



PASTORAL CARE MINISTRY AT INCARNATION

Although The Church of the Incarnation has had a very successful program for visiting and caring for people that are homebound; the Pastoral Care Group has been slowly evolving into a single effort to offer caring and Spiritual support to Parishioners who have been unable to participate in activities at The Church of the Incarnation, usually due to physical problems such as illness. Support activities include Home Communion, meals, cards, visits, transportation etc.

The current committee consists of

Cork Dinan	Bob Dobbin
Andy Johnson	Judy Masten
Linda Nicodemus	Shirley Rosini
Pam Simmons	Tod Timmel
Rev Vicki Prescott	

Our meetings are scheduled quarterly at which we pray and report on current activities as well as plan for the needs of our Parishioners. Some of our members have received special training through a diocesan program and others have been trained by Vicki.

Our Lay Eucharistic Ministers currently visit nine Parishioners on a regular basis. Vicki has added a prayer and a "sending out" ritual to our weekly service.

Many other Pastoral Care activities are handled quietly by our members.

All the Pastoral Care Ministers have shared that these are deeply rewarding experiences. Development of new personal relationships, and assuring members of The Church of The Incarnation that they can *always* be linked to the church long after they can no longer attend formal services, represent a few such outcomes.

Anyone interested in joining in this ministry or who might need help should consult Vicki, Janet Seabridge or any of our members for more information or assistance.

Sincerely,
Tod Timmel
Pastoral Care Team Member



RECIPE OF THE MONTH

If you have a recipe you would like to submit, please send it to Shirley Rosini at 72 Havenshire Road, Rochester, NY, 14625 or surlyujst@yahoo.com.

Paul's Pumpkin Bars

4 eggs
1 2/3 cups sugar
1 cup cooking oil
1 16oz. can pumpkin
2 cups flour
2 tsp baking powder
2 tsp cinnamon
1 tsp baking soda
1 tsp salt

Beat eggs, sugar, oil and pumpkin till light and fluffy.

Combine flour, baking powder, salt, baking soda and cinnamon. Add to pumpkin mix and mix thoroughly.

Spread pumpkin mix in ungreased 15x10x1 Jelly Roll pan. Bake in 350° oven for 25-30 minutes. Cool before frosting. Makes 2 dozen bars.

Frosting

1 3oz. pkg. cream cheese, softened
1/2 cup margarine
1 tsp vanilla
2 cups powdered sugar

Beat cream cheese and margarine. Add vanilla, then sugar, beating till smooth.

*~ Recipe submitted by Jane Reeve
from Applehood & Motherpie*



"Dear Sir or Madam,

As you know we are a group of blind people that meet in your church once a month. We would like to thank you again this year for letting us use your church for your meetings. Please accept this check for \$50 as a donation to show our appreciation.

*Thank you,
Friends of Frank"*



2009 CHRISTMAS PAGEANT A SUCCESS!!!

If you attended the service on December 20th you know what a terrific job the children did in this year's Christmas Pageant! Led by **Sherry McCarthy** and **Sara Cegelski**, the children retold the traditional story of Joseph, Mary & Jesus in the stable with the animals and the wise men being guided by the angels to visit them. Thank you to all the children who participated:

Narrator: Leah McCarthy
Gabriel: Tallia Maness
Mary: Dana Owens
Joseph: Dylan Valcore
Innkeeper: Ket Cost

Prophets:
Jeremiah Carly Seabridge
Micah Paul Irving
Isaiah Megan Spath
John the Baptist Theo Cegelski

Star Angel: Lindsay Lembo

Angels: Catherine Alexis, Elise Black,
Sage Gerhartz-Johnsen, Ellen Irving,
Cleo McDermott, Drew McDermott,
Lindsey Povia

Magi:
Caspar (Gold) Ana Leeper
Melchior (Frankincense) Andrew Alexis
Balthasar (Myrrh) Nick Maness

Shepherds: Alec Leeper, Charlie Meindl,
Daniel Melnick, Ryan Povia

Animals:
Donkey Mason Masceri
Goats Sam Maness, Jack Maness
Sheep Elena Skizim, Maya Masceri
Cows Aiden Gray, John Seabridge

Thank you also to the parents and grandparents who sat through many rehearsals, and helped their kids practice at home. We couldn't have done it without your help!

Middle School Discussion Group – A YEAR OF SERVICE

This year, the Middle School Discussion Group has been focusing on being of service as Christians to their church, their community and to the world. They began by identifying issues that were important to them personally – a greener earth, world hunger, helping others, ending violence and contributing to economically disadvantaged communities, both close to home and faraway.

The group then brainstormed a series of service projects they would like to complete in order to address these issues. They began by generating a list of seven ideas to make our church a greener place and are hoping that many of these ideas will be implemented.

The next project they took on was titled *The Free Rice Challenge*. Members of the congregation were asked to visit www.freerice.com. This website enabled visitors to donate 10 grains of rice to the United Nations World Food Program for each correct answer they gave to questions in categories such as art, chemistry, grammar, vocabulary, geography, languages and math. Ten grains of rice is a tiny amount, but with a combined effort, we can make quite a difference!

The middle school students distributed tracking slips to the church school classes and to the congregation and have been keeping track each week of how much rice we have donated.

Stay posted for more service projects, and thank you for your support of their efforts!

SEVEN IDEAS FOR A GREENER CHURCH

By the Middle School Discussion Group

1. Plant air-cleaning plants in the garden and church. Examples include Golden pothos, peace lilies, and English Ivy.
2. If you live close by, bike, ride a scooter or walk to church in nice weather.
3. Consider carpooling to church.
4. Make two-sided copies whenever possible. When taking notes, write on both sides of a piece of paper.
5. Replace Styrofoam and plastic products with paper products. At church events, try to stick to one napkin per person.
6. Switch all or most light bulbs to CFLs (compact fluorescent bulbs). Turn off lights when rooms are not in use.
7. Recycle paper rather than throw it away. Get recycling bins for all the church school rooms.

YOUTH GROUP



Our Youth Group will continue to review and discuss the real-life lessons outlined in our "**Success for Teens**" book this year. Last year we talked at length about the various lessons including: **Little Things Matter:** Knowing What to Do Isn't the Same As Doing It; Make the Right Choice at the Right Moment; The Ripple Effect; What Does Success Mean to You? **Attitude is Everything:** Your Philosophy Is the Key; How You View Yourself Creates Your Life. **Use The Moment:** Your Circumstances Aren't You; You Can't Control What Happens to You, Only Your Reactions; When You Stop Blaming, You Take Back Your Power; "Someday" Never Comes.

This year we hope to delve further into the lessons exploring the points outlined in the next chapters, including: **Everything Starts with Small Steps, There's No Such Thing As Failure, Habits Are Powerful, You're Always Learning, and Make Your Dreams Come True.**

We were grateful to have Vicki join our group and bring our meetings into focus with a thought-gathering moment of silence as well as an opening and closing prayer. She also encourages each member of our group to speak freely about the concerns they face in everyday life. I truly believe we walk away from our meetings feeling somehow relieved and refreshed in knowing that we can all relate to the ongoing challenges life presents us.



GAME NIGHT

January's Game Night is being hosted by Phil & Shirley Rosini on *January 16 at 7:00 p.m.* at their home, 72 Havenshire Road. All adults are welcome. Bring your own beverages and a snack to share. You can also bring a game to share if you'd like. Mark your calendars now; upcoming dates are:

February 20
March 20
April 17
May 15

If you would be interested in hosting a game night, at the church or at your home, contact Tracey Povia at 872-7431 or tap55@rochester.rr.com.

MIND, BODY, SPIRIT

This is a new column that will appear in each newsletter. If you would like to submit an article for this column, please speak to the Rector.



We all remember the transformation that took place in Ebenezer Scrooge when he decided to change his miserly ways. Suddenly he was joyful and took delight in the happiness of others. We might describe this as an "attitude change" that caused him to change his behavior. However new research is raising the possibility that changing behavior itself brings about a change in attitudes, emotions, and physical well being.

A recent article in the New York Times talks about a 36-year-old woman in Los Angeles whose health and spirits plummeted after receiving a diagnosis of a degenerative disease. A holistic health educator gave her a 29-day prescription of giving a gift on each of those days. Sometimes the gift was something like making a supportive phone call to another person. At other times it was serving a special desert to her husband. Her illness was not cured from this prescription, but it did have a positive effect on her ability to cope. She became more mobile and less dependent on pain medication.

This article quotes Stephen G. Post, the director for the Center for Medical Humanities, Compassionate Care and Bioethics at Stony Brook University on Long Island as saying, "There is no question that it gives life greater meaning when we make this kind of shift in the direction of others and get away from our own self-preoccupation and problems -- but it also seems to be the case that there is an underlying biology involved in all this." (New York Times, Tuesday, December 1, article by Tara Parker-Pope)

In these difficult times there is a temptation to become preoccupied with our problems and overlook the ways in which we might be helpful to others. Being generous is not a guarantee of a trouble-free life. But it does soften our hearts in ways that make us more receptive to receiving God in our lives, and it lends strength to our efforts to combat the personal challenges that we face.



The Messenger

Epiphany



Dear Friends,

While visiting my father for the Thanksgiving holiday, I began a project of documenting an oral history of the Prescott family. With camcorder in hand, I captured my father and my two uncles retelling old family stories as we had coffee and dessert around the dining room table. When I played back the tape, I heard myself laughing yet again at the tales from their childhood that I have delighted in hearing over the years.

The next day I conducted a more formal interview by having my father, my brother and my nephew seated on the sofa in the living room where I began the discussion by asking them to point out their favorite item in the room. As each of them identified different things, the memories of our shared history began to flow. We listened deeply to one another, and we grew in our understanding of the meaning that events of the past held for each of us.

Entering into this dialogue with three generations of family members renewed my appreciation for the ways in which our lives take on meaning through the traditions that we honor from one generation to the next. At the same time, our reminiscences often focused on the events that had brought change to our lives. In some instances the memories of loss and sorrow were vivid and the consequences of those changes still undefined.

The Christmas season is a time of sharing old memories and also creating new ones. Often, years that have brought significant change leave us disoriented and sorrowful. We have the assurance, however, that God's love enfolds us in our sadness and leads us to the promise of things unseen. The Christmas narrative is our shared story that has guided us in our common history throughout the centuries. May we rejoice in the retelling of that story as we celebrate God coming into the world in the person of Jesus.

Yours in Christ,
Vicki



ANNUAL MEETING TO BE HELD JANUARY 24

The annual meeting is the time when the parish gathers to celebrate its ministry, to honor those who have made special offering of their time, talents and gifts throughout the years, and to elect members to the vestry for the coming year. This year's meeting will be held on **Sunday, January 24th**, following a **single service at 10a.m.** The meeting will take place in the Great Room with a potluck breakfast.



The Nominating Committee has presented the following slate of candidates for 2009:

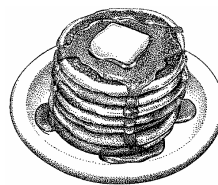
Warden, term of 2 years:	Scott Seabridge
Vestry, term of 3 years:	Antonio Gray
	Ray Owens
	TBD
Vestry, term of 2 years:	Roger Quinn
Diocesan Delegate (3 yrs):	TBD
Alternate Delegate (3 yrs):	TBD
Alternate Delegate (1 yr):	TBD

According to the Vestry Guidelines, eligibility for voting at the Annual Meeting is satisfied when:

1. You are at least 18 years of age.
2. You are regular in your attendance at worship.
3. You are a contributor of your time, talent and resources to the ministry of the parish.

Please mark *January 24th* on your calendar. We look forward to the participation of all of our members.

SHROVE TUESDAY PANCAKE SUPPER



Save the date: The Vestry is hosting its annual Shrove Tuesday Pancake Supper on *February 16th* from 5:30 p.m. – 7:30 p.m. in the Great Room. Cost is \$5/adult, \$2/child with a maximum of \$15/family. Don't miss this opportunity for fellowship and a great meal!

IMPORTANT DATES

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| Jan 17 | Family Service at 10am
(no church school) |
| Jan 24 | One service at 10am – Annual Meeting |
| Feb 16 | Shrove Tuesday Pancake Supper |

