

FREEDOM PLAINS PRESBYTERIAN CHURCH
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THE HERALD

Freedom Plains Presbyterian Church
Founded 1827



January, 2008



“What has been will be again, what has been done will be done again; there is nothing new under the sun. Is there anything of which one can say, “Look! This is something new”. It was here already, long ago; it was here before our time. (Ecclesiastes 1:9-10)

Dear Friends,

Happy New Year! I cannot help but be a little philosophical and even a little theological as we begin 2008. In a sense the wisdom of the ages written long ago sums it up, “There is nothing new under the sun.” And then again, in another sense, that is ridiculous. King Solomon never used email. On the one hand, 2008 seems a lot like 2007. The same potential, the same opportunities, the same hopes and dreams. And yet on the other hand, in the words of Fleetwood Mac, “Time makes you bolder, children get older, I’m getting older too.”

Clearly there are two hands at work here. Wisdom is like that. On the one hand, many hands make light work. On the other hand, too many cooks spoil the broth. Both can be true and both can be false.

As we enter 2008, I cannot help but think that this year could be something wonderful. Can you finish this sentence?

This could be the year when..... (It can be a long list.)

Now can you answer it in these as well?

This could be the year when my spiritual life.....
This could be the year when my relationships.....
This could be the year when my relationship with God.....
This could be the year when Freedom Plains Presbyterian Church.....

The opportunities exist year after year. The question is, what are we going to do? The Bible, the Wisdom of the ages, resonates with that other Fleetwood Mac Song,

Don’t stop, thinking about tomorrow,
Don’t stop, it’ll soon be here,
It’ll be, better than before,
Yesterday’s gone, yesterday’s gone.

On the one hand, God always has hopes and dreams for us, year after year. On the other hand, God has hopes and dreams for 2008. Let’s get to work.

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
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FPPC ANNOUNCEMENTS

JANUARY, 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 and clean up.

ANNUAL CONGREGATIONAL MEETING – the Annual Congregational Meeting will be held on January 27th at 10:00AM in the Sanctuary.

CHRISTMAS EVE BREAK IN – As many of you know, on Christmas Eve, during the 5:00PM worship service, four cars had their windows broken and valuables stolen (pocketbooks and Christmas presents). The cars were parked in the back row of the parking lot next to the field. Footprints were found in the snow, apparently they pulled in and parked up towards 55 and walked in the field up to the cars. The police have asked me to ask all of you if anybody saw anything to please come forward. They are following up a few leads, so any information is helpful. Please call the church office if you think you saw anything suspicious.

ASP SPAGETTI DINNER – Mark your calendars! The Annual ASP Spaghetti Dinner will be held on February 10, 2008. More details to follow.

THANK YOU – Thank you to everyone who helped at the Christmas Dinner. More than 40 people came to share a meal, music and fellowship. Thank you Melissa Haras, Marie Coyne, Marge Lawrence, Kathy MacCarthy, Gene, Joe and Brian Funicelli, Fred, Terri, Michael & Matthew, Bill and George Spencer, Mary Lou Eshelman, Heather McClurry, and to Diane, Michael & Megan Wassick who provided live music during dinner.

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.

FEBRARY HERALD – Please submit articles for the February Herald in writing or by email to the church office by Monday, January 21st. 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 – There will be a Benefit Peace Story Concert held on Sunday, January 13th at 2:00PM at the Unitarian Universalist Fellowship of Poughkeepsie, 67 South Randolph Avenue. Donations will support the Grace Smith House for battered women. Come and enjoy the “Peace” stories told by gifted storytellers from various faith traditions.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 1st Sunday after Christmas No Church School 10:00 AM Worship	31 11:00 AM Nicole Hilscher's Party 6:00 PM Zeidan Family Gathering	1 Church Office Closed New Year's Day	2 1:00 PM Dorcas Bible Study 7:00 PM Boy Scouts Troop 182	3 7:30 AM Men's Breakfast Bible Study 7:30 PM Choir Practice	4 10:00 AM Parkinson's Exercise Group	5 7:00 PM AA 8:30 PM AA
6 Epiphany 9:00 AM Church School 9:00 AM Worship 10:20 AM YBC REHEARSAL 11:00 AM Worship 4:00 PM Christmas Around the World Family Celebration/Potluck Dinner	7 7:30 PM Scottish Society	8 7:00 PM Finance Committee 7:00 PM Mission Committee	9 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 7:00 PM Deacon's Mtg.	10 7:30 AM Men's Breakfast Bible Study 7:30 PM Choir Practice	11 10:00 AM Parkinson's Exercise Group	12 7:00 PM AA 8:30 PM AA
13 Baptism of the Lord 9:00 AM Church School 9:00 AM Worship 11:00 AM Worship	14 7:30 PM PW GATHERING "A Time for Sharing"	15 7:30 PM Evening Women's Study Group	16 10:00 AM Morning for Moms 1:00 PM Dorcas Bible Study 4:00 PM JHYG 7:00 PM Boy Scouts Troop 182	17 7:30 AM Men's Breakfast Bible Study 7:30 PM Choir Practice	18 10:00 AM Parkinson's Exercise Group	19 7:00 PM AA 8:30 PM AA
20 2nd Sunday in Ordinary Time 9:00 AM Church School 9:00 AM Worship 11:00 AM Papa Baptism 11:00 AM Worship	21 Martin L. King, Jr. Day HERALD DEADLINE 7:30 PM Session	22	23 10:00 AM Morning for Moms 1:00 PM Dorcas Bible Study 4:00 PM JHYG 7:00 PM Boy Scouts Troop 182	24 7:30 AM Men's Breakfast Bible Study 7:30 PM Choir Practice	25	26 7:00 PM AA 8:30 PM AA
27 3rd Sunday in Ordinary Time 9:00 AM Church School 9:00 AM Worship 10:00 AM Annual Meeting 11:00 AM Worship 11:00 PM Rose Baptism	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 8:30 PM AA

(for a more complete explanation, see Dr. Fred Luskin's website at [Nine Steps to Forgiveness](#))

HEALTH MINISTRY

FORGIVENESS AND YOUR HEALTH

Dear Church Family,

Happy New Year! January is a good time of year to take a good look at our lives to see what is working for us and what is not. The holidays bring families and friends together in a way that is often not a Norman Rockwell painting. Old grievances or wounds rise to the surface or new ones are started. Now is a good time to forgive or ask for forgiveness – start a new.

Forgiveness can be beneficial to our health. Potential health benefits can be: decreased anger and negative thoughts, decreased anxiety, decreased depression and grief, and decreased vulnerability to substance abuse. The person you are mad at often is unaware of this. Your feelings are just eating away at you.

Forgiveness is mentioned over and over again in the Bible, e.g., in Matthew 18:21-35, Peter asks Jesus “how many times shall I forgive my brother who sins against me? Up to seven times?” Jesus answered “seventy-seven times”. In Luke 23:34 Jesus says “Father, forgive them for they do not know what they are doing.”

Frederic Luskin, a Stanford researcher who studies the effects of forgiveness, defines it as “..The moment to moment experience of peace and understanding that occurs when an injured party's suffering is reduced by the process of transforming a grievance they have held against one offending party.”

- Forgiveness is not forgetting. In fact, one must acknowledge negative emotions and events before forgiveness can occur.
- Forgiveness is not pardoning, excusing, or stating that an offense will be treated as acceptable behavior in the future.
- Forgiveness is, first and foremost, an internal process. It is primarily for you.
- The term pseudo-forgiveness has been used to describe forgiveness that occurs with ulterior motives, such as wanting to aggravate or prove the offender's wrongdoings. This approach is not likely to have healing benefits.
- Forgiveness is a path to freedom. It frees one from the control of the ‘offender’.
- Forgiveness can break patterns that would otherwise interfere with future relationships.
- Forgiveness can take time and hard work.
- Forgiveness need not require reconciliation.

1. Contact your beliefs and feelings about what happened and share them with people you trust.
2. Commit to yourself that you will do whatever it takes to feel better.
3. Realize that forgiving does not necessarily mean reconciling with the others or condoning what they did.
4. Realize that the distress you feel is coming from your interpretation of what happened, not from the incident itself.
5. Learn and practice a stress-management technique (yoga, breathing techniques, martial arts, meditation, etc.).
6. Realize that you can control only your own thoughts and actions, not those of others.
7. Turn your attention from your hurt feelings to finding a way to achieve your goals that does not involve changing the other person's behavior.
8. Remembering that “a life well lived is the best revenge,” realize that your negative response gives the other person power over you.
9. Change your story so that it no longer dwells on victim hood, but focuses instead on your strengths: your ability to cope and to grow, and your heroic choice to forgive.

I hope that this information will help to make your new year healthier and happier.

We Lift Up in Prayer for Comfort and Healing: Nathan Christensen, Gwyneth & Tom Steele, Linda Roy, Bridget & Robert Burrow, Reba Canning, Beverly Stark, Richard Harney, Carolyn Peterson, Cleve & Doris Hill, Mary Moody's sister Sarah, Tom & Marie Hasenpflug, Sally Kemink's sister Jeanie & sister-in-law, Edward Van Etten, Betty Wade, Becky, Richard Taylor.

Prayers for Bereavement: The Malone Family for the loss of Jan, Lynn Stark's Family for the loss of Morgan

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



SUNDAY CHURCH SCHOOL UPDATES:

Mitten Tree: Thank you to everyone who helped to decorate the Church's Mitten Tree with mittens, gloves, hats and scarves. All of these items have been donated to families through the Rural and Migrant Ministries.

Snow Days: We've already had to cancel one Sunday of Church School due to snow and ice. For future, a message will be left on the church's phone answering machine by 7:30 am, indicating if church school will be cancelled. Teachers can also check their emails for a cancellation notification.

Christine Lent, Sunday School Director



FREEDOM PLAINS NURSERY SCHOOL

The children at the nursery school had a very busy December. It started with each classroom taking a trip to cut down a Christmas tree. Next, they began making ornaments for the tree, decorations for the classrooms, gifts for their families, and homemade cookies! The cookies were served at the first annual holiday sing-a-long, which was held on December 20th in Fellowship Hall. The children sang 12 holiday songs with over 125 family and friends in the audience.

January will start with registration for the 2008/2009 school year. Please tell your friends and family to register early to secure your placement, as we are hoping to have full enrollment.

We are looking forward to a snowy winter to enjoy, then to an early spring. Happy New Year to all!

Gigi Lundewall, Nursery School Director



VOLUNTEER OF THE MONTH

SUNDAY INFANT, TODDLER AND CHILD CARE

This month we take time to thank and appreciate Rebecca Barry, Lauren Critelli, Nichole Lysko, Samantha Lasko and Rebecca Pepe.

Each Sunday, these teenagers volunteer their time for both the 9:00am and 11:00am Services. During the 9:00am Service, there can be up to 4 toddlers, and 2 babies. During the 11:00am Service, the number of children plus the age span varies week to week. Watching any number of babies, toddlers and children up to 3rd grade at one time is a challenge, particularly when there are a lot of them.

These volunteers spend time playing with the children, cooking, drawing, doing puzzles, and reading. When the weather is nice, they often go outside on the playground. Some times the babies and even toddlers have separation anxiety, so these teenagers take time to help calm them down and comfort them. Trips to the potty and diaper changes are regular occurrences.

The varying ages, activeness and behaviors of the various children are giving these teenagers a sampling of parenting. Each week brings different dynamics and challenges depending on which and how many children there are. The time, responsibility and patience given by these individuals is appreciated and commended. Freedom Plains is blessed with younger and older volunteers. I'm not sure what to tell you about the volunteer of the month parking space, maybe just as well that it is currently covered in snow.



- ❖ **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.