

THE STAR

NOVEMBER 2022



Church of the epiphany

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...and more!

NOVEMBER CALENDAR

* * *

Parish Office

247-4190

Tue.–Fri.

9:00am–1:00pm

* * *

SUNDAY WORSHIP

8:00 A.M. HE

10:00 A.M. HE

BULLETIN PRAYER LIST

Parish Office 247-4190

Prayer requests remain for

6 weeks unless notified

VESTRY VIEWS

The Healing Power of Faith and Prayer

There are many benefits of having faith in God and praying. Praying connects us with God and opens us up to all of the great things that can happen from that relationship. Studies have shown that we are healthier and happier when we are grounded in the love of God. Praying for others can also open up our hearts to feel compassion and empathy.

Prayer and meditation are highly effective in lowering our stress level and reactivity to traumatic and negative events. Research has shown that praying impacts several areas of the brain involved in self reflection and self soothing. Pictures from magnetic resonance imaging (MRI) shows that when areas of thoughtful reflection are activated, other parts of the brain, associated with taking action, are inactivated. This inverse correlation can help us to understand how prayer can assist people struggling with negative thoughts, like addictive urges and behaviors. MRI studies have confirmed that when addicts are shown drug related images to stimulate cravings, these were reduced when the participants prayed. Praying caused changes in the areas of the brain that control emotion and thoughtful responses, so someone is less likely to act on impulse. This gives people time to utilize healthier coping strategies.

Prayer and meditation are highly effective in lowering our reactions to traumatic and negative events. During times of stress our central nervous system becomes over stimulated and hyperactive and this can cause us to go into survival mode, where we may freeze, fight, or flee a stressful situation. This can decrease the functioning of the frontal lobe and can prevent us from thinking things through clearly. This is why when we are stressed out we can make poor decisions and may act in more negative and self-destructive ways.

There is research showing that meditation and prayer can trigger the release of “feel good chemicals” like serotonin and dopamine, in the brain. Prayer can also activate neural pathways, that we developed when young, to release hormones such as oxytocin, which is known for its role in maternal labor, lactation, and creating a desire to bond with others. Oxytocin also increases feelings of trust and attachment with God and this makes us feel hopeful in times of fear and uncertainty.

Taking time for prayer and meditation allows us to regain our balance and perspective and to go on to take positive steps in our lives. Prayer is one of the greatest gifts from God and is available to us anytime. So when life is feeling like it is too much to manage, just take some time to pray to regain the balance and perspective needed to go out and take positive steps to live our most fulfilling lives.

Patty Sharkey

THE PROVISIONAL BISHOP

The Rt. Rev'd Stephen Lane

THE MINISTERS

The Congregation

THE VESTRY

Margaret Schweizer, Warden	Patty Sharkey	Lisa Steubing
Jack Merrick, Warden	Kim Hyde	Don Metzinger
Deb Grasso, Treasurer	Roberta Ames	Emily Van Scooter
Gail Renehan, Clerk	Kristen Smith	

THE STAFF

Rector:	Organist: Gail Hyde
Parish Secretary: Maureen Durie	Church School Coordinator: Don Metzinger



FROM THE PARISH REGISTER

NOVEMBER BIRTHDAYS

O God, our times are in your hand: Look with favor, we pray, on your servants as they begin another year. Grant that they may grow in wisdom and grace; strengthen their trust in your goodness all the days of their lives; through Jesus Christ our Lord. Amen.

Nov. 2 Karen Cunningham McKanna Morien	Nov. 12 Pat Leshner	Nov. 21 Jim McGrath
Nov. 3 Florence Townsend	Nov. 16 Bruce Pillman Gladys VanBrederode	Nov. 23 Donna Waterman
Nov. 4 Nancy Cohen	Nov. 19 Carol Kohan Lisa Steubing	Nov. 24 Lisa Durkin
Nov. 6 Bill Chapman Betty Frisch	Nov. 20 Dakota VanBrederode	Nov. 25 Judy Ploettner
		Nov. 28 Kathie Entress
		Nov. 30 George Ames

NOVEMBER ANNIVERSARIES

O God, you have so consecrated the covenant of marriage that in it is represented the spiritual unity between Christ and his Church. Send your blessing upon these your servants that they may so love, honor and cherish each other in faithfulness and patience, in wisdom and godliness, that their homes may be havens of blessing and peace. Amen.

November 8 Carol & David Kohan

November 20 Robert & Margaret Schweizer

CHANGES & ADDITIONS

If you have changes to your contact information, please notify Maureen Durie in the Parish Office: 247-4190 or coeoffice@frontier.com. Office hours: Tuesday–Friday, 9:00 am–1:00 pm



Small Group Updates

Social Media:

Asks that the other Small Groups let them know when they are holding offerings so they can create FB Events/Posts. We are also looking for volunteers to help record the services each week and post to Facebook. Please sign up outside the office of let the vestry member know if you' re interested.

Liturgy & Music:

Liturgy Planning group to resume.

Children & Youth Leadership Meeting Minutes:

Present: Don Metzinger, Susan Gaskill, Marsha Pulhamus

1. Future Youth Events

Peanut Clusters

1) Make clusters on December 3rd

2) Sell clusters on Sunday, December 4, 11 and 18th

Adult Formation:

Thank you to all who came out to our trip to the Windmill Farm and Craft Market! Mark your calendars for our Annual Christmas Tree Lighting event. It will be on Saturday, December 3rd at 4:30 pm. Refreshments and festive music to follow.

Vestry Highlights

OCTOBER 18, 2022

Business:

- **Vestry Meeting Minutes:** M-S-A to approve the Vestry Meeting Minutes for Tuesday, September 20, 2022
- **Treasurer's Report:** Deb discussed the need to meet in person at our November 15, 2022 meeting, as the bank signature changes were not completed by the bank properly (even though everyone signed in January). We need to complete the process.
- **Share:**
- The Rev. Virginia Tyler Smith was our guest and spoke about the Transition process. She asked all present what their thoughts and concerns were re' the future of Epiphany as we move forward in our search for a new Rector. Some of the thoughts/concerns mentioned were:

- Will we close; what would happen to the columbarium if we closed
- Will it be necessary to only have one service
- Are there any Deacons available
- We will get through it, we've done it before
- We have a strong Vestry
- People will have to step up to the plate to lend a hand, as necessary
- Who can be on the Search Committee
- People will need to compromise

A lengthy discussion followed. Virginia answered some of our concerns and shared valuable information re' the transition process and the Search Committee. The Vestry will ask for qualified volunteers to serve and will choose 5-7 members for the committee at a Zoom meeting on November 2, 2022. The Diocese is much more involved in the process than in the past, which will make it easier for the Search Committee.

- The Wardens reported that we have Clergy coverage for Sundays and Holidays through March, 2023. Thank you, Margaret!
- The Vestry unanimously voted to forgo the church service Sunday, December 25, 2022 due to very low attendance in past years. There will be Morning Prayer on Sunday, January 1, 2023 at 8:00 and 10:00 a.m.

Vestry Meeting Minutes for Tuesday, October 18, 2022

Next Meeting: Wednesday, November 2, 2022, 7:00 p.m. Via Zoom. Tuesday, November 15, 2022, 7:00 p.m. **in person.**

Monthly Meeting: Prayers - _____ Vestry Views - _____

A motion was made to adjourn the Tuesday, October 18, 2022 Vestry Meeting at 9:24 p.m. Virginia closed with a prayer.

Respectfully submitted,

Gail Renehan, Clerk of the Vestry



Service Ministry November Update

The Service Ministry team is busy finishing up the October Service Ministry project to donate money to the Christian Appalachian Project for the Kentucky flood victims. The free-will donation Pot Luck dinner on October 1st was very successful in raising \$172 dollars but was also was a wonderful evening of good food and fellowship. We are asking parishioner to donate their can and bottle deposits until the end of October and we have not finalized the donation totals at this time. We are confident that the parish will have a sizable donation to help Kentucky Flood victims and the Service Ministry team will update parishioners once the final donation numbers are tallied.

Our next Service Ministry project will be from October 30 -November 13th and will benefit the Junior League of Rochester Diaper Bank. More than 1 in 3 families in the US suffers from diaper need and with Rochester's extreme poverty rates that number may be even higher. We will be collecting diapers, baby wipes and diaper creams to be used by many organizations and social workers in Monroe County since there is no government assistance available for diapers and other necessities. Please look at the bulletin for more details.

Our Christmas holiday projects will be very familiar to the parish. We will sponsor a family at Family Promise of Greater of Rochester (RAIHN) to provide Christmas gifts for our chosen family. We will also be

involved in the Christmas Bag Project which is sponsored by "A Meal & More, Inc." at Christ Church in downtown Rochester. We will be providing hot chocolate packets and individual size facial tissue packets again this year. More details will be forthcoming.

Thank you for your continued support of the Service Ministry Projects. Please feel free to contact any member on the Service Ministry team if you have suggestions for future projects or would like to join our team.

Marsha Pulhamus, Nancy Mancini, Birdie Ames and Donna Perry.

Please see a few pictures of Emmett William Van Scooter Baptism October 9th.



**WISHING JIMMIE SUE
IN THEIR NEW**



**& AMY THE BEST
ADVENTURES**



If you have been unable to see in person – here is the new fire pit.



SPRUCE UP DAY – Thank You

A big thank you to those who came out on October 1 to spruce up the inside of our worship space. We cleaned the Chancel & Sanctuary, the Auxiliary room, hallways & bathrooms.

Thanks goes to: Pam & Don Metzinger, Marsha Pulhamus, Kim Hyde, Bob Renehan, Kathie & Steve Entress & Bill Chapman.

An extra thank you goes out to the guys who came out on Saturday, October 8 to cut down some dead trees on the back of our property.

Thanks to: Dave Pulhamus, Connor Magiera, Bill Chapman & Terry Barker.

Thanks to all -- it really helps a lot.



Thank you RedWing Workers

Thank you to all who worked at the RedWings Concessions Fundraiser this spring & summer. It was a great time had by those who volunteered their time.

Thanks to:

Cassie & Connor Magiera, Cat & Barry Engert, Don Metzinger, James D’Anunzio, Bruce Pillman, Marsha & Dave Pulhamus, Quinn Magiera, Lisa Steubing, Kathie Entress, Mike Grasso, Bob Renehan, Kristen Smith, Evie Gargan, Joe Woo, and Margaret & Bob Schweizer.

We raised: \$3,360

Thanks again and see you at the ballpark in 2023.



Volunteers Needed to Video Church Service – Facebook Live

We are looking for a team of volunteers to record the church service for Facebook Live on Sundays. The process is very simple, and it requires that you have a cell phone. My hope is that we have enough people willing to help that we only need to this once every other month. Per the Bishop, our Website and Facebook pages need to be up to date as the new candidate will be sifting through our online presence. Training will be provided. There will be a sign- up sheet outside the office or you can see Kim Hyde or any vestry member.



All Saints Sunday is November 6

We will be honoring our loved ones who have died this year & in past years. There will be a cross in the back of the church for you to put flowers on for your loved ones. If you can provide some extra flowers for the cross, that would be helpful.

September 2022 Financial Summary

Income	Sept YTD	2022 Budget YTD
Pledge & Plate	\$87,087	90,000
Investment Income	17,981	17,981
Diocesan Grant	15,000	15,000
Flowers	1,335	1,425
Special Offerings	1,307	2,063
Building Use	150	38
Other	3,271	3,075
Total Income	\$126,130	\$129,581
Expenses		
Worship	6,954	4,601
Formation	498	1,253
Diocesan Apportionment	15,584	15,584
Stewardship	1,844	3,375
Other Action	(659)	613
Youth	-	150
Evangelism	583	1,538
Oversight	20,408	24,959
Salaries & Benefits	90,204	94,069
Total Expenses	\$135,415	\$146,141
Surplus/(Deficit)	(9,285)	(16,561)

Submitted by Deb Grasso, Treasurer



WOE UPDATE

SWEM CHRISTMAS BASKETS

WOE is again sponsoring Christmas food baskets for the needy thru SWEM (Southwest Ecumenical Ministries) this holiday season.

DROP-OFF Date Deadline: Sunday, December 4

Basket Drop-off times at church

Sunday's – 8:00am – Noon

Tuesday- Wednesday- Thursday's – 9:00am to 1:00pm

Any other day/time, contact Wardens to schedule a drop off day & time

Additionally, please add \$10 cash or check per basket to cover cost of meat, eggs, butter- that SWEM provides.

Important- any checks, please make out to WOE.

It would be helpful if you put money into envelope with your name on it, so we can check your name off on the signup sheet, so your basket is complete.

Put envelope in WOE mailbox in hallway – NOT in basket !

Thank you again for your continued support for this outreach project.

More & more families will need this delicious food for their Christmas meal !

SWEM needs your HELP !

Feel free to include holiday touches of your own- such as: coffee, tea, hot cocoa, candies, mints or holiday napkins. Laundry baskets or totes to hold all the goodies make a nice touch !

Please note: SWEM does not have refrigeration for the baskets, so do not include any , & perishable items – plus they do not accept or distribute toys.

Christmas baskets are designed for families of 3-4 people. Please donate standard size cans & 16 Oz boxes for each item.

PLEASE DONATE a Christmas dinner

SWEM needs you to make a difference!

Drop off dates: Sundays- December 4 and 11, from 12:00 to 4:00 pm

Drop off location: Gates Presbyterian Church,
1049 Wegman Rd., Rochester, NY 14624

Christmas baskets are designed for families of 3 to 4 people. *Please donate standard sized (ex: 14 to 16 oz) cans and 16 ounce boxes for each item.*

For each basket, please provide the following:

- 1 fruit cocktail or canned fruit
- 2 soups
- 1 large fruit juice or juice box pkg
- 1 instant mashed potatoes (two 6oz or one 15oz)
- 2 regular or 1 large can of sweet potatoes
- 3 canned vegetables (e.g., corn, peas, beans)
- 1 cranberry sauce
- 1 can gravy
- 1 bag stuffing (or boxed- two 6oz or one 12oz)
- 1 boxed dessert (e.g., gelatin or pudding, cake mix/ frosting, or pie crust/filling)

Additionally, please add \$10 cash or check donation per basket to cover the cost of meat, eggs and margarine that SWEM will provide.

PLEASE, do **NOT** put the money in your basket, please,
give it to your organizer or to the SWEM representative.

Feel free to include holiday touches of your own, such as coffee, tea, candies, mints, or napkins. Laundry baskets or totes to hold the contents make an additional gift.

PLEASE NOTE: We do not have refrigeration for the baskets, so do not include perishables. We are also not able to accept or distribute toys.

Sponsored by: SWEM Community Services, Inc. (585) 235-4494

Cupboard cell: (585) 503-8529 [during drop-off or distribution only]

Widows Group

Please mark your calendar for our next lunch on **Wednesday, November 30 @ 11:00**



Call for Nominations

Yes, it is the time of year to prayerfully consider serving Epiphany on the Vestry, as a Warden, or as a Diocesan Convention Delegate. How does one get nominated for an office or nominate a friend or acquaintance for an office?

Two of the objectives of the Nominating Policy are:

- (1) To identify candidates whose unique strengths and gifts are most needed by the parish at a particular point in its life.
- (2) To provide sufficient time to check and ensure that potential nominees meet canonical and Epiphany's qualifications for the office for which they are nominated. If not, the policy provides time for them to meet the qualifications.

As you consider who to nominate, please think first of people whose unique strengths and gifts are most needed by the parish at this time. Then, please remember that all people nominated must meet the qualifications to vote at parish meetings, and eligibility requirements for the office for which they are nominated.

Qualifications to Vote at Parish Meetings

All of the following:

- 18 years old or older.
- Belong to the parish (baptized, confirmed, received or transferred in from an Episcopal Church, as recorded in the parish records).
- Regularly attend the parish's worship.
- Contribute to the parish's financial support for at least the 12 months preceding the Annual Meeting or a special parish meeting.

Eligibility for Offices

- Delegate to Diocesan Convention: Be a Qualified Voter, and on parish rolls for past 12 months.
- Vestry: the above and pledger and giver of record.
- Warden: all of the above plus a confirmed Communicant of the Episcopal Church with at least 3 years' experience, 2 years of which are on Epiphany's Vestry with at least 1 additional year on a Vestry.

If you have questions about the nominations process or are considering being nominated, please contact a member of the Vestry. Many perspectives bring vitality to our parish.

In Christ,
Margaret Schweizer



Church School Schedule

(classes begin at: 9:45am)

CHURCH SCHOOL SCHEDULE:

(classes begin at: 9:45am)

Sunday, November 6.....Church School
Sunday, November 13Church School
Sunday, November 20.....Church School
Sunday, November 27.....NO Church School

Sunday, December 4.....Church School
Sunday, December 11.....Church School
Sunday, December 18.....Church School
Sunday, December 25.....NO Church School



Greening of the Church

The Greening of the Church has again planned to spread our Christmas decorating out during a 4-week period. This will spread out our joyous celebration throughout the Advent season. So mark your calendar and see if you can help out on the dates below beginning at or around 11:15am.

Nov 27 – Hang large wreath on back wall, hang Christmas quilt, & hang greens on the Rood beam, hang Christmas banner ** need brave soul to climb ladder

Dec 4 - display Nativity needlepoint, assemble small tree in Auxiliary room, hang outside wreath, hang wreaths in Chancel

Dec 11 – Assemble & decorate artificial tree in front of church, decorate sconces

Dec 18 – change altar hangings, change advent wreath, assemble crèche, decorate window sills

Dec 22 – Arrange fresh poinsettia plants

If you have any questions or comments, feel free to contact me.

Thank you – Pam Metzinger

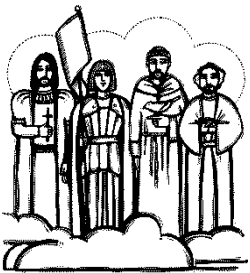


Food Box

Our food box needs some help :

We are looking for a person to check on our food box for Sundays to fill Amy’s vacancy. We can use help with supplies also. If your able to purchase just one item each week and donate to our box that would help fill our box. You can either drop off at the box or bring into church which ever is easier for you. Thank you for any help you can give us at this time.

Susan Greenaue



The Feast of All Saints

will be commemorated on

Sunday, November 6 at both 8:00 a.m. and 10:00 a.m.

We gather together in community to remember, give thanks, and pray for all those persons we love but no longer see, and will read the Necrology, the list of those saints known to us who have died since November 7, 2021.

Every year, we create a special bulletin insert, listing the names of our other loved ones who have died. A special prayer will be offered for those on that list. It is right and good to take time out to give thanks for all the saints who have touched our lives.

If you would like us to include the name(s) of your loved ones please fill out the form below and return it to the Parish Office (or email coeoffice@frontier.com) **no later than Sunday, October 30th** . Thank you.

Please print clearly



Loved ones who died this year:

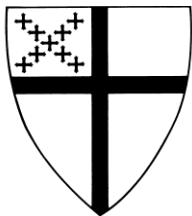
Others who have died in years past:

Your Name & Phone Number:

November



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6 Set Clocks Back All Saint's Sunday Q & A w/ Rev. Virginia Tyler Smith	7	8	9	10	11 	12
13	14	15	16	17	18	19
20	21	22	23	24  Office Closes	25 Office Closed	26
27	28	29	30 Widows Lunch @ 11:00			



CHURCH OF THE EPIPHANY
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Rochester, NY 14624-2413
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coeoffice@frontier.com
www.epiphany-gatesny.org

RETURN SERVICE REQUESTED

EPIPHANY HIGHLIGHTS



November 6 – All Saints Sunday

10:00 Q & A with

Rev. Virginia Tyler Smith