

FREEDOM PLAINS PRESBYTERIAN CHURCH
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THE HERALD

Freedom Plains Presbyterian Church
Founded 1827



March, 2008



*“When the days drew near for him to be taken up,
he set his face to go to Jerusalem” (Luke 9:51)*

Dear Friend,

You may think this an odd statement, but I was at a great funeral last week. The funeral was for my Aunt Debbie, who battled type one Diabetes for sixty-five years since the age of three. Normally our first response when we hear of a 68 year old dying is sadness and loss. And don't get me wrong, there were tears and great sadness at the funeral, but there was also laughter and gratitude. Aunt Debbie had a great sense of humor, she volunteered at the library, for 4H, and wrote a weekly column in the local paper for thirty years. People spoke, and spoke well, and shared stories and jokes and tributes. I guess it was a good service, because the power and the emotions of sadness, loss, joy, gratitude and even laughter were released. Not to mention that we Christians believe that death is not the final word.

We are about to enter the season of Easter and Holy Week. This is a time in our Christian journey where we have the opportunity to experience a full spectrum of emotion as we journey with Jesus to the Cross. The joy and excitement of Palm Sunday; the uncertainty, Friendship and love of Maundy Thursday; the grief and betrayal of Good Friday; and the joy and hope of Easter. It's all there!

So, I invite you to take it all in. Follow Jesus into Jerusalem, join him in the upper room, see him on the cross as you stand powerlessly by, and go to, and see and feel, the empty tomb. Let the full experience of Easter into your life this year. Have a Great Holy week and Easter this year.

Peace,

Holy Week Worship Services:

Palm Sunday, March 16 th	9:00AM and 11:00AM
Maundy Thursday, March 20 th	7:00PM
Easter Sunday, March 23 rd	9:00AM and 11:00AM

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

ANNUAL LENTEN BREAKFAST/DEVOTIONS – Our annual Lenten breakfast and devotions are being held each Wednesday morning throughout Lent at 7:00 AM in Fellowship Hall. Please sign up at the bulletin board to help with set up, breakfast preparation (more easily done with two persons) and clean up.

LADIES – WE HAVE A JOB TO DO AT HOLMES CAMP – On April 12, 2008, please join Ann Burrow and Cheryl Christensen at the Presbyterian Church Camp at Holmes, NY to do some “spring cleaning” in the Peace Garden which was initiated by our church a number of years ago. Bring rakes, garbage bags, and any family members who would like to help. We will have a picnic lunch on the grounds and enjoy the spring day. For more information call 473-0537 or 724-5023.

LADIES NIGHT OUT – 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 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.

YOUTH BELL CHOIR – The Youth Bell Choir will play at the 9:00AM and 11:00AM Services on Palm Sunday, March 16th.

DCIC – You are invited to attend an Interfaith Story Circle on Wednesday, March 12th at 7:00PM, at the New Hackensack Reformed Church, 1860 Route 376, Wappingers Falls. Stories of “Promise and Hope” will be shared by members of various faith traditions.

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, 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.

APRIL HERALD – Please submit articles for the April Herald in writing or by email to the church office by Tuesday, March 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.

A NOTE FROM PHIL ARNOLD

Cards, cookies, cakes, soup and calls – each with a prayer. Thus, to experience being lifted up spiritually confirms that LOVE (not just old guys) rules. It almost makes needing surgery a positive experience!

Thanks for your support along the way to recover!!

Phil



VOLUNTEER OF THE MONTH

KRISTIN FANDL

By Paul Lent

This month our volunteer is Kristin Fandl. Kristin arrived here at Freedom Plains back in 1991 with her family, and since then has made a profound difference in the life of this congregation. Working with youth, serving on the PNC, serving as an Elder, teaching confirmation class, and now helping to organize our capital campaign, are just a few of the hours of volunteer service that Kristin has racked up around here. Maybe you have been blessed over the years to be a mentor in our confirmation process. If so, you know the depth of the questions and conversations that Kristin nurtures in our young adults. “What do you think happens when you die?”, “How do we know there is really a God?”, “Why did God Create us?”, “Who goes to hell if God forgives all sin?”. These are just a few of the fruitful questions that Kristin masterfully Sheppard’s our confirmands through.

If I could assign a motto to Kristin, it might be, “Can do, lets go!”, and that attitude has born fruit in helping our youth take on the Bright Knights program, confirmation, and helping to add energy to the possibility to our future Capital Campaign. Freedom Plains is indeed blessed to have the strong and positive leadership of Kristin Fandl. Kristin, please feel free to park in the Volunteer of the Month parking space on the far side of the parking lot, unless it is covered in plowed snow. If it is covered in snow, by no means are you, or any member of your family to shovel it out.

MISSION SPOTLIGHT

Freedom Plains is involved in Mission. Mission is close to our hearts and we should feel encouraged that it is close to our hands and wallets at Freedom Plains as well. Unfortunately, many of us don’t realize all that we are involved in. In an effort to change that every month, we will be telling you about a mission that we support either through our time and talents, or with financial assistance in the Newsletter.

This month the spotlight is on Bridges to Community, an organization that we have supported with time and talent and \$1,000 out of our 2007 budgeted discretionary mission giving. Our gift of \$1,000 will go towards the building of a house in Nicaragua in 2008 for a family in need. Bridges is all about **building** – building a broader and deeper sense of community across cultural divides; building a spirit of friendship that transcends politics, economics and religion; building buildings with materially poor communities that promise the beginnings of a better future; and in the end, building a community of global citizens who feel deeply connected to the world and who are committed to making it more just.

In December, Rev. Paul Lent and Frank Pepe went for a week with a group of ministers from the Hudson River Presbytery on a Bridges program in Nicaragua. In that week, they learned, laughed, worked, built two houses and fell in love with the people of Nicaragua and the work that Bridges is doing. “I have never seen a group empower and build up communities as well as Bridges does,” said Rev. Lent. Both Frank and Paul hope to go again, maybe with a group from Dutchess County.

If you want to find our more about this wonderful organization, please check out their website at www.bridgestocommunity.org/ or talk to Paul or Frank.



SUNDAY CHURCH SCHOOL UPDATES:

- 3/9: 2nd grade parent “open house”, and 10:25 am rehearsal with Youth Bell Choir*
- 3/16: Palm Sunday – children singing at the 9:00 am service with Youth Bell Choir
- 3/23: Easter – no church school – children attend service with family
- 3/30: Children’s Fellowship

*The children will be signing a song on Palm Sunday as the Youth Bell Choir plays. If possible, please have the children stay to attend the 3/9 rehearsal at 10:25 am upstairs.

Christine Lent, Sunday School Director



LIBRARY NOTES

Three of the newest additions to our church library are Animal Vegetable, Miracle –A Year of Food Life by best selling author Barbara Kingsolver, Joel Osteen’s #1 New York Time’s bestseller, Your Best Life Now-7 Steps to Living at Your Full Potential, and When the Enemy Strikes-the Keys to Winning Your Spiritual Battles by Charles F. Stanley.

Animal, Vegetable, Miracle is a non-fiction account of the Kingsolver’s family living only on home grown or locally grown food for one year on their farm in Virginia.

“Animal, Vegetable, Miracle” aims to fill a hole in the soul...she (Kingsolver) succeeds in dramatizing her own family’s story so that these ideas come to life, anecdotally and charmingly.”

New York Times Book Review

Joel Osteen’s, Your Best Life Now, is a motivational book filled with positive messages based on Christian principles meant to guide people to a more joyous and fulfilling life. It is an inspiring guide similar in outlook to the positive thinking messages of Norman Vincent Peale, but with a more contemporary feel directed to today’s readers.

Recently, Reverend Lent discussed Ephesians 6:10-20 in his sermon, concerning the need for putting on the “armor of God” when confronting evil in this world. Just how we might do this, in practical terms, is the basis for Charles Stanley’s When the Enemy Strikes.

“When the Enemy Strikes” reminds you of God’s unlimited ability to bring victory over spiritual oppression. To stand against Satan’s attacks, Dr. Stanley teaches that you must meditate upon biblical principles and arm yourself with the sword of the spirit-God’s Word. You’ll learn how to overcome these attacks by identifying the enemy; dressing in the full armor of God; standing firm; releasing God’s divine power and protection through prayer; and sensing forewarnings concerning finances, family relationships and health.”

Christianbooks.com

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

PALM SUNDAY VESPERS – FAURE’S REQUIEM

Sunday, March 16th at 7:00PM

Christ Episcopal Church

Academy at Barclay Streets in Poughkeepsie

Gabriel Fauré’s *Requiem* and other sacred works will be presented in a special Palm Sunday Vespers at Christ Episcopal Church in Poughkeepsie, on Sunday evening, March 16th at 7:00pm. In addition to choral music accompanied by an orchestra and organ, the Vespers service will include congregational signing and readings from sacred texts. There is no admission charge, although an offering will be collected. For more information: www.christchurchpok.org or 845-452-8220

As an aside for your music program:

The Christ Episcopal Church choir will serve as the foundation of a chorus composed of other local choirs and individual singers. Anyone interested in more information about singing in this special community chorus is invited to contact Laura Russell at: lruessel@hvc.rr.com or 845-485-1648

BRIGHT NIGHTS

We are collecting items for our next Bright Night Run, which will be the evening of March 22. Please ask friends, neighbors, co-workers, and/or classmates for contributions of new socks, underwear (adult men and women – all sizes), toiletries (shampoo, toothbrushes/toothpaste, soap, deodorant, feminine hygiene products, lotions), used but in good shape and clean – backpacks, blankets, sheets, jeans, shoes/boots, winter coats, hats and gloves. Please drop off items on the stage clearly marked “Bright Nights” no later than 3/15. We will also be looking for volunteers to help prepare food in the morning of the 22nd as well as donations of food to distribute that night, with sign up sheets in Fellowship Hall. Thank you in advance for your help and support. For anyone who is not familiar with the Bright Night Project, please just ask, we are always happy to talk about his rewarding community project.

Hannah Fandl and Dan Tempest



- ❖ *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.

A MESSAGE FROM THE EARTH STEWARDS

HEALTH MINISTRY

Dear Church Family,

If March is here, can spring be far behind? Daylight savings will start increasing our hours of light exposure – yeah! Light sensitive people should start feeling better as the light increases and less like a hibernating bear.

I found some tips from the Mayo Clinic via Alexian Brothers Medical Center. These tips are good for all ages to read and ponder. Here they are:

- Water your roots. Nurture your relationships, whether it's through your work, family, friends, neighbors or religious affiliations. People who feel anchored to the community are better able to face the trials and tribulations of life. It makes you more resilient.
- Choose fiber, not sugar. Choose bread, cereal and pasta products made predominantly from whole grains. In addition to vitamins and fiber, whole grains contain beneficial nutrients that help reduce your risk of diabetes, heart disease and cancer.
- Perform routine maintenance. Reduce stress. Identify the things that bother you and that increase the stress, and then do something about them. This can include simplifying your life, setting priorities and just letting some things go. Set aside some time for yourself and the people and activities that make your life pleasurable.
- 'Take 10' breaks. Make a commitment to take 10 minutes and do something good for yourself everyday. It can be as simple as a walk around your neighborhood or workplace.
- Prioritize your life. Think about the top three priorities in your life, and whether you manage your time in accordance to these priorities.
- Think 'activity', not 'exercise'. Exercise is seen by some as boring, planned, repetitive, and rigid. "Activity" is anything that gets you moving.
- Protect your bones and joints. Maintain a healthy weight, wear comfortable, well padded shoes, keep physically active and stop smoking.
- Give your family peace of mind. Write a living will and advanced directives to make your medical wishes known for your families to follow.
- Pray, praise and give thanks to God every day.

We Life up for Prayers of Comfort and Healing: Doris Washburn, Betty Budd, Jill Underwood, Cleve & Doris Hill, Marie & Tom Hasenpflug, Carol Beck, Rory & Jude Teter, Greg Stabile, Tammy Maier, Nathan Christensen, Bridget & Robert Burrow, Beverly Stark, Edward Van Etten, Richard Yergy.

Prayers for Bereavement: Bob & Arlene Taylor – his brother Richard; Dennison Family – Paul's Aunt Debbie.

Joys: Linda & Gabe Roy – for birth of a grandson, Trent Logan Schlosser, son of Heather and David Schlosser.

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

Many Christians around the world are observing Lent, representing the 40 days Jesus spent in the desert, where according to the New Testament, he endured temptation by Satan through fasting and prayer.

Well today, Christians mark the liturgical season, giving alms, and traditionally make symbolic sacrifices, perhaps giving up chocolate, candy or alcohol. But in an era of global warming, two of the Church of England's most senior Bishops want members of the faith to follow in the footsteps of Jesus – and cut their carbon footprint.

Paul Cook, head of policy with Tearfund, a Christian relief and development organization, which is leading the Lent Carbon Fast. High authorities weighing in on your effort: the Bishop of London, and the Bishop of Liverpool.

The carbon fast is a joint project with the Bishop of London and the Bishop of Liverpool. It's about challenging Christians to do something a little bit different this year. Instead of giving up their chocolate or coffee for Lent, it's to reduce your greenhouse gas emissions.

The reason Tearfund's got involved in this is that we are a Christian relief and development agency, and we are working with some of the poorest communities around the world in Africa, Asia, and Latin America. Over the last few years we've seen these communities being impacted by the change in climate. Climate change really does hit the poorest hardest. This Lent, the carbon fast is a great way to challenge us to do something about that, to rectify some of that injustice.

Basic stuff like checking your home for drafts, insulating your roof, to make sure again that you are using less heating, replacing old light bulbs with new energy efficient light bulbs. If you take these actions, you could reduce the greenhouse gas emissions of your household by up to 50 percent.

I think this message is going out loud and clear from the church, that to be a Christian in the 21st century, means you must engage with this issue. And the carbon fast is one way that you can do that.

We hope you will give this idea a chance to grow during this Lenten Season.

***The Earth Stewards,
Frank Brinckerhoff, Renie Milliken, Rich Roeser, Fred Stuebner,
Lauri Taylor***