

# News From The Good Shepherd

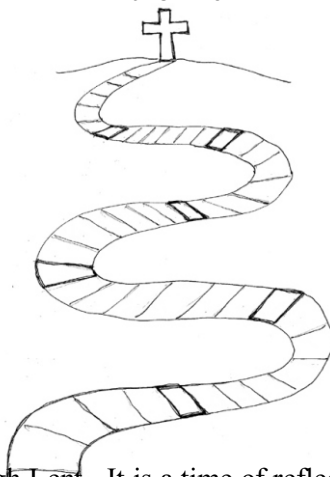
*"By the power of the Holy Spirit we will seek and serve Christ"*

The Episcopal Church of  
The Good Shepherd  
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The Rt. Rev. Dr. Prince Singh  
Bishop of Rochester  
The Rev. Lance D. Robbins  
Rector  
Dr. Karyn Robbins  
Music Director/Organist  
The Rev. Barbara Fornalik  
Deacon

March 2017



Dear Friends in Christ:

This month we begin our journey through Lent. It is a time of reflection and renewal. It is also a time to let go of the things we need not carry with us any longer, and a time to make needed changes that will guide us in our spiritual life.

Recently, our Education for Ministry (EFM) class was presented with a beautiful reflection that so reminded me of the possibilities of Lent for each of us. Author unknown, it spoke to my heart. In part it reads, "Start now. Don't wait. The changes you want to see are right before you, waiting only for you to discover them. Open your mind to the vision the Spirit has given you. Claim that vision. You are confined no longer, but set free to explore the open spaces of time, the new creations of your soul. Don't wait. Start now. Trust your holy instincts. Believe in who you have become, not what you have been.

"It's not the mistakes we make, but the changes that count. The question is not whether we have ever turned in the wrong direction, because we have, all of us, but rather if we turned around, turned in a new direction, to change the things we can, to amend the hurts we have caused, to seek the forgiveness we need to be whole. That takes courage; it takes self-awareness, honesty and accountability. In the end, we are renewed not because we have never fallen, but because we have always tried to stand up. Not matter how difficult, no matter how long. Grace is learning what it means to love."

One of my favorite prayers is from the baptismal liturgy. May the words of this prayer also be your guide, comfort, and strength during our journey through Lent. "Heavenly Father, we thank you that by water and the Holy Spirit you have bestowed upon these your servants the forgiveness of sin, and have raised them to the new life of grace. Sustain them, O Lord, in your Holy Spirit. Give them an inquiring and discerning heart, the courage to will and to persevere, a spirit to know and love you, and the gift of joy and wonder in all your works." (Book of Common Prayer p.308)

Faithfully,

*The simple but moving image of our Lenten Journey (used above) is from Canterbury Downtown, a ministry of The Episcopal Diocese of New York. Canterbury Downtown is an open and inclusive community of students from all the colleges in lower Manhattan. "Students gather for worship and a home-cooked meal, conversation, and community building during the academic year on Sunday nights at Grace Church." How cool is that!*

**CHURCH DIRECTORY**

The Rt. Rev. Dr. Prince Singh  
Bishop of the Diocese of Rochester

**Rector**

**The Rev. Lance D. Robbins**

Cell Phone: (585) 739-2281  
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**Deacon**

The Rev. Barbara Fornalik 265-1760

**Administrative Assistant**

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**Senior Warden**

Jill Daddis 315-524-9372

**Junior Warden**

Georgia Interlicchia 315-524-9880

**Vestry**

Neil Giudice 233-5000  
Keisha Stokes 880-0134  
Roch Whitman 313-8427  
Ken Nelson 671-5581  
Chris Norris 544-5284  
Lisa Peets 671-8882  
Marj Matsky 645-3222  
Tom Yourch 724-1744

**Good Shepherd Finance**

Dick Robinson 872-1670  
Treasurer  
Bruce Dunn 223-2226  
Receiving Treasurer  
Sharon White (315) 524-5634  
Dispersing Treasurer

**Convention Delegates**

Mary White 703-7068  
Denise Junker 413-6286  
Marj Matsky 645-3222

**UPDATE** Deadline:  
Tuesdays by 10 am to  
Church Office

**NEWSLETTER** Deadline:  
**20th of Each Month**  
Richard Reid 585-347-4839  
writer2363@gmail.com



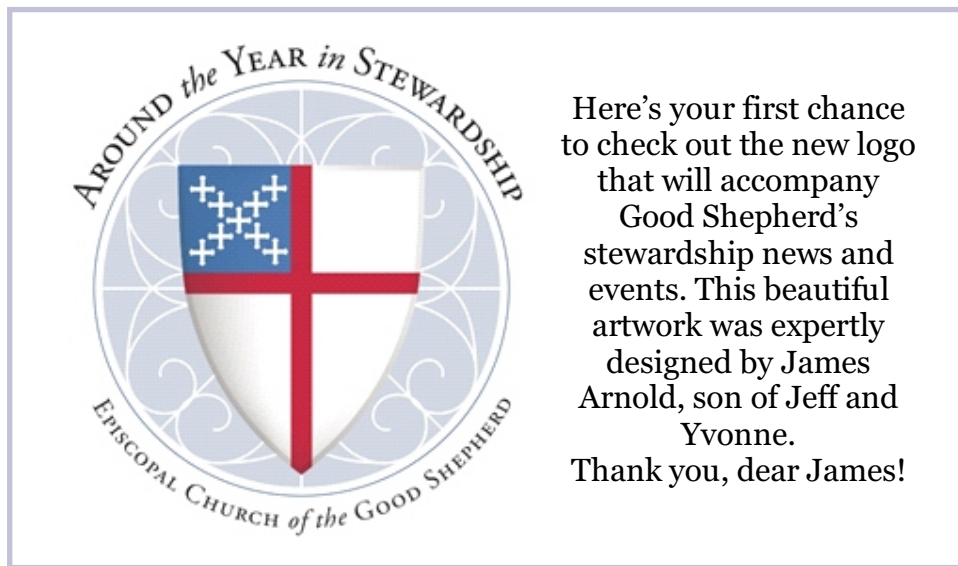
We had our first vestry meeting of the year on the third Sunday in February. We joked about having it outside! What beautiful weather!! Especially for Rochester in the winter!!

After our detailed financial review (thank you, Dick!!), we discussed what I hope will be one of our main themes for the year...stewardship. When we hear the word ‘stewardship’, many (if not most of us) just think of making our financial pledge for the year. But, in reality, it is so much more! Of course we have our financial stewardship, but we also must be good stewards of our church home, our church family, the community, ourselves, our animals, etc. Many activities we already have at church fall under ‘stewardship’; we just were not thinking of it that way. We are putting together a calendar for the year of our key dates of stewardship events for the church. Look for it in early March, *Around the Year in Stewardship*.

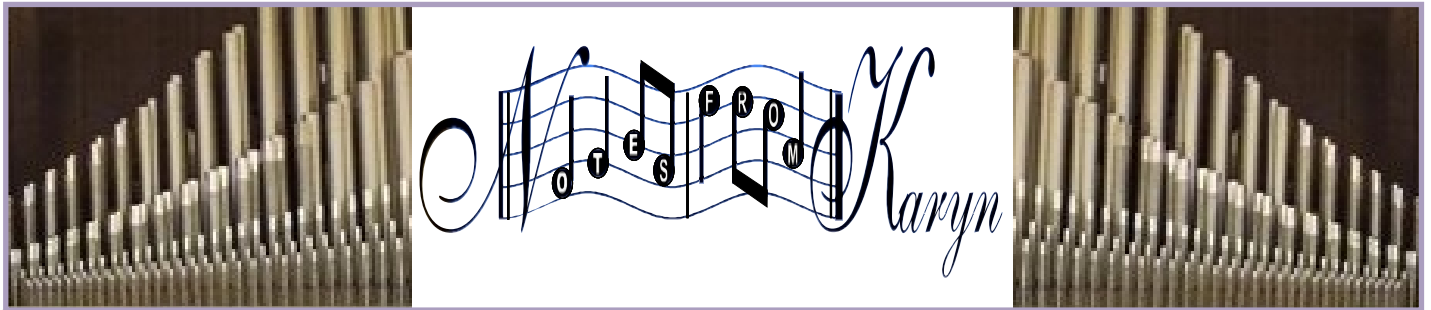
You will see a banner up in the narthex soon. It comes from the Diocesan House and was created by all the churches in the diocese after 9/11. We are fortunate to have the beautiful work in our church home as a reminder of peace, acceptance, and love.

There are wonderful events being planned for the year. (As you will see in our Stewardship Calendar!) In the meantime, make note, **Night of the Heart** is on March 18<sup>th</sup>, and a **Pasta Supper** on April 1<sup>st</sup>. Hope to see you all at these fabulous events!!

Faithfully submitted,  
Jill Daddis, Senior Warden



Here’s your first chance to check out the new logo that will accompany Good Shepherd’s stewardship news and events. This beautiful artwork was expertly designed by James Arnold, son of Jeff and Yvonne. Thank you, dear James!



**“LENT HAS COME AGAIN THIS YEAR,  
FORTY DAYS TO PRAY AND HEAR.  
O LORD, PREPARE OUR HEARTS,  
EASTER LIFE AWAITS US!”  
--- HAL HOPSON**

With these words, the Junior Choir welcomes in the season of Lent.

We celebrate this season of prayer and meditation with some wonderful aids here at Good Shepherd.....the Lenten Book of Meditations, our Thursday evening series, the lessons, the homilies and.....music! (And don't forget: Lent Madness!)

Here are just some of the phrases we will sing during Lent that you may wish to ponder:

“I to the hills will lift my eyes, O whence shall come my help? It comes from the Lord!”

“God so loved the world that He gave His only begotten Son that who so believeth in Him should not perish but have everlasting life.”

“God is here, reaching out to all who gather. God is here, listening to the prayers of all.....”

“The Lord is my Shepherd, I shall not want”

“In this very room there's quite enough love for one like me.....for Jesus, Lord Jesus, is in this very room!”

May the words and music of this Lenten season be a blessing in your life.

**“AND THROUGH THESE DAYS OF PENITENCE,  
AND THROUGH THY PASSIONTIDE,  
YEA, EVERMORE, IN LIFE AND DEATH,  
JESUS! WITH US ABIDE.”  
(HYMN 142, VERSE 4)**



Tuesdays, 10:00 am

(Tuesday Mornings at 10:00 am in Narthex or Library, approximately 1 hour in length; Movies may run longer.)

- March 7 **Movie: "Jesus of Nazareth" (1977)**  
- part 1 of the TV mini-series. Each part is about 96 mins. Drawing from all four Gospels in great detail, the film's emphasis is less on spectacle and more on its characters. The cast includes Michael York, Christopher Plummer, Laurence Olivier, Anthony Quinn, Rod Steiger, Olivia Hussey, James Mason, Ernest Borgnine, Ralph Richardson, Peter Ustinov, Anne Bancroft, James Farentino, Ian Holm, James Earl Jones, Ian McShane, and Robert Powell as Jesus. Presented by Richard Reid.
- March 14 **Movie: "Jesus of Nazareth" (1977) - part 2**
- March 21 **Movie: "Jesus of Nazareth" (1977) - part 3**
- March 28 **Movie: "Jesus of Nazareth" (1977) - part 4**
- April 4 **A Visit to Temple David** (tentative)  
Presented by Barbara Fornalik

Eternal God, bless us as we continue in our journey of faith and grant that those who teach and those who learn may find you to be the source of all truth; through Jesus Christ our Lord. Amen.



The Stitches meet every Thursday morning in the Good Shepherd Library between 9:30am and noon. The Good Shepherd Book Club meets once a month. We have a formal discussion of the book between 10am and 11am but we have been known to carry over the conversation to our next Stitches meeting.

Announcing: the Stitches Lenten Challenge. The Good Shepherd Stitches have decided to GIVE instead of GIVE UP for Lent. Our group goal is 40 items in 40 days, with a focus on baby hats and small car seat blankets. We were recently blessed with a generous donation of yarn from Shari Miller. Check out our basket in the Narthex for yarn and patterns for this worthwhile challenge.

March's selection is a historical novel set in WWII America, The Heart Mender: A Story of Second Chances, by Andy Andrews. The book uses as background for its unconventional love story German submarine activity against Allied shipping in the Gulf of Mexico. An American war widow meets a German mariner leading to love and complications. The book will be discussed March 23rd.

Looking ahead to April, the book is: Seabiscuit: An American Legend, by Lauren Hillenbrand. The non-fiction book looks at the thoroughbred horseracing world during the 1930s and how Americans in the Great Depression found an unlikely hero in a horse called Seabiscuit.

--Janet Maier

**A Prayer Attributed to Saint Francis of Assisi**  
*Aka: The Peace Prayer*



Lord, make me an instrument of Thy peace;  
Where there is hatred, let me sow love;  
Where there is injury, pardon;  
Where there is error, the truth;  
Where there is doubt, the faith;  
Where there is despair, hope;  
Where there is darkness, light;  
And where there is sadness, joy.  
O Divine Master,  
Grant that I may not so much seek  
To be consoled, as to console;  
To be understood, as to understand;  
To be loved as to love.  
For it is in giving that we receive;  
It is in pardoning that we are pardoned;  
And it is in dying that we are born to eternal life. Amen.

**LIBRARY NEWS**



We will soon be in the season of Lent and I will put out the books that the library has about such. Easter books go on display a little later. Also the library has a copy of Good Shepherd's Lenten Book of Mediations from many years back that you can look at and enjoy. For additional information to help with Lent Madness I will display our books on Saints and Holy People.

Two new books for our collection are : The Language of Flowers by Vanessa Diffenbaugh and Winter Stroll by Elin Hilderbrand. Happy reading. . . .

--Marilyn Nuffer

Your church library is open whenever the church is open.



## Night of the Heart Spring Fundraiser Has Arrived!



A fun afternoon of live music, live and silent auctions and yummy treats is ready for you to enjoy on Saturday, March 18th, from 4:00 - 6:30 PM. The annual Outreach fundraiser, **NIGHT OF THE HEART**, to be held in the afternoon, will be held in the parish hall. Tickets to attend are \$10.00/each and are on sale after Sunday church services. Children's tickets are \$5.00.

The donation list is extensive this year, with some returning merchants and items, and some new additions. Chip Arnold silver jewelry, both pendants and earrings, Lance's homemade bread loaves, Karyn's pie, Annie's dinner (Dinner made and served at Annie and Joe Bishop's house for 8 guests), golf passes, Bobby Rosato 2 hours of live music, dinner and live music at Marj Matzky's lake front cottage are among the donations, as well as gift cards/items from Scott Miller Salon, Kittleberger Florist, Rochester Red Wings, SeaBreeze Amusement Park, Parish Painting Party by Christine Norris, Virginia Braum watercolor, Barry's Old School Irish Pub and many other items.

The success of this event is dependent on your attendance so please come! All donations benefit the Outreach work that we do as a parish. Thank you so much for your support of this good work!

PS ~ if you are available to help with set up at 10:30 AM on Saturday or clean up following the event, please let Father Lance, Yvonne Arnold or Marj Matzky know.



The Good Shepherd Stitchers enjoyed two sewing projects at our last meeting.

We made clothing protectors for residents of a group home and fabric bags for the Newcomers Ministry. We have a good start on our **40 items in 40 days** challenge. Everyone is welcome to join us on Thursday mornings NGOs from 9:30 until 12 noon. No prior experience necessary!



## Meet Your New Vestry Members

by Richard Reid

*Editor's Note: At the Annual Meeting on January 22<sup>nd</sup>, Marj Matzky, Keisha Stokes, and Roch Whitman were elected to the Vestry following their election by popular acclaim. Let's take a closer look at them.*



### **MARJ MATZKY**

A retired physical education teacher from the Brighton Central School District, Marj Matzky has been attending Good Shepherd ever since she first went to the St. Andrew's chapel on the lake about ten years ago. Long a resident of East Irondequoit, she moved to Webster almost two years ago to a house very close to Lake Ontario because, "I enjoy the beauty of the lake," adding, "and I like to swim and fish." Family is also important for her. Between her two sons, Karl and Erik, and daughter, Jill, she has ten grandkids "who keep me busy since they all live in Rochester."

This is Marj's second stint on the Vestry, having returned after her first term (2012-2014). During her first term, she served as the Vestry's liaison with the Outreach Committee which nicely meshed with her interest in "spending time with others less fortunate." In the interim since, Marj has helped out with many Outreach activities, including Night of the Heart and the Takeout Chicken BBQs. She also serves in the clothing ministry at St. Joe's House of Hospitality, and more recently, coordinating Good Shepherd volunteers who help feed the homeless at Bridge House in Rochester. Additionally, she is serving on the REACH Advisory Committee for Bridge House and with REACH Advocacy, a group that is advocating for the homeless.

Auditing the Education for Ministry (EFM) program also keeps her busy. "Between that, attending Wednesday morning Bible Study, and Adult Ed on Tuesdays, I am learning the New Testament," she proudly declares. She is presently a member of the Stewardship Committee. As for her new Vestry position, Marj has not yet been assigned to an area but simply states, "I will do what I am asked to do." Thank you, Marj, for serving once again.



### **KEISHA STOKES** (authored her own profile)

As a long-time member of Good Shepherd, I am excited to be starting my second term as a member of the vestry. I enjoy helping make decisions about the life and activities of our parish and I am looking forward to helping our church continue to grow as we move into the future. I have been involved in all sorts of church activities since joining Good Shepherd in 1999, including choir, chimes, brass ensemble, acolyting, lay reading, and EFM. I am also the youth group leader and I love spending time with our middle and high school students during caroling, lock-ins, and other youth group activities.

*continued*

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When I am not at church I am teaching reading to 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> graders at Victor Intermediate School. I also coach cross-country and outdoor track at Webster Schroeder. One of my favorite responsibilities is serving as the Diocesan Youth Missioner. In this position, I help plan and lead youth events throughout the year. One of my favorite youth events is our yearly Roc the Diocese! Youth Retreat which takes place every April. I am especially excited for this year's retreat because our team is made up of many members of Good Shepherd- both youth and adult.

In addition to my youth ministry work, I am also a member of the Commission on Ministry and I will be representing the Episcopal Diocese of Rochester at General Convention in Texas in 2018. The never-ending love and support I have received from my church family has shaped me in so many ways. This past November, I started the Discernment Process with a team of people right here at Good Shepherd with the end goal of eventually becoming an ordained priest. Good Shepherd has made me the person I am today and I am honored to be able to give something back to a place that means so much to me.



**ROCH WHITMAN** (authored his own profile)

Hello members of the Good Shepherd family. My name is Roch Whitman and I have been a parishioner here with my family – wife Nan and daughter Mackenzie – for more than 20 years. Father Lance married Nan and I in 1990. Mackenzie was baptized here in 1998. In the early 2000s I taught Church school for a couple of years and since that time I have been a reader and usher – usually for the 8:00am service for the past six years or so. Like many fellow Vestry members, I am a boomerang, having been a member from 2003 – 2007, and as Jr. Warden in 2005/06 and Senior Warden 2006/07. Presently, I am in my 4<sup>th</sup> year of EFM.

I am currently Director of Graduate & Part-time Enrollment at Rochester Institute of Technology (RIT) where I have worked in various marketing functions for 20 years. I also have worked as a business analyst at the start-up consulting firm, Venture Business Plan Group, where I assisted individuals and groups with business plan development and fund sourcing. Before that, I was a partner in my own consulting firm, Whitman Lane Associates, and prior to that served as Director of Marketing & Development for East House Corporation. I also have taught marketing courses at Monroe Community College in Rochester and have served on the Boards of several Rochester-based human service agencies. I hold a B.S. in Marketing (1981) and an M.B.A. (1986) from RIT.

I've agreed to again serve on the Vestry because of my love for this church community and Father Lance and the gratitude I have for the impact he and this community have had on the lives of my family. I bring to the Vestry skills and experience in marketing and public relations along with fundraising and planning. Additionally, my previous experience on the Vestry during which we worked with the Diocese to refinance our church mortgage gave me insight to the importance of the relationship between our church and the Diocese. During the next three years I want to contribute in whatever ways I can to ensure that this community of faith can continue to be a blessing to individuals seeking Christ.

## THE NEWCOMERS COMMITTEE ON THE MOVE

By Richard Reid

*“Therefore welcome one another as Christ has welcomed you” -- Romans 15:7*

Yeah, welcoming in churches goes all the way back to the first century. You’d think by now churches would be absolute pros at it. Some are but many are not. At Good Shepherd, we’re trying to become better and since forming in February 2016, the Welcoming Committee has shown some positive results. Not that parishioners John and Nancy Van Hooydonk, long Good Shepherd’s “unofficial welcoming committee,” haven’t been doing a splendid job over the years (and they have no plans to become downright unfriendly any time soon). If it indeed takes a village to raise a child, then perhaps it takes more than one dedicated couple to see that people who enter our Narthex on Sunday mornings get more than just a hearty, “Good Morning” and directions to the Sanctuary and then to the Parish Hall afterwards.

Thoughts such as these are why “Welcoming” was seen as something closer to a six-month process hence the new name: “Newcomers.” Kris Murray, co-chair of Newcomers, explained, “I think people who are struggling in the world could find a lot of comfort in our church. Fr. Lance offers a great message and we have a great set of programs for many diverse interests.” Although a parishioner for north of 30 years now, she remembers what it was first like: lots of questions that need answers, invites to join others in parish activities to ease the awkwardness of being a new arrival, and seeing that Fr. Lance has the details he needs for a timely follow-up visit. The Committee began a program in Fall 2016 for recent arrivals: a New Member Breakfast at least twice a year. The latest one will be Sunday, March 12, at 9am – but you don’t have to just be a recent arrival to attend. In fact, it would be great if a few couples or families could also be on hand to chat, whether if you’ve been here for a couple of years or nearly a lifetime.

Current co-chairs of Newcomers are Kris Murray and Marlene Allen, assisted by members Annie Bishop, Georgia Interlicchia, Christine Norris, Richard Reid, Mike Rosato, and Don White. Formed in the late winter of 2016, the group meets six times a year. Is this a ministry that appeals to you? If so, please speak with one of the members. They promise you don’t have to go to any of those six meetings (unless you really, really want to). What you can do is to become one of our roving ambassadors on Sunday mornings, distributing a welcoming sheet (in preparation) and handing out a little welcoming bag (with small gifts like a magnet with the inscription, “You are God’s Beloved”), and other items. “We want people to feel welcomed, not just the first time they arrive, but throughout their stay with us,” adds committee member Annie Bishop. “It’s all of us,” states Father Lance. “Each of us must live out the Biblical command to welcome the stranger just as Christ has welcomed us.”



**Good Shepherd Folks!**  
**Don't forget to Spring Forward**  
**Sunday, March 12<sup>th</sup>!**  
**You don't want to be that guy**  
**just parking his car**  
**when Coffee Hour starts!**





## STEWARD OF THE MONTH

by The Stewardship Committee

This month we would like to recognize Bruce Dunn. Bruce is an expert sound man. He has done an amazing job with our sound system. Recently he replaced the speakers in our sanctuary. There are some people who used to use the hearing loops that don't even need them anymore! Bruce is also very knowledgeable with computers. When we have a computer problem in the office he responds quickly. Bruce also sings with the choir and is a counter. His wife, Lisa, is a reader during the 10:15 service and we enjoy his grandson Isaac when he is with us. Thanks go out to the Dunn family.

We would also like to acknowledge Maureen and Peter Marr. They are two amazing people. If you wonder who makes sure the Christmas decorations are made and hung and who makes sure we have palm crosses, these two parishioners are the people to thank. Maureen also makes sure we have ushers at our services and at funerals. Peter sings with the choirs and is a soloist. He also sings duets with his granddaughter, Kylie. They were also very involved in the Boar's Head Festival. Thanks to the Marr family for all that they do "behind the scenes



Patrick Murray, son of John and Kris Murray, is working for the Nashville Predators NHL Hockey team for his senior year at SUNY Canton where he is studying Sport Management.

He is experiencing great moments in hockey, one of which was a chance to stand next to the Stanley Cup, hockey's most prestigious award. This has been a dream of his since he was little.





"Good Shepherd parishioners continue help build a school in Guanacaste, Costa Rica by buying a brick at \$1 each, the fundraising idea of our newest seminarian (and long-time parishioner) Steve Robb. (And you thought Lego was just a kid's toy.) Way to go, Steve!!"

Meanwhile, the Sunday School kids are starting to gather change each week to build their own masterpiece downstairs!



Bring on the pancakes! Good Shepherd's beloved Shrove Tuesday Pancake Supper (hosted by our Youth Group) raised money for the Costa Rica school fund



Steve rallies the congregation



In addition, **Mugs** and **Note Cards** of the individual stained glass windows can be ordered at a cost of \$10.00 for each mug and each set of (7) 5x7 cards.



**Digital Poster Prints** of both the stained glass windows and the Church sanctuary are again available at a cost of \$15.00 each.

All of the proceeds from these sales will go to the church. Please contact **Maureen or Peter Marr** in person or at **872-6579** if you want to purchase any of these items. Thank you.

~ Maureen & Peter Marr

HAPPY

Catherine Dean	03/02	Marge Baker	03/19
Kate Bryant	03/03	Donald White	03/19
Bob Markham	03/04	Diane Babcock	03/19
Kristin Darrer	03/04	Elise Beardsley	02/20
Karen von Kaenel	03/06	Cal Robinson	03/21
Jayne Wille	03/07	Bob Miner	03/21
Shannon Rosato	03/10	Pete Burkardt	03/22
Denise Junker	03/11	Adeline Roselli	03/23
John White Jr.	03/11	Madison Chacchia	03/23
Charles Duke	03/13	Andrea Fornalik	03/27
David Robinson	03/16	Emily Nitschke	03/28
Caroline White	03/17	Mark Pierce	03/28
Shirley Lockwood-Kushall	03/17	Joyce White	03/29
Ken Nelson	03/18	Alex Brashich	03/30
Jeff Curtin	03/19	Jacqueline Breidt	03/31
Carolyn Pfrommer	03/19		



BIRTHDAY



Winter Scene (A)



Winter Scene (B)

Notecards  
St. Andrew's Chapel



Interior (A)



Summer Scene

Note cards of St. Andrew's Chapel are available for \$1.00 each. There are now FIVE available, two interior images and three exterior scenes. Cards can be ordered through **Martha Conte, 315-524-5310** or **Carolyn Pfrommer, 315-524-9281**. Envelopes are included. Proceeds will benefit the Chapel Fund.



Interior (B)