

The Messenger

March 2009



Dear Friends,

As members of a parish community we are present for one another as soul friends. Through worship and fellowship, organizational tasks and maintenance issues, we come to know one another and build bonds of friendship. Our common life opens windows onto our souls through which trust and affection flourishes.

These relationships are strengthened when we open our hearts together to hear how God is speaking to us as individuals and as a parish community. Lent provides an appropriate framework for us to take time to look inward and ask the question "Where am I going with my life"

None of us walks this journey alone. Often God is present to us in ways we do not recognize. Our Lenten retreat will be a time when we can look to the word of God in Holy Scripture and to one another to listen for how God is leading us in the present moment.

We are blessed to have Bonnie Matthaidess as our leader and guide on this retreat. I do hope you will make the time to participate.

Yours in Christ
Vicki+

Parish Retreat – March 14

Join Us on the Journey: Recognizing God in our Midst

led by Ms. Bonnie Matthaidess

Saturday, March 14

9:00 a.m. – 2:00 p.m.

at Concord Square Clubhouse

\$10 Registration – scholarships available

Sign up in the Lobby or call the Church Office

SUNDAY MORNING LENTEN STUDY

March 8, 15, 22, 29
9 a.m.

Reynolds Price
A Whole New Life:
An Illness and a Healing



There are times when life brings us such a terrible crisis that we wonder if we will ever recover. Such was the case with Reynolds Price, who at age 51 learned that he had cancer – a ten inch long eel – like tumor in his spinal cord. As a result of this cancer, he lost the use of both legs and for years endured terrible pain.

Early in this illness he had a vision in which "Jesus silently took up handfuls of water and poured them over my head and back till water ran down my puckered scar. Then he spoke once – 'Your sins are forgiven' – and turned to shore again, done with me. I came on behind him, thinking in standard greedy fashion, *It's not my sins I'm worried about.* So to Jesus receding back, I had the gall to say, 'Am I also cured?' He turned to face me, no sign of a smile, and finally said two words – 'That too.' Then he climbed from the water, not looking round, really done with me."

Reynolds Price is a world known writer who was the James B. Duke Professor of English at Duke University. In addition to his novels and memoirs, he has written plays and poetry.

This description of the paschal mystery in the life of a contemporary man has lodged in my soul for more than 10 years. It has not lost its potency as I reread this book this year.

In 1997 I heard Price give a lecture at Union Theological Seminary that became a book through which he shared his meditations on the question "Is there a God who cares?"

I hope you will join me for a study based on this book. Books will available for purchase from the office.

Vicki+

Note: Rector's Continuing Education

The Clergy Leadership Project is a 2-year program of continuing education sponsored by Trinity Church Wall Street. The group meets at a conference center in West Cornwall, CT four times over two years. The Rector will be attending her second session from March 1 – March 6.

2009 ANNUAL MEETING RESULTS

Close to 100 parishioners attended Incarnation's 52nd Annual Meeting on January 25. We gathered as a parish family, feasted on a wonderful brunch coordinated by Heather Melnick and her helpers, and listened as fellow parishioners presented some of the highlights of 2008.

Many congratulations and thanks to those who agreed to serve the Incarnation family over the coming year in the following positions:

Warden, term of 2 years:	<i>Kathy Cost</i>
Vestry, term of 3 years:	<i>Robert McDonald</i>
Vestry, term of 3 years:	<i>Marlene Williams</i>
Vestry, term of 1 year:	<i>Roger Quinn</i>
Diocesan Delegate (3 yrs):	<i>Sue Houppert</i>
Alternate Delegate (3 yrs):	<i>Brian Mitchell</i>
Alternate Delegate (1 yr):	<i>Pat Cragg</i>

TIME CHANGE

Daylight savings time begins on **Sunday, March 8th**. Don't forget to set your clocks ahead on Saturday night!



EASTER EGG HUNT

It's almost time again for our annual Easter Egg Hunt. We've saved the eggs from last year, but will need donations of stickers and individually wrapped candies to fill them. Please drop off donations in the church office by *Sunday, April 5 (Palm Sunday)*. If you have any questions, please contact Tracey Povia at tap55@frontiernet.net.



*ENVELOPES FOR EASTER FLOWER DONATIONS
ARE INCLUDED IN THIS NEWSLETTER
AND CAN ALSO BE FOUND
IN A BASKET IN THE NARTHEX.*

*PLEASE INDICATE ON THE ENVELOPE
THE WORDING YOU WOULD LIKE
TO INCLUDE IN THE BULLETIN.*

ENVELOPES ARE DUE BY MARCH 28TH

PENFIELD AREA HABITAT FOR HUMANITY

The 2009 Penfield Habitat House will be located on Campbell Street, in the Josana neighborhood. Construction will start as soon as the weather and City permits allow. Flower City will be building about seven houses in this neighborhood in 2009 and we are glad to be part of this effort.

Labor Sign-up will be on a web based tool this year. This tool should be installed on our website by the middle on March, by filling out the required information your labor volunteering will become paperless and nothing will be lost. Check our website at www.penfieldhabitat.org.

Thank you to everyone that has helped support our fund raising efforts through attending the safe driving class. We also want to thank everyone who was given to our go green efforts by recycling their used clothing and in some churches using the *imagine It..* ink cartridge recycling.

From Episcopal SeniorLife Communities...

With Spring just around the corner, it's time to beat those winter "blahs" and enjoy the fresh season! Many activities can help "beat the blahs," and they're good for you! Here are a few ideas to Spring in the fun and be healthy too!

1. *Drink one or two glasses of red wine a day (red wine has antioxidants)*
2. *Eat dark chocolate (higher than 65% cocoa helps lower blood pressure and cholesterol)*
3. *Smile (counteracts stress)*
4. *Physical Exercise (moving helps with energy levels)*
5. *Get plenty of sleep (7-9 hours a night)*
6. *Exercise your brain (puzzles, read, etc.)*
7. *Spend time with loved ones (Protects against loneliness & depression)*
8. *Relax (Relaxation helps your body to rest, heal and function better)*
9. *Pet an animal (this can be soothing)*
10. *Be Positive (Having a positive attitude can add more than seven years to your life.)*

Of course you should consult your doctor with any questions and prior to exercising or drinking alcohol.

*Some of the excerpts taken from www.about.com; Dr. Mark Stibich, P.H.D.; 1/2/09

Patty Chapman
Recreation Manager
Episcopal SeniorLife Communities at Brentland Woods

SERVE ON THE EPISCOPAL CHURCH HOME BOARD

The Episcopal SeniorLife Communities is looking for a few good Episcopalians to serve on its Board!

The SeniorLife Communities are The Episcopal Church Home, The Center for Rehabilitation, River Edge Manor, Brentland Woods and Seabury Woods. They would like to strengthen their bond with Episcopalians from local parishes.

The Board meets every other month (Jan, Mar, May etc) from 7:30 am – 9:00 am. They are especially looking for people with interest and expertise in the following:

- Information Technology (automation, infrastructure, training)
- Property and Capital Asset Management (managing)
- Real Estate Development and Financing (acquiring property, building)
- Service Development for Seniors (meet growing needs of seniors)
- Fund Raising/Development
- Marketing (market analysis, positioning, advertising)

In addition to Board positions, you may wish to apply your skills and interests to one of Episcopal SeniorLife's special project teams (example, Finance Committee etc).

If you are interested in serving on the Board or have questions, please call Kathy Cost (421-4424) or the Church office as soon as possible.



PARISH & COMMUNITY NOTES

- ✓ *June Harvey* would like to thank everyone for their cards and support at the time of her daughter's death.
- ✓ *A Meal & More, Inc.* sent a letter of thanks to Incarnation for the generous donation of deodorant for their Christmas Bag Project.

Ash Wednesday

February 25

Services at

Noon and 7 p.m.



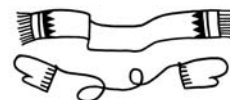
Remember man
that you are
dust and into
dust you shall
return.

IMPORTANT DATES THIS MONTH:

Mar 8 Healing services at 8 & 10am; Daylight savings time begins; Andy Johnson preacher; Girl Scout Sunday



Mar 8 Winter Picnic at Harris Whalen Park



Mar 14 Parish Lenten Retreat, 9am – 2pm led by Ms. Bonnie Matthaides

Mar 15 Family Service at 10am



MARK YOUR CALENDARS:

April 5 Palm Sunday; 8am & 10am services

April 9 Maundy Thursday; 11am service; 6pm Supper followed by 7pm service

April 10 Good Friday – 7pm service

April 12 Easter Sunday; 8am & 10am services Egg Hunt following the 10am service



Many of us don't take time to think about the various tasks that go into making our Sunday morning worship service successful. Being greeted by a warm smile and hearty handshake as you walk through the door is something we all enjoy but often take for granted.

Mrs. June Harvey has been the head of our Greeters for many years. She decided in November to step down. She will remain active as a Greeter and will offer advice and assistance as needed.

I want to express my heartfelt thanks to June for her leadership in this ministry. It is work that is often done quietly in the background, but which we depend upon as a central part of our life in community.

Vicki+

GAME NIGHT DATES

If you haven't been to Game Night yet, you don't know what you're missing!

All adults are welcome. We ask that you bring your own beverages and a snack to share. Game nights start around 7:00 p.m. and last until about 11 p.m. Upcoming dates & locations are as follows:

March 21	Peter & Heather Melnick's home
April 18	John & Julie Marshall's home
May 16	At the church, hosted by Pat Cragg & Sue Houppert

If you are interested in hosting a game night at your home or at the church, please contact Tracey Povio at 872-7431 or tap55@frontiernet.net.

ANNUAL PUBLIC POLICY LUNCHEON

The Diocese's Public Policy Luncheon will be held this year on *Saturday, April 5* at St. Michael's Church in Geneseo. Canon Denise Yarbrough will speak on Palestinian-Israeli conflict. There is no cost; speak to *Betty Donahue* if you are interested in attending.

The Public Policy Committee exists to implement, as people working in community, our baptismal promises: to seek and serve Christ in all persons, loving our neighbors as ourselves; to strive for justice and peace among all people, and to respect the dignity of every human being. Betty Donahue serves on the committee and invites anyone to come along that is interested in public policy.

GOOD FRIDAY OFFERING FOR THE EPISCOPAL CHURCH IN JERUSALEM AND THE MIDDLE EAST

The Episcopal Church in Jerusalem and the Middle East was formed in 1841 with the purpose of forging friendships with the ancient churches and serving the expatriate communities in the area. Since 1922, members of the Episcopal Church have given thanks for this ministry through their giving to the Good Friday offering. This offering expresses our own commitment to walk with the churches of Jerusalem and the Middle East as they continue to work toward justice reconciliation and peace.

The events of that part of the world during the past year has made the work of the Episcopal Church in that area even more urgent. Please be generous in your offering.

MITE BOXES FOR HABITAT



Many of us remember in our childhood that we were given small cardboard boxes at the beginning of Lent and asked to sacrifice and save our pennies for the poor. These little cardboard banks were often referred to as a "mite box." We were often told of Jesus' Parable about the poor woman who gave a "mite" or very small coin to the Temple and was blessed more than the rich merchant.

The mite box was probably our first introduction of the idea of contributing based on the intent to help others and not on the monetary amount. Later in life some of us would remember our childhood experience. During Lent we would take the change out of our pocket at the end of the day and put, at least some of it, in a jar or bank. At the end of Lent we would donate our "bank" to a charity or to the church.

This year we are asking you to help your children to build on the experience of "joyful giving." Mite boxes will be available starting this Sunday and through the Lenten season. We ask that adults take a box as an example to your children (who have been given a box at Church school.) Families are encouraged to come up with a meaningful sacrificial plan to help their children experience the joy of helping the poor. Adults without children are also encouraged to take a house bank. You will help to set an example to the children on Sunday April 6 by bringing your House Bank to Church with you for an offering. On Sunday April 6, the children will bring their house banks and present them at the altar. The children will also collect house banks from the congregation for presentation and blessing.

From my perspective this act of charity reinforces several key points:

1. Every dime, nickel or penny donated is an important contribution to our local community.
2. Your contribution will be used toward the building of our next house, probably in 2009.
3. Every penny counts for those that have to so few of pennies.

"We are not the owners but rather the administrators of what we possess." ... Gospel.

"Christians are called to share their material riches with the poor since to 'come to their aid is a duty of justice even prior to becoming an act of charity.'" ...Pope Benedict XVI in his Lenten address to all Christians.

May God Bless you, and thank you for your charity.

Cork Dinan, Habitat Parish Representative

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 Garden of the Resurrection

The Garden of the Resurrection is the lovely outdoor brick and slate walkway and next to the sanctuary. It is a peaceful resting place for many of our congregation's loved ones. It is our own columbarium and memorial garden.

Our Garden of the Resurrection team meets occasionally to insure that those interred with us have a safe and secure resting place, while maintaining it's beauty and continuity. It is the intent and aim of the Church of the Incarnation to make the Garden a place of peace, beauty, comfort and rest for all involved.

Please visit our memorial garden, especially in the Spring, to see what a truly tranquil place this is.

We are always looking to add helping hands to our team. Please see John Wilder or Gary Omphroy, if you are interested in more information.



Celebrate the March Wind

WHO'S IN THE PEWS? *The Quinn's*

Roger and Betty Quinn were married in St Mark's and St John's Episcopal Church in Rochester in 1948. Our sons, Christopher and Timothy, were baptized there and we continued to attend while the boys were of pre-school age. We were both very active in the Sunday school in the pre-school department and in teaching Church History. After the boys started public school we thought it important for them to attend church where their school mates were attending and since we had moved to Penfield we started attending the Mission of Incarnation in Penfield.

The whole family became very active at Incarnation. Betty and Roger taught Sunday school; Chris and Tim became Acolytes; Roger and Betty served on various committees involved with the new building. Through the years, Roger has served on the Vestry twice, (and is doing it a third time in 2009) and has served as Warden twice. He was Treasurer of the Rochester Diocese for many years and a delegate to General Convention when it was held in Seattle. Betty has been active in various women's groups of the church.

Roger is a retiree from the former Marine Midland Bank of Rochester. Betty is a retired Elementary School teacher from the Penfield Central School District. She exchanges the Peace each Sunday Morning with some of her former students! We have continued to be active in new roles in our professions since retiring.

Our son, Tim, and his wife, Margaret, live in Lake Forest, Illinois. Our granddaughter, Katie, is a graduate student at Northwestern University and our grandson, Andy, is a high school senior.

The Processional Cross has special significance for us. We had it created to resemble the large cross behind the Altar in the Sanctuary as a memorial to our son, Christopher.

We have found The Episcopal Church of the Incarnation to be a source of warmth and comfort throughout our life as members of this congregation.

