

News From The Good Shepherd



Dear Friends in Christ:

This month we celebrate the Resurrection of our Lord. But the resurrection was not just a one-time event in history. It is so much more. The whole creation is filled with the power of new life. As I write this, we are seeing glimpses of spring, when nature is renewed and new life surrounds us all.

Further, we all experience small resurrections in our life as well. We have all gone through times that certainly seem and feel like Good Friday. The death of a loved one, the loss of health or of a relationship, a forced move, etc., but always Good Friday is followed by Easter. Always. I know you have been through this as have I. Our loving God is always bringing new life and renewal out of difficult if not hopeless situations. Sometimes it is not easy to move to Easter, but when we do, we are changed, we grow in the spirit and in wisdom. We are blessed to have a God who truly, "makes all things new."

So, I invite us all during the season of new life to take some moments each day to meditate and quiet our minds to focus on the presence of Christ deep within us. I realize that it is not easy to do initially, but if we stay with it, those times of quiet become moments when we are renewed and strengthened to love and serve the Lord and each other.

During moments of quiet and reflection, I suggest some things to let go of and some things to cultivate. Brene Brown, in her work entitled *10 Guideposts for Wholehearted Living*, offers many ideas that I find helpful.

"10 Things to Let Go Of: what people think, perfectionism, numbing and powerlessness, scarcity and fear of the dark, need for certainty, comparison, exhaustion as a status symbol, productivity as self-worth, anxiety as a lifestyle, self-doubt, and appearing cool and always in control."

"10 Things to Cultivate: authenticity, self-compassion, a resilient spirit, gratitude and joy, intuition and trusting faith, creativity, rest and play, calm and stillness, work/service, laughter, song, and dance."

Thank God that we too are promised a resurrection. Not only at the end of our life here, but for those times when God brings new life out of death in the present.

Alleluia. Christ is Risen.

Faithfully,

Handwritten signature of a person, possibly a pastor or author, in black ink.

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GOOD SHEPHERD VESTRY

The Vestry met on Saturday March 14 for retreat and monthly meeting. The agenda for the meeting included a review of the minutes from February. Of significance was a review and follow up discussion regarding the church and the tough winter we have all been enduring. This included the need to hire a contractor to remove ice around the building. The Vestry will be working with the Sexton Chris Nuccelli regarding long term solutions.

We discussed insurance coverage and the need to amend the policy to ensure adequate coverage that included full coverage of the organ and stain glass windows. We also approved the purchase of two signs to be placed on the front lawn inviting the community to join us for Easter services.

Bruce Dunn, Treasurer reviewed our financial status and noted our utility costs continue to exceed our projected costs for 2026, something we can all relate to. Overall, the church remains on solid financial grounds

The Vestry discussed goals for 2026 that included growing parish membership and attendance to include a focus on people in the pews. Recommendations were made for more in person events, external social events. More to follow in the coming months.

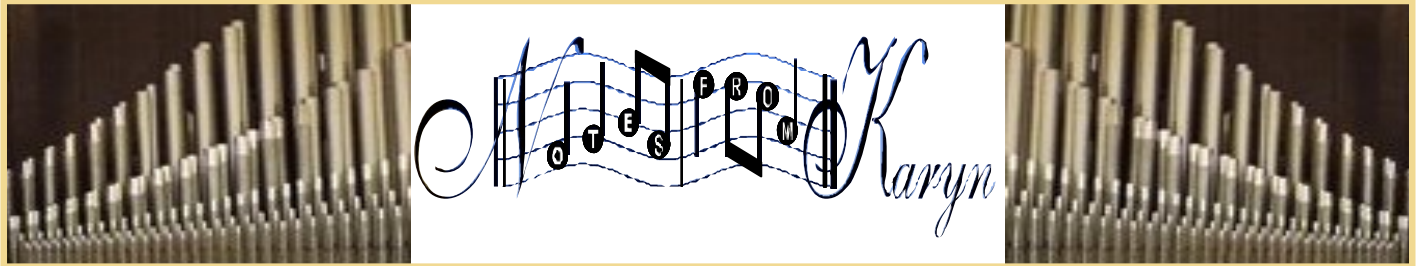
Vestry also decided that each month our minutes will be posted on the Good Shepherd website for your review. If anyone has any questions or concerns, please feel free to reach out to anyone of else on the Vestry. Our names our also on the Good Shepherd home page.

Our next meeting will be on Tuesday April 14 at 6:30 PM.

On Behalf of Vestry Happy Easter To All.

John Trompeter
Senior Warden





I have shared stories of our hymns in previous newsletters. Today I thought I would share where the chants we used during Lent originated. Sometimes we used them as Choral preludes, to prepare our spirits for worship. Sometimes we sang them meditatively during communion.

Favorite chants come from the Taizé Community. This is a monastic community in Taizé, Burgundy, France. The community includes Catholic and Protestant brothers who have come from over thirty countries. It has become a pilgrimage site for many. Over 100,000 young people come each year for prayer, Bible study, communal work and of course, singing during the liturgies. These chants are often in Latin since it is a universal language. Instruments, such as violins and flutes are often used.

You know from our Lenten liturgies, some of the well-known chants from this community.

**“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.”**

From Maundy Thursday (Commandment Thursday):

**“Ubi caritas et amor. Ubi caritas Deus ibi est. »
(Where charity and love are, God is there)**

From Good Friday Tenebrae:

“Veni Sancte Spiritus” (Come, Holy Spirit)

“Stay with Me, remain here with Me, watch and pray.”

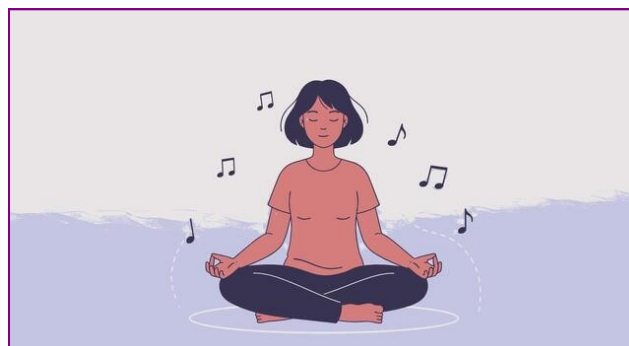
And a chant we have used for Tenebrae and All Saint’s Day.

“Jesus, Remember Me, When You Come into Your Kingdom”

From the Easter Vigil:

“The Lord is my light, my light and salvation, in God I trust, in God I trust.”

Once you know these chants they can add a beautiful addition to your own time of prayer, devotions and meditation. May the singing of these chants at church or home bring peace and refreshment to your spirit.





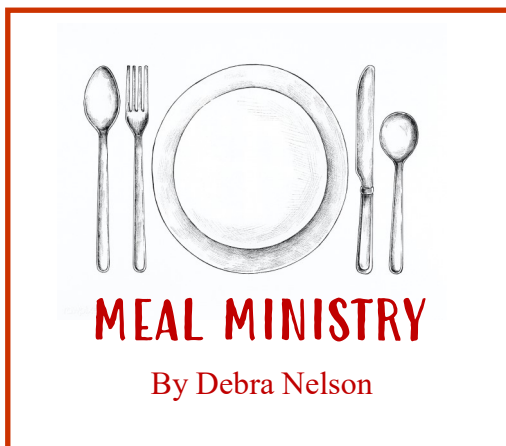
The Youth Group and Sunday School classes did a great job organizing a FOOD DRIVE of non-perishable food items for **Meal & More, Inc.** Look at the donations collected in our Narthex! The food filled the pantry at Meal & More with little room to spare!

March 1: Easter candy
 March 8: cans of coffee
 March 15: apple sauce

March 22: snacks
 March 29: handi-wipes
 April 5: mint candy

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



Meal Ministry... 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 at (585) 261-9570.

LIFT - Living in Faith Together

By Pam Meyris

LIFT -Living In Faith Together meets on the first and third Monday of each month at Good Shepherd or on Zoom. The following is the schedule of the next meetings and/or trips.

April 6 and April 20- Imaginative Prayer

Facilitator is Sharon Therkildsen. Imaginative Prayer is a scripture-based practice where believers use their imagination to enter biblical stories and connect personally with God. The method includes selecting a story, asking for guidance, rereading it, visualizing the scene, engaging the senses, and reflecting to deepen spiritual intimacy.

May 5 - A visit to Abbey of the Genesee. Our plan is to be at the Abbey to worship with the monks and after the visit have lunch in Genesee. Note: this not a Monday. The Abbey is not open on Monday.

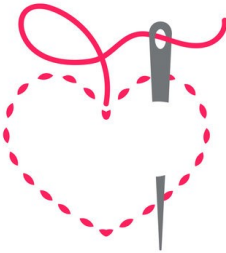
May 18 - an artist, Joyce Martelli, will visit Good Shepherd for an art lesson. More details and information will be published later.

June - date and location to be determined- Forest Bathing

All are welcome. Look in the weekly update for details of the above meetings

GOOD SHEPHERD STITCHERS

by Maggie Markham and Paulette Bodak, Stitchers Co-Chairs



We are working on bags for Kayleigh for her military project for school. We continue to tie blankets for charity donation and making prayer pockets for anyone who wishes to take one from the basket on the right table as you come into the church. Anyone who would like to join us and work with us or do your own thing or just visit, please feel free to join us. If you need a ride, Paulette and I are happy to help out. We meet on the second and third Thursdays of each month. April 9th and 16th are the net meetings at church at 10am.

Are You Ready for Some Baseball?



Mark your calendars for a fun evening at the newly renamed stadium - ESL Ballpark.

The diocese has reserved tickets for Friday, August 14th when the Red Wings will play the Charlotte Knights at 6:45.

Once again Dawn Wilkins will be coordinating ticket sales. By ordering them as a group, we are guaranteed being able to sit as a group instead of being scattered around.

Pat yourselves on the back, GS folks! Last year we sold 40 tickets - way more than any other parish in the diocese. That's our challenge. Can we meet or beat that number? Time will tell. Meanwhile, mark

your calendars for a fun evening.

Actual sales will start later - be watching future newsletters and weekly parish updates. Questions?

Feel free to reach out to Dawn at either dcwilkins@mac.com or 585-748-8969.

See you at the game!

Stewardship 2026-2027

by Kris Murray

Hello friends,

I was reviewing this coming year's stewardship materials and came across this family resource. It looks like something interesting and pretty easy to do with your family.

As always, please remember your pledge from this year.

Kris

Week 1 – God's Plenty

Theme: God gives us more than enough.

Scripture: Psalm 23:1 *The Lord is my shepherd, I shall not want.*

Activity: Create a "plenty box" — decorate a shoebox or jar and fill it with slips of paper naming blessings your family is thankful for.

Discussion Prompt: What blessings has God given you?

Week 2 – Room for Everyone

Theme: God welcomes everyone into the kingdom.

Scripture: John 14:2 *In my Father's house there are many dwelling places.*

Activity: Draw or build a house with "plenty good room." Add extra doors, windows, or rooms that show everyone is welcome.

Discussion Prompt: Who needs to know they are welcome in God's house?

Week 3 – Sharing Our Plenty

Theme: Stewardship means giving from what we have.

Scripture: Luke 21:1-4 - The Widow's Mite

Jesus looked up and saw rich people putting their gifts into the treasury; he also saw a poor widow put in two small copper coins. He said, "Truly I tell you, this poor widow has put in more than all of them, for all of them have contributed out of their abundance, but she out of her poverty has put in all she had to live on."

Activity: As a family, choose one thing to share this week (food donation, toys, time to help a neighbor).

Discussion Prompt: How does sharing change how you feel about what you have?

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Week 4 – Beloved Community

Theme: God calls us into Community where every gift matters.

Scripture: 1 Corinthians 12:12 *For just as the body is one and has many members...*

Activity: Create a collage of your family’s talents (drawings, words, cutouts). Post it where you can see and celebrate your gifts.

Discussion Prompt: How does your family help make this parish a place with “plenty good room”?



THE GOOD SHEPHERD BOOK CLUB UPCOMING READING PLANS by Brenda Munch

We will discuss the book on these dates. We meet the 4th Thursday of the month both in person and by Zoom. Hope you can join us.

April 23, 2026

The Silent Sister by Diane Chamberlain

In *The Silent Sister*, Riley MacPherson has spent her entire life believing that her older sister Lisa committed suicide as a teenager. Now, over twenty years later, her father has passed away and she's in New Bern, North Carolina cleaning out his house when she finds evidence to the contrary. Lisa is alive. Alive and living under a new identity. But why exactly was she on the run all those years ago, and what secrets are being kept now? As Riley works to uncover the truth, her discoveries will put into question everything she thought she knew about her family. Riley must decide what the past means for her present, and what she will do with her newfound reality, in this engrossing *New York Times* bestselling mystery from Diane Chamberlain.

May 28, 2026

Go as a River by Shelley Read

Set amid Colorado’s wild beauty, a heartbreaking coming-of-age story of a resilient young woman whose life is changed forever by one chance encounter. A tragic and uplifting novel of love and loss, family and survival—and hope—for readers of *Great Circle*, *The Four Winds*, and *Where the Crawdads Sing*.

June 25, 2026

Long Way Gone by Charles Martin

Cooper O'Connor thought he could make it big as a musician, but he promptly lost it all. Can he repair his relationship with the father who never stopped calling him home? A Prodigal Son retelling where *Redeeming Love* meets *Walk the Line*.

August 27, 2026

Counting Miracles by Nicholas Sparks

Tanner Hughes was raised by his grandparents, following in his grandfather’s military footsteps to become an Army Ranger. His whole life has been spent abroad, and he is the proverbial rolling stone: happiest when off on his next adventure, zero desire to settle down. But when his grandmother passes away, her last words to him are *find where you belong*. She also drops a bombshell, telling him the name of the father he never knew—and where to find him.

**AS SEEN AT
GOOD SHEPHERD**



"The Sunday School students recently helped with our support of A Meal & More"



Jennifer Anderson	04/01
Roger Blum	04/02
William Hughes	04/02
Angela Masters	04/05
Harry Allen	04/09
Linda Kennedy	04/09
Jacob Giudice	04/09
Tom Nyman	04/10
Joe Uhal	04/11
Howard Seitzinger	04/11
Brooke Bishop	04/12
Yvonne Arnold	04/13
Joanne Wheatley	04/15
Alana Dombroski	04/16
Ed Kushall	04/22
Annie Bishop	04/25
Greg Kuberka	04/25
Jeff Taylor	04/28
Brenda Munch	04/30





Easter

