

The Communicator

The monthly newsletter of Calvary St. Andrew's
Presbyterian Parish, Rochester, NY

Lenten Worship and Study

The theme for Lent is taken from the theme of our annual meeting: **"Take the lid off."**

God surprises us by answering our prayers in unexpected ways. God "takes the lid off," consequently, new avenues in our spiritual journey open up.

Lent, the forty days before Easter, is marked by a time of renewal and reflection, a time for God to surprise us with grace. It is a period for us to pay attention to the ways God is already working in our lives.

On **March 9th**

two worship services will be offered to mark the beginning of the Lenten season; a **noon service and a 7:00 p.m. worship service.** Take the time to allow God to work in and through you. *You may be surprised at what prayers God can answer, what avenues may open up or what new dimensions of your spirituality may become clear when God "takes the lid off."*



The book by Wayne Muller entitled, "A Life of Having, Being and Doing Enough" is the framework for Lenten discussions on **March 16, 23, and 30th.** What consumes your energy, your thoughts, and actions. Is what you are involved in enriching your life? Consider reading and discussing this amazing book with others on a spiritual journey. Copies of the book are available, so please see Rev. Hay.



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Fat Tuesday Celebration



Fat Tuesday, on March 8th, the day before

the start of Lent, also known for Mardis Gras, is a time of celebration marked at CSA by a Pancake and Sausage Dinner from **5:30-7:00 p.m.** The price is \$5 for adults, \$3 for children. *Spread the word.*

Bob Day and Gail Maureen are the cooks. If you'd like to lend a hand cooking, waiting on tables or doing dishes, please notify Gail or Bob. The more hands we have helping, the better our celebration.



Pastoral News and Notes



Sandra Ehman underwent shoulder surgery. One of her first outings was to church, sling and all. Please keep her in your prayers.

Congratulations to the **Reverend Kit Robison** on the call to be pastor of the Bethlehem ELCA Lutheran Church in Baldwin, NY (Nassau City Long Island). The church is diversified and liberal, a change from his tiny churches in the Catskills.

Kit, the son of Gary and Marjorie Robison, grew in the CSA community.

Jackie Trobia and Peg Donaghy made it to Florida for their winter retreat. Soon thereafter Jackie was hospitalized with sepsis, but she has since recovered. Please keep them both in your prayers.

Barb Mitchell's mom passed away after falling and breaking her hip. Please keep Barb, Hugh,

and the family in prayer. Although she lived in Ohio, Barb's mom helped at the food cupboard when she was in town.

The recent upheaval in Egypt is an invitation for us to pray for a peaceful political transition as well as in Southern Sudan, Tunisia, and other parts of the region.

Youth Corner

Fun Afternoon Bowling

Empire Lanes in Webster was alive with hearty laughter, good natured kidding and camaraderie as youth and adults, gathered for an afternoon of fun. Organized by Patty and Sean Singh the afternoon was a spirited way to build fellowship among inter-generations within the parish. Youth Advisor Henry Ehindero surprised the teens with his bowling ability, and of course he gave back to them good natured humor. Henry brought with him Ade and Maya who in the final analysis were a match for their father. The bowling ally has a device much like a ramp where a child can place a ball at the top and let it roll down the lanes. The device came in handy for the small children, oth-



erwise James Bansbach had to walk a tight rope down the alley to push the slow moving or in most instances the stopped ball the remainder down the alley. We couldn't tell who liked the lane bumpers more --Michael Singh or Vera Mascaró. To everyone that came for the fun afternoon thank you, to others who made financial donations, thank you. (See group photo on p. 3.)

Youth Lock In

Niiki Rivera and Elyse Grems have offered to lead a youth lock in on March 19th. The youth will gather for dinner, prayer and fellowship. Get ready any Wii experts—the youth are ready for a challenge. If you'd like to make any snack or part of the meal or come for part of

the time with the youth please contact Nikki or Elyse. We are very fortunate to have such talented youth advisors care enough to spend the night sleeping on the church floor. We applaud their commitment to Christ and to the teens.

Godspell At Third Presbyterian Church

On April 10th the youth and adult advisors will meet teens from the Urban congregations for pizza at 6:00 p.m. then join in an evening's entertainment as Third Presbyterian presents Godspell. The production is open and free to the public at 7:00 p.m. Think about carpooling with other CSA members and friends for an evening of entertainment.

News from the Emergency Food Cupboard

Our great thanks go to Sharon Hoffman, who has filled in for Joan Henrick, who has been on vacation. Sharon meets Robert each Tuesday for the food pickup at Food-link.

Also, March is the time to think about giving contributions to the food cupboard through United Way. It is almost painless when people give to our United Way code #1620.

The money will be used to purchase food that is not available through Food-link. The end of March is also time for the Boy Scout Food Drive, so stay tuned for those announcements and ways that you can participate, either by donating from your home or helping unload food donated to CSA.

The Penfield Fitness and Racquet Club conducted a Healthy Food

Drive as part of their New Year's programs for fitness and weight loss. The drive ran for four weeks and ended with a Fitness Fest, where participants could get in free with a donation to the food drive. The Club offered prizes and discounts for donations throughout the drive. Thanks to Lauren Vicker for her work organizing and promoting this drive.



CSA Bowlers (see story p. 2 Youth News)



The 24-hour Fast

Fasting is primarily the act of willingly abstaining from some or all food, drink, or both, for a period of time. The ancient tradition is a way the people of God have chosen to use the time to pray, to connect spiritually with others.

CSA is inviting you to set aside **Monday March 28th as a day of fast**. During the 24 hour period, no food will be taken. Drink only juice and water to supplement the body. A mixture of honey, lemon and cayenne pepper in water is also a cleansing agent. Here's how to begin:

Step 1: Set Your

Objective: Why are you fasting? Is it for spiritual renewal, for guidance, for healing, for the resolution of problems, for special grace to handle a difficult situation? Ask the Holy Spirit to clarify His leading and objectives for your prayer fast. This will enable you to pray more specifically and strategically.

Step 2: Make Your

Commitment: Pray about the kind of fast you should undertake. Jesus implied that all of His followers

should fast (Matthew 6:16-18; 9:14,15) For Him it was a matter of when believers would fast, not if they would do it. Before you fast, decide the following up front:

- We are suggesting one day-24 hours on March 29th. If that is too long a period, shorten it to an eight-hour fast.

- Decide ahead of time if it is water only or a water and juice fast. Plan ahead in your day.

- What physical or social activities will restrict?

- How much time each day you will devote to prayer and God's Word?

Step 3: Prepare Yourself Spiritually

Meditate on the attributes of God; love, sovereignty, power, wisdom, faithfulness, grace, compassion, and others (Psalm 48:9,10; 103:1-8, 11-13).

- Begin your time of fasting and prayer with an expectant heart (Hebrews 11:6).

Step 4: Prepare Yourself Physically

Fasting requires reasonable precautions. Consult your physician first, especially if you take prescription medication or have a chronic ailment. Some persons should never fast without professional supervision. Physical preparation makes the drastic change in your eating routine a little easier so that you can turn your full attention to the Jesus in prayer.

Step 5: Join in An Evening Prayer Service march 28th from 7-7:45 p.m. at CSA

Use the day of fasting to come close to God and to be in the community in prayer

The evening of March 28th 7:00-7:45 gather at church for a worship service to mark your journey.



“Ask the Holy Spirit to clarify His leading and objectives for your prayer fast.”

Snowy Night Can't Stop the Fun!



Don Tirabassi carves the fried turkey.

Eighty people braved the sleet, snow and bone-chilling cold to attend the annual turkey dinner on February 5th. Several pounds of turkey, mashed potatoes and all the trimmings were soon consumed by the hearty crew. As folks come out of hibernation, this annual event breaks the winter doldrums.

Of course every party can be an adventure—just ask Don Tirabassi. Don agreed to cook a turkey, but on that afternoon his stove decided to go on strike—the oven quit. He borrowed a turkey fryer and had the whole

family in the driveway cooking the turkey. What a fun adventure for Pete Tirabassi, who did the majority of the work; maybe he'll have a new career in turkey cooking. Fried turkey for dinner was one of the options that night.

The Sweet Adelines made a surprise visit. Ginny Dekin and Sandra Ehman wanted to honor two people for all the work they do in the parish. They contracted with the Sweet Adelines to sing special music in honor of

Ginny Weisel and Marsha Reed. Ginny and Marsha were surprised by the generous gift and the lovely music (see photo below).

Maureen Metzler, Tracy Perkins, and Shirley Bowen did a terrific job of organizing the event. Many people stepped up to help in set up and cleanup. Thank you, everyone, for your support.



UPT a Hit



Over a hundred people from the ten urban Presbyterian congregations came together on January 27th for an evening with the Reverend Dr. Jerry Cannon, pastor of C. N. Jenkins Memorial Church in Charlotte, North Carolina (*photo left*). The event was held at the Brighton Presbyterian Church.

Dr. Cannon's spirit filled message challenged folks to share their faith by paying attention to

the people around us and inviting them to share in activities and worship in the church.

Christian Education Director Martha Cuthbert liked the idea Dr. Cannon presented of a slide that carries children from church to Sunday school. It can't exactly work in our building but maybe in the late spring we can begin Sunday school on the playground; we'll

start with a ride on the slide.

Other ideas that caught attention we're putting into action during Lent—24 hour fast and a week of prayer where everyone signs up to pray for at least an hour.

CSA had 14 people attend the event!!





News from the Presbytery

Resource Saturday

Saturday, March 5, 2011

9:30—11 am

Refugee Resettlement in Rochester

and

Everything Must Change: A New Kind of Christianity

Courses are free, but pre-registration is required...contact Susan Orr by March 3 to register.

242-0099.

Youth Elders and Confirmation Youth Invited to Presbytery

Saturday, March 26, 2011

9:00 am—12:30 pm

First Presbyterian Church of Brockport

Register by Tuesday, March 22, \$5 fee

Contact Janice Bilolahvek
242-0080

Gathering for Commissioners and Interested Persons

Tuesday, March 22, 2011

7-8:30 pm

Contact Janice at 242-0080 to be sure there are enough chairs.

Resources always available at Presbytery website.

Rev. Amy Williams Fowler Selected as Presbytery Leader

“Rev. Fowler’s spiritual and administrative leadership gifts reflect the needs recently articulated by the Presbytery...”

At a special meeting held January 31, 2011, the Presbytery of Genesee Valley voted to call the Reverend Amy Williams Fowler as its Presbytery Leader. This nomination follows an extensive denomination-wide search. Amy will begin her ministry in Genesee Valley on April 1, 2011.

Following pastoral roles in Tennessee, Georgia, Indiana, and Illinois, Rev. Fowler’s recent ministry as Associate Executive Presbyter has focused on

congregational transformation in the Presbytery of Giddings-Lovejoy. Amy has also served as Associate Executive Presbyter in the Presbytery of Whitewater Valley in Indianapolis and as Consultant for Congregational Development and Stewardship in the Presbytery of Chicago.

Rev. Fowler’s spiritual and administrative leadership gifts reflect the needs recently articulated by the Presbytery of Genesee Valley’s vision to *Know Christ, Live Christ, and Share Christ*. Amy explains, “The mission of a vital presbytery is to engage its congregations in transformational conversations. What I bring to this work is passion and the ability to bring the leaders of congregations together to engage in conver-

sation. I have gathered and equipped people who are empowered by God with energy, intelligence, imagination and love, to inspire and support congregations.”

Rev. Fowler received her M.Div. from Princeton Theological Seminary and her B.A. from Duke University. She is currently enrolled in the Doctor of Ministry program Columbia Theological Seminary.

Amy is married to the Rev. Gene Fowler, also a minister in the Presbyterian Church (U.S.A.). They have one son, Thomas, a first-year student at Boston University Law School.



Pick the Freshest Food

Join us for the first CSA* Fair! Saturday, March 26, 1 to 4 pm, Village Gate Square, Physikos Studio, Upstairs. 300 N. Goodman St. Rochester

Learn about CSA:
*Community Supported Agriculture, Meet local farmers, sign up for a weekly Veggie-box!

Bring the kids! Activities for the whole family! For information call Kristina at 585-271-1979 X 505, or Alison Clarke at 244-2711 Visit the web at www.nofany.org/csafair.

March Birthday Blessings to:

- 5 Nicole Reid
- 6 Ashieka Anderson
- 8 Karen Rhone
- 10 Jeff Folkins
- 13 Amy Stoltman, Urban Michael Totin
- 16 Norma Kennedy
- 18 Shawn Gearing
- 21 Kathy Englerth
- 22 Anna King Cummings
- 23 Linda McLean
- 27 Janet Ayer



March Coffee Hour

- March 6: Loden Lane, Mascaro
- March 13: Cox/Munson, Singh
- March 20: Cuthbert, Maldonado
- March 27: Bowen/Perkins, Hahn

- April 3: Maureen Metzler, Lewis



The deadline for the April issue of The Communicator is Sunday, March 20.

Build your Prayer Muscles



In April, in preparation for Holy Week, the leadership will be asking people to sign up to pray for an hour the week before Easter. It can be any time April 10th to the 16th.

Pray for an hour, or sign up several times during that week. Pray on your back porch, in your car, on your walk, in the gym—anywhere is good. Set the time to be with God and the community.

And speaking of muscles...

Congratulations to James Bansbach, a senior at Aquinas Institute. James competed in the Monroe County Sectional Swim Meet on February 12. James wrote on his Fb page that, out of everything he thought he would do in high school, this wasn't one of them!

