
January 2005

The Shepherd's Herald

The Episcopal Church of the Good Shepherd
Over 100 Years of Service in Kips Bay



Greetings from Father David Carlson

Dear Friends in Christ,
I received a remarkable gift this Christmas – a call to be your new Rector! My family and I are extremely excited about moving to Good Shepherd and to joining in your ministry. I have known your parish for over 20 years and am deeply privileged to know that I will be a part of such a wonderful Church. I know in my heart that the Spirit has brought us together to do good work. This knowledge fills me with a profound sense of blessing and I am confident that we will thrive for years to come.

I am very much looking forward to worshipping with you and meeting you all on the Third Sunday of Epiphany, January 23rd. The Season of Epiphany seems to me to be

significant as it represents the manifestation of something new in our lives.

We are approaching a new beginning together and the light of Christ that we celebrate at this time of the year will illuminate the way for us. The Collect for the 23rd reads:

Give us grace, O Lord, to answer readily the call of our Savior Jesus Christ and proclaim to all people the Good News of his salvation, that we and the whole world may perceive the glory of his marvelous works; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

God has called us together and, through the power of the Spirit, may our lives be a light to the world.

More soon!
With love in Christ,
David Lee Carlson+

Good Shepherd welcomes a new Rector

The Rev. David Lee Carlson has been elected by the Vestry to be the new Rector of the Church of the Good Shepherd. He plans to join us for the parish meeting, and will take up his new position officially on the 20th of February. He'll be moving into the Rectory with his mother (Gwendolyn), a golden retriever (Emma), a black Labrador (Nelson), and Tim Smith, his partner of 14 years. Tim is the Organist-Director of Music at the Riverside Church, and University Organist at Columbia.

A graduate of General Theological Seminary, Fr. Carlson has been Rector

of St. Augustine's Episcopal Church in Croton-on-Hudson, New York for the past nine years. Prior to that he was, for four years, the curate at the Church of St. Mary the Virgin where he became acquainted with a number of our parishioners while serving on the Interparish Council.

In addition to turning St. Augustine's into a vibrant parish, Fr. David serves as President of the Standing Committee of the Diocese of New York as well as on its Commission on Ministry and the Commission for Congregational Growth and Development. He is an Associate of the Order of the Holy Cross and serves as Sub-chaplain of the Order of St. John of Jerusalem. †

Editor's Note

Try to understand each other:

"God said I did not come to judge the world but to save the world." John 12:47

Often we notice things wrong with other people; does that lead to compassion and helping, or to judging and distance? Compassion and judging are two different ways of "seeing."

When we stop judging, we rest from the constant effort of analyzing others. We don't need to figure out what's wrong with people....that's God's job. Our job is to try to understand.

As we prepare to welcome our new Rector, let's all try to understand each other and appreciate what we all contribute to Good Shepherd, with our Time, Talent and Treasure.

Carole de Braganza, Editor

Handel's Messiah attended by 115 worshipers

On Sunday, December 12th, Good Shepherd's Choir & Chamber Orchestra, conducted by organist/choirmaster Don Carolina, offered up Handel's "Messiah" as part of its 11 am worship service.

Good Shepherd's choir was joined by the newly formed Good Shepherd Choral Society. Soloists included choir regulars Kate Oberjat (soprano), Lori Pozzo Santaniello (alto), Steven Carpenter (tenor), and Charles Linnell (bass), as well as harpsichordist Douglas Drake.



Additional singers included sopranos Sidney Tibbetts, Margit Jensen, Emily Snow and Molly Stehn; altos Jarrett Kroll, Adair Russell, Cherry Duke and Erika Person; tenors T. Mitchell Rosenthal, Patrick D. McCoy and Nathan Yee; and basses Jonathan Sheldrick, James Douglas, Lee Escandon, David Matthews and Gabriel Traylor.

When the last Hallelujah was sung, with the congregation on its feet, the applause was spontaneous and heartfelt. One parishioner declared it to be the most exciting music she had heard at Good Shepherd.

This gala event marked the return of the Choral Society Chamber Orchestra after an absence of more than two years. The orchestra is a result of the long-standing relationship with Dr. Arthur Lawrence, who served as Good Shepherd's music director for 22 years.

The special performance was made possible in part through the financial generosity of the Carolina family, and was dedicated to the glory of God and the memory of the late Herbert Douglas Carolina, Sr. †

Father David to host a series of "House Eucharists" at the Rectory

The paint will barely be dry on the Rectory walls when Father David will open its doors to small groups of parishioners, for a series of four Thursday-evening "House Eucharists" and Lenten dinners beginning February 24th. This will give each of us a chance to get to know our new Rector as we celebrate the Eucharist and share in his ministry of hospitality. See the schedule of Parish Events and please sign up after church or call the Parish office to reserve your evening.

Lenten Series to Focus on Healing

Father David is clearly planning to "hit the ground running" when he arrives. In addition to his series of Thursday Evening House Eucharists, he will lead a Lenten Series on Biblical Stories of Healing. The three Wednesday-evening programs will begin February 23rd at 6:30 pm, with a focus as follows:

- 2/23 Healing the Blind
- 3/2 Healing the Lame
- 3/9 Raising the Dead to Life

Each evening will include a simple Lenten-style supper prepared by our wonderful Hospitality Committee.

Seaman's Institute:

Parish Project

The Saturday Outreach Group will begin to knit scarves and caps for young men and women in the armed forces, this Saturday, January 8th.

Shirley Brooks has knitted two already.

We also welcome items that can be used in sundry bags, which will be given to the young people in the armed forces.

2005 Leadership Nominations Church Warden

Against her better judgment, but because she believes passionately in the ministry of the laity, **Adair Russell** has agreed to be nominated for the position of Church Warden. She has served as a Vestry person and Warden at Good Shepherd (and elsewhere) a number of times. She carries the scars of having chaired the Search Committee for our new Rector (it was a tough committee), and led the Stewardship Committee from Fr. Gordon's full scale program through the "Take One More Step Toward Tithing" effort. Adair has served as a Licensed Lay Reader and Chalice Bearer; sung in the choir; represented the parish at Diocesan Convention; and served on the Interparish Council and Diocesan Council. She is a member of the Diocesan Assessment Review Board and a trustee of the House of the Redeemer. In her spare time she works for Fr. George Brandt at St. Michael's Church.

Nominees for two Vestry positions

Marie Forray

Bio not available at press time.

Jarrett Kroll

Jarrett joined Good Shepherd in the early 1990s and has been active since 2000, as a member of the choir, Stewardship and the Program & Space Committees, as well as chair of the Finance Committee and now of the Communications & Publicity Committee. She developed Good Shepherd's web site and serves as webmistress, and has served on the Vestry since 2002. She brings a lifetime of business and communications experience, and has served as a trustee and treasurer for two other volunteer organizations. In addition, she brings a love of the Good Shepherd community, which has become central

...continued, page 5

Saturdays at Good Shepherd

After fluffing up the church for Christmas and tying service schedules on candy canes for distribution, a number of those usually involved in the Saturday outreach programs met last week to see how we might both consolidate and spice up the Saturday offerings. The Thrift Shoppe's weekly schedule, from 10 am til 1 pm, will continue, while specific programs are also offered during the same time period.



See program schedule below:

- Jan 8 Crafters and Quilters
- Jan 15 "Cooking for One," Carole de Braganza will offer the first session of this series
- Jan 22 Crafters and Quilters
- Jan 29 "Basic Nutrition," Eva Forson will offer the first class of this series
- Feb 5 "Cooking for One," session 2
- Feb 12 Crafters and Quilters
- Feb 19 "Basic Nutrition," session 2
- Feb 26 Crafters and Quilters
- Mar 5 "Cooking for One," session 3
- Mar 12 Crafters and Quilters
- Mar 19 "Basic Nutrition," session 3
- Mar 26 Holy Saturday

The Saturday Outreach Group will meet in March to evaluate the existing programs and to decide what new programs might be offered in the spring. Banner making anyone? Sewing 1-2-3- for beginners, intermediates and advanced skills? Knitting? You and your suggestions are welcome. †

A Stewardship Note

Pamela Heywood & Shirley Brooks

Have you ever lost your keys? If you're like me, you have. It's very frustrating when that happens, because there are so many things you can't do without your keys. You need one to drive your car, to enter your home, and to use your safety deposit box. Some people may need them for work or even to get into their mailbox. Without our keys, we feel powerless.

The church uses our gifts of time, talent and treasure as keys. When we don't give all we can, it's as if they are missing. Under those circumstances, the church can do little. If we look harder at what we have, we may find more to donate. The more we give, the more the church can accomplish.

Each gift of talent helps us praise the Lord in a new and meaningful way. It may also help lead others to Christ. Each gift of treasure helps us to provide the materials to feed, educate, and meet other needs of the congregation and its community. Each gift of time helps us put talent and treasure to use as we care for each other and our neighbors, both nearby and elsewhere in the world.

Excerpted from Stewardship, December 2004.

Happy Birthday – January – Capricorns and Aquarians

Rev. Margaret Rose-4th, Francis Killip-7th, Pamela Heywood and Cindy Riley-9th, Kate Stronk-14th, Daryle Dinal-16th, Orlando Rivera-21st, Jeanet Radifera-23rd.

Please let us know about your special dates and anniversaries (baptisms, confirmations, marriage, sobriety, smoking cessation, joining Church of the Good Shepherd) so we can celebrate with you!

Leadership Nominations

(cont'd from Page 3)

in her life and the hope that she may continue to contribute in some small way to our life and growth.

Katherine (Kate) Stronk

Kate was born and raised in Waterbury, Connecticut, and made her First Communion and Confirmation at Blessed Sacrament Roman Catholic Church there. When she was eleven years old, the company her father worked for, Textron, transferred him to Brussels, Belgium. The family remained in Belgium until she graduated from High School. Kate returned to the States to attend college and nursing school. Her nursing career has included working at

NYU Medical Center, Rusk Institute, Local 32 B-J Health Fund and now HIP of Greater New York. When she first moved to New York City, she attended a local Catholic church. Kate stopped attending Mass when she found herself at odds with the Roman Catholic doctrine being preached. Her search for a new church led her to Good Shepherd; and being received into the Episcopal Church has allowed her to be a participant in worship services and not just a spectator. She enjoys participating in Altar Guild, ushering, read, and assigning readers, as well as the Stewardship Committee, and hands on work at the Christmas Boutiques, thrift sales and street fairs. Kate feels that becoming a member of the Vestry is the next important step in her growth and commitment as a member of Good Shepherd. †

January's Recipe Corner

HEALTHY ONE-DISH MEALS

In addition to being convenient, flavorful and easy to clean up, one-dish meals can also be good for you. To trim the fat and calories from your diet:

- Grease baking dishes and skillets with cooking spray. In addition to the cans you can buy at stores, you can also buy refillable spray canisters at kitchenware shops and fill with your own olive or canola oil.
- Use fat-free or reduced-fat dairy products such as milk, buttermilk, yogurt, cottage cheese and other cheeses.
- Use egg whites or fat-free egg products (made of egg whites and flavoring) instead of whole eggs.
- Reduce the amount of meat in a recipe but keep the portion size the same by upping the amount of beans, rice, vegetables, etc.
- Reduce the amount of cheese and nuts in recipes. Try sprinkling them on top of a dish rather than mixing them in.
- Trim excess fat from meat and poultry.
- Use fat-free or reduced-sodium broths.

COUNTRY CHICKEN AND PASTA BAKE

Prep 10 min Cook 15 min Bake 30 min Servings 6 Calories 390

2 cups uncooked radiatore (nugget) pasta (6ounces)
 3 cups cubed cooked chicken
 2 jars (12 ounces each) chicken gravy
 1 bag (1 pound) frozen broccoli, carrots & cauliflower (or other combination)
 ½ cup herb-seasoned stuffing crumbs
 2 TBS butter or margarine, melted

1. Heat oven to 375°. Cook and drain pasta as directed on package.
2. Mix pasta and remaining ingredients

except stuffing and butter. Spread in ungreased, rectangular, baking dish. Sprinkle with herb-seasoned stuffing crumbs; drizzle with butter.

3. Cover and bake about 30 minutes or until hot.

TIP: When cooking pasta to be used in a casserole, cook only the minimum amount of time listed on the package, because the pasta will continue to cook and absorb liquid while baking in the casserole.

IF YOU HAVE A SPECIAL RECIPE YOU'D LIKE TO SHARE, LET US KNOW.

Outreach & Activities

To avoid disappointment, call (212-689-1595) in advance to confirm date and time.

Quilters & Crafters	Bi-weekly on Saturdays, 10am - 1pm: Jan 8, 22; Feb 12, 26
Thrift Shoppe & Friendship Center	Saturdays, 10am - 1pm: Jan 1, 8, 15, 22, 29; Feb 5, 12, 19, 26
Dickens Society	Monthly on Saturdays, 1-4pm: Feb 5, Mar 5
Gamblers Anonymous	Tuesdays, 6:30pm - 9 pm: Jan.4, 11, 18, 25; Feb. 1, 8, 15, 22
Tibetan Meditation Group	Mondays, 7pm - 9pm: Jan. 3, 10, 17, 24, 31; Feb. 7, 14, 21, 28
DAR	Occasionally. Call for information
Pigeon People	Monthly on Sundays, 2pm - 4pm: Jan. 8, Feb. 5
Crochet Group	Monthly on Thursday evenings: Jan. 6, Feb. 3
Chess Kids	Selected school holidays: Jan 17; Feb 21-25
New York Companion Bird Club	Monthly on Sunday afternoons: Jan 23, Feb 27
MFM Metropolitan Filipino Ministry	Monthly on Saturdays, 6:00 PM: Jan 15, Feb. 19
MJM Metropolitan Japanese Ministry	Monthly on Sundays, 3:00 PM: Jan 16, Feb. 20
Phipps Plaza Tenants Assoc.	Call for information

Upcoming Parish Events

January

- Sun 9th Monthly Healing Service
- Tue 18th Vestry meeting (6pm)
- Sun 23rd Annual Meeting, leadership elections and dinner, with an opportunity to meet our new Rector, Fr. David Carlson

February

- Sun 6th Shrove Sunday Pancake Brunch
- Wed 9th Ash Wednesday
- Wed 16th Vestry Meeting 6 pm
- Sun 20th Fr. David Carlson officially joins Good Shepherd
- Wed 23rd 3-week Lenten Program begins: "Biblical Stories of Healing" (this week, Healing the Blind) 6:30 pm
- *Thu 24th First in a series of four "House Eucharists," small-group celebrations of the Eucharist followed by dinner with Fr. David in the Rectory

March

- Wed 2nd Lenten Program continues: "Biblical Stories of Healing" (this week, Healing the Lame) 6:30 pm
- *Thu 3rd Second in a series of four "House Eucharists," small-group celebrations of the Eucharist followed by dinner with Fr. David in the Rectory
- Wed 9th Lenten Program continues: "Biblical Stories of Healing" (this week, Raising the Dead to Life) 6:30 pm
- *Thu 10th Third in a series of four "House Eucharists," small-group celebrations of the Eucharist followed by dinner with Fr. David in the Rectory
- *Thu 17th Fourth & final in a series of four "House Eucharists," small-group celebrations of the Eucharist followed by dinner with Fr. David in the Rectory

** Reservations required -- sign-up sheets in the back of the church, or call or e-mail the parish office*

The Episcopal Church of the Good Shepherd

240 East 31st Street
New York, NY 10016

The Rev. Margaret Rose, Priest
Rectory Telephone: (212) 532-3039
Office Telephone: (212) 689-1595
Office Fax: (212) 686-2613

E-mail: GoodShepherd2003@aol.com

Website:
www.goodshepherdnydioceseny.org

Lay Eucharistic Minister: Kenneth
Nourse

Administrator: Essence Bailey

Interim Organist: Don Carolina

Sexton: Fred Timm

Wardens: Jerome Hanauer & Jean
Krulis

Vestry: Josephine Abalos, Carole de
Braganza, Shirley Brooks, Christina
Hing, Jarrett Kroll & Jeanet Radifera

Treasurer: Annabelle Marchadesch

Editor, *Shepherd's Herald*: Carole de
Braganza,

The *Shepherd's Herald* is published by
the Communications Committee of the
Episcopal Church of the Good Shep-
herd, Co-Chaired by Jarrett Kroll and
Carole de Braganza.