

Adult Education Programs

7th Transformation of Elder Care

Nancy Smyth, the Executive Director from the Rochester Presbyterian Home will give a talk on "Transformation of Elder Care through the Eden Alternative". Founded In 1991 by Dr. Bill Thomas, the Eden Alternative has the potential of remaking the experience of aging and disability across America and around the world. Proponents of Eden are dedicated to bringing the elements of community to elder care through enlivening environments and the elimination of the plagues of institutional life; *loneliness, helplessness and boredom*. Nancy will talk about the Eden journey at the Rochester Presbyterian Home as well as the newest model of care at the Memory Care Residences at Cottage Grove (operated by RPH).

14th Share the Love

Remember red and pink hearts, paper doilies and ribbon Valentines? Come join us for Second Hour and create some Valentines to share with the residents of the Rochester Presbyterian Home. There are 100 residents so we will need a lot of help to create a card for each elder.

21st Journey to the Cross: The Discipline of Lent for Presbyterians

What do you think about when you think of Lent? Feasting on pancakes the day before Ash Wednesday? Fish dinners at the Roman Catholic church? Giving up such things as chocolate, wine, or coffee? As Presbyterians, you may wonder "Isn't this a Catholic practice?" What is the point of all this really? Lent is a season of spiritual preparation as we set our feet on the path towards Easter. At best, the disciplines of Lent are intended to provide us with an opportunity to pay attention to our spiritual lives. Come join us for an exploration of the ancient observance of Lent as a tool for personal growth and transformation.

Elder Linda Badger Becker, General Presbyter, Presbytery of Genesee Valley

28th Jamaica Mission Trip: Hear the stories!

Our Senior High Jamaica Mission Trip participants will tell their stories of their work project to Jamaica during Second Hour.

Calling Men of All Ages

Join the men in fellowship for breakfast on **Thursday, February 4th at 6:30 a.m.** (the first Thursday of each month). We will gather at the Town and Country Restaurant on Chili Avenue.

Also, join the men at **6:00 p.m.** for dinner on **Thursday, February 18th** (the third Thursday of each month). This month we will be gathering at the **church** in the **Fellowship Hall**. Bring a dish to pass (it can be simple, we are flexible) and join the free wheeling conversation.

We Love our Men ~ Men's Health DVD

Check it out – a new library DVD is now available called Men Get Depression. Ten men from diverse backgrounds – CEO, Iraq War vet, minister, others share their stories and leading medical authorities offer commentary on treatments.



Be A Friend

Invite a friend to worship with us or to attend a special program. Winter is the perfect time!

Walk the Labyrinth on Ash Wednesday

Labyrinths have been in use for more than 4000 years and are found in just about every major religious tradition in the world. They have been an integral part of many cultures such as Native American, Greek, Celtic and Mayan. Like Stonehenge and the pyramids, they are geometric forms that define sacred space. Today, labyrinths are used for reflection, meditation, prayer and comfort.

Another source says, "In many ways, I see the labyrinth as a call to action, a transformational spiritual tool for people. It can aid healing, help in releasing grief, (people often shed tears during the "letting go"), help guide through troubled times, aid in decision making, illuminate our purpose in life, and act as a tool of celebration and thanks. *It is important to recognize it as a spiritual practice*, not a magical tool. Its work is our commitment to enter into the sacred spiritual walk, not merely once, but ideally to use it as part of an ongoing spiritual practice."

Sources: www.angelfire.com/tn/SacredLabyrinth & www.sacredwalk.com/



Interested in Membership?

Spring Membership Orientation Sessions are now being planned. If you want to explore the potential for membership, please indicate this on the Hospitality Register or contact Velta Rouchon, Lynn Schramel, Rev. Carol Anne Strawbridge, or the church office. Classes will be held on March 7 and 14 from 4:00-5:30. Prospective members will meet with Session on March 18 at 7 p.m. and will be welcomed by sponsors and the congregation on the morning of March 21.



PEACEMAKING

The Presbytery Peacemaker blog is now available as a link on the GPC website or by keying in <http://pbygenval.org/peacemaking/blog/>

NEW LIBRARY BOOKS

GPC received these books from the book sale at the Advent Fair:

- *ACTS OF FAITH: THE STORY OF AN AMERICAN MUSLIM, THE STRUGGLE FOR THE SOUL OF A GENERATION* BY *EBOO PATEL*
- *GREEN GOES WITH EVERYTHING: SIMPLE STEPS TO A HEALTHIER LIFE AND A CLEANER PLANET* BY *SLOAN BARNETT*

You are welcome to check them – and others – out.

DO YOU LOVE PEOPLE?

If so, consider joining the Membership and Visitation Committee. About one hour a month will allow you to welcome prospective visitors and deepen ties with your fellow congregation members! Contact Velta Rouchon at 225-9737 or Lynn Schramel at 247-5292 x 24 if you are interested.

Prayer for Every Living Creature

May I be a protector to those without protection, A leader for those who journey,

And a boat, a bridge, a passage, For those desiring the further shore.

May the pain of every living creature, Be completely cleared away.

**May I be the doctor and the medicine, And may I be the nurse
For all sick beings in the world, Until everyone is healed.**

**Just like space, And the great elements such as earth,
May I always support the life, Of all the boundless creatures.**

**And until they pass away from pain, May I also be the source of life
For all the realms of varied beings, That reach unto the ends of space.**

- Author Unknown

From the Associate Pastor

I write this in the middle of what the church calls “Ordinary Time” – the weeks between Advent/Christmas/Epiphany and Lent/Easter. The preparation purple of Advent has been stored away waiting to be brought for Lent. The white candle of Christmas/Epiphany has been replaced with a green one reminding us of the potential growth Ordinary Time offers us. We, at Gates Presbyterian, understand all about in-between time. We understand the waiting from one watershed moment to the next. We understand the comfort of the past while facing the mystery of the future and we understand the growth of in-between time. Gates Presbyterian Church is in-between Interim Pastors and in-between installed Head-of-Staffs. We have a choice – we can travel these days frustrated at the unknown, pressuring the process, grabbing at the familiar OR we can embrace these days as days filled with spiritual richness. It is the GPC tradition to choose the later. Thus, I invite you to join me in this process. Rejoice with me in this opportunity to examine who we are as people of God. Explore with me ways in which we can welcome the next Interim. Discover with me ways in which we can “speak” our faith in a new world. Search with me ways in which we can be a community respectful of all of God’s creation. Discern with me God’s direction.

Rejoice, explore, discover, search, discern - these are action words – not words that denote an “on hold” state of being. Indeed, our life together is full of sacred adventure. As we enter the days of Lent this month, we do so with the promise of new life. Let’s approach our in-between time absorbing the growth of Ordinary Time, trusting the promises of Lent and confident that the mysteries of the future will be filled with God’s Spirit!

Carol Anne

DEACONS' PAGE

Please keep in thought and prayer

George Bilohlavek, recovering from pneumonia

Jeannie Bauman, recovering from hip replacement surgery

Samantha Dykes, undergoing medical tests

Jane Gracey, in Unity Hospital

Bill McMahon, in Highland Hospital recovering from a broken hip

Continued prayers for **Jim Bartell**

Thank you

Thanks and appreciation to the members of Gates Presbyterian Church for your cards and words of comfort upon the death of Ionie's brother, Vivian Master. We traveled to Jamaica knowing that members of this church were with us in thought and prayers.

Thank you! The Crosdale Family

REMINDER TO DEACONS

Our next meeting will be at 7:00 p.m. on Monday, February 22nd

THE PRAYER SHAWL GROUP will meet on Tuesday, February 2nd from 2:00 – 3:00 p.m. at GPC in Room 16. Call Bonnie Beckett at 247-2155 for information.

TABITHA CIRCLE will meet on Tuesday, February 9th at **7:00 p.m.** at the home of Bonnie Beckett, 55 Mariposa Drive. Please read Chapter 6.

LUNCH BUNCH will gather again starting Tuesday, February 2nd at 10:00 a.m. Bring a lunch and join us for crafting and fellowship. Any questions, please call June Hungerford at 426-2656.

THANK YOU!

Thank you to everyone who donated and dressed teddy bears for our school project this year. With your help we can cover so many children rather than one class. Your time spent and support of this project is deeply appreciated! - Your friends at St. John's Meadows

STATEMENTS OF GIVING FOR 2009

We thank God for you! Your gifts to Gates Presbyterian church throughout 2009 are gratefully acknowledged. Your 2009 Statements of Giving are now available to be picked up in the church office. These can be retrieved during regular office hours (9am-12pm and 1pm-3:30pm) or can be mailed by making a request to the church office at 247-5292. Once again, thank you for your generous commitment to the work of Jesus Christ through Gates Presbyterian Church!

Calling all "Artists"

We are fortunate to have many visitors join us for worship each Sunday. Our Membership and Visitation Committee plans to provide stickers in the Hospitality Register for those who would like to be identified as visitors. To that end, we invite you to take part in our design contest! The design needs to fill a 2" x 3" space, be a single color, and be distinctive enough to spot from a distance. It does not have to include the word Visitor; in fact, wording is optional. Please submit your design by February 21st. There is a box (next to the one for Suggestions) on the table by the entryway. The winner will be announced in March. See Velta Rouchon or Dennis White with any questions.

JR. CHOIR NEWS

Our January anthem was based on Paul's letter to the Corinthians comparing members of the early church to different parts of the same body. "One Body of Christ" (Amanda McKenna) recognizes that we all have special gifts, but in working together we can better serve God and "be a light of welcome" to those who need our love.

This month we are looking forward to welcoming back our Jamaica Mission Team. They will be leading worship on February 28th, and we have chosen a special anthem to help celebrate their Jamaican experience- a Caribbean style arrangement of the Lord's Prayer!

ROCHESTER AREA PRESCHOOL

Registration for the general public for the 2010-2011 school year opens Saturday, February 6 at 9:00 a.m. We have a wonderful preschool associated with our church with an outstanding reputation community-wide! Please call the RAP registrar, Susan Gramowski at 889-4249 to register. Please pass the word on to neighbors and friends!

FYI – Thank you to RAP for the purchase of an electric snowthrower to help the GPC custodians clear the sidewalks during the week and for use on Sunday mornings.

NURSERY and TODDLER ROOM SCHEDULE FOR FEBRUARY

<u>Date</u>	<u>Nursery</u>	<u>Toddler Room</u>
February 7	Diane and Laura Keiling	Ginny Smith and Rob Ohman
February 14	Tami Pignone and Joshua Binko	Sharon Call and Carolyn Thornton
February 21	Sue and Alyssa Birkbeck	Brian Hart and Shawn Lewis
February 28	Andrea and Ian Unson	Amanda Adams

WOMEN'S SOFTBALL

Practices for the GPC Women's Softball Team will begin in April on Monday evenings at 6:00 p.m., weather permitting. Watch the bulletins for an exact date. Games will begin in May. If you are 13 years or older and are interested in playing on the women's softball team, please contact Bev Switzer at 247-6434. See you on the softball field!

FROM YOUR PUBLIC WORSHIP COMMITTEE

Looking for a new challenge? Looking for a way to interact with a small group of people on a regular basis? Looking to learn more about the Presbyterian traditions? Don't look any further. We have the perfect opportunity for you. Your Public Worship Committee meets on the first Thursday of the month at 7:00 p.m. We would love to have some new members. Please bring your enthusiasm, creativity and a bit of elbow grease to help with communion set up and clean up. If you have any questions, please call Irene Ward at 889-5932. We are looking forward to seeing you there!

You would like to help out at church but don't want to make a commitment for every week. We have the perfect opportunity for you to help as little or as much as you'd like. We have six Ushering Teams and they rotate and perform the ushering duties once every six weeks. Sometimes, the team may need a substitute. How would you like to be that substitute? You would help greet people as they enter the Sanctuary and help hand out the bulletins. You would assist in distributing the collection plate. It's a wonderful way to meet new people in church. Please call Irene Ward at 889-5932 if you are interested in this position.

THANK YOU to all the Elders, Deacons, and Trustees whose terms have ended:

Elders:	Eric Vail	Nancy Bodhorn
	Sheri MacFarlane	Dick Saxe
	Barbara Snaith	Jenna Steinmiller
Deacons:	Doris Barney	Bonnie Beckett
	Margaret Belt	David Fish
	Kay Harder	John McKnight
	Brenda Thornton	Laura Hossenlopp
Trustees:	Buz Bauman	Jan Beutner
	Don Robertson	

PER CAPITA APPORTIONMENT FOR 2010

The "Per Capita apportionment" for 2010 is \$25.82 per member. This represents the "cost of being Presbyterian." It pays for services such as the Resource Center on Winton Road, the Presbytery staff, and similar expenses at the Synod and General Assembly levels.

While the apportionment is assessed to the Church, rather than individual members, it will certainly help our budget if members would reimburse GPC for their share. There is a special envelope for this purpose in with your regular envelopes or write a check and mark it "Per Capita" if you don't have envelopes. If you have any questions, call the church office.

Worship Services in February

February 7 – 10:00

Communion
Jamaica Mission Team Commissioned
Youth and Adult Choirs
Rev. Carol Anne Strawbridge
Psalm 138, Luke 5:1-11

February 14 – 10:00

Adult and Bell Choirs
Worship led by Guatemalan Mission Team

February 17 – Ash Wednesday – 7:00

Adult Choir
Worship led by Linda Becker Badger, General Presbyter of the Presbytery of Genesee Valley

February 21 – 10:00

Adult Choir
Guest pastor - Reverend Sister Barbara Moore

February 28 – 10:00

Adult and Junior Choirs
Worship led by the Jamaica Mission Team

PUBLIC WORSHIP SCHEDULE FOR FEBRUARY

<u>Date</u>	<u>Front Door Greeter</u>	<u>Lay Reader</u>	<u>Usher Team</u>
February 7	Sherry Nau	Linda Allen	6
February 14	Irene Ward	Guatemala Group	1
February 17	Keith Hadley (Ash Wednesday)	Jan Beutner	2
February 21	Polly Moore	Bonnie Beckett	3
February 28	Carol Hennen	Jamaican Group	4

COMMUNION – FEBRUARY 7

Left

1. Andrea Unson
2. Sue Mancini
3. Diane Keiling
4. Irene Ward

Right

1. Helen Priestley
2. Bruce Taylor
3. Carrie Dykes
4. Tom Ward

Youth Calendar

February 4 - 7:30 - Youth Advisor Meeting

February 7 - 9:00 - Youth Choir

10:00 - Worship - Jamaica Mission Team Commissioned

11:15 - Junior and Senior High Church School

Souper Bowl - Junior Highs will collect

4:00 - 6:00 - Jamaica Mission Team orientation WITH PARENTS

12:15 - 3:00 Junior Highs bowling

Senior Highs sledding or alternate green activity

February 13 - 6:30am - Jamaica Mission Team meets at airport

February 14 - 9:00 - Youth Choir

11:15 - Junior and Senior High Church School

Happy Valentine's Day

February 20 - 10:00 - Junior Highs meet at GPC to serve lunch at St. Joseph's

2:30 - parents pick up at GPC

February 21 - 9:00 - Youth Choir

10:00 - Worship

11:15 - Junior High and Senior High Church School

9:30 - Jamaica Mission Team returns to airport

6:00 - Sr High Youth Group - bowling

February 28 - 9:00 - Youth Choir

9:30 - Jamaica Mission Team meets in Jr Hi Lounge to prepare for worship

10:00 - Worship - Jamaica team leads Worship

11:15 - no Church School - Jamaica team leads Second Hour

YOUTH FEBRUARY FLING

February 7 -

12:30-3:00 - pizza at church and then

Senior Highs head for the hills to sled (or alternate green event)

Junior Highs hit the alleys to bowl

JAMAICA MISSION TEAM - VERY IMPORTANT DATES!

February 1 - Absolutely all paper work, shots, and money due!!!!

February 7 - Commissioned in worship!

4-6 Final orientation (bring your parents).

February 13 - 6:30 AM - meet at ROC airport

February 13-21 - Jamaica!!!!

February 21 - 9:30pm - return to ROC airport

February 28 - Lead worship and Second Hour

YOUTH - SAVE THE DATES

End-of-the-Year picnic - June 13 - 6-8 (seniors will be honored) - for 6, 7, 8, 9, 10, 11, 12th graders

Sunday, June 20 - high school graduating seniors will be honored in worship.

Junior High Work Project - for youth entering 7th and 8th grade -

July 26-29 - City of Rochester

Senior High Youth Work Project - for youth entering 9, 10, 11, 12th grade

August 8-14 - New York City

Senior High Work Project Participants lead worship - August 15

ATTENTION A MYSTERY

It's time to dust off your saddle and polish up your spurs! On March 20th the Guatemala Group will be changing the Fellowship Hall into a scene from the Old West. Come join us for appetizers, dessert, and a lot of laughs as we all work together to solve "the Mystery"! Look for ticket sales at the end of February.



THE ANNUAL GPC YARD SALE



The Gates Presbyterian Yard Sale is scheduled for Saturday, June 12, 2010. Please begin to save your gently used items to donate. This has been a great event for our church with the opportunity to have fun while fundraising and finding some great deals on things you always knew you needed, but could never find! We will need LOTS of help to make this event just as successful as in previous years. We welcome your ideas and your time along with your donation of treasures. Please contact Sheri MacFarlane at 436-1274 with any ideas or questions and watch for updates in the weekly worship bulletins. We look forward to an exciting and successful Yard Sale in 2010.

MISSION OPPORTUNITIES

Souper Bowl Sunday – February 7 – Bring a dollar and/or can of soup!

Help the hungry both in Haiti and in Rochester.

Our Junior High youth will be celebrating Super Bowl Sunday by celebrating Souper Bowl Sunday. This group of compassionate youth will welcome your donations before and after worship on February 7th. Monetary donations will go to the Presbyterian Disaster Fund earmarked for Haiti earthquake victims and food donations will go to Cameron Community Ministries. This outstanding mission project began in 1990 with a simple prayer: “Lord, even as we enjoy the Super Bowl football game, help us to be mindful of those who are without a bowl of soup to eat.” This prayer was delivered by a seminary intern serving at Spring Valley Presbyterian Church in Columbia, South Carolina. The youth of that congregation responded by creating a youth-led movement to help hungry and hurting people around the world. Since then, young people throughout the world have generated an extraordinary \$60 million for soup kitchens, food banks, and other charities in their effort to fight hunger.

JAMAICA MISSION TRIP

On February 13, 9 youth and adults from GPC will travel to Negril, Jamaica. This group will become the next link in the on-going partnership between the United Church of Jamaica and Gates Presbyterian Church, a partnership that began in 2001. Although the exact work is undetermined at this time, the group will be working in the Green Island Basic School neighborhood. Members of the team are: Patti Fields, Rick Fields, Mary Hadley, Jared Hall, Laura Hossenlopp, Alison McKenzie, Shea Ryan, Jenna Steinmiller, and Carol Anne Strawbridge. This group thanks the GPC congregation for their financial support through their mission dollars, Wheel-A-Thon pledges, and Blue Mountain Coffee House participation. Please keep this group in your prayers as they travel and experience an emerging culture.

ST. JOSEPH’S HOUSE OF HOSPITALITY – DONATIONS AND COOKS NEEDED

The Junior Highs of GPC will be serving lunch at St. Joseph’s House of Hospitality on February 20th. They, however, need your help to donate food and prepare the meal at GPC on Friday, February 19 – 6:30. Sign-up on the Kiosk. St. Joseph’s is located on South Avenue. The staff serves a hot lunch to those in need of food six days a week. In addition, during the winter months it offers housing to homeless men.

LENTEN WALL OF FOOD BEGINS SUNDAY, FEBRUARY 21

Throughout Lent, we will build a wall of food that will be donated to Southwest Ecumenical Ministries (SWEM) after Easter. SWEM addresses the emergency food needs of those living in the Southwest quadrant of Rochester. Watch the wall grow throughout the six weeks of Lent. All donations are welcomed, but of special need are canned soups, vegetables, fruits, and meats. Peanut butter, as well as boxes of cereal, are also needed.

“Along the Way”

Lent 2010

In the coming weeks, the Lenten season summons Christians to prepare themselves for the joy of Easter through worship, inner spiritual exploration, biblical study, and mission outreach. At GPC, our Lenten theme, “Along The Way” invites us to engage in these spiritual practices along the way to the cross of Good Friday and the empty tomb of Easter morning.

February 17 – Ash Wednesday Worship Service

Ash Wednesday marks the beginning of Lent. It is a time in which we face our brokenness in order to make space for the resurrecting power of God. Linda Becker Badger will lead us in this service. A labyrinth will also be available for your use before or after the service. It will be in the Fellowship Hall. This ancient spiritual discipline encourages us to reflect upon what it means to journey with God as our center.

Bible Study Opportunities – “Questions Asked Along the Way”

Wednesday Evening Bible Study – February 24, March 3, 10, 17, 24

6:30 – 7:30

Sunday Morning Bible Study – March 7, 14, 21, 28

8:45-9:30

Both of the above Bible studies will explore the questions in scriptures “Along the Way” to Jerusalem. During Lent, these on-going Bible classes will become a self-contained study with the hope that others will join the class for the Lenten season.

Personal Devotions

The Adult Education Committee is providing you with Lenten devotional booklets, “Questions Asked Along The Way.” In these booklets, Arden Mead explores Lenten questions lifted from scripture, as well as offers daily prayers. The booklets will be in the foyer on February 14, the Sunday before Lent begins.

Lenten Mission Opportunities

Wall of Food

One Great Hour of Sharing

Preparing Lunch for St. Joseph’s

Read more about each of these in the Mission section of this Harbinger