



“We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling [Our Lord Jesus Christ’s] death, resurrection, and ascension, we offer you these gifts.”

—*Book of Common Prayer 1979, page 363.*

Dear People of Grace,

In every service of Holy Communion, we read lines similar to the sentences taken from Eucharistic Prayer A. This portion of the service reminds me, as a celebrant and, more importantly, as a Christian, that our relationship with God and the Church is not a one-way street. Our relationship to God, as in any healthy relationship, is founded on reciprocity. This moment of remembrance at the elemental level (when we ask God to accept our earthly gifts of Bread and Wine) is a reminder to each of us that the ultimate gift from God is the life of Jesus Christ. And for that great gift, how could we give enough thanks for what God has done for us. It is truly more than we could ever imagine.

Several days ago, Emily, the kids and I were out for an afternoon walk down to the Sunset Street Park at the end of Cedar Shore Drive. Midway down the street, we came across a driver with a flat tire. Knowing that I have had ample experience in changing flat tires (the dirt and gravel roads that I grew up on were notorious for eating tires), I knew I must assist the forlorn driver who knew that the four-hour window from the towing service would throw her immediate life into chaos. I helped her knowing that I would receive nothing more than the satisfaction of helping another traveler on this earth—and with some fear that I might throw my back out, cut myself, or get hit by a distracted driver on a very busy street. In not much time, I had taken off the old tire, located the nail and put the spare on the wheel all without injury. No sooner had I finished my task than I noticed that the truck began to tilt slowly toward the back rear tire, the one I just replaced. Sure enough, the spare was in worse shape than the original! And, in the end, the poor driver was left to the whims of the tow-truck schedule. But imagine if that spare tire had been intact....

Sometimes our faith is a little bit like that, is it not? For all our efforts to do the ‘right thing’, the result can be just as much hard work as it had been in the beginning. But it’s not for nothing. Our work is never done with just one good deed, or one check written. It is continual. Think about instances in which you have volunteered, think about how good it felt to help someone. Think also about how good it feels to help God in this world. For all our efforts to help God, we are human beings; and for all that God is and for what God is able to do, God is still a divine being. Yet, God wants us to show our thanks. Even though God doesn’t need our gifts, they are still accepted and thankfully put to good use.

God loves a cheerful giver and a loving heart. And for all the bumps and missteps that will no doubt occur, we give thanks each week to God for our redemption; and in joy, we give back a sacrifice of praise and thanksgiving—the Gifts of God for the People of God.

I am thankful for each and every one of you; for your commitment to God’s Church and to our family here at Grace. In the coming weeks and months, amid joyful holiday preparations, time with our loved ones and everything in between, I will be asking you how you can stretch just a little further and give of your time and financial resources in a new and challenging way. Being a Christian means not only giving when it is easy and convenient, but when it is inconvenient as well. It means going the extra mile. It means our work is never done, but one good deed leads to another and another, and it never ends. So start thinking about how you can challenge yourself to go a little further in your giving to your church family, our spiritual home, Grace Church.

Faithfully yours in Christ,

Josh Walters+  
Rector

GRACE EPISCOPAL CHURCH AND DAY SCHOOL  
23 Cedar Shore Drive  
Massapequa, NY 11758



## **GRACE DAY SCHOOL NEWS**

Dear Members of Grace:

### **EPISCOPAL SCHOOLS WEEK**

Once a year at Grace, we have a more formal opportunity to celebrate the reason for our being a school...and an Episcopal school at that. It is important to reflect on the special qualities of an Episcopal educational facility as a place where children and staff may participate in:

- ***School Worship***
- ***Community Life***
- ***Religious Formation & Study***
- ***Social Justice***

As outlined in the NAES (National Association of Episcopal Schools) text entitled Reasons for Being: The Culture & Character of Episcopal Schools, basic tenets of a school such as ours give children a frequent opportunity to worship the glory of God via such activities as New Day and Chapel. Likewise, integration in the Episcopal domain provides for “reflection, prayers, and matters of the spirit...that are honored and cultivated and the physical, mental, and emotional health of all are supported and nurtured.” Further, engagement in religious and Bible study harkens an appreciation for Christian traditions and “fosters dialogue with other faith traditions.” And finally, the Episcopal model lends itself to honoring social equality and a healthy respect for diversity. In particular, community service groups such as Kids Care, embody the Episcopal notion of sharing, compassion, empathy, and the beauty of giving of one’s self and resources.

There are 1200+ Episcopal schools around the world, all dedicated to the same ideals as GDS. Thus, we take this moment to pray for all the children, families, school & parish staff, that are interactive within the Episcopalian network. We give thanks to God for our wonderful school and the marvelous learning and teaching atmosphere that has been created at Grace and our two early childhood centers in Amityville and Massapequa. We especially recognize our religious leaders...Fr. Walters, Deacon Belasco, and Chaplain, Dr. Passeggio, for their individual and collective efforts to guide us in our endeavors.

In closing, let me take this opportunity to remind you that Grace Episcopal Church families are always welcomed to attend New Day and Chapel programs. We eagerly look forward to your participation in our spiritual reflections and pursuits!

With warm regards,

Larry Anderson  
Head of School

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## ECW NEWS

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The next ECW meeting will be on Wednesday, November 10<sup>th</sup>, at 7:30pm in the Undercroft. Please bring scissors to cut out the tags for the Adopt-a-Family tree. We will be preparing for this special event, so please come out and lend a hand.

Apple pie season is here, so look for the sign-up sheet in the Narthex to order your pies. Saturday, November 13<sup>th</sup>, will be "apple pie-making day" for the ECW. Starting at 9am in the Parish Hall, we will be peeling, slicing, mixing and filling our famous apple pies. Bring your knives, peelers, cutting boards and enthusiasm to help out.

After Adopt-a-Family, there will be no ECW meeting in December. Looking ahead to January, our Epiphany Dinner is scheduled for Friday, January 7<sup>th</sup>. We are looking for a host. If you are interested, please contact a board member.

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## COMFORT FOODS TABLE

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Thank you to everyone who helped make this booth at the 2010 Grace-Full Harvest Fair a huge success. Over 25 people made many delicious dinners including lasagna, stews, chicken soup, pea soup, ziti, beef stroganoff, pulled pork, chicken casseroles, gumbo, sausage & peppers, meat loaves, pot pies, quiches, stuffed shells, rigatoni ala vodka, chili, corn casserole, stuffed peppers, stuffed cabbage, macaroni & cheese and Swedish meatballs to name just a few. Is your mouth watering yet? We sold single portions up to full

casseroles in disposable containers to eat for dinner or freeze for another time. So many people asked for specific items remembering how good the food was which they bought at our previous fairs. Our booth is getting known for a "no cooking" night. We sold everything and doubled our profit from last year. If you were not able to help this year, please remember this table at next year's fair and once again, THANK YOU to all the wonderful volunteers who made the food and those supporters who bought them. It could not have been done without all the help from the great people of Grace Church. We are so blessed with a wonderful parish family, and we all had so much fun working together at the fair toward the same goal.

Kathy Roll, Chair Comfort Foods Booth

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## Adopt-a-Family

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November is a time to start planning our Adopt-a-Family program, sponsored by the Episcopal Community Services. They will provide us with the names of the 4 families we are adopting. At our November 10<sup>th</sup> ECW meeting, we'll be making tags containing the names, ages and sizes of each child. These tags will be placed on the Christmas tree in the narthex. Select a tag (or several), buy the gift, and bring it (unwrapped) to the wrapping party on December 5<sup>th</sup>. There will be one service at 9am that day, followed by a light lunch and wrapping the gifts. Please bring scissors and scotch tape. The gifts will be taken to the ingathering at the Cathedral the following Thursday. This is a wonderful outreach program, and we invite all parishioners to participate.

Edith Johnson

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## SUNDAY SCHOOL NEWS

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Sunday school is off to a fabulous start. The children are having fun while they learn.

Thank you for all of the support this year as we underwent some changes. The feedback I have gotten has been very positive. Parents like having the service start earlier and their children coming into church. The children are enjoying spending time on the altar with Father Josh as well. It is always interesting to hear their answers to his questions.

The change in classrooms also seems to be working. Our 3<sup>rd</sup>-5<sup>th</sup>-grade classrooms are all on their own this year, so the teachers are enjoying displaying the things that the children are making.

We will continue to have craft Sundays in the gym area, so please check your schedule for those. The first one will be on October 31<sup>st</sup>. There will also be a parade through the church that day with the children wearing their costumes (hopefully of their favorite every-day saints).

The Pre-YPF meets the first Sunday of the month at 5pm. They meet for one hour alone. The Youth Group joins them for pizza (paid for by Sunday school) until 6:30.

For November, we will be baking cookies to go in the Thanksgiving baskets.

As always, thank you for sharing your children with us!



On Sunday, November 7<sup>th</sup>, we return to Standard Time. Please remember to set your clocks **back** one hour before you retire for the night.

## NOVEMBER



Joe Barbato, Ronald Staib, Annette DePaolis, Glen Havjar, Sr., Thomas Csajko, Dorothy Finan, Tim Lozier, Joanne Gombos, Christopher Carlin, Vanna Palumbo, Joan Parham, Caitlin LeGoff, Michael Signorelli, Steven Dawideit, Anna Guido, William Post, Sherrie Gail, Pat Quinto, Susan Scorzelli and Lili Simonetti

## NOVEMBER



Gordon and Carol Jenkins, James and Jean Creamer and Gary and Laura Rettig



## September

Barbara Ellis  
Thomas Smith

## October

Jane Henson  
Susan Hoerauf  
Nancy Elliott  
Jeanne Lallier  
Margaret "Pat" Zeuthen



**NEWSLETTER DEADLINE** The deadline for the December newsletter is November 15<sup>th</sup>. I will accept articles up to November 18<sup>th</sup>. Anything received after November 18<sup>th</sup> will not be printed in the December newsletter. Because of the Thanksgiving long weekend, the articles must be in early.

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## Harvest Fair 2010

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What a magnificent day September 25<sup>th</sup> was – a little hotter than we expected but wonderful. We had a record turnout for our annual fair, and it seemed as though everyone was having a great time in spite of the heat.

As many of you know, I am stepping down from the fair chair after six years. I will gladly help; but I am turning over the reins and crown to Lori Caracappa, my co-chair from this year. A number of years ago, I spoke with the ECW ladies about reinstating our fair; and they told me I would have to organize it. It has been a long, winding road; but we are getting close to my original vision. I wanted a fair that the whole parish and day school could participate in, and I wanted it to show the community that Grace Church is alive and well and what Grace is all about – camaraderie, spirit, hospitality, hard work, faith, hope and love.

Of course, there is no way I could do this job without all of you – our committee knows what to do and does it well; our parish hall and grounds look beautiful; tents, tables, props all go up and are taken down; signs and banners are made; yard sale items appear as well as books; basket donations come in as do supplies for the Farmer's Market and the kitchen; casseroles for the Comfort Foods and goodies for the Bakery Booth; people volunteer their time during the fair; others work all through the year, as well on crafts, jams, etc. As I have said many times, many hands make for light (er) work. Hopefully, their help – blowing up balloons, wrapping baskets, running the pony rides and such, helping at the Chinese Auction and much more. To each and every one of you, I say thank you. I'd also like to

acknowledge the work and assistance from our Day School – from the faculty to the parents and the students. Together we are reaching our goals.

One last thank you – to my better half, Richie – who works tirelessly without complaining and puts up with my anxieties and whining... There are no words!!

Look for 2011's fair date – It will be on the calendar by the time you read this.

Debi Csajko

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## THRIFT SHOP

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The Thrift Shop will be open for business on Tuesday and Saturday from 11am to 3pm in November. On Saturday, November 27<sup>th</sup>, the Thrift Shop will be closed (the Saturday after Thanksgiving).

Please keep your donations coming during the year at our regular business hours. We accept your donations of pots, pans, bric-a-brac and small furniture. We do ask that all clothing be clean and in saleable condition.

### **The Thrift Shop Staff**

### **Thanksgiving Day Collect**

“Almighty and gracious Father, we give you thanks for the fruits of the earth in their season and for the labors of those who harvest them. Make us, we pray, faithful stewards of your great bounty, for the provision of our necessities and the relief of all who are in need, to the glory of your Name; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen*”

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## Energy Balance May Deter Cancer

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In the fall 2010 Newsletter of the American Institute for Cancer Research (AICR), there is an article on the link between cancer and obesity. Their funded researchers have found a strong association with 6 types of cancer – colon, postmenopausal breast, esophageal, kidney, pancreatic and endometrial. There is also an increase in the risk of type 2 diabetes, heart disease and stroke.

In their research with mice, AICR researchers have found that mice, which are genetically predisposed to cancer, showed a marked decrease in the onset of cancer when put on calorie-restricted diets. Although they are not sure that losing weight can lower cancer risk, they have found that fat tissue produces chemicals related to cancer.

We have a hormone called leptin that signals to the brain when we've had enough to eat. Obese people have more leptin in the fat cells and therefore tend to eat more.

The insulin-like growth factor-1 (IGF-1) regulates cell growth and death. A high level of IGF-1 in humans showed a greater risk of several types of cancer. Researchers are trying to disrupt the growth of leptin and IGF-1 and thus block the effects of obesity on tumor growth in both breast and pancreatic cancer.

Since Type 2 diabetics are resistant to insulin, the hormone that regulates the level of glucose or sugar in the blood, they have increased inflammation in the body that can be associated with cardiovascular disease and cancer.

We must strive for equal intake and outtake into our bodies. The excess intake of food is stored as fat cells and leads to obesity.

Here are a few AICR Guidelines for cancer prevention.

- Choose mostly plant foods, limit red meat and avoid processed foods

- Be physically active every day in any way for 30 minutes or more
- Aim to be a healthy weight throughout life
- And always remember – *do not smoke or chew tobacco*



The Interfaith Community Thanksgiving Worship Service will be held at St. Rose of Lima Church on Merrick Road in Massapequa on Sunday, November 21<sup>st</sup>, starting at 7pm.

The joint choirs of most of our denominations will be leading in the worship along with the ordained ministers. Please try to attend this beautiful service.



**Diocesan  
Convention**

This year's Diocesan Convention will be held on Friday, November 12<sup>th</sup>, (beginning at 2pm) and ending on Saturday, November 13<sup>th</sup>, (at 5pm), at the Melville Marriott Long Island in Melville, New York. Our delegates are Ron Staib and John Caracappa. The alternates are Barbara Picken and Richard Olson. Our youth delegates are Lauren Thomson and Jack Ryan.

There will be a welcoming and greeting of Bishop Bernard Oringa of the Diocese of Torit, Sudan and Bishop Luis Fernando Ruiz, Ecuador Central, our new companion dioceses at the convention.

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## OUTREACH NEWS

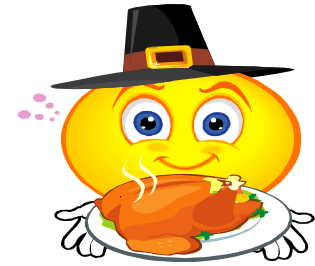
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**Autumn Project** – Starting on Sunday, October 24<sup>th</sup>, we will be collecting items for Thanksgiving Baskets. There is a sign-up sheet in the narthex and a box for collection.



Don't forget St. Rose pantry. The pantry is open for its regular food supply – canned goods, cereals, paper goods, soaps and laundry detergents. The food supplies can be dropped in the wicker basket in the Narthex.



**DONATIONS FOR THANKSGIVING BASKETS**  
**FOR 8 FAMILIES -2010**  
**FOOD OR \$\$ FOR TURKEYS**

- 1) FRESH FRUIT
- 2) SWEET POTATOES
- 3) GREEN BEANS
- 4) WHITE POTATOES
- 5) BROCCOLI
- 6) LETTUCE
- 7) TOMATOES
- 8) 2 CANS OF CRANBERRY SAUCE ( PER FAMILY)
- 9) 2 BAGS OF STUFFING
- 10) ONIONS
- 11) BUTTER
- 12) 2 PIES FRESH OR FROZEN
- 13) APPLE CIDER
- 14) SODA
- 15) NUTS
- 16) PUDDING OR JELLO MIX
- 17) COFFEE
- 18) HOLIDAY NAPKINS

**\*FRESH ITEMS SHOULD BE BROUGHT TO THE CHURCH  
BETWEEN 8-8:30 A.M. ON SATURDAY, NOVEMBER 20<sup>TH</sup>  
WHEN WE CREATE THE THANKSGIVING BASKETS \***

***IF YOU HAVE ANY QUESTIONS JUST ASK CHARISSE ☺***

# Are you new to Grace?



Help us get to know you better –please fill this out and put it in the collection plate.

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Children's name/age: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

And for those we know and love... please give us any changed or new info!

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

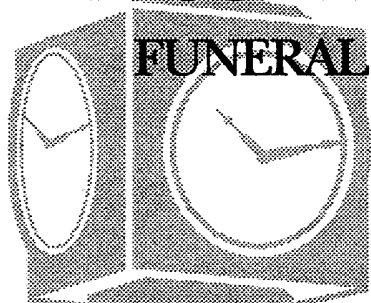
Children's name/age: \_\_\_\_\_  
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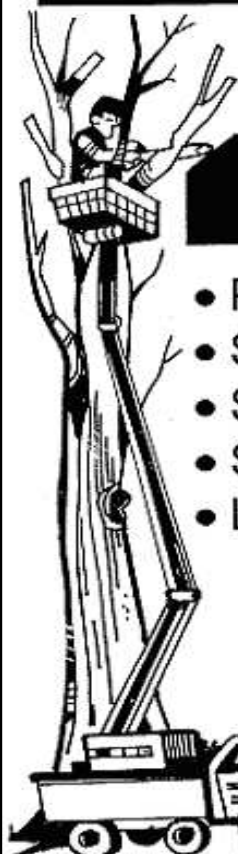
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# NOVEMBER 2010



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																									
	<b>1</b> <b>ALL SAINTS' DAY</b>	<b>2</b> <i>All Souls' Day</i> <b>Election Day</b> GDS Staff Development Day 11am-3pm Thrift Shop GDS & Office Closed	<b>3</b> 8:45am GDS HE (Bishop Provenzano Celebrant)	<b>4</b> GDS Picture Retake Day 9am HE & Bible Study 7:30pm Choir Practice	<b>5</b> 5pm Csajko Rehearsal-Church	<b>6</b> 11am-3pm Thrift Shop 4pm Wedding (Reception in Parish Hall)																																																																																																									
<b>7</b> <b>24 Pentecost</b> <i>Daylight Savings Time Ends</i> 8am HE 9:15am All Christian Formation Classes 10am Baptisms & HE 2-4pm GDS Open House 5pm Pre-YPF-PH 6pm YPF-PH	<b>8</b>	<b>9</b> 11am-3pm Thrift Shop 7:30pm GDS Bd. of Trustees Mtg-Parish Hall	<b>10</b> 8:45am GDS Veteran's Day Recognition & Reception 3:30pm Faculty Meeting-Library 7:30pm ECW Mtg-Undercroft	<b>11</b> <b>Veteran's Day</b> GDS & Office Closed 9am HE & Bible Study 7:30pm Choir Practice	<b>12</b>	<b>13</b> 9am-4pm ECW Apple Pie Making-Parish Hall 11am-3pm Thrift Shop																																																																																																									
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<b>14</b> <b>25 Pentecost</b> 8am HE 9:15am All Christian Formation Classes 10am HE	<b>15</b> 6-10pm GDS Holiday Shop & Dine	<b>16</b> 11am-3pm Thrift Shop 7:30pm Vestry Mtg-Library	<b>17</b> 8:45am GDS MP	<b>18</b> 9am HE & Bible Study 7pm GDS Parents Assoc. Math Night 7:30pm Choir Practice	<b>19</b>	<b>20</b> 11am-3pm Thrift Shop																																																																																																									
<b>21</b> <b>Last Sunday in Pentecost</b> <b>Christ the King</b> 8am HE 9:15am All Christian Formation Classes 10am HE YPF Afternoon Shopping 7pm Interfaith Thanksgiving Service@ St. Rose of Lima	<b>22</b>	<b>23</b> 11am-3pm Thrift Shop GDS Parents Assoc. Sharing Table	<b>24</b> 8:45am GDS MP 11:15 GDS Dismissal ECC Closed	<b>25</b> <b>THANKSGIVING</b> 9:30am HE	<b>26</b>	<b>27</b>																																																																																																									
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<b>28</b> <b>1 Advent</b> 8am HE 10am HE	<b>29</b>	<b>30</b> <i>St. Andrew</i> 11am-3pm Thrift Shop	<table border="1" style="display: inline-table; margin-right: 20px;"> <thead> <tr><th colspan="7">October</th></tr> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> </thead> <tbody> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td></td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </tbody> </table> <table border="1" style="display: inline-table;"> <thead> <tr><th colspan="7">December</th></tr> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> </thead> <tbody> <tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td></tr> </tbody> </table>				October							S	M	T	W	T	F	S					1	2		3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31							December							S	M	T	W	T	F	S				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
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## MISSION STATEMENT

God calls us, Grace Episcopal Church, Massapequa, to be a welcoming home for Christian families, individuals, and youth who seek spiritual enrichment and comfort. Within our beloved Episcopal and Anglican traditions, we pursue our mission through worship to the glory of God, prayer and education within the Christian environment. We seek to serve the Lord, and our wider community, through our loving witness of hospitality, healing, stewardship and services.

Grace Day School is an independent Episcopal day school whose mission is to encourage and support in young leaders the development of roots to stand and wings to soar through a learning environment that is strongly embracing of Judeo/Christian scriptural values.

### Staff

The Rev. Joshua D. Walters, Rector  
The Rev. Elizabeth A. Belasco, Deacon  
Richard Whitten, Minister of Music  
Laurance E. Anderson, Head of School  
Barbara Russo, Parish Administrator  
Robert Gerhard, Business Manager  
Denise Gifford, Office Manager  
. Diane Winkler, Office Assistant \* Kevin Sweeney, Facilities Manager

Office Telephone: 516-798-1122  
Office FAX: 516-799-0711

Web Sites: [www.gracedayschool.org](http://www.gracedayschool.org)  
[www.GraceChurchMassapequa.org](http://www.GraceChurchMassapequa.org)

### VESTRY

Wardens- Ron Staib and John Caracappa  
Clerk- Camille Olson and Treasurer- Nancy Mazzeo

2011

2012

2013

John Neubauer  
Ann Nosworthy  
Barbara Picken

Kenneth Cynar  
Richard Csajko  
Richard Olson

Hal Crawford  
Ellen Ritter  
Charisse Isip

**COMMUNITY:** Episcopal Church Women-Kimberly Enderley and Ellen Ritter \* Thrift Shop-Ruth Robson and Ruth Moriarty \* Youth Program-Laurie McNally \* Greeters-Lovey Bryson \* Newsletter-Barbara Coleman \* Cemetery- Richard Csajko\* Finance –Renee Erny \* Acolytes-Renee Erny \* Altar Guild – Lori Caracappa and Barbara Picken\* Sunday School- Lisa Dugan\* Ushers-Richard Csajko \* Outreach-Charisse Isip

### GRACE DAY SCHOOL BOARD OF TRUSTEES

Pat Weber, Chair

Laurance E. Anderson, Head of School, Jeffrey Catterson, John Caracappa, Joseph Crema, Elena Dulik, David Hartung, Barbara Staib, Erin Sweeney, Dr. Nicole Passeggio, Chaplain, The Rev. Elizabeth Belasco, Deacon, The Rev. Joshua D. Walters, Rector