

THE HERALD

Freedom Plains United Presbyterian Church
Founded 1827



March, 2018



The fundamental fact of existence is that this trust in God, this faith, is the firm foundation under everything that makes life worth living. It's our handle on what we can't see. The act of faith is what distinguished our ancestors, set them above the crowd.
(Hebrews 11:1-2 The Message)

Dear Friends,

My favorite Lenten image is ridding in an SUV with Mary Moody and Sally and Craig Woods on the Kings Highway on our way to Petra in the country of Jordan. As we traveled we looked out on a landscape that at times looked more like the moon than earth. Dry, barren, sand, and brown as far as the eye could see. Then I saw it. Up on a ridge facing west was a farmer plowing an oddly shaped field. Dust flew out from behind his plow up into the sky so that I am sure it could have been seen for miles. It occurred to me at the time either he must be crazy, or he knew something that we did not know. Smart money would have been on crazy. But when I asked the guide he told us that the farmer was plowing the fields because in the next few weeks the rains may come.

I love that story because it is a story of faith. Abraham set off for an unseen land. Moses led his people towards an unseen promise. Jesus led the disciples towards Jerusalem and an unseen future. That farmer had faith that the rain would come, that another growing season would occur, that is, his work would produce a harvest. Now that is faith. Faith is directing our lives in a direction without fully knowing the outcome. Faith is to risk a piece of the now in hope for a better fuller tomorrow. The apostle Paul tells us that we walk by faith and not by sight.

As we are halfway through the Lenten season let me ask you, where is your faith? What fields are you plowing in expectant hope of the growing season to come? Have you tended the soil of your soul, loosened it, and turned it over letting go of the past for what lies ahead? There is still time. Have faith, God is not done with us yet, but be prepared.

Peace,

Paul

FPUPC ANNOUNCEMENTS

LOADED BAKED POTATO DINNER AND CHILI COMPETITION - March 11th at 5 PM to benefit Appalachia Service Project youth mission trip. **Looking for Chili makers!** Not a real competition, everyone is a winner. Dinner includes large baked potato or sweet potato, chili, salad, black beans, bacon, cheese, mushrooms, onions, ice cream and goodies. \$10 adults / \$7 child. See us in Fellowship Hall.

MARCH MARY (MERRY) LUNCHEON – Will be on Tuesday, March 13 at 12 O’Clock at P.C. Paddocks on Titusville Road. **“All”** women are invited. Please call Meg MacKinnon at 462-3820 to make reservations. Please join us for a great get-together and friendship.

POTLUCK SUPPER & HYMN SING – Saturday, March 17th at 6:00 pm.

HYMNAL DEDICATION – Sunday March 18th during 10:00 am Service.

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

The Easter A.S.K. Offering is Back!!

ASK was started a number of years ago as a special Easter Mission offering. A.S.K. stands for **A Single Kindness** and was meant to support one organization with a significant, concrete gift to support their work.

This year we are seeking to raise \$5,000 to purchase needed equipment for Meals on Wheels Poughkeepsie in order to buy:

1. A convection oven
2. Commercial meat-slicer
3. Food processor
4. Hopefully replace countertops as well.

To do this we ask congregation members to give to the A.S.K. Campaign.

For this to happen we will need:

One gift of \$1,000

Three gifts of \$500

Four gifts of \$250

Ten gifts of \$100

Fifteen gifts of \$50 or less

Stay tuned for a full brochure explaining this year’s Easter A.S.K. Offering.

LUNCH BOX - On March 18th we will be preparing and serving a corned beef meal at the Lunch Box. We especially need help with monetary donations to purchase the meat, a prep crew, and food donations (brownies, corn bread, juice, etc). Please stop by Fellowship Hall after church to sign up to help us! Thank you!

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!

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.

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

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.**



JUNIOR HIGH'S – March Meetings; March 2, 16 and 30 from 3:30 pm to 5:00 pm

SENIOR HIGHS – Meeting March 16th from 7:00 pm to 8:30 pm.

Volunteer of the Month

This month we celebrate the work of one of our Elders. Not only did **Diane Wassick** direct and lead our Jazz combo and play piano for Jazz Sunday, but she, being the Chair of the Worship Committee, is also the person primarily responsible for getting our new hymnals in the pews. (Hymn Sing Potluck, Saturday, March 17th at 6:00 PM. Dedication in church March 18th.) Diane is also trying to make the older hymnals available for people who want them. Ideally we are hoping to find the blue hymnal given by or for a particular person and letting a person connected to that family or person take that hymnal. So thank you Diane for all you do to support wonderful music here at Freedom Plains United.



Lending a Helping Hand by Donating Food

March is Mac and Cheese Month

Thank you for your generous support of our goals for the Food Pantry. What a blessing it has been. The Dutchess Outreach Food Pantry depends on our monthly donations. This month boxes of macaroni and cheese should be an easy thing to bring to the food baskets. They are inexpensive, lightweight to carry, and come in fun shapes. It is important that you check the expiration dates on your pantry donations; Dutchess Outreach is not allowed to give out expired food. Please do your part in supporting the Food Pantry, so we can meet our goal this month.

Thanks 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



HERALD - HEALTH MINISTRY

Cardiac Workup

Winter melts into spring this month! Yeah! Daylight Savings returns. Seasonal depression should lessen. We are headed towards the light. Last month's Herald article covered the seasonal flu, which has hit hard throughout the country. Hope you are all staying well and avoiding the flu. February was heart health awareness month so for March I thought I would share some heart health information a month late.

A number of us in the congregation have ended up with the same dilemma. We had pre-surgical testing prior to surgery, which suddenly shows abnormalities, and the need for further cardiac testing before surgery can continue (like me). Or you go to your primary care M.D. for a routine exam. He does blood work and an E.K.G. (electrocardiogram) and tells you you need to see a cardiologist for further testing (a Cardiac workup). You exercise and eat a heart healthy diet. Blood pressure and weight are normal. You had no idea something was not right. After all, you feel good and are in the prime of your life. Now, you are scared!

So what can get you referred to cardiology? Abnormal lipid (cholesterol and triglycerides) panel results not improved with statins, high blood pressure not normalized by meds, abnormal E.K.G. showing an arrhythmia, elevated calcium score from a special test, a family history of early onset heart disease, and diabetes can get you referred to cardiology. A calcium score test is a special cardiac C.T. scan that shows the calcified plaque build up in the coronary arteries – an indicator of coronary artery disease (C.A.D.) or atherosclerosis, which can narrow or block the coronary arteries. Scores range from 0-100 mild, 101-400 moderate, 400+ severe. Usually the plaque has been accumulating for years and you have been unaware of it and are asymptomatic.

What is included in a cardiac workup? It usually starts with a history and physical, blood work including lipid panel. An E.K.G. can show signs of a previous heart attack, increased thickness of heart muscle, decreased oxygen delivery to heart, problems with electric current from one part of the heart to another. An echocardiogram uses ultrasound to examine the heart and the heart valves. It shows the size of the chambers, thickness of the walls, and the pumping function of the heart known as the ejection fraction. Normal ejection fraction is 55-65%. The echocardiogram can show thickening, calcifications and scarring of the valves.

A form of stress test will probably be included such as treadmill exercise stress test, chemical stress test or nuclear stress test (radioactive isotope). These tests are used to show how your heart works under physical activity or simulated physical activity. It makes the heart pump harder and faster thus revealing problems with blood flow within the heart. It is used to diagnose coronary artery disease, heart rhythm problems, and guide treatment of heart disorders.

If indicated, a cardiac catheterization (angiogram) might be done to diagnose and treat heart conditions. During this procedure a long thin tube (catheter) is inserted in an artery or vein in the groin, wrist, or neck or arm and threaded through your blood vessels to your heart. Tests and observations are conducted. If need be a

stent to open coronary arteries can be done. With all the info from these tests gathered together, the cardiologist can diagnose and suggest the necessary treatments. It can be an intimidating and scary process. In this case ignorance is not bliss. The results of the tests will help you and your cardiologist manage whatever needs managing. It is much better to confront the problems in advance instead of ending up in the E.R. with a heart attack fighting for your life.

Can the plaque buildup be reversed? Statins can help shrink and stabilize plaque. Lowering bad cholesterol (LDL) with diet changes, statins and exercise can help.

Blessings,
Bonnie Biskup, Parish Nurse
Freedom Plains United Presbyterian Church
March 2018

Cleveland Clinic
Harvard Medical School
Mayo Clinic



Phil Arnold, Sandy Brady, Nancy Brinckerhoff, Emma Frey, Marlene Galow, Betsy Gellatly, Doris Hill, Judy Hunt, 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, 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: Bill Jamison and family on the loss of his mother, Florence Jamison.



SUNDAY SCHOOL SNIPPETS

Snowstorms and cold weather are hopefully on the way out. Spring and Easter are almost here. Ask your children what they are learning in Church School. We are excited for the annual Easter egg hunt. We are collecting unwrapped Candy for our Jr. Highs to fill and set out. Have your children bring their favorite basket to church.

SUNDAY SCHOOL DATES FOR MARCH 2018

March 4th – Sunday School in Session
March 11th - Sunday School in Session (Set Clocks Ahead)
March 18th - Sunday School in Session
March 25th - Sunday School in Session-Easter Egg Hunt
April 1st- Easter Sunday/No Sunday School

Elaine Ignal
Sunday School Director