

FREEDOM PLAINS PRESBYTERIAN CHURCH
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THE HERALD

Freedom Plains Presbyterian Church
Founded 1827



May, 2008



*Likewise, the Spirit helps us in our weakness;
For we do not know how to pray as we ought,
But that very Spirit intercedes with sighs too deep for words.*

Romans 8:26

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
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Website: fppchurch.org

Dear Friends,

Sometimes the power of our faith just kind of sneaks up on us. Yesterday, I was visiting a member of a sister church in the hospital, a woman with whom I have served on presbytery committees. She is in the final hours of life after a stroke. As she rested peacefully, blessed with the wonders of modern medicine, by her side, hour after hour, was a man. He is not a blood relative. He is 20 years her junior. He is a fellow church member who has shared a pew with this woman for 25 years. Praying, singing, listening, not listening, talking, sitting and standing, week after week, year after year together. And it is very apparent that over time this has become an important relationship in each of their lives, brother and sister in Christ. As I left the room, there was sadness, but more powerful, more moving was witnessing the bond of Christian siblinghood. Sometimes God's greatest gift to us is each other.

Peace,

FPPC ANNOUNCEMENTS

VINCA QUARTET CONCERT – On Friday, May 30th you are invited to enjoy The Vinca Quartet performing in our sanctuary at 7:00PM. The Vinca Quartet is a young charismatic string quartet devoted to delivering engaging performances of the highest caliber. The quartet has performed in such places as in Weill Recital Hall at Carnegie Hall, Sprague Memorial Hall in New Haven, CT and the Yale Center for British Art just to name a few.

FLEA MARKET/RUMMAGE SALE – Freedom Plains Flea Market/Rummage Sale to benefit the Appalachia Service Project will be held on May 17th 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. 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 11th and put on the stage in Fellowship Hall. We will sell lunch and hold a bake sale.

ATTENTION GRADUATING SENIORS – May 11th is the deadline for submitting applications for church scholarships. Application forms are available outside the church office.

SPRING CLEAN UP – Saturday, May 10th at 9:30AM. Come help get the property and building in shape for Pentecost. If you cannot come that day, but wish to do something during the week before, there will be a list of “to do’s” in the office. Thank you, The Property Committee.

HIKE/BIRDWALK – June 14th from 9am to 12pm. Join Lauri Taylor and Judy Kelley-Moberg for a hike and bird walk around Nuclear Lake in Pawling. We will leave the church parking lot around 8:30am to car pool out to Pawling. We will be on part of the Appalachian Trail, pass a Great Blue Heron Rookery and end at beautiful Nuclear Lake for a picnic lunch.

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.

JUNE HERALD – Please submit articles for the June Herald in writing or by email to the church office by Tuesday, May 20th. 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.



VOLUNTEERS OF THE MONTH

By Paul Lent

This month we really have the Volunteers of the Month, for this month we are highlighting the ministry of the Deacons. As some of you may know the job of Deacon is outlined in our Book of Order as, *“It is the duty of the deacons, first of all, to minister to those who are in need, to the sick, to the friendless, and to any who may be in distress both within and beyond the community of faith”*. We are blessed to have a board of Deacons that is striving to fulfill that mandate. Over the past year our Deacons have been involved in:

- Flower delivery and pastoral care
- Blood Drive Coordination
- Sending Cards
- The Teddy Bear Ministry
- Bibles and crosses presented to children being baptized
- Prayer letters to the congregation and follow up calls
- The coordination of Gabriel’s library (the collecting and distribution of just over 2,000 gently-used books to children in our community and beyond).

In addition, the Deacons are often our point committee in addressing specific needs in the community and beyond that arise from time to time. Examples from last year are;

- \$100 given to Arlington Middle School Flood Victim
- \$100 to a family in need
- \$100 car accident victim
- Support given through Presbytery Disaster Assistance to Nicaragua and Peru
- Hosting of Thanksgiving Community Dinner

If you have a chance, please remember to thank, Lisle Pepe, Anthony Ricci, Les Roe, Marie Taylor, Nichole Lysko, Rebecca Pepe, Nancy Auffarth, Ann Burrow, Tracey Doherty, Hilary Richards, Dora Viviano, Steven Brinckerhoff, Cheryl Christensen, Susan Poole-DiSalvo, John Taylor, and Diane Wassick for their work. Also, you might remember that it is the donations that we give in the envelope entitled Deacon’s fund that makes much of their work possible.

If you’re a Deacon, feel free to fight amongst yourselves for the Volunteer of the Month Parking space on the far side of the parking lot.

MAY, 2008



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 6th Sunday after Easter 9:00 AM Church School 9:00 AM Worship 10:20 AM YBC Rehearsal 11:00 AM Worship 7:00 PM Confirmation Class	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	1 National Day of Prayer 7:30 AM Men's Breakfast Bible Study 6:30 PM FR Rehearsal 7:30 PM Choir Practice	2 7:00 PM SHYF	3 Tentative Confirmation Class NYC Trip 7:30 PM AA 8:30 PM AA
4 7th Sunday after Easter FR Plays TBD 9:00 AM Church School 9:00 AM Worship 11:00 AM Worship 12:10 PM YBC Rehearsal 1:00 PM Communion Party 7:30 PM ASP Meeting	5 7:30 PM Scottish Society	6 7:30 PM Evening Women's Study Group	7 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	8 7:30 AM Men's Breakfast Bible Study 7:00 PM Property Committee 7:30 PM Choir Practice	9 5:15 PM YBC Rehearsal 6:00 PM G.S. Women in Engineering Badge Workshop	10 9:00 AM Mother's Day Plant Sale 7:30 PM AA 8:30 PM AA
11 Mother's Day Pentecost 9:00 AM Church School 9:00 AM Worship 10:20 AM YBC Rehearsal 11:00 AM Worship 7:00 PM Confirmation Class	12 9:00 AM Home Bureau	13 7:00 PM Finance Committee	14 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	15 7:30 AM Men's Breakfast Bible Study 7:30 PM Choir Practice	16 Rummage Sale 5:30 PM YBC Rehearsal w/B. Pepe	17 8:00 AM Rummage Sale 7:30 PM AA 8:30 PM AA
18 Trinity Sunday YBC Plays both Services 9:00 AM Church School 9:00 AM Worship 9:15 AM Confirmation Class 11:00 AM Worship 4:00 PM Confirmation Class BBQ	19 7:30 PM Session 7:30 PM Waterman Bird Club	20 7:30 PM Evening Women's Study Group	21 10:00 AM Morning for Moms 1:00 PM Dorcas Bible Study 4:00 PM JHYG 7:00 PM Boy Scouts Troop 182	22 7:30 AM Men's Breakfast Bible Study 7:30 PM Choir Practice	23	24 2:00 PM Parents w/children from China Mtg. 7:30 PM AA 8:30 PM AA
25 8th Sunday in Ordinary Time No Church School 9:00 AM Worship 11:00 AM Worship 4:00 PM Birthday Party	26 Memorial Day	27	28 10:00 AM Morning for Moms 1:00 PM Dorcas Bible Study 4:00 PM JHYG 7:00 PM Boy Scouts Troop 182	29 7:30 AM Men's Breakfast Bible Study 7:30 PM Choir Practice	30 7:00 PM Vinca Quartet Concert	31 7:30 PM AA 8:30 PM AA

BREAD FOR THE WORLD OFFERING OF LETTERS 2008

Our world has made progress in fighting poverty. For the first time in decades, there are fewer than 1 billion people living on less than \$1 a day. But that's still too many. Please take part in Bread for the World's 2008 Offering of Letters. Write to your members of Congress. Ask them to increase funding by at least \$5 billion per year for programs that give people in developing countries the opportunity to work their way out of poverty. Also ask them to support the Global Poverty Act, which would focus U.S. development assistance on achieving the Millennium Developmental Goal of reducing extreme poverty and hunger by 2015. If we work together, we can turn the possibility of ending hunger and poverty into a reality.

The Mission Committee will provide more information about the Offering of Letters 2008 Campaign on Sunday, May 18th during our worship services. Let's join together to help reduce poverty and hunger!



DCIC will be hosting a **Poverty Forum on Wednesday, May 7 from 6 to 9pm**. It will be held at the Lunch Box at the Family Partnership Center, 29 N. Hamilton St., City of Poughkeepsie. The Lunch Box is located at the back of the building. Parking is available on the South side and toward the back of the building near the entrance to The Lunch Box. **A light supper will be served.**

State Senator Stephen Saland, Chair of the Senate Education Committee, will speak about legislation to improve nutrition to our schools. Hunger Action Network of NYS Director Mark Dunlea will present on NYS anti-hunger agenda for 2008. Bread for the World spokesman, Derrick Boykin, will present Bread For the World's 2008 anti-hunger campaign. Brian Riddell of Dutchess Outreach will speak on the organization's 26 years of work in Dutchess County to alleviate hunger and poverty. Philip Carr-Harris, Executive Director of the D.C. Interfaith Council, will present theological insights on poverty as a justice issue. For more information visit dutchessinterfaithcouncil.org.

DCIC's **Interfaith Story Circle** will be held on **Thursday, May 22nd at 7PM at St. Martin de Porres R.C. Church**, 40 Cedar Valley Rd., Town of Poughkeepsie. The theme will be "*Stories of the Saints*". All are welcome.



Russ and June Yergey would like to say "Thank You" to Rev. Lent, the Board of Deacon's and all the wonderful members who extended their condolences since God took our son Richard to heaven with him.



SUNDAY CHURCH SCHOOL UPDATES:

HEALTH MINISTRY

“Motherhood 2008”

Dear Church Family,

Happy Mother’s Day to all the Mom’s! In Matthew 15:4, we are told to honor our father and mother as one of the Ten Commandments. As mothers, are you honoring yourself? Are you taking time to meet your own physical, emotional, and spiritual needs? Are you nurturing yourself?

As busy moms, wives, daughters, employees, we are caught up in the demands of others. We are trying to be all things to all people and lose ourselves in the process.

Here are some thoughts to ponder:

- Put yourself first in your list of priorities, not last after the family dog or cat. If you don’t take care of you, you will not be able to care for the others. Eat a healthy fruit and vegetable diet. Don’t skip breakfast. Get a good night’s sleep. Learn to say No! You do not have to do all things for everyone – delegate.
- Take care of yourself physically. Have your physical exams – B/P screenings, breast self-exams, pap smears, and mammo’s. Get moving physically. You’ll probably sleep better and be less stressed.
- Take care of your emotional health. Share with friends and supportive people.
- Nurture yourself spiritually – pray, worship at church, belong to a Bible Study group or read the Bible alone. We have three wonderful Bible Study groups that mom’s can attend (the 4th is guys only). They provide a loving, supportive, nurturing environment in which to learn more about the Bible and yourself. Rev. Finck’s Mornings for Moms meets every Wednesday at 10:00AM. Dorcas meets every Wednesday at 1:00PM. The Evening Women’s Study Group meets the 1st and 3rd Tuesday at 7:30PM. Join one – it’s a growing experience. God Bless You! Take good care of yourselves. Moms are the heart of our society.

Continued from April – more medical test information:

Fasting Blood Sugar – 70-110 mg/dl. They now want it to be under 99 mg/dl. Elevated indicates possible diabetes.

Uric Acid - M – 3.4 – 7 mg/dl.

Blood Serum W – 2.3 – 6 mg/dl. Elevated indicates possible gout.

C – Reactive Protein – under 0.8 mg/dl. Elevated indicates inflammatory process. Could indicate potential for heart attack.

from “Diagnostic Test Facts” –

Lippincott, Williams & Wilkins

Prayers for Comfort and Healing – Mary Mazzola, Barry Coldren, Stark Family, Allison Gundmunson, Marie & Tom Hasenpflug, Ellen Jacobs, Doug Wolfe, Greg Stabile, Nathan Christensen, Bridget & Robert Burrow, Connie Raleigh, Daniel Mercado, Betty Budd, Tammy Maier, Edward Van Etten, Sally Kemink’s sister, Jeannie.

Prayers for Bereavement – June and Russell Yergey – death of son Richard.

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

- 5/4: Kindergarten parent “open house”
- 5/11: Mother’s Day, Pentecost
- 5/18: Children’s Fellowship
- 5/25: Memorial Day weekend – No Church School

Christine Lent, Sunday School Director



LIBRARY NOTES

BOOK REVIEW

A while back I described how one of my young students wanted to start a “Save the World Club” at school and how the Page McBrier’s book Beatrice’s Goat was an inspiration to her. The true story tells of a little girl in Uganda whose family benefited from the gift of a goat through the Heifer Project (an effort many in our church have supported over the years). This gift resulted in Beatrice actually coming to the U.S. to attend college and our church library has just purchased a DVD of the 60 Minutes report of this called 60 Minutes: Beatrice’s Goat as a follow up to the picture book.

Two other picture books for children along the same theme have also been purchased. Faith the Cow by Susan Bame Hoover is also a story of the Heifer Project. The second is Allison Stoutland’s What Can I Do Today?: To Make This World A Happier Place, a book for primary aged children describing simple positive steps even a very young child can take to make a positive contribution to the world. These new additions to our library could be inspiring options as introductions to the Heifer Project as well as all types of other mission projects.

Library Committee,

Liz Miglis, Pam Woodward, Kathy Newton, and Laney Newton



- ❖ **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.