



ST. JOHN'S HONEOYE FALLS NEWS

ALL ARE WELCOME AT THE LORD'S TABLE

PRAYING IN THE GARDEN OF GOD

BY THE VERY REV. VIRGINIA TYLER SMITH

I'm not much of a gardener, though I aspire to be. If it's in a pot, contained, and simple in what it needs, I can handle it. Over years I've learned what to plant and what not to plant. If I give my plants the right amount of water, the right amount of soil and the right amount of sun, they will do fine. My back deck gets very hot due to the direct sun it receives all day. Hence, gerbera daisies, climbing black-eyed susans and sedum are what's growing out there right now. In the front yard, I've learned that pansies last well into the summer if given a deep enough pot and a good dose of water every day.

However, my garden beds are a much different story. Some things, like the bluebells and the lilies, do well in their season. Thank goodness they need nothing from me other than mulching around them in the spring and cutting them when they get a little leggy. But the other things? Let's just say that I'm convinced my hydrangea and hostas have invisible neon signs over them that read "Salad Bar" to deer and rabbits. This year, wild strawberries are taking over entire garden beds. My lavender, which is supposed to be very hardy, has given up the ghost. Perhaps the lavender just decided that last year's mums should get the ghost instead, since those plants (supposedly annual) are now growing in huge, perfect globes in one of the front beds.

Every time I begin to feel that my garden is out of control I think it's a sign that my entire life is teetering on the edge. ("Have you seen her yard? With a mess like that, it's amazing she can dress herself.") Yet, I also feel the garden calling to me: "Virginia, take a few hours and get on your knees. Pull on some gloves and come wander among the plants. The ground is calling to you. The plants want you."). Of course, whenever I do make the time, I get lost in the task, and I find that I feel drained (in a good way), and refreshed (in a better way).

Prayer can be like that too. Those prayers that we know, that are rote, are like our potted plants. We know where they begin, and where they end, and we know that if we say them fully, we will connect with God in ways that comfort us and feel familiar. "Our Father who art in heaven.....leads us naturally to.... *(continued)*

JOIN US!

SUNDAY VIRTUAL OR
IN-PERSON SERVICE,
10 AM

WEDNESDAY
VIRTUAL BIBLE
STUDY,
11 AM

WEDNESDAY
VIRTUAL EVENING
PRAYER, 6 PM

ZOOM MEETING ID:
532-398-8617



(continued from first page)

“...forever and ever. Amen.” We know exactly what it’s going to take from us, and where it will take us spiritually.

But what about the rest of our prayer life? Are you like me, that when you get quiet with God, you find yourself saying, “Dear God, I’d like to talk with you about.....wait....what is that weed growing over there? How did that get there?” Much of our prayer life can feel like trying to work in garden beds. We don’t quite know where the beginning is, or where the end is, what God is calling us to do next, or where we ought to put our efforts. Even if we do have a sense of what we want to say to God, we find that things pop up that we didn’t expect, or that things we put a lot of emphasis on don’t seem to grow (like my lavender), and other things we don’t even expect to grow have lives of their own (hello, mums!).

Summer, with its longer days and glorious abundance of nature can be a great time to tend a little to our prayer life. We’re busy in the summer. We’ve got a lot to do. Thus, I’m going to share with you three ways that you can tend your prayer garden this summer.

The first one is **centering prayer**, which is very simple to do. This one is about being open to whatever God is giving you. Simply settle yourself in a comfortable position with your eyes closed.

Chose a word that expresses your intention. It could be a sacred word, like “peace” or “blessing.” It could also be any word that strikes you as something you need or hope for: “forgiveness,” “quiet,” “healing,” etc. Concentrate on that word as your intention to God, and let God be present to you. If other thoughts, perceptions, feelings, or images come to you, gently ground yourself back in the word. Start slowly. Maybe set a time for 1 minute. Or two minutes. Try it a couple of times a day, at different times of day. See what you feel afterwards, and try to stay in that emotion for as long as feels right.

The second one is a form of the **Jesus prayer**, which comes from the Eastern Orthodox tradition. This one is very good for calming yourself, or just centering yourself in Christ as you go about your day

As you breathe in, say, “Lord, Jesus Christ.” As you breathe out, say, “Have mercy on me.” This is a good one to do while sitting at a traffic light. Or maybe while folding laundry. Again, try it at various times of day, and see how you feel afterwards.

The other is one that I used a lot while at my CREDO conference a few weeks ago. This one is **no words**. In fact, it doesn’t want words. Set a timer for a period of time, whatever feels right to you. And then either look out the window, or go outside. Watch intently. See how much you can see. Listen for what is around you. Watch and listen closely. Look at the sunlight. Feel the air moving around you.

If you find yourself thinking about anything but observing and listening, gently put those thoughts aside. Just watch and listen. Once your timer goes off, make a mental note of what you observed that was new, or that you observed differently. Then say a simple “Thanks be to God.”

Prayer takes attention, and it takes intention. It does not take formality, and it doesn’t have rules. Whatever brings you closer to your true self and to God is and can be prayer. Tend the garden of your soul a bit this summer, and know that God is planting good things within you. Peace and grace to you all, in Jesus our Savior.

Virginia+



*Lord God,
Creator of all
things, guide our steps
and strengthen our hearts, during these
months of summer and vacation days.
Grant us refreshment of mind and body.
We ask this through Christ our Lord. Amen,*

FISH SUMMER NEEDS

We are stocking up for the summer food calls. Children will be home for the summer and won't be receiving free breakfast and lunch as they did during the school year. We will be adding on families who can't handle the increasing food and gas prices as well. We also will have our regular calls from residents who are experiencing temporary situations that hinder their ability to have enough money to buy food and pay their other bills. We are fortunate to have a good quantity of some foods, but we need the following items. THANK YOU for whatever donations you make and for those donations you have given in the past! If you need food or information, please call: 585-484-7103!

- Canned and individual serving size containers of fruit (peaches, pears, mandarin oranges, and fruit cocktail)
- Canned meals (ravioli, SpaghettiOs's, stew, chunky soups, chili, etc.)
- Juice, lemonade and iced tea mixes
- Non-perishable microwave meals (ex. mac & cheese cups)
- Peanut butter, jelly, and jam
- Crackers
- Granola or fruit bars
- Raisins
- Jell-O or pudding cups
- Cereal



Nickel & Dime Redemption Center has an account for St. John's! When you drop off returns to one of their centers, simply let the employee know that you are dropping off for St. John's Episcopal Church. They have two convenient locations: 1350 Pittsford-Mendon Rd Mendon NY, 14506 & 2 Main Street, Bloomfield NY (in the village on the corner of Maple and Main).

CHURCH IN THE PARK

Join us Sunday, August 14 at 6pm for Church in the Park for an ecumenical service & BBQ!

Rotary Park, Honeoye Falls
214 North Main Street



SCHEDULING UPDATES

- **Bible Study** moves to Wednesday for July and August
- **Silver Spoons** moves to the 2nd Thursday in July and August
- **Evening Prayer** will be on pause for the month of August
- **12-Step Mass** is on pause until September

Happy Summer!



THURSDAY, JULY 14
AT NOON
\$5 SUGGESTED DONATION
WEATHER PERMITTING, OUTDOORS
PLEASE RSVP: 624-4074 OR
INFO@STJOHNSHONEYEFALLS.ORG

Altar Flowers - would you like to honor or memorialize a special person or event by providing altar flowers? Flowers can be from your garden or the store. We are happy to order them for you as well (\$50 fee).

Campus Flower Fund - Help support the upkeep of our gorgeous campus. Your donations help cover the cost of plants, fertilizer, and equipment. This is a new fund, established this summer to celebrate all the great work to keep our campus so lovely.



Coffee Hour - we are in need of Coffee Hour hosts. You bring the treats or snacks, St. John's provides the rest. Join forces with a friend or ask for help if you have never done it before. This is a simple way to help out. Treats can be store bought or homemade.

Festival at the Falls/St. John's Flea Market - Do you like to organize? Are you creative? Join the Flea Market Committee! This year, St. John's will host a flea market (vendors will be at Harry Allen Park), chicken BBQ, bake sale and snow cone truck! Meetings will be Sundays during coffee hour!

Lawn Care - are you able to help us mow? St. John's has the mower and supplies the gas, we just need help getting the yard done once weekly. Sign-up in the Parish House!

**Save the Date: August 5
Campus Clean-Up Day**



FESTIVAL AT

THE FALLS



FLEA MARKET

AT ST. JOHN'S



**AUGUST
20, 2022**

**9:00AM
4:00PM**

CHICKEN BBQ



\$15



**11 EPISCOPAL AVENUE
HONEOYE FALLS, NY 14472**



**HAVE ITEMS TO SELL?
FLEA MARKET VENDORS WANTED!
EMAIL: INFO@STJOHNSHONEOYEFALLS.COM
FOR MORE INFORMATION**



Did you know you can give to St. John's just by grocery shopping?



Receipts from Honeoye Falls Market Place & Mendon Market Place

Drop your receipts at the back of church or at the office. We tally the total spent, and HFMP donates a portion of that total back to us!



COFFEE HOUR FORUMS



Join us in the church and on Zoom on during Coffee Hour **Sunday, July 3rd** to learn about and discuss how the leadership and governance of the Episcopal Church

After her return from General Convention, join Virginia during coffee hour on **Sunday, July 17** to learn all about. what happened at the 2022 General Convention



Registration Now Open

Honeoye Falls- Lima, Mendon Vacation Bible School

August 22 - 26, 2022

9:00 am - Noon

Age 4 - 6th grade

First Presbyterian Church (27 N. Main St, HF)

Click Here to Register: vbspro.events/p/hfvbs2022

FREE!

FREE!



You can also give towards our VBS expenses!
Please note VBS in the memo or on your envelope!

JULY

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Virginia will be at General Convention July 7 - 12.

The Rev. Josh Stibb will be available for any pastoral concerns.
You may reach him at 262-200-1258

1

2

3

Pentecost 4

4

Happy
INDEPENDENCE
Day!

5

6

11 am
Bible Study

6 pm E.P.

7 pm
AA Meeting -
PH

7

8

9

Virginia at the General Convention

10

Pentecost 5

Morning
Prayer

11

12

13

11 am
Bible Study

6 pm E.P.

7 pm
AA Meeting -
PH

14

12 pm
Silver
Spoons



15

16

Virginia at the General Convention

17

Pentecost 6

18

19

7 pm
Vestry

20

11 am
Bible Study

6 pm E.P.

7 pm
AA Meeting -
PH

21

22

23

24

Pentecost 7

25

26

27

7 pm
AA Meeting -
PH

28

29

30

Virginia at the College for Congregational Development

31

Pentecost 8

Virginia will be teaching at the College for Congregational
Development July 25 - 29.

The Rev. Ginny Mazzarella will be available for any pastoral
concerns.

You may reach her at 585-685-2448.



Backyard Yoga

Join certified Yoga Instructor Gaie Goodness for some yoga, followed by shared dinner. Bring a yoga mat and gear, a dish to pass, beverage of choice and lawn chairs. Gaie will provide veggie burgers and lemonade. To RSVP, call or text Gaie at 585-455-7953..

AT GAIE'S HOUSE!
10 HAWKS VIEW, HONEOYE
FALLS
6 PM ,THURSDAY JULY 14

THANK YOU GOES TO.....

- Lew Gurley for lawn mowing
- Mark Donahoe for always being ready with a spare key
- Allene Baillargeon for watering altar flowers mid-week
- Allan Shafer for keeping us online while John Richards was away
- Pat Culver for feeding the cats every day
- Valerie Schillinger, Irene Terry and Pat Culver for keeping our gardens tended and watered
- Audet Price for manning the grill, trimming hedges and making many, many pots of coffee
- John Rutkowski for helping us take care of our veterans, and making sure gently-loved items find a new home.
- Lorraine Ndusha, Judy Haravitch, Anne Struele, Allene Baillargeon, Ray Locke, Glora Ulrop and Cindy Hebda for tending the altar
- Pat Culver and Jan Metcalf for music when John is away
- Allene Baillargeon for tending the Zoom waiting room every Sunday
- Peter Baillargeon for recorder and flugelhorn during the service
- Kaelin Allmendinger for recorded anthems
- 1. John Richards for keeping us online, helping us to find our singing voice, and introducing us to new music
- Will Ingle for fixing the post on the Parish House
- Audet Price, Irene Terry and Don Terry for cleaning
- Shelly Shellman for gathering items for the Summer Flea
- Chris Baron for helping to move a bed to one of our Seneca Place residents
- Lisa & David Coddington for jumping right in to host Coffee Hour
- Allan Shafer for making a pie to say thank you
- Jan Metcalf and Mark Stiegler for helping to drive our Silver Spoons attendees
- All of our crucifers
- All of our readers
- Everyone who gives to FISH and the VOC
- YOU for being part of St. John's!



VESTRY NEWS

Vestry met on June 21, 2022. The main topics of discussion were our year-to-date financial performance and various buildings and grounds projects.

Our financial position is relatively strong. At the end of May we were 41.4% of the way through the financial year. Our income was at 38.7%, in part because our investment income is down and we have not had any major fundraisers yet this year.

Expenses are right on track, though utilities are higher than budgeted because of the a colder than anticipated winter and spring. Maintenance is higher than budgeted because of tree work we had done in May. Other spending lines are below budget,

Our investments have fallen from last year's high because of the fluctuations in the stock market. Luckily we have not had to make additional draws on the endowment to cover operations. Vestry would like to remind everyone to keep their pledge payments going through the summer, a period when giving often lags.

The Audit Committee, led by Andy Smith, reported that they have completed the audit and submitted it to the Diocese. They commended Will Ingle for his superb treasurer performance and careful handling of our finances.

The Buildings and Grounds committee presented a list of projects that will need attention this summer. The list includes:

1. Mowing
2. Gardens
3. Change office AC filter
4. Furnace Filter change
5. Exterior light bulbs Carriage House and Parish House [we should get LEDs]
6. Church Gutter Cleaning: this should be done seasonally by a reliable and insured service.
7. Sand and stain the handicap ramp [we have the stain]

Special Projects

1. Finish painting the Parish House kitchen
2. Scrape, sand and paint the bottoms of the church iron railings (Will Ingle will do this)
3. Carriage House Screen Door – pull the screen and have it rescreened at Weiders
4. Parish House slow flushing women's room – need a plumber
5. Parish House men's room squishy floor-this needs both a short term fix and a long-term plan

Vestry agreed to a Parish Clean-up Day on August 5 to tackle some of these projects. There will be a sign-up sheet on the Parish House fridge for those who would like to participate. If you're at all handy, like to garden or are good at cleaning, please join us!

Four projects need additional financial support. They include a reonvation of the Parish House to provide more efficient HVAC, and ADA-compliant restrooms,; an evaluation of and long-term plan for the Carriage House,; church ceiling painting; and church exterior painting. These projects will likely be evaluated and planned for over the next two-tto-three years.



*Please remember
to pay your pledge
in the summer.
Thank you!*



PLEASE PRAY FOR:

Health and well-being:

Turi, John, Keith, Josie, Rosemary, Gloria, Kate, MaryAnne, Taran, Alice, Nancy, Floyd, Jane and all those impacted by the fire at Seneca Place

For those who have died:

Rocky, Kathryn, George, Ken, Theresa, Dave, Harold, Ralph and Josephine

SUNDAY SERVERS

Date	Crucifer	Old Testament	Psalm	New Testament	Prayers	Altar Guild
7/3	Mary Jo Smith	Shelly Shellman	Chris Baron	Ray Locke	Allan Shaffer	Maggie Gibbons
7/10	Allan Shaffer	Mary Jo Smith	Gaie Goodness	Jan Metcalf	Mark Stiegler	
7/17	Maggie Gibbons	Mark Stiegler	Catherine Faurot	Jonathan Motherwell	Mary Jo Smith	
7/24	Ray Locke	Kaelin Allmendinger	Judy Haravitch	Lorraine Ndusha	Allene Baillargeon	
7/31	Mary Jo Smith	Allene Baillargeon	Gina Hurley	Shelly Shellman	Chris Baron	



ST. JOHN'S HONEOYE FALLS NEWS

The Right Rev. Prince G. Singh,
Bishop

The Very Rev. Virginia Tyler Smith,
Rector
11 Episcopal Avenue
Honeoye Falls, NY 14472
www.stjohnshoneoyefalls.org
Info@stjohnshoneoyefalls.org
585-624-4074