

FREEDOM PLAINS UNITED PRESBYTERIAN CHURCH  
Post Office Box Four Hundred  
LaGrangeville, New York 12540

“RETURN SERVICE REQUESTED”

Non-Profit Org.

U.S. Postage  
P A I D  
Newburgh, NY  
Permit No. 4003

# THE HERALD

Freedom Plains United Presbyterian Church  
*Founded 1827*



*April 2010*



*“I want to know Christ and the power of his resurrection.” Philippians 3:10a*

Dear Friends,

Last week I was at a Presbytery Meeting in Monroe, New York, where as part of the worship service there was a memorial moment for two ministers, the Rev. Lyman Hartley and Rev. James MacNaughton. Both were students at Union Theological in the “Golden Age” of Niebuhr and Tillich. Both went on to have profound and faithful careers as ministers of the word and sacrament in the Presbyterian Church. It was knowing men such as these that lead me into ministry and in particular to Union Theological Seminary. I was particularly touched by a reading from a sermon by Rev. MacNaughton. He preached;

*“If we are going to spread the influence of God outward, we cannot spread what we do not have. In the 1960’s, the church became involved in a lot of missionary activity such as the civil rights and poverty movements. For a time nothing was impossible. Then, things began to decline, and went into retreat. Every year now we read about new losses... Why?...One reason is that the witness of our church began to outstrip its faith. We were being asked to do more than we believed. Hence.. if we are going to reach out into the world, ...we need to become inwardly prepared, that is, we need to foster our faith in worship, study, and prayer. This is where the organizations of the church have a role to play – in preparing us for Christian service. But beware, lest the preparation become an end in itself and we forget that the purpose of all that we do is to produce a church engaged in the spreading of God’s influence outward.” Amen!*

Easter is at the heart of our faith. The tomb is empty and our lives are full. It is the joy and the freedom that the resurrection brings to our lives that changes and molds us that we might change and mold the world around us. Friends, I invite you to embrace the power and importance of Easter in your heart and faith.

Peace,

## Freedom Plains United Presbyterian Church Staff:

Rev. Paul Lent, Pastor  
Rev. Heather Finck, Associate Pastor  
Jennifer Barry, Clerk of Session  
Cheryl Haight, Administrative Assistant  
Kevin Donnelly, Music Director  
Christine Lent, Diane Wassick, Church School Directors  
Bonnie Biskup, Anne Cole, Parish Nurses  
Lou Biskup, Treasurer  
Kevin Coyne, Sexton  
Donna Logan, Diane Wassick, Bell Choir Directors  
Website Director, Ann Kelley  
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)

# FPUPC ANNOUNCEMENTS

APRIL, 2010

**SUMMER 2011 A JEWISH/CHRISTIAN TRIP TO ISRAEL** – Come and find out more. Sunday, April 25 at 7:00 PM. Rabbi Dan Polish and Rev. Paul Lent will hold an informational meeting on our plans to lead a Jewish/Christian trip to our Holy Land in the summer of 2011. Bring your questions and come thinking maybe this is my opportunity to visit the Holy Land and also see it with Christian and Jewish eyes.

**DIRECTORY UPDATE** – The free 8x10 portraits from LifeTouch will be available for pick up in late April/early May when the new church directories are distributed.

**FLEA MARKET/RUMMAGE SALE** – Freedom Plains Flea Market/Rummage Sale to benefit the Appalachia Service Project will be held on May 22nd 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 will sell lunch and hold a bake sale. We also need donations for our rummage sale. **All donated items may be left on the stage on or after May 16<sup>th</sup>.**

**DEACONS' BAKE SALE** – Please mark your calendars for **May 2, 2010**. The Deacons' will be having a **Bake Sale** between services in Fellowship Hall. Plan to support them so they can add to the **Deacons' Fund**.

**NEW MEMBERS TEA** – A New Member's Tea is scheduled for Sunday, April 25th at 4:00PM at the home of Elizabeth and Ethan Gundek, 135 Reggie's Way, LaGrangeville.

**TRASH BASH** - Help clean up the roadways in the Town of LaGrange. The LaGrange Sunrise Rotary Trash Bash is Saturday, April 24, 2010 starting at 8:00am at the LaGrange Middle School. Safety vests, refuse bags and pickers are supplied – you may want to bring your own gloves. E-mail at [TrashBash@optonline.net](mailto:TrashBash@optonline.net) or phone 845-226-4261 to volunteer or if you have questions.

**VACATION BIBLE SCHOOL** - Save the date - June 28<sup>th</sup> – July 2<sup>nd</sup>, 9 am - 12 noon. This year's theme is "A Boabob Blast". Looking for volunteers who are interested in helping with VBS. Please contact Jeani Lyons at 226-3901, if interested or for more information and questions. Registration forms will be available soon.



**COFFEE HOUR** – Coffee Hour is held on Sunday's between services in Fellowship Hall. If you would like to host a coffee hour, please sign-up on the bulletin board in the church hallway.

**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 Chris Yu at 462-4358.



**CHURCH MEN'S LUNCH GROUP** – Meets on the 3<sup>rd</sup> Thursday of the month for lunch, an inspirational message and fellowship at 12:00 noon at Cappucino's Restaurant on Rt. 9 South. The next luncheon is **Thursday, April 15th**.

**MAY HERALD** – Please submit articles for the May Herald in writing or by email to the church office by Friday, April 23rd. The email address is [office@fppchurch.org](mailto:office@fppchurch.org). Thank you in advance.

**FREEDOM PLAINS CHURCH AT WORK AND WORSHIP** - Visit our website at [www.fppchurch.org](http://www.fppchurch.org). You can view our current calendar events by clicking on "calendar" or click on "recent photos" to view the photo gallery to see recent pictures, as well as pictures from past events.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Palm Sunday 9:00 AM Church School 9:00 AM Worship 10:00 AM Easter Egg Hunt 11:00 AM Worship 1:00 PM Confirmation Class	29	30	31 7:00 AM Lenten Breakfast 10:00 AM - 11:30 AM Morning for Moms 1:00 PM Dorcas Bible Study 4:00 PM - 5:30 PM JHYG 6:30 PM Shir Chadash Hebrew Class 7:00 PM - 9:00 PM Boy Scouts Troop 182	1 Maundy Thursday 7:30 AM Men's Breakfast Bible Study 7:00 PM - 8:30 PM Brownie G.S. 7:30 PM Choir Rehearsal	2 Good Friday 7:30 PM Shir Chadash Evening Sabbat Services	3 7:00 PM AA 8:30 PM AA
4 Easter Sunday No Church School 9:00 AM Worship 11:00 AM Worship 1:00 PM Community Easter Dinner	5 7:30 PM Scottish Society	6 6:30 PM YBC Rehearsal 7:30 PM Women's Evening Study Group	7 10:00 AM - 11:30 AM Morning for Moms 1:00 PM Dorcas Bible Study 4:00 PM - 5:30 PM JHYG 6:30 PM Shir Chadash Hebrew Class 7:00 PM - 9:00 PM Boy Scouts Troop 182 7:00 PM Deacons Meeting	8 7:30 AM Men's Breakfast Bible Study 10:00 AM - 11:30 AM Parkinson's Exercise Group 6:30 PM Freedom Ringer Rehearsal 7:00 PM - 8:30 PM Brownie G.S. 7:30 PM Choir Rehearsal	9 7:30 PM Shir Chadash Evening Sabbat Services	10 9:00 AM - 12:00 PM Shir Chadash 7:00 PM AA 8:30 PM AA
11 2nd Sunday of Easter 9:00 AM Church School 9:00 AM Worship 11:00 AM Worship 1:00 PM Confirmation Class 5:00 PM ASP Fundraiser Dinner 7:00 PM SHYF	12 7:00 PM Property Committee	13 6:30 PM YBC Rehearsal 7:00 PM Finance Committee 7:30 PM Christian Ed 7:30 PM Mission Committee	14 10:00 AM - 11:30 AM Morning for Moms 1:00 PM Dorcas Bible Study 4:00 PM - 5:30 PM JHYG 6:30 PM Eagle Project Review Meeting 6:30 PM Shir Chadash Hebrew Class 7:00 PM - 9:00 PM Boy Scouts Troop 182	15 7:30 AM Men's Breakfast Bible Study 12:00 PM Church Men's Lunch Group 6:30 PM Freedom Ringer Rehearsal 7:00 PM - 8:30 PM Brownie G.S. 7:30 PM Choir Rehearsal	16 10:00 AM - 11:30 AM Parkinson's Exercise Group 7:30 PM Shir Chadash Evening Sabbat Services	17 9:00 AM - 12:00 PM Shir Chadash 7:00 PM AA 8:30 PM AA
18 3rd Sunday of Easter FR plays both Services 9:00 AM Church School 9:00 AM Worship 11:00 AM Davey Baptism 11:00 AM Worship 1:00 PM Confirmation Class	19 7:30 PM Session	20 4:00 PM - 7:00 PM Marie Coyne 6:30 PM YBC Rehearsal 7:30 PM Women's Evening Study Group	21 10:00 AM - 11:30 AM Morning for Moms 1:00 PM Dorcas Bible Study 4:00 PM - 5:30 PM JHYG 6:00 PM Cub Scouts 6:30 PM Shir Chadash Hebrew Class 7:00 PM - 9:00 PM Boy Scouts Troop 182 8:00 PM Shir Chadash Rabbi Class	22 7:30 AM Men's Breakfast Bible Study 6:30 PM Freedom Ringer Rehearsal 7:00 PM - 8:30 PM Brownie G.S. 7:30 PM Choir Rehearsal	23 Women's Retreat 10:00 AM - 11:30 AM Parkinson's Exercise Group 7:30 PM Shir Chadash Evening Sabbat Services	24 Women's Retreat 7:00 AM Clock Club 1:45 PM - 3:45 PM Children from China Playgroup 7:00 PM AA 8:30 PM AA
25 4th Sunday of Easter 9:00 AM Church School 9:00 AM Worship 11:00 AM Worship 4:00 PM New Member's Tea 5:00 PM - 9:00 PM Joe Zeidan (Women's gathering) 7:00 PM Information Meeting	26 7:30 PM - 9:00 PM Waterman Bird Club	27 6:30 PM YBC Rehearsal	28 10:00 AM - 11:30 AM Morning for Moms 1:00 PM Dorcas Bible Study 4:00 PM - 5:30 PM JHYG 6:30 PM Shir Chadash Hebrew Class 7:00 PM - 9:00 PM Boy Scouts Troop 182 8:00 PM Shir Chadash Rabbi Class	29 7:30 AM Men's Breakfast Bible Study 6:30 PM Freedom Ringer Rehearsal 7:00 PM - 8:30 PM Brownie G.S. 7:30 PM Choir Rehearsal	30 10:00 AM - 11:30 AM Parkinson's Exercise Group 7:30 PM Shir Chadash Evening Sabbat Services	1 9:00 AM - 12:00 PM Shir Chadash 7:00 PM AA 8:30 PM AA



## ATTENTION GRADUATING SENIORS!!

The Scholarship Committee is currently accepting applications for monetary scholarships from seniors who will be continuing their education. The forms are available outside the church office and must be submitted by Sunday, May 9, 2010. The requirements are as follows:

1. Student must have been a member of Freedom Plains Presbyterian Church since October 1 of the year he/she enters the final year of high school
2. Student parents need not be members of Freedom Plains Presbyterian Church.
3. Student must submit an application to be considered for a scholarship award. The application must indicate: a) Specific educational plans, including vocational training, as well as college studies, b) Include a statement of activities in the life of Freedom Plains Presbyterian Church.

*The Scholarship Committee*

## LENDING A HELPING HAND

### Dutchess Outreach Food Pantry: April is Tuna Month

Thank you for your generous support of our goals for the Food Pantry. What a blessing it has been. Each month our goals have been surpassed.

January: we were able to deliver over 200 cans of hot meals to needy families.

February: we delivered 90 pounds of pasta and 73 jars of sauce.

March: over 100 cans of chunky soup were collected.

April's goal is for 100 cans of tuna. That should be really easy, there is probably a can in your kitchen right now.

Looking forward to May, we are asking for canned fruit and applesauce. In addition to food, Dutchess Outreach is always in need of personal items such as toothbrushes, toothpaste, bars of soap, and laundry detergent. If you get paper bags at the grocery store, you can recycle them by dropping them off by the food baskets in the Narthex.

Thank you again for all your support and keep up the good work, Nancy Townsend



## SUNDAY CHURCH SCHOOL UPDATES:

### SUNDAY CHURCH SCHOOL APRIL CALENDAR

4/4: Easter - no church school - children should attend service with their family

4/11: Teacher's meeting in between services

4/18: 4th & 5th grade open house

4/25: Children's Fellowship

*Christine Lent and Diane Wassick  
Sunday Church School Directors*



The children have been busy, planting sunflowers and marigolds and watching them grow. They have been dying Easter eggs and weaving and painting Easter baskets. During April, the children will be visiting Hannaford Supermarket to learn about healthy foods, as well as receiving a seedling to take home and plant in honor of earth day.

Registration has begun for the fall. All 3-year-old classes are currently full and we are taking names for a waiting list. We still have room in our 4-year-old classes, both morning and afternoon.

Our new class "Kindergarten Enrichment" is filling fast.

We are looking forward to a fun filled summer! This year we are offering 6 weeks of camp. Each week is theme based and full of fun activities –

- Week 1 – Gardening
- Week 2 – Stars & Stripes
- Week 3 – Tie-Dye Week
- Week 4 – Digging for Dinos
- Week 5 – Beach Week
- Week 6 – Circus Week

There are registration forms on the Nursery School Bulletin Board for fall classes and summer camp, or you may call Gigi Lundewall @485-1145 for more information.

## ***A CONGREGATIONAL STUDY AND DISCUSSION***

### **“HAVE YOU ASKED THE RIGHT QUESTIONS?”**

Have you ever been to your doctor and he or she has suggested you take a medication that will not cure a condition but might prevent one? Many of us, especially women, have been faced with this for years. We have been given prescriptions for hormones to treat menopausal symptoms, bone density drugs to prevent osteoporosis, estrogen – blocking drugs to prevent osteoporosis and invasive breast cancer. Unfortunately no one knows the long-term effect of these drugs. They have not been used long enough to know how the story will turn out. You should know who ran the clinical study, how many people were studied, and who funded the study. The study on hormonal replacement therapy was done on one drug, Prempro, and not on other estrogens such as the transdermal patch. As a result all estrogens were deemed harmful and women were warned against them. Now they are rethinking their use for short-term purposes. We are bombarded in the media with drugs to treat all kinds of conditions. How often have you come out of the doctor’s office without a prescription for what ails you?

People ask me if they should take certain drugs to prevent illness. I tell them you have to weigh the benefits with the risks. All meds have risks even common aspirin. You must know your risks and decide for yourself if taking it is worth it. It’s a trade-off. It’s your body. You are its caregiver. Get to know your local pharmacist. He or she is a wonderful knowledgeable resource person.

So, what can we do when our doctor wants to prescribe a drug to prevent a condition?

- ❖ Ask questions of your doctor, pharmacist, parish nurses.
- ❖ Weigh the pros and cons of taking the drug.
- ❖ Research information on the drug and its clinical tests. Know if there is a substitute for it that has been more thoroughly tested.
- ❖ Listen to your body. Will you be very anxious on this drug?

It has taken me four years to be willing to take a drug originally prescribed to prevent a condition. Now I am ready to take it. I have weighed the pros and cons.

I’ve seen significant changes in your efforts to stay well and thrive these past 6 years. You are taking responsibility for your health and wellness. Congratulations! At a certain point in the aging process we develop the start of some chronic conditions we have inherited. All of a sudden we have grandma or grandpa’s gout, diabetes, arthritis, high blood pressure, high cholesterol. Our inheritance has caught up with us, not the one (\$) we thought we would get. Taking responsibility in getting these under control and “dialed back” will help us maintain quality of life long into our senior years.

So let’s get moving our bodies and using our minds this spring. Get your B/P and weight down, blood sugar and cholesterol under control.

A special thanks to all of you for your words of comfort and prayers awaiting my breast biopsy results. Things turned out fine. It is so special how we all support each other through our dark moments.

Happy Spring and a Blessed Easter!

***Bonnie Biskup***  
***Parish Nurse***

Recently the Session of Freedom Plains United Presbyterian Church received a letter that asked us to consider how inclusive we are as a congregation. In particular the letter asked, “As we seek to expand our vision of Christ’s love and to demonstrate our Christianity more fully, we respectfully request that Session of the Freedom Plains United Presbyterian Church avow itself as a congregation committed completely and publicly to affirming, welcoming and seeking the full participation of lesbian and gay people of faith in the life of the church.”

The Session realizing that this is a controversial issue in the life of the larger church, wishes to consider this request prayerfully and intentionally. As a result, Rev. Lent will be leading a study Wednesday nights at 7:00 PM, April 14, 21, 28 and May 12. Come to all or some, all are invited.

At the end of the Sessions, we will be talking about whether it would be appropriate to have a statement like the following on our bulletin every week.

*“Knowing that all community is a gift of God, we affirm there can be no exclusiveness about the body of Christ. We welcome into our community and membership all people of God regardless of race, ethnic heritage, national origin, age, gender, marital status, sexual orientation or socioeconomic standing; and we encourage the full participation of all in the life of our congregation.”*



We have recently added the following new materials to our church library. We hope you will feel free to borrow whatever may interest you. It's so easy! Just sign the card in the back of the book with your name and phone number and leave the card in the file box on the counter.

- A Teens Guide to Christian Living: Practical Answers to Tough Questions* by Bettie B. Younges
- Boundaries in Dating* by Henry Cloud
- Boundaries: When to Say Yes, How to Say No to Take Control of Your Life*, by Henry Cloud
- C.S. Lewis Signature Classics: Mere Christianity, The Screwtape Letters, A Grief Observed, The Problem of Pain, Miracles and The Great Divorce*
- Veggie Tales: Heroes of the Bible 3* (DVD)
- The Passion of the Christ* (Definitive edition DVD)
- The Goat Lady* by Jane Bregoli
- Listen to The Wind* by Greg Mortenson
- Give a Goat* by Jan Schrock
- One Hen* by Katie Smith Milway
- Chicken Soup for the Christian Family Soul* by Jack Canfield
- Three Cups of Tea* ( the Young Readers edition)
- Setting Boundaries with Your Adult Children* by Allison Bottke
- Chicken Soup for the Christian Woman's Soul* by Jack Canfield

## VOLUNTEER OF THE MONTH

Laura Baldwin is one of those people who jumps into projects full force and doesn't look back. She isn't just a teacher, an aunt, or a friend. She is a dedicated Christian committed to exploring the depths of her faith. Many of you will have experienced her announcements in church that share her enthusiasm and invigorate endeavors. Some of you have been blessed to experience her leadership at the women's retreat in the past and others will again this year as she is slated to lead the retreat, April 23-24 at the Presbyterian Center at Holmes. The theme this year is "Be still and know that I am God." In an effort to jump start the Tuesday night Women's Bible Study this fall she hand addressed hundreds of envelopes to reach out to women who may have needed a little extra push to feel welcome in a Bible Study group. This winter Laura and her dog Levi walked away from a terrifying car accident unscathed. As a result, she is even more committed to discovering how God would have her use her gifts. She has volunteered to co-direct vacation Bible School this summer for our children and surely deserves the parking spot on the far side of the lot for her shiny new Subaru.



**Prayers for Comfort and Healing:** George Spencer, Sally Woods, Nicole Hasenpflug, Jen Newlan Pazereckis, Linda Lentz, Betty McKinney, Joe Kumi's Aunt Dora, Sally, Rita, Richard Peverly, Eleanor Conway, Bernie Conway, Joanne Pinello Kaley, Ray Brock, John Eyerly, Virginia Richards, Maria Walsh, Sue Fitzgerald, Ian & Bert Morrison, Margaret Teliho's brother Ian, Doris Williamson, Frances Travis (Trish Rice's mom), Jerry Duquette, Ellen Jacobs, Linda Roy, Tom & Marie Hasenpflug.

**Prayers for Bereavement:** Drew Barry and family for loss of father, Howard; Kristin Fandl and family for the loss of her mother; Gigi Lundewall for loss of her cousin; Jean Bartoes and family for loss of her husband, Andy.

## SENIOR NEWS

### Town of Poughkeepsie "Senior Citizen Emergency Watch Program"

The Town of Poughkeepsie Police Department has initiated a new program to assist seniors living in the Town of Poughkeepsie. This program allows the police department to check up on seniors that have no family or friends that would ordinarily do this.

The police will document in a computer database the names of seniors, where they reside, and important contact information. In addition, the data would include special needs and special assistance that could be compromised in the event of inclement weather or natural disaster.

These individuals who fill out the "Senior Citizen Emergency Watch Program" form will be contacted to insure that they are well and not in need of assistance. Should family contacts be needed, the database would have the names and numbers and the police designee would initiate contact.

Forms are available by contacting myself or Bonnie, your parish nurses, or from the Town of Poughkeepsie Department website –[www.townpolice.net](http://www.townpolice.net).

Maybe you don't need this help, but you may know of someone who does. Please feel free to take a form to them.

*Anne Cole*