

Adult Education Programs

6th Youth Mission Trip to Jamaica

Jamaica participants will share their experiences in the Second Hour Program.

13th "The Power of Forgiveness" with Rev. DeRosia

To forgive someone can be simple. But this simple act can have powerful consequences-- and may lead to personal and spiritual transformation. From Northern Ireland to Ground Zero to the Amish countryside, the documentary "The Power of Forgiveness" explores this important work, and reveals how forgiveness can transform your life. Join us in 2nd Hour to watch a clip from this film and discuss how the power of forgiveness has touched our lives.

20th Health Care, Asset Protection and Long Term Care Insurance

Program highlights from Stephen M. Polizzi, CMFC, CLTC, CRPS, include:

- How to avoid being forced to sell your assets or surrender your money to Medicaid
- Review the Medicaid eligibility and asset transfer rules
- Learn the benefits of the four New York State Partnership for Long Term Care Plans
- Protect your retirement assets with guaranteed lifetime income

GPC Men's Invitation

Join the men this month for breakfast on **Thursday, March 3rd at 6:30 a.m.** We will be gathering at **Mr. Beenz 1941 Buffalo Road** (across from Wendy's).

Also join the men at **6 p.m.** for dinner on **Thursday, March 17th.** This month we will be gathering at the **church** in the **Fellowship Hall.** Bring your own dinner and join in on the free wheeling conversation.

Lenten Prayer Devotionals will be available in the narthex to help us reflect on the season.

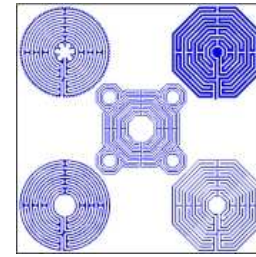
Many thanks to those from the congregation who contributed prayers.

We appreciate our...Budget and Stewardship committee members, as well as the many individuals who perform the weekly counting. Thanks to all of those who generously donate their time and effort to monitoring our financial health.
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March 9th Ash Wednesday Labyrinth

Labyrinths are ancient. The labyrinth was a central feature in many of the European Roman Catholic churches in the middle ages and many of these still exist today. The most famous of these remaining labyrinths is at Chartres Cathedral near Paris, France; built around 1200. It was walked as a pilgrimage and/or for repentance. As a pilgrimage, it was a journey to become closer to God. When used for repentance, the pilgrims would walk on their knees. Sometimes this eleven-circuit labyrinth would serve as a substitute for an actual pilgrimage to Jerusalem. The cross is at the center of the pattern. Even today, churches with labyrinths encourage people to walk the labyrinth during Lent and Advent. From The Labyrinth Society.



Benefits of Labyrinths

Research conducted at the Harvard Medical School's Mind/Body Medical Institute has found that focused walking meditations are highly efficient at reducing anxiety and eliciting the 'relaxation response'. This effect has significant long-term health benefits, including lower blood pressure and breathing rates, reduced incidents of chronic pain, reduction of insomnia, improved fertility, and many other benefits. Regular meditative practice leads to greater powers of concentration and a sense of control and efficiency in one's life. Labyrinth walking is among the simplest forms of focused walking meditation, and the demonstrated health benefits have led hundreds of hospitals, health care facilities, and spas to install labyrinths in recent years.

Labyrinths are ancient human symbols known to go back at least 3500 years and probably much older. They appeared on most inhabited continents in prehistory, with examples known from North & South America, Africa, Asia and across Europe from the Mediterranean to Scandinavia. The Labyrinth Company

Meet the PCUSA General Assembly Moderator

Meet the 219th Moderator Cynthia Bolbach on Sunday, March 13 in Batavia. Details for you to reserve your spot are on the kiosk. March 9th is the deadline.

Interested in Gates Presbyterian Church?

Spring/Inquiry/Membership sessions are now available!

If you wish to learn more about GPC and/or explore the potential for membership, please indicate this on the Hospitality Register or contact Velta Rouchon at 225-9737, Lynn Schramel (Lynn@gatespres.org), Rev. DeRosia, Rev. Strawbridge, or the church office at 247-5292.

The information session is planned for Sunday, April 3rd from 12:30-3:30. The evening of April 14th would allow prospective members to meet with Session. New members would then be welcomed at breakfast and worship on May 8th.

Gates Presbyterian Church



- Pink \$1
- Yellow \$5
- Red \$10
- Green \$20
- Blue \$50
- Purple \$100
- Orange \$250
- Plaid \$500

Brick Buy Brick

The bricks that make up the walls of Gates Presbyterian Church are called "clinker" bricks. These are the bricks that were rejected by masons because they were imperfect or defective. These "clinker" bricks represent not only that we as Christians are all unique, as no two bricks are the same, but also that God, as well as the church, accepts and loves us with all our imperfections.

Purchase a colored ribbon with a designated giving amount to tie on to a brick (outside of the sanctuary doors) and support the ongoing maintenance of sealing and preserving the bricks (through Protect the Vision campaign). See a volunteer with brightly colored ribbons attached to their lapel for details!



Clinker Bricks 5K Run/Walk

What is it? It's a race for runners and walkers. The distance is 5 kilometers, which is 3.1 miles. Is it competitive? Yes and no. Some people will be very competitive striving to win the overall trophy; others will try to be the best in their age group, while most will be there just to have fun completing the course with all the other people. Everyone is welcome to participate as either a runner or walker or combination of the two. We will even have a ¼ mile Fun Run for the kids prior to the main event.

When is it? Saturday, April 2, at 9:00 am

Where is it? At our church! The start line is on Wegman Road right in front of the church and the finish line is in the church driveway. The 5K course winds its way around the Gates-Chili High School / Middle School campus.

Why? It's fun! It's a fund-raiser for the "Protect the Vision" capital campaign. It is also an excellent way for our church to be the focal point ("a shining light on the hill") for a community event that brings people together to participate in something that is part of a healthy lifestyle.

How is it a fund-raiser? Participants pay an entry fee (\$18 or \$22 for adults and \$15 for youth) plus we have been recruiting local businesses to donate money to be sponsors for the event. Participants will receive a T-shirt plus the race will have computerized race results provided by a professional timing service.

To participate as a runner or walker, register on-line at www.active.com, download a mail-in registration form from the church website, www.gatespres.org, or grab a form from the info rack in the church foyer. Race Fees are: Adult: \$18 (until March 25) \$22 (after March 25), Youth: \$10 (18 years old and under), Kids Fun Run: FREE

To help out as a volunteer, sign up on the Kiosk in the church foyer. We do have a fun-filled task for everyone: road marshals, registration tables, refreshments, parking lot attendants, water stations, timing assistants, etc... We do need many volunteers to make this a successful event. Most are for just a couple hours on the morning of the event, Saturday, April 2, except as noted.

If you have any questions, contact Keith Hadley or Tracy Burkovich.

THANKS!

JR. CHOIR NEWS 🎵 🎵 🎵 🎵 🎵 🎵

On March 27 we will sing during morning worship as we take part in the celebration of our Gates Presbyterian Church history. Our anthem, "The Journey" by Patricia Villines and Tim Hayden, reminds us of the importance of both courage and faith.

Whether we are traveling on a river (remember last month's anthem?) or on foot, sometimes the way ahead is difficult and obstacles may slow us down. How much easier is it to move ahead when we believe that we have the support of a loving God, who is there for us along the way? God calls us and encourages us to step forward, helping us take even the smallest steps. As we will sing on March 27:

"It's in the little steps I take where I become who I will be,
it's in trying that I find the very best in me."

In celebrating the strides Gates Presbyterian has made over the years, we know that there were *many* little steps made by members of this congregation, past and present, which moved us along, transforming us into the church we are today. As we move into the future, may God continue to lead us, giving us both faith and courage for the steps ahead!

NEWS FOR YOUNG CHILDREN

The second semester of school is off to a great start. The energy is abounding and the children are learning and growing in their faith! This month the children will be learning to sign the words to the song, "Jesus Loves Me." Ask them to share this with you! They also will begin to learn about the One Great Hour of Sharing, and receive "banks" to collect their money in at home. This is an excellent way to teach our young children how to "earn" money and then give it to help others. Stay tuned to Mrs. Salem during Thoughts for Children to learn more about this!

March Contest for the Sunday School Classes

It is time to announce the contest for March!!! One Great Hour of Sharing is coming up and I am looking for you to come up with great advertisement for the project. How can you get people involved? What are the benefits of One Great Hour of Sharing? Why should the church participate in this event? Create an ad to hang up in church to promote One Great Hour of Sharing. The class who brings in the most ads will win a surprise. Ask your teachers, family, or pastors for advice. I cannot wait to see them. I will be sending a flyer home with you as well.

Thanks, Amanda

TODDLER AND NURSERY SCHEDULES

<u>DATE</u>	<u>NURSERY</u>	<u>TODDLER</u>
Mar. 6	Sue & Alyssa Birkbeck/Nadia Endulovski	Jeff and Allison Tuttle
Mar. 13	Andrea & Ian Unson/Josh Binko	Ginny Smith/Jenna Hossenlopp/Jocelyn Pimm
Mar. 20	Karen & Dominique Salem/Corrina Marconi	Diane, Laura, & David Keiling
Mar. 27	Anne Marie Simm/ Katie Ohman/Jenn Cheal	Tracy & Jessica Burkovich/Tyler Phillips

FROM THE PASTOR . . .

This month the season of Lent begins, and you are invited to join with our community of faith and explore the different ways we experience God's presence through prayer. The concept of prayer is one that many of us are taught as small children. Our parents, pastors and Sunday School teachers instructed us to close our eyes, clasp our hands together, and silently or spoken out loud, thank God for the food we are about to eat or to ask for help through a troubling time. The word "Amen" is the verbal recognition that our conversation with God is finished. This is one of the many ways we can consciously be in a living relationship with God. During Sunday morning worship services in Lent we will discover a variety of ways to become in tune with God's spirit through different expressions of prayer. Some of these prayer practices may seem unfamiliar or uncomfortable for you. Rest assured that each expression of prayer will be introduced in worship in a way that integrates our Reformed tradition and order of worship.

First Sunday in Lent - March 13th

Praying Through the Lord's Prayer

We begin with the most commonly recited prayer by people in their individual devotion and in community worship.

Second Sunday in Lent - March 20th

Praying Though Healing: Celebration of Prayer Shawl Ministry

We pray trusting that God precedes us in enfolding creation with love and care.

Third Sunday in Lent - March 27th

Praying Through the Journey: Heritage Sunday

Celebrate with us the prayers of Gates Presbyterian Church over the decades of our history.

Fourth Sunday in Lent - April 3rd

Praying Through Chants

Connect with this ancient form of offering prayer to God.

Fifth Sunday in Lent - April 10th

Praying Through Movement

When we engage the movement of our bodies in prayer, we experience God in new ways.

As you experience these different ways of “Praying Through Lent” in worship, consider other forms of prayer, contemplation, meditations and discernment for your individual and family life. Here are a few ideas to get you started praying everyday through Lent:

- Begin each day with a prayer asking God to help you be attentive to the ways God is present in the world—in your life—throughout the day. It can be simple, “God help me see you today.”
- Near the end of the day, ask yourself or together with your family “Where did I see God today?” Think of the people, situations, images, places, or moments where you saw God. No need to limit yourself to the beauty of God revealed in creation. God is present in vulnerability and suffering too. You can write this list down, or go over it in your mind.
- When you watch the news, read the paper or see headlines online pick one issue of concern you don’t know as much about as you feel you should. Do both some daily reading and information gathering and daily prayer focused on this subject.
- Pray one prayer each day in Lent from the GPC “Praying Through Lent” devotional.
- Use the camera on your phone or grab one you have and take one photo a day during Lent of places, people and situations that represent things you want to pray for.
- Listening is a very deep prayer practice. You can listen to the wind or to another person who is lonely.
- Find a psalm or a hymn text that is meaningful to you. Write the words out and study them. Choose a different portion of the text for each week of Lent and memorize it.

“Pray Through Lent” with us and be open to the surprising, even subtle shifts in awareness of God’s living presence in our lives.

Melissa



Praying Through the Ashes
March 9, 2011 - 7:00pm

Wednesday Night Bible Study During Lent

March 9th **NO BIBLE STUDY**

Join us for Worship on Ash Wednesday at 7:00pm

Everyone is welcome to come and experience Lent as we are “Praying Through the Food of our Soul.” At 6:00pm in the Adult Lounge we will share in a simple meal of soup and bread before discussing the prayer practiced introduced in the previous Sunday worship.

Gathering in Community

March 1, 2010 - 7:00pm

All committees of session (with the exception of the Personnel Committee) will continue to meet on the same night, at the same time and in the same place! We will begin at 7:00pm in the Sanctuary for a time of prayer, committee announcements and calendar check-in before the committees break out into rooms around the church for separate meetings. If you currently serve on or are interested in learning more about the following committees, join us!

Adult Education
Mission/ Peacemaking
Young Children

Budget/ Stewardship
Public Worship

Membership/Visitation
Youth

The ***GPC Yard Sale*** will be held on June 11th this year – and will be here before we know it! We need your help to make the 2011 GPC Yard Sale the BEST EVER!!

We need:

DONATIONS: A very effective treatment to relieve Cabin Fever is to clean out closets, cabinets, storage bins, etc. Please save those gently used but no longer needed items for the Yard Sale.

PEOPLE: There are opportunities for everyone – be assured that we will put your time and talents to good use. Come join the fun!

There will be an organizational meeting on Tuesday, March 8th at 7:00pm in the Adult Lounge. All are welcome!

HERITAGE/HOMECOMING SUNDAY

Our Heritage/Homecoming Sunday is approaching quickly. Rev. DeRosia is busy planning a special worship service. Our own Sheree Barrett will be our special piper for the morning. After worship we will enjoy a delicious catered luncheon in the Fellowship Hall. Cost is \$10 for adults, \$5 for youth ages 6 through 12 and ages 5 and under free. Former pastors who are planning on being with us that morning include Bob and Marilyn Kaiser, Cal and Beth Wilson, and Louise Armstrong. There are several others we are following up on in the hopes they also will be joining us. Don't miss out on this special day! Tickets will be sold in the Fellowship Hall immediately following worship each Sunday through March 20.

Any questions can be directed to the Session committee: Jan Beutner, Ginny Barley, Linda Sidore, or Ann Marie Simm.

MISSION NEWS

WALL OF FOOD - Lenten Food Drive for Southwest Ecumenical Ministries

Folks in Monroe County continue to be challenged by the economy. We can help! Please bring a can of food each time you come to GPC during Lent. The collection will begin on Ash Wednesday, March 9th and continue through Easter Sunday, April 24th. Food donations will be given to SWEM, Southwest Ecumenical Ministries. SWEM provides people living in the southwest quadrant of Rochester with emergency food supplies.

Suggestions: canned fruit, vegetables and/or meat,
oatmeal and/or cereal
powdered milk,
cans of soup

DEACONS' PAGE

Please keep in prayer:

Peter Derry, recovering from knee surgery.

David Cress, recovering from surgery.

Jack Hughes, recovering from surgery in Florida.

Babe Meyer, recovering from surgery.

Walt Priestley, recovering from surgery.

Joyce Kern, recovering from a fall

Mike Polizzi in Kirkhaven.

Congratulations to:

Rob and Beth Waugh on the birth of their daughter, **Isobel Taylor**. The proud grandparents are **Mary and Al Waugh**.

Corey and Ania Cress on their new daughter, **Maia Livia** and **Carla and Manuel Albarran** on the birth of their new son, **Owen Andres**. The proud grandparents are **David and Clarene Cress**.

Trina and Nelson Portillo on the birth of their daughter, **Elena** on February 16. Proud grandparents are **Tom and Irene Ward**.

Our Sympathy to:

Ginny Smith and family on the recent death of Ginny's nephew.

Steve and Carol Henchen on the death of Steve's father.

Matt Paine is scheduled to graduate from basic training on March 17, 2011. He would love to hear from his church family. His address is:

AB Paine, Matthew D.

324 TRS/FLT 217 Dorm A-8

131320 Truemper St., Unit #362917

Lackland AFB, TX 78236-6411

REMINDER TO DEACONS:

The next Deacons' meeting is Monday, March 21st at 7:00 p.m. in Room 2.

TABITHA CIRCLE will meet in the home of Winnie Sweetman on Tuesday, March 8 at 7:00 p.m.

THE PRAYER SHAWL GROUP meets next on Tuesday, March 1 at 2:00 p.m. in Room 16 at the church.

Stewardship Corner

Have you had a chance to think of any new and innovative fundraising ideas? Here are some events to put on your calendar to attend and volunteer for. Check signup boards in the hallway:

- Clinker Bricks 5K Run, Saturday April 2nd in our church parking lot to benefit our Protect the Vision campaign. See flyers from your church bulletin and in this newsletter listing ways you can be involved. You don't have to run! There are volunteer opportunities for all ages AND it'll be lots of fun!
- Annual Roast Beef Dinner, Saturday April 9th. We've heard all your suggestions from past years, so come taste and see a few great changes.
- We are in the planning stages for a concert event featuring Tom Arcara's band. This will likely be an "off site" event occurring during the warmer months. So keep looking for details in upcoming Harbinger articles.

Please prayerfully consider making your Per Capita apportionment payment this month. If you have not already sent in your \$25.71 contribution, please pray about finding the funds in your budget this month. If there are several members of your family who are members and must multiply the amount by that number, consider paying one each week or each month. Our church will have to make our payment of \$15,818.15 soon. We each need to do our part. Please use the blue envelope in your pledge envelope box, or there are extra envelopes in the pew Hospitality Registers as well as in the office. Thank you!

Pledges to date = \$295,790

Shortfall to date = \$10,915

Mustard Seed Portfolio value = \$85,921.11

Endowment Fund Portfolio value = \$156,298.94

(Balances as of January 31, 2011)

PROTECT THE VISION UPDATE

As of 2/13/2011:

- Total pledged- \$41,142
- Amount received - \$31,252
- Number pledged-99
- Amount owed - \$9,890

This is against a total project cost of around \$110K.

Cost	Item Description
\$60K	Roof repair over Sanctuary
\$ 7K	Copier (Repay GPC Expense Budget)
\$40K	Brick repair (pointing) & Sealing
\$ 3K	Interest
\$110K	Total



Rev. Amy Williams Fowler Selected as Presbytery Leader

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 conversation. 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.

PUBLIC WORSHIP SCHEDULE FOR MARCH

Date	Lay Reader	Front Door Greeter	Usher Team
Mar. 6	Peter Derry	Jan Beutner	1
Ash Wednesday			
Mar. 9	Whit Beckett	Alison Steinmiller	2
Mar. 13	Linda Allen	Dave Fish	3
Mar. 20	Dick Stewart	Beth Molina	4
Mar. 27	Laura Keiling	Linda Sidore	5

Communion Servers:

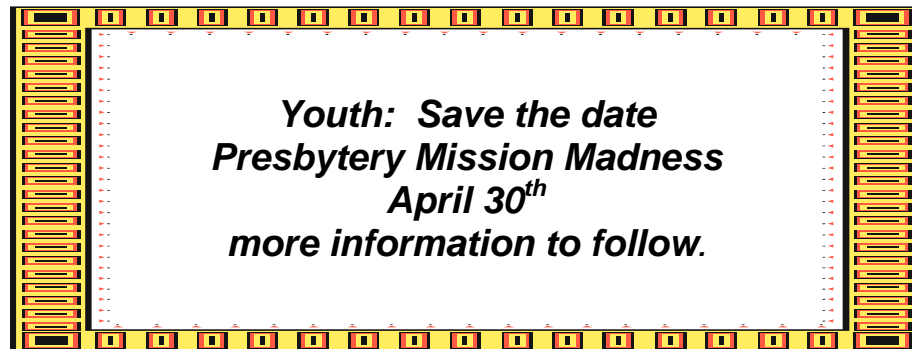
Left: 1. Linda Sidore 2. Ann Marie Simm 3. Steve Christensen 4. Cheryl Fehnel
 Right: 1. Alison Steinmiller 2. Osmond Simm 3. Sally Christensen 4. John Belt

Youth Calendar

March 1	7:00 - Youth Committee Meeting
March 3	7:00 - Senior High Advisor's Meeting
March 6	9:00 - Youth Choir 10:00 - Jamaica Mission Team leads worship 11:15 - Jr and Sr High Church School goes to Jamaica Mission Team presentation in Second Hour
March 13	6:00 - Jr and Sr High Youth Group 9:00 - Youth Choir 11:15 - Church School 12:15 - Confirmation class with sponsors
March 20	9:00 - Youth Choir – Youth Choir sings in worship 11:15 - Church School 12:15 - Junior Highs visit Group Home
March 27	6:00 - Senior High Youth Group 9:00 - Youth Choir Family Sunday no Church School 11:30 - Heritage Sunday pot luck 12:15 - Confirmation Class

Upcoming Confirmation Class dates:

- March 13 – meet with sponsors
- March 27 - Heritage Sunday pot luck and meeting afterwards



From the Associate Pastor

On March 19, 1911 the first International Women’s Day was celebrated in Austria, Denmark, Germany, and Switzerland. More than one million women and men attended the IWD rallies which campaigned for women’s rights to work, vote, and be educated. Currently, International’s Women’s Day is celebrated on March 8th. However, throughout March, events are held that celebrate the economic, political, and social achievements of women. This year I am privileged to be part of a centennial international celebration of International Women’s Day which is being held in Wurzburg, Germany. Thanks to Dean Ekberg, I have been asked to be a member of a three women delegation to Wurzburg, Germany representing Rochester. The delegation will attend a conference entitled “Same Rights, Same Chances, Same Opportunities.” This conference aims at bringing together 30 women from Wurzburg and 30 women from Wurzburg’s ten international sister cities to reflect and learn about current international women’s issues. In addition, conference planners hope to form “new sustainable networks” for the purpose of continuing the conversation. Rochester is one of Wurzburg’s sister cities and thus part of this exciting event. Throughout my years at GPC, I have marveled at the interesting stories of the multiple generations of women in this congregation. I have heard them at the Early Morning Bible Class, the Mother’s Group of years ago, visiting homebound members, at the bedside of the sick, in the hall ways, in the youth lounge, etc, etc. etc. GPC is filled with stories of women who have broken “glass ceilings”, pioneered in male dominated professions, volunteered in places that address the issues of women and girls, etc. The very fact that the congregation has called both a female Associate and Head-of-Staff makes it unique in the Presbyterian Church (U.S.A.). I invite you to continue to share your grandmother’s, your mother’s, your sister’s, your story with me as I prepare to go to this conference. I will carry them with me as part of the USA conversation on “Same Rights, Same Chances, Same Opportunities.”

In addition, I am book-ending the conference with travels that explore the ways in which the Protestant Reformation emerged out of the Middle Ages in Germany. Please keep me in your prayers from March 13-24.