

FREEDOM PLAINS PRESBYTERIAN CHURCH
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THE HERALD

Freedom Plains Presbyterian Church
Founded 1827



October, 2008



“For what will it profit them to gain the whole world and forfeit their life? (Mark 8:36)”

Dear Friends,

I cannot believe that Cheryl is already after me to write my articles for our October Newsletter. Can you believe it is October? In truth, I have been staring at the screen for some time wondering what to write. This seems incredibly ironic for so much is going on. Right now I hear hammering upstairs, building storage to make room for First Presbyterian Church coming to join us on October 19th. We just had a wonderful Presbytery meeting embracing First Presbyterian's history, process and move to Freedom Plains, and there are a lot of details to be worked out. The congregation of Shir Chadash is busy preparing for the celebration of their High Holy Days for the first time at Freedom Plains. We are working with architects to move forward on plans for phase one of our Master Plan, and our capital campaign is trudging along. In addition, September has seen the kick off of our church school year, our youth groups, Bible studies, and all of our committee meetings are back in full swing.

So, how is it that I am having difficulty writing a spiritual message to you this month? The answer, it would seem to me, has been told to us over and over again by Jesus; not in his words, but his actions. Time and again Jesus would teach and do and then find time to be still and pray. In truth, my month has been pretty full of doing and void of the be still and pray part. My colleague would say that my spiritual batteries are running low.

I may be wrong, but I bet most of you know exactly what I'm talking about. We can't help but to remember to be active and busy, but we can forget to be still. We need to react, but we have to remember to reflect, to pray. It is true in our lives and it is true in our Church.

Friends, I pray you share some of my hope and excitement about the future and what is happening here at Freedom Plains. But, I also hope and pray that we keep centered enough to remember not just what we are doing, but why we are doing it; not just what service is required, but who we truly serve.

Yours in Christ,

Freedom Plains Presbyterian Church

Staff:

Rev. Paul Lent, Pastor
Rev. Heather Finck, Parish Associate
Denise Bassen, Music Director
Cheryl Haight, Administrative Assistant
Christine Lent, Diane Wassick, 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
Website: fppchurch.org

FPPC ANNOUNCEMENTS

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

APPLIE PIE BAKING – November 2nd at 7:30am. Pie bakers are needed to help Melissa Wade Haras make pies for the Election Day bake sale. Sign up sheets will be in Fellowship Hall. Donations of flour, sugar and spices are also needed, as well as people willing to work the bake sale on Election Day.

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. 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.

NOVEMBER HERALD – Please submit articles for the November Herald in writing or by email to the church office by Monday, October 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.

CALENDAR GIRLS 2008

Presbyterian Women of Freedom Plains Presbyterian Church are presenting Calendar Girls 2008 on Saturday, October 18th. Calendar Girls has been an annual event for many years. Hostesses decorate a table based on a theme associated with a month of the year and provide a dessert for 8 guests.

Doors open at 6:00PM for the table preview and the event begins at 6:30 with dessert and socializing. At 7:30, Ray Materson, author of “Sins and Needles” will speak. There is a \$10 charge for the event and a portion of that will go to a program helping women in the prison system. If you would like to join a table, please call Ann Burrow at 473-0537 or Cheryl Christensen at 724-5023 in advance.

WHITE ELEPHANT AND DESSERT

SAVE THE DATE – White Elephant and Dessert on Sunday, November 16th 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.



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”



CHRISTMAS IN AUGUST

We recently had the opportunity to participate in “Christmas in August” at the First Presbyterian Church of Poughkeepsie. This outreach program provides backpacks and school supplies to children in the city of Poughkeepsie. This year more than 1,000 families attended the program on August 16th. In addition to backpacks filled with school supplies, there was free food, an inflatable obstacle course, face painting, and gutter boat races for all to enjoy. FPPC volunteers helped in many ways: stuffing 1,000 backpacks with pencils, pens, notebooks, tissues, rulers, crayons, glue sticks, highlighters, folders and more; giving their time, energy, and talent the day of the event by supervising games, face painting, and helping out wherever needed; and donating school supplies and money.

Thank you to everyone, our young people and adults, who took part in this exciting event and to Debbie Armstrong and Adeline Anderson for their organization, coordination and leadership.

The Mission Committee

One Great Hour of Sharing and designated funds from Presbyterian Disaster Assistance are at work on your behalf throughout the United States. Already, \$246,000 has been sent to twenty presbyteries affected by the storms. Funds are being used to take those first critical steps to move from crisis to recovery and provide emotional and spiritual care to survivors and those who care for them. Twenty-seven members of the PDA National Response Team have been deployed to provide assistance in recovery efforts, offering a visible witness of the church’s care and concern for the communities impacted by these disasters. More remains to be done and your generous gifts will enable the church’s support for long-term recovery efforts.

Stay informed by reading regular Web updates on this ongoing response at www.pcusa.org/pda or by calling PresbyTel at 800-872-3283.

Pray for the peace, safety, security, and well being of all people and communities impacted by these crises.



- ❖ ***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. 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.



SUNDAY CHURCH SCHOOL UPDATES:

10/12: Columbus Day weekend – no Church School, but join the congregation in worship at First Presbyterian Church of Poughkeepsie at 10:00am.

10/19: Pre-K and K parent open house, CROP Walk

10/26: Children’s Fellowship

*Sunday School Directors,
Christine Lent and Diane Wassick*

START SAVING SHOEBOXES for OPERATION CHRISTMAS CHILD – last year we filled up 72 shoe boxes with children’s toys, school supplies, toiletries, etc. which were distributed to children in need around the world. Stay tuned for more info.....



We kicked off Junior High Youth Group with a family potluck supper and enjoyed a rousing game of people bingo before the rookies taught our newcomers what playing “Sardines” meant. We invite people to join in whenever schedules permit and friends are welcome. Our Junior Highs meet every Wednesday afternoon from 4pm – 5:30pm. Among games, snack and prayer, this fall we are exploring questions like: “How do I know God’s really there?” and “Why can’t I hear God speaking to me?”

Our Senior Highs began the fall by making care packages of baked brownies for our first year college students to wish them well and remind them that they are thought of even if they may not be with us from day to day. We came face to face with the busy schedules of teens when even an afternoon of paintball couldn’t fit on people’s calendars. We will have our next meeting on Friday Night October 10th @7pm. MARK YOUR CALENDARS.



SCHOLARSHIP FUNDRAISER

The Scholarship Committee is selling reusable bags for \$5.00 each. They are compact, and fit in a purse, or have a clip to attach to a key chain. One bag can hold up to 20lbs. of groceries. A variety of colors are available, and would make a wonderful stocking stuffer!

The Scholarship Committee awards scholarships each year to high school seniors who have been active in the church since confirmation. So, please support the scholarship fund and save the environment at the same time!

FIRST PRESBYTERIAN CHURCH AND FREEDOM PLAINS UPDATE

On Sunday, September 21st, the congregation voted unanimously to formally extend an invitation to First Presbyterian Church of Poughkeepsie to join us in worship and service, moving over time towards the goal of merging the two congregations. The same day, First Presbyterian voted to come and join us.

On Sunday October 12, Freedom Plains will be worshipping at First Presbyterian Church in Poughkeepsie at 10:00 AM. It will be the first worship service of our new life together and the last Sunday morning worship service there for the First Presbyterian Church. **Please come** to this historic and important day. Let’s try to fill the place.

On Sunday October 19th, we will be back to two services at Freedom Plains. Most of the people from First Presbyterian plan on attending our eleven o’clock service, which will make attendance at both services a bit more balanced.

The hardest part of this process has been the decision to part ways with our Music Director, Denise Bassen. Denise has served this congregation for the last five years and we are very thankful for her music ministry with us. Denise’s last Sunday with us will be October 5th when she will leave with much gratitude and a severance package worked out by the Session. We wish Denise all the best as she moves on.

Kevin Donnelly will start as our organist/choir(s) director as of October 15th. Kevin has been the organist and choir director at the First Presbyterian Church of Poughkeepsie.

Other changes will be that our Parish Nurse, Bonnie Biskup will be moving from being a volunteer to being paid. Together with Poughkeepsie’s Parish Nurse, Anne Cole, we will soon have two Parish Nurses serving our congregations.

Over the next weeks and months we will be working out details about how First Presbyterian and Freedom Plains will move into the future together. Remember both churches in your prayers as we get to know each other, seeking to serve our risen Lord in the days and decades ahead.



VOLUNTEER OF THE MONTH

Lynn Cordy

This month we recognize a woman whose husband has started to call her the “Church lady”. We call her often; her name is Lynn Cordy. Lynn is currently an Elder, a proof reader extraordinaire and the Chair of our Personnel Committee. She has also been very involved in the work of the “Transition Team” working with First Presbyterian Church on their arrival and integration into the service and fellowship of Freedom Plains Presbyterian Church. What you may not know about Lynn is that she has also taken her role as a Presbyter very seriously. Not only is Lynn one of our representatives to Presbytery, but she also serves as the Chair of the Presbytery’s Nominations Committee, while being very active in Presbyterian Women. On a personal level, I have found Lynn’s advise and council invaluable over the past few months, and we as a church are blessed to have Lynn Cordy as one of our Elders.

Lynn feel free to park in the volunteer of the month parking space on the far side of the parking lot, you have more than earned it.

HEALTH MINISTRY

Dear Church Family,

On Sunday, October 5th, 10am-11am, come join us for a “Living Will Workshop”. You will write your own living will and health care proxy. Look for notices at church or see me.

October is breast cancer awareness month. The American Cancer Society recommends annual mammograms for women 40 years old and older. What is the difference between conventional mammograms and digital mammograms? Both digital and conventional mammography use x-ray radiation to produce an image of the breast. Conventional mammography stores the image directly on film, whereas digital mammography takes an electronic image of the breast and stores it on a computer. This allows the data to be enhanced, magnified or manipulated. It is like a traditional camera versus a digital camera. Digital mammograms work better on dense breast tissue usually in women under 50 years old and pre-menopausal or those with fibrocystic breasts whatever age. Mammo's are good at detecting microscopic breast changes such as microcalcifications, which could indicate a very early breast cancer. 80% of mammo's showing questionable microcalcifications prove to be benign on biopsy.

Computer aided detection enhance mammo's. The computer highlights areas indicated after radiologist has reviewed them. The computer is programmed to indicate certain features and highlight them for the radiologist.

Your health care should include a mammogram, breast self-exam, and medical breast exam by your doctor.

Mammograms can miss some tumors – benign or malignant which are the same density as surrounding breast tissue. If you can feel a breast growth, an ultrasound using sound waves can show the growth against the surrounding breast tissue. *Info from the radiology and mammo's staff at St. Francis Hospital

Prayers for Comfort and Healing: Diane Emmett, Ellen Jacobs, Jean Seland, Earl Lauria, Jerry Duquette, Barry Coldren, Karen Steapalo's son-in-law Trevor, Sue Conrad's sister, Sally Kemink's sister, Howard Barry, Bill Hanka, Peg Connelly, Mike Dalton, Brendon Stevens.

Joys: Nancy & George Wade – 50th wedding anniversary. Lois and Alex Janove – grandparents to baby Emma, parents Katie and William Turner. Marylou and Perry Eshelman – grandparents to baby James, parents Allan and Pat Eshelman.

Bulletin Board: American Heart Association recipes for healthy heart. Take home copies available.

*Yours in Christ,
Bonnie Biskup, Parish Nurse*



Nursery School began September 8th with lots of smiling faces. We are very busy already with a visit from the LaGrange Fire Department planned along with apple and pumpkin picking trips.

We welcome our new 4 year old teacher, Mrs. Kelly Hilscher to our staff. Kelly comes to us with a strong early childhood background and a very enthusiastic attitude. We are so blessed to have her on our staff.

There are limited openings in our 4 year old afternoon program still available. If you are interested, please contact Gigi Lundewall at 485-1145.

“FANS OF JAN” RACE FOR HOPE

Dear Church Family,

The “Fans of Jan” team will be participating in the Brain Tumor Society’s Race for Hope – Philadelphia on Sunday, November 2, 2008. We are running/walking in this 5K event in loving memory of Jan Malone. Jan died after a brave battle with glioblastoma on December 9, 2007. She would have enjoyed this opportunity to help others in need. We are asking for your help to raise critical funds for brain tumor research and support services, so please consider joining our team or making a donation in honor of Jan.

To donate to the Brain Tumor Society or join the Fans of Jan team go to the following website: <http://www.braintumorsociety.org/site/PageServer> and select the Race for Hope in Philadelphia tab. Find quick Links on the left hand side of the web page and select Race Team List. Find and select the Fans of Jan (currently 23 in donations) link. At the top of the web page select the Register or Donate tabs to join the team or make a donation. Please note that the deadline for online registration is October 20th at 5pm. Thanks for your prayerful consideration in helping find a cure and provide support for those afflicted with this disease.

Doug Malone



FREEDOM RINGERS – ONE OPENING STILL AVAILABLE

Our adult handbell ringing group, Freedom Ringers, still has one opening for a regular member and occasional substitutes. We are looking for men or women who can read music, and are generally available on Thursday nights at 6:30 for rehearsals. We will play in church several times during the year. If you have never played handbells, that is OK, we can teach you everything you need to know. Adults outside the FPPC congregation are also welcome. Please call or email the director, Donna Logan, at 635-1431 or DMLogan@hvc.rr.com.

*Thank you,
Donna*