



St. John's Honeoye Falls News

ALL ARE WELCOME AT THE LORD’S TABLE

IN THIS ISSUE

Caring for Others as Christians

As people of Christ, we are called to care for others. What does that mean, exactly? The Bible tells us many stories of people both caring for others (e.g., the Good Samaritan), and not caring for others (Herod’s killing of all male children under 2).

What do those stories mean for us, in an era when we are so very polarized, and when many of us feel exhausted, confused, and like we don’t know where to begin?

Let us start with the idea of what it means to care. The first step in caring is being aware. In our busy, multi-tasking lives, we can *think* we are paying attention, without really hearing or seeing what is happening.

The second step is paying attention. Once we are aware,

do we turn our attention to what is happening? Do we try to learn more about what the person is trying to tell us?

Third (and this is where it becomes a specifically Christian discipline), are we able to *see* Christ in the situation and *hear* Christ coaching us on what to do?

Each of us has had moments in which someone asked us to be there for them. A ride to the doctor. A meal when not feeling well. A friend to walk through a difficult time. A signature on a petition. A witness to their situation.

Sometimes, if their situation is unfamiliar (or, if we’re being honest: not as important to us),
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we can find it hard to be fully present to what they are asking. We feel confused, or annoyed, or we tend to dismiss the request.

And that's the very moment when Jesus is calling to us. "Put your heart aside," he says, "and see me in what is being asked of you."

This Lent, what is being asked of you? Each person that we encounter—both those we love and those we don't—has deep longings in his/her/their heart. How is Jesus asking you to hear those longings? How is Jesus asking you to understand? Notice that I didn't say: "What is Jesus asking you to do." That's an important point. It would be so easy to just drop off a meal, sign the petition, buy the item from the fundraiser, and move on with the idea of "That's their issue, not mine. I'm just doing it to support them." What if, though, we

changed our approach from "What do you need me to do?" to "How can I connect with you more, so that I can see what is important and holy to you?" Just that small change in perspective can make all the difference in how we relate to each other and to God.

How do we do it? By slowing down, but asking God to help us hear and see, and by listening closely to what comes next. Maybe it will be something tangible, like a meal (that is shared) or a letter writing campaign done together. Maybe it will be an expanded insight that invites you to rethink your own behaviors. Either way, it will be blessed, as it will take us deeper into what it means to care for each other.

Blessed lent to you!—Virginia+

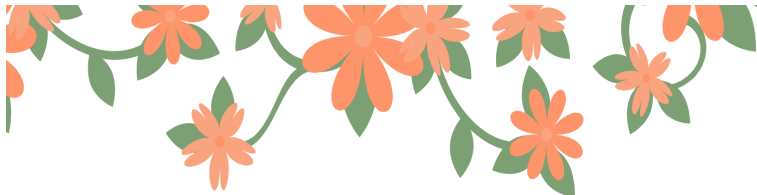
Warden's Corner

To have millions of dollars for retirement, you only have to plan, right? To be able to strut around that swimming pool in Palm Beach with fabulous abs, the carefully honed exercise plan is all you need. Right? I was working with a student last week using a money management text that made the point that you need to actually *implement* the retirement or exercise plan. Okay, we sighed. We worked on compound interest. Five dollars a week, twenty dollars a month, compounded annually. Still a miracle, if you leave it alone. Push-ups, same thing. One day, you begin to see and feel the difference. Planning counts.

At the same time, planning is only the beginning. At St. John's, we have spent a long time in planning everything from spaghetti suppers to selling the Rand House, and now we are about to cross a threshold. We've voted on two local programs to support with our time and our treasure. Benincasa is an organization some of us have known personally over the years, either through friends volunteering there or people we have known and loved passing through their care. The Veterans' Outreach Center can use support, as Virginia has said, right now with men's' underwear. Any size. Good! If you go on their website, you'll see how wide and deep this organization goes. The Morale Center there even has a volunteer chiropractor and art therapist! Now we will support each of these organizations for a year. We can become as involved as we want or feel called to do. We will certainly reach out into our community in new ways—a good thing.

We've done plenty of planning. We will continue to do more. But now we can find new ways to work together in our community to serve friends, neighbors, and people we don't even know yet. Doing the work of the Gospel changes all of us.





JOIN US FOR LUNCH!

Silver Spoons

Thursday, March 5

12:00 PM

St John's Parish House

RSVP to the church office!

\$5 SUGGESTED DONATION



A Word on the St. John's Accounts

Have you ever wondered how the bank accounts at St. John's work? We have two types of accounts. The main operating account is our day-to-day checking account, which is used to pay all of our expenses. We also have some funds that were designated; for example, we have moneys that were given for flowers, for outreach, for youth, etc. They are all kept in reserve until we have a specific expense for which they can be used. Because people kindly gave those funds for specific purposes, we are careful NOT to use those funds to pay basic operating expenses.

We also have an endowment. The endowment has two sections. One is the Meader Fund, which is money that is to be used only for building repair and maintenance. The remainder (and majority) of the fund is not designated for a specific purpose. Many parishes like St. John's used to manage their accounts on their own. A few years ago, the parishes got together with the Diocese to have Canandaigua National Bank's Wealth Management group manage our endowments as a block. This offers the local parishes a number of benefits. First, by investing together, we have lower management fees. Second, by investing together, we get better returns. It's important to note that these funds always have been ours to use. We can access our endowment at any time. When we need to draw from the endowment, we have Vestry consider the purpose and amount, and then they pass a resolution authorizing the withdrawal. The Rector and Senior Warden then email a letter to the bank, and the funds are deposited into our checking account within a few days.

This is important information for us to know as we prepare to close on our property transactions. The proceeds from those sales will go into our endowment, and will be drawn on only when necessary. If you have any questions about the St. John's finances or our accounts, please know that our books are open, and that financial statements are available for review as part of each month's vestry materials. For more information, please contact Will Ingle.

St. John's Financial Update

We ended January achieving two small goals:

1. We did not have to draw on the endowment to cover operations.
2. We ended the month with a slight profit of \$1,000.

As we continue in this first quarter of the year, we are grateful for your pledges and financial commitment. We set the goal of not using the endowment for operations for at least the first six months of the year, and so far we are on track to meet that goal.

We anticipate closing on our property transactions in March, and those proceeds will go into the endowment.

We are in the process of replacing the garage with a smaller, prefabricated shed. The costs of that project will be drawn from the endowment and a final report on the expense will come later in the spring.

Listening in Lent at St. John's: Six Ways to Listen for God in your Life

Yoga on Wednesdays — Listening to our Bodies in Lent

Our own Gay Sarley Goodness is helping us reposition ourselves—body, mind and spirit, this Lent. Gay will be teaching us to care for ourselves, de-stress, deeply relax, refresh and energize through the age-old wisdom of yoga. There will be guided instruction in yoga breathing, postures, meditation, and relaxation. Good for beginners and practitioners of all levels. Modifications and options will be taught for injuries or personal concerns. Nourish and nurture your mind, spirit and body. Wear comfortable clothing and bring a yoga mat and block. There is no fee for the class, but there will be a basket for free-will offerings. If you do not have a yoga mat or block, we will have these available for purchase.

Specifics: Wednesday mornings beginning March 10, 10 am in the Parish House

Wear comfortable clothing, bring a yoga mat and block (or purchase in class)

Bible Studies on Wednesdays — Listening to the Scripture in Lent

The Sunday readings have so many Lenten themes that it is impossible to cover them all just in the sermons! Join us to discuss what the Scriptures are saying to us. Each Wednesday, we will explore the readings from the previous Sunday, looking for themes of repentance, repair, renewal, and ways of returning to God. Virginia will provide some background on the passages, and we will talk about what we hear the passages saying to us in our own lives. We will also talk about the season of Lent, and why the focus on these themes are so vital to our identity as Episcopalians. Virginia is offering two Bible studies this season, both on Wednesday mornings. The first is at 10 am at Pinehurst, and the second is at 11 am in the Parish House. You do not need to have any prior knowledge of the Bible, you don't need to bring anything, and there won't be any homework! They are the same Bible study, so attend either one!

Specifics: *Bible Study 1*

10 - 10:45 am at Pinehurst Senior Living Community (1000 Pine Trail, Honeoye Falls)

Bible Study 2

11:00 - noon at the St. John's Parish House

Sermon Discussions on Sundays — Listening to Each Other in Lent

Our sermons this Lenten season will focus on the various ways we listen for and discern God speaking in our lives. During Coffee Hour each Sunday, we invite you to gather around the fireplace to have an informal chat about the themes of that week's sermon, what you heard, and what it inspired in you. Ray Locke and Virginia will lead these discussions. We are basing our questions and comments on a wonderful book entitled "I'd Say Yes God, If I Knew What You Wanted." Please join us to share and listen for God working in each of us throughout the course of Lent.

Specifics: Sunday mornings during Lent, approximately 11:30 am by the Parish House fireplace

Pour a coffee, have a snack, and join the conversation!

Evening Prayer in Lent — Listening through the Daily Office

Every Wednesday during most of the year, we say Evening Prayer in the church. It's a quiet, informal service, where we read Scripture, sit in silence, and pray together. During the season of Lent, we are moving the Evening Prayer service back to 6 pm, and we will focus on God speaking to us through meditative prayer and silence. Come, slow your week down, and hear God speaking to you through the flickering candle light.

Specifics: Wednesday evenings in Lent; 6 pm-6:30 pm in the church

Wednesday Simple Potluck Supper in Lent — Listening to God through Common Meals

Every Wednesday in Lent, we will have a simple supper in the Parish House. We will provide soup and bread. Bring whatever else you would like to round out the meal. This will be a short time of fellowship and nourishing of the body and heart during the busy week. Even if you can't stay for the program afterwards, join us for a quick dinner with friends.

Specifics: Wednesday evenings in Lent, 6:30-7:00 pm in the church

Wednesday Study Program — Listening through Surrender

Have you ever heard a song that so moved your heart, you just had to listen to it over and over again? Such is the case with Laura Story's song "I Give Up." The Song is so powerful, that she ended up writing an entire book about the theme of surrendering to God, and what happens as a result. The song says:

So when I give up, I gain

When I let go of having my own way

When I learn to see my surrender as a brand new start

To know the fullness of my Father's heart

During five Wednesdays of Lent, we will learn that surrender does mean passive dis-engagement. Rather, it's a gift of fullness beyond measure. Join John Richards and Virginia as we facilitate a discussion using video, discussion questions, and the song itself to hear God speaking to us now.

Specifics: Wednesday evenings , 7 – 8 pm in the Parish House

Service Opportunities – Listening through Giving

All year long, we offer a variety of ways to love our neighbors as ourselves.

During Lent, consider how you can bring the light of God to others by giving a little bit. Things you could do include:

Bringing canned food and dental care items for various food cupboards we support in Honeoye Falls and Rochester. They especially need peanut butter.

Volunteer to help at the FISH Food Cupboard, which is housed at the rectory of St. Paul of the Cross Church. **They meet on Wednesdays at 1 to sort the food, prepare bags for clients, and make deliveries. They are also looking for donations of "chunky" soups.**

Making and providing "blessing bags" to people who are asking for help. We have all the materials you need to make a blessing bag, which includes socks, granola bars, water, other snacks, and information on getting help throughout the Rochester area. **Materials are available on a table in the Parish House.**

Providing clothing to families and veterans in need. **We are especially looking for children's clothing for a family in need in Henrietta, and packages of new men's underwear (any size).**

Donating our returnable can and bottle refunds to the church through Nickel and Dime Can Redemption. **When you bring your cans and bottles to their stores in Honeoye Falls and Mendon, just tell them you want to donate your refund to St. John's.**

May God speak to you in many ways this Lent. May you always know that God is eager for you to turn your heart, your soul, your body, and your mind back to the way of Love.



March Servers



Date	Greeter	Crucifer	Lector 1/ Chalice	Lector 2	Prayers of the People
March 1	Andy Smith	Allan Shafer	John Rutkowski	Robb Young	Gina Hurley
March 8	Mark Donahoe	Mary Jo Smith	Maggie Gibbons	Jan Metcalf	Cyndy Lamphier
March 15	Gina Hurley	Lucas Smith	Allene Baillargeon	Allan Shafer	Bev Smith
March 22	Judy Haravitch	Ray Locke	Mary Jo Smith	Gina Hurley	Catherine Faurot
March 29	Anna Young	Maggie Gibbons	Ray Locke	Pat Culver	Allan Shafer
Altar Guild: Glora Ulrop					



Please Pray For:

Theresa, Rich , Turi, John, Keith, Noah, Allen, Rosemary, Jane, Karen, Joe, Michael, Pat, Kennedy, Renee, Mark, Angela, Elaine, Gloria, and Jean

March 2020

SUN	MON	TUE	WED	THU	FRI	SAT
1 1st Sunday in Lent 7 pm RIT Dinner	2 6 pm Rochester/ Monroe District Meeting	3	4 10 am Tai Chi (Parish House) 10 am Bible Study (Pinehurst) 11 am Bible Study (Parish House) 6 pm Evening Prayer 6:30 pm Simple Supper (Parish House) 7 pm Lenten Study	5 12 pm Silver Spoons (Parish House)	6 10 am Tai Chi (Parish House)	7
8 2nd Sunday in Lent 	9	10	11 10am Gentle Yoga (Parish House) 6 pm Girl Scout Meeting (Parish House) 6 pm Evening Prayer 6:30 pm Simple Supper (Carriage House) 7 pm Lenten Study (Carriage House)	12	13 10 am Tai Chi (Parish House)	14
15 3rd Sunday in Lent 2pm Iris Society Meeting (Parish House)	16	17 	18 10am Gentle Yoga (Parish House) 10 am Bible Study (Pinehurst) 11 am Bible Study (Parish House) 6 pm Evening Prayer 6:30 pm Simple Supper (Parish House) 7 pm Lenten Study	19	20	21
22 4th Sunday in Lent	23	24 7 pm Vestry (Parish House)	25 10am Gentle Yoga (Parish House) 10 am Bible Study (Pinehurst) 11 am Bible Study (Parish House) 6 pm Girl Scout Meeting (Parish House) 6 pm Evening Prayer 6:30 pm Simple Supper (Carriage House) 7 pm Lenten Study (Carriage House)	26	27	28
29 5th Sunday in Lent	30	31				

Volunteers needed to
provide food and
drinks! Please sign-up
in the Parish House!



St. Patrick's Day After-Party



MARCH 22, 2020 | DURING COFFEE HOUR

Free admission!
Includes food, drink and music!

Spring cleaning your home?

Donate your "treasures" to our auction!
Money raised will benefit the church.



St. John's Honeoye Falls News

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