday Bible studies. The links are in the weekly update for those who want to join us via zoom, and better yet all are welcome to come in person. If you would like to learn more about the lessons for the upcoming Sunday, these opportunities are just for you.

There is a wonderful brief description of the Invite, Welcome and Connect ministry in this issue. I commend this endeavor to you and I'm so grateful to Dawn and Dick for introducing this to us and to those who are assisting them. How vital it is to welcome with open arms those who come to us, to really get to know them and to help connect them to the various ministries of our parish. More to follow this fall.

Also, this fall Sharon Therkildsen will hold a monthly adult ed program for us revolving around creation. She is a marvelous educator as we all know. Details, time and dates are also in this newsletter. I look forward to being there.

In October, Rabbi Stein from Temple B'rith Kodesh will be with us to discuss antisemitism. Sadly, hate crimes against our Jewish sisters and brothers are on the rise. We embrace our Jewish neighbors as family and let us proclaim to the world that we are beacons of love and hope.

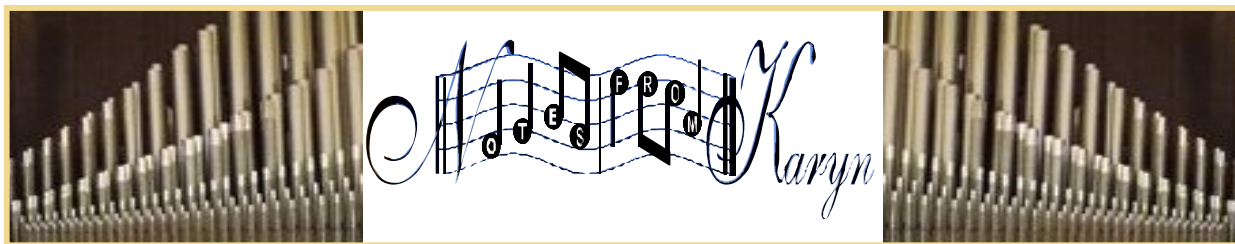
Many thanks to our wardens and vestry for the good work done on our goals and priorities and the ways we can better let everyone know who we are and what we have to offer. We are told not to hide our light under a bushel basket.

Finally, as I write these few lines, it is the first day of school. Let me end with a prayer for our students and our teachers.

"O Eternal God, bless all schools, colleges and universities that they may be lively centers for sound learning, new discovery, and the pursuit of wisdom; and grant that those who teach and those who learn may find you to be the source of all truth; through Jesus Christ our Lord." Amen. BCP p. 824

Faithfully,





*"Let us come before God's presence with thanksgiving  
And raise a loud shout to Him with psalms."  
Psalm 95:2*

There are five choirs at Good Shepherd, which offer many opportunities to praise our Lord in song, both with singing or playing an instrument.

Welcome back to all our current members! If you are not a member, we hope you consider joining us. We would love to have your participation with us in a choir! If you are interested in joining any of the following groups or contributing in another way to the music at Good Shepherd, please contact me at 943-5260.

#### YOUTH CHOIR (4<sup>th</sup> – 12<sup>th</sup> grade)

Rehearsals are on Sunday mornings from 9:00 – 9:45 a.m. The choir sings once a month for Family Sundays and for special liturgies such as Christmas Eve and Easter. First rehearsal: Sunday, September 17<sup>th</sup>.

#### ADULT CHOIR

Rehearsals are on Wednesday evenings from 7:30 – 8:45 p.m. The choir leads worship every Sunday except Family Sundays. They sing for the liturgies on Christmas Eve, Maundy Thursday, and Easter. The choir occasionally sings for funerals or weddings. First rehearsal: Wednesday, September 20<sup>th</sup>.

#### CHIME CHOIR (senior high and adults, experience in counting music is important)

Rehearsals are on Wednesday evenings from 6:30 – 7:15. The choir plays for our liturgies at different times throughout the year. This year the choir will be preparing for a holiday concert at the Irondequoit Library on Dec. 5<sup>th</sup>. First rehearsal: Wednesday, September 20<sup>th</sup>.

CHIME QUARTET – This is a group of four individuals who have had many years of experience playing in the Chime Choir. They play at liturgies throughout the year and will also play for the holiday concert.

#### BRASS ENSEMBLE (high school and adults)

The Brass Ensemble plays for festive liturgies and special events.

Rehearsals: TBA

#### INSTRUMENTALISTS (all ages)

Individuals who wish to share their talents by playing preludes, postludes or other sacred music selections during worship. Individuals may also wish to assist the choirs by playing the instrumental parts to the anthems.

Larry and Sharon Therkildsen have invited the choirs and those who are considering joining the choirs to a Beginning-of-the-Season potluck party at their home on September 13<sup>th</sup>. Please see me for details.

If you are interested in any of the above groups or are an instrumentalist or vocalist wishing to contribute your talents, please contact me at 943-5260.

*"Make a joyful noise to the Lord all the lands.  
Serve the Lord with gladness."  
Psalm 100: 1*

**The Episcopal Church of  
the Good Shepherd**

**1130 Webster Road  
Wester NY 14580**

[gswesterny@gmail.com](mailto:gswesterny@gmail.com)

[goodshepherdepiscopal.org](http://goodshepherdepiscopal.org)

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**Episcopal Diocese of Rochester**  
The Rt. Rev. Stephen Lane

**Rector**  
The Rev. Lance D. Robbins  
[lancerobbinggs@gmail.com](mailto:lancerobbinggs@gmail.com)  
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**Deacon Emeritus**  
The Rev. Barbara Fornalik  
(585) 216-2121

**Music Director/Organist**  
Dr. Karyn Robbins  
[gswesternymusic@gmail.com](mailto:gswesternymusic@gmail.com)  
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**Senior Warden**  
Diane Babcock  
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**Junior Warden**  
Peter Rothfuss  
(585) 626-9829



Good Shepherd Webster



@FrLanceRobbins

## GOOD SHEPHERD VESTRY

By Diane Castle Babcock, Senior Warden

The vestry has met several times during the summer. The most recent meeting was on Tuesday, August 15th.

Dick Laidlaw and Dawn Wilkins presented information on the process, Invite, Welcome, and Connect (IWC). They explained how this process involves strategies to bring new people, including youth, into our parish and strengthen our church family. IWC is requesting money for name tags and storage, as well as gifts for visitors to our parish. IWC will be doing a presentation at both services in September to acquaint parishioners with the process. The wardens and Fr. Lance will be meeting with Tom Curtin later this month to integrate the IWC's action items with the Vestry's strategic plan action items. We are focusing on marketing our church in order to grow our parish. The vestry will be sharing more about our strategic plan this fall.

Bruce Dunn presented income and expenses for July. Good Shepherd made \$321 in interest last month from the savings account and \$8980 in interest in the Diocesan account. Income exceeded expenses for the month by \$4700. Bruce also mentioned that Good Shepherd will host this year's Diocesan Convention. In the past, the diocese has donated \$1000 to Good Shepherd for hosting the event. Bruce requested that any money received be deposited in the livestream fund.

Kris Murray and Pam Meyris researched the cost of purchasing new hymnals and prayer books to replace books that are falling apart. Each book will cost \$25-\$27. They will inventory our existing stock to see exactly how many books we need to purchase.

The vestry approved the purchase of new gutters for St. Andrews Chapel not to exceed \$500.

Chris Nuccitelli will be organizing a kitchen cleaning day sometime in October. Once we have the kitchen cleaned, Pete Rothfuss will apply for a permit to allow us to use the kitchen for in-parish events. The permit is free of charge. Bruce Dunn recommended that we have a county inspector come in to give us recommendations for the kitchen. Chris also reported that the Stitcher's room in the basement will be painted by Labor Day.

Pete Rothfuss shared an engineer's report regarding the church steeple. The report stated that the steeple is in need of repairs totaling \$117,000. Vestry members agreed that it would not be prudent to spend that amount of money on the steeple. However, we need to make sure the steeple does not pose a threat to people, vehicles, or other property, especially given the increase in extreme wind and rain. Pete will ask Chris Nuccitelli to obtain two more estimates, looking at options of repairing or removing the steeple.

Chris reported that Good Shepherd has purchased two fabricated concrete foundations for our columbarium from Lakelands in Lima. This will add forty-eight new burial spots.

During the course of the summer, the vestry approved two \$500 scholarships for Isabel O'Neil and Natalie Martin.

Thank you to all the vestry members who worked through the summer to prepare us for the coming year.



### **New start, new projects**

Stitchers will start on September 14 in person and we are looking forward to this new year. The most exciting thing that is happening this year is that we have our dedicated room in the church basement. The room has been painted and is ready for all us to start creating. First, we will be creating a room arrangement using new shelving, bins and sewing notions. The room will be a place to create and get together and chat. Thanks to all who contributed to the Stitching ministry as a memorial to our founder, Janet Maier. Next, we will be organizing and greeting everyone, those new to us and those who have been attending for a while. And finally, we will continue creating hats, either by sewing from fleece or knit or crochet. Last year we made at least 90 fleece hats for charity. We also have materials to make neck pillows for hospice, hospitals and anyone in need. We will continue to put together kits for both projects so they can go home and be sewn together as time permits. We continue to gather ideas for charity besides mentioned here. Please bring your ideas and join us for the first meeting. If you have any questions, please contact Pam Meyris at [pmeyris@rochester.rr.com](mailto:pmeyris@rochester.rr.com) or at 585-967-4670.

Stitchers Book Club meets the fourth Thursday of the month both at Good Shepherd and online. The next meeting is Thursday September 28 at 10 am in the Good Shepherd Library and on Zoom. We will be discussing *Waiting for the Night Song* by Julie Carrick Dalton.

Just a few meetings remain this year. We are looking for suggestions for our 2024 books so if you have read something interesting, please share that information with either Pam or Brenda.

Oct 26	<i>Lessons in Chemistry</i> by Bonnie Garmus
Dec 7	<i>Mistletoe Promise</i> by Richard Paul Evans

If you want more information about the book club or want to get on the email list, please contact [brenda.munch@gmail.com](mailto:brenda.munch@gmail.com) or at 585-727-9330





## **The Good Shepherd and Zion Annual Picnic**

At Webster Park's Parkview Lodge on Sunday, September 10, members of the churches of Good Shepherd and Zion gathered for their second annual picnic. Gwen Brennick and Marie Fessler read the lessons while Marie's grandson, Jack Olton, read the Prayers of the People. The Liturgy used, led by Rev. Kesiha Stokes couldn't have been more appropriate for an outdoor service as its words acknowledged the beauty of God's creation and humanity's responsibilities for the environment and all its diverse life. Fr. Lance's sermon included donning a t-shirt, a gift featuring the text of one of his favorite sayings.

Following the service, people enjoyed a feast of diverse dishes which they brought. Hamburgers and hot dogs were perfectly grilled by Roch Whitman and Annie Bishop. It was Fr. Lance's birthday so those gathered sang, "Happy Birthday." There was also a cake for eighteen-year-old Jonathan Ragan and his family whose return to Good Shepherd followed his six-month recovery from a life-threatening illness that necessitated Jonathan receiving a double-lung transplant. God does answer prayers.



*Continued*







By: Betty Nohle

The Shepherdess is a group of women who live alone and like to go out to dinner together once a month. We have great fun and sociability with each other. We meet on the "last" Tuesday of the month at about 5:00 pm. We provide rides for those who do not drive after dark or if you just want a ride. Please feel free to contact me and I will add you to our list of members and see that you receive future notices and information about our upcoming events. Contact: Betty Nohle 585-545-4224



Sunday school will be starting on September 17<sup>th</sup> during the 10:15am service. If you have any questions or are interested in volunteering to teach, please contact Dianna Guerin at [dianna.guerin@gmail.com](mailto:dianna.guerin@gmail.com).



Saturday, September 9<sup>th</sup> was a special day for the wedding ceremony and reception for Bobby Rosato and Erica Friel, at the Wintergarden (Bausch and Lomb Place). The officiant was Shannon Rosato. The happy couple will reside in Webster.





*“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” Matthew 11:28-30*

During the times when those closest to us are sick or dying, sometimes we walk in circles wondering what overwhelming task to tackle first. Many a time, just the thinking is overwhelming. God promises that we can find strength in Him, and He will provide rest for us. God has called our meal ministers at Good Shepherd to help Him help you with this task.

Sometimes cooking is the best way to help when a member of our parish family is house-bound due to an accident, surgery, or illness. We use an on-line organizational service [www.takethemameal.com](http://www.takethemameal.com) to set up a schedule for meal preparation and delivery. First, an email comes from [buttlr1@hotmail.com](mailto:buttlr1@hotmail.com) to the volunteers introducing the recipient, describing their situation, and outlining a calendar. Then, volunteers respond by choosing a date and recording the meal they plan to make. An automatic reminder to the volunteer arrives from Take Them A Meal. Be careful to check the box so you will not receive advertisements from the website.

The families who are receiving the meals can also access their meal schedule using a password. That way, they always know what food will be delivered each day. They can also contact the cooks with questions or write a brief note of gratitude via email, if they are able. Since their phone number is included, often the cook calls the recipient before they come over with the meal.

Please give me a call if someone you knows needs this resource OR if you would like to join us and volunteer your help! We are in near-desperate need of cooks and we could use help with drivers, as well. Thank you! Debra Nelson: (585) 261-9570

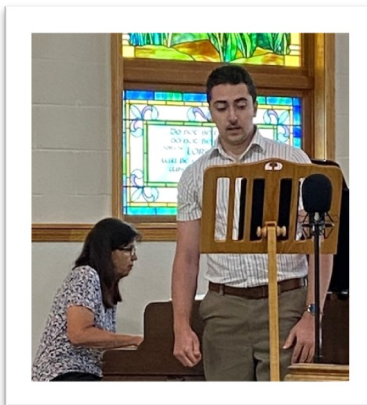




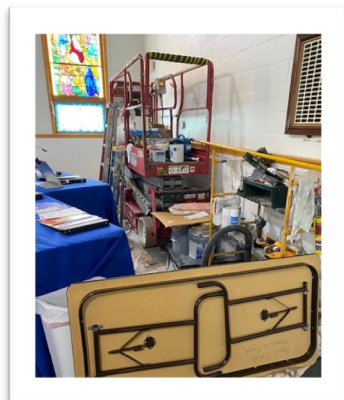
**AS SEEN AT  
GOOD SHEPHERD**



The summer schedule began on June 25 with Kayleigh Low-enguth playing Chopin's "Nocture in C# Minor" and Liszt's Liebestraum on the piano. She returned on July 9<sup>th</sup> with more music.



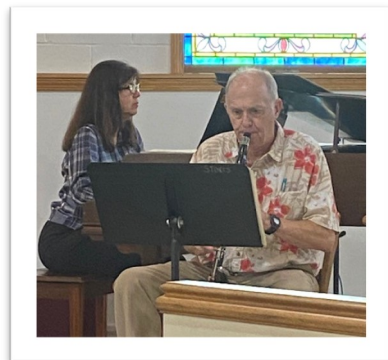
Nathaniel Peets sang Menelsohn's "Wait Patiently for the Lord" 11am service on June 25. He returned on August 6 for two J. S. Bach songs in German as the Prelude and Offertory.



In early August, the interior of the Sanctuary was repainted.



Charlie Morgan, who visits and sings occasionally, stopped by on July 23



Bill & Brenda Munch returned for a visit on Aug. 27<sup>th</sup> & Bill reminded everyone how good he is on his clarinet



On June 25<sup>th</sup> in the Narthex we had the chance to learn about Juneteenth



On July 30, Jeff and Yvonne Arnold's granddaughter Ellie (Audrey Elizabeth) was baptized, delayed until Fr. Lance could administer it. Her parents are Zachary & Jennifer Baker, visiting from St. Paul, Minnesota.



## **Invite. Welcome. Connect.**

By Tom Curtin & Dawn Wilkins

This is more than a ministry.  
It's who we are.  
It's what we do.

It all boils down to this. You're here for a reason.

Maybe it's Lance's message or Kayn's music.

Maybe it's the fellowship and the friendships you formed over the years.

One thing is certain, our faith community is a living breathing organism, a force for good that grows stronger when it is shared.

### **That's why we Invite.**

Who should you invite? Anyone that needs the human connection and fellowship that Good Shepherd provides...a young family, the new neighbors, friends and relatives. Let's let everyone know that there is a place they can go once a week to get their soul re-energized in about an hour.

### **Welcome is what we provide to the people we Invite.**

Welcome means greeting strangers with warmth as if they are family. When you see someone new, introduce yourself. Share something you love about Good Shepherd. Ask them what drew them to Good Shepherd. Introduce them to others. Make them feel at home.

### **Connect is the goal.**

When we Invite people to experience the joy and positive message here, Welcome them into our congregation, and Connect them through worship, music, Sunday school, outreach, and our many fellowship ministries, we become an even stronger force for good in our community and the world.

Watch for more about this ministry later this Fall

## TOUR OF PARSONS ORGAN BUILDERS

### WE SAW OUR ORGAN!

By Karyn Robbins

On Tuesday, August 29, a group from our parish met at 2:00 pm at Parsons Organ Builders (<https://parsonsgans.com>) in Canandaigua to tour the building and see the progress that has been made on our Moeller organ.

We met in a conference room where Matt Parsons explained how the earliest organs date back to 2,000 BCE. He explained how organs work. There are 61 keys on each keyboard. The organist pulls a “stop” to allow wind under a set of 61 pipes – it may be a flute stop, a trumpet stop, a principal stop or something else. The stops basically recreate an orchestra. Pulling a stop and then pressing a key allows the pipe to sound. The term “Pulling out all the stops” comes from organists. Pipes are made of tin and lead. The flutes are wooden pipes. Matt said the organ was the most complicated machine until the Industrial Revolution.



*Matt Parsons demonstrating how an organ works with the model.*

There are leather valves under each pipe. Matt said they are made from animal hides: cow, sheep, goat or even kangaroo! It was found real leather lasts much longer than synthetic. There are 2,300 pieces of leather in our organ. The leather should last 75 – 100 years. Our organ was built in 1978, so we have until 2053 to save money in the music fund for this costly replacement! But as Matt pointed out, it’s never too late to start saving for the future.

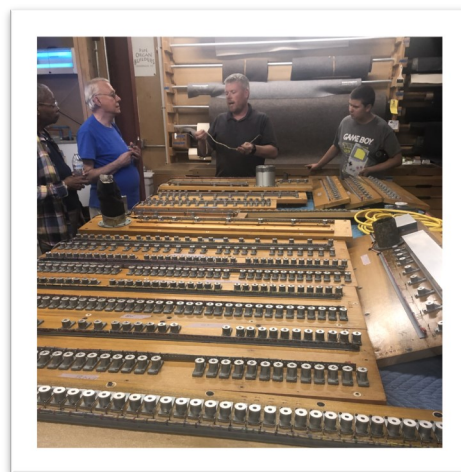
The new work being done on our organ will replace the mechanical parts of the organ with a circuit board. It does not affect how the air gets to the pipe, or the working of the leather valves. Matt showed us the magnet boards for the organ which they have rewired. There are 20 circuit boards: 6 in the console and 14 in the organ chamber. That is the most time-consuming project. They can do some of it in the shop and then much of it under the pipes in our sanctuary.

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*Matt with our organ's circuit boards. Parsons keeps detailed records of the color-coded wires.*



*Matt holding an old wire from the organ while discussing the new wiring.*

The organ is sensitive to temperature and humidity. We have a humidifier and soon a dehumidifier in the basement under the organ. When Parsons comes to tune the organ, the temperature of the sanctuary must be brought to the temperature on Sundays for the organ to sound its best for our worship liturgies. Just holding a pipe heats the metal and makes it “sharp.” The tuners must wait five minutes after holding a pipe before checking the pitch. Matt said our air-conditioned sanctuary helps.

Parsons has 23 employees who all love what they do! Some are organists, some play other instruments, some are metal or wood workers. The pipe builders need to pay attention to detail down to the millimeter.

It is a family business that started five generations ago in the late 1800s. Gideon Parsons, a musician in Massachusetts was apprenticed to a noted organ builder. His son, Bryant, worked with the “new” technology of electricity in organ actions and installed many of Skinner’s instruments, including the organ in Kilbourn Hall at Eastman. He settled in Rochester after World War I and formed his own company in 1921. His grandsons, Richard, and Calvin purchased the firm in 1979 when their father retired. Matt, who is our project manager, is Richard’s son. He and his brother work for the company. Now this generation is working on solid-state. Since the 1970s, Parsons have built their own organs instead of just working on the organs of other builders. They have completed 51 instruments. They work on instruments throughout the United States.

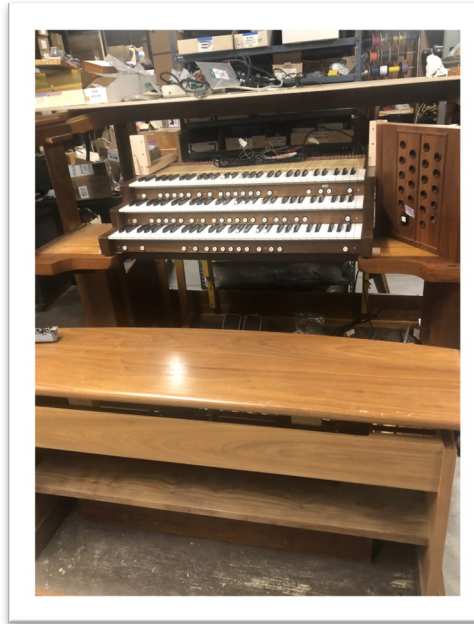
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### *The Parsons' Philosophy*

*"Our philosophy is simple. We design the very finest pipe organs to inspire worship.*

*It is by God's grace alone that we are blessed with the knowledge and abilities to build such things of beauty; that musicians are gifted to make them sing; and that music can minister in so many ways. As these instruments lead us in song, may our worship be as an offering to Jesus Christ to whom we give all the glory for what we are able to accomplish through Him.*

*Richard B. Parsons, President*



*Our organ with the new pistons (buttons). The organ used to have 6 general pistons, now there are 12. It used to have 3 pistons per manual (keyboard). Now there are 6.*



*Our organ with the new pistons (buttons). The organ used to have 6 general pistons, now there are 12. It used to have 3 pistons per manual (keyboard). Now there are 6.*

## **ADULT FORUM SPOTLIGHT: Marching Off to Zion, that Beautiful Church in Palmyra.**

By Ed Kushall

On June 20th a number of people from Good Shepherd made a trek to Palmyra to join our host Rev. Keshia Stokes and the good folks of Zion Episcopal Church.

Zion Episcopal Church is a historic Episcopal church in Palmyra, Wayne County, New York. It was designed in a Late Gothic Revival style by Emlyn T. Littel and was built in 1872. It is built of Medina sandstone with limestone trim. Its roof features polychrome slate shingles. It was listed on the National Register of Historic Places in 1996. In 2009, it was included in the Palmyra Village Historic District.

Upon arrival we gathered outside around the labyrinth for morning prayer led by Zion's rector Keshia Stokes and our rector Lance Robbins. After morning prayer Keshia explained the building and purpose of the labyrinth as a place for prayer and reflection. Afterwards we had time to explore the labyrinth and enjoy the quite solitude it offers as a venue for prayer and reflection. We then enjoyed a wonderful baked chicken lunch and fellowship with our hosts.

Afterwards we went on a walking tour of the church where we learned about the 200-year history of Zion from Zion's "historian" Elaine Bonafede who knows just about everything there is to know about the church. The offering plate in the photo was the work of Rev John Webster the rector when the current church building was constructed. Zion means "highest point or peak" and our visit to Zion was the peak of the adult education spring season.

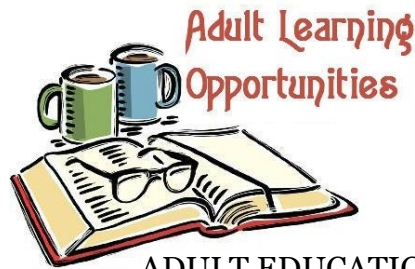




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## ADULT EDUCATION PLANS

By Ed Kushall

SHARON THERKILDSEN will facilitate a program on the fourth Tuesday of the month, except for December, starting September 26 and running through April 30, 2024. Sharon will be using the 2020 publication *Earth, Our Original Monastery: Cultivating Wonder and Gratitude*

Through *Intimacy with Nature*, by Christine Valters Paintner.

This Adult Ed program that will be offered on the last Tuesday of each month beginning on

September 26 from 10:15am – 11:15am in the library at Good Shepherd. Each session will

include a video of Morning Prayer from Abbey of the Arts followed by a discussion. There will

also be some suggestions for additional prayer and activity. The topics are:

September 26, 2023 - Earth as the Original Cathedral

October 31 - Earth as the Original Scriptures

November 28 - Earth as the Original Saints

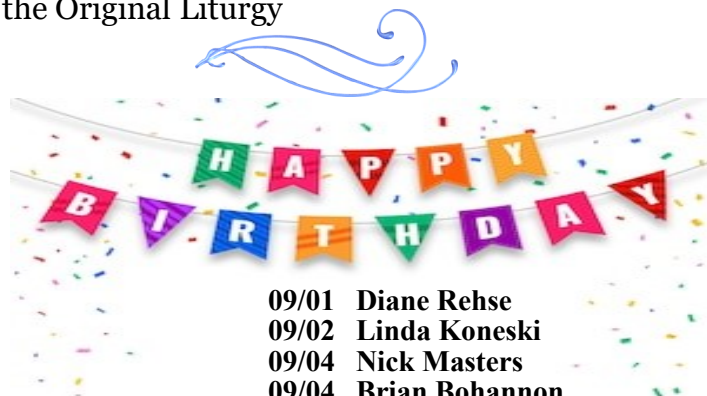
December NO MEETING

January 30, 2024 - Earth as the Original Spiritual Director

February 27 - Earth as the Original Icon

March 26 - Earth as the Original Sacrament

April 30 - Earth as the Original Liturgy



Norm Crawford  
Joseph Francz  
Don Weller  
Nathaniel Peets  
Laura Rosato  
Caitlin Francz  
Bobby Rosato  
Harry Burch Jr  
Chris Norris  
Sue Van Cura  
Joseph Mason  
Lance Robbins  
Ginger Robinson

09/01	Diane Rehse	09/15
09/02	Linda Koneski	09/16
09/04	Nick Masters	09/16
09/04	Brian Bohannon	09/18
09/04	Jean Moorhouse	09/18
09/05	Ann Mower	09/22
09/06	David Dakin	09/22
09/08	Amy O'Neil	09/23
09/10	John Dombroski	09/23
09/11	Mildred Francz	09/27
09/11	Freda Sheldon	09/28
09/12	Ted Rivera	09/30
09/13	Peter Dennison	09/30
	Lynn Peterson	09/30





*Share your food with the hungry and give shelter to the homeless." Isaiah 58:79*

### **What is A Meal and More?**

A Meal and More is a non-profit, tax-exempt soup kitchen providing hunger relief in the City of Rochester. It is located at Christ Church Rochester, 141 East Avenue, Rochester, NY 14607. Approximately 60 to 100 people in need are served a free, hot, nutritious midday meal every Wednesday and Sunday. A Meal and More employs a staff that is responsible for cooking the meals, washing dishes, ensuring security and a welcoming presence at the door, and overseeing the work of the volunteers that help serve each meal. A Meal and More's volunteer Board of Directors oversees general operations, staffing, volunteer coordination, publicity, fund raising, grant writing, and financial management. When needed, A Meal and More staff and volunteers will refer guests to other agencies for emergency shelter, public assistance, or job opportunities. All who are in need of a meal are welcomed without regard to race, gender, age, religion, or income.

### **What is a day like at A Meal and More?**

Guests line up outside the door, waiting in the sun, rain, sleet or snow. When the doorman (security) invites them in, they sign their first name, then sit in the waiting room until they are called into the dining room. For a little while, they are comfortable – inside away from the fluctuations of Rochester weather. Some may chat with others at their table, carry on a conversation with their server, or sit quietly on their own. The best part is that Chef has made them a full course meal of restaurant quality food. The food quality and the efficient service go hand in hand. They even explore ethnic and unique nutritious foods they have never tried – and can and do come back for more. They go on their way having satisfied their hunger – for now.

### **Is anyone turned away?**

Occasionally someone is turned away because their behavior or hygiene are offensive. However, they are not turned away without food to curb their hunger. They are given a bag lunch (sandwich, fruit, snack, and drink) and the opportunity to pick out some free staples and toiletry products.

### **Where do they go after A Meal and More?**

Throughout the city there are several shelters and transitional housing, but many homeless people still seek shelter at the abandoned subway tunnel, bus terminal, parks, and under bridges. Most shelters welcome guests until 8:00 PM, with check-out time at some time before lunch. Bed sign-up may be earlier, between 4:30 and 6:00 PM.

### **What do they eat the rest of the week?**

There are many food pantries throughout the Rochester area. Breakfast, lunch, and dinner are served at kitchen ministries. Take-out and eat-in locations are available. Kids are provided food at school and after-school programs.



**What other services are available?**

Services are available, such as: “free” stores for clothing, emergency services, hair and foot clinics, spiritual services, substance abuse treatment, advocacy assistance, free books, computer availability, food stamp information, social workers, public assistance, mental and physical healthcare, and showers.

**How is our church involved?**

The Episcopal Church of the Good Shepherd is actively involved with the A Meal and More Program. Good Shepherd’s rector, Rev. Lance Robbins, is on the Board of Directors. Debra Nelson has been the volunteer coordinator from our church for about 5 years and is helping with the organization’s volunteer direction. Peter Rothfuss substitutes for Chef Cordero Rivera at times and helps organize the pantry which is filled through donations, Foodlink, and grocery shopping. Cheri Mascitti will be supporting in the financial aspect of the organization. Chris Nuccitelli is one of the “bread runners” who picks up bread donated from Wegmans on Wednesdays and delivers it to the kitchen. He also works on the A Meal and More website: <https://amealandmore.org/>. And do we have great volunteers! Good Shepherd has had an active involvement with the organization for almost 50 years.

**What do volunteers do?**

Volunteers play an essential role! Every Sunday and Wednesday 6 volunteers feed hungry people. The Wednesday volunteer shift runs from 10 am to 1:00 pm. The Sunday volunteer shift runs from 11:45 am to 2:30 pm. The goal is to have 6 volunteers at each meal. The jobs are easy: setting tables, assisting with meal preparation, preparing bag lunches, serving food, and helping with cleanup. The Good Shepherd team is assigned two Sundays and 1-2 Wednesdays each month. A schedule is distributed in advance so you know exactly when you are expected to be there. Also, volunteers 16-17 years old are welcome with an adult and a signed permission slip. We have about 25 volunteers at all times – and we always need more!

**How can we help?**

You can help through financial contributions and donations of food. To make a tax-deductible financial contribution to A Meal and More, choose one of the following options: #1) PayPal or credit card by going to the A Meal and more website; #2) With a check payable to A Meal & More, Inc., or a gift card mailed to 25 Broadway, Rochester, NY 14607 – or handed to Fr. Lance, Debbie (Lance’s administrative assistant) or Debra Nelson; #3) You can contribute through your workplace’s United Way drive.

**How can we donate food?**

Each month we ask Chef what he needs the most. Sometimes he asks for ingredients for a certain recipe or something he likes cooking during a certain season of the year. Special requests will be announced in the monthly newsletter and in the Update on Wednesdays. By focusing our collection, Chef will be have enough of one or two items needed to prepare and serve all the guests the same meal.



*Continued*

**FOR THE MONTH OF SEPTEMBER:** deli meat, cheese, pre-wrapped snacks, juices boxes or water bottles, bags of fruit (apples, clementines, pears) & brown bags. Please leave your donations on the A MEAL AND MORE table in the narthex. If perishable items are dropped off in the parish hall refrigerator or freezer, please leave a NOTE on the Narthex table. Volunteers bring them to A Meal and More for you!

These items are ALWAYS needed:

Deli meat such as turkey, ham, bologna

Juice boxes, water bottles, or other individual drink containers for bagged lunches

Fruit juices (Bottles of apple, orange, cranberry-apple)

Ketchup, mayonnaise, and mustard - both bottles/jars and individual packets

Salad dressings and fresh produce - lettuce, celery, carrot sticks, cucumber, tomatoes, clementines, grapes, bananas

Beef and chicken broth, chicken noodle soup, vegetable soup

Frozen or canned vegetables such as green beans, corn, peas, mixed vegetables

Canned fruit - applesauce, mixed fruit, peaches

Pasta sauce, tomato sauce, diced tomatoes

Spaghetti noodles, and pasta (short noodle pasta, e.g. penne, elbows, rigatoni)

Nutritious snacks for bagged lunches (granola bars, nuts, protein bars, fruit cups, raisins)

Paper napkins, sandwich bags, and to-go containers (3 compartment, 9" x 9" or 8" x 8")

Peanut butter and jelly

Sandwich bread, and other breads (in a package, sliced is preferred)

Desserts - our guests really like pies! And we serve cookies at every meal in to-go and bag lunches.

Coffee grounds and hot chocolate (containers, not packets)

Large or commercial sizes are preferred, but all donations will be gratefully accepted. Items can be dropped-off at the Christ Church kitchen on Wednesdays and Sundays from 10 am to 1 pm.

In addition to food, we provide personal hygiene items such as soap, toothpaste, deodorant, toothbrushes, and shampoo.

*Thank you for your strong commitment and fantastic support of this much-needed ministry!*



## *October/November Adult Education at Good Shepherd*

Father Lance has invited Rabbi Peter Stein from Temple B'rith Kodesh, Rochester, to speak at our adult education program in October. The topic of the program is antisemitism. Rochester Kollel at Temple B'rith Kodesh offers a variety of group and community programs on a variety of religious subjects in the Spring and Fall of each year.

Rabbi Stein has agreed to meet with us on the following dates:

Thursday, October 19 @ 11: am. location in the church to be determined)

Friday evening, November 10 @ 5:00 pm. The Good Shepherd group will tour the temple and participate in Shabbat at 6:00 pm.

The third session to be determined, will probably be held in the Spring

Antisemitism is an extensive topic for one session, however, it is expected he will cover Jews and Judaism in the beginning of times including Judaism and early Christianity to recent times.