

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

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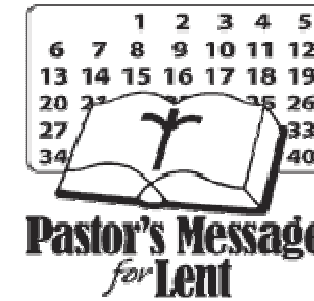
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# THE HERALD

Freedom Plains United Presbyterian Church  
*Founded 1827*



*March 2010*



## 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  
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Dear Friends,

I know it is hard to believe after this past week of snow, but spring is just around the corner. Right now I am sitting here at my desk feeling the warmth of the morning sun coming in my window. It feels nice, even if it is hard to see my computer screen. Yes, we are in the season of Lent, that time of year when we know things are about to change, but it is going to be a little while longer and it is hard to see exactly what is ahead of us. Lent asks us, “will we be ready for new life, for change, for what is in store for us when Easter arrives?”

When I was at Marble Collegiate Church, the Senior Pastor taught me, and thousands of others, this ancient prayer. In this season of Lent, as a way of preparing ourselves, I invite you to find a quiet place and for five minutes repeat this prayer. I invite you to center yourself in a need for God.

### ***The Jesus Prayer:***

Lord, Jesus Christ,  
Have mercy on me.  
Make haste to help me.  
Rescue me and save me.  
Do Your will in my life.

Blessings,

# FPUPC ANNOUNCEMENTS



*Palm Sunday, March 28 9:00 AM & 11:00 AM*  
*Maundy Thursday, April 1 7:00 PM*  
*Easter Sunday, April 4 9:00 AM & 11:00 AM*

**THANK YOU ONE AND ALL!** On Sunday, February 21<sup>st</sup> at 4:00 PM, we had what amounted to a wonderful celebration for the merger of First Presbyterian Church and the Freedom Plains Presbyterian Church. A good number of participants from the Presbytery were here, and for the first time in anyone's present memory, we ordained and installed new Elders and Deacons and Ministers into the life of the new "United" church at the same time. The day was filled with joy, laughter, and such a wonderful spirit, oh yea, and great food at the reception! Thank you one and all, let us hope the spirit of that day stays with us for a good long time.

**RESTAURANT RAFFLE** – The Scholarship Committee is sponsoring a restaurant raffle throughout the month of March. We are raffling off four \$50 gift certificates to area restaurants. The first name drawn will be their choice of gift certificates, and so on. Tickets are \$5 each or 5 for \$20. Quite a bargain for a dinner out! The drawing will take place before Easter. Participating restaurants are: IL Continori, The Blue Fountain, Amedeos, and The Daily Planet. Please support the Scholarship Committee and buy a chance for a great dinner. For questions or to order tickets, please call Carol Weber or Deb Armstrong.

**LUNCH BOX** – On March 14th we will be preparing and serving at the Lunch Box for approximately 200 people. If you would be interested in coordinating this Lunch Box meal, please contact a member of the Mission Committee. Your help of time, talent, monetary donations and food make this a much needed meal for the Lunch Box. Thank you.

**THE PRESBYTERIAN WOMAN WANT TO THANK ALL** who supported our Super Bowl Hero Fundraiser. We were able to raise about \$200 for our Retreat Expenses. A special thank you to our Super Bowl Hero Team who generously helped in preparing the heroes: Stephanie Pratt, Cheryl Christensen, Nancy Roeser, Mitzi Loatman, Susan Conrad, Liz Miglis, Kevin Coyne and Bob Hoffman.

**EASTER DINNER** – The community Easter Dinner will be on Sunday, April 4<sup>th</sup> at 1:00PM. We are looking for a family or families to host this dinner. Please see the table in Fellowship Hall or speak with a member of the Mission Committee to see how you can help and find out more about the dinner.

MARCH 2010

| Sunday   | Monday  | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday  |
|--|---|--|---|---|--|---|
| 28<br>2nd Sunday in Lent<br>9:00 AM Church School<br>9:00 AM Worship<br>10:30 AM JBC Rehearsals<br>11:00 AM Worship  | 1<br>TREE WORK<br>7:30 PM Scottish Society  | 2<br>6:30 PM YBC Rehearsal<br>7:30 PM Women's Evening Study Group  | 3<br>7:00 AM Lenten Breakfast<br>10:00 AM - 11:30 AM Morning for Moms<br>1:00 PM Dorcas Bible Study<br>4:00 PM - 5:30 PM JHYG<br>6:30 PM Shir Chadash Hebrew Class<br>7:00 PM - 9:00 PM Boy Scouts Troop 182<br>7:00 PM Deacons Meeting               | 4<br>7:30 AM Men's Breakfast Bible Study<br>7:00 PM - 8:30 PM Brownie G.S.<br>7:30 PM Choir Rehearsal   | 5<br>World Day of Prayer<br>10:00 AM Parkinson's Exercise Group<br>7:30 PM Shir Chadash Evening Sabbath Services | 6<br>9:00 AM - 12:00 PM Shir Chadash<br>7:00 PM AA<br>8:30 PM AA  |
| 7<br>3rd Sunday in Lent<br>Girl Scout Sunday<br>JBC Plays 9:00 Service<br>9:00 AM Church School<br>9:00 AM Worship<br>10:30 AM JBC Rehearsals<br>11:00 AM Worship<br>1:00 PM Confirmation Class<br>2:00 PM - 6:00 PM Private Birthday Party<br>7:00 PM ASP Meeting | 8<br>4:00 PM - 5:30 PM Women's Afternoon Bible Study<br>7:00 PM Property Committee            | 9<br>6:30 PM YBC Rehearsal<br>7:00 PM Finance Committee<br>7:30 PM Christian Ed<br>7:30 PM Mission Committee   | 10<br>7:00 AM Lenten Breakfast<br>10:00 AM - 11:30 AM Morning for Moms<br>1:00 PM Dorcas Bible Study<br>4:00 PM - 5:30 PM JHYG<br>6:30 PM Eagle Project Review Meeting<br>6:30 PM Shir Chadash Hebrew Class<br>7:00 PM - 9:00 PM Boy Scouts Troop 182 | 11<br>Confirmation Class (time TBA)<br>7:30 AM Men's Breakfast Bible Study<br>6:30 PM Freedom Ringer Rehearsal<br>7:00 PM - 8:30 PM Brownie G.S.<br>7:30 PM Choir Rehearsal                                   | 12<br>10:00 AM Parkinson's Exercise Group<br>7:30 PM Shir Chadash Evening Sabbath Services                       | 13<br>2:00 AM - 6:00 PM Tentative Hold<br>8:30 AM - 2:00 PM Home Bureau<br>7:00 PM AA<br>8:30 PM AA   |
| 14<br>4th Sunday in Lent<br>Daylight-Saving Time Begins<br>LUNCH BOX<br>YBC Plays 9:00 Service only<br>9:00 AM Church School<br>9:00 AM Worship<br>10:30 AM JBC Rehearsals<br>11:00 AM Worship<br>4:00 PM Informational Meeting<br>7:00 PM SHYF                    | 15<br>7:30 PM Session   | 16<br>6:30 PM YBC Rehearsal<br>7:00 PM - 8:15 PM Shir Chadash Choir Rehearsal<br>7:30 PM Women's Evening Study Group<br>8:15 PM - 9:00 PM Shir Chadash Class | 17<br>St. Patrick's Day<br>7:00 AM Lenten Breakfast<br>1:00 PM Dorcas Bible Study<br>4:00 PM - 5:30 PM JHYG<br>6:00 PM Cub Scouts<br>6:30 PM Shir Chadash Hebrew Class<br>7:00 PM - 9:00 PM Boy Scouts Troop 182                                      | 18<br>7:30 AM Men's Breakfast Bible Study<br>12:00 PM Church Men's Lunch Group<br>6:30 PM Freedom Ringer Rehearsal<br>7:00 PM - 8:30 PM Brownie G.S.<br>7:00 PM Confirmation Class<br>7:30 PM Choir Rehearsal | 19<br>10:00 AM Parkinson's Exercise Group  | 20<br>First Day of Spring<br>9:00 AM - 12:00 PM Shir Chadash<br>10:00 AM - 12:00 PM Nursery School Open House<br>1:00 PM - 6:30 PM Birthday Party<br>7:00 PM AA<br>8:30 PM AA |
| 21<br>5th Sunday in Lent<br>FR Plays both services<br>9:00 AM Church School<br>9:00 AM Worship<br>10:30 AM JBC Rehearsals<br>11:00 AM Worship<br>7:00 PM Shir Chadash Class  | 22<br>4:00 PM - 5:30 PM Women's Afternoon Bible Study<br>7:30 PM - 9:00 PM Waterman Bird Club | 23<br>6:30 PM YBC Rehearsal<br>7:00 PM - 8:15 PM Shir Chadash Choir Rehearsal<br>8:15 PM - 9:00 PM Shir Chadash Class  | 24<br>7:00 AM Lenten Breakfast<br>10:00 AM - 11:30 AM Morning for Moms<br>1:00 PM Dorcas Bible Study<br>4:00 PM - 5:30 PM JHYG<br>6:30 PM Shir Chadash Hebrew Class<br>7:00 PM - 9:00 PM Boy Scouts Troop 182   | 25<br>7:30 AM Men's Breakfast Bible Study<br>7:00 PM - 8:30 PM Brownie G.S.<br>7:00 PM Confirmation Class<br>7:30 PM Choir Rehearsal  | 26<br>7:30 PM Shir Chadash Evening Sabbath Services  | 27<br>8:30 AM - 3:00 AM Home Bureau (SNOW DATE)<br>1:45 PM - 3:45 PM Children from China Playgroup<br>7:00 PM AA<br>8:30 PM AA  |
| 28<br>Palm Sunday<br>9:00 AM Church School<br>9:00 AM Worship<br>10:00 AM Easter Egg Hunt<br>11:00 AM Worship  | 29  | 30   | 31<br>7:00 AM Lenten Breakfast<br>10:00 AM - 11:30 AM Morning for Moms<br>1:00 PM Dorcas Bible Study<br>4:00 PM - 5:30 PM JHYG<br>6:30 PM Shir Chadash Hebrew Class<br>7:00 PM - 9:00 PM Boy Scouts Troop 182   | 1<br>Maundy Thursday<br>7:30 AM Men's Breakfast Bible Study<br>7:00 PM - 8:30 PM Brownie G.S.<br>7:30 PM Choir Rehearsal  | 2<br>Good Friday<br>7:30 PM Shir Chadash Evening Sabbath Services  | 3<br>7:00 PM AA<br>8:30 PM AA   |

## MARCH 2010 HEALTH MINISTRY

Spirituality in our everyday lives is the Answer but what you ask is the Question? Do you have God in your life, are you saved and waiting to serve your fellow man when you are asked. Have you even thought about what you can do and whom you can do it for? I'm afraid before we can help each other, we must help ourselves.

I attended the Lenten Service on February 17<sup>th</sup>, and Paul noted that we must all do our spring cleaning and prepare to do "our Holy Dusting". During Lent we need to take stock of our faith and our spiritual relationship to God. He suggested that we could start by reading the Psalms, then the Lords Prayer as we prepare to renew our faith.

How often do we just continue to go along and accept that this is what life is about and there is nothing that we can do about it? This is wrong, just plain wrong, there is plenty we can do about things and often help comes in the strangest places and at the most unexpected times.

I have a perfect example of faith, blind faith. Last week while having breakfast at IHOP, I aspirated a piece of bacon and experienced trouble breathing, as I was coughing so much. Excusing myself, I went to the bathroom and continued coughing. A woman came out of the stall and asked if I needed help, but I said "no". Then this stranger reached over and put her hands on my back and my shoulder and started to pray for me. She asked God to heal me. After she repeated her prayer several times she just left. I was so shocked; I hardly realized that a miracle had happened. I realized that I was no longer choking. I took a moment to thank God, washed my face, left the bathroom returned to my table to share my experience.

I walked over to where the stranger sat and thanked her. She told me her name was Marilyn and she had taken her neighbor out for breakfast. We exchanged names and parted. It was obvious to me that she never doubted the healing power of prayer and that she was a very spiritual person. After praying she simply left and went back to her meal leaving God to heal me.

My Christian faith is the basis for my noninvasive, wellness focused Nursing Practice. The Bible says, "Therefore, we have an opportunity, let us do good to all people, especially to those who belong to the family of believers." Galatians 6:10.

How often do we take the time to listen to God and to know that we are his? We need to open the door to spirituality talk. Often we don't know or don't think we know what to say or do when confronted by others who have spiritual needs. First we need to initiate Spiritual Communication and once we do this we should be prepared to respond. Preparing can be done by – READING THE WORD – open you to God, remembering the Spirit's presence within. RESPOND TO THE WORD – what does it call forth from your heart. SURRENDER TO THE WORD – say yes to Jesus. Then we can all say "You have made known to me the path of life: you will fill me with joy in your presence, with eternal pleasures at your right hand" Psalm 16:11. Open your heart and let the Spirit fill you with Joy.

*Blessings and Peace,  
Anne Cole, Parish Nurse*

**SUMMER 2011 A JEWISH/CHRISTIAN TRIP TO ISRAEL** – Come and find out more. Sunday, March 14<sup>th</sup> at 4:00 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.

**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.



**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, March 18th**.

**APRIL HERALD** – Please submit articles for the April Herald in writing or by email to the church office by Friday, March 26th. 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.

### ***FROM THE DEACONS.....***

It is the duty of the deacons, first of all, to minister to those who are in need, to the sick, to the friendless, and to any who may be in distress both within and beyond the community of faith. With this in mind the deacons have started programs such as the soup mission, teddy bear ministry, card ministry, delivering flowers, Gabriele's library, worship at the Pines Nursing Home, and assistance to those in need. We have some bake sales planned to add to our Deacons' Fund to cover the costs of these programs. There is also an envelope in the front of the box of offering envelopes for you to assist us in these programs. Thank you in advance for your help.

## LENDING A HELPING HAND



### Dutchess Outreach Food Pantry: March is Chunky Soup Month

Thank you for your generous support of our goals for the Food Pantry. What a blessing it has been. January we set a goal of 100 meals of stew, chili, or hash. Through your generosity we were able to deliver over 200 cans of hot meals to needy families. February's goal was for pasta and sauce. We delivered 90 pounds of pasta and 73 jars of sauce. That will feed many families. This month we have asked that you donate hearty, chunky soups. Those are the big cans, where you don't add water.

Looking ahead to April we are asking for tuna fish, so watch for those sales. 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

### *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 21,429 pennies (\$214.29) 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.

### JUSTICE FOR ALL SPEAKERS FORUM

#### SCHEDULED SPEAKERS FOR EARLY 2010

**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.”

### 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.



Marie Coyne is tirelessly inviting the congregation to join in mission opportunities. She has announced that public speaking is not her forte and yet the creativity she brings to each of her announcements would have you think otherwise. Throughout the year Marie is busy organizing and recruiting help when the church is in charge of meals at the LUNCH BOX in Poughkeepsie. She is busy collecting warm layers of sweatshirts for the homeless; raising money for Presbyterian Women through the making and selling of sub sandwiches for Super bowl Sunday; educating us and teaching about Heifer Project and ceaselessly encouraging us to donate money for blankets and tools through Church World Service. She donates time and energy sorting rummage when we have our annual sales and hosting receptions and coffee hours whenever the needs arise. Your heart for Christ's mission in the world is a model to all of us. Marie, you have earned that special parking spot on the far side of the lot with just half of what you do around here.

### HUDSON RIVER HOUSING WIND CHILL PROGRAM

During the month of February, the Mission Committee collected sweatshirts for Hudson River Housing through the Wind Chill Program. As of February 14, 2010, over 80 sweatshirts and a collection of hats, gloves and scarves were collected. Thank you to all who are providing an extra layer of warmth to the homeless in Dutchess County.



## **SUNDAY CHURCH SCHOOL UPDATES:**

### **MARCH CALENDAR:**

- 3/21: Children's Fellowship
- 3/28: Palm Sunday, Easter Egg hunt between services
- 4/4: Easter - no church school - children should attend service with their family

*Christine Lent and Diane Wassick  
Sunday Church School Directors*

## ***FREEDOM PLAINS NURSERY SCHOOL***

The Freedom Plains Nursery School announces an Open House on Saturday, March 20<sup>th</sup> from 10 a.m. to 12 p.m.

- ❖ Come see our school
- ❖ Learn about our program
- ❖ Meet our teachers
- ❖ Have a snack

Tell your friends and family! For registration information, call Gigi Lundewall at 485-1145.



**Prayers for Comfort and Healing:** Nicole Hasenpflug, Jen Newlan Pazereckis, Bruce Hanka, Linda Lentz, Betty McKinney, Joe Kumi's Aunt Dora, Sally, Rita, Joanne Van Derveer's grandson Danny, Sue Conrad's brother-in-law, Richard Peverly, Eleanor Conway, Bernie Conway, Joy Richwine, Joanne Pinello Kaley, Diane Emmett, Ray Brock, John Eyerly, Virginia Richards, Sandy Brady, Maria Walsh, O.J. Underwood, 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.

## ***BRIGHT NIGHTS***

Thank you to all who helped make our Run a success. We served over 150 people, distributing over 800 toiletry items, 100 coats, 150 pairs of socks and underwear, 50 blankets, and large quantities of other clothing, food and backpacks on a night where the temperatures were in the single digits. We were very cold but knew that it was temporary, going home to nice warm homes, giving us even more understanding of the hardships of being without.

We had tremendous support from our congregation and community for which we are extremely grateful. The support was so generous that we have decided to do a second run in early April. Hopefully winter clothes will no longer be needed at that time so we are concentrating on toiletries, socks, underwear and backpacks. If you would like to donate any of these items you can drop them off in the basement room adjacent to the stairs. If we have any items leftover after this run we will give them to the Homeless Shelter as they are always in need of toiletries.

Again, thank you to all who had a hand in this project – it is a very big undertaking that can only be possible with your help. Unfortunately we serve a very large local population of homeless and severely impoverished individuals and families, but talk to anyone who went on the Run and they will tell you how grateful and appreciative these people are. We all came away feeling extremely blessed.

*Emma Fandl and Sara Doherty*

### ***In the Shadow of the Cross***

***Saturday, March 27<sup>th</sup> at 7:00 p.m. & Sunday, March 28<sup>th</sup> at 2:00 p.m.***

***At Trinity United Methodist Church of LaGrangeville***

Trinity United Methodist Church of LaGrangeville invites you to a powerful choral and dramatic presentation entitled, "In the Shadow of the Cross." In this drama of faith and conflict, characters – real and imaginary – transport you back to the Jerusalem of Jesus at the time of the crucifixion.

The program will take place in the sanctuary where seating is open; there are no reserved seats. A free will offering will be taken – half of which will be donated to relief efforts in Haiti. Trinity UMC is located at 6 South Cross Road in LaGrangeville.

We hope you will plan to attend and that this moving choral and dramatic program will enhance your spiritual journey through Holy Week. If you need further information, please contact the church office at 223-3152.