

THE HERALD

Freedom Plains United Presbyterian Church
Founded 1827



April, 2018



When it was evening on that day, the first day of the week, and the doors of the house where the disciples had met were locked for fear of the Jews, Jesus came and stood among them and said, "Peace be with you."

John 20:19

Dear Friends,

Christ is Risen! Easter has come and gone and yet part of me feels like I am still waiting for new life. Barbara Brown Taylor once said, "Whoever tied Easter to the spring equinox made a very good decision. For those who are so inclined, there is no better time for feeling alive, as the whole world wakes from winter and makes new birth look easy." She is right, of course, but this year, as a look out my window into a cold rainy day, she is less right than usual. I long for that first sunny warm spring day, which should be here any time now, right?

Perhaps this spring can be a powerful reminder for us that new life does not always arrive on time or even in the same way year after year. The power of Easter is the power of hope over despair, love over hate, and life over death. But while this power sometimes breaks into our lives in grandiose ways, often it can incrementally seep into our routines and lives. I don't know about you, but I am comforted by the fact that a week after the resurrection the disciples were in a locked room full of fear. You see I know that they eventually left the room and did amazing things, but it seems to have taken some time for the power of new life to really arrive. I also sometimes need a little time for things to sink in and take effect, and I suspect that it is often true for you as well. Sometimes I can be the person who jumps right into the pool, but more often I gradually lower myself in.

Friends, over the coming weeks I invite you to gradually lower yourself into the power and the promise of the resurrection. Come to church, pray, find a new way to serve, seek the Risen Christ in your life. The days are surely coming when it will be easier to feel new life in the blossoming of spring, but until then let Easter creep forth in your life. Little by little God can do amazing things in each of us and in God's world.

Peace,

Paul

FPUPC ANNOUNCEMENTS

JUNE AUCTION: There will be an old-fashioned Auction on June 9th, here at FPUPC. So far the plans include a live Auctioneer, food, fun and lots of treasures. We need those treasures to auction off, so start searching in your attic, basement, garage and jewelry box for things you know are worth something, but don't really want to keep. In April we will start to gather items for the auction. We are also looking for people who are interested in helping out with this fundraiser. Save the date and look for more info next month! Feel free to contact the co-chairs of this event: Nancy Townsend email: Nancy@ntown.info or Joanne Pinello Kaley email: jpkaley@gmail.com

APRIL MERRY LUNCHEON - will be Tuesday, April 10 at 12 o'clock at Olive Garden on Rt. 9. All women are invited. Please call Lois Miller at 635-2659 to make a reservation. Please join us for a fun & friendly SPRING get together.

CHURCH PICNIC - The Christian Ed Committee would like to inform everyone that the All Church Picnic will now be held in the fall rather than the summer. Please look for announcements in early fall.

THE WINTER LUNCH BOX MEAL - On March 18th we served a corned beef and cabbage dinner at the Lunch Box. We would like to thank everyone who gave a monetary donation, made brownies, cornbread or brought other food items, as well as those who washed and cut the veggies and those who came to serve. You are all so very generous and caring. ~Mitzi & Adeline.

ASP FUNDRAISER - Thank you for supporting the loaded baked potato dinner and chili competition last Sunday to benefit the youth mission trip to Appalachia this summer! We made \$1,174! Thank you to everyone who donated items for the dinner, helped in the kitchen, set up tables, support with the 50/50 raffle, baked desserts and helped clean up and most importantly came to the dinner! We couldn't have done it without all of you!

ADULT EDUCATION OPPORTUNITY - Sundays at 11:30 am we will meet (on the screen side) in fellowship hall with Rev. Heather Finck to discuss Adam Hamilton's new book Half Truths; God Helps Those who Help Themselves and Other Things the Bible Doesn't Say.

NEW HYMNALS - If you would like to donate a hymnal in memory/honor of a loved one or to the glory of God, please contact Diane Wassick at 226-1084 or dianewassick@gmail.com. The cost is \$20 per hymnal. Thank you!

CALENDAR GIRLS 2018 - will take place April 22 from 3-5:30pm. Hostesses invite women to sit at their decorated tables. Cost is \$10 per person. The afternoon will be filled with food (dessert), fellowship, raffles and music. Classical guitarist, Dan Stevens will be entertaining us. Men can join the fun at 4:30, if they would like to hear the program. Don't miss out! If you would like to come but have not yet been invited, please sign up in Fellowship Hall. All money collected will go to the Scholarship Fund.



SUNDAY SCHOOL SNIPPETS

Hopefully Old Man Winter is on its way out! We planted bulbs in the fall and hopefully they start growing soon. Have your children keep a look out. Our Easter Egg hunt was a blast and the children enjoyed some fun crafts too.

SUNDAY SCHOOL DATES FOR APRIL 2018

- April 8th - Sunday School in Session
- April 15th - Sunday School in Session
- April 22nd - Sunday School in Session
- April 29th - Sunday School in Session

Elaine Ignal
Sunday School Director

Volunteer of the Month

Sometimes I need to pause and realize how blessed I am as a minister and we are as a community of faith to have so many people around here helping out. Just yesterday we had a group of men, Neal Townsend, Joe Insalaco, Paul Johnston, and Bob Hoffman who spent the afternoon going to Cornwall to pick up some used pews. While at the same time a group was moving a family in need to a new apartment. Thanks to James Duncan, Maureen Logan, Lois Miller, Ryan Nichols, John Walters and Thomas Zurhellen our church was able to make a profound difference in the life of one family.

And I am particularly and profoundly grateful to Arne Christensen this month. When I got this crazy idea to bid on a large conference table and rent a truck to go to Schenectady New York to pick it up, I asked Arne if he might be willing to help. Perhaps it was a moment of poor judgment, but he said "Sure."

So much is possible when people come together and do what they can. In fact our ministry here at Freedom Plains and the life of the church of Jesus Christ depends on it. So this month we celebrate and recognize those who took the time to help where they could and did indeed make a profound difference.



Lending a Helping Hand by Donating Food

April is Canned Tuna Month

The goal is to collect over 100 cans of tuna. Look for those tuna sales and bring cans of tuna all this month. Feel free to bring a can each Sunday, with 5 Sundays this month we should easily surpass our goal! Tuna is packed with protein, something our hungry neighbors need. The monthly chart in the hall is looking great.

The Dutchess Outreach Food Pantry is always in need of any pantry or toiletry items you may wish to donate. Brown paper bags are used to distribute the food, if you have bags, like the ones from Adams, please recycle them here and we will pass them on.

Thanks for your support; and keep up the good work.

~Nancy Townsend

Gentle Yoga Practice

There is a lot of deep breathing going on in Fellowship Hall on Thursday mornings! Come and see what it is all about.

No yoga May 10 (come help with Rummage set up)

Time: Thursdays from 9:15-10:30am.

Cost: A canned good to donate to the Food Pantry.

For more info: Nancy: home: 221-9063

Email: Nancy@ntown.info

The ASK Offering Update

We are literally a few hundred dollars short of our goal of raising \$5,000 to be matched by a gift of \$5,000. This single kindness to Meals on Wheels in Poughkeepsie will make a difference in their work and will proclaim in powerful ways the priorities of the church of Jesus Christ. Feeding the hungry and taking care of the elderly is something we as Christians are asked to do. And, so well done, Freedom Plains United!!!!

THANK YOU - I'd like to thank everyone for all of your prayers, cards and visits following my surgery in February. Your loving wishes really boosted my spirits and helped speed my recovery. ~Phil Arnold

OPERATION TRASH BASH – Please join us to clean up the roads of LaGrange on April 21 – during our 15th Annual Operation Trash Bash. **The Earth Stewards will be cleaning Stringham Road. Please contact Renie Milliken to sign up. Any and all help is appreciated!** We will meet at the LaGrange Middle School on Stringham Road at 8am. The Rotary club will provide garbage bags, safety vests, garbage pickers and gloves to all volunteers.

PER CAPITA (Blue 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 2018 per capita is \$36.83 per member.**

WEDNESDAY BIBLE STUDY - Led by Rev. Lent. Wednesday's at 1:00 pm and 7:00 pm in the new parlor.

MISSION COMMITTEE – Meets the second Tuesday of the month at 7:30 PM in fellowship hall.

RUMMAGE SALE / FLEA MARKET - Freedom Plains Flea Market/Rummage Sale to benefit the Appalachia Service Project will be held on **May 12th** 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. 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. **NO TV'S OR COMPUTERS!!!! All donated items may be left in Fellowship Hall on or after May 6th ONLY.**

BACKPACKS, SUPPLIES & MORE – Once again, we are counting on your help to supply 1,200 children in need with backpacks filled with back to school supplies. Your help is vital in making this happen. Again this year, we are asking for your understanding as we aim to lighten the workload, and to keep things uniformed. We are discouraging the donation of supplies, and we are encouraging financial donations. Thank you for your understanding, and for your continued support. To donate, please visit the church website at fpupchurch.org and click on the Online Giving button, scroll to the section that reads one time donations, go to other contribution, fill in the dollar amount and type the word BAM in the box to the right of your monetary donation. You may also make a check payable to Freedom Plains United Presbyterian Church (please write BAM in the memo section of your check), and place it in the offering plate, or leave it in the church office. If you have any questions, please send an email to backpacksuppliesandmore@gmail.com.



HERALD - HEALTH MINISTRY

Where's the Body?

This week we have journeyed with Jesus and the disciples from the Last Supper (celebration of Passover), through Jesus' trial and betrayal by Judas, to his execution by crucifixion. After he died on the cross, Joseph of Aramathea, a rich follower of Jesus, wrapped Jesus' body in clean linen and placed it in Joseph's tomb. He rolled a big stone in front of it. 1

Thinking about this has brought to mind some of the questions that the congregation members have asked about what to do with their bodies at time of death. I know that can sound a bit macabre. Jesus knew he was to rise from the dead. That was the plan. Still he was reluctant and fearful to carry out the plan. So it is with individuals preparing health care proxies, living wills, and end of life preparations. They want their wishes for the future known to their families while they can still make their choices known. Some have asked me about whole body donation after death to science. I admit I haven't known much about it, but my curiosity got the best of me. I decided to share what I have learned with all of you.

Donating your body after death to science takes some preplanning while still alive. Pick a program that is accredited. They will pick up the body and will cremate remains and return the ashes to your family in 18-24 months. Forms have to be completed as part of end of life preparations. In 2006 the Uniform Anatomical Gift Act was adopted by 48 states. It covers donation of organs and tissues and full bodies for transplantation, research, or education.

The usual reasons for donation of a body after death are for medical school education of students, research, testing new procedures or treatments that possibly can save lives. Bodies need to be preserved for the duration of the class. Donating organs requires the body to be kept alive on life support to harvest the organs for transplant. A body cannot be used for both organ donation and research or medical school, with the exception of eye transplants. Whole body donation is not for everyone or every family. Some people want closure with a funeral or cremation. Some spiritual beliefs require a body stay intact. All medical schools hold community memorial services for previous semesters bodies.

Not every body can be donated. Usually those who are obese or malnourished, autopsied, have H.I.V., T.B., M.R.S.A. or C. Differens, septicemia, hepatitis, gangrene, jaundice and recent large surgical incisions do not qualify. You can be prequalified while living, yet be rejected at death depending upon what happens. So your family should have a plan B ready in case your body is rejected. Donor programs have counselors to help with all this. Bodies are donated to science in lieu of choosing a funeral or burial in cemetery thus eliminating funeral costs.

The first step in the process is to contact a whole body donation program online or by phone. Talk to the counselor and register. I found several programs that have good accreditations:

Associated Medical School of N.Y. Online: AMSNY.org>anatomical donations.

Phone #: 1-212-218-4610 (16 medical schools not too far away).

MedCure. Online: Medcure.org. Phone #: 1-866-560-2525 (R.I. is the closest).

Albany Medical Collage. Online: AMC.edu>anatomical gift. Phone #: 1-518-262-3125.

ScienceCare.com. Phone#: 1-800-417-3747.

I will have more information on this and living wills on the health ministry table in the following weeks.

Stay well!

Bonnie Biskup, Parish Nurse

FPUP Church

April 2018

1 Matthew 27:59-60

-Associated Medical Schools of NY

-Medcure

-Albany Medical College

-Science Care



Sandy Brady, Nancy Brinckerhoff, Emma Frey, Marlene Galow, Betsy Gellatly, Doris Hill, Judy Hunt, Julie (Susan Plambeck's daughter, Isabel's granddaughter), Ruth McComb, Grant Miller, Renie Milliken, Mary & Ken Moody, Fred Stuebner, Louise & Louise Ann Tureck, Mary Louise Van Winkle, Anne Vaughan – Lutheran Care Center, Dora Viviano, Bruce Williams - Lutheran Care, Karen & Mike Barnett
Linda Roy's address is Brookdale Chambrel, 102 MacIntosh Way, Roswell, GA 30076.

Prayers for Bereavement: For Bob Taylor and family on the loss of Arlene.