

# *The Messenger*

## *September 2008*



### FROM THE RECTOR



Dear Friends,

Most of us follow several schedules. The liturgical year begins with Advent in late November. The calendar year rolls over with New Years Eve. For most of us, however, it is the end of summer that brings with it the chance to get off to a new start. Children in particular feel the excitement and the anticipation of a different classroom, a new teacher, and once again spending each day with friends.

Here at Incarnation we will be honoring this special time lives of our children on Sunday, September 7. On this day children will register for Church School. During the service, there will be a "Blessing of the Backpacks" as a way of honoring the importance of getting off to a good start as the school year begins. Children are encouraged to bring their school backpacks with them to that service.

This year the church school experience will also expand for our young people beyond the 6<sup>th</sup> grade. Sara Cegelski has organized a class for middle school students that will begin after Labor Day.

In late September, I will be spending a week at the Clergy Leadership Project in West Cornwall, CT. This is a program sponsored by Trinity Church, Wall Street. It is "an interactive learning initiative designed for experienced parish priests. Its purpose is to nurture and challenge participant in ways that transform their personal lives and professional ministries." This is a two year program. During that time classes meet four times for five days. The curriculum includes training in leadership skills, congregational renewal and growth, theology and spirituality.

This program began in 1992. Since that time 22 classes have participated in this program. I am looking forward to this program as an opportunity to gain more skills and deeper insight as we move forward together in our ministry.

In celebration of a new program year at the church, the Special Events committee under the leadership of Heather Melnick will be holding an ice cream social following the service on September 7. I look forward to all of us being together on that day.

Yours in Christ,  
Vicki

### WHAT ABOUT CONFIRMATION?

The Bishop administers confirmation at the time of his annual visit. This is the time in which people make a reaffirmation of the vows that were made at the time of their Baptism. Members of the parish who are over 12 years old should speak to the Rector if you have not yet been confirmed.

Adults who have not been confirmed in the Episcopal Church should speak to the Rector. An adult class will be forming after the first of the year.

Bishop Singh will make his annual parish visit to Church of the Incarnation this spring. Please let the Rector know if you are interested in or have questions about confirmation.

### \*\*NEW\*\* MIDDLE SCHOOL GROUP FORMING

A middle school discussion group for 7<sup>th</sup> and 8<sup>th</sup> graders who have not yet been confirmed will begin this September, and will meet twice a month in the lounge. Sessions will take place during the church school time slot and will be facilitated by Sara Cegelski. The group will discuss scripture that is being read in church those days, and will talk about how it relates to the many challenges, changes and new opportunities in their lives as middle school students. The sessions will also include group activities and time for personal journaling.

Sessions scheduled for September and October will take place on:

September 14 and 28  
October 12 and 26

Sessions for the remainder of the year will be announced later in the fall. After the Christmas holidays, the discussion group will be expanded to include confirmation preparation classes with Rev. Vicki. Please call Sara Cegelski at 249-9538 if you have questions."

### SAVE THE DATE

*Sunday, October 5, 2008*  
*10:00 a.m.*

- ❖ Bring a Friend to Church
- ❖ Blessing of the Animals

## MARK YOUR CALENDARS



- Sept 12 "Back to School" Chicken BBQ – 4:30pm
- Oct 5 "Bring a friend to church" day  
Blessing of the Animals after 10am service

## PARISH NOTES



- ✓ Congratulations to *Tom & Dawn Marullo* on the marriage of their daughter, Dawn, to Matt Stever on July 18, 2008 in Oneonta, NY.
- ✓ Congratulations to *Brad and Alexa Lewis* on the birth of their first child, Gabriel Ethan Alexander Lewis. He was born at 4:21 a.m. on June 17th, and was 9lbs. 4 oz. and 20" long. Gabriel is also the grandson of long-time parishioner Rick Machemer.



September 12<sup>th</sup>

Thanks to *everyone* who volunteered to help make the June, July and August chicken BBQ's a success!

We will be having our final "Back to School" barbecue on *Friday, September 7<sup>th</sup>* at 4:30 p.m. We are always looking for volunteers; contact Greg Skizim at 787-2747 if you'd like to help out.



## ADULT GAME NIGHT

Adult Game Nights will resume once again on the third Saturday of every month at 7:00 p.m. Bring your own beverages and a snack to share for a fun night out. Mark your calendars now; upcoming dates & locations are as follows:

- September 20 – Phil & Shirley Rosini's home  
October 18 – John & Julie Marshall's home  
November 15 – Janet & Scott Seabridge's home

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

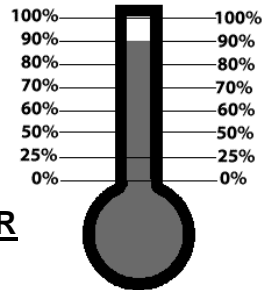
## FROM THE CHURCH OFFICE

Thank you to *David McCarthy* for donating his time this summer creating the bulletins on the computer. Thank you also to *June Harvey, Linda Nicodemus, Sue Houppert, Pauline Mitchell and Pam Simmons* for continuing to volunteer their time once a week to cut, fold and stuff bulletins. You all helped to keep the office running smoothly while I was gone!

There is a slight change in the office schedule for this year. The office will be *open Tuesday-Friday*, and will be closed on Mondays. The hours will remain the same (9:30a-2:30p). Kindly remember that if you call the office and your call is routed directly to voicemail, it means someone is talking on the phone. Kindly leave a message so that your call can be returned as soon as possible.

I look forward to working with everyone again this year. It feels great to be back in the swing of things.

Sincerely,  
Janet Seabridge  
Office Administrator



## CAPITAL CAMPAIGN CORNER

Hello Fellow Parishioners. September is upon us and I wanted to give you an update on where we stand on the capital campaign. The response from the congregation has been wonderful with 80% of you taking action. Our current total as of mid-Aug is \$161, 280 which is an excellent effort on our part. This amount will enable the church to eliminate it's debt that has been straining our operating fund and the money leftover will be used to make some much need repairs to our building and for ministry outreach.

There are still a few more pledges that are expected and as time goes on we hope that those of you who couldn't help this year may be able to take part in the near future.

I would like to take this moment now and personally thank each of you on behalf of the CC Committee for your support on this campaign. It is your thoughtful gifts that help this church succeed.

Thank You!  
*Mike Povia, Committee Chair*

## **PRAYING TOGETHER AT INCARNATION**

The Membership and Ministry team, with the cooperation of Vestry, has decided to go forth with a plan we have discussed for several months. We as Christians are called to bring people to Christ. Our idea is to ask you to pray for a friend, relative or neighbor for two weeks and then invite them to come to church.

Very simply, we will give you an index card to write the name of a person you will pray for every day. Place the card near where you do most of your praying or where you will see it often and just be reminded to pray.

This is simple, virtually free, short term and, if done in complete faith, can produce amazing results. There is no obligation to invite the person to church. This can be an effective way to grow our congregation but we don't want to exclude praying for each other or for someone you know who needs intercession. We trust that God will direct our prayer as well as helping us chose for whom we will pray. You may certainly pray for more than one! We will distribute index cards on September 14. We want everyone to be praying. It can be a way to expand your child's prayer time, too. We'll pray and watch God move.

*Pat Cragg, Membership & Ministry*

## **GENERATION TWO**

If there were a way to increase the self-esteem of children would you help? Would you support a program that results in decreased school absences? What about a program that increases enthusiasm for learning among children who like school the least? Of course you would! Please become a volunteer with Generation Two (G2). G2 creates a foundation for learning in elementary schools.

G2 is looking for volunteers to play with first grade students to facilitate social and emotional development of the children. This is not a tutoring program. These are normal kids in regular classrooms in the Rochester City School District. Volunteers meet once a week from early October thru May to play one on one consecutively with 3 children for 30 minutes each. Afterwards there is a half hour group discussion with the other volunteers and the site coordinator. The time commitment is 2 hours per week. Full training and ongoing support is provided. There are 4 in-service education programs during the year that address various topics on child

development. This is a great position for anyone who likes children.

No special skills are needed beyond a smile and the ability to play checkers or make 'cookies' out of play dough. We have a lot of fun and the children love us.

Positions are available at School #8 on Thursdays from 12:20 to 2:20. There is safe and secure parking at the school. For further information or to volunteer contact Ruth Katz at (585)347-4235.

## **INTRODUCTION TO INCARNATION**

*"Introduction to Incarnation" is a new, monthly feature designed to help us get to know what committees, teams and 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 Membership & Ministry Team*

The Membership and Ministry Team meets once a month to make sure that all who attend services at Incarnation are being ministered to in an appropriate manner. If new people need more information or a clergy visit, or if a longer time member is in crisis and the rector hasn't been informed, we address these issues. We try to act as liaison between teams and varied groups to see that we are all pulling in the same direction with similar goals and plans.

Two examples of projects we have initiated are "Winter Fun Day" and "Bring a Friend to Church Day". "Winter Fun Day" is a picnic held at a local park in March with sledding and outdoor activities that gives new members a chance to get to know us better. "Bring a Friend to Church Day" is an ongoing project where our church school children invite friends to attend church with them. We have extended this ministry to the entire congregation by offering an opportunity to pray for a friend or neighbor and then extend an invitation to them to visit us (see article above, left). Our team has also added "Ask the Rector", "Who's in the Pews" and "Introduction to Incarnation" as recurring columns in the Messenger.

Membership and Ministry hopes that all of these efforts will lead to congregational growth and improved communication as we all get to know each other better.

Our current members are Vicki Prescott, Rector, Chuck Jones, Roger Quinn, Linda Nicodemus, Doug Barrett and Pat Cragg. If you would be interested in working with us, please contact one of us.

*Pat Cragg, Membership & Ministry*



## **HEARTFELT CONDOLENCES...**

- ✠ To *Greg Skizim* on the death of his father, Chester Skizim. Please keep the Greg & Loren and the Skizim family in your prayers.
- ✠ To *Doug Barrett* on the death of his father-in-law, William Conley. Please keep Doug & Kate and the Conley family in your prayers.
- ✠ To *Teddy Ahern* on the death of her son, Mark Ahern. Please keep the Teddy and her entire family in your prayers.
- ✠ To *The Rev. Deven Hubert* on the death of her mother, Joyce Sexton. Please keep Deven and the Sexton family in your prayers.

## **CAREGIVER RESPITE**

Mercy Respite for Caregivers, a ministry of the Sisters of Mercy offers relief and support to caregivers, who face daily the daunting task of caring for family members, relatives and friends who have been overcome by Alzheimer's, Parkinson's, dementia or other health issues. We assist caregivers in recognizing the features of fatigue and exhaustion and help to develop healthy responses to caregiver burnout and fatigue.

Full day respite session will be held from 9:00 a.m. – 3:00 p.m. on *Sept. 9, Oct. 10, Nov. 13 and Dec. 4* at the Mercy Prayer Center, 65 Highland Ave., 14620.

We provide a quiet and relaxing environment, stress reduction techniques, self-care, conversation with other caregivers, music, aroma therapy, healthy eating, journaling, yoga, home cooked meals and prayerful reflections.

Donation: \$70.00 for a full day (sliding fee scale will allow those who ordinarily could not afford these services to attend).

Massage is optional and available for a separate fee. Gift certificates are available. For more information and to register, call 585-271-0760, e-mail [mercyrespite@frontiernet.net](mailto:mercyrespite@frontiernet.net), or check out our website: [www.caregiverrespite.org](http://www.caregiverrespite.org).

## **ALL SAINTS' SUNDAY – November. 1st**

On November 1<sup>st</sup>, we will pray for members of our parish who died this past year and for those whose funerals or memorial services were held at Incarnation. The service bulletin will also list names submitted by parishioners of loved ones who are no longer with us. Please contact the church office by *Sunday, October 28<sup>th</sup>* if you have names you would like to have mentioned in the bulletin that day.

## **SHEPHERD HOME PRESENTS...**

An evening of song, dance and comedy featuring... "Traveling Cabaret" on *September 13<sup>th</sup> at 8:00pm*. The event will take place at St. Joseph's Church, 43 Gebhardt Road, Penfield. Cost for tickets is \$25/ couple and \$13.00/single. Cash bar opens at 7:00 p.m. Tickets may be purchased at the Shepherd Home from 8am – 3pm, Monday – Friday.

## **'ESWA' BACK TO SCHOOL UPDATE**

In September our congregation took on the annual task of buying new outfits for school-age children. We were given the sizes and I.D. numbers by Mark Horn, Coordinator of the Eastern Service Workers Association. Each child received up to six new items. This year we added socks to the pants, shirts, underwear, shoes and sweatshirt or jacket that we have purchased in previous years. Even though the requests were earlier (because Labor Day was early) we have done very well with this campaign. Once all the clothing has been turned in, we will have accumulated *over a hundred and sixty eight items!* Because of the change in the economy the need by low and minimum wage families is especially great this year. Our congregation has responded by being even more generous. Many parishioners not only gave the required items for their child, but gave more than the requested items. Many people also gave gently used clothing which will help more than our 28 children. In addition to the new and used clothes, we were able to fill a large cardboard box with backpacks and school supplies. The vestry also joined in by supplying over 60 pairs of underwear. I have recently talked to several people involved with the Back to School Program. *They could not say enough good things about our church!* Their appreciation should make us realize what a difference we have made in the lives of many families.

-Judy Masten