

Dear Friends in Christ:

A couple of things. First, a huge heart felt THANK YOU to Diane, Pauline and everyone for my beautiful "Fingerprint of God." I cherish it and the print will be forever a reminder of my love for our parish. The card was so meaningful and the display was fun but quite a reminder of how young I was when first ordained. This meant the world to me. So appreciated.

Second, in light of Damar Hamlin's health emergence during the Bengal game, we've invited Caleb Stamler to be with us in April for a training session. He is a CPR instructor certified through FLCC, and works for the Wayne Co. EMT. Caleb offers the "Heart Saver CPR Card" certification program. It is for general people (as opposed to first responders, etc. . .) The course is usually 5 hours from start to finish but Caleb believes it would only take about 3 hours with ten or less people. The course includes training in CPR, AED Operation, and First Aid training. Students pass a test at the end to be issued the CPR card. The cost is \$35 per student. There is usually an instructor fee also charged but Caleb is waving that for our parish. He is scheduled to be with us on April 1st, class to begin at 9:00 am. Please see me if you are are interested. I'll offer assistance with the cost if needed. We are blessed to have him with us.

Third, on a lighter note, I've written down some actual messages found on church signs. I thought they were hysterical. I hope they will bring a smile on your face. I thank Bob Markham for sending these along to me.

Catch Up with Jesus. Lettuce praise & Relish Him. 'Cuz He loves me from my head to-ma-toes.
Whoever stole our AC units, keep one – it is hot where you are going.
Honk if you love Jesus – text while driving if you want to meet Him.
Just love everyone, I'll sort 'em out later - God
Forgive your enemies—it messes with their heads
Tweet others as you would like to be tweeted
Jesus is watching, but the police have radar

Just a reminder, Ash Wednesday is February 22nd.

The Episcopal Church of the Good Shepherd

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goodshepherdepiscopal.org

Bishop Provisional Episcopal Diocese of Rochester The Rt. Rev. Stephen Lane

Rector

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

Deacon Emeritus The Rev. Barbara Fornalik (585) 216-2121

Music Director/Organist

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

Administrative Assistant

Debbie Markowitz (585) 872-2281

Senior Warden Diane Babcock

(585) 739-3583

Junior Warden Peter Rothfuss (585) 626-9829

Faithfull



Good Shepherd Webster



@FrLanceRobbins



"Songs of thankfulness and praise, Jesus, Lord, to thee we raise... Anthems be to thee addressed, God in man made manifest." (Hymn 135 v. 1)

What if I can't sing?

I've heard many say they don't have the voice for singing. The beauty of our hymns is they are poetry set to music. Many times, the author lived in a different century than the composer of the music.

That information is at the bottom of every hymn. At some point the poetry and music were put together.....so, if you can't sing, enjoy following the words. I try to choose hymns that express the themes of the lessons, especially the Gospel.

What's the point of having a prelude?

The prelude can be instrumental or vocal. If the choir sings, I try to indicate where you can look to follow the lyrics. They are usually songs of praise and, like the hymns, often prepare us for the upcoming lessons.

If it is instrumental, the music is intended to prepare our hearts for worship. It sometimes is an arrangement of a hymn. If it is just a musical number, it is intended to prepare our hearts as well.

In either case, joyful, quick music lifts our spirits to sing out in praise on the first hymn (or read the lyrics of praise!). Something quiet is intended to calm us as we enter the church. It gives us time to pray and meditate and collect our thoughts.

It's the signal that worship has begun.

Sometimes we clap, why?

The vocalists/choirs/instrumentalists know that they are singing or playing to glorify and worship our God and to bring joy to those who are listening. With that in mind, we are not performing.

It's not a concert. So, why do we clap sometimes? We often clap for our Junior Choir in support of what our children are doing to help us worship. And sometimes, the congregation just can't help themselves and show their appreciation with applause. But ultimately, our music is all about worshipping our Lord and blessing one another.

Update on the Organ

The organ builders took a small piece of the organ with them so that the materials they order will be stained the same color. You can now look inside the organ and see how the stops work when they are pulled. That action will be replaced with solid state. So, if you are interested in seeing the mechanical action currently in use, stop by the organ after the postlude and I can show you.

EROI Concert: Sunday, April 16, 4:00 pm (Eastman Organ Students)

"All glory, Jesus, be to thee for this thy glad epiphany: Whom with the Father we adore and Holy Ghost forevermore."



The Stitchers will be working on neck pillows throughout the month of February. These pillows will be donated to surgical and cancer patients. If you know someone within our congregation who would like a neck pillow, please let us know. If you would like to help with this project, we will be meeting in the parish hall from 10-12 on Thursdays, February 2nd, 9th and 16th. It's ok if you don't know how to sew, there are jobs for everyone.

The last 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. We are starting to offer the book club as a hybrid meeting with people both at church and online. If you are interested in attending in person at church, please see Pam Meyris so that she can plan on setting up the Huddle.

The next book club meeting will be Thursday, February 23 at 10 am via Zoom. We will be discussion *The Lion, the Witch, and the Wardrobe* by CS Lewis. This classic children's story is also rich in Christian symbolism. It is a worthwhile read at any time of life.

Here is the tentative schedule for the first half of 2023

Mar 23	The Family Upstairs by Lisa Jewel
Apr 27	When Crickets Cry by Charles Martin
May 25	Small Great Things by Jodi Picoult
Jun 22	The Personal Librarian by Marie Benedict

If you want more information about Stitchers or Bookclub or want to get on the email list, please contact <u>brenda.munch@gmail.com</u>.



When he's not working as Content Editor for our magazine, *Flock Quarterly*, and the monthly *Good Shepherd Newsletter*, Richard Reid occasionally writes about old-time American movies for the quarterly periodical, *Films of the Golden Age*. In its Winter 2022/2023 issue, his article, "Influenza: The First Pandemic and American Movies," highlighted how Hollywood studios and some of the leading stars of the time coped with the Great Flu Pandemic of 1918-1920 aka: the misnamed Spanish Flu. He reports being "amazed" that none of their other contributors thought about the topic before he did.

ANNUAL MEETING 2023 By Richard Reid

Fifty parishioners attended the Annual Meeting held in the Good Shepherd sanctuary on Sunday, January 22nd following the 10:15am service. Changes to the church bylaws, which included reducing the number of vestry persons from 12 to 9, were approved. The outgoing Senior Warden, Pauline Stebbins received a gift and applause from the parishioners for her successful term. Incoming Senior Warden Diane Babcock made the presentation. Sexton Chris Nuccittelli documented a busy 2022 for buildings and grounds in his report (summarized elsewhere in this issue).

Treasurer Bruce Dunn's 2022/2023 Financial Report showed assets far exceeding liabilities but expenses were \$16,000 over budget and pledged income was \$9,675 less than budgeted. Thanks to a generous gift of \$35,000 applied to income, we finished the year \$32,348.78 positive. For 2023, church income is projected at \$317,384 and expenses are expected at \$332,976 or more than \$15,000 greater than income.

Elected to the Vestry for three-year terms were Kris Murray, Tom Yourch, and Annie Bishop. The new Diocesan Convention Delegate is Robin Mason. The new Junior Warden is Peter Rothfuss.



Sexton Chris Nuccitelli reported on buildings and grounds activity in 2022



Treasurer Bruce Dunn, F. Lance, Senior Warden Diane Babcock, Vestry Clerk Pam Meyris



Retiring Senior Warden Pauline Stebbins

GOOD SHEPHERD VESTRY

by Pauline Stebbins, retiring Senior Warden

The January 12 Vestry Meeting was preceded by a Potluck Supper. Many thanks to our culinary experts AND spouses for an abundant and delicious meal!

• Opening/Closing prayers by Father Lance

• Focus of meeting is to clarify and vote on changes to Church Bylaws and solidify results of 2022 Finance Report and for proposed 2023 Budget vote by Congregation at the Annual Meeting on 1/22/2023.

Highlights

• Decrease in number of Vestry members from 12 to

• Yearly number of members elected will be one warden and 3 members.

•2022 Pledged Income \$9,675 less than budget.

•2022 Expenses \$16,002.49 more than budget related to long needed major repairs at the St. Andrew's Chapel

•Good Shepherd in 2022 finished the year \$32,348.78 positive income.

.• CHAT (Church Assessment Tool) results continue to be evaluated and anticipate presentation at Vestry Retreat in February.

STEWARDSHIP COMMITTEE

Good Shepherd's Stewardship committee wishes to thank our generous congregation for pledging your commitment to our church for the 2023 year. We currently have pledges for \$260,084 which brings us to approximately 80% of our proposed budget of \$281,000, falling short by approximately \$20,000.

Your generosity will allow for Good Shepherd to fulfill its mission of love that <u>IS</u> the Episcopal Church.

Again, if you have not made a commitment pledge and wish to do so, you can contact <u>Bruce@eorsound.com</u> and let him know the amount of the pledge, or the format you wish to use to do so. Deductions can be made weekly, monthly or annually and electronic deductions are encouraged.

We look forward to an energetic and active year living the Jesus movement.

But thanks be to God, who always leads us in triumph in Christ, and manifests through us the sweet aroma of the knowledge of Him in every place. 2 Corinthians 2:13-15



5

Sexton Report for 2022

by Chris Nuccitelli

The Sexton, as defined here at Good Shepherd, is responsible for maintenance, repairs, and upkeep of the grounds and facilities both here at Webster Road and at St. Andrews chapel on the lake. 2022 was a busy year for maintenance and repairs. I am grateful for the help of many parishioners in the work done to date, and for the ongoing work into 2023. Here is a summary of what was accomplished and the work we have to look forward in this coming year and beyond.

Maintenance

Added 2x/yr. Gutter Cleaning Contract Hired new Snowplow Contractor Replaced Indoor Cleaning Company Scheduled pressure cleaning of buildings and walkways (contracted Spring 2023) Cleared storm drainage to Webster Rd. General Spring/Fall property cleanup Buffing of mid-basement and Parish Hall tile flooring (contracted for 2023)

Repairs & Renovations

Narthex Ice Damming/Water Infiltration

Installed blown insulation to Narthex ceiling to reduce heat loss (contracted)

Repaired dead-man's corner and flashing between old and new buildings (contracted)

Repaired sub-roof, added ice barrier, and re-shingled above Narthex (Jeff Arnold)

Carpeting to be replaced and walls painted in Spring 2023 (contracted and paid for by Church Insurance)

Sump pump failure in Organ Basement

12" of water drained and pump replaced (Tom Yourch)

Fans installed to control humidity

Water alarm installed

Building Drainage Failure and Basement Flooding

Installed new drainage along all outside walls in lower basement, added 2 sump wells (contracted) Carpeting replaced in hallways and classrooms (contracted and paid for by Church Insurance) Repaired drywall (contracted) and built closet around sump well (Tom Yourch) Painting slated for January 2023 (volunteers

Capital Improvements

Interior/Exterior Lighting

Sanctuary lighting and parking/entry lights replaced with LED (contracted)

Exterior lights placed on photocells (contracted)

Narthex Entry Doors

Replacement of exterior doors scheduled for late January 2023 (contracted). Doors will be glass with Episcopal Red frame and include handicap accessible automatic opening and closing.

Reconditioning and Painting of Interior Doors (Episcopal Red) Scheduled for Spring 2023 (contracted)

6

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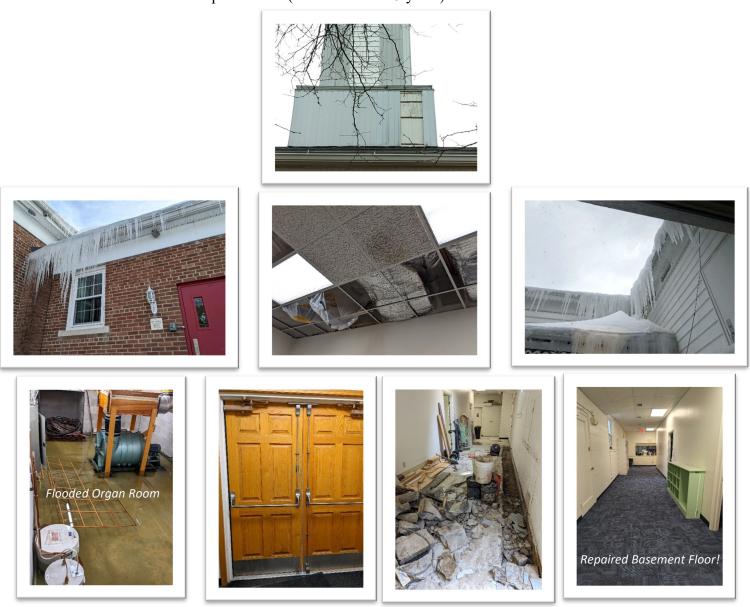
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<u>St. Andrews</u>

Installed stone walkway from parking to front steps (labor contracted w/materials donated) Insect Treatment for powder post beetles in the altar

Work Planned for 2023 and Beyond

Replace CF bulbs with LED in Narthex (Safety/environmental issue) Add insulation above Parish Hall stage (reduce heat loss) Add two additional memorial units to the Columbarium Paint Sanctuary Restore and repair parish kitchen Repair steeple siding Sealcoat and restripe Parking blacktop Foundation repair work to St. Andrews to discourage bug infestation. Refinishing of St. Andrews altar after recent bug treatment. Sand and paint St. Andrew's floor Replace Sanctuary roofing (most likely in the next 5 years) Exterior AC unit replacements (over the next 2-5 years)





NEWS AND NEW NEWS FROM A MEAL and MORE!

NEWS . . . GOOD SHEPHERD shored up the shelves in the A Meal and More pantry! Donations from our Advent Food Drive brought the supplies almost up to pre-inflation levels! And many people sent in much-needed gift cards, which give the A M&M staff flexibility to get what they need for meals – and even items the guests personally need (like socks). Thank you to all the parishioners who donated food, deodorant, gift cards and personal hygiene supplies!!! Our fabulous A M&M team wins the Super Bowl! YUP – the super bowl of salad! For the last couple of months, Lois Jones (board president) requested one volunteer a Sunday to bring everything we need (except the lettuce) for salad. Either it becomes their donation to the soup kitchen or it is reimbursed, but that's not what's important.... It is providing our guests with the best, freshest vegetables possible every Sunday and Wednesday! What a healthy, easy way we can help serve our guests!

I asked our volunteers to bring a friend or relative and I put a note in the UPDATE for new volunteers to take the place of some of our regulars who are presently injured, away for the winter, etc. AND THE RESULTS WERE AMAZING! Now volunteers are telling me they are disappointed that they aren't on the calendar enough!

John Kammerlein, the Operations Manager at A M&M, sent out volunteer requests for times we are NOT scheduled, several times in the past couple months. Sometimes his requests came just hours before the shift began. Guess what parish answered the calls? You bet – Good Shepherd volunteers showed up – even at a moment's notice!

QUIZ: We have a certain volunteer who doubles as a CHEF! And we are so PROUD of the time he devotes to the ministry and the talent he shares with the guests. We have several "chefs" on our team, but one even has a license – and is a self-proclaimed computer geek by day – and a junior warden in the church Hmmm.... Can you guess who he is?

NEW NEWS . . . Starting TODAY we are asking you to contribute to this ministry in a DIFFERENT WAY. Each time the newsletter comes out, we will be asking you to donate ONE or TWO items. By focusing our collection, we will be able to combine it all into one meal. We will just keep collecting the item(s) until the newsletter arrives in my Inbox and one Sunday beyond... and bring it all to A Meal & amp; More the next time we go in. That will give the Chef enough of the one item to serve ALL the guests ONE time. Each time I write the newsletter article, I will let you know what we are requesting. For this newsletter, we are requesting: any variety canned tomatoes, basic tomato sauce (not heavily spiced – just basil, for instance), penne pasta, and Italian seasoning.







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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 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 sticks, 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!



By: Betty Nohle

The Shepherdess have decided to meet at Noon for the months of January - March. Please join us by calling Betty Nohle at **585-545-4224** if you have any questions and would like to join us. We have lunch and just enjoy each other and get to know each other better. We also provide rides. We meet on the 4th Tuesday of the month. However, in January we are meeting on the **5th Tuesday which is January 31st**.

9

To Our Church Family

We would like to express our most heartfelt thank you for the love and support we received from all of you with the loss of our son John Jr.

To Father Lance, thank you for all you did to make our sad days the best that they could be. Always there or a phone call away to help us through this time. To Laura Rosato, thanks for seeing to the food and drinks! You did an amazing job. To Anne Bishop, Thanks for mopping the parish hall floor because you wanted it to be unnoticed. That is a tough job and you did it on your own!

and you did it on your own!

Thanks to all the people who helped during the Memori-al service and reception, too many to mention but not too many to thank.

THANK YOU!

Where's Barbara?

An Update on Our Deacon Emeritus Barbara Fornalik

By her Meal Ministry Co-chair, Debra Nelson

Go to the Good Shepherd website: Barbara is described as "a longtime parishioner at Good Shepherd, Barb retired from Xerox after 28 years as a secretary and had raised three girls to adulthood. She began classes at Seminary in 2005 and was ordained as a Deacon in March 2008." On the cover of our weekly bulletin, Barbara Fornalik is listed as our "Deacon Emeritus." If you look closely, inside the cover she is again listed - as residing at Cherry Ridge. And that's where you can find her!

Barbara disappeared with the pandemic population shift. Right at the beginning of the church closure, when we all lost contact for some moments, Barbara fell on her patio after walking the dog. Barbara was hospitalized for a broken hip and femur, then landed in rehab at St. Ann's, Unity, Maplewood, then Cherry Ridge. After another fall and break or two, no wonder why we are asking, "Where's Barbara?"

Barbara has moved to a warm, homey apartment at Cherry Ridge at the Glen. She watches our weekly live-streamed services so we can discuss Lance's sermons. She also checks up on who is in the congregation, how tall the kids have grown, and the latest pretty sweaters and hair-styles of her friends and colleagues. Occasionally, she attends services in-person, especially for a special occasion or celebration of life. For a long time, she kept actively involved in Medita-tion Monday and Bible Study until the morning commitments at The Glen interfered (important things like Physical Therapy). She enjoys going out to lunch with a group from church and seeing colleagues from Good Shepherd - and of course – Barb keeps tabs on ME and the Meal Ministry, which we co-chaired until her move.

As time has moved on, Barbara has become very actively involved in her new community at Cherry Ridge - and she is living a full life in her new home. She is great! She has a pile of books by her side and one in her lap. She has been reading resources on Celtic Spirituality in conjunction with keeping tabs on murder mysteries, *Mad Honey* by Jodi Piccoult, *Out to Pasture But Not Over The Hill, Lessons in Chemistry* by Bonnie Garmus and John Grisham novels. She is also busy playing *Quidich* and *Nickel-Nickel* (cards) and enjoys some success at *Bingo*, going to mass (but she has not changed denomination), is welcomed as a Deacon, plays in the chime choir, receives communion, and participates in two residential boards: a council on food and a committee focused on the concerns of the residents of the assisted-living facility. The activity level for Barb (and in the community in general) is high – and when it's not, you can find Barb making crafts, listening to local live bands, or "working out" in the exercise room. She is socially engaged, has a lovely apartment, and has made close friends at The Glen.

However, Barbara doesn't have a dog – yet. But she does have a <u>god-dog-daughter</u>, my dog Mitzi. When we arrive at the front door, Mitzi knows right where to go to find Barbara's door, seasonally decorated with a beautiful wreath just like her previous home on Schlegel Road. If Mitzi doesn't find Barbara at home (usually the door is open a crack, so she runs right in to say hello), Mitzi knows where to look for Barb – at the card table in the common area, out on the patio having a cocktail and appetizer before dinner, or at Sue's where the ladies are laughing along with a romantic comedy. If Barbara is still missing, Mitzi has been known to go directly to her table in the dining room (but Mitzi has been WARNED – if she ventures into the dining room she will be thrown out, with her tail between her legs). And as a last resort, Mitzi looks forlornly out the front door to the parking lot, wondering if Barb "broke out of here!"

Barbara loves it when Mitzi comes to visit, and she would love to have a dog of her own! Barbara is conveniently close to the exit to the patio and beautiful backyard gardens of the facility, which is quite convenient for Mitzi and daughter Karen's boxer, Stanley, after Barb spoils her canine visitors with cookies.

Barbara also reaches out to the humans around her, of course – the people that work at Cherry Ridge. They just love Barbara because – well, she's Barbara. She treats everybody with respect, concern, and friendship. Barb has an excellent memory for details, as always, and keeps up to date on the lives of those she interacts with every day. Ironically, Webster residents from her old neighborhood are in her new neighborhood – including the owner of a farm she frequented, a neighbor from down the block, and one from across the street!

Barbara is a gentle, funny, wise, and wonderful woman - amazing me every time I see her! When she greets you from down the hall, it is hard not to notice the sparkle of humor in her eyes. As you get closer, there is her pretty face, soft and loving, just like her heart. Our conversations are awesome: fun, instructive, and loving. She is a fabulous mentor to me and my ministries and a good friend. I am so blessed to have her in my life.





12

The Future of Adult Education at Good Shepherd by Ed Kushall

An online survey was recently conducted to get a snapshot as to what direction the adult education programs, also known as Adult Forum should take. Thirteen people responded to the survey and expressed interest in having adult education programs at Good Shepherd.

Respondents expressed interest in a number of topics: church history, Bible topics, study of other religions, music and social issues were all topics of interest. Interest was also expressed in talking field trips to other churches and religious institutions.

Some more specific topics of interest were creation spirituality, Celtic spirituality, Advent and Lent, meditation, community organizations like the Comfort Care Home, food cupboard, Meal and More, centering prayer, and arts in addition to music.

Interest was also expressed on programs on the connection between Judaism and Christianity, learning about other religions and how we all are connected in beliefs, traditions, and wisdom, and what is the proper role of the church in our society on social issues, politics, and community.

Six people indicated that they would be willing to present a program at Adult Forum.

When asked about when to offer programs, ten responses favored keeping the programs on Tuesday. Tuesday was the day programs were presented in the past. The most preferred format for the program was the hybrid model of live and Zoom. Some more creative options were offering programs between worship services on Sunday morning, after coffee hour, outside in the summer and at the beach or a park to enjoy nature.

I think there is both a need and interest in programs for adults. We are looking for people who would like to be a part of the adult education team and develop an adult education program at our church. If you are interesting in being a part of the adult education team or if you have any questions or suggestions on the direction of adult education, you can call me at 315-333 5228 or by e-mail at <u>edkushall@juno.com</u>

If you would like to take the Adult Education online survey you can do so at: https://forms.gle/WuxtbmNKLVLofauCA

Invite Welcome Connect: Stories & Tools to Transform Your Church

"Invite Welcome Connect is something we as Episcopalians can do. It's a way of evangelism that reflects who we are, that doesn't have us trying to be somebody we aren't, but actually calls us to be exactly who we are in Jesus Christ, and to invite, welcome, and connect others to that life-giving reality." The Most Rev. Michael B. Curry Presiding Bishop and 27th Primate of The Episcopal Church

You may be hearing these words as we move forward. This is a book and program authored by Mary Foster Palmer. It **Invites** us to evangelize, **Welcome** through hospitality, and **Connect** through a sense of belonging.

Father Lance, Dick Laidlaw, and Dawn Wilkins participated in a webinar last spring that wetted an appetite for learning more and delving into how this program might benefit Good Shepherd. With that in mind, a committee has been formed to help to move this concept forward. Chaired by Dick Laidlaw and Dawn Wilkins, parishioners Tom Curtain, Lisa Dunn, and Roch Whitman have agreed to delve further onto how to implement these principles at Good Shepherd.

Stay Tuned!





January 8th saw the baptism of Natalie Jane Costello, seen here with her parents, Sara and Zachary Costello and Fr. Lance



On January 22nd, Senior Warden Diane Babcock presented Fr. Lance with a gift, "Fingerprint of God", from the parish on the occasion of his 40th anniversary to the priesthood. Quotations from the Bible form the shape of a fingerprint AS SEEN AT GOOD SHEPHERD





Dianna Guerin sang "Will You Come and Follow Me?" at the 10:15am service on January



Are you interested in recruiting new members or volunteers for your church group or program? There's a solution! Good Shepherd will be having a "Time and Talent" event between the 9 a.m. and 10:15 a.m. church services in mid/late April. If you wish to have a table available for your group to show/explain what you do and create interest for new members or volunteers, and sign them up, please let Cheri Mascitti at <u>cheri@scibs.com</u> know in advance. We will gather next month to talk about what you will need to prepare your table.

Spiritual Self-Care

by Yvonne Arnold

Most of us are spending more time inside during the season of winter. The days indoors can be comforting but they can also lead to isolation. How can we prevent the potential negative effects of this increased time alone? Self-care is the expression of specific actions that take care of you. While I do not claim to be an expert, I know that whenever you can change your mind set or environment, you will experience a boost in your mood. Here is a list of spiritual self-care activities that you can begin today. Please take good care of yourselves!

Spending Time in Nature: Not always easy at this time of year. Consider a visit the Lamberton Conservatory at Highland Park. This beautiful greenhouse is an oasis during the cold months. It is open every day, 10 AM - 4 PM. Cost is \$2.00/senior, \$3.00/adult, children/free.

Acts of Compassion: Support your need to be with others by volunteering. The Stitching Ministry at Good Shepherd continues to meet Thursday at 10 AM in the parish hall. Simple sewing projects continue to be scheduled and you do not have to know how to sew to participate.

Read an Uplifting Book: Spend some time at your local library. The Webster Library is a treasure trove of ideas and programs to be explored. It is open every day but Sunday.

Gentle Exercise: Gentle stretching or yoga can be practiced on the floor or in a chair. A favorite yogi of mine, Adriene Mishler, has a YouTube channel where she posts a variety of yoga practices for different abilities. Chair Yoga - Yoga for Seniors is one such post. Here is the link <u>https://www.youtube.com/</u><u>watch?v=-Ts01MC2mIo</u> Remember, exercise within your ability and safely.

Prayer: When we pray, we are close to God. We experience reduced anxiety, increased gratitude, and shift our focus to others. If you are able, join Sunday worship at Good Shepherd at 8 AM or 10:15 AM, in person or via zoom, <u>https://vimeo.com/event/377724</u> Consider attending the Wednesday 12 noon Eucharist.

May the days ahead fill you with love for yourself and your neighbor.

	AV	R I	V P T	
Anna Robbins Nancy Zurell Chris Nuccitelli Chris Ensign Susan Marren Marie Cline-Lynam Barbara Fornalik Ralph Hill Bev Strohm Tom Wawrzycki Cheryl White Peter Marr Cathy Switzer		02/01 02/02 02/03 02/05 02/06 02/08 02/11 02/12 02/12 02/12 02/13 02/14 02/17	Paul Maier Candy Pape Sean Guerin Carol Richardson Carol Wawrzycki Kylie Dennison Karen Backus Sadie Ensign Raelin Lorenzo Mary Ann Packer Debra Semmler Peter Mason	02/18 02/19 02/20 02/20 02/21 02/24 02/24 02/24 02/24 02/24 02/26 02/27 02/29

Zion and Good Shepherd Shared Lent Opportunities

Zoom Book Group Thursday evenings at 7:00

February 23 March 2, 9, 16, 23, 30 *Book information and zoom link

coming soon*

Lent Retreat Saturday, March 18 Notre Dame Retreat House

\$25 includes lunch

9am-3pm