

FREEDOM PLAINS PRESBYTERIAN CHURCH  
Post Office Box Four Hundred  
LaGrangeville, New York 12540

“RETURN SERVICE REQUESTED”

Non-Profit Org.

U.S. Postage  
P A I D  
Newburgh, NY  
Permit No. 4003

# THE HERALD

Freedom Plains Presbyterian Church  
*Founded 1827*



*April, 2008*



*You believe because you can see...  
Happy are those who have not seen  
and yet believe.*

*--John 20:29*

Every year it happens:  
earth shakes her sleepy head,  
still a bit wintered and dull,  
and feels new life stirring

Every year cocoons give up their treasures,  
fresh shoots push through brown leaves,  
seemingly dead branches shine with green,  
and singing birds find their way home

Every year we hear the stories

empty tomb, surprised grievors,  
runners with news and revelation,  
unexpected encounters,  
conversations on the road,  
tales of nets filling with fish,  
and breakfast on a seashore

And every year  
The dull and dead in us  
meets our Easter challenge:

to be open to the unexpected,  
to believe beyond our security,  
to welcome God in every form,  
and trust in our own greening

*--Joyce Rupp*

## Freedom Plains Presbyterian Church Staff:

Rev. Paul Lent, Pastor  
Rev. Heather Finck, Parish Associate  
Denise Bassen, Music Director  
Cheryl Haight, Administrative Assistant  
Christine Lent, Church School Director  
Bonnie Biskup, Parish Nurse  
Kevin Coyne, Sexton  
Donna Logan & Em Jorgenson, Bell Choir Directors  
Rich Roeser, Ruth Sheets, Website Directors  
Jennifer Barry, Clerk of Session  
Office Hours: 9:00 AM – 2:00 PM  
Office Telephone: (845) 452-0684  
Office Fax # (845) 452-7816  
E-Mail Address: [office@fppchurch.org](mailto:office@fppchurch.org)  
Website: [fppchurch.org](http://fppchurch.org)

Friends,

We know our own individual Easter challenges. If we aren't sure we should spend some time pondering. May we welcome resurrection's summons in our personal lives and embrace the challenges and opportunities before the Freedom Plains family of faith.

Easter Blessings and Peace,

## FPPC ANNOUNCEMENTS

**FLEA MARKET/RUMMAGE SALE** – Freedom Plains Flea Market/Rummage Sale to benefit the Appalachia Service Project will be held on May 17<sup>th</sup> from 8:00am to 3:00pm. We are looking for vendors who would like a 12x12ft. space on the front lawn for \$25.00. If you are interested, please contact Jennifer Barry at 473-5421 or email her at [JenBarry3@aol.com](mailto:JenBarry3@aol.com). Space will be on a first come/first serve basis and it will be held rain or shine. We also need donations for our rummage sale. Please bring items to the church anytime AFTER May 11<sup>th</sup> and put on the stage in Fellowship Hall. We will sell lunch and hold a bake sale.

**PROPERTY COMMITTEE MEETING** – There will be a meeting of the Property Committee on Monday, April 14<sup>th</sup> at 7:00PM. Anyone wishing to join the committee is invited to attend.

**FREEDOM PLAINS CHURCH AT WORK AND WORSHIP** - Visit our website at [www.fppchurch.org](http://www.fppchurch.org). Click on “recent photos” to view the photo gallery to see recent pictures, as well as pictures from past events.

**HOMELESS SHELTER SIGN-UP** – We are in need of volunteers for both cooks and hosts for the homeless shelter. Please sign up on the bulletin board. If you have any questions, please contact Laney Newton at 473-2209.

**MAY HERALD** – Please submit articles for the May Herald in writing or by email to the church office by Tuesday, April 22nd. The email address is [office@fppchurch.org](mailto:office@fppchurch.org). Thank you in advance.

**FREEDOM PLAINS CHURCH ONLINE CALENDAR!** – Please visit our website: [www.fppchurch.org](http://www.fppchurch.org) and click on “calendar” to view our current events. If you would like an event posted to the calendar, forms are located at the church office, or submit the event in writing by email with any pertinent details regarding the event to [office@fppchurch.org](mailto:office@fppchurch.org).



### **ATTENTION GRADUATING SENIORS!!**

The Scholarship Committee is currently accepting applications for monetary scholarships from seniors who will be continuing their education. The forms are available at the church office and must be submitted by May 11, 2008. The requirements are as follows:

1. Student must have been a member of Freedom Plains Presbyterian Church since Oct. 1 of the year he/she enters the final year of high school.
2. Students' parents need not be members of Freedom Plains Presbyterian Church.
3. Student must submit an application to be considered for a scholarship award. The application must indicate: (a) specific educational plans, including vocational training, as well as college studies; (b) include a statement indicating participation in activities at Freedom Plains church both before and after confirmation.

*The Scholarship Committee*



Nancy and Neal Townsend want to thank everyone for their visits, calls, cards, thoughts and prayers after the passing of her mother, R. Miriam Curry. All of your support is deeply appreciated.



## SUNDAY CHURCH SCHOOL UPDATES:

- 4/6: 1<sup>st</sup> grade parent “open house”
- 4/13: No Church School – spring break
- 4/20: No Church School – spring break
- 4/27: Children’s Fellowship

*Christine Lent, Sunday School Director*



## LIBRARY NOTES

### BOOK REVIEW

Where and how did Jesus spend his early years (from age thirteen to age twenty-nine)? Did he learn from Moses and the prophets and was otherwise God-taught, or did he travel east with the object of perfecting himself in the Divine Word and of studying the laws of the great Buddhas? In “The Lost Years of Jesus” by Elizabeth Clare Prophet, four people give their personal accounts of their travel to India and/or Asia where natives spoke of knowing that Saint Issa (Jesus) had lived there. Much focus is on the Himis monastery outside the city of Leh in Ladakh (Little Thibet) where manuscripts are held that give witness to Jesus’ having traveled, studied and taught in the region.

During his stay at Himis, Nicolas Notovich, a Russian journalist claimed to have recorded some of this manuscript – included in this book – which people of his day said was a hoax. In ensuing years three other people, for various reasons, traveled at different times to this area and either saw or recorded parts of these manuscripts. They proved to be very similar to those of Notovich. Included in Prophets book are maps showing the routes (and great distance) Jesus traveled before he returned to begin his Palestinian mission. Also included are photographs of the Thibetan terrain and the people who live there taken by Elisabeth Caspari, the last of the four travelers mentioned. The final chapter of “The Lost Years of Jesus” leaves us with some intriguing questions to ponder

*Library Committee,  
Liz Miglis, Pam Woodward, Kathy Newton, and Laney Newton*



## VOLUNTEERS OF THE MONTH

### RICH ROESER AND RUTH SHEETS

*By Paul Lent*

This month our volunteers of the Month are Rich Roeser and Ruth Sheets. Rich and Ruth are our web site directors. Many of you may know the outstanding work that they are doing because you have come to rely on the information that the website puts at your fingertips. Maybe you have gotten use to the on-line calendar to check on meeting times, or you have come to prefer reading the newsletter on-line. Again and again I am amazed at the number of new members who used the website to check us out before coming to visit on a Sunday Morning. However, if you are one of the few folks who has not checked out the web site, do yourself a favor and check it out. Rich and Ruth have done a wonderful job at keeping the website up to date and serving the needs of our community. I wish I could tell you exactly what they do, but like many of you I have no idea. I do know that expertise and good old putting in the time is required. I also know that because of Rich and Ruth we have a website that serves our community in ever increasing ways. Rich and Ruth, thank you for your work, and please feel free to park in the volunteer of the month parking space on the far side of the parking lot.

### MISSION SPOTLIGHT

We have all read about African nations besieged by the ravages of HIV/AIDS and the repugnant violence perpetrated against women and children. As Christians we must respond and help those who cannot help themselves. Freedom Plains has been able to support TropicalClinics with \$1000 of its discretionary funds to do just that.

TropicalClinics is a 501 (c) (3) non-profit corporation founded by Dr. Margaret Kilibwa in 2004 to build one-of-a-kind health centers in rural areas in Africa and other developing nations. TropicalClinics mission is to provide a care model for rural regions in Kenya and for the rest of Africa dealing with high rates of maternal and infant mortality and the horror of HIV/AIDS.

TropicalClinics is currently fundraising to build an 80-bed clinic in Kakamega, Kenya. This health & healing center will integrate conventional medicine with other therapies for a more comprehensive approach to healing. Once complete, this facility will provide:

- **comprehensive and integrated HIV-care to women and children**
- **essential obstetric care and health care to abused women**
- **state-of-art diagnostic tools and biotechnology center for traditional medicine**

Learn more @ [www.TropicalClinics.org](http://www.TropicalClinics.org)

## HEALTH MINISTRY

Dear Church Family,

Spring is a time of renewal – physical and spiritual. The warmer weather brings with it opportunities for outdoor activities. Easter brings the resurrection and spiritual renewal.

Now is a good time to schedule a physical exam if you have not had one lately. Here are some helpful guidelines for making the most of your doctor’s visit:

#### Preparation for seeing the doctor:

- 1) Be familiar with your insurance coverage. Take your insurance card with you.
- 2) If this is your first visit, gather your health information beforehand, especially medical history.
- 3) Make a list of all medications ordered by all your physicians, as well as over the counter drugs including herbal remedies.
- 4) Write down current symptoms and concerns.
- 5) List allergies to medicine, food and other products.

#### At the doctor’s office:

- 1) Be an active partner with your doctor. Communicate with him/her. Ask questions.
- 2) Get to your appointment a little early so you can relax and let your blood pressure go back to normal.
- 3) Do not let anyone hurry you.
- 4) Take notes or have someone with you take notes.
- 5) Be sure you understand how to take your prescriptions.
- 6) Make appointment for follow-up visit if needed.

Here are some normal test values and explanations:

- Blood pressure – measures pressure exerted on walls of large blood vessels (systolic – larger number) and pressure during relaxation period between heartbeats (diastolic – smaller number).  
Normal – 120/80, hypertensive – 140/90 and above persistently.
- Hemoglobin – measures iron – containing pigment of red blood cells whose function is to carry oxygen to tissues.  
Normal – male - 14-17.4 g/de  
female - 12-16 g/de
- Hematocrit – measures volume of red blood cells in a certain volume of blood.  
Normal – male - 40-54 average 47  
female - 37-49 average 42
- White blood count – WBC – determines presence of inflammation or infection.  
Normal – 4,000 – 10,000

- Cholesterol – total – 140-199 mg/dl. Desirable

HDL – good cholesterol – above 60mg/dl best

LDL – bad cholesterol – under 100mg/dl best

100-129 acceptable

Total cholesterol to HDL ratio – 5.1 and below

Triglycerides – fat – the body uses to store energy – below 150mg/dl.

- Routine urinalysis – checks various components of urine, waste product made by kidneys.

Normal: pale yellow- dark yellow, clean, not cloudy, slightly nutty order, specific gravity – 1.005-1.030; ph- 4.6-8.0; no protein, no glucose, no ketones, non or few red or white blood cells; bacteria; parasites; yeast.

- adapted from “Diagnostic Test Facts” by Lippincott

### Prayers for Comfort and Healing

Barry Coldren, Dan Stark, Allison Gudmunson, Marie Hasenpflug, Ellen Jacobs, Doug Wolfe, Richard Yergy, Greg Stabile, Nathan Christensen, Linda Roy, Bridget & Robert Burrow, Sally Kemink's sister Jeanie and sister-in-law.

*Yours in Christ,  
Bonnie Biskup, Parish Nurse  
(Office hours – Sun. 10-11, 12-12:30)  
By appointment 724-5631 or 452-0684*



- ❖ *A Morning for Mom!* – Meets Wednesday’s at 10:00 AM in the Church Common Room. Fellowship Group for mothers of young children. Childcare provided. Contact: Rev. Heather Finck or call the church office at 452-0684.
- ❖ *Women’s Evening Study Group* – Meets the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month at 7:30 PM in the Common Room. Contact: Mary Moody – 223-3370.
- ❖ *Dorcas Bible Study* – Meets Wednesday’s at 1:00 PM in the Church Common Room. Co-ed bible study studying “Through Mark’s Eyes”. Contact: Bonnie Biskup - 724-5631.
- ❖ *Men’s Breakfast Bible Study* – Meets every Thursday at 7:30 AM in the Church Common Room, breakfast following. Contacts: Ben Sung – 635-1463 and Rev. Paul Lent – 452-0684.



On March 16<sup>th</sup>, the FPPC cooked and served a complete corned beef dinner at the Lunch Box in Poughkeepsie. The meal was enjoyed by many, and any leftovers were served during the next few days. Many thanks to those who volunteered on site, especially George Wade, who cut the meat, and Melissa Haras who coordinated the volunteers who served. Many thanks to all who donated food and money to purchase the meat and vegetables. Also thanks to the Sunday morning crew who helped organize all the Sunday morning donations. We will be serving a meal at the Lunch Box again this summer in August – look forward to more information about this in the future.

Thank you to all.

### **EASTER DINNER**

The FPPC’s Community Easter Dinner was held Easter Sunday, March 23<sup>rd</sup>, at 1:00PM. Maggie Logan, with her family, hosted the meal and many volunteered, helped with food donations and participated by setting up, serving and cleaning up. Approximately 50 people attended and any leftovers were brought to the Lunch Box. Hannaford Supermarkets generously donated the ham, potatoes and vegetables. Everyone attending enjoyed the dinner.

Thank you to all who helped.

*The Mission Committee*



Doris and Cleve Hill would like to extend their sincere appreciation for all the cards, good wishes, and prayers received from the Elders and Deacons, as well as all their friends from the Freedom Plains Presbyterian Church. They would also like to say thank you for all the meals on wheels that were taken to them, especially from Nancy Insalaco, Marie Coyne, and Nancy Brinckerhoff.

### **BRIGHT NIGHTS**

A big thank you to all who helped in any way..... collectors, sorters, donators, food preparations, drivers, distributors, etc.... the run by all standards was a huge success. We had one of our largest distributions. We collected over 800 toiletry items (a special thank you to both Noxon Road and LaGranage Elementary Schools), over 50 blankets, 60 coats, approximately 30 extra large garbage bags full clothing, socks, underwear, and backpacks; and we fed about 150 people. As always, our experience was rewarding – there are so many people in our own neighborhoods who are in need. If we were able to brighten their night even temporarily, it was worth it. Thank you again.

*Hannah Fandl and Dan Tempest*