

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

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THE HERALD

Freedom Plains Presbyterian Church
Founded 1827



February, 2008



Dear Friends,

It is amazing to me how many times during the year we are put in that position to look back and look forward. New starts happen again and again, perhaps in hopes that we will continue to have opportunities to get it right. Yesterday was our annual meeting and it is appropriate that we mark some important transitions in the life of our church. We give thanks to those Elders and Deacons who have completed terms of service and are now rotating off those boards.

Elders:

Bob Burrow
Kristin Fandl
Annalise Puckette

Lauri Taylor
Sally Woods

Adeline Anderson
Laney Newton
Jill Underwood

Deacons:

Julie Carmichael
Dan Tempest
Doug Vinson

We give thanks for those who have stepped forward and have been elected to serve as Elders and Deacons.

Elders:

Jennifer Barry
Elizabeth Gundeck
Kathleen Newton
James Puckette

Neil Townsend
Hannah Fandl
Dan Tempest

Steven Brinckerhoff
Cheryl Christensen
Susan Poole-DiSalvo
John Taylor

Deacons:

Diane Wassick
Nichole Lysko
Rebecca Pepe

We also recognize some staff transitions both volunteer and paid:

We thank Gerry DeFiglio for three years of service as our Church Treasurer, and we give thanks for Lou Biskup stepping up to fill that role today. We also recognize the retirement of Val Perry as our Nursery School Director, and welcome Gigi Lundewall as our new Nursery School Director. Also in our church office in 2007, we said goodbye to Susan Walsh and hello to Cheryl Haight.

As we turn to face the future, we remember and give thanks for the lives and service of our saints departed in 2007:

Donald Budd, Betty Degroat, Jan Malone, Ellice Tobin, and James Vaughan

Friends, we have been blessed at Freedom Plains in many ways, but perhaps most of all we have been given the blessings of each other. As we move forward worshipping and serving our Risen Lord, let us challenge ourselves in service and encourage each other in ministry here at Freedom Plains.

Blessings,

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
Website: fppchurch.org

FPPC ANNOUNCEMENTS

FEBRUARY, 2008

ANNUAL LENTEN BREAKFAST/DEVOTIONS – Our annual Lenten breakfast and devotions will begin on February 6th at 7:00AM and will be held every Wednesday through Easter. Please sign up at the bulletin board to help with set up, breakfast preparation (more easily done with two persons) and clean up.

LADIES – Save the date of Tuesday, March 11th for our annual “Ladies Night Out”. As usual, we’ll be attending a movie, of your choice, at approximately 7PM followed by having dessert together after the movie. Watch for more details in the March Herald, weekly bulletins and the sign-up sheet in the hallway as the time approaches. If you have any questions please call Em Jorgensen at 471-2979.

ASP SPAGETTI DINNER FUNDRAISER – The annual spaghetti dinner fundraiser will be held on February 10, 2008 at 5:00PM. Spaghetti, meatballs, salad, drinks and dessert will be served with our 2007 video presentation to follow. Tickets will be sold in between services @ \$10.00/adult, \$5.00/kids, 2 and under free. If you have any questions, please call Melissa Haras @845-849-1513.

FREEDOM PLAINS CHURCH AT WORK AND WORSHIP - Visit our website at www.fppchurch.org. Click on “recent photos” to view the photo gallery to see recent pictures from the Thanksgiving Dinner and Service, the Rummage Sale, 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.

MARCH HERALD – Please submit articles for the March Herald in writing or by email to the church office by Monday, February 18th. The email address is office@fppchurch.org. Thank you in advance.

FREEDOM PLAINS CHURCH ONLINE CALENDAR! – Please visit our website: 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.



DCIC - You are cordially invited to attend the Interfaith Story Circle on Thursday, February 14 at 7 PM at the Masjid Al-Noor, Southeast corner of Myers Corners Rd. and All Angels Hill Rd., Wappingers Falls. The evening's theme will be "Pilgrimage Stories". Come observe the prayers at the mosque, followed by an evening of stories.

MASTER PLAN UPDATE AND PRESENTATION

Please save the date: Sunday March 2nd, 10:00AM in Fellowship Hall.

There will be a presentation of the work to date on the Master Plan. The possibility exists that the presentation will be done again in subsequent weeks. The Master Plan is the work of many in the church and a team of architects thinking about our buildings and our future. The Master Plan is not finished blue prints, but rather rough ideas and drawings around the needs of our Church. It is time to get the information out and start really talking about it. Please come, and commit to educating yourself about the challenges and opportunities that have been set before us.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 3rd Sunday in Ordinary Time 9:00 AM Church School 9:00 AM Worship 9:15 AM Confirmation Class 10:00 AM Annual Meeting 10:20 AM CBC Rehearsal 11:00 AM Rose Baptism 11:00 AM Worship 7:00 PM ASP Information Mtg.	28 7:30 PM Waterman Bird Club	29	30 10:00 AM Morning for Moms 1:00 PM Dorcas Bible Study 4:00 PM JHYG 7:00 PM Boy Scouts Troop 182	31 7:30 AM Men's Breakfast Bible Study 7:30 PM Choir Practice	1 10:00 AM Parkinson's Exercise Group	2 Groundhog Day 7:30 PM AA 8:30 PM AA
3 Boy Scout Sunday SOUPER BOWL OF CARING Transfiguration Sunday 9:00 AM Church School 9:00 AM Worship 10:20 AM YBC Rehearsal 11:00 AM Worship 11:15 AM CBC Rehearsal	4 7:30 PM Scottish Society	5 11:30 AM Presidential Primary Polling 7:30 PM Evening Women's Study Group	6 Ash Wednesday 7:00 AM Lenten Breakfast 10:00 AM Morning for Moms 1:00 PM Dorcas Bible Study 4:00 PM JHYG 7:00 PM Boy Scouts Troop 182 7:00 PM Deacon's Mtg	7 7:30 AM Men's Breakfast Bible Study 7:30 PM Choir Practice	8 10:00 AM Parkinson's Exercise Group	9 7:30 PM AA 8:30 PM AA
10 1st Sunday in Lent Chocolate Bake Sale First Sunday of Lent 9:00 AM Church School 9:00 AM Worship 10:20 AM CBC Rehearsal 11:00 AM Worship 5:00 PM ASP Spagetti Dinner 7:00 PM Confirmation Class	11 7:30 PM PW FEBRUARY EVENT	12 7:00 PM Finance Committee 7:00 PM Mission Committee	13 7:00 AM Lenten Breakfast 10:00 AM Morning for Moms 1:00 PM Dorcas Bible Study 4:00 PM JHYG 6:30 PM Eagle Board Meetings 7:00 PM Boy Scouts Troop 182	14 Valentine's Day 7:30 AM Men's Breakfast Bible Study 7:30 PM Choir Practice	15 5:00 PM Party	16 7:30 PM AA 8:30 PM AA
17 2nd Sunday in Lent No Church School No Confirmation Class 9:00 AM Worship 11:00 AM Worship 1:00 PM Baptism Party	18 Presidents' Day Church Office Closed	19 7:30 PM Evening Women's Study Group	20 7:00 AM Lenten Breakfast 10:00 AM Morning for Moms 1:00 PM Dorcas Bible Study 4:00 PM JHYG 7:00 PM Boy Scouts Troop 182	21 7:30 AM Men's Breakfast Bible Study 6:30 PM FR Rehearsal 7:30 PM Choir Practice	22 Pack 182 Blue & Gold Dinner	23 1:00 PM Birthday Party 7:30 PM AA 8:30 PM AA
24 3rd Sunday in Lent 9:00 AM Church School 9:15 AM Confirmation Class 10:20 AM YBC Rehearsal 11:00 AM Worship 11:15 AM CBC Rehearsal	25 7:30 PM Waterman Bird Club	26	27 7:00 AM Lenten Breakfast 10:00 AM Morning for Moms 1:00 PM Dorcas Bible Study 4:00 PM JHYG 7:00 PM Boy Scouts Troop 182	28 7:30 AM Men's Breakfast Bible Study 6:30 PM FR Rehearsal 7:30 PM Choir Practice	29	1 7:30 PM AA 8:30 PM AA



VOLUNTEER OF THE MONTH

FRED STUEBNER

By Paul Lent

This month was easy. I had decided to highlight Fred Stuebner. Fred has been involved in so many property projects over the last 35 years, and currently he manages our heating systems. I was preparing to call Fred to interview him for this article when he walked through my door with a white bleach type bottle with big red letters that read across the front “Sizzle”. I had to ask so I could tell you, “Sizzle” is a product to clean our hot water coils in the boiler.

Fred and his wife Susan are long time members and they raised their four children in the church. Over the years, Fred has served as a Deacon and Elder, but the majority of Fred’s ongoing service to the church has involved heating and cooling and plumbing issues. As Fred says, “I tend to gravitate away from things I don’t know much about”. Following that path, it is understandable that Fred found a niche working in building and grounds. Fred is an electrical engineer by trade, working 28 years for IBM before retiring, and starting his own business, LaGrange Instruments. Fred seems to be that rare breed of engineers that is very theoretical and at the same time able to be hands on. Right now Fred is working on updating our current computer program for our heating system. In fact, he could use some help from someone that has the knowledge in web-based systems, because Fred is working on access to our heating program via the World Wide Web.

It is hard to sum up the contribution that Fred’s work has made here at Freedom Plains. To add up the increased energy efficiencies, the tens of thousands of dollars in savings, or simply all the times when things work around here, things that we simply take for granted, is a hard thing to do. Maybe the best thing to do would be, the next time you come into a warm church in the winter, or a cool church in the summer, say a little prayer of thanks, thanking God for Fred Stuebner and his work here at church. Fred, you have more than earned the Volunteer of the Month parking spot at the back of the parking lot.



LIBRARY NOTES

Book Review

Lost during his descent of K2, ill and exhausted, a world-class mountaineer stumbled into a tiny remote Pakistan mountain village and was nursed back to health by its impoverished inhabitants. In the course of his recovery he learned to love and admire these rugged mountain people who came to accept him as family. He also learned that their greatest need was for a school and teachers – especially for their girls.

“Three Cups of Tea” is the awe inspiring true story of what Greg Mortenson accomplished when he returned to the United States and set out to make their dream a reality. His determination to succeed carried him through many setbacks and difficult trips to Pakistan before he achieved his goal. Word spread at home and abroad about this trusted and admired American who sought to replace ignorance with basic education in the mountains of Pakistan and also in Afghanistan (in Taliban territory). This biography by Mortenson and David Relin “Is at once a riveting adventure and a testament to the power of the humanitarian spirit”. It is located in the “New Books” section of the library.

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

PRESBYTERIAN WOMEN

ALL WOMEN –

On January 14, 2008, twenty-two women of the congregation met in Fellowship Hall to socialize and talk about their feelings and understanding of the organization known as Presbyterian Women (PW). They decided that they would like to have this organization continue at Freedom Plains.

The Goals of the group are:

- To socialize with other women of the congregation. We need to re-emphasize that ALL women of the Freedom Plains Church are automatically members of PW, and as such can participate in all activities. There is no additional “joining”, just participating. It is a great way to get involved and get to know your church family.
- To present educational programs of varied topics of the group’s choosing.
- To raise money to fund mission projects that go beyond the programs already supported by our Mission Committee and the PC(USA) worldwide mission.

The following is a listing of our scheduled events for 2008 and contact persons:

- | | | |
|-----------------------------|---|----------------------------------|
| ▪ February 3 rd | Super Bowl Subs | Marie Coyne |
| ▪ February 6 th | Lenten event at Stony Point
PW Presbytery | Lynn Cordy |
| ▪ February 11 th | Program on Balance in Your Life
Fellowship Hall at 7:30PM | Ruth Sheets |
| ▪ March 10 th | Movie Night and Dessert | Em Jorgensen |
| ▪ April 12 th | Spring Clean-up of Peace Garden
and Picnic at Holmes Church Camp | Ann Burrow
Cheryl Christensen |
| ▪ May | Rummage Fair – in cooperation
with ASP | |
| ▪ June | Hike and possibly Bird Watch | Jody Hoffman |
| ▪ September | Bike Ride | Ann Burrow |
| ▪ October | Calendar Girls | Cheryl Christensen |
| ▪ November 14 th | White Elephant Event & Dessert | Christine Lent |
| ▪ December 8 th | Cookie Exchange | Dixie Anderson
Nancy Rosado |

To make these events more enjoyable we would encourage all of you to participate. If you have other suggestions for programs, please make your wishes known, since it is YOUR organization.



SUNDAY CHURCH SCHOOL UPDATES:

- 2/10: 3rd grade parent “open house”
- 2/17: President’s weekend – no church school
- 2/24: Children’s Fellowship

Christine Lent, Sunday School Director

HEALTH MINISTRY

Dear Church Family,

February is heart month. Are you taking good care of your heart physically, emotionally, and spiritually?

Physical care can be achieved by maintaining your proper weight. Eating foods that are rich in fruits, vegetables, fish, poultry, lean meat and whole grains can help you achieve this. Keeping your blood pressure near 120/80 by exercising, walking, or body movement will help. Find an exercise you enjoy (e.g., swimming, biking) and stick with it.

Emotional care can be achieved through love, acceptance, and forgiveness. Develop skills and abilities to help you cope with life and its struggles. Make friends with those who you can share life's joys and sorrows. Pets can bring us much joy. Hugging a dog or cat can be very beneficial to your well being.

Spiritual care of your heart involves developing your faith life. We need to find purpose and meaning to our lives. This is based on having a relationship with God. Set aside time to pray and read the Bible. Live each day to the fullest. Help others. Count your blessings each day – we have many. Experience the beauty around you.

Concepts adapted from “Seasons for Wholeness”.

We lift up for prayers of comfort and healing: Frank Pepe, Tammy Maier, Johnny Maloney, Nathan Christensen, Gwyneth & Tom Steele, Linda Roy, Bridget and Robert Burrow, Reba Canning, Beverly Stark, Richard Harney, Carolyn Peterson, Tom Hasenpflug, Sally Kemink's sister and sister-in-law, Edward Van Etten, Betty Wade, Becky, Richard Taylor.

Joys: Birth of Stella Nicoletta Insalaco on 1/10/08 to Mark & Katie Insalaco, granddaughter of Joe & Nancy Insalaco.

Bereavement: Nancy & Neal Townsend, loss of Nancy's mom.

*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 1st and 3rd 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.

HEALTH MINISTRY

2007, THE YEAR IN REVIEW

2007 was indeed a busy and often sad year for Health Ministry. Blood pressures were taken 62 times, often as an introductory to discussions of other health issues. You discussed the following topics with me this year: Lyme Disease and Errhlichiosis, heart tests, echocardiograms, treatment for blood clots, aging, vertigo, breast cancer, mastectomy, chemotherapy, ovarian cancer, lung cancer, lung biopsies, Hospice, back surgery, kyphoplasty, deep vein thrombosis, home health care aides, malignant brain tumor, forgiveness, and domestic abuse.

Informational bulletin boards covered eye conditions, wellness suggestions for mind, body spirit, pre-diabetes and diabetes. Bulletin boards on heart disease and stroke were provided for the Women's Retreat. Many of you asked for hospital and doctor recommendations. We discussed your upcoming medical or surgical procedures and hopefully helped to allay some of your anxieties.

I made 28 pastoral care visits to you in the hospitals and nursing homes. My pastoral care visits focused on your nursing and medical care with some spiritual care included. Some of you found me advocating for you with the hospital staffs, making sure you received the best of care. I have supported families making very difficult decisions about loved ones' health care.

Pastoral care also included visits to funeral parlors to support grieving families. This year we lost Don Budd, Jim Vaughan, Jan Malone, Ellice Tobin, and Betty Degroat. Continuing grief support included visits, phone calls, cards, and notes with spiritual information on grieving. Holiday bereavement cards were sent at Christmas to those having lost loved ones this year.

I continue to attend Parish Nurse Networking meetings to exchange ideas and information with other Parish Nurses in the area. Classes on low vision from macular degeneration and glaucoma and other chronic eye diseases have provided me with materials for your reference.

Our lending library on mind, body and spirit information is growing and can be found in Fellowship Hall on Sundays.

In February, look for an information bulletin board on the physical, emotional, and spiritual care of your heart. Stay well!

Bonnie Biskup, Parish Nurse



GRACE SMITH THANK YOU

The Mission Committee would like to extend a HUGE Thank You to all who participated in the Brookhaven Holiday Mission Project. Through your efforts and generosity, the 29 residents received an abundance of much needed gifts. We are grateful that as a congregation we have been able to be a part of this important outreach ministry for so many years.

The Mission Committee