

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

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# THE HERALD

Freedom Plains United Presbyterian Church  
*Founded 1827*



*February 2010*



*“I wait for the Lord, my soul waits, and in his word I hope; my soul waits for the Lord more than those who watch for the morning” Psalm 130-5-6*

## Freedom Plains United 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 Directors  
Bonnie Biskup, Anne Cole, Parish Nurses  
Lou Biskup, Treasurer  
Kevin Coyne, Sexton  
Donna Logan, Diane Wassick, Bell Choir Directors  
Jennifer Barry, Clerk of Session  
Office Hours: 9:00 AM – 2:00 PM  
Office Telephone: (845) 452-0684  
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Dear Friends,

Long ago the Magi and many others use to stare into the sky and observe the stars, taking account of the changes as a way of telling them what was in store in the days ahead. Today few of us stare into the night sky, or observe the moon or sun or stars at their rising. But there are still signs for those who notice. For example, yesterday I went into my basement and adjusted the timer on the lights on my porch. Every night around when it gets dark the lights turn on with a timer, but as the days get shorter and then longer with the changing seasons, the timer needs to be adjusted. Intellectually, I know that the days have been getting longer since December 22<sup>nd</sup>, but it was not until yesterday when I changed the timing of the lights that it hit home. Spring is on its way, warmer weather is on its way, and a new growing season is around the corner.

Ash Wednesday and the season of Lent arrive this year on February 17 and these markers are meant to awaken us to the changing seasons in our spirits. Lent asks us to realize that a new spiritual growing season is coming. That Easter is coming. I invite you to pay attention to the changing of the seasons; I invite you to observe a holy Lent this year. Come to church, read the bible, participate in our Lenten Breakfasts, pray.

You know if I don't keep the timing right on the porch lights, pretty soon the whole neighborhood will know. Porch lights on at five in the afternoon in July is a dead giveaway that something is not right. Fortunately, or perhaps unfortunately, is that when our spiritual lives become out of sync it is usually only obvious to ourselves. So seize the day, take the opportunity, observe a holy Lent, prepare the way of the Lord in your life here and now.

Peace,

# FPUPC ANNOUNCEMENTS

FEBRUARY 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>31</b> 4th Sunday in Ordinary Time Freedom Ringers play both services 9:00 AM Church School 9:00 AM Worship 10:30 AM JBC Rehearsals 11:00 AM Worship 1:00 PM - 3:00 PM SHYF	<b>1</b> 5:00 PM Shir Chadash Bar Mitzvah Rehearsal 6:30 PM - 9:00 PM Shir Chadash 7:30 PM Scottish Society	<b>2</b> Groundhog Day 7:30 PM Women's Evening Study Group	<b>3</b> 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	<b>4</b> 7:30 AM Men's Breakfast Bible Study 7:00 PM - 8:30 PM Brownie G.S. 7:00 PM - 9:00 PM Shir Chadash Rehearsal 7:30 PM Choir Rehearsal	<b>5</b> 10:00 AM Parkinson's Exercise Group 7:30 PM Shir Chadash Evening Sabbath Services	<b>6</b> 9:00 AM - 12:00 PM Shir Chadash 7:00 PM AA 8:30 PM AA
<b>7</b> 5th Sunday in Ordinary Time Super Bowl Hero's by Presbyterian Women 9:00 AM Church School 9:00 AM Worship 10:30 AM JBC Rehearsals 11:00 AM Worship	<b>8</b> 4:00 PM - 5:30 PM Women's Afternoon Bible Study 7:00 PM Property Committee 7:00 PM - 9:00 PM Shir Chadash Rehearsal	<b>9</b> 7:00 PM Finance Committee 7:30 PM Christian Ed 7:30 PM Mission Committee	<b>10</b> 10:00 AM - 11:30 AM Morning for Moms 1:00 PM Dorcas Bible Study 4:00 PM - 5:30 PM JHYG 10:30 AM Eagle Project Review Meeting 6:30 PM Shir Chadash Hebrew Class 7:00 PM - 9:00 PM Boy Scouts Troop 182	<b>11</b> 7:30 AM Men's Breakfast Bible Study 7:00 PM - 8:30 PM Brownie G.S. 7:00 PM Confirmation Class 7:00 PM - 9:00 PM Shir Chadash Rehearsal 7:30 PM Choir Rehearsal	<b>12</b> 10:00 AM Parkinson's Exercise Group 7:30 PM Shir Chadash Evening Sabbath Services	<b>13</b> 7:00 AM Clock Club 7:00 PM AA 8:30 PM AA
<b>14</b> No Church School Transfiguration of the Lord Transfiguration Sunday Valentine's Day 9:00 AM Worship 11:00 AM Worship 7:00 PM - 8:30 PM SHYF Valentines Day Party	<b>15</b> Church Office Closed Presidents' Day 7:00 PM - 9:00 PM Shir Chadash Rehearsal 7:30 PM Session	<b>16</b> 7:30 PM Women's Evening Study Group	<b>17</b> Ash Wednesday 7:00 AM Lenten Breakfast 10:00 AM - 11:30 AM Morning for Moms 10:30 AM - 1:00 PM PW "Ash Wednesday Retreat" 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	<b>18</b> 7:30 AM Men's Breakfast Bible Study 12:00 PM Church Men's Lunch Group 7:00 PM - 8:30 PM Brownie G.S. 7:00 PM - 9:00 PM Shir Chadash Rehearsal 7:30 PM Choir Rehearsal	<b>19</b> 10:00 AM Parkinson's Exercise Group 7:30 PM Shir Chadash Evening Sabbath Services	<b>20</b> 9:00 AM - 12:00 PM Shir Chadash 7:00 PM AA 8:30 PM AA
<b>21</b> 1st Sunday in Lent 9:00 AM Church School 9:00 AM Worship 10:30 AM JBC Rehearsals 11:00 AM Worship 4:00 PM Merger Celebration & Installation	<b>22</b> 4:00 PM - 5:30 PM Women's Afternoon Bible Study 7:00 PM - 9:00 PM Shir Chadash Play Rehearsal 7:30 PM - 9:00 PM Waterman Bird Club	<b>23</b>	<b>24</b> 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	<b>25</b> 7:30 AM Men's Breakfast Bible Study 7:00 PM - 8:30 PM Brownie G.S. 7:00 PM Confirmation Class 7:00 PM - 9:00 PM Shir Chadash Rehearsal 7:30 PM Choir Rehearsal	<b>26</b> 7:30 PM Shir Chadash Evening Sabbath Services	<b>27</b> 1:45 PM - 3:45 PM Children from China Playgroup 7:00 PM AA 8:30 PM AA
<b>28</b> 2nd Sunday in Lent 9:00 AM Church School 9:00 AM Worship 10:30 AM JBC Rehearsals 11:00 AM Worship	<b>1</b> 7:30 PM Scottish Society	<b>2</b> 7:30 PM Women's Evening Study Group	<b>3</b> 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 7:00 PM Deacons Meeting	<b>4</b> 7:30 AM Men's Breakfast Bible Study 7:00 PM - 8:30 PM Brownie G.S. 7:30 PM Choir Rehearsal	<b>5</b> World Day of Prayer 10:00 AM Parkinson's Exercise Group 7:30 PM Shir Chadash Evening Sabbath Services	<b>6</b> 9:00 AM - 12:00 PM Shir Chadash 7:00 PM AA 8:30 PM AA

**A TRIP TO THE HOLY LAND SUMMER 2011** – Rev. Lent and Rabbi Polish will be leading a Jewish/Christian trip to the Holy Land in the summer of 2011. This is a wonderful opportunity to travel as a group of Christians and Jews seeing the holy land together. We will be having an information meeting Sunday, March 14 at 4:00 PM at the church. The purpose of the meeting is to talk about the trip, answer questions and to gauge interest. Please consider being part of this unique experience.

**ANNUAL LENTEN BREAKFAST/DEVOTIONS** – Our annual Lenten breakfast and devotions will begin on February 17<sup>th</sup> at 7:00AM and will be held every Wednesday through Easter. Please sign up at the bulletin board to help with set up, breakfast preparation (more easily done with two persons) and clean up.

**BLUE “PER CAPITA APPORTIONMENT” ENVELOPE (in your offering box)** – reimburses the Church for our share of the expenses for the day-by-day operations of Presbytery, Synod and the General Assembly. We must pay for every member each year. The 2010 per capita is \$26.51 per member.



**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.

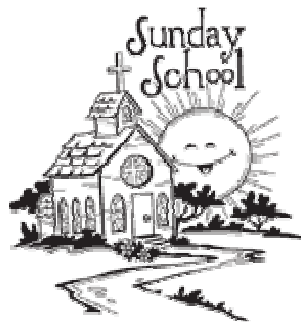
**HOMELESS SHELTER SIGN-UP** – We are in need of volunteers for both cooks and hosts for the homeless shelter. Please sign up on the bulletin board. If you have any questions, please contact Chris Yu at 462-4358.



**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, February 18th.**

**MARCH HERALD** – Please submit articles for the March Herald in writing or by email to the church office by Friday, February 19th. 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 CHURCH SCHOOL UPDATES:

### FEBRUARY CALENDAR:

- 2/14: President's Day weekend - no church school
- 2/21: 3rd grade parent open house
- 2/28: Children's Fellowship

*Christine Lent and Diane Wassick  
Sunday Church School Directors*

### **FREEDOM PLAINS NURSERY SCHOOL**

Nursery School Registration for the 2010/2011 school year has begun. Classes are filling fast, so please tell your family and friends.

We are pleased to announce a new class to Freedom Plains **“Kindergarten Enrichment”**. This class is for children enrolled in Kindergarten. The goal of our Kindergarten Enrichment program is to supplement and enrich the half-day kindergarten program offered by the public schools. Sessions will be 2 ½ hours long on Tuesday, Wednesday and Thursday afternoons from 12:30 pm to 3:00 pm. Parents will be responsible for transportation.

Registration forms for new students are available on the bulletin board or call Gigi Lundewall @485-1145 for more information.

### **BIBLE STUDY GROUPS**



- ❖ **A Morning for Mom!** – Meets Wednesdays at 10:00 AM in the church common room. Fellowship Group for mothers of young children. Please call if you need childcare. Contact: Rev. Heather Finck or call the church office at 452-0684.
- ❖ **Women's Bible Study** – Meets the 1<sup>st</sup> & 3<sup>rd</sup> Tuesday of the month at 7:30 PM in the church common room. **We are beginning our Bible Basics with “Small Group Starter Kit” by Jeff Arnold.** Contact: Laura Baldwin at 413-454-5942, or Jo Lederman at 223-5464.
- ❖ **Dorcas Bible Study** – Meets Wednesdays at 1:00 PM in the Church Common Room. Co-ed Bible Study. Contact: Bonnie Biskup at 724-5631.
- ❖ **Men's Breakfast Bible Study** – Meets Thursdays at 7:30 AM in the church common room, breakfast following. Contacts: Ben Sung at 635-1463 and Rev. Paul Lent at 452-0684.
- ❖ **Church Men's Lunch Group** – Meets the 3<sup>rd</sup> Thursday of the month for lunch, an inspirational message and fellowship at 12:00 noon at Cappuccino's on Route 9, South. If you have any questions or need a ride, please call Jim Pratt at 297-8992.

## **Mission Thank You**

A huge thank you is due to the entire congregation for their support of the holiday mission project for the Brookhaven Apartments in Poughkeepsie. The First Presbyterian Church of Poughkeepsie in 1981 founded the first shelter for victims of domestic violence in honor of long-time member Grace Smith. Freedom Plains Presbyterian Church has long been a supporter of the Brookhaven Apartments. It is only fitting that the Freedom Plains United Presbyterian Church carry on this annual mission. Special thank you's go to the following people for their individual assistance: Don Sagliano and Arnoff Moving and Storage for their donation of 40 plus boxes. Adeline Anderson, Sarah Armstrong, Sue Conrad, Debbie and Mary Spencer, Mary Sawyer, Martin Yu, Kathy MacCarthy, and Casey Steinhaus for their help dividing the gifts. Sarah Armstrong, Rob Rice, Bob Hoffman, Nancy and George Wade for their help transporting the gifts to the apartments. With the significant county budget cuts to non-profit agencies, it is important for FPUPC to continue its support in an effort to end domestic violence in our community.

*Debbie Armstrong*

### ***Pennies for Peace 2010***

*Pennies for Peace*, founded by Greg Mortenson, has built over 100 schools in Pakistan and Afghanistan, emphasizing the education of women. In these countries, a penny buys a pencil, and a dollar supports the education of a child for a month. So far through VBS, our Sunday school and the nursery school, we have collected 16,001 pennies (\$160.01) to support this mission. Through education, improvements are seen in the economic opportunities of these women and the health of these communities. Also, education may help to steer teenagers away from joining militant terrorist groups. So, please continue through this church school year to save pennies for this amazing project. Any questions please contact Dorothy Damore at [dorothyjt@juno.com](mailto:dorothyjt@juno.com) or 485-6936.

### **Lending a Helping Hand**

Dutchess Outreach is an important part of our church life. We serve meals twice a year at The Lunch Box and we collect food and toiletries for the Food Pantry. Our congregation has donated generously. But, there is still a great need in our area this year. Our neighbors have been hit hard by the economic downturn. The Food Pantry gave a 3-day supply of food to 1,531 families in the past year. The Lunch Box has served 78,528 meals.

Lately the food baskets in the Narthex have not been quite as full as they could be. We can fix that. We are setting goals for ourselves. Each month we will strive to donate at least 100 items of something special. January was cans of stew, hash, or chili with meat. The list below will give you a heads up for the next 6 months. So, when you are in the grocery store and you spot a really good deal, think of the monthly goals and stock up!

There is always a need for toiletries, diapers, and cleaning supplies. And we will gladly accept any other items you want to bring to the baskets. But let's make our goals.

- Jan.: 207 cans of stew were collected, we doubled our goal of 100 cans!
- Feb: Boxes of spaghetti and sauce
- March: Hearty Soups with meat, like the big cans of chunky soups
- April: Tuna or canned meat
- May: Canned fruit/applesauce
- June: Peanut butter
- July: Toiletries such as bar soap, deodorant, shampoo

Thanks for your help; suggestions or questions call Nancy Townsend 221-9063



## **HELP WANTED – VACATION BIBLE SCHOOL DIRECTOR**

Although we will miss Rev. Lent this summer as he and his family travel to Israel, the Christian Education Committee is feeling like we may miss Christine more. For the last two years, Christine Lent has directed our Vacation Bible School with a whole lot of help from other volunteers. Many of these volunteers are on board to help again this year along with Rev. Finck and a seminarian that will be helping out around the church this summer, we have many of the pieces we need. But, **WE NEED A DIRECTOR!** The week of VBS is June 28-July 1. The theme is The Baobab Blast and we already have the user friendly curriculum.

The Director's job is to organize and coordinate volunteers to run the rotation model that is well supported by our curriculum. It is a fun and rewarding experience! Please think about being the director of our Vacation Bible School this year. You will have the support of many volunteers as we undertake this enjoyable and rewarding experience together. Please contact Christine Lent, Jennifer Barry or Rev. Heather Finck if you have any questions.

**JUSTICE FOR ALL TEAM VOLUNTEER NEEDED:** The Mission Committee is looking for a volunteer to serve on the Justice For All team to replace Suzanne Williams and Lou Glasse. This group meets monthly, usually immediately after the scheduled Forum on Sunday afternoon. Please contact Christine Williams if you are interested.

## **JUSTICE FOR ALL SPEAKERS FORUM**

### **SCHEDULED SPEAKERS FOR EARLY 2010**

**February** – The Youth Arts Group. A 10 year old program of Rural & Migrant Ministry for teenagers, to help them develop leadership skills through the arts. (I've met them, and they are amazing!)

**March** – Tim Massie from Marist College – topic “Civility in Public Discourse” – Tim is Vice President for Communications, and a longtime Poughkeepsie resident.

**April** – Frida Berrigan, who was unable to make the December forum due to bad weather. Her topic will be “Bread, Not Bombs.”



Did you know that we will soon have a new pictorial directory for our church? I bet you did know because Elizabeth Gundeck and her committee have done such a wonderful job of getting the word out, and setting up the schedule and all the other important yet thankless jobs that come with doing a new church directory. So this month we give thanks for Elizabeth Gundeck and we bestow on her the title “Volunteer of the Month”. Elizabeth is currently an Elder serving on the Session and chairing our membership committee. Many of you have noticed the wonderful “New Members” bulletin board, along with the write-ups in the Herald about our new members and may have wondered who does this? Now you know and can, when the opportunity presents itself, thank Elizabeth for all that she does to introduce and welcome our new members.

Elizabeth herself only joined the church in 2007 through a letter of transfer from Fourth Presbyterian Church in Chicago after she, her husband Ethan and their two children Annie and Louisa moved into the area. Elizabeth, please feel free to park in the Volunteer of the Month parking spot on the far side of the parking lot for the month.

**The Library Committee** has added many new books to our library shelves. Here is an introduction to some of our selections:

Mountains Beyond Mountains, the Quest of Dr. Paul Farmer, a Man Who Would Cure the World by Tracy Kidder

Those following the crisis in Haiti may have heard Dr. Farmer's name in recent weeks. Dr. Farmer works to “solve global health problems through a clear-eyed understanding of the interaction of politics, wealth, social systems, and disease.”

Something's Rising, Appalachians Fighting Mountaintop Removal by Silas House and Jason Howard

“The people who live, work, and raise families in central Appalachia face not only the physical destruction of their land but also the loss of their culture and health in a society dominated by the consequences of mountaintop removal.”

Have a Little Faith by Mitch Albom, author of Tuesdays with Morrie (also in library)

“Albom's book begins with an unusual request, an 82 year old rabbi asks (Albom) to deliver his eulogy...a book about losing belief and finding it again; about the divine spark in all of us.”

If I Live to Be 100, Lessons from the Centenarians by Neenah Ellis

“...takes us inside the world of the very old and invites us to learn from them the art of living well for an exceptionally long period of time.”

God Stories, Inspiring Encounters with the Devine by Jennifer Skiff

“A collection of inspiring stories describing the moment when people received personal proof that God exists.”

The Lemon Tree, An Arab, A Jew, and the Heart of the Middle East by Sandy Tolan

“In 1967...a 25 year old Palestinian journeyed to Israel with the goal of seeing the beloved old stone house with the lemon tree behind it that he and his family had fled nineteen years earlier. To his surprise...he was greeted by...a 19 year old Israeli college student whose family fled Europe for Israel following the Holocaust. (They) began a rare friendship...tested over the next 35 years...”

Here If You Need Me, a True Story by Kate Braestrup

“...remarkable journey from grief to faith to happiness...in the wake of her husband's death, as she pursues his dream of becoming a minister...finds her calling as a chaplain to search-and-rescue workers.”

The Art of Happiness, A Handbook for Living by His Holiness the Dalai Lama

“If you want others to be happy, practice compassion; and if you want yourself to be happy, practice compassion.”

Stones Into Schools by Greg Mortenson

By the author of Three Cups of Tea, “promoting peace with books, not bombs, in Afghanistan and Pakistan.”

Far from Zion, In Search of a Global Jewish Community by Charles London

“From a shopkeeper selling Jewish trinkets in Iran...to an engineering professor in Cuba proud of his Jewish heritage, yet even prouder of his Communist ideals...offers hope that peace may lie not in congregating behind borders but in the promise of a global community of neighbors.”

The Woman Who Named God by Charlotte Gordon

Abraham's Dilemma and the Birth of Three Faiths.

We encourage you to visit our library and borrow any of the above books or some of the many others on our shelves. Please sign the card in the back of the book with your name, phone number and date. When you return the book, feel free to leave it by the card file and we will reshelve it for you.

*Kathy Newton and Pam Woodward, Freedom Plains United Library Committee*

Dear Church Family,

The New Year and new decade are a good time to take a look at our lives to see what is working for us and what is not. The holidays bring families and friends together in a way that is often not a Norman Rockwell painting. Old grievances or wounds rise to the surface or new ones are started. How many people do you know who are not talking to one another as a result of an incident that happened long ago? They often don't remember the incident. Now is a good time to forgive or ask for forgiveness – start anew.

Forgiveness can be beneficial to our health. Potential health benefits can be: decreased anger and negative thoughts, decreased anxiety, lowered blood pressure, decreased depression and grief, and decreased vulnerability to substance abuse. The person you are mad at often is unaware of this. Your feelings are just eating away at you.

Forgiveness is mentioned over and over again in the Bible, e.g., in Matthew 18:21-35, Peter asks Jesus “How many times shall I forgive my brother who sins against me? Up to seven times? Jesus answered seventy-seven times”. In Luke 23:34 Jesus says “Father, forgive them for they do not know what they are doing.” The Bible tells us we will not be forgiven unless we forgive.

Frederic Luskin, a Stanford researcher who studies the effects of forgiveness, defines it as: The moment to moment experience of peace and understanding that occurs when an injured party's suffering is reduced by the process of transforming a grievance they have held against one offending party”.

- Forgiveness is not forgetting. In fact, one must acknowledge negative emotions and events before forgiveness can occur.
- Forgiveness is not pardoning, excusing, or stating that an offense will be treated as acceptable behavior in the future.
- Forgiveness is, first and foremost, an internal process. It is primarily for you.
- Forgiveness that occurs with ulterior motives such as wanting to aggravate the offender is not likely to have a healing affect.
- Forgiveness is a path to freedom. It frees one from the control of the “offender”.
- Forgiveness can take time and hard work.
- Forgiveness need not require reconciliation.

#### **NINE STEPS TO FORGIVENESS**

(For a more complete explanation, see Dr. Fred Luskin's website at [Nine Steps to Forgiveness](#))

1. Contact your beliefs and feelings about what happened and share them with people you trust.
2. Commit to yourself that you will do whatever it takes to feel better.
3. Realize that forgiving does not necessarily mean reconciling with the others or condoning what they did.
4. Realize that the distress you feel is coming from your interpretation of what happened, not from the incident itself.
5. Learn and practice a stress-management technique (yoga, breathing techniques, martial arts, meditation, etc.).
6. Realize that you can control only your own thoughts and actions, not those of others.

7. Turn your attention from your hurt feelings to finding a way to achieve your goals that does not involve changing the other person's behavior.
8. Remembering that “a life well lived is the best revenge,” realize that your negative response gives the other person power over you.
9. Change your story so that it no longer dwells on the victim hood, but focuses instead on your strengths: your ability to cope and to grow, and your heroic choice to forgive.

I hope that this information will help to make your new year healthier and happier.

***Yours in Christ, Bonnie Biskup, Parish Nurse***



**Prayers for Comfort and Healing:** Nicole Hasenpflug, Jen Newlan Pazereckis, Bill Hanka, Joanne Van Derveer's grandson Danny, Sue Conrad's brother-in-law, Richard Peverly, Emmajean Kovak, Eleanor Conway, Bernie Conway, Joy Richwine, Joanne Pinello Kaley, Joe Young, Diane Emmett, Liz Miglis, Ray Brock, John Eyerly, Meagan Doherty, (Maureen Doherty's granddaughter), Virginia Richards, Sandy Brady, Maria Walsh, O.J. Underwood, Albert Hansen, Mark Turczali, Sue Fitzgerald, Ian & Bert Morrison, Margaret Teliho's brother Ian, Michele Simone, Christine Williams' sister Valerie, Doris Williamson, Frances Travis (Trish Rice's mom), Jerry Duquette, Howard Barry, Ellen Jacobs, Linda Roy, Tom & Marie Hasenpflug, Judy.

**Joy:** Dee & Bill Lowe celebrated 62 years of marriage!

#### **THE FOREST OF FAITH**

*There are many trees in the forest,  
And they vary in kind and size.  
The most ancient of these are exotic trees,  
Whose roots we must not despise.  
There are shallow trees, which with every wind  
Shudder and shake and fall.  
And then there are knotty and twisted trees,  
Of no beauty or use at all.  
In a clearing deep in the forest  
I sit 'neath my great strong tree.  
Its fruits are sweet  
For me to eat,  
And it shades me tenderly.  
I shall never leave its shelter,  
Which has been mine from the start.  
My tree is the gospel of Jesus Christ.  
Forever green in my heart!*

*By Isabel Board Foshee  
1992*