

FREEDOM PLAINS PRESBYTERIAN CHURCH  
Post Office Box Four Hundred  
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# THE HERALD

Freedom Plains Presbyterian Church  
*Founded 1827*



*November, 2008*



*“In Christ’s family there can be no division into Jew and non-Jew, slave and free, male and female.  
Among us you are all equal.” Galatians 3:28 from The Message*

Dear Friends,

I probably should be writing to you this month about stewardship. After all we are fast approaching the time of year when we ask members to make a pledge, an estimate about how much they intend to give to the 2009 church budget. And once again we are scrambling to get our act together, so busy with other things that our Stewardship Campaign always feels rushed and underemphasized.

However, I want to tell you about a picture Mary Moody gave me last week that was taken at the annual church picnic at Holmes. My son Daniel was running around barefoot and he got a rather large splinter in his foot. It kind of freaked him out and he was rather dramatic, although I’m sure it hurt. Reminding me that dads are important, Daniel would only let me take the splinter out of his foot. The picture is of me working on Daniel’s foot, as he bit down on a small plastic Frisbee (I told you about the drama). But, the real power of the photo is the man who was behind Daniel, holding him, comforting him. His name is Eddie Daniels, a guest of Ken and Mary Moody.

Eddie Daniels was no ordinary visitor. He had spent 15 years imprisoned on Robben Island with, among others, Nelson Mandela. Looking at the picture at first it struck me how a man who had witnessed and experienced so much injustice in South Africa could pour forth such compassion and tenderness. It also does not escape me that Eddie Daniels and my son Daniel have something else in common. You see Eddie was classified as Mixed or colored under the Apartheid system. He had been a member of the Liberal party in South Africa whose motto was “One Person One Vote in Non-racial South Africa”.

My son Daniel is half Chinese and half whatever I am, and would have been classified the same as Eddie Daniels had he been born into the same world. Eddie has written his autobiography about his time on Robben Island. He concludes by saying, “We have won the war. We have still to win the peace”. Looking at the picture in my office I can’t help but glimpse the peace, that Eddie dreams of and that Jesus pointed us towards. It is interesting that the picture does two things, it gives me a vision for how the world should be, while at the same time reminding me not to take some things for granted and remember that there is still much to be done in the service of our Lord and his world.

Peace,

## Freedom Plains Presbyterian Church Staff:

Rev. Paul Lent, Pastor  
Rev. Heather Finck, Parish Associate  
Kevin Donnelly, Music Director  
Cheryl Haight, Administrative Assistant  
Christine Lent, Diane Wassick, Church School Director  
Bonnie Biskup, Anne Cole, 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

NOVEMBER, 2008

**WHITE ELEPHANT AND DESSERT** - White Elephant and Dessert on Sunday, November 16<sup>th</sup> at 7:00pm. An adult fellowship hosted by Presbyterian Women. Bring a dessert to share and a gift of \$20 value (new, re-gift, i.e. unused wedding present) to be swapped in a fun game involving everyone.

**OPERATION CHRISTMAS CHILD** - Please help bring joy to children in need around the world. Fill a shoebox with children's toys, school supplies, toiletries, which will be distributed to children around the world in poor neighborhoods, children's hospitals, orphanages and refugee camps. Many of these children do not know whom God or what Christmas is or have never received a gift. Wrap the top and bottom of the box separately with wrapping paper and put a label on it stating if it is for a boy or girl and what age group. A \$7.00 donation is appreciated to help with the cost of shipping. Please help.

**POUGHKEEPSIE CONGREGATION TO DISCUSS LEGACY** – Members and friends of First Presbyterian Church are encouraged to attend a congregational conversation on Sunday, Nov. 23<sup>rd</sup>, immediately after the 11:00AM service in Fellowship Hall. The purpose of the gathering will be to discern further how the sale proceeds should be used for the building up of God's Kingdom. The meeting will probably last about an hour.

**PRESBYTERIAN WOMEN** – Please put Monday, December 8<sup>th</sup> on your calendar. We are having a cookie exchange in Fellowship Hall to share our best Christmas cookies. There will be more information to follow.

**ADVENT WREATH MAKING WORKSHOP** – Save the date – November 30<sup>th</sup>, 3:00pm to 5:00pm in Fellowship Hall.

**TEDDY BEAR MINISTRY** – The Deacons are in need of new and gently used bears to continue the Teddy Bear Ministry started by Jan Malone. Please drop them off in Fellowship Hall. Thank you!

**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.

**DECEMBER HERALD** – Please submit articles for the December Herald in writing or by email to the church office by Wednesday, November 19<sup>th</sup>. 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).

## SECOND ANNUAL ECUMENICAL THANKSGIVING SERVICE & POTLUCK DINNER

Please mark your calendars; our Ecumenical Thanksgiving Service and Potluck Supper will be Sunday, November 23<sup>rd</sup> starting at 5PM in the Sanctuary followed by the potluck in Fellowship Hall. This year will be particularly meaningful in that Shir Chadash Reformed Synagogue and our Church will join together in the Sanctuary we now both share. I have heard many times from the members of the synagogue how well the space and the arrangement is working for them and how thankful they are to be here in our building in Freedom Plains. We have always talked about our relationship with the synagogue on two levels; the first is as a tenant the second is relational, "spiritual siblings sharing sacred space." Please come to the service and potluck as we continue to build this emerging relationship.

*Thank You!* "I thank God with every remembrance of you."

I wrote thank you notes to you prior to the lovely gala at the Alumni House and before you gave me the most generous, heart-melting gifts. I will forever hold loving memories of you in my heart, and thank God for the time we journeyed together.

Thank you!  
Christina

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 30th Sunday in Ordinary Time Reformation Sunday 9:00 AM Church School 9:00 AM Worship 11:00 AM Worship 3:00 PM - 6:30 PM Cub Scout Pack 182 4:00 PM New Member's Tea	27 7:30 PM - 9:00 PM Waterman Bird Club	28	29 10:00 AM - 11:30 AM Morning for Moms 1:00 PM - 2:45 PM Dorcas Bible Study 4:00 PM - 5:30 PM JHYG 7:00 PM - 9:00 PM Boy Scouts Troop 182	30 7:30 AM - 9:00 AM Men's Breakfast Bible Study 6:30 PM Freedom Ringers Rehearsals 7:30 PM Choir Practice	31 Reformation Day 6:30 PM Shir Chadash Shabbat Evening Services	1 All Saints Day 9:00 AM - 12:00 PM Congregation Shir Chadash 7:00 PM AA 8:30 PM AA
2 31st Sunday in Ordinary Time Daylight-Saving Time Ends 7:30 AM Pie Baking 9:00 AM Church School 9:00 AM Worship 11:00 AM Worship 5:00 PM Potluck Dinner	3 7:30 PM Scottish Society	4 5:30 AM - 10:00 PM General Election Polling 7:30 PM Women's Evening Study Group	5 10:00 AM - 11:30 AM Morning for Moms 1:00 PM - 2:45 PM Dorcas Bible Study 4:00 PM - 5:30 PM JHYG 7:00 PM - 9:00 PM Boy Scouts Troop 182 7:00 PM Deacon's Meeting	6 7:30 AM - 9:00 AM Men's Breakfast Bible Study 6:30 PM Freedom Ringers Rehearsals 7:30 PM Choir Practice	7 10:00 AM - 11:30 AM Parkinson's Exercise Group 6:30 PM Shir Chadash Shabbat Evening Services	8 9:00 AM - 2:00 PM Home Bureau 7:00 PM AA 8:30 PM AA
9 32nd Sunday in Ordinary Time 9:00 AM Church School 9:00 AM Worship 11:00 AM Worship 5:00 PM - 8:00 PM Girl Scout Troop 394	10	11 Veterans Day 7:00 PM - 9:30 PM Boy Scout Counsel 7:00 PM Mission Committee 7:30 PM Christian Ed 7:30 PM Finance Committee	12 10:00 AM - 11:30 AM Morning for Moms 1:00 PM - 2:45 PM Dorcas Bible Study 4:00 PM - 5:30 PM JHYG 6:30 PM Eagle Scout Committee Meeting 7:00 PM - 9:00 PM Boy Scouts Troop 182	13 7:30 AM - 9:00 AM Men's Breakfast Bible Study 6:30 PM Freedom Ringers Rehearsals 7:00 PM Property Committee 7:30 PM Choir Practice	14 10:00 AM - 11:30 AM Parkinson's Exercise Group 6:30 PM Shir Chadash Shabbat Evening Services 7:00 PM SHYF	15 9:00 AM - 12:00 PM Congregation Shir Chadash 3:00 PM - 6:00 PM Cub Scout Pack 182 7:00 PM AA 8:30 PM AA
16 33rd Sunday in Ordinary Time FREEDOM RINGERS PLAY BOTH SERVICES 9:00 AM Church School 9:00 AM Worship 11:00 AM Worship 12:15 PM YBC Rehearsal 6:00 PM - 10:00 PM PW White Elephant & Dessert	17 7:30 PM - 8:30 PM Session	18 7:30 PM Women's Evening Study Group	19 10:00 AM - 11:30 AM Morning for Moms 1:00 PM - 2:45 PM Dorcas Bible Study 4:00 PM - 5:30 PM JHYG 7:00 PM - 9:00 PM Boy Scouts Troop 182	20 7:30 AM - 9:00 AM Men's Breakfast Bible Study 6:30 PM Freedom Ringers Rehearsals 7:30 PM Choir Practice	21 6:30 PM Shir Chadash Shabbat Evening Services	22 2:00 AM - 3:30 PM Parents w/Children from China 7:00 PM AA 8:30 PM AA
23 Christ the King/Reign of Christ 9:00 AM Church School 9:00 AM Worship 10:20 AM YBC Rehearsal 11:00 AM - 12:00 PM Poughkeepsie Congregational Conversation 11:00 AM Worship 5:00 PM Joint Thanksgiving Worship Service with Congregation Shir Chadash	24 7:30 PM - 9:00 PM Waterman Bird Club	25 SHYF Overnight	26 10:00 AM - 11:30 AM Morning for Moms 1:00 PM - 2:45 PM Dorcas Bible Study 4:00 PM - 5:30 PM JHYG 7:00 PM - 9:00 PM Boy Scouts Troop 182	27 Church Office Closed Thanksgiving Day 7:30 AM - 9:00 AM Men's Breakfast Bible Study 1:00 PM Community Dinner 7:30 PM Choir Practice	28 Church Office Closed 6:30 PM Shir Chadash Shabbat Evening Services	29 7:00 PM AA 8:30 PM AA
30 Advent First Sunday of Advent No Church School 9:00 AM Worship 11:00 AM Worship 3:00 PM - 5:00 PM Advent Wreath Making Workshop	1 6:00 PM Scottish Society	2 7:30 PM Women's Evening Study Group	3 10:00 AM - 11:30 AM Morning for Moms 1:00 PM - 2:45 PM Dorcas Bible Study 4:00 PM - 5:30 PM JHYG 7:00 PM - 9:00 PM Boy Scouts Troop 182 7:00 PM Deacon's Meeting	4 7:30 AM - 9:00 AM Men's Breakfast Bible Study 6:30 PM Freedom Ringers Rehearsals 7:30 PM Choir Practice	5 10:00 AM - 11:30 AM Parkinson's Exercise Group 6:30 PM Shir Chadash Shabbat Evening Services	6 9:00 AM - 12:00 PM Congregation Shir Chadash 7:00 PM AA 8:30 PM AA



**SUNDAY CHURCH SCHOOL UPDATES:**

## LIBRARY NOTES

November 2008

- 11/16: 1<sup>st</sup> grade parent open house  
11/23: Children's Fellowship  
11/30: Thanksgiving Day Weekend – no Church School, 3-5:00pm – Advent Wreath Making

*Sunday School Directors,  
Christine Lent and Diane Wassick*



### SCHOLARSHIP FUNDRAISER

Every year, the Scholarship Committee sells Christmas wreaths. The lovely 24" wreaths are from Sabellico's and sell for \$14. Also, committee members make a handmade bow for each wreath that is sold. Orders for the wreaths will be taken throughout November, and the wreaths will be distributed on Dec. 7.

The committee will also continue to sell reusable bags for \$5 each. They are compact to fit in a purse, or have a clip to attach to a key chain or belt loop. One bag can hold up to 20lbs. of groceries. A variety of colors are available. These are wonderful stocking stuffers! The Scholarship Committee awards scholarships each year to high school students who have been active in the church since Confirmation. Help support this worthwhile cause and buy a wreath and/or some reusable bags.



**EXPERIENCED HANDBELL SUBSTITUTES NEEDED** – Freedom Ringers, our adult handbell choir, has begun rehearsing. We would love to have several additional experienced handbell players to volunteer to fill in on an occasional basis for a permanent ringer who needs to miss a rehearsal. If you are interested in volunteering to be a substitute please contact the director, Donna Logan, at 635-1431 or [dmLogan@hvc.rr.com](mailto:dmLogan@hvc.rr.com) or else talk to any current Freedom Ringers member or one of our ministers.

**CHILDREN'S BELL CHOIR** – The Children's Bell Choir is currently looking for new members. It is open to children in 4<sup>th</sup> through 6<sup>th</sup> grade, younger if they have musical experience. We will be starting rehearsals in November with plans to perform in December. If you are interested in joining or if you have any questions, please call Diane Wassick at 226-1084 or e-mail her at [Dwassick@aol.com](mailto:Dwassick@aol.com). Thank you!



**AMERICAN RED CROSS BLOOD DRIVE, DECEMBER 31st  
From 12:00pm – 5:00pm in Fellowship Hall**

Please contact Jill Underwood at (845) 471-7098 to schedule a donation time slot.  
**"Give the Gift of Life during the New Years Eve Holiday and feel terrific"**



The Freedom Plains Church Library Committee would like to extend a warm welcome to all our new friends from the First Presbyterian Church of Poughkeepsie. We invite you to feel free to browse the library shelves and borrow any materials you like. If you haven't checked out the church library yet, you may want to take a few moments to explore the collection of varied titles in print, audio and video. There is something for everyone from pre-school to adults.

We have a wonderful assortment of very new and interesting books "hot off the press". We also have many of the true "classics": Bibles, Bible study guides, titles by C.S. Lewis, Catherine Marshall, Billy Graham, Norman Vincent Peale, Dr. James Dobson, etc. Books that offer help in dealing with parenting, caring for aging parents, cancer, loss of a loved one and/or general life stresses abound. For lighter inspirational reading there is a shelf of both new and classic novels and an assortment of meditation, quotation and short story titles such as the The Prince of Egypt and other videos.

So, we hope you take a peek and find something to suit you or your children. Just sign your name and phone number to the card and leave it in the file box on the shelf. If you have ideas for titles you feel would be worthwhile additions to the collection, we would love to hear from you.

*Library Committee*

### LOCAL RABBI TO MEET WITH THE POPE

Rabbi Daniel Polish, spiritual leader of Congregation Shir Chadash in Lagrange, will be part of a delegation of American Jewish Leaders who have been invited to the Vatican to meet with Pope Benedict XVI.

The Pope has requested the opportunity to observe the anniversary of Nostra Aetate, the 1965 document which established new directions in relations between the Catholic Church's and the Jews. Rabbi Polish notes that the group will have the opportunity to engage in serious conversations with the Pope and officials of the Vatican's Secretariat for Religious Relations with the Jews. The conversation is expected to focus on the manner in which the current Pope views this historic document and ways in which the Vatican envisions its continued implementation.

The meeting comes at a time when Jews and Catholics have expressed differing perspectives about the proposed beatification of Pope Pius XII and his activities – and the role of the Vatican in general – during the holocaust. Polish says, "I am honored to have the opportunity to meet with the Pope during this time when a number of issues have arisen which many fear can disrupt the very positive and constructive relations between Jews and the Catholic Church. I welcome the opportunity to participate in efforts to help us move beyond any disagreements of the moment and clarify any disagreements so that Jews and Catholics alike can benefit from the remarkable ties that have been established in recent decades."

Rabbi Polish will be leaving for Rome on October 29. He says he looks forward to returning home with heartening news for his congregation and the community at large.

## VOLUNTEER(S) OF THE MONTH

### HEALTH MINISTRY

Dear Church Family,

With Thanksgiving approaching, I thought it would be interesting to discuss thankfulness and its relationship to your health. There is such a fine connection between our body, mind, and spirit. This means what we think all day and tell ourselves reflects in our body and spirit. Successful and joyous people are usually skilled in counting their blessings. They focus on what's right about their life instead of what is wrong. You can ask two people with the same conditions how they are. One will reply, "I have diabetes and heart disease and my arthritis is killing me!" The other person might say "I am thankful my blood sugar was good today, my new heart medication lets me go for a walk every day. Walking helps my arthritis." Who is happier of the two? Who is more spiritually well? Carol Sullivan writes the "second person is no more 'cured' than the first, but is more 'healed'. Being healed is not necessarily the same as being cured. It is learning to find joy in what is and peace in acceptance."

A quote from the Book of Proverbs says "as a man thinketh in his heart, so is he." What we dwell on mentally we bring into our lives.

Roger Seip, memory trainer, recommends three tips for directing our thoughts:

- 1) Write out a gratitude list. Sit down with family or friends and create a list of things and people in life you are thankful for. This simple act will help your attitude.
- 2) Watch what you say to yourself. Expect good things. Expect it to be a good day. It helps your mindset. Refer back to your gratitude list.
- 3) Do something nice for someone else. Abraham Lincoln said "It is impossible to lift the burden of another without also lifting your own. When we focus on what we are thankful for, we attract more of them into our lives."

We extend a special welcome to Anne Cole, Parish Nurse from First Presbyterian Church and her congregation. We hope you find a warm and welcoming home with us!

**Joy:** Nancy and Neal Townsend became grandparents to a baby girl, Cadence Miriam Townsend on October 26<sup>th</sup>, parents Cathleen and Glenn Townsend.

**Prayers for Bereavement:** For Sally Kemink for the loss of her sister Jeanie, Fred Stuebner and family for loss of Fred's cousin Walter Kosner, and for Paul Schatz and family for the loss of Paul's Uncle Karl.

**Prayers for Comfort and Healing:** Ann Pinello, Karin Strafella's son-in-law Trevor, Frances Travis (Trish Rice's mom), Mary Mazola (Sylvia Gangel's mom), Diane Emmett, Theresa Deutsch's mother Connie Raleigh, Brendon Stevens, Gerry Keeley, Earl Lauria, Sue Conrad's sister, Jerry Duquette, Howard Barry, Gail Rinehart, Barry Coldren, Ellen Jacobs, Nathan Christensen.

May your thankfulness open the door to all of God's Blessings!

*Yours in Christ,  
Bonnie Biskup, Parish Nurse*



Having First Presbyterian Church coming and joining us at Freedom Plains gives me an opportunity to remind some of you and tell others about our volunteer of the month article in the Newsletter. We depend on volunteers for so much of our ministry at Freedom Plains. Every month we highlight a person, (sometimes 2 or 3) who donates their time and talent to serve our ministry here. To add a little fun to the process we have created a volunteer of the month parking spot, reserved for the recipient every month. The sign says:

Volunteer  
of the  
Month

Mark 9:35  
1 Corinthians 12:23-25

This month we highlight the service of two individuals who were indispensable in the move of First Presbyterian Church's things to Freedom Plains. Judy Walters organized the move from First Presbyterian's side, working with the movers, and helping to prioritize things on the First Pres. side. The day of the move she facilitated the whole process wonderfully. The other person to be recognized is the Chair of the Property Committee at Freedom Plains, Neal Townsend. Neal has been around church a great deal recently. Repairing the side of the church, building a new closet for Shir Chadash, fixing and setting up computers and preparing Freedom Plains' building to receive the move of First Presbyterian's things. The day of the move both Neal and Judy were omni present, helping, directing, bringing order to chaos. Thank you Judy and Neal. Please feel free to park in the Volunteer of the Month Parking space in the parking lot. And Judy, you may not know where it is, so to figure that out you need to know the scripture that is highlighted on the sign.

*"Whoever wants to be first must be last of all and servant of all."*

*Mark 9:35*

*"And those members of the body that we think less honorable we clothe with greater honor, and our less respectable members are treated with greater respect; whereas our more respectable members do not need this. But God has so arranged the body, giving the greater honor to the inferior member, that there may be no dissension within the body, but the members may have the same care for one another."*

*1 Corinthians 12:23-25*

The sign is on the far end of the parking lot, well away from the building.



- ❖ ***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. 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.