

News From The Good Shepherd



Dear friends in Christ,

A couple of ideas and thoughts as we continue our journey this Lent.

First, live attentively, keeping our eyes and ears open for those moments when we become aware of God's presence. These little epiphanies that all of us are given along the way. They are like unexpected gifts that await us at every turn of the road and at every step of our journey. The whole world is sacramental, and creation has the signature of its author all over it.

Second, Lent is a good time to let go. Hurts, resentments, and pains of the past that we can do nothing about, allow our Lord to take them from you. Remember the words of our Lord, "Come unto me, all ye that travail and are heavy laden and I will refresh you." When you can let go, your arms are open and ready to receive all the good things God longs to give you.

Third, in our time of prayer this Lent, pray and then let God worry. The choice you face is whether to trust God or to worry. You will never run out of things to worry about, but you can choose to trust God no matter what. "God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear." Psalm 46:1-2.

Fourth, develop intimacy with God. Gather in yourself a phrase or a thought. Let the phrase or thought filter through your heart and mind throughout the day. Say it when you stand in the grocery line, when you eat your lunch, when you scrape ice off your car. Let it settle deep in your heart so it can work from within to bring you closer to God. Lent need not be a time to live in guilt and remorse. Instead, it may be a time when we find ourselves in the place where we pay attention to our stirrings – in that place of deep stillness where our souls and the heart of God meet.

Finally, what a familiar and comforting companion to have this Lent is our own book of meditations, entitled "Springs of Living Water." It was written by you, and what a gift it is to our community. I read it every day and the reflections touch my heart and soul. I am grateful.

May your Lenten journey bring you peace and renewal as we welcome the joy of the Resurrection.

Faithfully,

A handwritten signature in black ink, appearing to read "John", with a stylized flourish.

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Good Shepherd Webster



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GOOD SHEPHERD VESTRY

By John Trompeter, Senior Warden

Your Vestry for 2026 has begun to meet. Our first formal meeting was on February 17 and we discussed a variety of topics.

We welcomed to the Vestry: Sue Casey, Assistant Treasurer and Maggie Markham, Clerk. New voting members included Ed Kushall, Beth Wrisley, Gary Gailor and Gary Richardson.

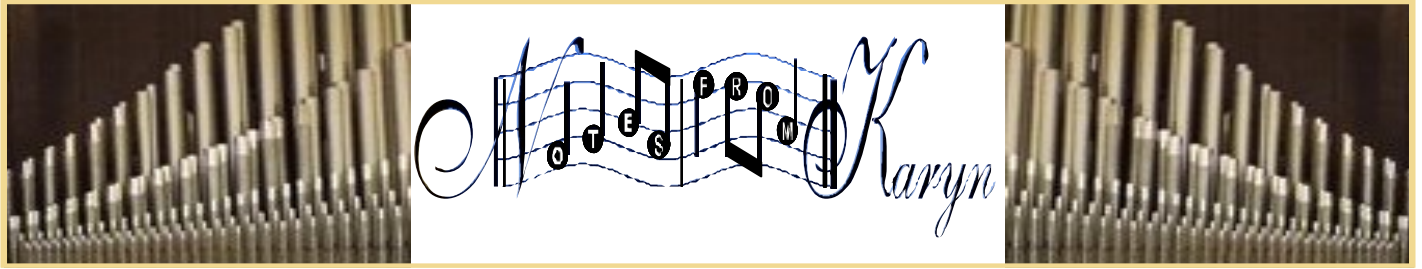
New business discussed included the need to hire Harvey Strassner Roofing (the same contractor who installed our new roof over the sanctuary) to remove the ice and snow around the perimeter of the building and to stop the water infiltration into these areas.

The church's financial reports were reviewed by Bruce Dunn, Treasurer and he indicated that the church's finances are stable.

A number of other topics were discussed and the Vestry will be having a half day retreat in March to discuss goals for the next year and to get to know each other as well.

The Vestry meets every 3rd Tuesday at 6:30 in the downstairs classroom. If you have any thoughts or ideas for the Vestry please feel free to contact me either at church or my email. My email is jptrompeter2@gmail.com as well as any other member of the Vestry.





*“O Lord, hear my prayer, O Lord, hear my prayer.
When I call, answer me.
O Lord, hear my prayer, O Lord, hear my prayer.
Come and listen to me.”
(Taizé Chant)*

We began the Ash Wednesday liturgy singing this chant from the Taizé community. Throughout Lent, the choir has been singing about prayer. On March 22nd, we will sing another lovely anthem about prayer, this one by Sally DeFord. The lyrics are:

Moment by moment, by night or by day,
My Heavenly Father is not far away.
And He will be near when I whisper his name.
He is close as a quiet prayer.
Close as a quiet prayer.

When I am thankful for blessings He sends,
He smiles as I offer my praises to Him
And when I'm alone and in need of a friend.
He is close as a quiet prayer.
Close as a quiet prayer.

I can pray to my Father above anytime, anywhere.
When I call, He will always be close as a quiet prayer.

Whether I'm kneeling to seek Him with words
Or silently praying, my heart will be heard.
His love will enfold me; His promise is sure.
He is close as a quiet prayer,
Close as a quiet prayer.
Close as a quiet prayer.
A quiet prayer.*

Thank you to Kris German for introducing the choir to the beautiful music of Sally DeFord and for her work in preparing the scores for us. May the music the choir shares be meaningful to you and possibly give you ideas for your own time of prayer and meditation. Blessings to all during this Holy Lent.

*“Day by day, dear Lord of Thee three things I pray:
To see Thee more clearly,
Love Thee more dearly,
Follow Thee more nearly,
Day by day. ***

*"Close as a Quiet Prayer" by Sally DeFord. Used with permission of the composer.

** "Day by Day" Words attributed to Richard of Chichester (1197-1253) – Hymn #654

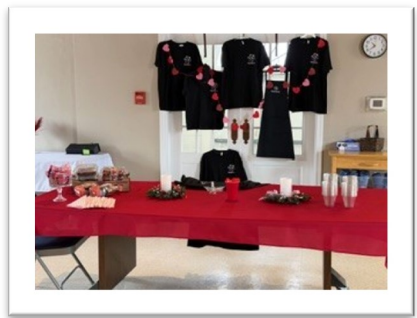


Meal & More is grateful for the use of the parish hall at The Episcopal Church of the Good Shepherd. 45 volunteers came to enjoy the Volunteers Valentine Party on February 13th. The candlelit atmosphere was lovely, the food was fantastic, and everyone was happy to visit with other volunteers from the organization. The volunteers felt very appreciated – and their valentines did, too. If you would like to join the fun... We need VOLUNTEERS! Please email Debra Nelson at Volunteer@amealandmore.org or call or text (585) 261-9570 for more information.

... to work occasionally on Wednesdays mornings to pick up FREE FOOD. If you are available, you would load your car at one of our distribution sites and deliver the food to the Meal & More kitchen. Pick up times vary from 6:30 AM to 9:15 AM.

... to volunteer on Wednesdays from 10:00 AM to 1:00 PM preparing & serving food at the kitchen at Christ Church, Rochester

... to volunteer on Sundays from 11:30ish AM to 2:30 PM preparing and serving food at the kitchen...





OUTREACH *at Good Shepherd*

by Yvonne Arnold

“We need to be angels for each other, to give each other strength and consolation. Because only when we fully realize that the cup of life is not only a cup of sorrow but also a cup of joy will we be able to drink it.” ~ Henri J.M. Nouwen

Angels walk among us every day. Do you notice? Do you feel their love? Do you feel their support during a stressful or sad time? Do you ever find yourself wondering how something came to be?

An angel's presence is quiet. Trumpets do not sound; harps do not sing. Their love comes to us freely. And we are blessed by each visit.

Each week, an angel or two fills the Backpack collection table in the narthex. The donated items help support elementary age students in the Webster School District on their weekends at home. Food scarcity is a problem for some families in our community. These food items go home with students every Friday. Two other angels collect the food from the table every Sunday and deliver it to Immanuel Lutheran Church each Tuesday where the food is sorted and bagged for the students. Thank you, Backpack Angels, for your quiet love and tender caring!

If you would like to contribute to this weekly collection, the following items are always welcome: boxed macaroni and cheese, peanut butter (plastic container), jelly (plastic container) granola/healthy snack bars, dry pasta, canned soup, tuna fish, canned pasta, cereal, and individually wrapped snacks.

Community Dinner Update

We continue to participate in the monthly Webster Community Dinner program at Good Shepherd. On the last Friday of each month, (with the occasional change), the doors open at 5 PM for a homemade nutritious meal. Everyone is welcome. There is no cost. We serve between 20 - 40 plus guests monthly. We would love to serve you as well. Thank you to all who cook and serve these meals and all those who bake and donate delicious desserts. If you are interested in joining this outreach, please contact Jill Daddis or Father Lance. March 27 and April 24 are the next scheduled dinners at Good Shepherd.

EASTER BREAKFAST



Easter Breakfast will be served between the services on April 5th around 9:30AM. There will be a sign-up sheet in the Narthex for how many are coming and the food we need you to bring. We will provide eggs, sausage, and bacon. If you have any questions, you can contact Kris Murray (email: jmur56@aol.com) or Annie Bishop (email: annie.m.bishop@gmail.com)



Invite • Welcome • Connect

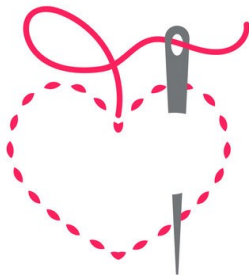
Decals - Did You Get Any?

By Dawn Wilkins



By now you may have seen, or received, the new parish decals. Many thanks to Diane Babcock for her wonderful artistic skills and for her inspiration. Diane is one of our parish delegates and evidently something about designing parish decals was part of the discussion at last fall's Diocesan Convention. Diane brought the idea to the Invite Welcome Connect committee and it was embraced as a wonderful way to "advertise" our amazing parish.

If you have not yet received any, we hope to have them available after most services for the foreseeable future. They will continue to be available down the road for that new car or other ways a parishioner might see fit to use one. It's important that we continue to promote that we truly are OPEN TO ALL!



THE GOOD SHEPHERD STITCHERS

By Maggie Markham & Paulette Bodak

The Good Shepherd Stitchers continue to meet. We tied more blankets. Did some prayer pockets, and more shirt savers for Father Lance to bring to the Heritage Christian Homes, both the one next door to the church as well as to several locations in our area.

All Night Vigil on Maundy Thursday

After the liturgy on Maundy Thursday (April 2nd) we invite people to come to the church to spend time in prayer until the Good Friday liturgy begins at 7:00 am. This is to recreate the time in the Garden of Gethsemane when Jesus asked the disciples to "Sit here, while I pray."

There will be a sign-up sheet in the Narthex, and you can take an hour to sit in the church during the night to pray and meditate. A directory will be available if you would like to pray for members of our parish.

The Vigil begins at 9:00 pm and ends at 7:00 am.



FOOD & COAT DRIVE

By Debra Nelson

We are having a **FOOD and COAT drive** for Lent! We welcome gently used coats for **Operation Caring Hearts** and **Streets for Christ**. Donations can be dropped off at the church Narthex from February 22nd to April 5th.

On February 22nd, Mike Rosato carried three big boxes of coats to Operation Caring Hearts. Rebecca Mearns, from the organization, thanked Mike and “everyone who did this coat drive for Operation Caring Hearts.” Many men and women living on the streets were given jackets, hats, and snacks on that cold and snowy night. Mearns posted “Thank you for being so kind to do this, The Episcopal Church of the Good Shepherd.”

We are also asking for donations of non-perishable food items for **Meal & More, Inc.** For questions, please contact any Sunday School or Youth Group teachers or consult the Meal & More bulletin board. Each food donation should be individual servings, wrapped, (except the coffee). All coats need to be clean.

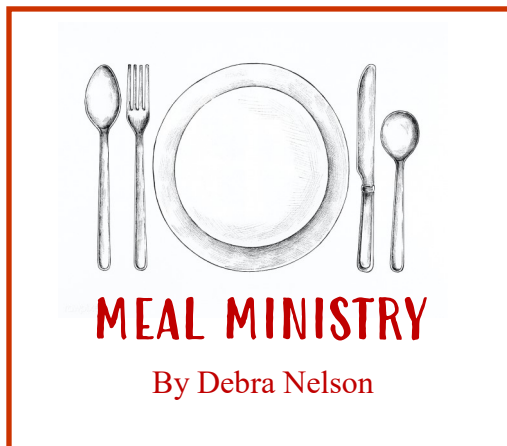
March 8: cans of coffee

March 29: handi-wipes

March 15: apple sauce

April 5: mint candy

March 22: snacks



... serving meals made by our parish family to our church family in need due to illness or other emergency. To ask or give help, call or text Debra Nelson (585) 261-9570.



Holy Week Schedule

- 3/29 Palm Sunday Eucharist 8 & 10:15am
- 4/2 Maundy Thursday Service 7pm
- 4/3 Good Friday
 - 7am BCP
 - Noon Stations of the Cross
 - 7pm Tenebrae
- 4/4 Holy Saturday
 - Liturgy 10am
 - Vigil at St. Andrews 7pm
- 4/5 Easter Sunday
 - 6:30am St. Andrews
 - 8:30am GS
 - 9:30-10:30am Breakfast
 - 10:45am Flowering of the Cross
 - 11am GS

- Andrew Ragan
- Olivia Markovitz
- Mary Randall
- Chloe Schinaman
- Jayne Wille
- Seamus O'Neil
- Shannon Rosato
- Nancy Dinan
- Denise Junker
- David Robinson
- Caroline Hughes
- Shirley Lockwood-Kushall
- Faith Wilbert
- Ken Nelson
- Jeff Curtin
- Carolyn Pfrommer
- Donald White
- Diane Babcock
- Sasha Daniels
- Kelly Havens
- Pat Sweetland
- Lisa Daniels
- Renee Reagan
- Dan Reagan
- Emily Nitschke
- Mark Pierce
- John Sheldon
- Joyce White

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