

FREEDOM PLAINS UNITED PRESBYTERIAN CHURCH
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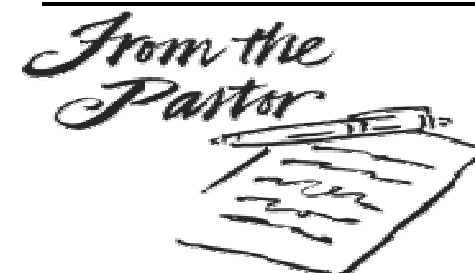
THE HERALD

Freedom Plains United Presbyterian Church

Founded 1827



Summer, 2010



*There is no longer Jew or Greek,
there is no longer slave or free,
there is no longer male and female;
for all of you are one in Christ Jesus.
Galatians 3:28*

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 – webmaster@fppchurch.org
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Dear Friends,

Over six months ago when Rev. Lent was planning his sabbatical he thought that hiring a seminary student would be a good thing for the church. I would be the acting head of staff and supervise the intern while he was away. I fondly remember my days doing internships and field education. I remembered my first funerals, my first “cold calls” with parishioners I’d never met. It was trial by fire. As I work with Anna I see that the dividing lines between supervisor and intern are simply years of experience and not innate wisdom.

What I didn’t fully anticipate was that working with Anna Fulmer would be a true gift for me this summer. Seeing the church and its wonderful peculiarities through Anna’s eyes has been refreshing. Her seminary asks her to try and capture the theology of the congregation in a piece of scripture. The verse she chose, from Galatians (above), make me so happy and proud to be in ministry with this congregation. It reminds me once again that in the teachings of Christ we know a God of inclusivity.

As we share our sanctuary with Shir Chadash; as the session prays about endorsing a statement of welcome and inclusivity for our gay brothers and sisters; as we reach out to the children of Poughkeepsie in the Christmas in August project; as Rev. Lent seeks common ground between Christian, Jewish and Muslim faiths, and as this church is led in worship week after week this summer with primarily female voices proclaiming the good news, we do indeed embody the words of the apostle Paul. We are breaking down dividing walls and, though it has been an historically fearful journey, we are doing our best to live out Christ’s inclusive love. May each one of us find our place in this unfolding vision.

I knew Anna was the right intern for us almost the moment I met her. When I extended the invitation to come to New York for the summer I forgot to mention that she could leave the 100-degree weather back in South Carolina.

Abundant Summer Blessings to all,

Rev. Heather Finck

FPUPC ANNOUNCEMENTS

PENNIES FOR PEACE – Way to go!! Through Vacation Bible School, Church School and the Freedom Plains Nursery School, we raised \$513.50 which is 513,500 pennies for Pennies for Peace. This will help build schools in Pakistan and Afghanistan with an emphasis on the education of girls and women.

ARC BLOOD DRIVE – SAVE THE DATE – Thursday, November 18th from 1:30 pm to 6:30 pm in Fellowship Hall. Please mark your calendar.

SUMMER MUSIC OPPORTUNITIES: If you would like to share your vocal or instrumental talents during summer worship services, there will be a sign up sheet on the bulletin board in the hallway by the kitchen. Please also contact our music director, Kevin Donnelly. See him at church or email at kdpiano@yahoo.com. Adults and youth are welcome.



During the summer there will be only one service at 10:00 am. The Church Office hours are 9:00 am to 1:00 pm Monday through Friday.

SINGERS: Share you **talent** and **join** the **FPUPC Choir**, for the 2010/2011 season, starting in the fall. Since the introduction of our new choir robes (34) last fall, several of our members have moved from this area or have become ill and can no longer sing with us. Rehearsals are Thursday evenings, 7:30PM to 9 or 9:30PM and we sing at either the 9AM or 11AM worship services on alternating Sundays. Our repertoire consists of all forms of liturgical music. **New singers are WELCOME** so please contact **Kevin Donnelly, Music Director** at kdpiano@yahoo.com, **Elaine Watkins** at elainewatkins@verizon.net or **Em Jorgensen** at ejorgensen@hvc.rr.com. We will be most happy to add your name to our roster and e-mail list for upcoming announcements.



If you have not picked up your new church directory yet, you may pick one up in the church office.

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.

SEPTEMBER HERALD – Please submit articles for the September Herald in writing or by email to the church office by Thursday, August 23rd. The email address is office@fppchurch.org. Thank you in advance.

FREEDOM PLAINS CHURCH AT WORK AND WORSHIP - Visit our website at 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.

JULY 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 13th Sunday in Ordinary Time 10:00 AM Worship	28 9:00 AM - 12:00 PM VBS	29 9:00 AM - 12:00 PM VBS	30 9:00 AM - 12:00 PM VBS	1 9:00 AM - 12:00 PM VBS	2 9:00 AM - 12:00 PM VBS	3 7:00 PM AA 8:30 PM AA
4 14th Sunday in Ordinary Time Independence Day 10:00 AM Worship	5 8:30 AM - 12:30 PM Niemanville Camp	6 8:30 AM - 12:30 PM Niemanville Camp	7 8:30 AM - 12:30 PM Niemanville Camp 1:00 PM Bible Study	8 8:30 AM - 12:30 PM Niemanville Camp	9 8:30 AM - 12:30 PM Niemanville Camp 10:00 AM - 11:30 AM Parkinson's Exercise Group	10 11:00 AM - 6:30 PM Baby Shower 7:00 PM AA 8:30 PM AA
11 15th Sunday in Ordinary Time 10:00 AM Worship	12 8:30 AM - 12:30 PM Niemanville Camp	13 8:30 AM - 12:30 PM Niemanville Camp	14 8:30 AM - 12:30 PM Niemanville Camp 1:00 PM Bible Study	15 8:30 AM - 12:30 PM Niemanville Camp	16 8:30 AM - 12:30 PM Niemanville Camp 10:00 AM - 11:30 AM Parkinson's Exercise Group	17 3:00 PM - 8:00 PM Kelley Party 7:00 PM AA 8:30 PM AA
18 16th Sunday in Ordinary Time 10:00 AM Baptism 10:00 AM Worship 7:00 PM ASP Meeting	19 8:30 AM - 12:30 PM Niemanville Camp	20 8:30 AM - 12:30 PM Niemanville Camp	21 8:30 AM - 12:30 PM Niemanville Camp 1:00 PM Bible Study	22 8:30 AM - 12:30 PM Niemanville Camp	23 8:30 AM - 12:30 PM Niemanville Camp	24 Leave for Appalachia 7:00 PM AA 8:30 PM AA
25 17th Sunday in Ordinary Time 10:00 AM Worship	26 8:30 AM - 12:30 PM Niemanville Camp	27 8:30 AM - 12:30 PM Niemanville Camp	28 8:30 AM - 12:30 PM Niemanville Camp	29 8:30 AM - 12:30 PM Niemanville Camp	30 8:30 AM - 12:30 PM Niemanville Camp 10:00 AM - 11:30 AM Parkinson's Exercise Group	31 7:00 PM AA 8:30 PM AA

AUGUST 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 18th Sunday in Ordinary Time 10:00 AM Worship	2 8:30 AM - 12:30 PM Niemanville Camp	3 8:30 AM - 12:30 PM Niemanville Camp	4 8:30 AM - 12:30 PM Niemanville Camp	5 8:30 AM - 12:30 PM Niemanville Camp	6 8:30 AM - 12:30 PM Niemanville Camp	7 8:30 AM - 12:30 PM Niemanville Camp 7:00 PM AA 8:30 PM AA
8 Lunch Box 10:00 AM Worship	9 4:00 PM - 10:00 PM Home Bureau	10	11 6:30 PM - 8:30 PM Eagle Board Meeting	12	13	14 7:00 PM AA 8:30 PM AA
15 10:00 AM Worship	16	17	18	19	20	21 10:00 AM - 1:00 PM Christmas in August 7:00 PM AA 8:30 PM AA
22 10:00 AM Worship	23 8:00 AM - 5:00 PM Brick Kids	24 8:00 AM - 5:00 PM Brick Kids	25 8:00 AM - 5:00 PM Brick Kids	26 8:00 AM - 5:00 PM Brick Kids	27 8:00 AM - 5:00 PM Brick Kids	28 7:00 PM AA 8:30 PM AA
29 10:00 AM Worship 3:00 PM - 6:00 PM High Holiday Choir Rehearsal Shir Chadash	30	31 6:30 PM High Holiday Choir Rehearsal Shir Chadash	1	2	3 4:00 PM Bongioanni Baptism 5:00 PM Houston/Bongioanni Wedding Rehearsal	4 3:00 PM Houston Wedding/Bongioanni 7:00 PM AA 8:30 PM AA

CHRISTMAS IN AUGUST

This year the Christmas in August event will take place on Saturday, August 21st from 10 am to 1:00 pm at Christ Episcopal Church in Poughkeepsie. We are in need of monetary donations and we have a specific list of school supplies that we are requesting: filler paper, spiral notebooks, pocket folders, glue sticks, pencils, black and white composition notebooks, and crayons.

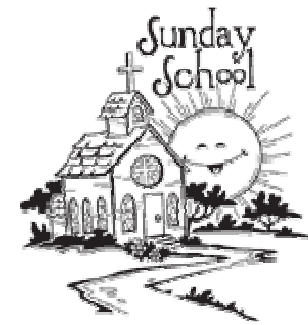
If you have any questions regarding Christmas in August, we now have a dedicated email address: ChristmasinAugust05@gmail.com.



VOLUNTEER
OF THE MONTH

Instead of just lifting up a single volunteer this month, we would like to lift up a multitude of volunteers who have been instrumental in the life and mission of this church. This church would not be able to operate without the work and commitment of so many unnamed people. We would like to thank **Laura Baldwin** and **Jeani Lyons** as well as the other people who volunteered their time and talents to make Vacation Bible School a success. It was definitely a **Baobab Blast!** We are also grateful for **Fred Stuebner**: without his efforts and work on the air conditioning we would be sweating this summer during worship! This summer we have so many volunteers taking time out of their busy lives to work on projects like the **Appalachian Service Project**, Anna Fulmer's **Supervised Ministry Team**, and **Christmas in August**; we are blessed to have a congregation who is willing to live their faith out in their daily lives volunteering their time and talents in our church, community, and beyond.

Want to Get Involved? There are so many ways to get involved and volunteer your time and talents at Freedom Plains United, whether it is through working with Christmas in August, hosting coffee hour, or sharing music during worship this summer. If you are unable to volunteer for these efforts, we encourage you to be praying for the people who are. Everyone's gifts are needed, so pray and think about what God is calling you to do



SUNDAY CHURCH SCHOOL UPDATES:

THANK YOU TO ALL OF THE CHURCH SCHOOL TEACHERS, ASSISTANTS AND VOLUNTEERS for their commitment to the Church School and children. They have done a great job teaching the curriculum and sharing of their knowledge and time.

THANK YOU TO THE CHILDREN AND FAMILIES for your support and participation.

2010 - 2011 REGISTRATION - 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.

Mark 9/12 on your calendars for the first day of church school for 2010/2011.

Have a great summer!

Christine Lent and Diane Wassick
Sunday Church School Directors



Vacation Bible School raised \$132.64 for The Water Project!!! The Water Project is supported by a Christian non-profit organization. Wells and water tanks are built in Africa and India to provide clean water within ½ mile of villages. Not only are health and nutrition improved, but educational and economic opportunities increase. Please help us to continue supporting The Water Project through the coming church school year.

\$10 =   



Prayers for Comfort and Healing: Jack Hedberg, Norma Chalmers, Earl Lauria, Virginia Pierpont, Bob Graham, Liz Miglis, Victoria Nichols, Joanne Pinello Kaley, Chris Rizza, Dominick (17mos. old diagnosed with neuroblastoma), Michelle Simone, Gina Beckman, George Spencer, Sally Woods, Nicole Hasenpflug, Jen Newlan Pazereckis, Linda Lentz, Betty McKinney, Joe Kumi's Aunt Dora, Sally, Rita, Richard Peverly, Eleanor Conway, 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: For the Scofield family for the loss of Judy. For the Boyd family for the loss of Pat. Gigi Lundewall and family for the loss of her mother

Joy: Happy Anniversary to Marie and Tom Hasenpflug who celebrated their 46th wedding anniversary. Happy Anniversary to Lou and Jack Glasse who celebrated their 60th wedding anniversary.

Una Festa Nel Teatro!! A THEATRE PARTY!!

*The River Valley Rep is back at Marist College this year, with three cutting edged productions. One of them will feature our own **Nancy Auffarth**. Join us for an afternoon of fine musical theatre, and help support the FPUPC scholarship fund.*

The River Valley Rep presents

The Light in the Piazza

Book by Craig Lucas, Music and lyrics by Adam Guettel
Directed by Don Brenner * Featuring Nancy Auffarth

Winner of 6 Tony Awards, THE LIGHT IN THE PIAZZA is a wondrous fable set in Italy in the summer of 1953. In the course of showing her daughter the sights and sounds of Florence, a middle aged woman accidentally sets the stage for a delightful bi-lingual romance, and in doing so discovers herself.

DATE; SUNDAY, JULY 25 TIME: 2PM

COST: \$30.00

10% of the ticket price will be donated to
The Freedom Plains United Presbyterian Church Scholarship fund

For info. call Marie Hasenpflug 471-0773

Tickets will be on sale in Fellowship Hall * See Diane Emmett

**Also...perhaps you would like to join us for a potluck buffet after the show
Fellowship Hall, 5:30pm. Please sign up with Diane or Marie**



Parish Nurse Monthly Article

In June I attended the monthly dinner meeting of the Mid Hudson Diabetic Association, and was pleased to hear about the new direction for these nutritional practitioners. The keynote speaker was their delegate to Albany and spoke of the need for all members to write to their elected leaders asking them to support continued funding for the School Breakfast Bill in NY State. I also support this Bill, and wrote to my elected officials.

Next they voted on a new slate of officers and talked about local efforts to be more visible in the community. They are doing this by "Spot Lighting" a nutritional clinician each month. Last month (May) they showcased Azzie Williams, an R.N. and Dietician who works for the Dutchess County Department of Health.

Ms. Williams is the same Azzie Williams who had spoken at the First Presbyterian Church in the past. She is a member of the Parish Nurse Network that Bonnie and I belong to, and is also the Primary Diabetic Educator for Dutchess County Department of Health and St. Francis Hospital. I am certain many of our congregation may have attended one of her programs.

The decision was made to showcase Sarada Bernstein, M.P.H. the President Elect. She has a most unique position with ShopRite of Kingston as a Retail Dietician. Her new roll is part of a study by ShopRite to determine the "added value" by creating a community dietician to help shoppers make informed, educated decisions about their daily diets, health improvements and achieve weight reduction. Sarada is a resource to the community of Kingston and hopes to make a difference to the people she serves.

It is important for all of us to know that the goals of the Professional Registered Dietician's Association (NYSDA) are to address two key issues. 1) Health Literacy, and 2) Management Leadership.

Don't assume the people that see health providers have health literacy. The mere ability for the health consumer to understand terms like hypertension, arthritis, cardiac ischemia, etc. is often wrongly assumed by health care personnel to be understood. Also wrongly assumed, is that the patient/client will follow dietary recommendations.

Let us not forget that Mrs. Obama spoke to a gathering of chef all stars to gain their assistance to promote nutritional literacy in neighborhoods across our nation.

Remember you are what you eat so why not eat smart and feed your family, friends and guests right.

God bless this food to our use each day.

**Anne Cole
Parish Nurse**