

News From The Good Shepherd



SHARED BY FR. LANCE

I recently came across this and thought it excellent for us this month.

Serenity Prayer in Old Age

GRANT ME THE SERENITY TO ACCEPT WHAT I CANNOT CHANGE

- Every day my physical self-changes a little more
- My energy lessens and physical limitations increase
- Those I love keep departing this life all too soon
- My memory is less dependable than it once was
- The reality of my future death becomes apparent
- Ongoing transitions are certain to continue

COURAGE TO CHANGE THE THINGS THAT I CAN

- Make an effort to intentionally reach out to others
- Look for even the smallest things for which to give thanks
- Do some physical exercise every day, no matter how slight
- Stay faithful to including some type of daily reflection
- Follow medical advice regarding personal health
- Regularly stay in touch with family and close friends

AND WISDOM TO KNOW THE DIFFERENCE

- Decide when it's essential to ask for assistance
- Seek counseling for unmanageable emotions
- Take time to discern thoughts and actions
- Meet with a spiritual guide or counselor
- Seek insights from inspirational resources
- Trust inherent wisdom to make suitable choices

Joyce Rupp

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

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Good Shepherd Webster



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GOOD SHEPHERD VESTRY

by Kathy Stokes, Senior Warden

Here are some highlights from the Vestry meeting on October 21st.

We discussed the financial reports submitted by our Treasurer, Bruce Dunn. As of September, the income from pledges is around 76% of the amount budgeted for 2025. We really appreciate parishioners keeping current with their pledges! There is a line in our report called "Tracked Non-Pledged." This reports income from people who usually contribute money to Good Shepherd, but do not turn in a pledge card. The funds in this line can help to offset unexpected expenses, however the Vestry needs to plan a budget based on the pledged dollar amounts each year. If you are a regular contributor, but have not pledged, we encourage you to do so for 2026. For the upcoming budget discussions, we will need to address the rising cost of utilities, salary increases for our staff and higher rates for health insurance. Our annual stewardship drive is underway. Please consider your financial commitment to Good Shepherd as an act of ministry that benefits all of our community. Thank you!

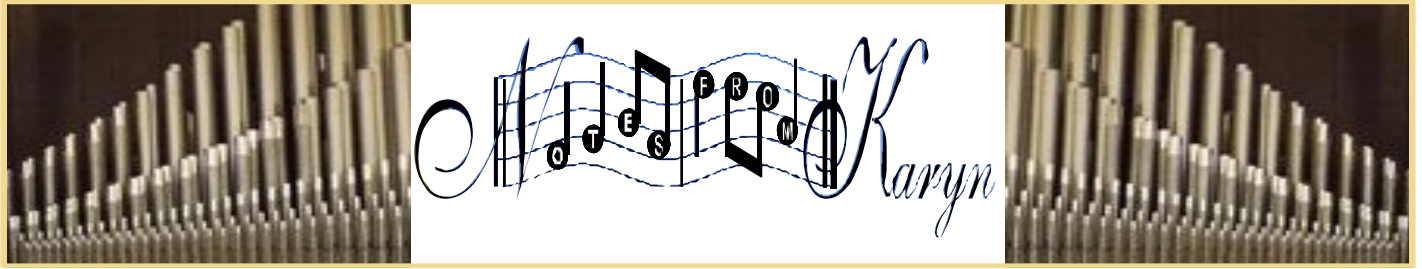
Have you checked out the Good Shepherd website recently? Thanks to Roch Whitman, our Deacon and Web Content Editor, we have new elements on the site, including photos from Bishop Kara's visit on October 12th. There has been an increase in views of our website, and we can generate further interest by posting positive reviews on Google and social media sites. If you are looking for some spiffy Good Shepherd apparel, you can click on our store under the Outreach tab at the top of the home page. Maybe you can find a good Christmas present there.

I hope you will attend the Thanksgiving meal hosted by your Vestry on November 22 at 2 PM. It should be a fun time of food and fellowship!

Our next Vestry meeting will be November 18th.

Blessings,
Kathy Stokes





Who picked THAT hymn???

So, most of you know that as I choose hymns for the liturgies, I focus on the lessons and the Gospel of the Day. That's why, even if you aren't a singer, I encourage you to follow along and read the lyrics with the music in the background. The lyrics to our hymns not only support the readings but are often beautiful prayers.

Well, I had a wonderful surprise on October 19th that I'd love to share with you.

During the week I focused on the readings, including the Gospel: Luke 18:1 – 8. The parable was about the widow coming to the judge and persistently begging for justice. So, I chose the anthem "We are Called"....the lyrics were:

*"We are called to act with justice; we are called to love tenderly.
We are called to serve one another, to walk humbly with God" (Micah 6:8)*

Great! And the other music seemed to fit the liturgy well but what about the last hymn? I was stuck! So, I decided to use one of my favorite hymns. No reason except I think it's a great hymn!

So, Mary Randall gets up for her homily and focuses on this verse from the Old Testament:

*"But this is the covenant that I will make with the house of Israel after those days, says the Lord: I will put my law within them, and I will write it on their **hearts**; and I will be their God, and they shall be my people. (Jeremiah 31: 33)*

She then describes it as **"Turning on our Heart-lights"** (a la the ET theme song!)

Well, Mary and I hadn't connected on this, so I started playing the final hymn and found in amazement that the lyrics fit with the homily in an uncanny way!!! And it wasn't because of me. Here are some of the lyrics from Hymn 436:

Verse 2: *"O happy hearts and happy homes to whom this King of triumph comes!*

Verse 3 *"Fling wide the portals of your heart; make it a temple, set apart.*

Verse 4 *"Redeemer come! I open wide my heart to Thee: here, Lord, abide!*

It wasn't me that picked that hymn to go with the homily.....Mary and I didn't talk about it before the bulletin was printed. It's always exciting when we see the Holy Spirit at work in all our lives. What a beautiful blessing that hymn was. It wasn't because of me. Very cool!!



A MEAL AND MORE, INC.

A MEAL AND MORE, INC. serves Rochester city residents by providing homecooked meals in a safe, welcoming, family dining environment that promotes dignity, respect, and connection for anyone in need. It is located at Christ Church, Rochester. Volunteers set tables, assist with meal preparation, serve food, and help with cleanup. Volunteers 17-18 years old are welcome with an adult and a signed permission slip. Volunteers play an essential role! And we have a lot of fun working together! Good Shepherd needs volunteers on the **FIRST and THIRD Sunday of the month** and the **SECOND WEDNESDAY**. Call or text Debra at (585) 261-9570 or email amam.volunteers@gmail.com if you would like to join us!!

Much of the support in the form of **volunteers** is gained from area churches . Also, many corporations encourage their workforce to volunteer in their community. **If your workplace is one of those, please consider volunteering on a Wednesday every month – individually or with a team.** There are over 150 individuals volunteering at the community kitchen, but we need more to adequately staff our Sunday and Wednesday meal services. Each volunteer usually volunteers at least **once a month**.

Thank you for your consideration and future support.

The A Meal & More, Inc., “Wish List” includes:
(please leave any contributions on the table in the Narthex)

Food Donations:

Andies Candies or other chocolate/mint candy
 Starlight Mints
 Pasta Sauce – alfredo and red sauces
 Instant Mashed Potatoes
 Fruit Snacks
 Fruit Salad Cups
 Applesauce cups
 Onion Salt (from Trader Joe's)

Personal Item Donations:

Individual Handi Wipes
 Hand &/or foot warmers

Gift Card/Donations: this gives us the flexibility to buy what we need

Wegman's
 BJ's
 PriceRite
 Visa/MC Gift Cards
 Walmart

STEWARDSHIP



*And Mary said,
“My soul magnifies the Lord,
and my spirit rejoices in God
my Savior...”*

Luke 1:46-47, NRSV

Dear Friends in Christ,

As we are nearing the end of our Stewardship campaign, we wish to thank you for your commitment to Good Shepherd. This year we were looking to have pledges in on November 9, but pledging can still be accepted. This should give the Vestry and Finance Committee time to work out a budget for 2026.

Pledging your financial support to GS is a very important part of being a member. The amount pledged is for budget planning purposes. While we should follow through on our pledge, everyone has circumstances that may affect what you are actually able to give. A loss of a job or an unexpected expense may require taking a pause. Likewise, a windfall or unexpected income may result in an extra gift to the church. This is all factored in when creating the budget. If you contribute to the plate but haven't pledged, we cannot consider that when formulating the annual budget.

Throughout our campaign we heard many stories and we are so fortunate to have such an active parish with so many talents and gifts. We are a group who collectively are very generous with what we have.

Thank you for all that you do, for all you have given, for the many ways your gifts will bless this church and the people we serve.

Tell out my soul! The Greatness of the Lord!

In Peace,
Kris Murray



Invite Welcome Connect (IWC)

By Dawn Wilkins

To quote from the originator of this ministry, Mary Parmer, "I never refer to Invite Welcome Connect as a program but rather as a *ministry*, a response to God's call to love others and boldly share the good news of the risen Christ".

Thinking of the Baptismal Covenant that we recently proclaimed, we were asked "Will you proclaim by word and example the Good News of God in Christ?" And we all proclaimed. "I will, with God's help."

Taken to heart that, hopefully, means we have all taken on the duties of welcoming the stranger and helping each other to feel welcomed and wanting to return for more. If asked, we all respond that Good Shepherd is a very welcoming community. Let me share a true example that was recently witnessed and that exemplifies a way that we can each do a little more.

On a recent Sunday, I turned during the peace and noticed a new face two pews behind me. I reached over and shared the peace, then made a mental note to invite that person to coffee hour after the service. At the end of the service, I sat and listened to the postlude. By the time that ended, the new person had disappeared. [Note to self, next time, listen from the doorway so I can be sure not to miss the visitor!]

Feeling disappointed in myself, I headed to coffee hour. As I poured some coffee, I looked around and discovered that person had made her way to coffee hour. Good news! Maybe not! She was standing totally alone holding her coffee, looking around at the many tables filled with friends happily engaged in conversation, and wondering what to do next. This introvert put on her "put yourself in her shoes" hat, walked over, introduced myself, and invited her to sit at a table with me. I'm so glad I did! During our conversation, when I introduced her to several others from GS, I learned a lot about her. One key piece was that this individual had attended a different parish the previous week and chose not to try there again as not one single person had reached out and welcomed her. Important lesson! We usually only get one opportunity or that visitor will simply leave "through the back door" and try another parish. This person has since returned and had brought a family member along. One small act of welcome can have an amazing impact!

I say all this not to pat myself on the back, but to help each of us to be more aware of the visitors that do enter our doors. We all proclaim our love for GS. It will take efforts on all our parts to keep GS alive and healthy into the future! It can be as simple as reaching out a hand in welcome and easy words like "I don't believe we've met. I'm xxxxx". Try it! It does work!



"Nevertheless, I will bring health and healing to it; I will heal my people and will let them enjoy abundant peace and security" (Jeremiah 33:6).

During the times when those closest to us are sick or hurt, sometimes we walk in circles wondering what overwhelming task to tackle first. Many a time, just the thinking is overwhelming. God promises that He will bring health and healing, peace and security. 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 to set up a schedule for meal preparation and delivery. First, an email comes from buttlerr1@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.

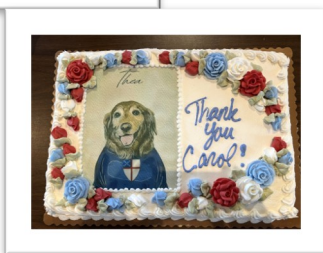
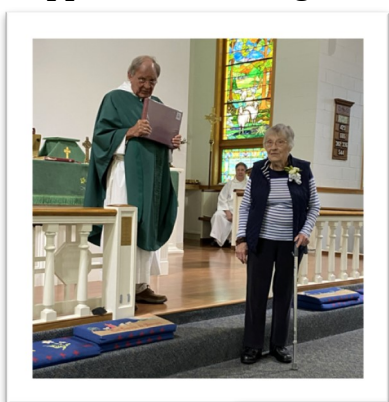
Please give me a **call or text** if someone you know needs this resource OR if you would like to join us and volunteer your help! Thank you!

Debra Nelson: (585) 261-9570

Honoring Carol Markham's Leadership of Altar Guild

After many, many years of devotion and leadership of the Altar Guild, Carol Markham is stepping down from that role. She was honored during the 10:15 Service on September 28th. A new Gospel Book was donated in her honor and presented to her that day. The Coffee Hour after the service was dedicated to Carol and many people were there to thank her for her service. A cake with her favorite puppy was there for everyone to enjoy.

The Altar Guild members had a special luncheon for Carol on Oct 22nd at Shadow Lake. It was a great way for the team to thank Carol for her unwavering leadership and support of the altar guild. Thank you, Carol!



Acolyte Opportunity

By Ed Kushall

This is the time of the year when we are reflecting on our commitment to our church, how we plan to serve the Church not only financially but with the gift of our time and talent. Serving as an acolyte is one of the ways to show our love and commitment to serve at Good Shepherd.

So, what is an acolyte? In the simplest of terms, an acolyte is a person who assists the celebrant in the performance of liturgical rites by performing ceremonial duties like lighting candles, carrying processional crosses, and assisting with the preparation of the altar. The term "acolyte" comes from the Greek word ἀκόλουθος (akolouthos), meaning "attendant" or "follower."

The role of an acolyte at Good Shepherd is to assist Fr. Lance and our Deacon Roch Whitman during the Sunday liturgy in order to ensure the worship service goes as smooth as possible. The acolyte lights the sanctuary candles before the beginning of the service and extinguishes them at the end, leads the processional bearing the cross and assists at the table for the eucharist.

If you would like to serve in the role of acolyte please feel free to talk to me before or after the 10:15 A.M. liturgy or call me on 315-333-5228 and please note this number does not accept texts. All members of the congregation from youth to adult are welcome to serve.

I would also like to take the opportunity to thank those who have served during the past year, Ian Daniels, currently our only youth acolyte, Beth Dinan, Ken Nelson, and Richard Reid.

Sunday School NEWS



Sunday School celebrated Halloween during the 10:15am service on October 26 with fun costumes, crafts and games!

As a reminder, if you'll be bringing your younger children to Sunday School, please text or call **Ashley at 585-727-0496** to let her know - this will help us plan accordingly.

And if anyone in our parish is interested in volunteering with either the younger children or teen Sunday School, we'd love to hear from you. We're always grateful for extra hands and happy to have others join in supporting our kids!



**AS SEEN AT
GOOD SHEPHERD**



The Buffalo Bills have many loyal supporters at Good Shepherd, Fr. Lance and Annie Bishop among them. But Gwen Brennick noticed something interesting on the back of their shirts and sent in this photo. We can dream, can't we: ***Bishop Robbins.***



On Sunday October 12, while Bishop of Rochester, the Rt. Rev. Kara Wagner Sherer visited, she offered a blessing for parishioners John and Sharon White on their 60th wedding anniversary.

27TH ANNUAL BRUCE MASON MEMORIAL TOURNAMENT

Father Lance outdid himself this year with his “good weather guarantee” (although he always says he’s in Sales, not Management). The 27th edition of this great event was held on beautiful Sunday in mid-October. With Webster Golf Club draped in fall colors, 23 golfers enjoyed a fun and competitive 9 hole scramble. The winning team made up of Tom Curtin, John Murray and the father-son team of Sean and Daniel Guerrin narrowly edged out the Nyman Family team of Tom, son Jeff and Daughter Christine Sleve and big hitter Matt Rivet (who ran away with longest drive). The winners marked two milestones—Tom became the winningest golfer in Bruce Mason history (now with 8 wins) and Daniel Guerin became our youngest winner ever! The tournament was followed by a buffet dinner and fun awards ceremony with over 40 in attendance. Special thanks to Mary Lou Mason who generously donated money so that we could have some fantastic door prizes, even for the non-golfers. Once again, the fellowship of the Good Shepherd family was the true highlight of the day!





ADVENT WORKSHOP

By Annie Bishop

Please come and join us on Saturday December 6 at 10:00 in the parish hall for our Advent Workshop. There you will make a variety of Christmas ornaments of your choice. In the month of November, I will display the ornaments in the narthex where you can choose which ones you would like to make. There will be a signup sheet to the ornaments you would like to make.



BLESSINGS ON YOUR BIRTHDAY

Ellen Uhal	11/02
Carol Markham	11/04
Jaye Nitschke	11/05
Kayleigh Lowenguth	11/05
Paul Pfrommer	11/08
Aliyah Giudice	11/12
Katie Crosby	11/13
Adeline Hughes	11/13
Allison Mayer	11/15
Andy Ragan	11/16
Jason Kuberka	11/17
Mackenzie Whitman	11/19
Ryan Yourch	11/19
Dianna Guerin	11/20
Sarah Mason	11/21
Natalie Martin	11/22
Carol Reid	11/23
Bev Verbridge	11/26
Elizabeth H. Ellison	11/27
Gwen Brennick	11/27
Sara Markovitz	11/27
Janet Dakin	11/28
Mary White	11/29