

News From The Good Shepherd



Dear Friends in Christ:

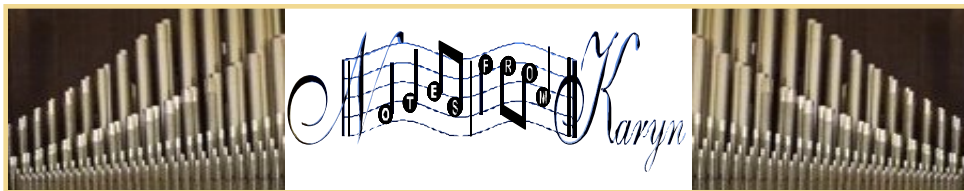
As our journey toward the celebration of our Lord's Resurrection continues, a couple of reminders. Several of us over the course of the last month or so have been trying to reach out to those we have not seen lately. Some folks are looking at the livestream from home which is fine, but I can't tell who you are. At any rate, if by chance you would want or need a visit from me, please let me know. I'm here for you I just don't have a crystal ball currently.

Second, a reminder of our Lenten Retreat at Notre Dame on March 18th. We will again be joining Palmyra and I think it will be a good time together. The theme is from the book, *Life is Messy*, by Matthew Kelly. We will have time for small group discussions, Karyn has a wonderful presentation, we'll have Episcopal trivia, and a time for worship. Sign up sheet is in the Narthex or send me an email that you hope to come. If you need a ride, no problem, just let me know.

Lent is a wonderful time for reflection and renewal, it is a serious time. However, we are called to "prepare with joy" to celebrate the Resurrection. So, a bit of humor is in order as well. Below are some reflections on life sent to me from Bob Markham. Too good not to share with you. It's a bit long but I think worth your reading. The Authors of these quips and observations are not known. I think they are delightful.

- The biggest joke on mankind is that computers have begun asking humans to prove they aren't a robot.
- When a kid says, "Daddy, I want mommy," that's the kid version of, "I'd like to speak to your supervisor."
- It's weird being the same age as old people.
- Just once I want a username and password prompt to say CLOSE ENOUGH.
- If I am ever on life support unplug me and plug me back in and see if that works.
- Do you ever wake up in the morning, look in the mirror and think, "That can't be accurate?"
- Last night the Internet stopped working so I spent a few hours with my family. They seem like good people.
- If Adam and Eve were Cajuns they would have eaten the snake instead of the apple and saved us all a lot of trouble.
- We celebrated last night with a couple of adult beverages. . . Metamucil and Ensure.
- You know you are getting old when "friends with benefits" means having someone who can drive at night.
- Weight loss goal: To be able to clip my toenails and breathe at the same time.
- After watching how some people wear their facemasks, I understand why contraception fails.
- Some of my friends exercise every day, meanwhile I am watching a show I don't like because the remote fell on the floor.
- For those of you that don't want Alexa listening in on your conversation they are making a male version. It doesn't listen to anything.
- Now that I have lived through a plague, I totally understand why Italian renaissance paintings are full of fat people lying on couches.
- Now that we have everyone washing their hands correctly. . . next week. . . Turn Signals.

Faithfully,



*"...I will sing of thy might.
I will sing aloud of thy steadfast love in the morning."
(Psalm 59: 16a)*

Our retreat on March 18 at Notre Dame Retreat Center will use the book "Life is Messy" by Matthew Kelly as its focus. I will be presenting a session on music about an individual who had a passion for hymns. Many of his translations of ancient hymns appear in our hymnal.

He translated the lyrics to "O Come, O Come, Emmanuel" and "All Glory, Laud and Honor" to name a few. And his life was messy! He suffered all his life from a chronic disease, was divested of his priestly duties by his bishop and was even attacked by rioters who hated a society he had formed! Messy! I hope you can join us that day. It is always a refreshing experience for the spirit.

We have now entered the Lenten season. Our service music has changed. After the first hymn we sing a *Kyrie* (Lord, have mercy.) We use a Sanctus from David Hurd's "New Plainsong." Instead of "Be Known to Us", Father Lance will lead us in singing the fraction anthem ("My Flesh Is Food Indeed") as he breaks or "fractures" the bread. All has been chosen to express the meditative nature of Lent.

Our hymns and anthems continue to express the stories in our lessons and Gospel.

You may have noticed that our Junior Choir and Teen Choir are often joining together now to lead us in worship with their music. They have become a wonderful choir, sounding as if one voice is singing instead of ten!

If you have children interested in singing, the Youth Choirs meet before church.

The teens are coming at 8:45 and the juniors (2nd – 5th grade) at 9:15. We would welcome new singers to join us!

Update on the Organ

Please be sure to mark your calendar for the EROI concert on April 16. That is the Sunday after Easter at 4:00 pm. EROI stands for Eastman Rochester Organ Initiative. Organ students from Eastman play these community concerts to raise funds for their studies and travels. It is purely a donation, no charge to attend. These students are phenomenal performers. You won't want to miss it!

*"O my Strength, I will sing praises to thee.
For thou, O God, art my fortress,
The God who shows me steadfast love."
(Psalm 59: 17)*

**The Episcopal Church of
the Good Shepherd**

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Good Shepherd Webster



@FrLanceRobbins

GOOD SHEPHERD VESTRY

by Diane Babcock, Senior Warden

February was a busy month for the vestry. On Saturday, February 11th, we met for a “mini retreat” to discuss a number of issues.

The focus of the meeting was to analyze a survey that vestry members completed to assess our strengths and challenges as a church. This process will help determine our goals and priorities as we move into the post pandemic era. It is a comprehensive survey with almost eighty questions. Pete Rothfuss is facilitating this project and doing a fantastic job. We met a second time on February 16th to finish our review of the questions. We are still in the midst of this process; the vestry will share more information when we complete our work.

At this meeting, we also assigned vestry liaisons for all of the ministries at Good Shepherd. If you chair a ministry, a member of the vestry will contact you to gather some information about what you do and how the vestry can help you accomplish your goals for the coming year. We are also planning a Time and Talent event on April 23rd. The vestry can help you prepare for this as well. Time and Talent will give parishioners an opportunity to learn about all the good work we do, and encourage participation in these ministries.

I want to say THANK YOU to all the people who chair and participate in these ministries. The work you do makes Good Shepherd a welcoming and loving community.

The search for a new Bishop is moving into the next phase. The diocese is looking for people to serve on a search committee. This will be a lengthy process, lasting 12 to 18 months.

The vestry discussed passing the collection plate. We stopped this process due to Covid. As we get back to “normal”, we hope to include this in our liturgy, Kris Murray needs to meet with the ushers on February 26th before we can resume. If you have concerns about this, you may approach a vestry member.

Bruce Dunn presented the budget information for January. Several parishioners pay their pledge annually at the beginning of the year, so income was above average. We have received a few more pledges since the annual meeting. Pledged income totaled \$46,951 in January. Expenses for the month totaled \$33,915, leaving a net income of \$16,017.

Bruce moved \$50,000 out of our checking account and opened a 13-month CD earning 3.25% interest. This will yield approximately \$1,700 in interest income. He also updated our savings account, earning .01% interest to an account that will yield 2% for the next 90 days. After that, the rate will drop to .25%.

The RG&E bill has increased dramatically, due to incorrect budgeting on RG&E’s part, and the fact that the meter hasn’t been read for many months. The vestry is looking into reading our own meter and other possible solutions.

We have a great group of talented, creative, and hard-working people on the vestry and I consider it a privilege to work with them. Our next meeting will be March 4th to continue to work on the survey.

NEW VESTRY MEMBER PROFILES

Editor's Note: At the Annual Meeting on January 22nd, Annie Bishop, Kris Murray and Tom Yourch were elected to the Vestry as members. All have served on Good Shepherd's Vestry before. For Profiles of our new Senior Warden, Diane Babcock, and Junior Warden, Peter Rothfuss, please see their recent profiles in the March 2022 Newsletter.

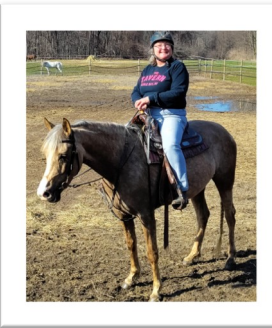
ANNIE BISHOP



Searching for a church home, Annie and her husband, Joe, happened upon Good Shepherd, hoping it was a friendly place. They arrived in the mid-1970s when Fr. George Anderson was rector. Feeling quite welcomed, Annie soon got involved in parish life, including teaching Sunday School for about 15 years, serving on the Fellowship Committee, even heading it for a time, and even heading it for a time. And she's done a few terms on the Vestry before now. "It has changed a lot since my early days," Annie confides. "Each Vestry member used to head a particular committee like Fellowship or Buildings and Grounds. Now, under Fr. Lance, we're more generalists."

Living in Ontario for the last 47 years, Annie and Joe have three adult children, eight grand-children, and one great granddaughter. She spent 27 years with the Wayne Central school district as a teacher's aide for special education before retiring for good in 2021. "Over the years, I worked with both primary school students and high schoolers. I learned with them, took tests with them. I loved it. I really had a hard time retiring," she insists. Until husband Joe retired from Joe Bishop Auto Sales, Annie also spent some time helping there. Of course, she still finds time for her grandkids and their athletic activities, and is too much of "a die-hard Buffalo Bills fan" not to devote a chunk of time to them as well. She used to attend many of their games but is now content to watch them on TV. As for her return to the Vestry, "One of my goals is to reach out to those who no longer attend and hopefully bring the back. Also, to keep in contact with shut-ins so they feel they are still part of our Good Shepherd family."

KRIS MURRAY



Upon moving from Utica to Ontario about 35 years ago, Kris and her husband John began attending Good Shepherd when Fr. George Anderson was the rector. For Kris, it was a return to a familiar area: she grew up in Rochester and attended St. Thomas Episcopal as a child. As much as she liked Fr. Anderson, she is clear about why she has remained for so long: the ministry of Fr. Lance and the music program of Dr. Karyn. Her daughter, Leigh, sang in the choir, played the French Horn and served as an acolyte as did her brother, Ian, through most of their teen years. When Patrick, her youngest, came along, he got equally involved. Kris and John own a horse farm where she lives and speaks of a passion for Arabian horses. Well-involved with the 4H program, by her teenage years, she owned her first horse. Kris obtained a college degree in animal husbandry for equines, becoming a trainer and riding instructor. Patrick's arrival when Leigh and Ian were nearly fully grown necessitated a career change. For the last 22 years, she's worked in the public school system, first as a lunchroom monitor, then as a teacher's aide and finally as a Teaching Assistant, helping children with special needs. She is now retired, but returns to Williamson High School as a substitute periodically. At Good Shepherd, Kris taught Sunday School when her children were in it, teams as an Usher with her spouse, is Chair of the Ushering committee, and has participated in Education-For-Ministry (EFM). This is the second time she has been on the Vestry. After being asked to consider it, Kris having enjoyed her first 3-year commitment, decided to work at it again. "I hope to continue and expand my welcoming work as a Vestry member and for this I will need help and ideas from the congregation."

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TOM YOURCH

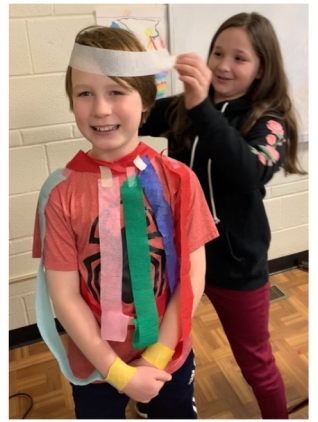


Hello, my name is Tom Yourch and I have been a member of Good Shepherd for over 30 years. I started attending with my mother, Judy Thompson, when she and my sister moved to Webster from Long Island. When our new church sanctuary was built, I was one of the people on the crew that did all the finishes. Over the years I have done all kinds of projects at Good Shepherd, from fixing the exit stairs from the basement, to helping frame drywall and finish the classrooms in the church basement. It is a natural fit for me to do these tasks since I have been in commercial and industry construction for more than 37 years. I grew up on the North Fork of Long Island in the small town of Southold, a place where you fish a lot, play on the beach, and work summer jobs in restaurants. I attended Alfred State College for construction technology, and that's where I met my wife, Kim. Right before I graduated, I got a job with VIP Structures of Rochester, so I moved here in 1985. I just love the Rochester area. While growing up, my family attended Holy Trinity Church in Greenport where I was an altar boy. (An aside to John Van Hooydonk: if you thought my son, Ryan, was entertaining on the altar back in the day, you should have seen me.) As for my community volunteering, I love helping young people. I was a coach for the Victor/Farmington United Soccer League for 11 years. As an adult leader for Troop 60, I helped to mentor various projects over several years for nine eagle scouts, including one for my son, Ryan. I was also volunteered – Kim will chuckle – at daughter, Chelsie's Girl Scout camp to help cook, as well as be one of the builders of their Halloween Haunted House. I have volunteered at School 16, Scio Street, in Rochester, in an after-school program called, Quad A, assisting with the building of soap box derby cars. When I just want to relax, my preference is to enjoy an afternoon with friends and family on the golf links, camping, or floating around Canandaigua Lake with Kim. I think my many years of work experience should be helpful to the Vestry with Buildings and Grounds matters, but I am open to exploring other ways to be of service as well.



Primary Grades
By Dianna Guerin

Recently, the students learned the Old Testament story of Joseph and worked on their own "dreamcoats."





The Good Shepherd Stitches were very busy in February making comfort pillows. Working as a team we cut, sewed and stuffed over 25 dog biscuit shaped pillows. These pillows are great for surgical patients, new mothers, hospice patients and anyone with arthritis. The pillows were distributed to the Lipson Cancer Center, Maplewood Nursing Home, and Webster Comfort Care Home, as well as some well-loved parishioners. We have included pictures in case you are having a hard time visualizing the pillows.

Our project for March is Six Pack Tote bags. Each bag will be made from 6 quilting fat quarters, a piece of fabric 18"x22". As always there are jobs available for everyone. Please join us from 10am 'til 12pm in the parish hall on March 2nd, 9th, 16th and 30th. Questions? Please call Janet Maier at 585-738-2280 or jhmaier@rochester.rr.com.

The fourth Thursday of the month is via Zoom and will include our book club discussion. You don't have to read the book to join the zoom meeting. We just like to be able to connect with our out-of-town members. Once the weather gets better, we hope to offer the book club at church as well. If you are interested in attending in person at church, please contact Pam Meyris at pmeyris@rochester.rr.com so that she can see if there is enough interest.

The next book club meeting will be Thursday, March 23 at 10 am via Zoom. We will be discussing *The Family Upstairs* by Lisa Jewell. In *The Family Upstairs*, the master of "bone-chilling suspense" (*People*) brings us the can't-look-away story of three entangled families living in a house with the darkest of secrets.

Here is the tentative schedule for 2023

Apr 27	<i>When Crickets Cry</i> by Charles Martin
May 25	<i>Small Great Things</i> by Jodi Picoult
Jun 22	<i>The Personal Librarian</i> by Marie Benedict
Aug 24	<i>The Children's Blizzard</i> by Melanie Benjamin
Sep 28	<i>Waiting for the Night Song</i> by Julie Carrick Dalton
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 stitches or book club or want to get on the email list, please contact brenda.munch@gmail.com



OUTREACH

at Good Shepherd

by Yvonne Arnold

Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously. Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.

~ 2 Corinthians 9:6-8

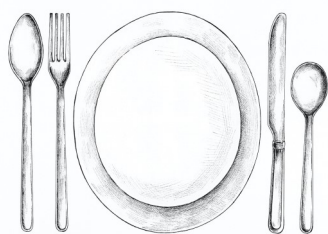
Outreach Disbursements February 2023

Episcopal Relief & Development/Earthquake relief for Turkey and Syria/ \$2500.00
 Willow Domestic Violence Center \$300.00
 Webster Comfort Care \$300.00
 Pines of Peace \$300.00
 Project URGE/Mothers in Need of Others \$200.00
 Come-Unity Center \$300.00
 Rural & Migrant Ministry \$300.00
 A Meal & More \$300.00

On Sunday, February 26th, 50 Lenten mite boxes were handed out after both services. Mite boxes, named for the story of the "widow's mite" (Mark 12:41–43) are often used by churches to encourage children and others to give offerings of their coins and small change. The money collected from the mite boxes will be donated to Episcopal Relief & Development targeted for earthquake relief in Turkey and Syria. Boxes may be returned to the offering plate in the back of the sanctuary at the end of Lent. Thank you.

May our Lenten journey be one of generosity towards others and ourselves.





MEAL MINISTRY

by Debra Nelson

Recovering from illness? Surgery? Losing a loved one? When you are struggling to do that one more thing – Meal Ministry will help! By preparing and discreetly delivering a meal to your doorstep, or if invited in for a visit, our volunteers respect confidentiality, and your wishes. Please call us if anyone from Good Shepherd could use these resources... or if you would like to join us in preparing meals, delivering & visiting, have a new idea for this ministry, or want to volunteer your help in another way!

We use an on-line organizational service called takethemameal.com. Volunteers give their email address to Debra Nelson. When one of our church family needs a hand, an email comes from buttler1@hotmail.com but you respond to the takethemameal.com website, choosing the date and recording the meal you plan to make. Ideas, addresses and phone numbers, dietary restrictions, and so on are all included on the site. You will also receive a reminder from takethemameal.com the day before.

ANYONE can contribute a meal. If you eat supper, you can bring a supper! Our “guests” generally enjoy simple, homemade cooking, but if you would prefer to get take-out or buy a prepared meal – just make it easy and do whatever you are doing for yourself. It doesn’t need to be expensive or elaborate, either. One of our customers loves grilled cheese and tomato soup! We have helped people of all ages, from compound fractures to temporary elder care. It is a rewarding ministry when you have the chance to meet someone new and make their day much easier. And when you visit someone you have known for years and renew the friendship.

If you want to try it out, send an email to buttler1@hotmail.com or call Debra at 585-671-5581 or 261-9570.



Andrew Ragan	03/01	Donald White	03/19
Olivia Markovitz	03/03	Diane Babcock	03/19
Bob Markham	03/04	Sasha Daniels	03/19
Chloe Schinamann	03/05	Kelly Havens	03/20
Sue Blodgett	03/06	Bob Miner	03/21
Jayne Wille	03/07	Pat Sweetland	03/22
Seamus O’Neil	03/10	Adeline Roselli	03/23
Shannon Rosato	03/10	Lisa Daniels	03/24
Nancy Dinan	03/10	Renee Reagan	03/26
Denise Junker	03/11	Andrea Fornalik	03/27
David Robinson	03/16	Dan Reagan	03/28
Caroline White	03/17	Emily Nitschke	03/28
Shirley Lockwood-Kushall	03/17	Mark Pierce	03/28
Faith Wilbert	03/17	John Sheldon	03/28
Ken Nelson	03/18	Joyce White	03/29
Jeff Curtin	03/19	Alex Brashich	03/30
Carolyn Pfrommer	03/19		
Marge Baker	03/19		

Healing Ministry Update: Generational Healing Service This April

By Amy O'Neil

April marks a time in most lives where we welcome spring, enjoy spring break vacations, and celebrate the resurrection of our Lord and Savior, Jesus Christ.

For those of us who work in the nuclear industry, spring and fall are a time that the industry takes advantage of low seasonal demand and embarks on refueling outages. This April, beginning on April 10th, R. E. Ginna Nuclear Power Station will enter its 44th refueling outage. Ginna station runs on an 18-month cycle, so at the end of 18 months the stations need to shut down the reactor to load new fuel. During this time, the entire plant is opened and maintenance is done on all the systems. All hands are on deck as hundreds of contractors converge to help us get the work done in as little time as possible. This means that as the clock strikes midnight on April 10th, I (and my coworkers) turn into Cinderella and will disappear for the entire month of April and possibly May. If I cross your mind, it probably means that I am in need of prayer as this is a very stressful time for us—so please pray for us.

In anticipation of my exit from civilization, the Healing Ministry Team at Good Shepherd has been working out schedules so that there is no interruption to our ministry to you. To this end, I am excited to share that Debra Nelson and Pam Trompeter will be offering a Generational Healing Service for the 6pm Healing Prayer Service on April 18th.

What do we mean by Generational Healing? Medicine has long accepted that there are inherited predispositions to certain personality traits, behavioral patterns, illnesses and diseases. In fact, before we see a physician, we fill out a form asking us to identify the health issues of our close relatives. This information aids our physicians in treating and diagnosing our illnesses and diseases. We realize that generational influences can affect us. Patterns can run through an entire family. On a larger scale, entire ethnic groups are predisposed to certain problems. For instance, Caucasian and Native Americans show an increased vulnerability to alcoholism while there is a higher incidence of sickle cell anemia in Africans and Middle Eastern populations and so on.

The fact is that Jesus is always ready to heal us (Luke 4: 16-22). He stands at the door knocking. We need only invite Him in. When we invite Him into our family tree, we allow Him to work outside of time to cut us, our children, and future generations free from these inherited physical and spiritual influences. During a Generation Healing service, we recognize that our family history may be affecting us and may be in need of healing. We identify negative patterns of behavior, illnesses, diseases, and spiritual issues in our generations. Then, we offer them to the Lord so He can cut us free and heal us from any influence they have on our lives and the lives of our future generations.

To participate in a Generational Healing service, you need only show up. However, you may find it helpful to spend some time asking the Holy Spirit to help you identify any physical or spiritual influences that may have passed on through your generations to you and your children. To aid with this, the Good Shepherd healing team will provide a tool from Christian Healing Ministries

Continued

to guide you through this process. It is much like answering the questionnaires in the physician's office with some added spiritual criteria. It will have a family tree diagram that you can fill out, place in a sealed envelope and bring to the service. These forms will be in the Narthex. Any one of the healing ministers can help you in fill it out. At the end of the service, any family tree diagrams turned in will remained sealed and will be burned. The service will conclude with a healing Eucharist.

You need not know anything about your family to experience the healing power of generation healing. There have been testimonies from people who were adopted through closed adoptions who experienced transformative healing during these services. If this describes your circumstances, you can seal a form with just your information and your current family is on it and bring it with you.

The need for generational healing is recognized by Orthodox Christianity. In his homily during the Day of Pardon Mass in March 2000, John Paul II said: **"Because of the bond which unites us to one another in the Mystical Body, all of us, though not personally responsible and without encroaching on the judgment of God who alone knows every heart, bear the burden of the errors and faults of those who have gone before us."** The concept is addressed scripturally, as well, in the Old Testament as God gives His commandments to Moses: "I the Lord your God am a jealous God, visiting the iniquity of the fathers on the children, and on the third and the fourth generations of those who hate Me, but showing love to a thousand generations of those who love me and keep my commandments." (Deuteronomy 5:9-10). While first impression of this verse may seem harsh, this scripture actually highlights God's merciful nature and His readiness free us from our forefather's transgressions and end our suffering.

To be clear, there are some things with which Generational Healing is not associated. "Generational Healing is NOT about being guilty of the sins of our ancestors... It is NOT about salvation being tied to the salvation of the family line as this is not a Christian belief. It is NOT about losing free will and passing culpability on to our ancestors. Generational healing is about recognizing the reality that there is no such thing as private sin. We are all part of the mystical body of Christ and that which has been done by others has an effect on us, and the Cross and the Resurrection are the answer and the salve to protect and set us free from those effects."--Dale Recinella, "Generational Healing in the Family," Healing and Restoring Our Families Conference 2010.

We are so excited to do this service with you. We pray that you will be able to join us and that no obstacles will be in your way. Until then-- God bless you and your loved ones.





Starting with the last newsletter, we are asking you to contribute to A Meal and More in a different way. Each time the newsletter comes out, we will be asking you to donate certain items for the next 4-5 weeks. Since the date of newsletter publication varies, we are not asking for the item(s) on a monthly basis, but from one newsletter to the next. We will also put our requests in the Update on Wednesdays.

By focusing our collection, the Chef will be have enough of one or two items needed to prepare and serve all the guests the same meal. Each time I write the newsletter article, I will let you know what we are requesting. For this newsletter, we are requesting: **chicken and beef stock**. Does that mean we will no longer bring other items to A Meal & More? ABSOLUTELY NOT. If you have items you wish to donate, of course we will take them with us! And we will watch & adjust our requests as we learn how this new way of focusing our donations works.

Here is that "other" grocery list:

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

Deli meat such as turkey, ham, bologna (leave a note on the little table in the Narthex so we know to get it in the parish hall freezer)

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

fresh produce - lettuce, celery, carrot stix, 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! Other desserts, less popular but still welcome

Large or commercial sizes are preferred, but all donations will be gratefully accepted. Items can be dropped-off at the 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.

THANK YOU - YOU ARE A MEAL AND MORE'S BELOVED!

**AS SEEN AT
GOOD SHEPHERD**



Vera Claudia McAndrew was baptized on February 19th as her parents Tessa Tribastone and Dan McArthur look on.



Members of the Teen Choir sang at Youth Sunday on February 5th. From left to right are: Izzy O'Neil, Leah Schinaman, and Kayleigh Lowenguth on the violin.



Members of the Junior Choir also sang on Feb. 5th. From left to right are Malani Brennick, Chloe Schinaman, Daniel Guerin, with Kayleigh Lowenguth (violin) and Jack

EXCITING NEW COLLABORATION!

By Debra Nelson

In issues #3 and #7 of Good Shepherd's *Flock Quarterly*, parishioners were introduced to the artwork of Diane Castle Babcock. Diane has produced linoleum block print landscapes inspired by the Adirondacks and upstate New York for forty years. The process she uses is called reduction printing, which means she uses one piece of linoleum to create a multiple color print.

Diane's linoleum block prints include landscapes of night scenes, mountains, and white birch trees. Recently, she has been doing mostly commission work which is when a patron hires her to create a certain image. One commission is for a customer in South Dakota that has a camp in the Adirondacks. There is a series of three images of the camp, where they have spent their courtship. This will be his wedding gift to his bride. Another commission was of St. Andrew's Chapel at the Lake which she completed in time for a Christmas gift.

Diane is now collaborating with another parishioner, Debra Buttler Nelson, on a new creative endeavor. Designing note cards with Diane's beautiful scenery, scripture passages, and Debra's inspirational messages, the two retired teachers are trying to slow their pace and enjoy their creativity. The nuances of the landscapes inspire Debra to choose a passage based on the Word. Then, Debra comes up with an encouraging message to include on the inside of the card. Then it goes back to Diane for Photoshop and further editing. They will be listed on the same site where Diane's linoleum block prints are sold: [DCastleBabcockArt.etsy.com](https://www.etsy.com/shop/DCastleBabcockArt).

Both ladies are actively involved at Good Shepherd and as they ease into retirement, this has given them a new outlet for their creativity. In retirement, nothing should take you away from following your calling. This brings their spirituality together in a useful and thoughtful way. The ladies are enjoying this new venture!

A Meal Ministry Story

By Gary Richardson

My name is Gary Richardson. My wife, Carol, suffers from an advanced state of Parkinson's Disease. We are both 80 years old and our families are not nearby, and in some cases, unable to help because of their own health issues.

Carol is unable to do the things she has always been able to do because of this problem. She cannot walk on her own, use the bathroom, feed herself, etc. and isn't capable of any other household chores that she did for years without thinking. This includes meal planning, preparing, and serving. So, because I'm her primary care-giver, these things are now my responsibility . . . and I would never classify myself as a competent cook. So, on top of being sick-she has to put up with my cooking.

The meal program organized by Debra Nelson and the other people in the Good Shephard Meal Ministry provide a wonderful break for us. The meals that we have been lucky enough to enjoy are, without exception, great! Not only do these wonderful people provide an entree once a week, but it also usually includes everything one could want for a delicious, well-balanced meal. Salads, bread, side dishes, and desserts are great additions. We have even had home-prepared preserves, and home-grown produce along with our dinners.

Carol and I cannot say enough how much we depend on these once a week breaks in our life. God Bless Debra and the people* that work with her on this program.

*The fantastic cooks include: Diane Babcock, Jane Wille, Richard Reid, Patti Curtin, Pam Trompeter, Robin Mason, Diana Guerrin, Kris Murray, Betty Nohle, Annie Bishop, Lenore O'Sullivan, Mary Kay Butera, & Debra Nelson.