

News From The Good Shepherd



Dear Friends in Christ:

Welcome to fall. Last Sunday, Sept. 14th, we got the season off to a delicious start by having Sundae Sunday. And I loved what our young ones drew on the sidewalk near the front doors. “All are Welcome and You are Loved.” What an apt and beautiful message to begin the season.

In August, a beloved member of our parish entered God’s Kingdom. John Van Hooydonk was such a loved member of our parish and he will be sorely missed. At his celebration of life the family included a quote from Dietrich Bonhoeffer, which I thought was beautiful and speaks of the grieving process. Source of the quote not included.

“There is nothing that can replace the absence of someone dear to us, and one should not even attempt to do so. One must simply hold out and endure it. At first that sounds very hard, but at the same time it is also a great comfort. For to the extent the emptiness truly remains unfilled one remains connected to the other person through it. It is wrong to say that God fills the emptiness. God in no way fills it but much more leaves it precisely unfilled and thus helps us preserve—even in pain—the authentic relationship.

Furthermore, the more beautiful and full the remembrances, the more difficult the separation. But gratitude transforms the torment of memory into silent joy. One bears what was lovely in the past not as a thorn but as a precious gift deep within, a hidden treasure of which one can always be certain.”

John will always be a treasure to me and to so many of us here at Good Shepherd.

Faithfully,



**The Episcopal Church of the
Good Shepherd**
1130 Webster Road
Wester NY 14580

gswesterny@gmail.com

(585) 872-2281

Episcopal Diocese of Rochester
The Rt. Rev. Kara Wagner Sherer

Rector

The Rev. Lance D. Robbins
lancerobbings@gmail.com
(585) 739-2281

Deacons

The Rev. Roch Whitman
The Rev. Joel Wilbur

Deacon Emeritus

The Rev. Barbara Fornalik
(585) 216-2121

Music Director/Organist

Dr. Karyn Robbins
gswesternymusic@gmail.com
(585) 787-1852

Administrative Assistant

Debbie Markowitz
(585) 872-2281

Senior Warden

Kathy Stokes
(585) 506-7261

Junior Warden

John Trompeter
585-478-2260



Good Shepherd Webster



@FrLanceRobbins

GOOD SHEPHERD VESTRY

By Kathy Stokes , Senior Warden

The Good Shepherd vestry took a break from regular meetings during the summer months, but we still addressed some topics via email.

Right now, our pledged income is below our budget. This is normal for the summer months, but please keep in mind that some of our expenses, like utility costs, are likely to rise. The church benefits when everyone stays current with their pledges.

Our sexton, Chris Nuccitelli, has been busy with many projects this summer. Three I would like to mention are the demolition of the old storage shed, additional storage area added to the current shed, and new lighting in the sanctuary.

We approved two applications for Diocesan grants. One is for upgrading our computer system which is used for live-streaming our 10:15 services. The other is to assist with the operating fund for A Meal and More.

Maddie Rothfuss applied for a scholarship from the Bastien Memorial Scholarship fund. Her thoughtful and heartfelt response was appreciated, and she was awarded funds for her further education. Congratulations, Maddie!

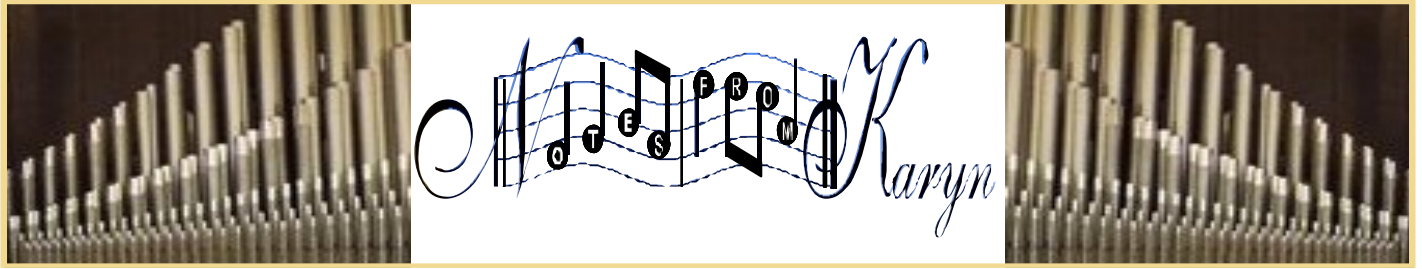
We are still looking for a volunteer to take on the role of parish treasurer. Our current treasurer, Bruce Dunn has offered to train the new person, and it would be helpful if the treasurer started this fall. We have a description of the duties for anyone interested.

Upcoming events:

September 14 – We will return to our regular worship schedule. To welcome everyone back, there will be an ice cream truck in the parking lot after the 10:15 service on that day.

September 21 – Serena Compitello will lead an informational meeting about estate charitable giving between the 8:00 and 10:15 services.





*"Sing to the Lord a new song.
Sing to the Lord, all the whole earth!"
Psalm 96: 1*

The Music-Makers of Good Shepherd
(Just a reminder: We never PERFORM, we PRAISE our Lord with music!)

THE CONGREGATION: Enjoy singing the hymns and service music of our worship. Even if you are uncomfortable singing – read along as others sing. The lyrics are intended to go along with the Lessons and Gospel of the day. The lyrics were written as poetry and then added to music. I try to include the lyrics to the choir anthems as well somewhere in the bulletin.

THE ADULT CHOIR: The Choir meets on Wednesday evenings from 7:30 – 8:45. We prepare music to highlight the readings for the day. The Adult Choir sings every Sunday and for special occasions.

THE YOUTH CHOIR: Currently made up of middle school to high school youth. The Choir meets Sunday mornings from 9:00 – 9:45. They sing on Family Sundays and special liturgies like Christmas Eve.

SING ALONG WITH JACK: Jack Brennick graciously provides music for Sunday School age children. He brings his guitar and leads the kids in fun Bible songs before classes begin.

CHIME CHOIR: This choir is made up of adults. Being able to read rhythms and count is important. The choir meets on Wednesdays from 6:30 – 7:15. They play on Sundays and have played for assisted living homes.

CHIME QUARTET: This is a quartet that has been playing chimes for many years. They play on Sundays and also have played at assisted living homes.

BRASS ENSEMBLE: This group plays on festive Sundays and individuals from the group have also played solo to accompany the hymns. It has included high school to adult players. Trumpets, French Horn, Trombones, Baritones and Tubas have all participated.

INSTRUMENTALISTS AND SINGERS: Some folks are not in the choirs but enjoy playing their instruments or singing in church. Instrumentalists included pianists, guitarists, percussionists etc.

*"Sing to the Lord and bless his Name..
For great is the Lord and greatly to be praised"
Psalm 96: 2a & 4a*

Stewardship



By Kris Murray

Dear Friends,

Our Stewardship campaign is a chance to reflect on the many ways that we are connected to each other. Our theme this year focuses on the stories we tell and the ways we are called to share our words, our actions, our love, and our joy with the world. This year, with all that has been going on in the news, in our homes, schools and offices, and ever-shifting economic forecasts, the one constant has been the connections we have formed here in our church.

Our stories bring us together. Each of us has a story to tell, a reason why we found this congregation and continue to participate. Each of us has dreams, ambitions, and great ideas, just as each of us has struggles and moments of difficulty. One of the parts of our Good News is that we can bring our whole selves, all our story, to this place and to these people, and receive the support, encouragement, and praise that we need.

We will be hearing so many stories in our campaign this year: artists, musicians, poets, weavers, and more. Each of them focuses on the inspiration they receive from God and how their soul transforms those inspirations into art, music, words, and objects. This same process happens in you as you seek ways to share your gifts from the inspiration and blessing you have been given.

With this letter, I am suggesting for you to use your discernment for how you will share the Good News of your creativity and abundance with us and with our neighbors. Each hour spent volunteering, each good idea that you have, each dollar that you donate is transformed through prayer and Grace into ministry and mission. We could not be an example of love and compassion in our community without your many and various gifts.

Tell out my soul! The Greatness of the Lord!

***And Mary said,
“My soul magnifies the Lord,
and my spirit rejoices in God my Savior...”
Luke 1:46-47, NRSV***



A Meal & More, Inc.
Christ Church Rochester
141 East Avenue
Rochester, NY 14607

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. We are located at Christ Church, Rochester.

At Meal and More, we serve free, hot, nutritious midday meals to our guests every Wednesday and Sunday. **Good Shepherd sends teams of 5 to 6 volunteers to help on 1st, 3rd & 5th Sundays and 2nd Wednesdays of each month.** We 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. The Sunday volunteer shift runs from 11:30 am to 2:30 pm. The Wednesday volunteer shift runs from 10 am to 1:00 pm. Volunteers play an essential role! And we have a lot of fun working together!

A Meal and More began in 1979. Typically, 60 to 120 guests are served at each meal. When needed, A Meal and More staff and volunteers will refer guests to other agencies for emergency shelter, public assistance, or job opportunities. We encourage representatives from a variety of social services to visit and consult with our guests. All who need a meal are welcomed without regard to race, gender, age, religion, or income.

A Meal and More, Inc. is a non-profit, tax-exempt organization. Financial support is obtained from **area churches (like Good Shepherd)**, private and governmental grants, local businesses, and **individuals**. You can help feed people in need through financial contributions by making a tax-deductible financial contribution to A Meal and More, through Paypal or credit card, check, or United Way. Please see the A Meal and More website. **You can also make financial donations through Good Shepherd by making out a check to A Meal and More, Inc. and presenting it to Debra Nelson or Fr. Lance Robbins.** Please put "Good Shepherd" in the memo.

At A Meal & More, Inc., we provide meals and serve our guests at a community table and encourage positive interactions with other guests, staff, and volunteers. We believe in alleviating the isolation of poverty and disenfranchisement in this way. The social connections and hunger relief each guest enjoys at A Meal and More enriches their lives and the lives of those who serve them.

Almost everyone in our church has become involved in the program through **volunteering**, donating **food, gift cards, and specific item drives**. **Sunday school** teachers have taught the students about food insecurity close to home and have organized food drives to feed our neighbors. **Outreach** at our church has generously contributed financially to the program throughout the year and helped with Christmas baskets for the guests during the holidays. **Grocery lists** have been distributed to the entire congregation with hundreds of canned foods and hygiene products donated in this way, filling the pantry at 141 East Avenue.

Much of the support in the form of **volunteers** is gained from area churches, including ours. 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.

Just from the Episcopal Church of the Good Shepherd, **Board members** include Chris Nuccitelli, Rev. Lance Robbins, Debra Nelson, and Serena Compitello. For any other information, please contact Debra Nelson, Volunteer Coordinator, (585) 261-9570, or at amam.volunteers@gmail.com.

Thank you for your consideration and future support.

The A Meal & More, Inc., “Wish List” includes:

Food Donations:

- Tuna/chicken salad packets
- Fruit snacks
- Cheese/peanut butter crackers
- Individually wrapped spoons and forks
- Andes candies or other mint chocolates
- Pasta Sauce – alfredo and red sauce
- Large containers of tomato products
- Large cans of chicken or tuna
- Olive oil
- Coffee
- Powdered Creamer
- Pasta - lasagna noodles, ziti, elbows, rotini
- Large cans of fruit
- Large bottles of apple sauce
- Canned vegetables: green beans, corn, carrots, and peas
- Italian & ranch salad dressings
- Chicken, vegetable and beef broths

Personal Item Donations:

- Wipes
- Dental care items
- New hairbrushes, combs

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

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





OUTREACH

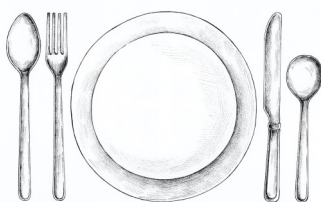
at Good Shepherd

By Yvonne Arnold

Welcome back!

Outreach work continues at Good Shepherd. The next hosting of Webster Community Dinner program is scheduled for Friday, September 26th at 5 PM. This dinner is open to anyone in need of meal support. Thank you to our volunteers that have hosted this dinner throughout the summer months.

The Backpack food collection resumes this month. Please bring your donations weekly, as you are able, and leave them on the table in the Narthex. Suggestions include boxed macaroni and cheese, soups, Ramen noodles, cereal, canned or boxed pasta, cereal or healthy snack bars, individual fruit, pudding or jello cups, canned tuna fish, peanut butter, jelly (if possible, in plastic containers) Please make sure the items are within the expiration date. Thank you!



MEAL MINISTRY

By Debra Nelson

"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.takethenameal.com to set up a schedule for meal preparation and delivery. First, an email comes from buttler1@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

LIFT

LIFT (Living In Faith Together) is a group conceived at Good Shepherd around the following mission statement: We will expand our spirituality through collaboration using multi-dimensional resources and shared experiences to deepen spiritual friendship and become stronger women of faith.

The group started the 2025-26 year with a gathering and potluck lunch at the home of Sharon & Larry Therkildsen. In prayer, we asked for God's guidance in setting discussion and action goals for the year ahead. Our meeting continued as a collaborative planning session of all the group members providing ideas in line with our mission statement.

Please watch the Good Shepherd Wednesday UPDATE starting September 17 for our FIRST & subsequent discussion topics. If you are interested, please join us at 10:00 a.m. on the first and/or third Mondays when we are discussing a topic of your interest. We always will put our discussion topics in the Wednesday UPDATES so you can choose when to come in person at Good Shepherd or from your home on Zoom <https://us02web.zoom.us/j/82368119137>.

If you have any questions, please reach out to Pam Meyris: pmeyris@myyahoo.com.



SUNDAE SUNDAY



Church Picnic



wishing you a
HAPPY BIRTHDAY

Joseph Francz	09/02
Don Weller	09/04
Nathaniel Peets	09/04
Laura Rosato	09/04
Caitlin Francz	09/05
Bobby Rosato	09/06
Harry Burch Jr	09/08
Chris Norris	09/10
Sue Van Cura	09/11
Joseph Mason	09/11
Lance Robbins	09/12
Ginger Robinson	09/13
Diane Rehse	09/15
Linda Koneski	09/16
Nick Masters	09/16
Brian Bohannon	09/18
Jean Moorhouse	09/18
Ann Mower	09/22
David Dakin	09/22
Amy O'Neil	09/23
John Dombroski	09/23
Mildred Francz	09/27
Freda Sheldon	09/28
Ted Rivera	09/30
Peter Dennison	09/30

^a birthday prayer
 for you

May God bless you with His boundless love, calming peace,
 and heavenly joy throughout the coming year.

Happy birthday, child of God!

