

# The Messenger

## June-July 2009



### GOOD LUCK GRADUATES

**Zaque Evans** graduated from Penfield High School with a Regents diploma with distinction. Zaque is an Advanced Placement (AP) scholar; and has served as his class president all four years (the first time ever in Penfield!). He was also named "Best Director - One Act Plays". Zaque will be attending The University of Buffalo in the fall, majoring in History with a double minor in Environmental Studies and Communication. He received an academic scholarship from UB. His goal is to announce the UB football and basketball games!

**Jamie Gerhartz** graduated from: St John Fisher College with a Masters Degree in Special Education. She was inducted into Kappa Delta Pi (Education Honors Society). She will be looking for work as an adolescent Special Education or English teacher starting this fall.

**Keri Omphroy** graduated from The University of Buffalo with a Bachelor's Degree in Nuclear Medicine Technology. She graduated Cum Laude. Keri will be pursuing a Masters Degree in Medical Physics at Rosalind Franklin Medical School in North Chicago starting in the fall.

**Laura Masceri** passed her NY State Board exams to receive her State License for Social Work. She will continue in her current position as a Social Worker.

**Megan Miraglia** graduated from The Friedman School of Nutrition Science and Policy at Tufts University with a Master of Science in Nutrition. Megan also completed her ADA accredited dietetic internship and recently passed the Registered Dietitian Exam accredited by the American Dietetic Association. She is now a Registered Dietitian. Megan is currently job searching in Boston and D.C. with an interest in the area of prevention, wellness and childhood obesity.



### CONGRATULATIONS CONFIRMANDS

Thanks to the hard work and dedication of **Sara Cegelski**, six adolescents were confirmed here at Incarnation on Sunday, June 21. Sara graciously devoted much of her personal time and energy into this group. Thank you, Sara!



#### **Ana Leeper**

Ana is 13 years old and is a 7<sup>th</sup> grader at East Rochester Junior/Senior High School. Her many hobbies include soccer, volleyball, art, reading, babysitting and listening to music. The things she has most enjoyed about confirmation class and discussion group are making friends and discussing the idea of the golden calf. Ana likes to be involved in church by serving as an acolyte, doing service projects and helping with nursery care. Confirmation means "becoming an adult member of the church" to Ana.



#### **Theo Cegelski**

Theo is 13 years old and is a 7<sup>th</sup> grader at Bay Trail Middle School in Penfield. His interests include Taekwondo, reading, fishing, history, playing football, chess, biking and hiking. In confirmation class and discussion group, Theo has most enjoyed making good friends and discussing the Ten Commandments. Theo likes to be involved in church by participating in family Sundays, doing service projects and getting together with friends. Theo's perspective on being confirmed is that he will actually be considered a part of the church as an adult member.



***Will Cost***

Will is 13 years old and attends Bay Trail Middle School. Will's hobbies include trombone, guitar, reading and riding his bike. Will most enjoyed the last confirmation class when Rev. Vicki reviewed the Eucharist. He also enjoyed being with the other kids. Will likes to be involved in church by serving on the altar as an acolyte. He also likes the social time after the service. For Will, confirmation represents being a full part of the church.



***Adam Morrison***

Adam is 12 years old and is a 7<sup>th</sup> grader at the Norman Howard School in Henrietta. Adam's hobbies include photography, skiing, martial arts, as well as TV and video games. Adam most enjoyed making good friends in confirmation class and discussion group this year. He really felt like he fit in. Adam most likes being involved in church by joining in with the parents. Confirmation represents a step up in his life to Adam.



***Katie Lembo***

Katie is 13 years old and is a 7<sup>th</sup> grader at Bay Trail Middle School in Penfield. Katie's many interests include dance, Penfield Varsity track and field, violin, girl scouts, cross country and reading. Katie most enjoyed the conversations about church in confirmation class and discussion group. Katie likes to be involved in church by attending church services and activities, singing in the church choir, liturgical dance and helping in church school with the little kids. By being confirmed, Katie will see herself as an official part of the church.

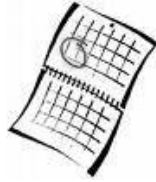


***Nicole Collins***

Nicole is a 12 years old and is a 7<sup>th</sup> grader at Bay Trail Middle School in Penfield. Nicole's interests include soccer, jumping on the trampoline, playing the Wii and doing arts and crafts. The things she has most enjoyed about confirmation class are sharing information at the beginning of class and discussing what has been learned so far. Nicole likes to be involved in church by helping out at events, volunteering and going on outings. Confirmation means having a confirmed belief in God and your faith to Nicole.



### MARK YOUR CALENDARS:



- July 5 Summer Services begin – 9:30 a.m.
- July 12 Healing Service – 9:30 a.m.
- July 26 Morning Prayer (no Eucharist)
- Aug 7 Chicken Barbecue – 5:30 p.m. till sold out
- Aug 9 Outdoor Worship Service
- Sept 6 Last single service at 9:30 a.m.
- Sept 13 Church School Registration  
Return to 8am & 10am services

### CHANGE IN OFFICE HOURS FOR SUMMER

Beginning *Tuesday, July 7*, my hours in the church office will be Tue/Wed/Thu from 9:00 a.m.–3:00 p.m. Regular office hours will resume on Tuesday, September 8 (Tue-Fri, 9:30-2:30). Voice mail and e-mail messages continue to be an effective way to communicate with me in the office.

~Janet Seabridge



### PARISH NOTES

- ü Congratulations to RIT senior **Kelsey Evans** who was recently named the Empire 8 Women’s Lacrosse Goalkeeper of the Year for the third straight season. Way to go, Kelsey!
- ü Congratulations to **The Rev. Andrew Johnson**, who was ordained a Deacon on May 2, 2009. The ceremony was held at St. Thomas’. Andy preached his first sermon as Deacon here at Incarnation the next morning.
- ü A pair of ladies’ reading glasses and a Bic candle lighter were recently found in a Ziploc bag on the secretary’s desk in the church office. Please call the office at 586-7860 if these items are yours.



We would like to express our gratitude to **Heather Melnick** for leading the Hospitality / Special Events team for the past 2+ years. Heather took over the role during Vicki’s Sabbatical in the summer of 2007. Heather’s hard work will be missed!

### URBAN SUMMIT MINISTRIES – WHAT IS IT?

An Urban Summit Ministries Workshop was conducted on *Saturday, May 30<sup>th</sup>* at St. Paul’s Church, Rochester. The Revs. Vicki Prescott and Andy Johnson attended as representatives from Incarnation. We have been active in the planning stages of Urban Summit since November 2008. The purpose of the Urban Summit program is to involve the Episcopal parishes in Rochester and Monroe County in:

1. Identifying needs for ministry in their communities.
2. Identifying and raising up ministries of the various parishes already in progress.
3. Encouraging cooperative ministries and joint activities among city and suburban parishes.
4. Define and raise up a mission “identity” for the diocese in and around the city.

We were first welcomed by Bishop Singh. He introduced former Rochester Mayor William Johnson, who talked about conditions and realities in the city. This was followed by a panel discussion with Mayor Johnson, representatives from the City School District and ABC (Action for a Better Community), a professional volunteer coordinator, and City Council member Carolee Conklin, who is a parishioner at the Episcopal Church of the Ascension. A lot of good information was exchanged as people from the parishes learned about some facts of life and needs for volunteerism in our city, including some positive statistics about areas where church volunteers are already at work.

The afternoon was spent in small groups discussing existing ministries, hopes for the future, prioritizing and planning. The groups were deliberately composed of representatives from different parishes interacting with one another.

A 12-member planning committee has been established in consultation with the bishop; Andy Johnson will be a member. We will meet in June to work on a definitive “ministries event” in the fall to be scheduled away from the Diocesan Convention.

In connection with item number 4 above, I report to the vestry that Vicki and Andy will be meeting with the interim Rector of St. Mark’s and St. John’s Church in Rochester, the Rev. Cindy Rasmussen, and their deacon, the Rev. Suzanne Johnston, to explore shared ministry and activity possibilities for our two parishes. The deacons have been talking about this for a long time and have identified several areas where each parish might help and strengthen the other. Partnerships between suburban and city congregations is high on the bishop’s agenda for the diocese.

## GRUMPYS & PATCHWORK: ON THE ROAD

The *Grumpy Old Men* and the *Patchwork Women* took their shows on the road on Thursday, May 21<sup>st</sup> with a joint meeting that started at the Rochester Public Market with a tour conducted by our deacon, Andy Johnson, who is also president of the non-profit volunteer group, the *Friends of the Rochester Public Market*. Twenty-four members of Incarnation participated.

We talked about the history of the Market and its emerging role as a meeting place in today's Rochester. We toured the "sheds", stopping and shopping among the vendors. We then visited the Market office and the "EBT token" program which operates there. In July 2008, the *Friends* began exchanging the benefits contained in food stamp clients' Electronic Benefits Transfer – or **EBT** – cards for market-exclusive tokens that can be spent for eligible food items with the vendors, who then turn the tokens back to the *Friends* for face value. This gives the food stamp clients access to locally grown fresh food at farmer-to-you prices while providing added business for our over 100 growers and producers, who recognize higher profits for goods sold at the Market.

This initiative has grown so quickly that it has become the showplace EBT program in the state and, probably, the nation. Due to growth, a second token exchange site will be opened on the Market this summer. While the operation is supported by grants from the *New York State Farm Market Federation* and the *Joseph and Marie Wilson Foundation*, actual volunteers are needed to run the exchange sites and groups like ours are prime sources of these volunteers.

Our "field trip" finished with lunch at Charlie Brown's on North Goodman Street. Andy talked about other volunteer opportunities at and around the Market. Most notably, tour guides, or "docents", are needed to help with the "Market Bounty" that the *Friends* have undertaken with the support of the *Greater Rochester Health Foundation*. This is designed to encourage healthy eating, emphasizing the fresh locally-grown produce available in Western New York and targets the thousands of grade school children that tour the Market each year as well as our EBT token users.

There are also volunteer openings helping with the "Chefs at the Market" program which will develop a quality teaching kitchen available for the existing Saturday morning demonstrations by local chefs. We hope that this will eventually become a "community kitchen" available to neighborhood groups, ethnic organizations etc.

## INTRODUCTION TO INCARNATION

"Introduction to Incarnation" is a monthly feature designed to help us get to know what groups are currently active at Incarnation. We hope to enlighten as well as to possibly entice you to choose a team with which to work.

### *This month: **The Property Team***

I have been asked to share information pertaining to the Property Committee. The individuals who make up the Property Committee are dedicated to the physical needs of the church's property. The committee is made up of individuals whose talent range from electrical, pumping, carpenter, gardening, and a host of others.

This group of people takes on tasks both large and small where they can which help the church minimize the cost of the up keep of our property. When the committee is up against a task which outweighs our talents we provide support by analyzing the problem, determining the best course of action, and then recommending and over seeing the professional service that would resolve the issue.

The committee holds meetings as often as once a month to review current issues. Anyone with any level of talent is welcomed to join our group since the "To Do" list never seems to end!

Some of our current members include: Bud Baumer, Carl Brant, Bob Dobbin, Jim Krueger, Linda Nicodemus, Mike Povio, Scott Seabridge, Ron & Pam Simmons, John Wilder, Dorothy Wojnowski and Andy Wojnowski.



## DAY OF CARING – THANKS

Many hands made light work when volunteers came to visit us on *Thursday, May 8*, the United Way Day of Caring. Heritage Christian Home graciously shared their assigned volunteers with Incarnation so we could benefit from the labor.

- Thanks to **Pam Simmons & Linda Nicodemus** for cooking a hearty breakfast for the troops.
- Thanks to **Peter Melnick** for organizing and supervising the various projects and providing supplies.

# Chicken (and Pork) Barbecues



Aug 7  
Sept 4  
Oct 3

We are once again holding our famous "Drive-thru" barbecues this year. Our first BBQ was held May 29, and was a huge success, bringing in over \$1,000 for our budget. The next BBQ was a first for us; it featured Pulled-Pork sandwiches, beans and cole slaw.

We have three more BBQ's scheduled this summer into fall: August 7, September 4 and *Saturday*, October 3. The BBQ team will be deciding the menus as the dates get closer. Contact Robert McDonald (265-8109) or Scott Seabridge (586-4998) for more information.

We are always looking for volunteers to come help for an hour or so. If you can't volunteer time to work, please help by picking up dinners for yourself and *spreading the word* to your neighbors, co-workers and friends. Mark your calendars now for all three remaining barbecues; that's three nights you won't have to cook!

## NEW AT INCARNATION

Ø **Young Parents' Group** – A new group will be forming this fall, led in part by Jen Kruger and Brooke Rosini. The focus of the group is mostly social, to get new parents' together for a night out with kids. If you are interested in more information, contact either Jen or Brooke.

Ø **Poetry Readings** – The first Incarnation Poetry reading occurred *Sunday, June 7*. Attendance was less than spectacular but enthusiasm reigned! Poetry by Ella Wheeler Wilcox, Robert Frost, Carol Ann Duffy and some anonymous poems from a book called Heart Blessings were read. Vicki read several poems Miriam Owens had written while in Jerusalem. Miriam paints very descriptive, vivid images allowing us to feel God's presence as she had. It was a very enjoyable, relaxing, enlightening experience. We will be doing this again in the fall. We will choose a theme, such as spiritual poetry, and will hold it between church services. Hope you'll join us!

Ø **Weekly Bible Study** – Tracey Povia and The Rev. Vicki Prescott have been leading a weekly Bible study on Monday evenings, using a program called "God is Closer Than You Think."

Feedback has been extremely positive. The group, which meets on Monday evenings from 6:30-8:30 p.m., includes people of all ages.

Ø **Art Museum Tours** – The Rev. Miriam Owens has been taking groups on quarterly tours to the Memorial Art Gallery to see various exhibits that are on display there. The tours occur on Sundays after church and are usually preceded by lunch at the museum or a local restaurant. For more information, contact Miriam.

## WEDDING CONGRATULATIONS



Congratulations to **Cathy Dobbin**, daughter of Rita & Bob Dobbin. Cathy married Andy Drum on May 9.



Congratulations to **Jessica Mitchell**, daughter of Brian & Teresa Mitchell. Jessica married Ken Schlingon on April 25 here at Incarnation.





## COMMUNITY GARDEN SUNDAY

Everyone was able to enjoy the Community Garden (on the corner of Whalen & Five Mile Line Roads) on *Sunday, June 7*. Coffee hour was held outside that morning (thanks Coffee Guild members!), extra plants were given away by the Nature Craft Garden Club (who maintains the garden), and our children were able to plant vegetables in the Children's section of the garden. We had a wonderful turnout, and the weather was in our favor. We hope to host more coffee hours by the garden during the summer and we encourage the children to visit the garden to see how their plants are doing. Thanks to **Laurel Tarcinale, Nancy Hilt** and **Shirley Rosini** from Nature Craft Garden Club, **Lisa Valcore** from the Church School, and **Marlene Williams, Hazel Squier, Marlene Myrick** and **Jan Hunsinger** (and anyone else I am forgetting!) from the Coffee Guild for making the day a success.



## CHURCH SCHOOL NEWS

Our annual Church School recognition ceremony was held during the 10:00 a.m. service on Sunday, June 14. Each child received a certificate of participation as well as a token gift.

MUCH THANKS to our Church School Planning team, including: **Lisa Valcore** (chair), **Sara Cegelski, Christine Maness, Sherry McCarthy** and **Tracey Povio**. Their hard work and dedication are what allow our children to learn why we do what we do every Sunday.

There is no formal Church School program during the summer; Church School registration will take place on September 13 (along with an Ice Cream Social), and *classes will resume on September 20*.

Congratulations to the following children who will be moving up a room next year:

Nursery graduates

**Catherine Alexis-Hay**  
**Aiden Gray**  
**Mason Masceri**  
**John Seabridge**  
**Elena Skizim**

Rainbow Room graduate

**Drew McDermott**

Ladybug Room graduates

**Quinn Duntley**  
**Nick Maness**  
**J.R. Marshall**

Great Room graduates

**Dylan Valcore**  
**Morgan Brant**

We look forward to seeing everyone in the fall and hope you have a safe, wonderful summer!

