

The Rock



St. Peter's Episcopal Church

JANUARY 2016

From Fr. Wayne's Desk

I just realize that Jim and I have been part of the St. Peter's family now for six months! And I can say without reservation that it has been a great six months! If this is a "foretaste of the feast to come," I look forward to some really great things in our future!

Thanks to all the work that has gone into the Advent/Christmas Season. Thanks to the teachers and parents who have adjusted things for the Christmas Program; we can complain about the weather but we still can't do anything about it! And thanks to the folks who donated their nativities for our enjoyment.

But, hey! I need to get back to the newsletter and because it is January, I need to do the obligatory "New Year's Resolution" newsletter article. What you may not have known is: There is a part of the letter of agreement between churches and priests that covers this very point. It is written in special ink so only those on the vestry can see it, and they are sworn to secrecy about mentioning it. But this part of the letter states: "It is MANDATORY for the Priest to write about New Year's Resolutions in the January Newsletter." So, I will write about resolutions.

Resolutions are not a bad thing, even though they get a bad rap. I think part of the problem with them, though, is that people try to make some HUGE changes in one week. People try to lose weight, quit smoking, exercise more, and pray more all at once. This is almost



guaranteed to be a recipe for failure. And then when one resolution goes down, the rest pretty much topple, too. Then, if you are like me, you end up feeling worse, wondering why you even tried.

But if we think about it, resolutions are habits, just like every other behavior. And to acquire a new habit, you just need to work on it. You also need to remove the things that give us excuses to not learn the habit. These two things together will help to make an enduring resolution. Let's say you make a resolution to pray more. If your plan involves going to the church, reading three psalms, and spending a half-hour in quiet meditation, I can guarantee it will not work. However, perhaps praying more means turning off the radio in the car and contemplating the wonders that surround you on your journey. Perhaps you could ask God to bless the people who pass you on the road. If you get caught up in the problems of the traffic, forgive yourself, and start over again!

Perhaps a resolution is to read the Bible more. If you if you haven't been reading it at all, trying to read a chapter a night starting at Genesis 1:1 is going to crash and burn before you get out of Genesis. (And definitely by the time you get to Kings, believe me on this!) But there are daily Bibles that have the Bible chopped into small chunks that can easily fit into your schedule. Try one of those! If you need a suggestion, just ask!

Or, you could come to a class on Thursdays at noon! Bring a lunch and join us at the church as we discuss the readings for the next Sunday. This is a great way to get to know the Bible and also get





to know more about your fellow congregation members. It is not a heavy duty kind of class and will be more focused on thoughts and discussion. No homework and no prep unless you wish to read the lessons beforehand. The class will only last around an hour so it can work into your schedule.

Another resolution to learn more about the Bible might be to join the EFM class. EFM means "Education for Ministry" but I like to think of it as "Education for Main Street." This is more involved, but sometimes making the commitment is what we need to be successful. It is taught by Damon Piatov and Diana Leiker. It is a great way to increase your understanding of your faith.

So often, we make room for Jesus in our lives during the Advent/Christmas Season, but as soon as the tree is put away, all the room that we had also goes away. Life will find ways to fill our lives with trivialities if we are not careful. Perhaps the best resolution we can make is to make sure there is room for Jesus in our lives. And when we are making that room, make sure it is not just any room. Open the best room for Jesus! When we make room for what is important, the other things will naturally fall into place.

Happy New Year to my Sisters and Brothers in Christ!

Fr. Wayne



Deacon Changes

There are some changes occurring around St. Peter's! It is with sadness that we are saying "Good-bye" to Diana Leiker as our deacon. She will be serving the congregation of St. James Church in Batavia, NY. Her last Sunday will be on January 8th. Please come and celebrate with us as she starts a new chapter in her ministry. I know

that she will be a blessing to them as she has been a blessing to us. Diana has informed me that she will not be totally absent from the St. Peter's family, she will be leading EFM and will continue working with the refugee program so we will have opportunities to see her. We thank Diana for her gifts and her presence and release her into God's hands as she moves on.

And it is with much excitement that we welcome Joanne Frakes as our new deacon! Joanne will be joining us starting January 22nd. Joanne brings many gifts and talents to St. Peter's! Some of you may know her from the work she has done with Deacon Tom in the refugee program and will continue to work with him through that. She also brings a wealth of knowledge from her work as a social worker and Hospice Chaplain. I look forward to working together with Joanne as we travel together in ministry! I hope you will take some time to chat with her and get to know her!

Just to ease fears, Deacon Tom is **NOT** leaving! The Bishop has asked that Tom assist him in more events which will take him away from the congregation. As he will be out on the road more Sundays, the Bishop felt that placing Deacon Joanne here would be a good fit for us all. Deacon Tom will still have a part in congregational life and will still be working with refugee ministries, he will just be away more. We wish him blessings in his increased responsibilities with the Bishop and look forward to the time he will have with the congregation.

Fr. Wayne

To my St. Peter's



I would be remiss if I did not tell you all how much I love you and will miss seeing your smiling faces on Sunday mornings. You are amazing people and have blessed me by picking me up from dark places, letting me my voice again, and lifting me up so I can fly.



Thank you for believing in me and supporting me as I moved through the deaconate process towards ordination. My discernment team went above and beyond the normal call, as they met with me once a month for years. Any time I asked for help, you answered. This congregation is a jewel in the diocese and I know there are great things ahead as God calls you.

The Bishop would like me to continue working with Deacon Tom and Deacon Joanne on our refugee ministries and I will continue scheduling dinners with ESL students. I plan on seeing some of you then. I will also continue to mentor EFM classes with Damon so if you really miss me, you can always study with us next September!

Thank you for the beautiful white stole I was presented from the congregation. Every time I wear it I will be reminded of this parish.

I pray that God continues to bless you with open hearts for each other. Take the light shining within you and share it with the world outside as you continue to make a difference in God's kingdom.

With love always,

Deacon Diana



News

January 8 – Ginny – will conduct final play rehearsals during Sunday School with performance upstairs during sermon time!
PARENTS PLEASE REMEMBER TO BRING YOUR STUDENTS TO CHURCH BY 9:00 SO WE CAN REHEARSE UPSTAIRS!!!

January 15 – Joanne (Carolyn) The lesson will concentrate on the beginning of Epiphany, Jesus's Baptism and following the light. They will sing "This little light of mine" and color candles.

January 22 – Ginny (Jill) – prepare for 5th Sunday Service and continue to work with children on praying! Review prayer buddy time!

January 29 – No Sunday School - Kids will participate in the upstairs service.

Also, thank you to all who participated in the caroling at Amberleigh. The residents really appreciated the holiday cheer! Special thanks to Elizabeth Ann who brought music and instruments and led us in this activity!



WITHOUT CEASING

By Rev. Dr. Roy Maack

I have discovered that prayer is to my soul what breath is to my body. When breathing is heavy and clogged, my body is sick. When praying becomes unpleasant and irksome, my soul is sick. When I stop conversing with Heaven, Hell begins to speak.

THE LORD IS MY SHEPHERD; I SHALL NOT WANT.

By Doris Cooksey

I am the lamb who needs a shepherd and I am the one who wanders away and forgets where I am or where I need to go. I am the one who leaves the flock and checks out the new grass or a new watering hole. I am the one who is too busy or too engrossed in what I am doing to hear the shepherd calling. I am the one who gets lost and he has to look for me. But sometimes I am the one right beside the shepherd and I hear him, and I obey him. Sometimes I am the one who doesn't wander and sometimes I am the one who hears him calling. Always, He is the one who says, "I am your shepherd and you shall not want."

These paragraphs were in a Lutheran magazine, "Thrivent". I wanted to share them.

Linda Pike





Parish Nurse Out of Commission

Well I guess it's my turn to have surgery. As

.many of you know, I have been limping around the past several months. I will be having a Right hip replacement on January 4th, at ECMC. I would imagine I will not be driving for a few weeks. I'll put the word out when I feel strong and ready restart. Call the church, Father Wayne or Deacon Tom for any concerns and I'm sure that we will find help or direction for you. The phone numbers are: Church 716-832-9764, Fr. Wayne 716-880-0461, Deacon Tom cell 716-713-8204, home 716-839-5868. I am hoping for a quick recovery and prayers are appreciated! Shalom,
Lois Tripp



January is Cervical Health Awareness Month. A sensitive topic, but very worthwhile talking about. There's a lot you can do to prevent cervical cancer.

HPV (human papillomavirus) is a very common infection that spreads through sexual activity. About 79 million Americans currently have HPV, but many people with HPV don't know they are infected. HPV is also a major cause of cervical cancer. Each year, more than 11,000 women in the United States get cervical cancer. Every year in the United States, **HPV causes 30,700 cancers in men and women. HPV vaccination can prevent most of the cancers (about 28,000)** from occurring. Most people with HPV never develop symptoms or health problems. Most HPV infections (9 out of 10) go away by themselves within two years. But, sometimes, HPV infections will last longer, and can cause certain cancers and other diseases.

HPV infection can cause: cancers of the cervix, vagina, and vulva in women; cancers of the penis in men; and

- cancers of the anus and back of the throat, including the base of the tongue and tonsils (oropharynx), in both women and men.

The good news?

- The HPV vaccine (shot) can prevent HPV.

Experts encourage:

- Women to start getting regular Pap tests at age 21
- Parents to make sure pre-teens get the ***HPV vaccine at age 11 or 12**
- Teens and young adults also need to get the HPV vaccine if they didn't get it as pre-teens. Women up to age 26 and men up to age 21 can still get the vaccine.

***HPV vaccine** is important because it protects against cancers caused by human papillomavirus (HPV) infection. HPV is a very common virus; nearly 80 million people—about one in four—are currently infected in the United States. About 14 million people, including teens, become infected with HPV each year.

When should my child be vaccinated?

All kids who are 11 or 12 years old should get two shots of HPV vaccine six to twelve months apart.

Adolescents who receive their two shots less than five months apart will require a third dose of HPV vaccine. (CDC Recommendation)

If your teen hasn't gotten the vaccine yet, talk to their doctor or nurse about getting it for them as soon as possible. If your child is older than 14 years, three shots will need to be given over 6 months. Also, three doses are still

recommended for people with certain immunocompromising conditions aged 9 through 26 years.





**Treasurer's Report
St. Peter's Episcopal Church
December 31, 2016**

Immunizations should be covered by insurance. If Insurance is an issue, speak to a Physician, other programs are set up to help with this.

Lois Tripp RN-Faith Community Nurse

Explorer's Day

Explorer's Day is for people who feel called to deeper lay ministry or to ordained Ministry.

The Explorer and his or her priest attend. It is the first step in discernment for ministry.

If someone in your congregation believes he or she might be called to ordained ministry, Explorer's Day is a required first step. If someone feels called into deeper lay ministry, Explorer's Day is a good way to start discerning what that ministry might be.

Explorer's Day is Saturday January 21 from 10 am - 4 pm at the Diocesan Ministry Center. To register, email Vicki Zust at vzust@episcopalwny.org

Feast of Lights

Is the festival of readings, music and light led by acolytes that tells the story of the spread of the Light of Christ.

The Feast of Lights will be January 22 at St. Paul's Cathedral at 4 pm. All acolytes are invited to be a part of the service.

Any acolyte who would like to participate should arrive at the Cathedral with their acolyte robes at 2 pm

Elevator Report

As of December 31, 2016 we have received donations totaling \$7,928 towards paying off our short term loan from the Diocese with additional pledges of another \$4000. The loan is due by January 1,2018.

Receipts YTD	
Plate and Pledges	\$81,475.68
Liturgical, Outreach, Special Memorials	\$5,785.00
Other	\$764.00
	\$1,772.65
Total Receipts	\$89,797.33

Disbursements YTD	
Building and Grounds	\$7,698.93
Clergy Expense	\$26,810.84
Memorial Expense	\$567.49
Operations	\$11,951.88
Outreach	\$15,240.99
Personnel/Payroll Service & Payroll Tax	\$22,418.84
Utilities	\$6,289.73
Total Disbursements	\$90,978.70
Check account balance 12/31/16	\$819.71

Money Market Savings	
Interest and Deposits	\$22,279.78
	\$2,145.26
Withdrawal	-\$3,000.00
Total 12/31/16	\$21,425.04

1,170.19	Meath Memorial
100.00	Memorial
50.00	Frantz Memorial
30.00	McKay Memorial
6,442.16	Building Fund
374.49	Parish Nurse
529.00	Music Fund
1,230.59	Memorial Garden
736.32	Order of St. Luke
866.08	OSL Grand Island
401.00	Theological Ed.
500.00	Cont Ed.
208.00	Camp Scholarships
713.70	Tree Removal
7,889.51	Elevator Fund
4.00	UTO
60.00	BJ's Membership
120.00	EPMO

CF Checking Account	12/31/16	\$1,817.21
Mission & Ministry	12/31/16	\$351.28
Columbarium	12/31/16	\$3,518.14
Diocesan Trust	9/30/16	\$16,722.84

Prayers of the People



Happy New Year to you all!

To get a fresh start, I will be updating the long term, home bound and military prayer list. Please email me, text me or inform me in person at church if your name needs to remain on one of those lists as they will be automatically deleted if I do not hear the name needs to remain (some of the long term names go back to 2014!). Of course a name can be re-added at any time. I also took several names off the short term list this month and kept only those requested in October and after. If a name needs to remain, again contact me and they can move to the long term list.

Long Term: Leigh ,Bill B, Dorothy, Richard A, Bob R, Bruce, Novene, Cecelia, Meg, Jim G and family, Gary & Marty D, Ruth, Jeffery, Luana, Ruth S, Tonia. Joey and Marissa

Short Term: Nancy, Billy, Val and Duncan, Lauren, Brenda, Amanda, Kaitlyn S., Sharon S, Jane G, Toni, Bill, Suzanne and family, Phillip T, Monique, Larry, Celine, Damon, Lois, Jim, and Dale.

Home bound: Mary Lou and Phil, Jim & Mary M, Faith R, Sue W. and Candida M.

Armed Forces: Nathaniel, Tim, Christopher and Tim B.

Thanksgivings: baby Jimmy, Mary Ann and family, Judy, Kaila, Tarah, Michael and baby Lora Beth.

Contact me by email, sgunn@sixgunns.com, messages can be left at 838-6156 or text 481-2914.

Sue Gunn



01/01 Sue Gunn	01/15 Dylan Guarino
01/03 Melissa Lopat	01/20 Carolyn Bongj
01/06 Tom Tripp	01/21 Donald Banks
01/06 Janet Guarino	01/22 Gayle Christiano
01/07 Mary Morris	01/29 Tori Paradise
01/10 Greg Lavis	01/30 Kristen Tripp-Kelly



01/23 Rev. & Mrs Lois Tripp



St. Peter's calendar of events - January 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
10am Holy Eucharist (10am ONLY) <p style="text-align: center;"><u>New Year's Day</u></p>	9:30am-1pm Needlecraft (undercroft)	11am-3pm Fr. Wayne's Office-Hours 6:30pm Team Leaders' Meeting	10-11:30am Lifestyles Group (undercroft) 1-3pm Education For Ministry 6:30pm Eve. Prayer & Healing	11am-3pm Fr. Wayne's Office- Hours <div style="border: 1px solid black; padding: 2px; background-color: #f5f5f5;"> Including 12 Noon Lectionary & Class; 'bring a brown-bag- lunch' </div>	<u>Epiphany</u>	9:30-12n Sewing Class 10-12n Threads-Of-Hope Linen Pantry Open
8	9	10	11	12	13	14
8am Holy Eucharist 10am Holy Eucharist & <u>Sunday School Pageant</u> 10am Nursery 11:15am Coffee Hour 11:15am Blood Pressure Clinic	9:30am-1pm Needlecraft (undercroft) 2-5pm undercroft cleaning	11am-3pm Fr. Wayne's Office-Hours 6:30pm Vestry	10-12n Threads-Of-Hope Linen Pantry Open 10-11:30am Lifestyles Group (undercroft) 1-3pm Education For Ministry 6:30pm Eve. Prayer & Healing 7pm Bottle Club (undercroft)	11am-3pm Fr. Wayne's Office- Hours <div style="border: 1px solid black; padding: 2px; background-color: #f5f5f5;"> Including 12 Noon Lectionary & Class; 'bring a brown-bag- lunch' </div>		9am Rocks Breakfast at Family Tree 10am-4pm Qigong
15	16	17	18	19	20	21
8 & 10am Holy Eucharist 10am Nursery & Sunday School 11:15am Annual Parish Meeting & snacks afterward	9:30am-1pm Needlecraft (undercroft)		10-11:30am Lifestyles Group (undercroft) 11am-3pm Fr. Wayne's Office- Hours 1-3pm Education For Ministry 6:30pm Eve. Prayer & Healing	11am-3pm Fr. Wayne's Office- Hours <div style="border: 1px solid black; padding: 2px; background-color: #f5f5f5;"> Including 12 Noon Lectionary & Class; 'bring a brown-bag- lunch' </div>		9:30-12n Sewing Class 10-12n Threads-Of-Hope Linen Pantry Open
22	23	24	25	26	27	28
8 & 10am Holy Eucharist 10am Nursery & Sunday School 11:15am Coffee Hour 2pm Amberleigh	9:30am-1pm Needlecraft (undercroft) 2-5pm undercroft cleaning	11am-3pm Fr. Wayne's Office-Hours 6:30pm Ministry Team	10-12n Threads-Of-Hope Linen Pantry Open 10-11:30am Lifestyles Group (undercroft) 1-3pm Education For Ministry 6-9pm A.S.G. (undercroft) 6:30pm Eve. Prayer & Healing	11am-3pm Fr. Wayne's Office- Hours <div style="border: 1px solid black; padding: 2px; background-color: #f5f5f5;"> Including 12 Noon Lectionary & Class; 'bring a brown-bag- lunch' </div>		9:30-12n Sewing Class (Undercroft occupied in the afternoon - Palmer baby shower)
29	30	31	Feb 1	<div style="border: 1px dashed black; padding: 5px;"> <u>Organizations' Notes :</u> A.S.G. : American Sewing Guild D.M.C. : Diocesan Ministry Center, 1064 Brighton Rd., Tn. Tona. E.F.M. : Education For Ministry N.H. : Nursing Homes OLR : Our Little Roses Cent. America Mission OSL : Order of St. Luke, <i>the Healing Physician</i> PNMNY : Parish Nurse Ministries of New York T-O-H : The Threads-Of-Hope Pantry </div>		
8am Holy Eucharist 10am Nursery & Sunday School 10am Holy Eucharist & Confirmations with Bishop Franklin followed by Pot-Luck Lunch	9:30am-1pm Needlecraft (undercroft)	11am-3pm Fr. Wayne's Office-Hours	10-11:30am Lifestyles Group (undercroft) 1-3pm Education For Ministry 6:30pm Eve. Prayer & Healing			





St Peter's Episcopal Church

205 Longmeadow Rd. Eggertsville, NY 14226-2905
(716) 832-9764

www.StPetersAmherst.net

The Rev. Wayne J. Knockel, Rector
The Rev. Thomas N. Tripp, Deacon



Generosity, Simplicity, Hospitality

Sunday Mornings at 8am & 10am (with Healing Service Every Second Sunday)

Nursery and Church School for all ages from 10am to 10:45am

Coffee Hour 11am

Parish Office Hours

Tuesday and Thursday 11am -3pm

832-9764 Office

Wardens: Ed Hill, Carmal Miccoli

Vestry Members: Richard Arquette, Robert Kapchan, Graham Millar,

Wendy Palmer, Damon Piatov, Jane Cushman,

Clerk of the Vestry: Sharon Hill

Parish Treasurer: Merrie Hill

Organist: S. Elizabeth Ann Schascheck

St. Peter's Episcopal Church
205 Longmeadow Rd.
Eggertsville, NY 14226-2905

The Rock



January 2017