

FREEDOM PLAINS UNITED PRESBYTERIAN CHURCH
Post Office Box 400
LaGrangeville, New York 12540

THE HERALD

Freedom Plains United Presbyterian Church
Founded 1827



February, 2018



*Then Jacob awoke from his sleep and said,
"Surely the LORD is in this place, and I did not know it."
Genesis 28:16*

Dear Friends,

This month on February 11th at 4:00 PM we dedicate our new building and enlarged Sanctuary. While we have some finishing touches to do, we can say today that we are at the end of a long and powerful chapter and journey in the life of our congregation. I would like to uplift some amazing parts of this journey that have made our vision real.

First of all in this congregation we have been given parishioners with vision and hope for the future of our church. They are the ones who really brought this together. We have people like Neal Townsend with the expertise, passion and the time to move us into a new future here at Freedom Plains United.

About 12 years ago we started with a plan to build a new fellowship hall and to at least think about how that new fellowship hall might fit into future building, such as an enlarged sanctuary. To do this we were going to build to the west. Building to the east was impossible because of Stringham Road. Shortly after we started to raise money the Town and the State started to talk to us about the idea of moving Stringham Road. This delayed our plans, but all agreed that building to the east would be better. As this was taking shape, First Presbyterian through their process of discernment decided to come and merge with Freedom Plains creating Freedom Plains United. They also brought with them \$700,000 from the sale of their property to add to our resources. The State paid us over \$300,000 for land they took from us for their road project and the Town gave us the old Stringham Road bed. After the road was moved we also owned both sides of new Stringham, and so we reached out to banks in the area trying to utilize a 1.26 acre property to the west of the new road. We had one bank interested. At the time the Session favored a long time land lease but did put a premium sale price on the property of \$875,000. In negotiations we kept dropping the lease price but kept the sale price. We ended up selling to Hudson Valley Federal Credit Union for \$875,000. Investments did well and our congregation has given generously to this undertaking. Now we owe, to ourselves, under \$100,000 that we have pledges to cover and we have spent nearly 3.3 million on our new enlarged, updated building.

Today it is with deep gratitude that I look at what has happened and say, "I strongly believe that God has been at work in our journey." Before we look too far into the future we are going to pause, remember and give thanks. Please come to this service on February 11th at 4:00 PM.

Then we will turn the page and look ahead to what is next. There is a saying that I like that is appropriate when it comes to the life of this congregation. "The past is prolog." What this means for the people of faith at Freedom Plains United is, "You ain't seen nothing yet!" God is a work in us, praise be to God!

Peace,

Paul

Freedom Plains United Presbyterian Church Staff:

Rev. Paul Lent, Pastor
Rev. Heather Finck, Associate Pastor
Jennifer Barry, Clerk of Session
Cheryl Haight, Administrative Assistant
Elaine Ignal, Church School Director
Bonnie Biskup, Parish Nurse
Lou Biskup, Treasurer
Kevin Coyne, Sexton
Website Director, Howard Ignal – webmaster@fpupchurch.org
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FPUPC ANNOUNCEMENTS

DEDICATION OF OUR NEW BUILDING AND ENLARGED SANCTUARY – Please come to the Dedication Service of our new building and enlarged Sanctuary next Sunday, February 11th at 4:00 pm. A reception will immediately follow.

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!

ASH WEDNESDAY SERVICE – 7:00 AM on Wednesday, February 14th.

SAVE THE DATE! Baked Potato Dinner to benefit ASP on March 11th at 5:00 pm in our New Fellowship Hall. Anyone interested in helping in any way, please contact Jennifer Barry at 473-5421 or email: jenbarry3@aol.com.

THE DAY OF LOVE IS COMING and we want to tell our college and military kids we support and love them. Please let Annvida know the name of your student or military enlistee and their current address. Feel free to donate any small treats such as candy, baked goods, party favors, quarters for laundry & gift cards. Contact Annvida through email, text or phone. Annvida@yahoo.com 214-738-9240

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.

STEWARDSHIP UPDATE! It is not too late to turn in a pledge, but please prayerfully consider your pledge to the church for 2018 and get it in as soon as possible. If you need a pledge card you can get one as you enter church or at the church office. Also the church office would be willing to mail one to you, call 845-452-0684 or email the church office at office@fppchurch.org



SUNDAY SCHOOL SNIPPETS

A Big Thank You to all those who volunteered to do some much needed cleaning in the upstairs classrooms. We are looking forward to a few new updates to be performed over the summer.

We have had some visitors and new families join us this month. Welcome. We are so happy you are here. Think about joining the Christian Ed Committee for a Pancake Dinner on February 13th. Please see the bulletin for details.

SUNDAY SCHOOL DATES FOR FEBRUARY 2018

February 4th - Sunday School in Session
February 11th - Sunday School in Session
February 18th - Sunday School in Session
February 25th - Sunday School in Session

Elaine Ignal, Sunday School Director

Volunteer of the Month

This month, with our building dedication, our workers who have helped renovate, fix, and rebuild the old part of our building will get special recognition. However, we always run the risk of missing a few folks. One that many of you do not know is Hector Mendoza. Hector is the pastor and leader of a small Spanish Fellowship group that meets in our building Sunday afternoon, La Gracia de Dios (The Grace of God Fellowship). He is also a very capable finish carpenter. He and folks from his church have been remodeling our old kitchen. Walk into our old kitchen and you will see new cabinets, countertops, a new sink, trim and a refinished table that have transformed the space. Through Hector's leadership and talent our kitchen and building have been greatly updated and improved. So this month Hector Mendoza and the good people of La Gracia de Dios are our volunteers of the month.



Lending a Helping Hand by Donating Food

February is pasta and sauce Month

How wonderful it would be if we could collect 100 pounds of pasta and 100 jars of sauce this month. Our neighbors in need deserve hot and hearty meals this winter. There is high demand for hot meals this time of year. Consider bringing in a pound of pasta and a jar of sauce to go with it each time you come to church.

The Dutchess Outreach Food Pantry is always in need of any pantry or toiletry items you may wish to donate, so if you find a “buy one get one free” item at the store, consider donating that “free item”. Brown paper bags are used to distribute the food, if you have bags, with handles, please recycle them here and we will pass them on.

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

~Nancy Townsend

WINTER YOGA PRACTICE SCHEDULE – Please join us for our winter session, everyone is welcome! No previous yoga experience needed, we practice gentle stretching, balance, breathing and relaxation techniques. We have mats to share, but you might want to bring a little blanket or shawl, to cover up during final relaxation. Place: **Fellowship Hall**. Time: Thursday’s 9:15 sharp-10:30. Cost: a canned good for the Food Pantry. **We will follow the Arlington School District Foul Weather policy.** If Arlington is closed, we will not meet. If there is a delay, we will meet. Any questions contact Nancy at 221-9063 or email Nancy@ntown.info



Tuesday, February 13th at 5:00 in Fellowship Hall

Shrove Tuesday is the day before Lent starts on Ash Wednesday. It is a day of celebration as well as penitence, because it's the last day before Lent.

Lent is a time of abstinence, of giving things up. So Shrove Tuesday is traditionally the last chance to indulge yourself, and to use up the foods that are often given up for Lent.

Please sign up in fellowship hall, with your name and number of attendees so we know how much food to make.

FREE UPRIGHT PIANO – Aerosonic upright piano. Just need to pick up. If interested, please contact Carol Chippari at 625-7040.

2018 FLOWER CHART – The flower chart for the New Year is up! If you would like to donate flowers in memory of a loved one on a particular Sunday, please sign up as soon as possible as the dates fill up fast.

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

CALLING ALL LADIES! - Are you looking to have some fun and fellowship with other women? The Scholarship committee is again sponsoring the Calendar Girls event on April 22 from 3-5:30. The fee for this event is \$10. p/p. We are in need of a few more hostesses to fill our calendar. Being a hostess is easy! Pick a month, select a theme and host a mini party. Hostesses are responsible for inviting guests to their table, decorating their table and providing dessert and a small gift for their guests. **Please contact Laura Frey** to volunteer as a hostess or for further details: **845-802-9669 (call or txt) or email frnchfreys@msn.com**.



HERALD - HEALTH MINISTRY

Seasonal Flu

This year's flu season started early and has been deadly to some, particularly children and seniors. Sadly double the number of children have died this year than last year. The best way to protect yourself or your family is to get the flu shot. It takes two weeks to develop immunity from the flu after the vaccine injection. It is not too late. Flu season lasts for many weeks more. You cannot get the flu from the vaccine. It is made up of changed non-contagious dead viruses that are not infectious. If you develop symptoms after you received the vaccine, you were probably infected or exposed prior to the vaccination. The flu vaccine can also lessen the severity if you do get the flu. The vaccine doesn't completely protect you. This year's vaccine is 30% effective. In spite of this, the CDC is still recommending the vaccine as your best chance of preventing it or limiting symptoms. The flu virus mutates easily making it difficult to create vaccines. The University of Rochester Medical Center is working on creating a vaccine that will be given less often. More like Tetanus that is given less often.

What can you do to help yourself and your family? It is important to wash your hands frequently with warm water and soap for 15-20 seconds or use hand sanitizer. Avoid touching your eyes, nose or mouth, which are the usual source of entry for the virus. Limit close contact. Don't go to work, school or church if you do have the flu. Influenza is a highly contagious virus that is not prevented by antibiotics. It is spread through respiratory secretions – coughing, sneezing, touching contaminated items, sharing beverages and utensils. So keep frequently touched items such as doorknobs, phones, remotes, and keyboards clean with disinfectants and chlorine cleaners.

How do you know that you have the flu? The symptoms of the flu come on suddenly with fever (sometimes high), chills, body aches, headache, dry hacking cough, sore throat, fatigue, and runny or stuffy nose. Colds come on more gradually with sore throat that develops into a runny or stuffy nose. The runny nose has watery secretions that thicken with time, productive cough and perhaps a slight fever.

If you do get the flu have your doctor give you Tamiflu, an antiviral that will help lessen symptoms and lessen length of illness. Stay home. Don't share it with others. Get plenty of rest and fluids. Use tissues for sneezes or coughs. Put used tissues in wastebasket and wash hands thoroughly. If no tissue, sneeze and cough into elbow or upper arm. Boost your immune system by getting enough sleep and exercise. Eat plenty of citrus fruits such as oranges or grapefruits (if allowed). Taking supplements with vitamin C and zinc might also help.

Remember, walk-in clinics, E.R.'s and primary care doctors' offices are where people with the flu go. So if the visit isn't urgent, don't hang out at these places. Visit after flu season is over.

If you have the flu and get worse, call primary care and go to hospital E.R. Don't mess around with it. Flu can develop into pneumonia requiring a hospital visit for I.V.'s, antibiotics and close monitoring. If you have vomiting and diarrhea with the flu, you need help quickly to prevent dehydration and to keep electrolytes in balance. Call primary care and go to E.R.

Hopefully, you won't need to put any of this information into action. Be well! Spring is coming!

Blessings,
Bonnie Biskup
Parish Nurse
FPUPC, February 2018

C.D.C.
NYHeath.gov
Gannett News



Sandy Brady, Nancy Brinckerhoff, Sally DelBene, Marlene Galow, Betsy Gellatly, Doris Hill, Judy Hunt, Florence Jamison, Julie (Susan Plambeck's daughter, Isabel's granddaughter), Ruth McComb, Lisa McVey, Grant Miller, Renie Milliken, Mary & Ken Moody, Fred Stuebner, Mary Jane Taxter, Arlene Taylor, 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 Joan Kaiser on the death of her husband Donald Hitt.