

January 2023

News From The Good Shepherd



Dear Friends in Christ:

A very Blessed New Year to everyone.

As we enter 2023, I thought it might be a good idea to pass along ten additional commandments, well suggestions really, to help insure a healthy and fulfilling start of 2023. I've had this list seemingly forever and have no idea where they came from or who wrote them, but that's OK.

Some good advice for us all.

1. Prayer is not a spare wheel that you pull out when in trouble, but it is a steering wheel that directs the right path throughout.
2. A car's WINDSHIELD is large and the Rear View Mirror is small. Why? Because our PAST is not as important as our FUTURE. Look ahead and move on.
3. Friendship is like a book. It takes few seconds to burn, but it takes years to write.
4. All things in life are temporary. If going well, enjoy it. They will not last forever. If going wrong, don't worry, they can't last long either.
5. Old friends are gold. New friends are diamonds! If you get a diamond, don't forget the gold, because to hold a diamond, you always need a base of gold.
6. Often when we lose hope and think this is the end, God smiles from above and says, 'Relax, sweetheart, it's just a bend, not the end.'
7. When God solves your problems, you have faith in His abilities; when God doesn't solve your problems, He has faith in your abilities.
8. A blind person asked God: "Can there be anything worse than losing eye sight?" He replied: 'Yes losing your vision.'
9. When you pray for others, God listens to you and blesses them. And sometimes, when you are safe and happy, remember that someone has prayed for you.
10. Worrying does not take away tomorrow's troubles; it takes away today's peace.

Blessings

God Bless you, God Love you, God keep you safe, and may Almighty God hold you in His Almighty hands of love.

**The Episcopal Church of
the Good Shepherd**

**1130 Webster Road
Wester NY 14580**

gswebsterny@gmail.com

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
Pauline Stebbins
(585) 704-6873

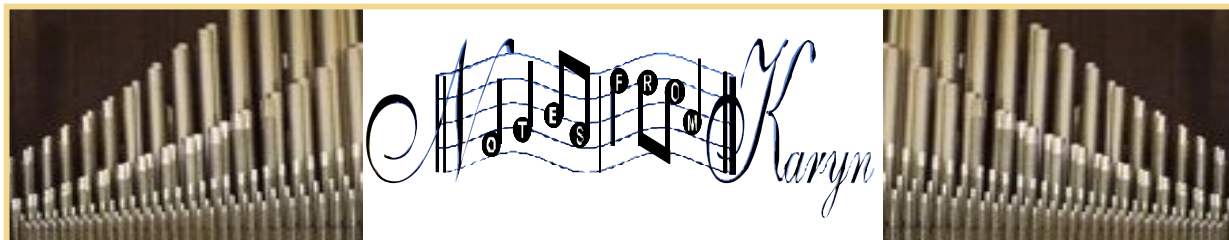
Junior Warden
Diane Babcock
(585) 739-3583



GoodShepherdWebster



@FrLanceRobbins



*“What can I give him, poor as I am?
If I were a shepherd, I would bring a lamb.
If I were a wise man, I would do my part.
Yet what I can I give him, give my heart.”*

(Last verse of the Christmas carol: “In the Bleak Midwinter”)

What a glorious time of worship and celebration of our Lord Jesus’ birth on Christmas Eve and Day. And what a wonderful way to bring in the New Year than with carols and scripture during Lessons and Carols on New Year’s Day.

We are so blessed with all our many musicians at Good Shepherd who help us praise our Lord and fill our hearts with joy during our worship liturgies. There are many to thank for sharing their musical talents to uplift us in our worship life. I thank the members of the Adult Choir, Teen Choir, and Junior Choir for their beautiful anthems and for leading our singing. Thank you to the Family Chime Choir for ringing their festive carols. Thank you to our brass players who lifted the rafters with their amazing music! Thanks to our cellist, violinists, guitarists, and pianist for their lovely renditions of the carols. And we were blessed with those who sang some beautiful solos. And of course, what would our worship life be without the joyous singing of the congregation! We think of Christmas as the season of gift giving. What wonderful gifts of music everyone gave to make this season a holy and joyous time of worship with song.

And great thanks to both Chris Nuccitelli and Bruce Dunn for making it possible to worship at home through live-streaming and the recordings of the liturgies! And to Bruce for working out all the microphones. What a blessing both of you are to us!

We celebrate the Christmas season until January 5 the day before the season of Epiphany begins. May the music of the Twelve Days of Christmas and then the Epiphany Season bring you joy and hope as we celebrate Christ, the Light of the World!

*“O star of wonder, star of night
Star with royal beauty bright.
Westward leading, still proceeding,
Guide us to thy perfect light!”*

(Refrain of the Epiphany hymn: “We Three Kings”)

Update on the Organ

Next Christmas our organ will have been updated to solid-state with a memory system! The plan is to take the console to Parsons Organ Builders shop and work on it there over the summer. So, we will use the piano for worship while it is away.

We have a special treat before it goes! The Eastman Organ Students will be back to give an organ recital on April 16, 2023 (the week after Easter) at 4:00 pm. This is part of their community outreach to raise money for their studies and travels and entertain their audiences with some wonderful music. It’s a long time from now.... but you can mark your new 2023 calendars or put it in your phone so you don’t miss it! Happy New Year!!



Stitchers continue to meet on Thursdays at 10 am at Good Shepherd. Work is progressing on several projects to support others. Stop by and share some quality fellowship around crafting.

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.

The next book club meeting will be Thursday, January 26 at 10 am via Zoom. We will be discussing *Georgia* by Dawn Tripp. This is the historical fiction account of the life of artist Georgia O'Keeffe.

Here is the tentative schedule for the first half of 2023

Feb 23	<i>The Lion, the Witch, and the Wardrobe</i> by CS Lewis
Mar 23	<i>The Family Upstairs</i> by Lisa Jewel
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

If you want more information about Stitchers or Book Club or want to get on the email list, please contact brenda.munch@gmail.com



People in our Neighborhood!*

On Thursday, December 22nd, Bobby Rosato (left) and Bruce Dunn were seen jamming at "My Wine and Cheese Bar" in Fairport. Thanks to Lenore O'Sullivan for capturing the moment.



***Please send us your pics of people/events at Good Shepherd, as well as your "sightings" of our church family members out there in the community!**

A Reflection on My First Year at A Meal and More... and a New Beginning with Meal Ministry

by Peter Rothfuss

For as long as I can remember, I have always had a passion for food and cooking. From helping my mom in the family kitchen as a child, to holding nearly every job in the restaurant business working my way through school, I truly feel that no matter our differences as humans, we can sit down with one another and bond over food! Feeding people is a powerful act. This common, shared experience of growing food, preparing food, and sharing meals can be a transformative tool to eradicate division and intolerance, in addition to addressing the fundamental issue of hunger and food insecurity in society. It is with this belief in my heart that I began volunteering at A Meal and More in June 2021.

Since that innocuous beginning, I have learned that A Meal and More is special a community that not only benefits the people we serve, but the individuals volunteering their time and expertise as well. I have genuinely enjoyed working closely with staff and volunteers alike, making new friendships, and learning how to operate a commercial kitchen that ensures food safety and maintains health standards. Most importantly, I have learned how to provide warm hospitality and healthy meals, offered with dignity and respect to our guests, so that for at least a short time, each guest can feel comfort and kindness.

My experience with A Meal and More has offered something one cannot achieve simply by tapping a credit card, sending money via Venmo, or by writing a check to help those in need: perspective. By showing up, making the relationships, and doing the work, you see life from the perspective of others, not just from your own ethnicity, socioeconomic group, or social media filter bubble. It has allowed me to strip away stereotypes, embrace empathy and tolerance, and accept people as they are, not who I expect them to be. When you see people who are happy, who persevere despite their difficult situations, you will realize that your problems pale in comparison. Instead of being jealous, resentful, or angry with your own condition, you are immediately grateful and thankful- and your desire to help others grows even stronger! My one challenge with A Meal and More to date has been that my daughter, Maddie, cannot join me because she is only 15 years old, yet she already has a deep belief in serving others. Once she turns 16 next October, she wants to join the team, but I wanted to find a way to get her involved in the meantime. My solution- Meal Ministry!

In joining Meal Ministry, Maddie and I now prepare homemade meals together in our own kitchen that we then package and bring to people and families in need. Being able to slow down and spend a few hours with my daughter preparing meals for others has been an emotional and inspirational experience in multiple ways. We are both learning the importance of charity, empathy, and perspective, but I receive the added benefit of spending quality time with my daughter, while she is still around and willing! Moreover, no one is immune from the harsh realities of life, and providing a warm meal, offering a kind word, or lending a sympathetic ear to those who greatly need it through Meal Ministry has made us both very happy as humble servants.

In the waning days of Advent, and with Christmas soon upon us, I felt it was befitting to close this introspective essay with a brief discussion on why our family chose this path of service. Several years ago, around the time we joined Good Shepherd, we sat down together and had some deep conversations about what our family's mission was- not only defining our values and spiritual beliefs- but putting what we believed into action to help others in the community today. We talked about what were we willing to sacrifice in time, money, and talents to integrate philanthropy and

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⁵ giving into our daily lives. In completing that exercise, we sought individual activities that could not only serve a vital need in our community but for which we had a passion, so it would be easier to adopt and maintain. Fast forward several years to the present, and we have all found community service roles that have had a profoundly positive impact on our lives, attitudes, and relationships.

In fact, service has become so engrained into our day-to-day activities that it has become part of our family's Christmas celebration this year. Before gathering for a Christmas evening family dinner, each of us will have had an opportunity to serve our community either on Christmas Eve or Christmas Day. On Christmas Eve, my wife, Stacey, with the support of my daughter, Maddie, will be at Webster Comfort Care Home supporting individuals and their families through their end-of-life transition. Meanwhile, my son, Jakob, will be serving a shift as an EMT for Penfield Ambulance. On Christmas Day, Jakob will then be on call as a volunteer firefighter with the Webster Fire District, while I will be serving a Christmas meal for our guests at A Meal and More.

And for all these gifts, we are truly grateful and blessed!



OUTREACH

at Good Shepherd

by Yvonne Arnold

My heartfelt thanks to everyone for your donations and support of the collection for A Meal & More holiday gift bags. The number of deodorants received exceeded what was requested ~ 92 for men and 67 for women. The Stitching Ministry, coordinated by Janet Maier, donated over 120 fleece and knitted hats for men, women and children. Dottie and Jerry Smart, Debra and Ken Nelson and Pauline Stebbins were Santa's special helpers ~ thank you all!

Listening to Father Lance's Christmas Eve homily, I am reminded that Christmas is not just one day. Howard Thurman, author and theologian, writes in *The Work of Christmas*, that as followers of Jesus and *The Way of Love*, our Christian focus is every day:

When the song of the angels is stilled,
When the star in the sky is gone,
When the kings and princes are home,
 When the shepherds are back with their flock,
The work of Christmas begins:
To find the lost,
To heal the broken,
To feed the hungry,
To release the prisoner,
To rebuild the nations,
To bring peace among people,
To make music in the heart.

Let us continue to work to care for all those in need. May your new year be safe and healthy. Blessings.



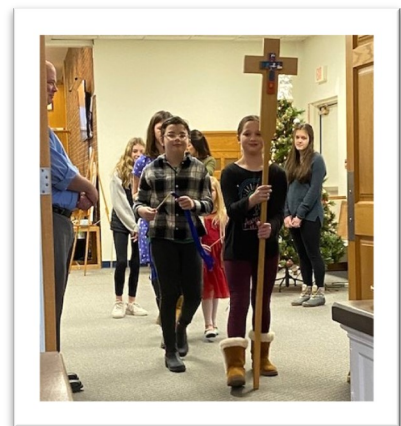
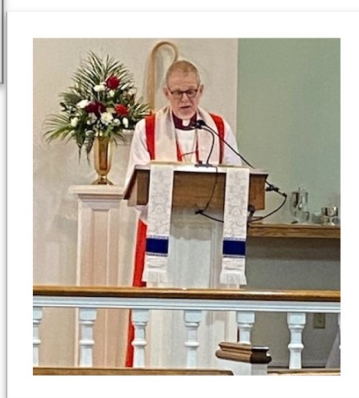
Bishop's Visit and Confirmation Sunday December 18TH 2022

On December 18th, the Rochester Diocese Bishop Provisional, the Rt. Rev. Stephen Lane, attended our 10:15am service at Good Shepherd.

Confirmed were Cheri Mascitti, Madelyn Rothfuss and Christina Wilmoth.

Received into the church were Maggie Markham, Peter Rothfuss, Pat Sweetland.

John Trompeter and Pam Trompeter were received virtually. And following the Eucharist, the Rt. Rev. Lane welcomed questions and some friendly dialogue from the congregation at our pot-luck Coffee Hour.



GOOD SHEPHERD VESTRY

by Pauline Stebbins, Senior Warden

Opening/Closing Prayers for Guidance and Thanksgiving by Father Lance

Financial Report:

To be reviewed 1/12/2023 along with Strategic Planning for 2023.

Sexton Report:

Roof rebuilt along east wall of the Narthex,
Basement carpeting install near completion.
Contract in place for repair of basement drywall.
Contacts made for Columbarium completion.
Narthex door installation pending

Stewardship: 78 % of goal achieved. Contact to be made with non-responding parishioners.

CHAT (Church Health Assessment Tool)

Framework in place.

Awaiting questionnaire completion by new members of Vestry for 2023, to be reviewed 1/12/2023.

Confirmation/Bishops visit:

Scheduled for 12/18/2022. Vestry meeting with Bishop at 9AM prior to Confirmation service.
Bishop will meet with Congregation at reception following service.

Annual Meeting: Scheduled for 1/22/2023

Vestry Retreat: To be scheduled for morning in February

Time and Talent Sunday: To be scheduled for sometime after Easter.



Tessa Wheatley	01/01	James White	01/24
Joe Yelle	01/03	John Semmler	01/26
Mary Jean Crawford	01/04	Joseph (Jr.) Francz	01/27
Brenda Pierce	01/11	Paul Dean	01/27
Rudy Meyris	01/11	Isabel O'Neil	01/28
Cheryl Kuberka	01/13	Robin Mason	01/29
Spencer Stokes	01/14	Jack Norris	01/29
Sullivan Allen	01/15	Brianna Bohannon	01/29
Bill Lynam	01/15	Dottie Smart	01/29
Abraham Carrington	01/17	Katherine Blum	01/30
Betty Nohle	01/17	Rebecca Strohm	01/30
Fred Giovinazzo	01/19	Wayne Delperdange	01/30
Olivia Hess	01/19	Barbara Kilian	01/31
Kristen Kuberka	01/20	Peter Rothfuss	01/31
Bill Backus	01/21		
Thomas Braun	01/22		



Pops wraps up a bedtime story, but the Kid has a whole alphabetical list of fears and can't possibly think about going to sleep. The two explore the Nativity story, the best story EVER about not being afraid!

Mary has an unexpected visitor—The Angel Gabe—who has some very surprising news!



We first performed this pageant in 2020 when churches (and much of the world) were still in lockdown. The entire cast recorded themselves from home on cell phones, so it truly was a virtual pageant. Even though the world has slowly turned right-side-up enough to consider a live performance again, we just loved the script, as well as the chance to include participants who might not otherwise be able to rehearse regularly. This is our third annual presentation; it's a special treat to have seen participants in different roles!



Mary travels to see her older cousin Elizabeth, who is also very pregnant. Elizabeth's baby (Hi John!) leaps for joy in her womb.



Joseph gets word that Mary is pregnant, which does not seem like good news at all! But in his sleep he is visited by an angel, and eh eagerly joins Mary when he awakens

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Behind the scenes with the green screen! The flock begins to gather.



It appears that the hippie shepherds spent a little too long out there in the wilderness tending their flock. They need a little extra attention from the angels to understand the glorious news.



The Wise People pay a visit to King Herod (and his Chief Minion) after spotting the new star in the sky. Fortunately, the Magi are good judges of character so they disregard Herod's direction to report back to him after their travels.



VIP seats in the narthex for our all-star cast!



Our multigenerational cast takes a well-deserved bow