

FREEDOM PLAINS PRESBYTERIAN CHURCH  
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# THE HERALD

Freedom Plains Presbyterian Church  
*Founded 1827*



*September, 2008*



*“Behold, I am doing a new thing, even now it is springing to light.  
Do you not perceive it?” Isaiah 43:19*

Dear Friends,

I hope you have had a wonderful summer and that the arrival of the September Herald did not come as too much of a shock. Summer at Freedom Plains has been busier than normal, in part because we are preparing for a busy new program year. The rhythm of church life continues on September 7<sup>th</sup> this year with the start of Church School, with a full staff of talented teachers, and an all church picnic at the Presbyterian Center at Holmes. Bible studies, and youth groups, choir rehearsals and two services will be starting up pretty much as usual. However, there are some new things developing.

In September, the Jewish congregation of Shir Chadash starts to use our building on Friday nights and some Saturday mornings, and we start to think about and talk about how we build relationships with our Jewish Brothers and Sisters.

In October we expect to be joined in worship and service by the members of the First Presbyterian Church of Poughkeepsie who have sold their building in the City of Poughkeepsie and have decided they would like to join in our ministry and location at Freedom Plains. The tentative plan is that on October 12, Columbus Day Weekend, we will not worship at Freedom Plains, but gather at the First Presbyterian Church in Poughkeepsie, for worship at the 10am hour. Starting the next week, October 19<sup>th</sup>, First Presbyterian Church will be in residence at Freedom Plains mostly at our 11am service. The long term vision is that First will eventually merge with Freedom Plains, but there is much work to be done short term and long term as this exciting chapter in our ministry unfolds. Before this occurs we will have a congregational meeting in September, time and date to be announced, to answer questions and to extend an “official” invitation to our brothers and sisters at First Presbyterian Church Poughkeepsie.

The last thing I wish to mention is that as we left our busy schedule at church in June, we were right in the middle of our Capital Campaign. Our advanced gift phase was a success, but as we launched our congregational phase, summer hit and things slowed down. We will be re-launching our congregational phase, or reenergizing it, in September. We will also be meeting with architects starting to move forward with our new Fellowship Hall and kitchen planning.

I believe that right now in the life of our church it is worth remembering the scripture that says, “Behold, I am doing a new thing, says the Lord, even now it is springing to light. Do you not perceive it?” And as we remember that scripture, maybe we will be reminded that indeed the Bible is a living book, with words that ring true today.

Blessings,

## 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](mailto:office@fppchurch.org)  
Website: [fppchurch.org](http://fppchurch.org)

# FPPC ANNOUNCEMENTS

**FLEA MARKET/RUMMAGE SALE** – Freedom Plains Flea Market/Rummage Sale to benefit the Appalachia Service Project will be held on September 13th from 9:00am 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](mailto: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 August 31<sup>st</sup> and put on the stage in Fellowship Hall. We will sell lunch and hold a bake sale.

**UPCOMING AMERICAN RED CROSS BLOOD DRIVES** – The first one will be held on September 18<sup>th</sup> from 1:30 to 6:30pm, and the next one will be held on New Year’s Eve from 12:00 to 5:00pm. Blood Drives will be held in Fellowship Hall. Please contact Jill Underwood at 845-471-7098 to schedule a donation time slot.

**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!

**ALL CHURCH PICNIC** – 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!

**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.

**OCTOBER HERALD** – Please submit articles for the October Herald in writing or by email to the church office by Monday, September 22nd. 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).



## VOLUNTEERS OF THE MONTH

*Jody Hoffman and Jennifer Barry*

This month we recognize two women who have stepped up to provide leadership and organization for our Appalachia Service Project. Most of you know that this summer we had 58 individuals go to Hinton West Virginia to help those in need with home repairs and to learn about service and faith in action. It is by far the biggest group we have ever sent. What many of you may not know is that this undertaking was truly made possible by Jody Hoffman and Jennifer Barry. Of course, many people made the trip possible, but it was Jody and Jen who stepped up with all the organizing, paperwork, training sessions, and communications in the six months before our trip that not only facilitated the trip, but made it the smoothest running trip yet. When we think of the work of ASP, we think of hammer and nails, but this volunteer of the month blurb asks you to remember that some of the most important work for ASP is done with email, computer, Excel, group meetings, and phone. So please take the opportunity to thank Jody and Jen as they make the long work from the volunteer of the month parking spot on the far side of the parking lot in September.

# SEPTEMBER 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 22nd Sunday in Ordinary Time 10:00 AM Worship	1 Labor Day	2	3 7:30 PM Deacon's Meeting	4	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
7 23rd Sunday in Ordinary Time 9:00 AM Worship 9:00 AM Church School 10:00 AM FPPC All Church Picnic at Holmes 11:00 AM Worship	8 9:00 AM - 7:00 PM Home Bureau 7:00 PM Property Committee 7:30 PM Scottish Society	9 Rummage Sale Setup 11:30 AM - 10:00 PM Primary Election 7:00 PM Christian Ed 7:00 PM Mission Committee 7:30 PM Finance Committee	10 Rummage Sale Setup 10:00 AM - 11:30 AM Morning for Moms 5:00 PM JHYG Potluck Supper 6:30 PM Eagle Scout Committee Meeting 7:00 PM - 9:00 PM Boy Scouts Troop 182	11 Patriot Day Rummage Sale Setup	12 Rummage Sale Setup 10:00 AM - 11:30 AM Parkinson's Exercise Group 6:30 PM Shir Chadash Shabbat Evening Services	13 9:00 AM - 5:00 PM Flea Market/Rummage Sale 7:00 PM AA 8:30 PM AA
14 24th Sunday in Ordinary Time 9:00 AM Worship 9:00 AM Church School 11:00 AM Worship	15 7:30 PM - 8:30 PM Session	16 6:30 PM - 9:30 PM Shir Chadash Choir Rehearsals	17 10:00 AM - 11:30 AM Morning for Moms 1:00 PM - 2:45 PM Dorcas Bible Study 7:00 PM - 9:00 PM Boy Scouts Troop 182	18 7:00 AM - 9:00 AM Men's Breakfast Bible Study 12:00 PM - 8:30 PM Blood Drive	19 10:00 AM - 11:30 AM Parkinson's Exercise Group 6:30 PM Shir Chadash Shabbat Evening Services	20 9:00 AM - 12:00 PM Congregation Shir Chadash 6:30 PM Shir Chadash - Selichot 7:00 PM AA 8:30 PM AA
21 25th Sunday in Ordinary Time 9:00 AM Worship 9:00 AM Church School 11:00 AM Worship	22 First Day of Autumn 7:30 PM - 9:00 PM Waterman Bird Club	23	24 10:00 AM - 11:30 AM Morning for Moms 1:00 PM - 2:45 PM Dorcas Bible Study 6:00 PM - 9:00 PM Life & Star Scouts 6:30 PM - 10:00 PM Shir Chadash Choir Rehearsal 7:00 PM - 9:00 PM Boy Scouts Troop 182	25 7:00 AM - 9:00 AM Men's Breakfast Bible Study	26 6:30 PM Shir Chadash Shabbat Evening Services	27 9:00 AM - 6:00 PM 60th B'day Party 7:00 PM AA 8:30 PM AA
28 26th Sunday in Ordinary Time 9:00 AM Worship 9:00 AM Church School 11:00 AM Worship	29 7:00 PM - 10:00 PM Shir Chadash - Rosh Hashanna Eve	30 9:15 AM - 12:00 PM Shir Chadash - Rosh Hashanna Day	1 1:00 PM - 2:45 PM Dorcas Bible Study 7:30 PM Deacon's Meeting	2 7:00 AM - 9:00 AM Men's Breakfast Bible Study	3 10:00 AM - 11:30 AM Parkinson's Exercise Group 6:30 PM Shir Chadash Shabbat Evening Services	4 9:00 AM - 12:00 PM Congregation Shir Chadash 7:00 PM AA 8:30 PM AA



- ❖ **A Morning for Mom!** – Will resume in September. 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** – Will resume in September. 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** – Will resume September 17th. 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** – Will resume September 18th. 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:

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- 9/7: First day of Church School
- 9/7: All Church Picnic at the Presbyterian Camp at Holmes
- 9/21: Bible Sunday – 3<sup>rd</sup> & 6<sup>th</sup> graders receive bibles at the 9:00am service
- 9/28: Children’s Fellowship

Welcome Back! We are looking forward to another exciting Sunday Church School year. Three curriculums will be used: *Rock Solid* – pre-k thru 5<sup>th</sup> grade, *Tweens* – 6<sup>th</sup> & 7<sup>th</sup> grades. We will continue with Children’s Fellowship once a month and parent “open houses”.

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. Church School will be in session for 35 Sundays. As in the past, attendance pins will be given to students who are in attendance for 75% of the Sundays, which totals 26 Sundays.

A letter will be given to each child the first Sunday of Church School with details on above and more.

We look forward to a fun and exciting year!

*Sunday School Directors,  
Christine Lent and Diane Wassick*

**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. Start saving those shoeboxes and stay tuned for more info...



## PRESBYTERIAN WOMEN

### **DON’T MISS THIS EVENT!**

Presbyterian Women of Freedom Plains Presbyterian Church are presenting Calendar Girls 2008 on Saturday, October 18. 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. Guests pay \$10.00 to attend and the proceeds are donated to a mission project.

Doors open at 6 p.m. for the table preview and the event begins at 6:30 with dessert and socializing. At 8 p.m. there will be a motivational speaker.

Opportunities abound for all women of the church to either host a table or to attend as a guest. For more information, please call Cheryl Christensen at 724-5023 or Ann Burrow at 473-0537.



## YOUTH BELL CHOIR – SIGN UP INFORMATION

The Youth Bell Choir will begin rehearsals on Sunday, Nov. 16 (after Sunday School) and continue every Sunday, except for Nov. 30<sup>th</sup>, and then play in the worship services on Dec. 21. YBC is open to all 7<sup>th</sup> to 12<sup>th</sup> grade boys and girls who have a good knowledge of reading music. There are at least 3 openings in the group for the 2008/09 season due to graduating seniors. Prior bell playing experience is definitely not required! A brief but important information meeting will be held Sunday, Oct. 5<sup>th</sup> (after Sunday School) for both returning and potential new members and, very importantly, their parents. Please plan to attend this meeting (parents and children) if you are interested in playing in the Youth Bell Choir this fall.

## FREEDOM RINGERS – STARTING IN SEPTEMBER

Freedom Ringers will begin rehearsals in September. Freedom Ringers is looking for one or two new members and is open to post-high school men and women who have a thorough knowledge of reading music. Previous handbell experience is definitely not required! Rehearsals are on Thursday nights at 6:30 for one hour. Priority is given to members of FPPC but is not required; so if you know anyone either among our congregation or friends in the community who would enjoy playing handbell music in a Christian environment with a friendly group, please let them know about this.

## RISING HOPE MINISTRY

To All,

I recently had the unique opportunity through our church to host a family of a prison inmate who had spent a whole year studying 12 college level courses to become Lay Ministers within the walls of Green Haven.

Upon completion of their program the Green Haven Facility allows the family into the prison to celebrate this achievement with a graduation ceremony. In the past, many of the families would not attend or have difficulty getting to the prison on time. That is where we came in to help make the whole experience more enjoyable, and attendance doubled. My adopted inmate was Ronald Benn (known as Red). His parents and his wife Rennet, all attended his graduation ceremony.

The whole experience was good. The Benn family came to the Beacon train station where I picked them up. From there we headed to the Presbyterian Center at Holmes. Although our backgrounds are quite different, we hit it off on the 40 minute ride, and I could feel the family getting more comfortable. Upon arrival at Holmes, Rennet and Ron’s parents got settled into their rooms. I got to know the other hosts as all of our adopted families got settled in. The dinner was great and afterwards we played several get to know each other games. Rennet and I bonded while Ronald’s mother and father chose to go right to bed. By Tuesday morning I was comfortable with all of the family and fellow hosts and was really looking forward to meeting Ron. The graduation was heartfelt and all the speakers were great from the preachers, teachers and students. Many tears were shed during this joyous occasion. I guess the family was comfortable with me as well because by the time we sat down to eat, I was “cousin Paul”. I have been in contact with Rennet several times and she plans on visiting Holmes again for a woman’s retreat. I have made a book from the photos posted on the Kodak Gallery of the graduation ceremony. I would like to thank our church, the Presbytery, and commend all involved on a job well done. Let us continue to back the Rising Hope Mission.

*Sincerely,  
Paul Schatz*



## LIBRARY NOTES

By Pamela Woodward

If you haven't checked out the church library in a while, you may want to take a few moments to explore the updates that have been made in recent months. The library committee has added the following titles to its collection:

1. *The Last Lecture*, by Randy Pausch
2. *The Search for God at Harvard*, by Ari L. Goldman
3. *God Grew Tired of Us*, by John Bul Dau
4. *No Atheists in Foxholes*, by Chaplain Patrick McLaughlin
5. *Twelve Ordinary Men*, by John MacArthur
6. *Cure for the Common Life*, by Max Lucado
7. *The Case for Civility*, by Os Guinness
8. *Seeing Gray in a World of Black and White*, by Adam Hamilton
9. *Left to Tell*, by Immaculee Ilibagiza

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.

*The Library Committee*

## Freedom Plains Parking Permits - 2008-2009 School Year

Freedom Plains Presbyterian Church allows parking by permit only in a selected part of their Stringham Road lot for Arlington High School students. There are three types of permits granted:

1. **Member Permits:** members of Freedom Plains church can apply for a permit at no cost.
2. **Non-member youth involved in the church:** if you have a history of regular participant in the life of Freedom Plains Church either through Youth Group, ASP, or other volunteer projects and participation, permits will be granted with a one time yearly donation of \$200.
3. **Non-member:** for every permit given in the above categories, an equal number of permits will be granted to non-members who have no church affiliation. These permits will first be offered to those who have been sponsored or recommended by a church member with a current parking permit. The one time yearly donation for these permits is \$350.

Spaces are limited and will be given on a first - come, first - serve basis, with priority given to members and students who have a history of involvement in the church.

All money collected for parking permits will be go back to the church or community, with emphasis on youth-sponsored projects. Last year's money was used to purchase beverage canisters for Bright Night runs, as well as the purchase of recycling containers which were donated to the High School for use at the outdoor sport's fields.

For more information, contact the church office at 452-0684, or Hannah Fandl at 226-1327. Applications can be picked up outside the church office.

## HEALTH MINISTRY

Dear Church Family,

Welcome back! We hope summer was a time of renewal, fun and rest for you.

Thank you to the person or people who left the bag of Life Vials in my office. Life Vials contain your personal information including chronic conditions and medications. You keep them on a shelf on the refrigerator door for EMS to get if necessary. I also have cards from St. Francis Hospital for some information to carry in your wallet. Both can be obtained from Parish Nurse Office.

**FYI:** It seems you can get too much of a good thing. The American Diabetic Association is warning against too much consumption of farm raised tilapia fish. They are fed high diets of fatty acids, which exceed the normal requirements. It has affected platelet count and triggered asthmatic reaction in vulnerable populations. Not all fish are created equal. Be careful. Article available at my office.

**More Lab. Tests:** **MRI:** Magnetic Resonance Imaging. MRI involves the use of a powerful magnetic field and radio frequency waves to produce computerized images of internal organs and tissues. Eliminates x-ray exposure and causes no harm to cells. May need contrast dye injected. The technician will ask you if you have any metal imbedded in your body – such as plates, nails, screws, joints (old). Breast stereo-tactic biopsies place a clip in the breast that stays. These are now made of a non-metallic substance. MRI provides greater contrast between the different soft tissues of the body than does CT scan. Useful in brain, musculoskeletal, cardiovascular, and cancer imaging.

**CT Scan:** (CAT): Completed Topography Scan combines radiological and computer technology to produce cross-sectional images of various layers of tissue. Uses I.V. or contrast medium. Used to diagnose cancers, cardiovascular disease, infections, trauma, and musculoskeletal disorders. Provides greater clarity than conventional x-rays. Used to guide biopsies (liver) plan surgery, plan administration of chemo drugs. Cannot see fine soft tissue as in knees or shoulders as MRI can. Not recommended for pregnant women.

\*Keep these explanations for future reference.

**Thought for the Month:** From Namaste via Amy Bell and Mary Moody –

*“The God in me recognizes the God in you”*

**Joys:** 50<sup>th</sup> Wedding Anniversary – Mary and Ken Moody; 45<sup>th</sup> Wedding Anniversary – MaryLou and Perry Eshelman

**Prayers for Healing and Comfort:** Diane Emmett, Ken Moody, Nancy Rosado's dad, Peg Connelly, Mike Dalton, Brendon Stevens, Gerry Keeley, Jean Seland, Earl Lauria, Bill Hanka, Kay Kraft, Walter Soha, Sue Conrad's sister, Sally Kemink's sister, Jeannie, Jerry Duquette, Howard Barry, Gail Rinehart, Barry Coldren, Tom & Marie Hasenpflug, Allison Gudmunson, Ellen Jacobs, Betty Budd, Nathan Christensen, Bridget and Robert Burrow, Richard Harvey, Edward Van Etten, Betty Wade.

*Yours in Christ,  
Bonnie Biskup, Parish Nurse  
(Office hours – Sun. 11:00–11:45am Sundays)*