

FREEDOM PLAINS PRESBYTERIAN CHURCH  
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# THE HERALD

Freedom Plains Presbyterian Church  
*Founded 1827*



*June, 2008*



*“Let us run with endurance the race that is set before us”  
Hebrews 12:1b*

Dear Friends,

This month the themes of running and endurance seem to be appropriate. Summer is almost upon us, but not yet. In fact we have much to do in the life of Freedom Plains, in the race set before us, until summer truly arrives.

The first Sunday in June is Confirmation Sunday. Once again Kristin Fandl has done a wonderful job with our nine confirmands this year and they will be joining the church and leading us in worship on June first.

The second Sunday in June is both Scholarship Sunday, where we will be awarding our graduating seniors scholarships, and the kick off of our congregational phase of our Capital Campaign.

We were very ambitious starting a Capital Campaign that would run into June and perhaps July. To date we have much to be encouraged about. Right now we are finishing up the advanced gift phase and will celebrate and kick off the congregational phase June 8<sup>th</sup>. For this to be a success, we need everybody's help. Everybody has to be visited and many people have to agree to visit with people as callers. We need help!

The third Sunday is Father's Day and perhaps a normal, nothing major going on, day. We were talking about hosting the Poughkeepsie Church that day at our 11AM Service, but that has now been postponed. They have agreed to sell their building and are in a process to decide where they will go. One option being discussed is they would come out to join our ministry here. (More to come later).

The fourth Sunday, June 22, is the culmination of our Sunday School year, Youth Sunday. Always a favorite day, giving us a chance to recognize our children, and thank our teachers. And the balloons add such joy!

On June 29<sup>th</sup> we will be moving to one worship service for the summer at 10AM. But we will also be commissioning our Vacation Bible School teachers, for the program that will run, June 30-July3.

So those words, “Let us run with endurance the race that is set before us,” are appropriate for Freedom Plains in June. I am reminded of Christine's cousin who ran the New York City Marathon and afterwards said, that last mile was the easiest. The streets are lined with people all cheering you on. People you don't know getting excited, sharing your accomplishment, yelling, “You can do it!” “You go Girl!” “Great job!”

This I know, God has given us all a part to play in the life of Freedom Plains this June, even if it is just to uphold each other as we run this race that has been set before us. We really are blessed.

Peace,

## 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, Bell Choir Director  
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)

## FPPC ANNOUNCEMENTS

**END OF HANDBELL SEASON** - The handbell season will end this month with a combined group of ringers, including adults and youth, accompanying the Senior Choir on Sunday, June 8 at the 9am worship service. It has been a great year with the Freedom Ringers, Children's Handbell Choir, Youth Handbell Choir, and Youth Handbell Quartet. Freedom Ringers started rehearsing in January and played two Sundays, once during Lent and then once in May. We also had 12 children participate in Children's HC (which played in church twice), 11 members in the Youth HC (which played three times) and 4 of those played in the Quartet (twice in church). Three high school seniors graduate and leave us this year: Jay Logan (7 years handbell playing starting with the Boy's Bell Choir and then the Youth HC and Quartet), Cheryl Spencer (4 years in Youth HC and 2 years in Quartet), and Ian Taylor (2 years in youth HC and one in Quartet).

**WARM APPRECIATION OF HANDBELL CHOIR SUPPORTERS** – Thank you very much to ALL the families who have been so supportive of the young handbell choirs this past year for your efforts in attendance, communication and setup/cleanup. Special thanks go to Carl Jacobs and Bill Spencer, who go above and beyond, and a super-special thank you to Diane Wassick, who gives so much of her time and talents and also directed the Children's Handbell Choir part of the year.

**HANDBELL REPAIR WORK – THANK YOU** – Many thanks also to Bob Hoffman, who took on the responsibility of learning how to repair and work on our handbell set and has graciously (and often on short notice) made numerous repairs and upgrades to our handbells this past year. Without Bob's work, the bells would not be able to function and be enjoyed by both players and listeners!

**CALENDAR GIRLS** – The Calendar Girls event will be held on October 18<sup>th</sup> this year. Please put this date on your calendar in advance. We are looking for women to sign up for a month of the year and then do the decorations and a dessert to compliment your theme for the month. There will be more information to follow. If you are interested or have questions, please call Ann Burrow (473-0537) or Cheryl Christensen (724-5023).

**SAVE THE DATE** – The Freedom Plains Annual All Church Picnic will be held on Sunday, September 7<sup>th</sup> at the Presbyterian Camp at Holmes beginning immediately after the 9:00 Service. Mark your calendars!

**DCIC** – The final **interfaith story circle** for the season will be held on Thursday, June 19<sup>th</sup> at 5:30PM at the Linwood Spiritual Center, River Road in Rhinebeck, starting with a **potluck supper** at the Pavilion overlooking the Hudson. The theme will be "A Potpourri of Stories". All are welcome to join in the fellowship, story telling and story listening.

**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.

**SUMMER HERALD** – Please submit articles for the Summer Herald in writing or by email to the church office by Tuesday, June 24th. 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).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 9th Sunday in Ordinary Time Confirmation Sunday 9:00 AM Church School 9:00 AM Worship 11:00 AM Worship 1:00 PM Shir Chadash Fundraiser Auction	<b>2</b> 7:30 PM Scottish Society	<b>3</b> 7:30 PM Evening Women's Study Group	<b>4</b> 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	<b>5</b> 7:30 AM Men's Breakfast Bible Study 7:30 PM Choir Practice	<b>6</b> 10:00 AM Parkinson's Exercise Group 7:00 PM Junior High Lock-in	<b>7</b> 11:00 AM Bridal Shower 7:30 PM AA 8:30 PM AA
<b>8</b> 10th Sunday in Ordinary Time SCHOLARSHIP SUNDAY 9:00 AM Church School 9:00 AM Worship 10:00 AM All Church Brunch (tentative) 11:00 AM Schlosser Baptism 11:00 AM Worship 12:00 PM Congregation Kick-off for Capital Campaign (tentative) 7:30 PM ASP Meeting	<b>9</b>	<b>10</b> 7:00 PM Christian Ed 7:00 PM Finance Committee 7:00 PM Mission Committee	<b>11</b> 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	<b>12</b> 7:30 AM Men's Breakfast Bible Study 7:00 PM Property Committee 7:30 PM Choir Practice	<b>13</b> 10:00 AM Parkinson's Exercise Group	<b>14</b> Flag Day 8:00 AM Mid-Hudson Clock Club 7:30 PM AA 8:30 PM AA
<b>15</b> 11th Sunday in Ordinary Time Father's Day 9:00 AM Church School 9:00 AM Worship 11:00 AM Biskup Baptism 11:00 AM Worship	<b>16</b> 7:30 PM Session	<b>17</b> 7:30 PM Evening Women's Study Group	<b>18</b> 10:00 AM Morning for Moms 1:00 PM Dorcas Bible Study 4:00 PM JHYG 7:00 PM Boy Scouts Troop 182	<b>19</b> 7:30 AM Men's Breakfast Bible Study 7:30 PM Choir Practice	<b>20</b> First Day of Summer 10:00 AM Parkinson's Exercise Group	<b>21</b> 7:30 PM AA 8:30 PM AA
<b>22</b> 12th Sunday in Ordinary Time 9:00 AM Church School 9:00 AM Worship 11:00 AM Worship	<b>23</b>	<b>24</b>	<b>25</b> 10:00 AM Morning for Moms 1:00 PM Dorcas Bible Study 7:00 PM Boy Scouts Troop 182	<b>26</b> 7:30 AM Men's Breakfast Bible Study 7:30 PM Choir Practice	<b>27</b>	<b>28</b> 2:00 PM Parents w/children from China Mtg. 7:30 PM AA 8:30 PM AA
<b>29</b> 10:00 AM Worship	<b>30</b> 9:00 AM VBS	19:00 AM VBS 5:30 PM VBS Potluck Dinner & Program	<b>2</b> 9:00 AM VBS 10:00 AM Morning for Moms	<b>3</b> 9:00 AM VBS	<b>4</b> Independence Day	<b>5</b> 7:30 PM AA 8:30 PM AA



## FROM THE MISSION COMMITTEE

It's Sunday morning. The offering plates have just been passed around the pews and the ushers are ready to bring the plates up front for the blessing. Often, someone brings one of the baskets from the back of the Narthex. Sometimes the baskets are full, with items toppling out. Sometimes they are pretty empty and very easy to carry up the aisle. Where does the food in these baskets come from? And where does it go?

The non-perishable food items in the baskets are donated by members and friends of our church. Kevin Coyne empties the baskets and when he gets a load, he transports the food to Dutchess Outreach in Poughkeepsie for their food pantry. According to Dutchess Outreach's website ([www.dutchessoutreach.org](http://www.dutchessoutreach.org)), the Beverly H. Close Food Pantry provided an emergency three-day supply of groceries for 1,471 families last year, including 1,436 children.

In the summer, donations of the food pantry from the community decrease. *How can you help?* Bring non-perishable food items to church when you come for Sunday church service. Or bring a few items along when you come to the church for a meeting or other event. Put your items in one of the baskets in the Narthex and know that it will go to help someone with that most basic of human needs, the need for food. Any non-perishable food donations are welcome, but items such as: canned meats or fish (tuna, hash, stew, etc.); canned vegetables, fruits and soups; canned yams or potatoes; pasta & spaghetti sauce with meat; peanut butter & jelly; cereals (hot & cold); and juice are most needed.

Thanks to Kevin for making sure the food donations get to Dutchess Outreach, and thanks in advance to all of you who will make the food donation baskets a bit heavier to carry this summer.



## VOLUNTEER OF THE MONTH

*By Paul Lent*

This month we recognize a Church volunteer that works way into the night on our Sunday School and Vacation Bible School programs. I know this because often at 11:30 at night she will seek me out to ask a question about Church business. Truthfully, not always the reason a husband wants his wife to be looking for him at 11:30 at night. Yes, this month we recognize the work of Christine Lent our Sunday School Superintendent and this year's Vacation Bible School Director. The hours, commitment, and compassion that Christine pours into this work is inspiring. Not every church as a former Senior Vice President of Sales turn their energies and talents towards serving the youth.

As organized and talented as Christine is, she certainly could not do it without the help of teachers and our church community.

This summer our vacation Bible School is June 30<sup>th</sup> through July 3<sup>rd</sup>, and there are still openings for kids and adult and youth helpers. Also looking ahead to next fall, we are looking for some teachers, and even Christine has asked for a co-superintendent.

On behalf of the church, thank you for your energy and effort and providing us with much help from others, a wonderful Sunday School program. Feel free to park in the volunteer of the month parking space on the far side of the parking lot.

## HEALTH MINISTRY

Dear Church Family,

June has always been a popular month for weddings. I came across this interesting article from Congregational Health Ministries originally written by Jeff Herring, Marriage and Family Therapist. It was written for Better Health, Vol. 20, #1 Spring 2004.

The Law of Three People – The person you think your spouse is, the person your spouse really is, and the person your spouse is going to become as a result of marrying you.

The Law of Competition – Competition in marriage is like a cancer. If it's left untreated, it will eventually kill the marriage.

The Law of Emotional Needs – Most conflicts in marriage can be traced to unmet emotional needs. Ask yourself, "How will my spouse be affected by what I am thinking, saying, and/or doing?!"

The Law of Fun – The couple that laughs and plays together has a much better chance of staying together.

The Law of Communication – You cannot not communicate. Ask yourself what you are communicating to your spouse on a regular basis.

The Law of Politeness – Don't forget to be polite to one another. It's too easy to take each other for granted. Note that saying, "excuse me" is a whole lot better than saying "move"!

The Law of Connection – Couples either are growing closer or are growing apart. You need to know two things: 1) what does it take to continue feeling connected to my spouse? And, 2) what does it take for my spouse to continue feeling connected to me?

The Law of the Other Person's Eyes – It's not always necessary to agree with your spouse, or to see things in the same way. We do need, however, to be able to see things through the other's eyes. Too often couples assume that a healthy relationship is one that is free from disagreements. Colossians 3:13 tells us to "Bear with each other and forgive whatever grievances you may have against one another. Forgive and the Lord forgave you."

Interesting good for thought as we spend more time together this summer!

**Prayers for Comfort and Healing:** - Sally Kemink's sister Jeannie, Jerry Duquette, Howard Barry, Doris Washburn, Alma Wright, Mary Mazola, Doug Martin, Gail Rinehart, Barry Coldren, Tom and Marie Hasenpflug, Allison Gudmunson, Ellen Jacobs, The Stark Family, Connie Raleigh, Doug Wolfe, Daniel Mercado, Rory & Jude Teter, Betty Budd, Susan Walsh, Laura Frey's Mom, Greg Stabile, Tammy Maier, Nathan Christensen, Bridget and Robert Burrow, Richard Harney, Edward Van Etten, and Betty Wade.

**Prayers for Bereavement** – Mike Davies family – death of son James. Norma Chalmers family – death of sister, Marilyn Beringer.

*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:

- 6/8: Pre-K parent "open house"
- 6/15: Father's Day tribute
- 6/22: Children's Sunday – children participate in 9:00am Service, last day of church school
- 6/29: Vacation Bible School Staff Dedication Service
- 6/30 - 7/3: VBS from 9:00 – 12:00 noon
- 7/1: VBS family potluck & program at 5:30pm

**THANK YOU TO ALL OF THE CHURCH SCHOOL TEACHERS, ASSISTANTS AND VOLUNTEERS** for their commitment to the Church School and children. They have done a great job teaching the curriculum and sharing of their knowledge and time. A thank you also goes to all of the children and families for your support and participation.

### 2008/2009 CHURCH SCHOOL YEAR

**CHURCH SCHOOL TEACHERS NEEDED** – There are openings for Church School Teachers and teenage assistants beginning in September for next year's Sunday Church School program. If you are interested in volunteering or would like more information, please contact Christine Lent at 471-4146.

**CHURCH SCHOOL CO-DIRECTOR NEEDED** – Looking for someone to work with and assist in running the Sunday Church School program. If interested, and would like more information, please contact Christine Lent at 471-4146.

**2008 – 2009 REGISTRATION** – Please register any children that have not previously registered. If your child(ren) is/are already registered, you do not need to register them again, unless there is any change of information. Registration forms can be found outside the Church Office and Church School Office.

*Christine Lent, Sunday School Director*



Thank you to Bruce Williams and Nancy Insalaco for all their help and time they spend every month folding, stuffing and labeling the newsletter. An extra thank you to Bruce who takes all 325 bulletins to the Post Office every month.

### CONFIRMATION CLASS 2008

This year's class had 9 members who joined the church on June 1, congratulations again to all of you. On behalf of the class, I would like to specially thank the mentors. Their involvement this year was especially high, and as a result, I witnessed some wonderful relationships develop. I can only hope that the mentors got something positive from the experience as well. Thanks also to Lisle Pepe, Jennifer Barry, and the class of '07 for honoring the class at a breakfast before the service. And, one last thank you to Cheryl, who despite her hectic week, took on a lot of extra work helping us get ready for the service, we were all very grateful.

*Kristin Fandl*

## THE EARTH STEWARS OF FREEDOM PLAINS CHURCH

CLEANING WITH A CONSCIENCE.....*from Earthshare Earthways*

**Countertops, cupboards and walls** – Dip a cloth in warm water; add dish soap and baking soda, (the baking soda serves as a soft abrasive to remove tough spots and light scratches).

**Air fresheners** – Simmer a small amount of cinnamon, orange peel, and cloves on the stove to give off a pleasant fragrance in your home. (Turn off once pot is simmering).

**Glass cleaner** – Mix 2 tablespoons of borax or washing soda with three cups of water for sparkling windows and mirrors.

**Carpet freshener** – Sprinkle dry cornstarch or baking soda on your carpet and vacuum.

**Rug stains** – Rub borax into dampened area, let dry, then vacuum or repeatedly blot stain with mixture of vinegar and soapy water.

**Mildew build-up** – Make a paste of vinegar and salt and apply to built up area.

**Furniture polish** – Combine ½ cup lemon juice to 1-cup vegetable oil, olive oil, or mayonnaise. Apply to rag.

*Some more tips: When you buy cleaning products, choose ones that are non-toxic, biodegradable, phosphate-free, and chlorine-free. Use natural fiber sponges. Reduce paper use. Use rags instead of paper towels and cloth napkins instead of paper napkins.*



- ❖ **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.